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CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES
Child welfare

ASSISTANCE AUX FEMMES DE MONTRÉAL
Confidential Address
514 270-8291     Fax: 514 270-1176
Website: www.assistanceauxfemmes.ca
Email: information@assistanceauxfemmes.ca


Eligibility: women and children (aged 0 to 17 years old) victims of domestic violence

Capacity: 12 people

Coverage area: Province of Québec

Hours: 24 hours, 7 days

Fees: free

Financing: provincial, federal, fundraising campaigns

Legal status: non-profit organization

AUBERGE SHALOM POUR FEMMES - COUNSELLING AND RESOURCE OFFICE
Confidential Address
514 485-4783     Fax: 514 485-1097
Website: www.aubergeshalom.org
Email: infoexterne@videotron.ca


Services for children exposed to domestic violence. * Specialized services for women in the Jewish community. * Community support groups and activity clubs.

Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community

Capacity: support groups: 3 or 4 yearly with 6 to 10 participants

Coverage area: Montréal

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

Fees: free

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

BATSHAW YOUTH AND FAMILY CENTRES
5 Weredale Park Street, Westmount, Montréal, QC, H3Z 1Y5
514 989-1885     Fax: 514 989-2295
Website: www.batshaw.qc.ca


Eligibility: English speaking youth aged less than 18, their families, Jewish community

Coverage area: Montréal, residential treatment services: province of Québec

Hours: Monday to Friday 9h00 to 17h00, reporting and social emergencies: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

BIKERS AGAINST CHILD ABUSE
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
438 794-6200
Website: www.bacaworld.org
Email: info@mo-can.bacaworld.org
**Services:** Bikers association supporting abused children. * Friendly meetings, motorcycle rides.* Physical presence at home.* Children abuse prevention.* Court appearances.* Association meetings open to public.

**Eligibility:** abused children referred by court, local authorities or Direction de la Protection de la Jeunesse

**Coverage area:** Greater Montreal

**Hours:** meetings: first Thursday of each month at 19h30

**Fees:** free

**Financing:** self-financing

**Legal status:** non-profit organization

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**CENTRE JEUNESSE DE MONTRÉAL - INSTITUT UNIVERSITAIRE**

4675 Bélanger Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1T 1C2

514 593-3979

**Website:** www.centrejeunessedemontreal.qc.ca

**Email:** courrier@cjm-iu.qc.ca

**Services:** Youth protection. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth.* Psychosocial adaptation and rehabilitation.* Services for young offenders under the Youth Criminal Justice Act.* Housing: foster families, group homes, rehabilitation centers and intermediate resources.* Adoption services, biological parents search, expertise to the Superior Court.* Youth in difficulties Research centre.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Montréal

**Financing:** provincial

**Legal status:** parapublic organization

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**CHILDREN NOW**

5167 Jean-Talon Street East, Suite 260, Saint-Léonard, Montréal, QC, H1S 1K8

1 800 361-8453 **Fax:** 514 593-4659

**Website:** www.childrennow.ca

**Email:** info@childrennow.ca

**Services:** Protection and advocacy for children and teenagers. * Assistance to children and teenagers experiencing problems resulting from the break-up of the family, abuse, school drop-out, delinquency, etc.* International conferences.* Presentation of briefs to the government.* Events for underprivileged children: summer camps, Christmas party, etc.* Helpline: legal advice on family law and referral.

**Eligibility:** children, teenagers, parents, grandparents

**Coverage area:** Canada

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

**Financing:** donations

**Legal status:** non-profit organization

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**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

**Email:** 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
ESCALE POUR ELLE (MONTRÉAL) (L')
Confidential Address
514 493-4004    Fax: 514 351-3151
Website: www.lescalepourelle.org
Email: esalem@videotron.ca


Eligibility: women victims of domestic violence and their children
Capacity: 12 women and children
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: provincial, donations
Legal status: non-profit organization

INTER-VAL 1175
Confidential Address
514 933-8488    Fax: 514 933-8489
Website: www.inter-val.ca
Email: admin@inter-val.ca

Services: * Short-term housing.* Individual and group counselling with or without housing.* Discussion and sharing groups.* Group activities.* Follow-up with a youth worker and post-housing follow-up.* Accompaniment and assistance with procedures.* Referral.* Domestic and family violence awareness and prevention workshops for victims, community and government agencies.

Eligibility: women with children and senior women victims of domestic or family violence
Capacity: 15 people
Coverage area: Montréal
Hours: 24/7
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

KIDS HELP PHONE
Confidential Address
1 800 668-6868    Fax: 514 273-0589
Website: www.kidshelpphone.ca
Email: info@kidshelpphone.ca

Services: * Telephone helpline and web service.* Information and referral.* Defense of young people's mental wellness.* Family support.

Eligibility: young people from 5 years old
Coverage area: Canada
Hours: 24 hours, 7 days
Financing: donations
Legal status: non-profit organization

MAISON D'ATHÉNA
Confidential Address
514 336-7250    Fax: 514 336-4859
Website: www.shieldofathena.com
Email: maisondathena@hotmail.com

Services: Shelter for up to 2 months. * For women: crisis intervention, legal clinic, accompaniment, advocacy work, economic assistance, info-sessions and art-therapy.* For children: youth intervention, counselling, drawing, role-play, discussion group.
Eligibility: women and children victims of conjugal violence coming from ethnocultural communities
Capacity: 9 persons
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: federal, provincial, donations
Legal status: non-profit organization

MAISON DU RÉCONFORT
Confidential Address
514 768-8648   Fax: 514 768-7489
Email: gestion.reconfort@videotron.ca
Eligibility: women and their children victims of conjugal violence
Capacity: 12 persons
Coverage area: Montréal
Hours: 24 hours, 7 days
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC
3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7
514 398-2686   Fax: 514 737-0497
Website: www.mcgill.ca/dvc
Email: derrolj@hotmail.com
Services: Domestic violence school based clinic. * Individual and group therapy by supervised McGill University students.* Research projects related to domestic violence.
Eligibility: men and women experiencing or perpetrating domestic violence and their relatives
Coverage area: province of Québec
Hours: varies according to the time of the year
Fees: free for women survivors
Financing: provincial
Legal status: parapublic organization

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.ong
Email: info@reseauenfantsretour.ong
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
REPÈRE - RELATION D'ENTRAIDE POUR UNE PATERNITÉ RENOUVELÉE
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 381-3511
Website: www.repere.org
Email: info@repere.org
Services: * Reception, assistance and referral.* Individual support in French, English and Arabic.* Legal counselling on separation, divorce, child custody and child support in French and English.* Aptitudes paternelles: child development and fatherhood workshops.* Coparenting workshops.* Father's Day.* Entre Papas: monthly support group on fatherhood and male identity.* Après-rupture: weekly support group on separation.* YAPP program.* Workshops and conferences.
Eligibility: fathers with children of all ages
Capacity: support groups: 3 to 4 groups per year, 8 to 10 fathers per group
Coverage area: Greater Montréal
Hours: by appointment
Fees: annual membership: $15, meetings: free
Financing: self-financing, provincial
Legal status: non-profit organization

SERVICE ADMINISTRATIF DE RAJUSTEMENT DES PENSIONS ALIMENTAIRES POUR ENFANTS
Confidential Address
1 855 537-2772     Fax: 514 864-8979
Website: www.sarpaquebec.ca
Email: sarpaquebec@csj.qc.ca
Services: Administrative body allowing parents residing in Québec to change their child support payment amount without going to court. * Created and managed by the Commission des services juridiques.
Eligibility: parents living in Quebec who pay or receive child support for children under 18 years old and whose child support payment amounts have been determined in a judgment
Coverage area: province of Québec
Hours: phone service: Monday to Friday 9h00 to 17h00
Fees: parents eligible for legal aid: free or reduced fees, other parents: $278 for a request
Financing: provincial
Legal status: provincial government agency

SERVICE D'INTÉGRATION À LA COLLECTIVITÉ - MAISON ODYSSÉE
5923 Marquette Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2Y1
514 274-6228
Email: s.i.c@videotron.ca
Services: Group home, stay of variable duration. * Stabilization, assessment, guidance, monitoring and support.* Presence and supervision of stakeholders 24/7.* Resource for Youth in partnership with the Centre Jeunesse de Montréal.
Eligibility: youth from 13 to 18 years, referred by the Direction de la Protection de la Jeunesse or by the Programme régional d'accueil et d'intégration des demandeurs d'asile (claiming refugee status)
Capacity: 12 places
Coverage area: Montréal Island
Hours: 24 hours, days
Financing: provincial
Legal status: non-profit organization
TEEN HAVEN - HAVRE JEUNESSE
4360 Lasalle Boulevard, Verdun, Montréal, QC, H4G 2A8
514 769-5050 Fax: 514 769-3510
Website: www.teenhaven.ca
Email: administration@thaven.ca
Eligibility: girls 12 to 17 years old
Capacity: 15
Coverage area: Province of Québec
Hours: 24/7, office: Monday to Friday 8h30 to 16h00
Legal status: non-profit organization

TEL-JEUNES
Confidential Address
1 800 263-2266 Fax: 514 288-6312
Website: www.teljeunes.com
Email: teljeunes@generations-familles.com
Services: * Free and confidential listening and counseling service for kids and youth, by phone, chat, SMS or email.* Professional intervenors.
Eligibility: youth between 5 and 20 years old
Coverage area: Province of Québec
Hours: 24 hours, 7 days, SMS service: everyday 8h00 to 23h00
Financing: fundraising campaign, sponsorship, grants, donations
Legal status: non-profit organization

YMCA DU QUÉBEC (LES) - CENTRE DESJARDINS - SERVICE FOR SUPERVISED ACCESS RIGHTS
2564 Desjardins Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2H7
514 252-7442 Fax: 514 252-7443
Website: www.ymcaquebec.org
Email: centredesjardins@ymcaquebec.org
Services: Supervised access rights. * Supervised visits: maximum duration of 2 hours, meeting in a neutral and safe environment in the presence of a social worker.* Custody exchange: move from one family environment to another in a safe and neutral setting in the presence of a social worker, avoiding all contact between the two parents.* Supervised telephone call.
Eligibility: parents who have lost the right to contact their child after a separation or must keep their home address confidential for safety reasons
Coverage area: province of Québec
Hours: Monday to Friday 11h00 to 19h00, Saturday and Sunday 10h00 to 18h00
Fees: opening the file: $25, supervised visit: $45 per hour, custody exchange: $25 per intervention, supervised telephone call: $25 for 15 minutes, late fees: $10 for 15 minutes, possibility of financial assistance
Financing: provincial
Legal status: non-profit organization

Daycare and respite

CARTIERVILLE YMCA
11885 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 2R5
514 313-1047
Website: www.ymcaquebec.org
Child and Family

**Services:** YMCA centre offering activities and services for different groups. * Children and youth: daycare, drop-in child daycare, day camp, family gym, teen nights.* Health, fitness and recreation: aquatics, martial arts, cardio cycle, mind and body, dance, racquet sports, team sports and activities.

**Eligibility:** children, youth, adults, seniors

**Coverage area:** Ahuntsic-Cartierville

**Hours:** Monday to Friday 6h00 to 22h30, Saturday and Sunday 7h00 to 20h30

**Fees:** reduced rates for eligible persons

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

**Legal status:** non-profit organization

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**CENTRE DES FEMMES DE SAINT-LAURENT**
685 Décarie Boulevard, Suite 101, Saint-Laurent, Montréal, QC, H4L 5G4
514 744-3513    Fax: 514 744-5609
Website: www.cfstl.org
Email: info@cfstl.org

**Services:** * Reception, support, listening and referral by phone or in person.* Educational activities: discussion, workshops, personal development workshops, educational outings.* Daycare.* Collective actions.* Promotion of women’s living conditions.

**Eligibility:** women

**Coverage area:** Saint-Laurent and surroundings

**Hours:** Monday to Thursday 9h00 to 16h30

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

**Legal status:** non-profit organization

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**CPE FLEUR DE MACADAM**
100 De Maisonneuve Boulevard East, Suite 2011, Ville-Marie, Montréal, QC, H2X 1J8
514 845-1080 ext. 201
Email: fleurdemacadam.cpe2@videotron.ca

**Services:** * Daycare for children 0 to 2 years old.

**Eligibility:** parents of children 0 to 2 years old

**Capacity:** 2 places minimum

**Coverage area:** Greater Montréal

**Hours:** 4-hour blocks: 8h00 to 12h00 and 13h00 to 17h00

**Fees:** $3.75 per day, welfare recipients: free

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**HALTE-FEMMES MONTRÉAL-NORD**
6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5
514 328-2055    Fax: 514 328-2047
Website: www.haltefemmes.org
Email: haltefemmes@videotron.ca

**Services:** * Listening by phone or in person.* Individual meetings.* Self-help groups.* Personal development classes.* Awareness workshops on social and economic policies.* French conversation workshops for immigrant women.* Daycare.

**Eligibility:** women developing their autonomy and women victims of domestic violence

**Capacity:** self-help groups: 12 people

**Coverage area:** Montréal-Nord and surroundings

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

**Fees:** membership: $10 per year, daycare: free, other activities: low cost

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

**Legal status:** non-profit organization
HALTE-RÉPIT HOCHELAGA-MAISONNEUVE
2597 de Chambly Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3J8
514 270-5055     Fax: 514 598-8551
Website: www.cpehalterepit.com
Email: halte-repit@bellnet.ca
Eligibility: families with children 0 to 5 years old
Capacity: 50 places
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00
Fees: $7.75$ for 2 half-days
Legal status: non-profit organization

JE ME FAIS UNE PLACE EN GARDERIE
3490 Dandurand Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1N1
514 593-5135
Website: www.inclusionservicedegarde.com
Email: jmfpg@live.ca
Services: * Support and information for parents looking for childcare.* Networking.* Training for childcare staff
on the integration of children with special needs.* Support for childcare centres in the integration process.
Eligibility: families with a child under 5 years old with a physical impairment, with or without other impairments
Coverage area: Montréal
Financing: grants, donations
Legal status: non-profit organization

PREMIERS PAS MONTRÉAL
4657 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1V4
514 923-7747
Website: www.premierspasquebec.org
Email: mcricher@premierspasquebec.org
Services: Home support through pairing with a volunteer.
Eligibility: families with preschool children
Capacity: according to volunteers
Coverage area: Montréal
Hours: by appointment
Fees: none
Financing: fundraising campaign
Legal status: non-profit organization

RELEVAILLES DE MONTRÉAL (LES), PERINATAL RESOURCES CENTRE
14115 Prince-Arthur Street, Suite 341, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-6741     Fax: 514 640-7621
Website: www.relevailles.com
Email: crp@mainbourg.org
Services: Activities and services in support of the perinatal period. * Prenatal and postnatal yoga, infant
massage, postnatal discussion groups.* Stimulation and baby development workshops.* Baby first-aid class.*
At home individual support: respite and light domestic tasks.* Ministry approved perinatal trainer.* Private and
group perinatal training available to professionals.
Eligibility: parents of children from 0 to 1 year old, pregnant women
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: according to income
Financing: grants, self-financing
Legal status: non-profit organization
**RÉPIT PROVIDENCE, MAISON HOCHELAGA-MAISONNEUVE**

1855 Dézéry Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2S1  
514 254-3170  
Website: www.repitprovidence.com  
Email: direction@repitprovidence.com  

**Services:** Small shelter allowing parents in difficulties to pass the crisis situations and restore the family dynamics. * Short term accommodation and respite from 30 to 50 hours.* Snacks, meals and cooking workshops.* Activities, educational outings, leisure.* Luncheon with parents.* Parent-child activities.* Home, listening and accompaniment.  
**Eligibility:** children 0 to 5 years and their siblings up to 11 years, referred by a social worker or a community organization, living in vulnerable contexts  
**Capacity:** 9 children  
**Coverage area:** Hochelaga-Maisonneuve, Rosemont, Mercier-Ouest, Montréal-Est and Centre-Sud  
**Hours:** housing: Tuesday 9h00 to Wednesday 15h00, Friday 13h00 to Sunday 15h00, Thursday 9h00 to Friday 15h00 (once a month), administration: Monday to Friday 9h00 to 17h00  
**Fees:** compulsory membership: $5 per year  
**Financing:** donations  
**Legal status:** non-profit organization

**SAINT-LAURENT YMCA**

1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5  
514 747-5353  Fax: 514 747-9453  
Website: www.ymcaquebec.org  

**Services:** YMCA centre offering services and activities for different groups. * Community programs in 4 sections: food, youth, families and seniors.* Toy lending library,* Youth zone and daycare.  
**Eligibility:** children, youth, adults, seniors  
**Coverage area:** Saint-Laurent and surroundings  
**Hours:** Monday to Friday 7h00 to 22h00, Saturday 9h00 to 18h00, Sunday 9h00 to 17h00  
**Legal status:** non-profit organization

**Family Support**

**ARGYLE INSTITUTE OF HUMAN RELATIONS**

4150 Sainte-Catherine Street West, Suite 328, Westmount, Montréal, QC, H3Z 2Y5  
514 931-5629 ext. 1  Fax: 514 931-8754  
Website: www.argyleinstitute.org  
Email: admin@argyleinstitute.org  

**Services:** Individual therapy, couple counselling and family therapy. * Support with issues pertaining to: anger, anxiety, addiction and substance abuse, adolescent adjustment, bereavement and loss, blended families, burnout, depression, divorce, emotional and behavioral difficulties, obsessions and compulsions, parenting, relationships, self-esteem, sexuality, trauma.* Clinical teams specialized in eating disorder clients and the LGBT communities.  
**Eligibility:** individuals, couples and families  
**Coverage area:** Greater Montréal  
**Hours:** administration: Monday to Friday 9h00 to 17h00  
**Fees:** according to the income  
**Financing:** donations, contributions  
**Legal status:** non-profit organization
ASSOCIATION DE PARENTS DE JUMEAUX ET DE TRIPLÉS DE LA RÉGION DE MONTRÉAL
Confidential Address
514 990-6165
Website: www.apjtm.com
Email: apjtm@apjtm.com
Services: Services to the greater Montreal region. * Round-table on breastfeeding, breastfeeding godmothers, sponsorship.* Casting.* Bazaars (spring and fall).* Family activities: strawberries, apples, Christmas party, open space, sugar shack, parents dinner, camping, etc.
Eligibility: parents and parents to be of twins or triplets
Coverage area: Greater Montreal
Fees: $32 per year
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DE PARENTS DE MONT-ROYAL
Confidential Address
Website: www.parentsvmr.ca
Email: apmr07@hotmail.com
Services: Grouping of volunteer parents seeking fulfillment of families of the Town of Mount-Royal by organizing various activities and services. * Mi-chemin preschool. * List of Warned Guardians of the Town of Mount-Royal.* Organization of courses and conferences for families.
Eligibility: Town of Mount-Royal parents
Coverage area: Town of Mount Royal
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DU SYNDROME DE LA TOURETTE
Rivière-des-Prairies Hospital, 7070 Perras Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 1A4
1 855 399-3910
Website: www.aqst.com
Email: info@aqst.com
Services: Support and activities for people with the Tourette syndrome. * Information.* Support and sharing group for parents and teenagers coping with the syndrome.* Conferences, training. Family camp, mummy and daddy weekends, camps for youth.* Family outings.* Annual picnic.* Telephone and email support.* Documents distribution.
Eligibility: people coping with this syndrome, their relatives and any field worker or person interested by the Tourette syndrome
Coverage area: province of Québec
Hours: Tuesday to Thursday from 9h00 to 16h30
Fees: individual membership: $35, family membership: $50, organization membership: 60$
Financing: donations, contributions, grants
Legal status: non-profit organization

CARREFOUR DES PETITS SOLEILS
5115 Rivard Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2P2
514 270-5471     Fax: 514 270-8505
Website: www.carrefourpetitssoleils.com
Email: cpssoleils@videotron.ca
Services: * Discussion, activities and stimulation workshops for parents with children from 0 to 1 year old in the afternoon, for parents with children from 1 to 3 years old in the morning.* Animated workshops for children from 3 to 5 years old, twice a week.* Integration of children with disabilities.* Occasional workshops for parents and family outings.* Post-partum self-help groups.* Daycare.
Eligibility: families with children aged 0 to 5 years old
Child and Family

Capacity: limited places, 50% are for families meeting the following requirements: low-income, single-parent, newcomers, integration of a child with disabilities

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 15h30

Fees: reduced price for families on a low-income

Financing: grants

Legal status: non-profit organization

CARREFOUR FAMILIAL HOCELAGA

1611 d’Orléans Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4

514 523-9283  Fax: 514 529-5646

Website: www.carrefourfamilial.com

Email: carrefour@carrefourfamilial.com

Services: * Self-help groups.* Parenting trainings.* Meetings for women.* Meetings for men.* Listening, support, mutual aid, family activities.* Return to school program.* Housing unit for father and children: Maison oxygène Montréal.* Rooms for rent.* Family camps.* Respite for parents.

Eligibility: families, men, women, children

Capacity: living environment: 300 families

Coverage area: Montreal

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, self-financing, Centraide of Greater Montreal, grants

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE MONTRÉAL-NORD

6336 Chartrand Street, apartment 1, Montréal-Nord, Montréal, QC, H1G 3P6

514 303-3351

Website: www.pediatriesociale-cs.org

Email: info@pediatriesociale-cs.org

Services: * Reception, clinical assessment and assistance for vulnerable children and families.* Stimulation workshops for parents with children 1 to 5 years old.* Social and recreational activities.

Eligibility: children and families

Coverage area: Montréal-Nord

Fees: free

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DU CENTRE-SUD

2185 Larivière Street, Ville-Marie, Montréal, QC, H2K 3S9

514 507-9907

Website: www.pediatriesociale-cs.org

Email: info@pediatriesociale-cs.org

Services: Reception, clinical assessment and assistance for vulnerable children and families.* Stimulation workshops for parents with children 1 to 5 years old.* Social and recreational activities.

Eligibility: children and families

Coverage area: Centre-Sud

Fees: none

Financing: foundation, fundraising campaigns

Legal status: non-profit organization

CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6

514 355-8300

Website: www.crhmontreal.com

Email: info@crhmontreal.com
**Services:** *Psychosocial intervention: active listening and support over the phone or in person, referral.* *Assistance with procedures.* *Support groups.* *Workshops-conferences.* *Individual follow-up for anger management (excluding domestic violence).*

**Eligibility:** men with relationship and emotional difficulties

**Coverage area:** Greater Montréal

**Hours:** Monday 12h00 to 18h00, Tuesday 10h00 to 19h00, Wednesday to Friday 10h00 to 20h00, Saturday 10h00 to 17h00

**Fees:** free, workshops and groups: variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE FOR REPRODUCTIVE LOSS**

Confidential Address

514 486-6708 Fax: 514 486-7226

Website: www.crl-rho.org

Email: crl.rho.montreal@gmail.com

**Services:** Professional support for grief. * Grief care education for the bereaved, caregivers, health care providers and the general public on reproductive loss such as miscarriage, stillbirth, abortion, infertility and related reproductive grief issues.

**Eligibility:** individuals and families affected by such loss as miscarriage, stillbirth, abortion, adoption, SIDS (Sudden Infant Death Syndrome), infertility and sterility, health professionals

**Coverage area:** Greater Montréal

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

**Financing:** donations

**Legal status:** non-profit organization

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**CLOVERDALE MULTI-RESSOURCES**

9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3

514 684-8228

Website: www.cloverdalemulti-ressources.org

Email: info@cloverdalemulti-ressources.org

**Services:** * Support for families on a low-income.* * Respite service.* * Preschool program.* * Information and referral.* * Social and recreational activities.* * Support to parents.* * Père à coeur: program of support and accompaniment for fathers.

**Eligibility:** families

**Coverage area:** Pierrefonds and surroundings

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

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

**Legal status:** non-profit organization

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**CLSC DE BENNY FARM - FAMILY NET**

CLSC Benny Farm, 6484 Monkland Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3

514 484-7878 ext. 3595 Fax: 514 485-6406

Email: familynet.cvd@ssss.gouv.qc.ca

**Services:** Support and self-help groups for the development of parental abilities, early child stimulation and socialization with other parents.

**Eligibility:** mothers and fathers with children aged 0 to 5 years old

**Coverage area:** Notre-Dame-de-Grâce, Montréal West, Côte Saint-Luc, Hampstead and Snowdon

**Hours:** every Friday from mid-september to mid-june, 10h15 to 13h00

**Legal status:** parapublic organization
COMPASSIONATE FRIENDS (THE) OF CANADA
Confidential Address
438 257-0881  Fax: 438 257-0881
Website: www.tcfcanada.net
Email: wiramy@aol.com
Services: * Monthly open self-help group under the guidance of bereaved parents.
Eligibility: bereaved parents
Capacity: approximately 8 to 20 people
Coverage area: Province of Québec
Hours: meetings: 1st Tuesday of the month 19h00
Fees: none
Legal status: non-profit organization

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

FAMILLES EN ACTION
1915 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 932-6373  Fax: 514 932-6620
Email: familialesenaction@videotron.ca
Services: * Family, community and cultural activities.* Daycare.* Support and mutual assistance for young mothers and their children.* Parent-child development activities and socialization workshops.* YAPP workshops.* 1-week summer camp and 3-day winter camp.* Christmas celebration.
Eligibility: families with children 0 to 4 years old, young mothers 25 years and under
Coverage area: Pointe-Saint-Charles and Le Sud-Ouest
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership card: $7
Financing: federal, provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

FONDATION DE LA VISITE
11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1
514 329-2800  Fax: 514 329-4522
Website: www.delavisite.org
Email: delavisite@videotron.ca
Services: Home support and accompaniment to pregnant women and parents of newborns. * Visiting mother or father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources.* Nobody's Perfect: parenting program.* Support groups and coffee-meetings for families.* Distribution of maternity kits to pregnant women referred by health and community resources.
Eligibility: pregnant women, fathers and mothers of newborns
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: donations, grants
Legal status: non-profit organization

FONDATION DU DR JULIEN - ASSISTANCE D’ENFANTS EN DIFFICULTÉ
1600 Aylwin Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3B8
514 528-8488 Fax: 514 528-7552
Website: www.fondationdrjulien.org
Email: fondation@pediatriesociale.org
Services: Community social pediatrics centre. * Personalized clinical services on site, at home or in school.* Early stimulation activities.* Skill development activities: arts, sports and cultural activities.* Sponsorship of families and children in need.* Christmas baskets and distribution of school supplies for families who received care only.
Eligibility: children 0 to 20 years old, their family
Capacity: 2000
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 17h00, evenings and weekends: variable
Fees: none
Financing: foundation, provincial, donations
Legal status: non-profit organization

GROUPE D’ENTRAIDE MATERNELLE DE LA PETITE-PATRIE
6848 Christophe-Colomb Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H2
514 495-3494
Website: www.groupedentraidematernelle.org
Email: info@gem-pp.org
Services: Thematic meetings and free weekly meetings to share, help each other and break the isolation. * Day nursery at meetings and on Friday morning.* Home assistance visits.
Eligibility: meetings: families of children 0 to 5 years old, childcare: children 9 months to 5 years old
Capacity: meetings: 12 mothers and their children, childcare: 10 children
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: meetings: $2 to $6, Friday day nursery: $4 for 3 hours
Financing: provincial, federal, donations
Legal status: non-profit organization

INSTITUT DE FORMATION D’AIDE COMMUNAUTAIRE À L’ENFANT ET À LA FAMILLE
4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7
514 388-7216
Email: ifacef@ifacef.com
Eligibility: children, families, schools, youth centres, community organizations, counsellors
Coverage area: Province of Québec
Hours: 8h00 to 19h00
Fees: $90 per hour
Financing: grants, self-financing
Legal status: non-profit organization
INTERACTION FAMILLE HOCELAGA-MAISONNEUVE
2560 Théodore Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3C6
514 251-4671  Fax: 514 251-6284
Website: www.interactionfamille.ca
Email: info@interactionfamille.ca


Eligibility: families
Coverage area: North-East of Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h45 to 16h30, respite: Monday to Thursday 8h45 to 16h15
Fees: membership: $6 per adult, $10 per couple
Financing: provincial, federal, donations, contributions
Legal status: non-profit organization

JOUJOUTHÈQUE DE ROSEMONT
5675 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851  Fax: 514 722-7384
Website: www.joujoutheque.org
Email: joujouthequerosemont@gmail.com

Services: Toy lending library for children 0 to 12 years old.
Eligibility: children 0 to 12 years old
Coverage area: Rosemont
Hours: Wednesday 9h30 to 11h30 and 18h30 to 20h30, Saturday 13h00 to 15h00
Fees: subscription: $25 for 2 toys, $32 for 2 toys with winter park included, $37 for 4 toys, $54 for 2 children and 4 toys with winter park included
Financing: contributions, self-financing, grants
Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA)
3735 Plamondon Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 1L8
514 509-0833  Fax: 514 303-6008
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: Côte-des-Neiges
Hours: Monday to Friday from 9h00 to 17h00
Fees: free
Financing: municipal, provincial, donations
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
Child and Family  

**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 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:** Saint-Michel  

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

**Fees:** free  

**Financing:** municipal, provincial, donations  

**Legal status:** non-profit organization  

**MAISON BUISSONNIÈRE (LA)**  
10125 Parthenais Street, Suite 103, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6  
514 276-9779  
Website: www.maisonbuissonniere.org  
Email: info@maisonbuissonniere.org  

**Services:** Support for young children and their family. * Children’s social education through play and speech.* Listening and support to parents.* Preparation for CPE and kindergarten.  

**Eligibility:** families with children aged less than 4 years  

**Coverage area:** Greater Montréal  

**Hours:** Wednesday and Thursday 9h30 à 12h30  

**Fees:** voluntary contributions  

**Financing:** provincial, donations  

**Legal status:** non-profit organization  

**MAISON BUISSONNIÈRE (LA) - CENTRE SUD**  
2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4  
514 276-9779  
Website: www.maisonbuissonniere.org  
Email: info@maisonbuissonniere.org  

**Services:** Support for young children and their family. * Children’s social education through play and speech.* Listening and support to parents. * Preparation for CPE and kindergarten.
Eligibility: families with children aged less than 4 years
Coverage area: Greater Montréal
Hours: Wednesday 9h30 to 12h30
Fees: voluntary contributions
Financing: provincial, donations
Legal status: non-profit organization

MAISON BUISSONNIÈRE (LA) - MILE END
5377A Park Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G9
514 276-9779
Website: www.maisonbuissonniere.org
Email: info@maisonbuissonniere.org
Services: Support for young children and their family. * Children's social education through play and speech.*
  Listening and support to parents.* Preparation for CPE and kindergarten.
Eligibility: families with children aged less than 4 years
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Friday and Saturday 9h30 to 12h30
Fees: voluntary contributions
Financing: provincial, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1P 2V5
514 852-6161 Fax: 514 852-0322
Website: www.mdfstleonard.org
Email: mdfstleonard@bellnet.ca
Services: * Information and referrals.* Support workshops for parents.* Workshops promoting child
development, parent-child stimulation program and recreational activities.* Childcare.* Discussion groups for
parents.* Coffee-chat.* Bambineries: entertainment in parks.* Summer camps for children.* Development of
projects with local partners.* Contribution to consultation spaces.
Eligibility: families
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $4
Financing: federal, provincial, donations
Legal status: non-profit organization

MAISON DES ENFANTS DE L'ÎLE DE MONTRÉAL (LA)
1844 Pie-IX Boulevard, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C6
514 526-9128 Fax: 514 526-1121
Website: www.lamaisondesenfants.qc.ca
Email: info@lamaisondesenfants.qc.ca
Services: * Activities focused on active listening, expression and games.* Children's mail, children and class-
groups’ reception, listening in class.
Eligibility: children from kindergarten to grade 6
Capacity: 30 children per day
Coverage area: Island of Montréal
Hours: variable
Fees: free
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization
MAISON DES FAMILLES DE LASALLE
535 Lafleur Avenue, LaSalle, Montréal, QC, H8R 3J3
514 364-1332
Website: www.mflasalle.com
Email: info@mflasalle.com
Services: * Parent-child stimulation workshops for the global development of children 0 to 5 years old.* Parent-child workshops on school preparation.* Parenting skills workshops.* Conferences and coffee-meetings.* Family activities and meetings in order to break isolation and encourage socializing.* Support to parents in difficulty.* Drop-in daycare.* Financial assistance for cloth diapers for children under 12 months old.
Eligibility: families, children, parents
Capacity: daycare: 18 children
Coverage area: LaSalle
Hours: office: Monday to Friday 9h00 to 16h00, daycare: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00
Fees: membership: $10 per year, drop-in daycare: $2 per hour
Financing: federal, provincial, municipal, self-financing, donations
Legal status: non-profit organization

MAISON DES FAMILLES DE SAINT-LAURENT
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 321
Website: www.maisondesfamilles.org
Email: info@maisondesfamilles.org
Services: Meeting place for parents and socialization place for children. * Parent-child workshops and stimulation activities.* Prenatal classes.* Family outings.* Discussion groups.
Eligibility: families with children betwwen 0 and 5 years, new parents and immigrants
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $5
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

NOVA WEST ISLAND - CAROUSEL PROGRAM
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 695-8335 ext. 210
Services: Bereavement support for children and adolescents. * Individual sessions: listening, discussions, creative activities.* Carrousel camp: recreational sports, craft activities, campfires, small group workshops.* Remembrance ceremony.
Eligibility: children and youth exposed to the difficulties caused by a serious illness, in their family or a death of a loved one, camp: bereaved youth of 6 to 17 years
Capacity: camp: maximum 25
Coverage area: West Island, Camp: Pierrefonds (Parc nature of Cap Saint-Jacques)
Child and Family

Hours: camp in Spring and Autumn: Friday evening to Sunday afternoon
Fees: free
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

OXY-JEUNES
2020 de la Visitation Street, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2J5
514 728-5297
Website: www.oxy-jeunes.com
Email: info@oxy-jeunes.com
Services: Support for the artistic expression and development of youth through music, singing, dancing, theatre and media arts. * Development workshops.* Mentoring with emerging artists.* Shows, concerts and exhibitions.* Cultural outings, activities and meetings.* Practice studio with access to musical instruments.* Multimedia studio.
Eligibility: youth 12 to 17 years old
Coverage area: Montréal
Hours: office: Monday to Friday 9h00 to 17h00, activities: Monday to Friday 16h00 to 19h00, Saturday and Sunday 12h00 to 17h00
Fees: free
Financing: provincial, municipal, donations
Legal status: non-profit organization

PARENTS ORPHELINS
815 Henri-Bourassa Boulevard East, Suite 11, Ahuntsic-Cartierville, Montréal, QC, H2C 1E7
1 844 338-4522
Website: www.parentsorphelins.org
Email: info@parentsorphelins.org
Services: Support and information for parents living perinatal bereavement. * Bimonthly self-help group as coffee-chat, hosted by a member-parent.* Activities and one-time thematic workshops.* Library and video library accessible during the activities of the association.* Information and support by email.
Eligibility: parents living perinatal loss or pregnancy after perinatal loss
Capacity: 2 to 10 people per group
Coverage area: province of Québec
Hours: 24 hours, 7 days
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PAT ROBERTS DEVELOPMENTAL CENTRE
16167 Gouin Boulevard West, L'île-Bizard-Sainte-Geneviève, Montréal, QC, H9H 1C9
514 696-5144
Website: www.wiaih.qc.ca
Email: assistance@wiaih.qc.ca
Services: * Infant stimulation or half-day preschool program adapted to the needs.* Support to families.
Eligibility: children with developmental issues aged 0 to 6 years old, their families
Coverage area: West Island
Hours: variable depending on the age of the children
Financing: Centraide of Greater Montréal, fundraising campaigns, West Island Community Shares, self-financing
Legal status: non-profit organization
PETALES QUÉBEC
11 000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6
514 326-4154 Fax: 514 326-4154
Website: www.petalesquebec.org
Email: secretariat@petalesquebec.org

Services: Support and self-help for parents of children with attachment disorders. * Bilingual information, support and coaching line.* Skype information, support and guidance appointment.* Conference for the general public followed by a discussion and sharing in various regions of Quebec.* Various reference documents.* Awareness workshops for institutional environments and for interested community agencies.* Thematic workshop for roup of parents and their relatives.* Referral guide Jeunes en crise, faites le 911 aiming to support parents in their interaction with emergency responders when their youth is in distress.

Eligibility: parents of children with attachment disorders: biological parents, stepfamily, foster or adoptive family, relatives and friends, professionals and stakeholders

Coverage area: Province of Quebec

Hours: Monday to Thursday 8h30 to 16h30

Fees: conferences: $20 for non-members, free for members, referral guide: $12 for non-members delivery fees excluded, free for members

Financing: donations, provincial

Legal status: non-profit organization

PETITE MAISON DE LA MISÉRICORDE (LA)
4401 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X1
514 526-2639 Fax: 514 526-5954
Website: www.petitemaisondelamisericorde.org
Email: petitemaison@videotron.qc.ca

Services: * La Halte-Amitié: home environment.* La Rosée: daycare.* Telephone listening.* Personalized support to families.* Workshops, coffee meetings, social and family activities.

Eligibility: single-parent mothers, with children or pregnant

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 18h00

Financing: provincial, foundations, donations, fundraising campaigns

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA)
1901 Gilford Street, apartment 2, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G8
514 527-4828
Website: www.lapirouette.org
Email: pirouette@cooptel.qc.ca

Services: Family services. * Daycare: half-day for children 6 months to 5 years old.* Pause Parents Plateau: coffee-chat.* Parent-child workshops.* Adult workshops: cooking, physical activity, creation, etc.* Familial activities.

Eligibility: families

Coverage area: Le Plateau-Mont-Royal

Fees: variables

Financing: self-financing, grants

Legal status: non-profit organization

PIROUETTE HALTE-GARDERIE (LA) - ANNEXE
2414 Mont-Royal Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1C1
514 527-4848
Website: www.lapirouette.org
Email: pirouette@cooptel.qc.ca
Child and Family

Services: Family services. * Daycare: full day for children 18 months to 5 years old.* Pause Parents Plateau: coffee-chat.* Parent-child workshops.* Adult workshops: cooking, physical activity, creation, etc.* Familial activities.
Eligibility: families
Coverage area: Le Plateau-Mont-Royal
Hours: Monday, Tuesday, Wednesday and Friday 8h30 to 16h30
Fees: variables
Financing: self-financing, grants
Legal status: non-profit organization

PRÉMATERNELLE MI-CHEMIN
555 Mitchell Avenue, Mont-Royal, Montréal, QC, H3R 1L5
514 341-1691
Website: www.michemin.ca
Email: info@michemin.ca

Services: Preparation for kindergarten. * Prekindergarten at school: introduction to writing and arithmetic exercises, completion of exercises in an academic preparation book for kindergarten, development of creativity through visual arts, music lessons and other artistic activities, practice motor skills and concentration during physical education and daily workshops sessions.* Familiarity with computer technology via the activities in the computer room.* Integration with St. Clement School West.* Daycare during regular school days: morning and afternoon.* Extracurricular activities midday and outings.
Eligibility: children 4 years old at September 30th
Coverage area: Ville de Mont-Royal
Hours: half-day program 5 days: 8h30 to 11h30 or 12h30 to 15h30, child care: 7h45 to 8h30 and 11h30 to 12h30
Fees: variable
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
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

SEPARATED FATHERS
3937 Adam Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2A1
514 254-6120     Fax: 514 357-2604
Website: www.peres-separes.qc.ca
Email: psi@peres-separes.qc.ca
Services: * Weekly support group.* Individual meetings, support during the grieving process.* Awareness.* Legal clinic: individual and group meetings.* Referral.* Networking, mentoring.* Co-parenting promotion.
Eligibility: men living or having experienced a marital breakdown, separated fathers
Coverage area: Province of Québec
Hours: support group: Wednesday 19h00 to 21h30, individual follow-up: Monday to Thursday by appointment
Fees: membership: $40 per year
Financing: provincial, donations, membership fees
Legal status: non-profit organization

STATION FAMILLES
2385 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X9
514 762-2525     Fax: 514 762-9383
Website: www.stationfamilles.org
Email: directrice.stationfamilles@gmail.com
Eligibility: families with children 0 to 6 years old
Coverage area: Ville-Émard and Côte-Saint-Paul
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: federal, provincial, self-financing
Legal status: non-profit organization
WEST ISLAND LGBTQ2+ CENTRE
202 Woodside Road, Beaconsfield, Montréal, QC, H9W 2P1
514 794-5428
Website: www.lgbtyouthcentre.ca
Email: info@lgbtyouthcentre.com
Services: * Drop-in time for youth with parties and workshops.* Weekly dinner for seniors and adults.* Young adult social group.* Parents and family support group.* Advocacy of rights and fight against homophobia.
Eligibility: lesbian, gay, bisexual, transgender, queer or questioning individuals of all ages
Coverage area: West Island
Hours: youth drop-in: Wednesday and Friday 16h00 to 20h00, seniors and adults’ dinner: Thursday 16h30 to 20h30, young adults’ meeting: 2nd Friday of the month 20h30 to 22h30, parents support group: 1st Tuesday of the month
Financing: donations
Legal status: non-profit organization

Maternity support and adoption

ASSOCIATION OF OBSTETRICIANS AND GYNECOLOGISTS OF QUEBEC
Confidential Address
Website: www.gynecoquebec.com
Email: info@gynecoquebec.com
Eligibility: gynecologists and obstetricians members
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization

CLSC DE PIERREFONDS
13800 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 3H6
514 364-2572
Website: www.ciusss-ouestmtl.gouv.qc.ca
Services: Frontline services for routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Prenatal classes.* Injecting equipment recovery. * Quit smoking centre.
Coverage area: Dollard-Des Ormeaux, L’île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DES FAUBOURGS - LARIVIÈRE
2187 Larivière Street, Ville-Marie, Montréal, QC, H2X 1P5
514 527-2361
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Midwife services and pregnancy support.* Breastfeeding help stopover.
Coverage area: Montréal: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization
CLSC DU LAC-SAINT-LOUIS
180 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4S1
514 697-4110
Website: www.ciusss-oustmlt.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services, rehabilitation and reintegration services, public health activities.* Prenatal classes.* Injecting equipment recovery. * Quit smoking centre.
Coverage area: West Island
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

COURT OF QUÉBEC - YOUTH DIVISION - MONTRÉAL
410 De Bellechasse Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1X3
514 495-5800     Fax: 514 864-4149
Website: www.justice.gouv.qc.ca
Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor.* Hearing cases of adoption.
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MAISON DE NAISSANCES CÔTE-DES-NEIGES
6560 Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A7
514 736-2323     Fax: 514 736-0705
Website: www.ciusss-centreouestmgtl.gouv.qc.ca
Services: * Personalized and continuous pregnancy follow-up for pregnancies without complication.* Midwife care throughout pregnancy and labour. Possibility of on-site birth or at-home.
Coverage area: Côte-des-Neiges, Snowdon, Outremont, Mont-Royal
Financing: provincial
Legal status: parapublic organization

NOURRI-SOURCE - MONTRÉAL
6006 de Bordeaux Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2R7
514 948-5160     Fax: 514 221-2014
Website: www.nourrisourcemontreal.org
Email: info@nourrisourcemontreal.org
Eligibility: mothers, fathers and families of breastfed babies
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 16h00
Fees: free
Financing: provincial, grants
Legal status: non-profit organization
Parenting Education

CHU SAINTE-JUSTINE - GUIDE INFO-FAMILLE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4678
Website: www.chu-sainte-justine.org
Eligibility: mothers and children
Coverage area: Montréal region, surroundings and other regions of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CLEF (LA)
1000 Fullum Street, Ville-Marie, Montréal, QC, H2K 3L7
Website: laclef.tv
Email: info@laclef.tv
Services: Online advice and resources for parents. * Assistance with literacy and numeracy.* Parenting skills.* Online discussion.
Eligibility: parents of children 5 to 8 years old
Coverage area: Province of Québec
Financing: provincial, self-financing
Legal status: non-profit organization

LIGNE PARENTS
Confidential Address
1 800 361-5085     Fax: 514 288-6312
Website: www.ligneparents.com
Email: ligneparents@generations-familles.com
Services: A free and confidential intervention service provided by professional counsellors to all parents of children aged 0 to 20 years old.
Eligibility: parents of children from 0 to 20 years old
Coverage area: Province of Québec
Hours: 24 hours, 7 days
Financing: fundraising campaign, sponsorship, grants, donations
Legal status: non-profit organization

PARENTS ENGAGÉS POUR LA PETITE-ENFANCE
5964 Notre-Dame-de-Grâce Avenue, Suite 208, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471 ext. 227     Fax: 514 486-7106
Website: parentsengages.org
Email: coordinationpep@gmail.com
Services: Development of an educational program for the global development of children 0 to 5 years old. * Parental assistance.* Early literacy.* Adapted activities.* Referral and guidance.* Group meetings.
Eligibility: low-income, isolated, single-parent or newly arrived families with children 0 to 5 years old
Coverage area: Notre-Dame-de-Grâce, Verdun
Hours: Monday to Friday 9h00 to 16h00 by appointment
Fees: free
Financing: provincial, municipal, donations, membership fees
Legal status: non-profit organization

RÉPIT UNE HEURE POUR MOI
750 16th Avenue, Suite 10, Rivières-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 3M7
514 640-6030
Website: www.uneheurepourmoi.com
Email: info@uneheurepourmoi.com


Eligibility: families with a child aged 0 to 17 years, followed by a health professional for a mental health problem without intellectual disabilities

Coverage area: Montréal Island
Hours: respite: 7 days 8h30 to 22h30 (4 hours minimum), office: Monday to Friday 8h30 to 16h30
Fees: $2.50 or $3.75 per hour
Financing: grants, donations
Legal status: non-profit organization

Recreational Activities

ASSOCIATION CULTURELLE LA VIE EN MOUVEMENT
Collège Jean-de-Brébeuf, 5625 Decelles Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4
514 815-9414
Website: www.lavieenmouvement.com
Email: association.lavieenmouvement@gmail.com

Services: * La Fantaisie Danse: dance school for children and adults, participation in cultural events.* La Fantaisie Show Ballet.* Dance shows for adults and children.* Promotion of dance education.* Promotion of young Canadian artists' talents.

Eligibility: La Fantaisie school: children aged 3 to 18 years old, adults

Coverage area: Greater Montréal
Financing: self-financing, donations, sponsors
Legal status: non-profit organization

CCSE MAISONNEUVE - SECTEUR CARREFOUR JEUNESSE
4240 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K1
514 253-3828
Website: www.ccse.ca

Services: Meeting place for pre-teens (10 to 12 years old) and teenagers (13 to 17 years). * Various activities provided: community, cultural, educational, recreational, social and sporting activities.* Projects for youth, youth committees, youth gala.* Parents-teenagers activities.* Summer camp.* School vacation camp.

Eligibility: pre-teens and teenagers 10 to 17 years old
Capacity: 300
Coverage area: Montréal
Hours: Monday to Friday 15h00 to 21h00
Fees: membership card: $15 per year, activities: variable
Financing: Centraide of Greater Montreal, municipal, provincial, donations
Legal status: non-profit organization
CENTRE PÈRE SABLON
4265 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3
514 527-1256
Website: www.centresablon.com
Email: info@centresablon.com
Services: * Activities for the whole family: gymnastics, boxing, soccer, taekwondo, swimming, triathlon, etc.*
          * Fitness room and group classes.*
          * Day camps for 3 to 17 year olds.*
          * Le P’tit Bonheur camps: nature class school trips, vacation camp for 5 to 17 year olds.
Coverage area: Greater Montréal
Hours: Monday to Friday 6h00 to 22h30, Saturday and Sunday 8h00 to 19h00
Fees: variable, financial assistance available
Financing: foundation, fundraising campaign
Legal status: non-profit organization

LOYOLA CENTRE
4850 Coronation Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4V 2E2
514 872-6721
Website: www.jeunesseloyola.org
Email: info@jeunesseloyola.org
Services: Youth activities centre. * Sports, recreation and education.
Eligibility: children 3 to 17 years old
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 14h00 to 22h00, Saturday 9h30 to 22h00, Sunday 10h00 to 16h30
Fees: membership: $10
Financing: self-financing, grants
Legal status: non-profit organization

PLACE DES ENFANTS (LA)
171 Saint-Zotique Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1K9
514 277-6132     Fax: 514 277-6132
Website: www.placedesenfants.ca
Email: laplacedesenfants@hotmail.com
Services: Place of belonging, creative stimulation and listening for children 5 to 12 years. * Individual monitoring if required.*
          * Recreational and educational workshops.*
          * Summer and winter day camp.
Eligibility: children referred by schools or CLSC
Capacity: 35
Coverage area: La Petite-Patrie
Hours: school term: Monday to Friday 15h00 to 18h00, school break days and summer day camp: 8h00 to 16h00
Legal status: non-profit organization

SOCIÉTÉ DU PARC JEAN-DRAPEAU
1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9
514 872-6120
Website: www.parcjeandrapeau.com
Email: clientele@parcjeandrapeau.com
Services: Administration, operation, development, maintenance and animation of the Parc Jean-Drapeau,
          which includes Sainte-Hélène and Notre-Dame Islands. * Recreation-tourist activities.*
          * Sport and outdoor facilities.*
          * Activities for families, cultural and international events.
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, municipal
Legal status: parapublic organization
UNION DES FAMILLES D’AHUNTSIC
161 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1N2
514 331-6413
Website: www.loisirsufa.ca
Email: loisirsufa@loisirsufa.ca
Services: * Educational, recreational and sporting activities for all ages.* Youth holiday club.* Youth variety show.
Eligibility: youth, adults
Coverage area: Ahuntsic
Hours: variable
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

WESTHAVEN-ELMHURST COMMUNITY RECREATION ASSOCIATION
7405 Harley Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1L5
514 872-6134 Fax: 514 872-6134
Website: www.westhavenndg.com
Email: westhavencenter@hotmail.com
Services: * Recreational activities.* Year-Round Program offered for youth and adults aged 6 years and over.
Eligibility: youth and adults in the community
Coverage area: Notre-Dame-de-Grâce
Hours: variable
Fees: variable
Financing: self-financing, provincial, municipal
Legal status: non-profit organization
Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES
Advisory and citizen action organizations

1, 2, 3 GO! POINTE DE L’ÎLE
15912 Notre-Dame Street East, Rivièredes-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1X6
514 787-0140  Fax: 514 787-0139
Website: www.123gopdi.org
Email: pointe123go@videotron.ca
Eligibility: families with children aged 0 to 5 years old
Coverage area: Montréal-Est and Pointe-aux-Trembles
Hours: Monday to Thursday, variable hours
Financing: provincial, municipal
Legal status: non-profit organization

1,2,3 GO! FAMILIES
4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Website: www.123gopr.org
Email: 123gopierrefonds@gmail.com
Eligibility: children 0 to 5 years old, their family, organizations
Coverage area: East of Pierrefonds, Roxboro, Dollard-des-Ormeaux
Fees: free or at a low cost
Financing: donations, foundation
Legal status: non-profit organization

ACTION PRÉVENTION VERDUN
4609 Verdun Street, Suite 3, Verdun, Montréal, QC, H4G 1M6
514 769-8079
Website: www.actionpreventionverdun.org
Email: info@actionpreventionverdun.org
Services: * Consultation, support for the development, planning and management of safety and well-being programs.* Preventive actions, information sessions and citizen involvement.* Representative of the Montreal Urban Safety Tandem program.* Field work, intervention and support for seniors: phone listening, psychosocial support, referral, friendly visits, accompaniment and transport for medical appointments and shopping according to seniors capacity. * Intergenerational Community Center La Station.
Eligibility: children, youth, adults, seniors, women, families
Coverage area: Verdun
Hours: La Station: Monday to Friday 10h00 to 20h00
Financing: grants
Legal status: non-profit organization

ACTION-GARDIEN
2390 de Ryde Street, Suite 203, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 509-0795
Website: www.actiongardien.org
Email: info@actiongardien.org
Services: * Coordination, discussion, information sharing.* Organization of public activities and political mobilization campaigns: human rights issues, food security, youth issues, heritage and culture, mental health, seniors.
Eligibility: neighbourhood organizations
Capacity: 25 organizations
Coverage area: Pointe-Saint-Charles
Hours: Monday to Thursday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization

ALLIANCE 3E ÂGE GRAND PLATEAU
4625 De Lorimier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-1320 ext. 6235    Fax: 514 521-6418
Services: Consultation table for seniors. * Information sharing on members’ activities.* Common projects to improve seniors’ quality of life.
Eligibility: seniors’ organizations
Capacity: 25 members
Coverage area: Le Plateau-Mont-Royal, Mile-End, Saint-Louis-du-Parc
Fees: membership: $25 per year
Legal status: non-profit organization

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

APPUI NATIONAL (L’)
400 De Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4
1 855 852-7784    Fax: 514 787-1995
Website: www.lappui.org
Email: info@lappui.org
Services: * Administration of the Caregiver service and Web portal lappui.org.* Administration of the Fonds de soutien aux proches aidants des aînés.* Organization of province-wide activities of awareness and rallying.* Support to the 17 regional Appuis offices.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, foundations
Legal status: non-profit organization

ARTS EN MOUVEMENT QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3025    Fax: 514 400-9164
Website: www.famq.org
Email: info@famq.org
**Services:** Grouping of musical groups, choreographic ensembles and drumlines. * Training of educators and evaluators.* Provincial events.

**Eligibility:** musical groups, choreographic ensembles, drumlines

**Capacity:** 65 groups

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** annual membership

**Financing:** self-financing, provincial, membership fees

**Legal status:** non-profit organization

**ASSISTANCE HUMAHTAIRE ET COMMUNAUTE MULTIFORME**

1445 7th Avenue, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 4J8

514 608-6317

**Website:** www.ashucom.org

**Email:** info@ashucom.org

**Services:** Humanitarian organization. * Integra program: welcoming and guidance for newcomers, job search assistance.* Used item donations according to availabilities.* Tax clinic.* Humanitarian projects in Africa.

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

**Coverage area:** Greater Montréal

**Financing:** donations, contributions

**Legal status:** non-profit organization

**ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE DIVISION DU QUÉBEC ET FILIALE DE MONTRÉAL**

55 Mont-Royal Avenue West, Suite 605, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6

514 521-4993     Fax: 514 521-3270

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

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

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

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

**Coverage area:** Greater Montréal

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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ASSOCIATION CANADO-PÉRUVIENNE**

6970 Christophe-Colomb Street, Suite 208, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H5

514 966-7378

**Website:** www.apc-canada.com

**Email:** apc peru@yahoo.com

**Services:** * Integration assistance for newcomers.* Certification of documents.* Vocational guidance.* Information and economic development between Peru and Québec: networking, workshops on starting a business, management training.* Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival.* Conversation workshops: French and Spanish.

**Eligibility:** Peruvian people, general public

**Coverage area:** Greater Montréal

**Financing:** donations, grants

**Legal status:** non-profit organization
ASSOCIATION DES FAMILLES DU CENTRE-SUD
1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: www.assofamillescentresud.com
Email: info@associationdesfamillescentresud.com

Services: Bring together parents from all Centre-Sud neighborhood in a meeting, creation and resourcing place to showcase their knowledge and expertise for the benefit of the community. * Activities and workshops for families and parents.* Various workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations.* Jeudi Manu'Elles: discussion and sharing group for mothers.* Participation in neighborhood revitalization activities.

Eligibility: families with children 0 to 12 years old
Capacity: 20
Coverage area: Montréal: Centre-Sud
Hours: Wednesday on appointment 14h30 to 17h30, Thursday 10h30 to 17h30, Friday 15h00 to 18h00, Saturday: see planning on facebook
Fees: annual membership: $2 for active members and $5 for friend members
Financing: self-financing, provincial
Legal status: non-profit organization

ASSOCIATION DES HALTES-GARDERIES COMMUNAUTAIRES DU QUÉBEC
4245 Laval Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
1 888 598-1917 Fax: 514 598-5925
Website: www.ahgcq.org
Email: assohalte@yahoo.ca

Services: Grouping, promotion and defense of the interests of community day care services in Québec.
Eligibility: children, parents, childcare organizations and services
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES POPOTES ROULANTES DU MONTRÉAL MÉTROPOLITAIN
1919 Saint-Jacques Street West, Le Sud-Ouest, Montréal, QC, H3J 1H2
514 937-4798 Fax: 514 937-8588
Email: aprmm@videotron.ca

Services: * Central kitchen.* Delivery of hot and frozen meals.* Coordination of local meals-on-wheels programs in Montréal.
Eligibility: people with a permanent or temporary loss of autonomy
Capacity: 20 meals-on-wheels
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: full meal: $5,50, delivery of frozen meals: variable
Financing: provincial
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
ASSOCIATION QUÉBÉCOISE POUR LA PROMOTION DE LA SANTÉ DES PERSONNES UTILISATRICES DE DROGUES

1555 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2L 4L2
514 904-1241
Website: www.linjecteur.ca
Email: aqpsud@gmail.com

Services: * Following the philosophy of harm reduction, raising awareness amongst community groups and institutions on the means of improving the living conditions of people who use drugs.* Workshops for training and creating tools for drug users and the partners on the promotion of health and the prevention of Sexually Transmitted Infections (STDs) and Blood-Borne Infections.* Responsible for the L'Injecteur project and ADDICOQ: Association pour la défense des personnes qui consomment des drogues au Québec.

Eligibility: people using drugs
Coverage area: Province of Québec
Hours: Monday to Thursday 10h00 to 17h00
Fees: none
Financing: donations, self-financing, provincial
Legal status: non-profit organization

ATD FOURTH WORLD OF CANADA

6747 Drolet Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1
514 279-0468 Fax: 514 279-7759
Website: www.atdquartmonde.ca
Email: atdcanada@atdquartmonde.ca

Services: Popular education movement. * Street library and festival of shared knowledge: culture as a means to fight against poverty.* Fourth World People's University: formal dialog between citizens of all backgrounds.* Various activities to enhance the knowledge of people in poverty.
Coverage area: in Québec : Montréal, Rouyn-Noranda, Sherbrooke, Thetford-Mines and Saint-Jean-Sur-Richelieu, elsewhere in the world
Hours: Office: Monday to Friday 9h00 to 17h00, special activities: evening and weekend
Fees: annual membership: $3
Financing: donations, fondation
Legal status: non-profit organization

CARREFOUR ALIMENTAIRE CENTRE-SUD

2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefouralimentaire.org
Email: info@carrefouralimentaire.org

Coverage area: Ville-Marie
Fees: annual membership: $3, kitchens: on average $1.30 per serving, culinary and horticultural workshops: $5 members, $7 non-members or voluntary contributions, lunchBox workshops (kids): free
Financing: Centraide of Greater Montréal, municipal, foundations, donations, provincial
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
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

CENTRE D'AIDE À LA RÉUSSITE ET AU DÉVELOPPEMENT
3225 des Trinitaires Boulevard, Suite 1, Le Sud-Ouest, Montréal, QC, H4E 2S4
514 759-6366     Fax: 514 759-6367
Website: www.reussite-developpement.com
Email: animation@reussite-developpement.com
Services: Intercultural organization of psychosocial intervention.* Support, information and referrals.* Thematic workshops.* Raising awareness and fight against poverty, racism and exclusion.* Activities for youths 5 to 16 years old: expression workshops, outings, homework help, reading club.* Activities for people 17 to 24 years old: socio-professional integration help workshops.* Activities for parents and intergenerational activities: Neighbours Day and family lunches.
Eligibility: youth aged 6 to 24 years old of different cultural communities living with psychosocial difficulties related to integration and discrimination and their relatives
Coverage area: Montréal: Ville-Émard and Saint-Paul
Hours: Monday to Thursday 15h30 to 18h00, other availability on appointment
Financing: grants, provincial, donations
Legal status: non-profit organization

CENTRE D'ÉCOLOGIE URBAINE DE MONTRÉAL
3156 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H7
514 282-8378
Website: www.ecologieurbaine.net
Services: * Consultation and promotion of urban transformative practices.* Conferences, citizens' meeting, training, Promenades de Jade.* Participatory budget, planning and climate changes adaptation citizens' projects.* Consultancy: builded environment analysis, planning and accompaniment through urban environmental projects.
Coverage area: Montréal
Financing: self-financing, grants, donations
Legal status: non-profit organization

CENTRE DE RECHERCHE ET D'EXPERTISE EN GÉRONTOLOGIE SOCIALE
5800 Cavendish Boulevard, 6th Floor, Côte-Saint-Luc, Montréal, QC, H4W 2T5
514 484-7878 ext. 1463     Fax: 514 485-1612
Website: www.creges.ca
Email: info@creges.ca
Community Action

Services: Scientific research. * Development of leading-edge services and practices.* Participation in university teaching.* Training for professionals in the health and social services network.* Development of partnerships with the community.
Coverage area: Province of Québec
Legal status: non-profit organization

CENTRE SAINT-RAYMOND
5600 Upper-Lachine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2A7
514 872-1765    Fax: 514 868-5252
Website: www.cjndg.org
Email: centrestraymond@gmail.com
Services: Consultation, popular education, assistance for the management and development of citizen initiatives. * Room rental.* Nutrition and cooking workshops for children of the Lunch Box program.* Homework assistance.
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 22h00, Saturday 10h00 to 22h00, Sunday 9h00 to 12h00
Financing: grants, self-financing
Legal status: non-profit organization

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

COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA
1 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 3V8
1 866 535-0481    Fax: 514 844-2498
Website: www.cocqsida.com
Email: info@cocqsida.com
Services: * Support to organizations: discussion, assessment and networking.* Promotion of sexual health through prevention and information.* Representation, advocacy of the rights and interests of people living with HIV/AIDS.* Mobilization, awareness, research and referral.
Eligibility: people living with HIV/AIDS, community organizations fighting against HIV/AIDS
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization
COALITION MONTRÉALAISE DES TABLES DE QUARTIER
5350 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-1797 ext. 228
Website: www.tablesdequartiermontreal.org
Email: cmtq@cdcrosemont.org
Services: * Grouping of 30 neighborhood roundtables. * Improvement of the quality of life of the local populations.* Local social development.* Municipal electoral platform.
Coverage area: Montréal
Legal status: non-profit organization

COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ
2349 de Rouen Street, 4th Floor, Ville-Marie, Montréal, QC, H2K 1L8
514 288-7122     Fax: 514 288-7140
Website: www.comaco.qc.ca
Email: reseau@comaco.qc.ca
Services: * Grouping, representation and advocacy.* Facilitation of the concertation, discussions and dissemination of information between the members and community players.
Eligibility: community organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

COLLECTIF DES ENTREPRISES D'INSERTION DU QUÉBEC
4100 André-Laurendeau Street, Suite 200, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3N6
514 270-4905     Fax: 514 270-0926
Website: www.collectif.qc.ca
Email: ceiq@collectif.qc.ca
Services: Grouping of integration enterprise in Québec. Information, promotion, government representation, networking, support to training and marketing. Integration project: funded training within the enterprise for people with difficulties in maintaining a job or speaking French. Cooperative training.
Eligibility: integration enterprises, integration project: seniors aged 18 to 35 years old, people from a visible minority and with no high school diploma
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: members contributions
Financing: provincial, contributions
Legal status: non-profit organization

COMITÉ D’ACTION EN SÉCURITÉ URBAINE DE LACHINE
800 Sherbrooke Street, Lachine, Montréal, QC, H8S 1H2
514 634-3471 ext. 825
Email: c.a.s.u.a.l@hotmail.com
Services: Regroups community organizations, institutional organizations and groups working to improve the sense of safety. * Information and awareness about urban security issues.* Prevents behaviors damaging security and sense of safety.
Coverage area: Lachine
Financing: municipal
Legal status: non-profit organization
COMITÉ DE REVITALISATION URBANE INTÉGRÉE DU QUARTIER SAINT-PIERRE
183 des Erables Street, Lachine, Montréal, QC, H8R 1B1
514 365-7000
Website: www.revitalisationsaintpierre.ca
Email: info@revitalisationsaintpierre.ca
Eligibility: citizens, organizations
Coverage area: Saint-Pierre neighbourhood
Financing: municipal, provincial, federal, foundations, self-financing, donations
Legal status: non-profit organization

COMITÉ DE SURVEILLANCE LOUIS-RIEL
6751-A Beaubien Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 899-0642
Website: www.cslouisriel.org
Email: cslr@cooptel.qc.ca
Services: Awareness regarding the protection of the environment. * Mobilization of volunteers around environment protection projects.* Green spaces management.* Sports, educational and recreational activities.* Educational workshops on the environment.
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 13h00 to 17h00
Fees: free
Financing: municipal
Legal status: non-profit organization

COMITE DES ORGANISMES SOCIAUX DE SAINT-LAURENT
1055 Sainte-Croix Avenue, block G, Saint-Laurent, Montréal, QC, H4L 3Z2
514 748-2000   Fax: 514 748-2003
Website: www.cossl.org
Email: concertation@cossl.org
Services: Consultation of neighborhood community resources. * Sharing store 2 times a year: school supplies in September and food for the holiday season.
Eligibility: annual contribution: $35 for community organizations and $100 for institutions, Magasin-Partage: 10% of the common price for residents of Saint-Laurent
Coverage area: Montréal: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00
Financing: contributions, Centraide of Greater Montreal, grants
Legal status: non-profit organization

COMMUNITY COUNCIL NOTRE-DAME-DE-GRÂCE
5964 Notre-Dame-de-Grâce Avenue, Suite 204, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1
514 484-1471   Fax: 514 484-1687
Website: www.ndg.ca
Email: ndgcc@ndg.ca
Services: * Promotion of the community’s well-being.* Citizen involvement.* Information and referral for the public regarding community services and tenants’ rights.* Public meetings on community issues, round tables.* Tax clinic.* Member of the RICOM and CMTQ.
Eligibility: general public, adults
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 17h00
Community Action

Financing: Centraide of Greater Montréal, municipal, provincial, membership fees, donations
Legal status: non-profit organization

CONCERT’ACTION LACHINE
735 Notre-Dame Street, Suite 201, Lachine, Montréal, QC, H8S 2B5
514 300-2045  Fax: 514 300-2046
Website: concertactionlachine.com
Email: info@concertactionlachine.com
Services: Working table promoting social, intersectoral and multinetwork development. * Identification of local concerns.* Mobilization around social development.* Support for sharing information and carrying out projects.
Eligibility: individuals and institutions involved in social development: community groups, business people, citizens, elected officials, public institutions, etc.
Coverage area: Lachine
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: residents: free, NPOs: $25, public and financial institutions, elected officials and private businesses: $50
Financing: Centraide of Greater Montréal, provincial, municipal, contributions
Legal status: non-profit organization

CONCERTATION ANJOU
6937 Baldwin Avenue, Anjou, Montréal, QC, H1K 3C6
514 351-4173
Services: * Intersectoral and multi-network working table.* Mobilization and consolidation of all community partners and citizens around issues and actions of common interest determined collectively.* Promotion and support.* Social, community, economic and environmental development.* Back-to-school sharing store.* Christmas sharing store.
Eligibility: member organizations
Coverage area: Anjou
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

CONCERTATION EN DÉVELOPPEMENT SOCIAL DE VERDUN
3972 Verdun Street, Verdun, Montréal, QC, H4G 1K9
514 769-2228 ext. 104
Website: www.cdsv.org
Email: coordination@cdsv.org
Services: District roundtable that works in consultation and collaboration with various local authorities in order to improve living conditions, to fight against poverty and to work for the implementation of a better social justice.
Eligibility: citizens, community organisations, school board, economic development, borough representatives
Coverage area: Verdun
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

CONCERTATION VILLE-ÉMARD - CÔTE SAINT-PAUL
6389 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H8
514 761-1665
Website: www.concertationspe.qc.ca
Email: info@concertationspe.qc.ca
Services: * Dialogue between field players and workers.* Citizen mobilization around the neighborhood issues.* Represent, inform members and raise awareness on the neighborhood issues.
Eligibility: organizations, field workers and residents of the neighborhood
Coverage area: Ville-Émard and Côte Saint-Paul
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montreal, municipal, provincial, grants
Legal status: non-profit organization

CONFÉDÉRATION DES ORGANISMES DE PERSONNES HANDICAPÉES DU QUÉBEC
2030 Pie-IX Boulevard, Suite 300, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 284-0155 Fax: 514 284-0775
Website: www.cophan.org
Email: info@cophan.org
Services: * Dissemination of information.* Advocacy.* Space for networking and discussions between the organizations.* Political representation.
Eligibility: organizations gathering people with all types of disabilities and their families
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: annual contribution
Financing: contributions, grants
Legal status: non-profit organization

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

CONFEDERATION OF NATIONAL TRADE UNIONS (CNTU)
1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5
1 866 646-7760 Fax: 514 598-2052
Website: www.csn.qc.ca
Email: sesyndiquer@csn.qc.ca
Services: Support to affiliated organizations and rights advocacy regarding professional, economic, social, moral and political interest. * Advises concerning work relation, unionizing, human resources, public relation and administration.* Legal services,* Support to mobilization initiatives and regional life.* LGBT central council committee: promotion of gay and lesbian's rights in workplaces.
Eligibility: workers, federations, central councils and unions
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization

CONSEIL LOCAL DES INTERVENANTS COMMUNAUTAIRES DE BORDEAUX-CARTIERVILLE
1405 Henri-Bourassa Boulevard West, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 332-6348
Website: www.clic-bc.ca
Email: infos@clic-bc.ca
Community Action

**Services:** * Intersectoral and multi-network round table.* Social development in order to improve the quality of life of local citizens.* Citizen participation, information, joint actions, etc.

**Eligibility:** organizations, institutions, neighborhood residents

**Coverage area:** Bordeaux-Cartierville

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

**Fees:** annual fee: $5 for residents, $15 for organizations, $25 for institutions

**Financing:** provincial, municipal, foundations, contributions

**Legal status:** non-profit organization

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**CONSEIL RÉGIONAL DE L’ENVIRONNEMENT DE MONTRÉAL**

50 Sainte-Catherine Street West, Suite 300, Ville-Marie, Montréal, QC, H2X 3V4

514 842-2890  Fax: 514 842-6513

Website: www.cremtl.qc.ca

Email: info@cremtl.qc.ca

**Services:** Protection of the environment, action and promotion of sustainable development. Themes and issues:* Green spaces* Natural areas* Waste* Transport* Water and air* Sustainable development* Land use* Climate change.

**Eligibility:** organizations, private or public enterprises, citizens

**Coverage area:** Montréal Island

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

**Fees:** membership: $25 per person, $50 per NPO, $100 per institution or business

**Financing:** provincial, contributions

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA POINTE - RÉGION EST DE MONTRÉAL**

14115 Prince-Arthur Street East, Suite 368, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 498-4273  Fax: 514 498-2048

Website: www.cdcpat.com

Email: cdcdelapointe@mainbourg.org

**Services:** Grouping of community organizations. * Table de développement social: mobilization of community organizations, citizens, institutions, elected officials and businesses.* Le Sésame low-cost fruit and vegetable boxes drop-off point.

**Eligibility:** community organizations

**Capacity:** 35 members

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

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** membership fees

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

**Legal status:** non-profit organization

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**CUISINES COLLECTIVES DU GRAND PLATEAU**

4095 Saint-André Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 3W4

514 523-1752  Fax: 514 523-0755

Website: www.ccgp-montreal.org

Email: info@ccgp-montreal.org

**Services:** * Collective kitchens.* Assistance for starting collective kitchens.* Information, training and awareness on healthy nutrition.* Cooking workshops for youth living in low-rent housing.* Coordination on food security.

**Eligibility:** people on a low income, groups willing to start collective kitchens, children and youth 6 to 12 years old

**Coverage area:** Le Plateau-Mont-Royal

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

Fees: membership: $10 per year
Financing: provincial, donations
Legal status: non-profit organization

DÉPHY MONTREAL
2030 Pie-IX Boulevard, Suite 300, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-4888
Website: www.dephy-mtl.org
Email: info@dephy-mtl.org

Services: * Grouping of core organizations in the region mainly involved in the interest promotion and advocacy for people with disabilities and their families.* Promote cooperation between member organizations on issues of common interest.* Develop communication links, exchange and collaboration among member organizations and with other regional organizations in Québec.* Undertake joint actions aiming to improve the living conditions of people with disabilities.* Ensure necessary representations with various institutions to achieve targeted goals.

Eligibility: local organizations advocating and promoting the interests of people with physical or sensory disabilities and their families
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
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


Eligibility: women with disabilities, deaf women, organizations
Coverage area: Canada
Legal status: non-profit organization

ÉCO DE LA POINTE-AUX-PRAIRIES
9140 Perras Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 648-9177
Website: www.ecopap.ca
Email: info@ecopap.ca

Services: Promotion of eco-friendly behaviors’ development. * Popular education and accompaniment.* Rallying projects achievement.* Eco-quartier: environmental awareness (3 RV, water management, biodiversity, greening, active transportation, etc.), projects development and management, animations and conferences, urban farming, citizens' involvement, cleaning chores, etc.* Jardins Skawanoti: education of local communities and improvement of their access to healthy and sustainable food by urban farming (social economy project in urban farming).

Coverage area: Rivière-Des-Prairies-Pointe-Aux-Trembles
Hours: Monday to Wednesday 10h00 to 12h00 and 13h00 to 17h00, Thursday 10h00 to 12h00 and 13h00 to 19h00
Financing: grants, municipal
Legal status: non-profit organization
ÉCO-QUARTIER AHUNTSIC-CARTIERVILLE - POINT DE SERVICE GOUIN
5765 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1E2
514 447-6226
Website: info@villeenvert.ca
Email: info@villeenvert.ca
Coverage area: Ahuntsic-Cartierville
Hours: Tuesday and Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

ÉCO-QUARTIER AHUNTSIC-CARTIERVILLE - POINT DE SERVICE LAJEUNESSE
10416 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 447-6226
Website: www.villeenvert.ca
Email: info@villeenvert.ca
Coverage area: Ahuntsic-Cartierville
Hours: Tuesday and Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

ÉCO-QUARTIER LACHINE
735 Notre-Dame Street, Suite 202, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: www.ecoquartier.wix.com/lachine
Eligibility: general public
Coverage area: Lachine
Hours: Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 10h00 to 20h00
Fees: free
Financing: grants, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER LASALLE
55 Dupras Avenue, 4th Floor, Suite 405, LaSalle, Montréal, QC, H8R 4A8
514 367-6000 ext. 6500
Email: info@ecolasalle.org

Coverage area: LaSalle
Hours: Tuesday to Thursday 13h00 to 19h30
Financing: grants, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - HOCHELAGA-MAISONNEUVE
1875 Morgan Avenue, 2nd Floor, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2R1
514 253-5777
Website: www.ecomhm.com
Email: admin@ecomhm.com


Coverage area: Hochelaga-Maisonneuve
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

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER OUEST
Centre récréatif communautaire Saint-Donat, 3100 Arcand Street, Suite 200, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3C7
514 253-5777
Website: www.ecomhm.com
Email: admin@ecomhm.com


Coverage area: Mercier-Ouest
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

ÉCO-QUARTIER MERCIER-HOCHELAGA-MAISONNEUVE - MERCIER-EST
8628 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M5
514 253-5777
Website: www.ecomhm.com
Email: admin@ecomhm.com


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
ÉCO-QUARTIER MONTRÉAL-NORD
10861 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4A9
514 326-5447
Website: ecoquartier-mtlنord.ca
Email: coordination@ecoquartier-mtlنord.ca
Coverage area: Montréal-Nord
Hours: Tuesday to Friday 13h00 to 17h00, Saturday 10h00 to 14h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER NOTRE-DAME DE GRÂCE
6575 Somerled Street, Suite 206, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1T1
514 486-2727
Website: www.preventioncdnndg.org/eco-quartier
Email: ecoquartier@gmail.com
Services: Information, mobilization and raising citizens and enterprises awareness about environmental issues. Workshops and information booths. Distribution of recycling bins. Cleaning chores. Distribution of annual flowers and planting activities. Training about composting and vermicomposting. Recovery of toxic wastes: paints, light bulbs containing mercury, batteries, etc.
Coverage area: Notre-Dame-de-Grâce
Hours: Tuesday to Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Legal status: non-profit organization

ÉCO-QUARTIER PETER-MCGILL
1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5
514 933-1069
Website: ecoquartierpetermcgill.org
Email: info@saesem.org
Coverage area: Peter-McGill district
Hours: Monday to Thursday 10h00 to 18h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER SAINT-JACQUES
2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-4053     Fax: 514 522-6702
Website: www.asccs.qc.ca/index.php/eco-quartier-st-jacques
Coverage area: Saint-Jacques district: from Sherbrooke Street to Saint-Laurent River, from Champlain Street to Robert-Bourassa Street
ÉCO-QUARTIER SAINT-LÉONARD
7800 de la Salette Street, Saint-Léonard, Montréal, QC, H1P 2J8
514 328-8444
Website: www.ecoquartiersaintleonard.org
Email: ecoquartierstleonard@gmail.com
Services: Awareness, information and citizens committees about various ecological aspects in the community. * 3R related actions and promotion: reduction at source, reuse, recycle and valorization.* Cleaning and embellishment.* Promotion of citizens actions in environment.* Pets licenses.* Information about waste collection.* Distribution of recycling and individual composting bins, as well as rainwater barrels.* Workshops, information booths.* Support and accompaniment during projects.
Coverage area: Saint-Léonard
Hours: Monday 12h00 to 17h00, Tuesday to Thursday 10h00 to 18h00, Friday 10h00 to 16h00
Financing: grants, municipal
Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - CÔTE-SAINT-PAUL - ÉMARD
1990 de Maricourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V9
514 872-0122
Website: www.ecoquartiersudouest.com
Email: info@ecoquartiersudouest.com
Services: Awareness, information and citizens committees about various ecologic aspects in the community. * Action and promotion regarding 3R: reduction at source, reuse, recycle and valorization.* Cleaning and embellishment.* Promote citizens' environmental initiatives and accompaniment through sustainable development projects.* Greening and landscaping projects.* Green alleys development.* Sale of composting bins and worm compost system.
Coverage area: Le Sud-Ouest
Hours: Tuesday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 13h00 to 17h00, Thursday 13h00 to 19h00, Friday 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

ÉCO-QUARTIER SUD-OUEST - PETITE BOURGOGNE, SAINT-HENRI AND GRIFFINTOWN
525 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 872-0122
Website: www.ecoquartiersudouest.com
Email: info@ecoquartiersudouest.com
Services: Awareness, information and citizens committees about various ecologic aspects in the community. * Action and promotion regarding 3R: reduction at source, reuse, recycle and valorization.* Cleaning and embellishment.* Promote citizens' environmental initiatives and accompaniment through sustainable development projects.* Greening and landscaping projects.* Green alleys development.* Sale of composting bins and worm compost system.
Coverage area: Le Sud-Ouest
Hours: Wednesday 16h00 to 19h00, Thursday 10h00 to 17h00, other availabilities on appointment
Financing: grants
Legal status: non-profit organization
**ÉCO-QUARTIER SUD-OUEST - POINTE-SAINT-CHARLES**

255 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R1  
514 872-0122  
Website: www.ecoquartiersudouest.com  
Email: info@ecoquartiersudouest.com  

**Services:** Awareness, information and citizens committees about various ecologic aspects in the community.  
Action and promotion regarding 3R: reduction at source, reuse, recycle and valorization.  
Cleaning and embellishment.  
Promote citizens’ environmental initiatives and accompaniment through sustainable development projects.  
Greening and landscaping projects.  
Sale of composting bins and worm compost system.  

**Coverage area:** Le Sud-Ouest  
**Hours:** Tuesday 16h00 to 19h00, Wednesday 9h00 to 16h00, other availabilities on appointment  
**Financing:** grants  
**Legal status:** non-profit organization

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**ÉCO-QUARTIER VILLERAY (L’)**

7355 Christophe-Colomb Avenue, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2S5  
514 273-8535 ext. 283  
Website: www.ecoquartiervilleray.com  
Email: ecoquartiervilleray@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

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**ÉCOMARIS**

5333 Casgrain Avenue, Suite 603F, Le Plateau-Mont-Royal, Montréal, QC, H2T 1X3  
418 800-1126  
Website: ecomaris.org  
Email: info@ecomaris.org  

**Services:** Environmental education, workshops and conferences.  
Expeditions on the Saint-Lawrence River.  
Cabestan: socioprofessional reintegration internship aboard a training vessel.  

**Eligibility:** Cabestan: people 18 to 35 years old without a job  
**Coverage area:** Province of Québec  
**Fees:** free  
**Financing:** donations, municipal, foundations, provincial  
**Legal status:** non-profit organization

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**EFFET QUARTIER (L’)**

Confidential Address  
514 777-1259  
Website: lefetquartier.ca  
Email: lefetquartier@lefetquartier.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
ENGLISH SPEAKING CATHOLIC COUNCIL
2005 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2G8
514 937-2301 ext. 252   Fax: 514 907-5010
Website: www.catholiccouncil.ca
Email: escc@bellnet.ca
Services: * Community animation.* Research, coordination and representation in the areas of education, health and social services.
Eligibility: English-speaking Catholic community
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h30
Financing: donations, foundations, federal
Legal status: non-profit organization

ENVIRONNEMENT JEUNESSE
50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4
514 252-3016
Website: www.enjeu.qc.ca
Services: Environmental education. * Awareness.* Certification programs: Cégep Vert, CPE durable.* Conferences, school presentations, promotion of bike transportation and initiation to 4 seasons bike, recycled crafts fair, etc.* Collaboration to various environmental education projects, trainings.
Coverage area: Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: grants, self-financing
Legal status: non-profit organization

ÉQUITERRE
50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4
1 877 272-6656   Fax: 514 522-1227
Website: www.equiterre.org
Email: info@equiterre.org
Services: * Awareness, education and tips.* Pairing of consumers with organic farms.* Referrals for the purchase of fair trade products.* Conferences.
Eligibility: citizens, organizations, governments
Coverage area: Canada
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: federal, provincial, donations, foundations, self-financing, fundraising campaigns
Legal status: non-profit organization

EX AEQUO
3680 Jeanne-Mance Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 288-3852   Fax: 514 288-2834
Website: www.exaequo.net
Email: info@exaequo.net
Services: Promotion of universal accessibility and rights advocacy for people living with functional limitations. * Attendants bank for people using the service employment paycheque.* Citizen action, representation, consultation and partnership with different organizations.* Information, training and awareness.
Eligibility: people living with motor disabilities
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per year
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization
FAMILLEPOINT QUÉBEC
4 Cours des Primevères, Verdun, Montréal, QC, H3E 1W9
514 527-8435  Fax: 514 527-8816
Website: www.famillepointquebec.com
Email: famillepointquebec@gmail.com
Services: Grouping of community organizations in the field of family issues. * Networking facilitation between organizations.* Research, dissemination of information and organization of conferences in collaboration with member organizations.* Promotion of the family to the general public and public authorities.* Publication of the Familléduc magazine.
Eligibility: families, family organizations
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h00
Financing: provincial
Legal status: non-profit organization

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
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

FÉDÉRATION DES MAISONS D'HÉBERGEMENT POUR FEMMES
Confidential Address
514 878-9757  Fax: 514 878-9755
Website: www.fede.qc.ca
Email: info@fede.qc.ca
Services: Sharing and training for member shelters. * Promotion and awareness.* Advocacy for women victims of domestic violence or in difficulty.
Eligibility: houses, shelters and other non-profit services promoting to the well-being or reintegration of women coping with violence or difficulties (homelessness, crisis, addiction, mental health)
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00
Financing: grants, donations, membership fees
Legal status: non-profit organization

FÉDÉRATION DES SOCIÉTÉS D'HORTICULTURE ET D'ÉCOLOGIE DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3010  Fax: 514 251-8038
Website: www.fsheq.com
Email: fsheq@fsheq.com
Services: Grouping of horticultural societies, beautification committees and other organizations dedicated to horticulture. * Representation and advocacy of the interests of members.* Promotion of horticulture, ecology and environmental protection.
Eligibility: horticultural organizations
Capacity: 300 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 12h30 to 16h00
Fees: annual contributions
Financing: grant, self-financing
Legal status: non-profit organization

FÉDÉRATION QUÉBECOISE DES CLUBS DE SCRABBLE FRANCOPHONE
4545 Pierre-de-Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3007
Website: www.fqcsf.qc.ca
Email: fqcsf@fqcsf.qc.ca
Coverage area: Province of Québec
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday and Friday 8h30 to 12h00
Fees: individual membership: $30, club: $60
Financing: self-financing, grant
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES JEUX RÉCRÉATIFS
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3032
Website: www.quebecjeux.org
Email: jeuxrecre@fqjr.qc.ca
Services: Grouping and representation of recreational games organizations. * Promotion.
Eligibility: organizations, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, self-financing
Legal status: non-profit organization

FONDATION BERTHIAUME-DU-TREMBLAY (LA) - PRÉSÂGES
1474 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S1
514 382-0310 Fax: 514 381-3462
Website: www.presages.org
Email: info@presages.org
Services: Consolidation and development of community services for seniors. * Support for social innovation, training and sharing of expertise regarding practices in the field.
Eligibility: people 50 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: foundation
Legal status: non-profit organization

FONDATION DES PARLEMENTAIRES QUÉBÉCOIS, CULTURES À PARTAGER
Bibliothèque et archives nationales, 535 Viger Avenue East, Suite 3-04, Ville-Marie, Montréal, QC, H2L 2P3
514 282-1550
Website: www.culturesapartager.org
Email: info@culturesapartager.org
Services: * Recovery of used books distributed in Québec and in the countries of the Francophone.* Volunteer work available: sorting books, accounting, transport.
Eligibility: residents and organizations of the Island of Montreal and surrounding cities
Coverage area: Montréal, Montérégie, Outaouais, Bas-Saint-Laurent, Saguenay-Lac-Saint-Jean
Hours: on appointment only
Fees: none
Financing: self-financing
Legal status: non-profit organization

FOOD BANKS OF QUÉBEC
6880 Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4T 2A1
1 877 478-4040 Fax: 514 344-1833
Website: www.banquesalimentaires.org
Email: info@banquesalimentaires.org
Services: Provincial network of food assistance organizations.
Eligibility: food banks, lines and food assistance groups at the provincial, regional and local levels
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, self-financing, grants
Legal status: non-profit organization

FRONT D’ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN
1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5
514 522-1010 Fax: 514 527-3403
Website: www.frapru.qc.ca
Email: marie-jose@frapru.qc.ca
Services: National coalition for housing rights. * Defense of collective and individual rights related to housing issues: development, social housing, housing conditions.* Struggle against poverty and promotion of social rights.
Eligibility: housing rights associations and advocacy groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: participating members: variable, associate members: $60 per year, individual sympathizers: $10 per year
Financing: contributions, donations
Legal status: non-profit organization

GROUPE DE RECHERCHE APPLIQUÉE EN MACROÉCOLOGIE
735 Notre-Dame Street, Suite 202, Lachine, Montréal, QC, H8S 2B5
514 634-7205
Website: www.grame.org
Email: info@grame.org
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 10h00 to 16h00, Wednesday 10h00 to 20h00
Financing: grants
Legal status: non-profit organization

GROUPE DE RESSOURCES TECHNIQUES - BÂTIR SON QUARTIER
1945 Mullins Street, Suite 120, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2755 Fax: 514 933-7802
Website: www.batirsonquartier.com
Email: grt@batirsonquartier.com
Services: Development and implementation of community housing projects. * Financial administration of the project during its implementation.* Administrative organization of social and community housing groups.* Management of housing requests for the cooperatives or non-profit housing projects in development.* Training groups in management and cooperative life.* Project manager for childcare centers. * Gérer son quartier: acquisition, development and management of cooperative housing buildings.

Eligibility: tenants, community groups, cooperatives, daycare organizations

Coverage area: Montréal Island, Longueuil

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

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

GROUPE UNI DES ÉDUCATEURS-NATURALISTES ET PROFESSIONNELS EN ENVIRONNEMENT

1 Oakridge Avenue, Ahuntsic-Cartierville, Montréal, QC, H4K 2C5

514 280-6829   Fax: 514 339-1076

Website: www.guepe.qc.ca

Email: guepe@guepe.qc.ca


Eligibility: school groups and general public

Coverage area: Greater Montréal

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

Fees: variable

Financing: self-financing, municipal, provincial, donations

Legal status: non-profit organization

HÉRITAGE LAURENTIEN (L')

55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8

514 367-6540

Website: www.heritagelaurentien.org

Email: info@heritagelaurentien.org

Services: Promotion and enhancement of natural heritage. * Management of Parc des rapides.* Education workshops and activities for all ages: hikes, tours, discovery outings, conferences, etc.* Winter and summer day camps.* Awareness.

Coverage area: Le Sud-Ouest, LaSalle

Hours: Tuesday to Thursday 13h00 to 19h30

Financing: grants, self-financing

Legal status: non-profit organization

INITIATIVE 1,2,3 GO! RIVIÈRE-DES-PRAIRIES

7650 Maurice-Duplessis Boulevard, Rivièrc des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 7R8

514 648-3123   Fax: 514 648-8675

Website: www.initiative123go-rdp.jimdo.com

Email: rdp123go@yahoo.ca


Eligibility: families with children 0 to 5 years old, organizations, parents, community, municipal, political, educational, health and social services, business and childcare representatives

Coverage area: Rivièrc des-Prairies

Hours: office: Monday to Friday 8h00 to 16h00

Financing: provincial, grants

Legal status: non-profit organization
INTER-LOGE
1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7
514 522-2107 Fax: 514 522-7070
Website: www.interloge.org
Email: info@interloge.org
Eligibility: households on a low income
Coverage area: Montréal, Laurentides
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

LITTLE BURGUNDY COALITION - QUARTIER EN SANTÉ
741 des Seigneurs Street, Le Sud-Ouest, Montréal, QC, H3J 1Y2
514 931-4302 Fax: 514 931-3201
Website: www.petitebourgogne.org
Email: communications@petitebourgogne.org
Services: * Multi-networks coalition working in the fields of social and economic development.* Organization of events and activities.* Neighborhood newspaper.* Management of a citizen's market and a community grocery store.
Eligibility: community organizations, residents, institutions
Coverage area: Petite-Bourgogne and Griffintown
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DE L’ENVIRONNEMENT DE VERDUN
674 1st Avenue, Verdun, Montréal, QC, H4G 2V8
514 765-8378
Email: infoenvironnement.verdun@ville.montreal.qc.ca
Coverage area: Verdun
Hours: Monday, Tuesday and Thursay 13h00 to 17h00, Wednesday 13h00 to 19h00
Financing: grants, self-financing
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
**MERCIER-OUEST QUARTIER EN SANTÉ**

5797 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1W6  
514 251-0307  
Website: www.moqs.org  
Email: moqs.info@gmail.com  
**Services:** *Promotion and assistance for environmental, economic and educational actions.*  
*Action committees: seniors, families, youth, food security, Guybourg-Longue-Pointe revitalization.*  
**Eligibility:** residents and organizations  
**Coverage area:** Mercier-Ouest  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** annual membership: $5 citizen, $20 community organization, $50 parapublic, private or institutional organization  
**Financing:** Centraide of Greater Montréal, provincial, municipal, contributions, grants  
**Legal status:** non-profit organization

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**MONTRÉAL - CITY - DÉVELOPPEMENT SOCIAL ET DIVERSITÉ**

Pavillon Duke North, 801 Brennan Street, 5th floor, Ville-Marie, Montréal, QC, H3C 0G4  
3-1-1  
Website: ville.montreal.qc.ca/portal/page?_pageid=8258,90350869&_dad=portal&_schema=PORTAL  
Email: diversitesociale@ville.montreal.qc.ca  
**Services:** *Involvement and support for initiatives promoting ethno-cultural diversity: fight against racism and discrimination, integration of immigrants, intercultural relations.*  
*Commitments, partnerships and financial assistance in the fight against poverty and social exclusion.*  
*Consultation and support to local social development projects.*  
*Support projects for young people, families, equality between women and men, seniors and native people.*  
*Interventions, policies and programs to ensure urban safety and social integration of young and homeless people.*  
*Tandem: Montreal support program for citizen action on urban safety in the boroughs.*  
**Eligibility:** youth, families, seniors, indegenous, women, men  
**Coverage area:** Montréal  
**Legal status:** municipal agency

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**MOOD DISORDERS SOCIETY OF CANADA - MONTREAL OFFICE**

5253 Décarie Boulevard, Suite 210, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C3  
514 487-0165  
Website: www.mdsc.ca  
Email: SCmontreal@mdsc.ca  
**Services:** *Information and raise public’s awareness.*  
*Info-referral for people with mood disorders.*  
*Research and knowledge sharing.*  
*Advocacy.*  
**Eligibility:** people with mood disorders or anxiety troubles, general public  
**Capacity:** 10 people  
**Coverage area:** Greater Montreal  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** federal  
**Legal status:** non-profit organization

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**MOUVEMENT D’ÉDUCATION POPULAIRE ET D’ACTION COMMUNAUTAIRE DU QUÉBEC**

1600 De Lorimier Avenue, Suite 392, Ville-Marie, Montréal, QC, H2K 3W5  
514 843-3236  
Website: www.mepacq.qc.ca  
Email: info@mepacq.qc.ca  
**Services:** Promotion and development of autonomous popular education.  
*Consolidation through regional tables.*  
**Eligibility:** autonomous popular education organizations  
**Coverage area:** Province of Québec
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

NDG SENIOR CITIZENS' COUNCIL
88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8
514 487-1311
Website: www.ndgscc.ca
Email: info@ndgscc.ca
Services: * Information and referral.* Social and political promotion and support: housing, health, home care, transportation, income.* Transportation and accompaniment to medical appointments.* Day centre.
Eligibility: seniors 50 years and over
Coverage area: Notre-Dame-de-Grâce and Montréal West
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

OBSERVATORY ON AGING AND SOCIETY
4565 Queen-Mary Road, Suite C2628, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1W5
514 340-3540 ext. 3927
Website: www.ovs-oas.org
Email: info@ovs-oas.org
Services: Research group aiming to contribute to seniors well-being. * Research and information transmission.* Fight against ageism and abuse of seniors.* Conferences and seminars.* Partnership with many academic and community actors.
Eligibility: intergenerational
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h30
Fees: none
Financing: donations, grants
Legal status: non-profit organization

PETER MCGILL COMMUNITY COUNCIL
1857 De Maisonneuve Boulevard West, Suites 215-216, Ville-Marie, Montréal, QC, H3H 1J9
514 934-2280
Website: petermcgill.org
Email: coordination@petermcgill.org
Services: Neighbourhood roundtable. * Coordination.* Intersectoral community organizations grouping.
Eligibility: residents, students and workers, community organizations and institutional bodies
Covered area: Peter McGill district
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

POINTE-SAINT-CHARLES YMCA
255 Ash Street, Le Sud-Ouest, Montréal, QC, H3K 2R1
514 935-4711 Fax: 514 935-1787
Website: www.ymcaquebec.org
Services: YMCA centre offering activities and services to different groups. * Childhood 0 to 5 years old:
Préscogym and family circus.* Children 5 to 12 years old: soccer, circus, free family gym, homework help,
recreational activities, summer day camp.* Teens 13 to 17 years old: hockey, basketball, soccer, cooking night,
girl's party, training for girls and boys, Friday evening.* Education and training: instructor training, CPR course
and first aid.* Health and physical activities: fitness room, private training, group classes (yoga, cardio cycle,
training camp, pilates, etc.).* Community initiatives: senior's club (55 years and over), recreational activities,
socialization and outings.* Intervention in HLM.* Environmental initiatives.* In charge of the Sud-Ouest eco-
quartier.
Eligibility: children, youth, adults, seniors
Coverage area: Montréal: Le Sud-Ouest, primarily Pointe-Saint-Charles, Little Burgundy and Saint-Henri
Hours: Monday to Friday 6h00 to 22h00, Saturday 8h00 to 21h00, Sunday and holidays 8h00 to 19h00
Legal status: non-profit organization

PRÉVENTION CÔTE-DES-NEIGES - NOTRE-DAME-DE-GRÂCE
6767 de la Côte-des-Neiges Road, Suite 598, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 736-2732 Fax: 514 736-2734
Website: www.preventioncdnndg.org
Email: info@preventionndg.org
Services: Resources and tools for a better quality of life. * Éco-Quartier NDG: environmental action.* Tandem
CDN-NDG: crime prevention.* Outreach and street work.* Citizen mobilization.* Hypersexualization prevention.
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday to Friday 8h00 to 18h00
Fees: free
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
QUÉBEC ASSOCIATION FOR COMMUNITY LIVING
3958 Dandurand Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
514 725-7245     Fax: 514 725-2796
Website: www.aquis-iqdi.qc.ca
Email: info@aquis-iqdi.qc.ca
Services: * Advocacy for people with intellectual disabilities and their relatives.* Information and awareness.* Organization of training sessions, symposium and discussion forums.* Research promotion.
Eligibility: association of parents and volunteers who want to help people with an intellectual disability
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership fees
Financing: self-financing, membership fees, foundation
Legal status: non-profit organization

QUÉBEC COLLECTIVE KITCHENS ASSOCIATION
1605 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S5
1 866 529-3448     Fax: 514 529-1359
Website: www.rccq.org
Email: info@rccq.org
Services: Promotes development, consolidation and concertation of collective kitchens across Québec.* Accompaniment to members.* Starting-up support and training about economic, political and social issues concerning members.* Liaison newletters, daily information and documentation centre.
Eligibility: groups wanting to start collective kitchens, member groups, general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, Centraide of Greater Montréal, provincial, donations, foundations
Legal status: non-profit organization

QUÉBEC ENVIRONMENT FOUNDATION
9501 Christophe-Colomb Avenue, Suite 203, Ahuntsic-Cartierville, Montréal, QC, H2M 2E3
514 849-3323
Website: www.fqe.qc.ca
Email: info@fqe.qc.ca
Services: * Information, education.* Environmental projects.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization

QUEBEC SENIORS' HOUSING GROUP
10794 Lajeunesse Street, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 526-3777     Fax: 514 526-2662
Website: www.rqra.qc.ca
Email: info@rqra.qc.ca
Services: * Groups and represents managers of housing establishments and private nursing homes in Québec, offering services and care to autonomous seniors or seniors with loss of autonomy.* Resources to help people in their search: directory of member residences, list of residence counselors.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, self-financing
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@rcentre.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 centres
Legal status: non-profit organization

REGROUPEMENT DE PROFESSIONNELS POUR LA RÉUSSITE DES JEUNES
6970 Marquette Street, Rosemont-La Petite-Patrie, Montréal, QC, H2E 2C7
514 320-0177
Website: rprej.weebly.com/accueil.html
Email: regroupement.rprj.2015@gmail.com
Eligibility: youth from ethnic minority communities in the last cycle of secondary school or in cégep, teachers and professionals from ethnic minority communities
Coverage area: Villeray and La Petite-Patrie
Hours: Saturday 10h00 to 12h00
Fees: free
Financing: grant, donations
Legal status: non-profit organization

REGROUPEMENT DES AIDANTS NATURELS DU QUÉBEC
1855 Dézéry Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W2S1
1 855 524-1959     Fax: 514 800-8079
Website: www.ranq.qc.ca
Email: info@ranq.qc.ca
Services: Grouping associations, groups, local and regional organizations whose mission is to improve the quality of life of caregivers in Québec. * Offer insight to the population and public authorities about the realities and needs of caregivers. * Promoting the interests of caregivers. * Support and networking between groups.
Eligibility: community organizations supporting caregivers
Coverage area: Province of Québec
Hours: Tuesday and Thursday 9h00 to 17h00
Fees: membership: $30 per year
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES ÉCO-QUARTIERS
75 Square-Sir-George-Étienne-Cartier Street, Suite 219, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 507-5401
Website: www.eco-quartiers.org
Email: regroupementeq@gmail.com
Services:
* Political representation of éco-quartier members and promotion of their development and continuity.
* Green and actives routes: green alleys.
* Zero waste challenge for day camps: healthy waste management program for day camps.
* Green and actives furnitures: furnitures made of recycled ash wood.
Temporary collection points for electronic devices, bikes and bike parts, household items, clothes and fabrics during moving weeks: www.semainedesdemenagements.org
* A tree for my neighborhood: tree sale for citizens to plant on their field.
* Green and blue patrol.

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, municipal, self-financing, donations
Legal status: non-profit organization

REGROUPEMENT DES MAISONS DE JEUNES DU QUÉBEC
6502 des Écores Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2J7
514 725-2686
Website: www.rmjq.org
Email: info@rmjq.org

Services:
* Encourage the establishment and consolidation of youth centers, ensure their survival, share their experiences and provide a tool for youth claims.

Eligibility: Youth Centres
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

REGROUPEMENT DES MAISONS POUR FEMMES VICTIMES DE VIOLENCE CONJUGALE
Confidential Address
514 878-9134
Website: www.maisons-femmes.qc.ca
Email: info@maisons-femmes.qc.ca

Services:
* Contribution to the evolution of laws and policies associated with the protection of women and children victims of domestic violence.
* Prevention.
* Training sessions and publications.
* Place for reflection, ongoing training and mobilization for its members.
* Representation of assistance and housing homes before public and government bodies.

Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, federal, self-financing
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: rocqr@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
REGROUPEMENT DES ORGANISMES DU MONTRÉAL ETHNIQUE POUR LE LOGEMENT
6555 Côte-des-Neiges Road, Suite 400, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-1057  Fax: 514 341-8404
Website: www.romel-montreal.ca
Email: information@romel-montreal.ca
Services: Information, guidance and referrals for housing. * Housing list: www.icilogis.ca* House research assistance.* Help and support to victims of discrimination.* Training on lease agreement and information in several languages.* Temporary shelter.* Co-operative and housing NPOs development projects.* Building management.* Consultant services in matters of intervention.* Beiti, mon logement à Montréal program: housing support for newly arrived Syrians.* Information sessions for asylum seekers.
Eligibility: tenants, immigrants, landlords
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00 and Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: MIDI, municipal, provincial
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES EN FRANCISATION DU QUÉBEC
5165 Queen-Mary Road, Suite 350, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1X7
514 962-3642
Website: www.rofq.info
Email: coordination@rofq.info
Services: Support, promotion and advocacy of 55 organizations working in the field of sociolinguistic intergration of immigrants in Québec.
Eligibility: community organizations and individuals seeking information on francisation
Coverage area: Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES POUR ÂNÉS ET ÂNÉES DU SUD-OUEST DE MONTRÉAL
5335 Notre-Dame Street West, Suite 103, Le Sud-Ouest, Montréal, QC, H4C 3L3
514 989-8226
Email: ropasom@videotron.ca
Services: * Information, referral and support.* Education and awareness.* Consultation.
Eligibility: seniors
Coverage area: Le Sud-Ouest
Financing: grants, donations
Legal status: non-profit organization

REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC
2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8
1 877 523-7919     Fax: 514 523-7619
Website: www.rrasmq.com
Email: rrasmq@rrasmq.com
Services: Promotion, development and maintaining of alternative organizations in mental health. * Grouping of non-profit organizations and associations not subject to the Act of health and social services public institutions in Québec.* Information and referral.
Eligibility: alternative groups and organizations in mental health sector
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES TABLES DE CONCERTATION DE LA PETITE-PATRIE
6839-A Drolet Street, Suite 302, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1
514 419-6072
Website: www.petitepatrie.org
Email: coordination@petitepatrie.org

Services: * Promote information exchange among concertation groups of the neighborhood.* Improve the quality of life for residents of la Petite-Patrie.* Generate a popular education work on common issues.* Promote wellbeing, health, educational aspirations and social justice development for the sake of the neighborhood.
Eligibility: residents of la Petite-Patrie
Coverage area: la Petite-Patrie
Hours: Monday to Thursday 9h00 to 17h00
Financing: Centraide Greater Montreal
Legal status: non-profit organization

REGROUPEMENT INTERSECTORIEL DES ORGANISMES COMMUNAUTAIRES DE MONTRÉAL
753 du Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W8
514 277-1118  Fax: 514 277-2333
Website: www.riocm.ca
Email: info@riocm.ca

Services: Representation of community organizations at the various levels of government and administration. * Defense and promotion of the autonomous community movement.* Training.
Eligibility: community organizations working in health and social services
Coverage area: Montréal
Hours: Monday to Thursday 9h00 to 17h00
Fees: annual fee based on income, training: free for organizations, $20 per person for non-members
Financing: contributions
Legal status: non-profit organization

REGROUPEMENT LOISIR ET SPORT DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 932-3735  Fax: 514 253-7156
Website: www.loisirquebec.qc.ca
Email: inforlq@loisirquebec.qc.ca

Services: Head office and management of the national recreation organizations. * Governance and procurement service, printing, graphic design, financial management, travel.
Eligibility: sports and recreational counselor
Capacity: 104 organizations
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: fundraising campaign, provincial
Legal status: non-profit organization

REGROUPEMENT PARTAGE
5789 Iberville Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2B8
514 383-2460  Fax: 514 383-4978
Website: www.regroupementpartage.org
Email: rmpim@bellnet.ca

Services: * Grouping, support and promotion of sharing stores.* Awareness on poverty issues and its impacts.* Christmas and back-to-school fundraising campaigns for the benefit of sharing stores.* Cultiver l’Espoir: urban farming program whose products are distributed to Montrealers through food banks.
Eligibility: sharing stores and their beneficiaries, people on a low income  
Coverage area: Montréal Island  
Hours: Monday to Thursday 8h30 to 16h30, open on Friday in December  
Financing: self-financing, L’Oeuvre Léger, Centraide of Greater Montréal, fundraising campaigns, municipal, provincial, donations  
Legal status: non-profit organization  

REGROUPEMENT POUR LA VALORISATION DE LA PATERNITÉ  
1691 Pie-IX Boulevard, Suite 207, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3  
514 528-9227  Fax: 514 272-4057  
Website: www.rvpaternite.org  
Email: info@rvpaternite.org  
Services: * Annual seminar to raise awareness among professionals handling the realities of being a father: Su-père conférence.* Semaine québécoise de la paternité: event promoting the importance of fatherhood.* Partner in research, training and intervention projects.* Various representations.  
Eligibility: men, women and organizations valuing paternity  
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 16h00  
Financing: donations, Centraide of Greater Montreal, grants, self-financing  
Legal status: non-profit organization  

REGROUPEMENT PRASAB (POPOTES ROULANTES ET AUTRES SERVICES ALIMENTAIRES BÉNÉVOLES)  
1474 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S1  
1 877 277-2722  Fax: 514 381-3462  
Website: www.popotes.org  
Email: regroupement@prasab.org  
Services: * Help with the set-up of meals-on-wheels organizations and for those already in operation.* Provides training and publishes guides on meals-on-wheels operations.* Organizes activities (conferences).* Referrals to meals-on-wheels across the province.* Promotion of Meals on Wheels (semaine québécoise des popotes roulantes).* Referral of volunteers to member organizations.  
Eligibility: community groups  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: provincial, self-financing, donations  
Legal status: non-profit organization  

REGROUPEMENT QUÉBÉCOIS DU PARRAINAGE CIVIQUE  
2349 Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8  
514 289-1161  
Website: www.parrainmarraine.com  
Email: info@parrainmarraine.com  
Services: * Members support.* Information and awareness.* Support for development of new organizations.* Development of partnership results.* Assistance in research and dissemination of knowledge.  
Eligibility: members, general population  
Coverage area: province of Québec  
Hours: Monday to Friday 8h30 to 17h00  
Legal status: non-profit organization
RELAIS-FEMMES
110 Sainte-Thérèse Street, Suite 309, Ville-Marie, Montréal, QC, H2Y 1E6
514 878-1212 Fax: 514 878-1060
Website: www.relais-femmes.qc.ca
Email: relais@relais-femmes.qc.ca
Services: Training and support, research, consultation and liaison. * Documentation center on women's status.
Eligibility: women, women's groups, community groups
Coverage area: Canada
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: federal, provincial, donations, contributions, self-financing
Legal status: non-profit organization

RÉSEAU ALTERNATIF ET COMMUNAUTAIRE DES ORGANISMES EN SANTÉ MENTALE DE L’ÎLE DE MONTRÉAL
55, du Mont-Royal Avenue West, Suite 602, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 847-0787
Website: racorsm.org
Email: racor@racorsm.org
Services: Grouping and representation of organizations in mental health. * Training about mental health for social workers and all the community.* List and map of members: information on mental health services, activities and programs.* Online calendar of events and training.* Information about Montreal's mental health community and the various issues online.* Newsletter several times a year.
Eligibility: community and alternative organizations in mental health
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

RÉSEAU D’ACTION DES FEMMES EN SANTÉ ET SERVICES SOCIAUX
8096 Champlain Boulevard, Lasalle, Montréal, QC, H8P 3V9
514 436-2047
Website: www.rafsss.org
Email: reseau@rafsss.org
Services: Regional grouping of women's groups in Montreal. * Carrefour which allows groups to form a network of support, information and action.
Eligibility: women's groups working on violence against women and in health and social services
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
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
Eligibility: immigrant or troubled women
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Legal status: non-profit organization

RÉSEAU D'AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL
1431 Fullum Street, Suite 203, Ville-Marie, Montréal, QC, H2K 0B5
514 879-1949   Fax: 514 879-1948
Website: www.rapsim.org
Email: info@rapsim.org
Services: "Network of organizations and individuals working with the homeless." Promotes new projects, encourages concerted efforts with the resources. Organizes thematic meetings. Broadcasts information concerning homelessness.
Eligibility: homeless people and the organizations working with them
Coverage area: Montréal
Hours: Monday to Friday 9h30 to 17h00
Financing: grants, donations, Centraide of Greater Montréal, membership fees
Legal status: non-profit organization

RÉSEAU DES CARREFOURS JEUNESSE-EMPLOI DU QUÉBEC
1751 Richardson Street, Suite 5.501, Le Sud-Ouest, Montréal, QC, H3K 1G6
514 393-9155   Fax: 514 393-9108
Website: www.rcjeq.org
Email: info@rcjeq.org
Services: Grouping, support and representation for youth employment centres. Documentation, tools, training. Listening and advice.
Eligibility: youth employment centres
Coverage area: Province of Québec
Financing: contributions, provincial, donations
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS DE L'ACTION COMMUNAUTAIRE AUTONOME
1555 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4H7
514 845-6386   Fax: 514 845-9732
Website: www.rq-aca.org
Email: info@rq-aca.org
Services: Representation, consultation, mobilization and research on autonomous community action.
Eligibility: Autonomous Community Action Organizations: community organization with their own social mission and an independent board from public network, formed on the initiative of the people of the community and taking account of citizenship practices
Capacity: 57 groups of independent community action, joining 4,000 organizations across Quebec
Coverage area: province of Québec
Hours: Monday to Thursday 8h30 to 17h00
Financing: contributions, grants
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS DES OSBL D'HABITATION
1431 Fullum Street, Suite 102, Ville-Marie, Montréal, QC, H2K 0B5
1 866 846-0163   Fax: 514 846-3402
Website: www.rqoh.com
Email: info@rqoh.com
Eligibility: regional federations of housing NPOs, volunteer housing NPO groups, non-profit housing corporations underserved by regional federations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Legal status: non-profit organization

RÉSEAU SOLIDARITÉ ITINÉRANCE DU QUÉBEC
1431 Fullum Street, Suite 204, Ville-Marie, Montréal, QC, H2K 0B5
514 861-0202 Fax: 1 888 438-9719
Website: www.rsiq.org
Email: info@rsiq.org

Services: Provincial coalition on homelessness. * Information and mobilization.* Advocacy and political representations.

Eligibility: agencies on homelessness

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $50

Financing: provincial, donations, membership fees

Legal status: non-profit organization

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

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

Eligibility: people on a low income

Capacity: 4580 people per year

Coverage area: Montréal

Hours: restaurant: Monday to Friday 11h30 to 13h30, office: 9h00 to 17h00

Fees: meal: $4, solidary price: $6

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

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
SENTIER URBAIN
1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7
514 521-9292     Fax: 514 596-7093
Website: www.sentierurbain.org
Email: info@sentierurbain.org
Eligibility: residents, community organizations beneficiaries, schools
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h30
Financing: Centreaid of Greater Montréal, municipal, foundations, donations
Legal status: non-profit organization

SERVICE DE LUTTE CONTRE LES INFECTIONS TRANSMISSIBLES SEXUELLEMENT ET PAR LE SANG
201 Crémazie Boulevard East, Suite RC-03, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 873-9968     Fax: 514 873-9997
Website: www.msss.gouv.qc.ca/sujets/prob_sante/itss/index.php?service_de_lutte_contre_itss
Email: slitss@msss.gouv.qc.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

SOCIÉTÉ DE DÉVELOPPEMENT ENVIRONNEMENTAL DE ROSEMONT
5679 Fullum Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2H6
514 727-6775
Website: www.soder.qc.ca
Email: secretariat@soder.qc.ca
Services: Develop and manage environmental projects with an important social aspect. * Eco-Quartier program: green alleys development, environmental education, greening projects, citizen mobilization, residual wastes management, zero waste way of life, etc.* Promote sustainable development.* Accompaniment of organizations, collectivities and enterprises through their sustainable development process. * Tandem: urban security program.
Coverage area: Rosemont-La Petite Patrie
Hours: Monday to Friday 9h30 to 17h00
Financing: municipal, grants, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PROVINCIAL DU QUÉBEC
6450 Christophe-Colomb Avenue, Suite 306, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2G7
514 525-0232     Fax: 514 525-4225
Website: www.lerevedozanam.org
Email: ssvp-quebec@bellnet.ca
Services: Coordination and consultation of all the chapters of Société de Saint-Vincent-de-Paul throughout the Province of Québec.
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 12h00
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL DE MONTRÉAL - CONSEIL CENTRAL
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937  Fax: 514 526-5930
Website: www.ssvp-mtl.org
Email: communication@ssvp-mtl.org

Services: * Assistance with basic needs: food, clothing, furniture, school supplies.* Assistance on a personal level: listening, accompaniment, referral, employment.* To find your neighbourhood’s service point:
http://www.ssvp-mtl.org/obtenir-de-l-aide

Eligibility: individuals and families on a low income
Coverage area: Montréal, Laval and MRC L’Assomption
Hours: Monday to Friday 8h30 to 16h30
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL
2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 523-9220
Website: www.sem-montreal.org
Email: info@sem-montreal.org

Services: Information, mobilization, awareness regarding urban environmental issues through greening projects, citizen’ actions and residual wastes management. * Eco-quartier program: cleaning, 3RV, embellishment, urban ecology and water preservation, distribution of recycling bags and bins on wheel for eligible buildings.* Green alleys development support.* Flowers distribution.* Workshops and animation.* Recycling of: batteries, cellphone, CD and DVD, ink cartridges, cork, bread ties and can pins, keys.* Consultation about horticulture.* Various environmental services for OSBL, building managers, schools and daycares.

Coverage area: Sainte-Marie
Hours: Monday to Wednesday 9h30 to 17h30, Thursday 13h00 to 19h00
Financing: self-financing, grants
Legal status: non-profit organization

SOCIÉTÉ ENVIRONNEMENTALE DE CÔTE-DIZES-NEIGES
6767 Côte-des-Neiges Road, Suite 591, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 738-7848
Website: www.socenv.ca
Email: info@socenv.ca

Services: * Environment protection and waste reduction.* Education and awareness about environment, cleaning and embellishment.* Poverty reduction projects: collective gardens, food safety workshops, collection and redistribution of used furnitures.* Eco-quartier: 3R, cleaning, embellishment and urban nature.* Dropping site: ink cartridges, umbrellas, cork, batteries, cell phones, polystyrene (plastic 6).* Community composting.

Coverage area: Côte-des-Neiges
Hours: Tuesday and Friday 10h00 to 18h00, Saturday 10h00 to 13h00
Financing: grants, self-financing
Legal status: non-profit organization

SOCIÉTÉ LOGIQUE
3210 Rachel Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1W 1A4
514 522-8284  Fax: 514 522-2659
Website: www.societelogique.org
Email: info@societelogique.org
Services: Information on universal accessibility. * Representation.* Concertation.* Consulting expertise in architecture and urban development for the accessibility of new or existing premises.

Eligibility: owners or managers of buildings, health or development professionals, people with mobility, visual or auditory limitations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable for consulting services

Financing: provincial, self-financing

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
Email: 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

SOLIDARITÉ SAINT-HENRI
75 Sir-George-Étienne-Cartier Street, Suite 201, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 937-9813 Fax: 514 937-7088
Website: www.solidarite-sh.org
Email: coordination@solidarite-sh.org

Services: Coalition of Saint-Henri’s community groups and institutions. * Community grocery: Saint-Paul centre, 4976 Notre-Dame Street West.

Eligibility: community organizations, public institutions, other social development stakeholders

Coverage area: Montréal: Saint-Henri

Hours: Monday to Friday 9h00 to 16h30

Fees: membership fees

Financing: Centraide du Grand Montréal, municipal, provincial

Legal status: non-profit organization

SOLON
6750 de l’Esplanade Avenue, Suite 102, Rosemont-La Petite-Patrie, Montréal, QC, H2V 4M1
514 652-8895
Website: www.solon-collectif.org
Email: info@solon-collectif.org

Services: * Celsius Project: micro network of collective heat by geothermal energy.* Nos milieux de vie Project: accompaniment of groups of citizens in their desire to improve their living environment collectively.* Alley assembly: animation of assembly between neighbors and mobilization support for initiatives aiming to promote the sharing of resources and the protection of the environment.

Coverage area: Montréal Island

Fees: free

Financing: municipal, provincial

Legal status: non-profit organization
SPORTSQUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3114  Fax: 514 254-9621
Website: www.sportsquebec.com
Email: gportelance@sportsquebec.com
Services: Grouping of 65 sport federations and 17 regional units of leisure and sport of Quebec. * Promoting the collective interests of members, services to federations and individual services.
Eligibility: sport governing federations and regional units of sport and recreation
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

TABLE DE CONCERTATION 0-5 ANS DES FAUBOURGS
2015 Fullum Street, Suite A, Ville-Marie, Montréal, QC, H2K 3N5
438 989-2343
Website: www.lescancans0-5ans.org
Email: projet_table05@hotmail.com
Services: Supporting families of Faubourgs district. * Information on activities and services available to families in the neighborhood.* Animation of the parents committee and special events.* Reference to stop-over services available for families.
Eligibility: parents of children 0-5 years old
Coverage area: Sainte-Marie-Saint-Jacques and Faubourgs Saint-Laurent district
Hours: on call
Fees: free
Financing: grants
Legal status: non-profit organization

TABLE DE CONCERTATION DES AÎNÉS D’OUTREMONT
Centre communautaire intergénérationnel, 999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
514 271-0959
Services: * Gathering of representatives from organizations working with seniors and individuals with similar interests.* Defending and promoting the interests of seniors from Outremont.* Broadcasting information on community resources.
Eligibility: seniors organizations
Coverage area: Outremont
Financing: municipal
Legal status: non-profit organization

TABLE DE CONCERTATION DES AÎNÉS DE L’ÎLE DE MONTRÉAL
3958 Dandurand Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
514 286-8226
Website: www.tcaim.org
Email: coord@tcaim.org
Services: Consultation amongst seniors’ organizations. * Collaboration with decision-makers.
Eligibility: seniors’ organizations
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization
TABLE DE CONCERTATION DES AÎNÉS ET AÎNÉES DE MONTRÉAL-NORD
4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 384-2000 ext. 7636
Services: Grouping of organizations working with seniors. * Promoting community resources for seniors.*
Identification of the major issues affecting the situations and living environments of the seniors of Montréal-Nord.
Eligibility: seniors organizations
Coverage area: Montréal-Nord
Fees: $15
Legal status: non-profit organization

TABLE DE CONCERTATION DES ORGANISMES AU SERVICE DES PERSONNES RÉFUGIÉES ET IMMIGRANTES
518 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1S5
514 272-6060 Fax: 514 272-3748
Website: www.tcri.qc.ca
Email: info@tcri.qc.ca
Eligibility: member organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 16h30
Financing: provincial, self-financing
Legal status: non-profit organization

TABLE DE CONCERTATION DU FAUBOURG SAINT-LAURENT
1700 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L5
514 288-0404
Website: www.faubourgsltlaurent.ca
Email: info@faubourgsltlaurent.ca
Services: Information, consultation, proposals and support to projects or activities for the social development of the neighbourhood and better quality of life for residents and transitional population.
Eligibility: residents and organizations from Faubourg Saint-Laurent
Coverage area: Faubourg Saint-Laurent: between Sherbrooke, Amherst, Viger and Robert-Bourassa Streets
Hours: Monday to Thursday 9h00 to 17h00
Financing: Centraide, municipal, provincial
Legal status: non-profit organization

TABLE DE CONCERTATION EN RELATIONS INTERCULTURELLES DE VERDUN
4741 Verdun Street, Verdun, Montréal, QC, H4G 1M9
514 844-3340
Services: * Integration of people from different cultural communities.* Information and referrals.* Exchange and discussion meetings.* Consultation and mobilization of people and communities.
Eligibility: organizations and individuals working for or with people of different cultural communities
Coverage area: Verdun
Hours: Monday to Friday 10h00 to 17h00
Legal status: non-profit organization
TABLE DE CONCERTATION ET D’INTERVENTION POUR UNE GARANTIE ALIMENTAIRE DANS LE CENTRE-SUD

Confidential Address
Website: www.tablecigal.wixsite.com/centresud
Email: table.cigal@gmail.com

Services: Regroupment of food security community organizations in the neighborhood. * Concertation.* Promotion of food security.
Eligibility: food security community organizations
Coverage area: Centre-Sud
Fees: membership card: $25
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.* Symposia 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

TABLE DE DÉVELOPPEMENT SOCIAL DE LASALLE

9160-M Airlie Street, LaSalle, Montréal, QC, H8R 2A5
514 367-6340
Website: www.tdslasalle.org
Email: info@tdslasalle.org

Services: Local, intersectoral and multinetwork concertation mechanism. * Permanent development tool within the community aiming to a constant improvement of the living conditions in LaSalle.* Gathering of social, cultural and economic players within the community in an effort to achieve social development.
Eligibility: citizens and neighbourhood services
Coverage area: LaSalle
Hours: projects office: Monday to Friday 9h00 to 17h00, variable depending on activities
Financing: grants  
Legal status: non-profit organization

**TABLE DE QUARTIER DE MONTRÉAL-NORD**

12004 Rolland Boulevard, Suite A-203, Montréal-Nord, Montréal, QC, H1G 3W1  
514 328-4000 ext. 5621  Fax: 514 328-5644  
Website: www.arrondissement.com/blogue/montréal_nord_en_sante  
Email: direction@tqmns.org  
Eligibility: residents, associations and organizations  
Coverage area: Montréal-Nord  
Hours: Monday to Friday 9h00 to 17h00  
Financing: Centraide of Greater Montréal  
Legal status: non-profit organization

**TABLE DE QUARTIER DU NORD-OUEST DE L’ÎLE DE MONTRÉAL**

16115 Gouin Boulevard West, Suite 309, L’Île-Bizard-Sainte-Geneviève, Montréal, QC, H9H 1C7  
514 675-3006  
Website: www.tqnoim.org  
Email: tqnoim@gmail.com  
Services: Grouping and coordination related to social development. * Coordination of projects.* Support to organizations.  
Eligibility: communities and organizations  
Coverage area: Pierrefonds-Roxboro, L’Île-Bizard-Sainte-Geneviève, Dollard-des-Ormeaux  
Hours: variable  
Fees: free  
Financing: Centraide of Greater Montréal, provincial, municipal  
Legal status: non-profit organization

**TABLE DE QUARTIER HOCELAGA-MAISONNEUVE (LA)**

1691 Pie-IX Boulevard, Suite 406, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3  
514 523-5395 ext. 200  
Website: www.ltqhm.org  
Email: communication@ltqhm.org  
Services: Place of consultation that brings community groups, institutional and private sector representatives and citizens of the neighbourhood. * Place of reflection and analysis.* Directory of neighbourhood resources.* Information and referrals.  
Eligibility: community organizations, institutions, citizens, private corporations  
Coverage area: Hochelaga-Maisonneuve  
Hours: Monday to Friday 9h00 to 17h00  
Financing: Centraide of Greater Montréal, municipal, provincial  
Legal status: non-profit organization

**TABLE DE QUARTIER SUD DE L’OUEST-DE-L’ÎLE**

114 Donegani Street, Pointe-Claire, Montréal, QC, H9R 2V4  
438 938-7764  Fax: 514 782-0777  
Website: www.tqsoi.org  
Email: info@tqsoi.org  
Services: Grouping of local social actors. * Coordination and establishment of various projects.* Support to community agencies regarding their intervention strategies.  
Coverage area: Dorval: Senneville, Sainte-Anne-de-Bellevue, Baie-D’Urfé, Beaconsfield, Kirkland, Pointe-Claire, Dorval
Community Action

**URBAN AGRICULTURE MTL**
200 Sherbrooke Street West, Hall SH-3705, Ville-Marie, Montréal, QC, H2X 3P2  
**Website:** www.au-lab.ca  
**Email:** eric.duchemin@au-lab.ca  
**Services:** Urban agriculture research, development and intervention laboratory. * Inter-university and international reflection place on urbanity and food.* Development and promotion of urban agriculture in Montréal.* Events, workshops and seminars.* Summer school: ecoleagricultureurbaine.org.* Information portal and map of initiatives: agriculturemontreal.com.  
**Coverage area:** Greater Montréal  
**Financing:** grants  
**Legal status:** non-profit organization

**VERDUN CITIZENS' ACTION COMMITTEE**
3972 Verdun Street, Verdun, Montréal, QC, H4G 1K9  
**Phone:** 514 769-2228  
**Fax:** 514 769-0825  
**Website:** www.cacv-verdun.org  
**Email:** info@cacv-verdun.org  
**Services:** * Expertise in the fields of housing and urban planning: advice and referral, telephone consultation services, information meetings.* Popular education workshops.* Coffee chats.  
**Eligibility:** tenants, people on a low-income, applicant for social housing  
**Coverage area:** Verdun  
**Hours:** Monday 9h00 à 12h00 et 13h00 à 16h30, Tuesday and Thursday 13h00 à 16h30, Wednesday 9h30 à 12h00  
**Fees:** membership: $5  
**Financing:** Centraide of Greater Montréal, provincial, donations  
**Legal status:** non-profit organization

**VERTCITÉ**
685 Décarie Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4L 5G4  
**Phone:** 514 744-8333  
**Website:** www.vertcite.ca  
**Email:** info@vertcite.ca  
**Services:** Citizens' environmental projects and services. * Éco-quartier Saint-Laurent-Pierrefonds-Roxboro: environmental education and awareness, tips, advices and accompaniment through sustainable development projects, information about waste management, greening and embellishment.* Green-shop: sale of green, ethnic and organic products.* Urban farming: gardens creation and gardening classes. * Management of public piano in the district.* Workshops, conferences, educational outings, etc.  
**Coverage area:** Saint-Laurent, Pierrefonds-Roxboro  
**Hours:** Tuesday and Wednesday 12h00 to 18h00, Thursday and Friday 12h00 to 19h00, Saturday 12h00 to 16h00  
**Fees:** none  
**Financing:** 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  
**Phone:** 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

VOLUNTEER BUREAU OF MONTRÉAL - VOLUNTEER FOOD SERVICES - CENTRAL OFFICE
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351    Fax: 514 842-8977
Website: www.cabm.net
Email: liaison-sab@cabm.net
Eligibility: organizations and groups of volunteers offering food services to people with reduced autonomy
Capacity: 400,000 meals per year
Coverage area: Montréal area
Hours: Monday to Friday 8h30 to 16h00
Fees: meals-on-wheels: about $5 per meal
Financing: provincial
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
CHARITY ORGANIZATIONS

BERTHIAUME-DU-TREMBLAY FOUNDATION (THE)
300 Léo-Pariseau Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 382-8018 Fax: 514 382-8019
Website: berthiaume-du-tremblay.com
Email: fondation@berthiaume-du-tremblay.com
Services: Promotion of the well-being of seniors in their communities. * Community, housing, accommodation and in-home support development.
Eligibility: seniors, community organizations working with seniors
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization

CANADIAN-ITALIAN COMMUNITY FOUNDATION OF QUÉBEC
8370 Lacordaire Street, Suite 301, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-6725 Fax: 514 274-6353
Website: www.fcciq.com
Email: info@fcciq.com
Services: Financial support to community organizations.
Eligibility: Italian community
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 17h30
Financing: self-financing
Legal status: non-profit organization

CENTRAIDE OF GREATER MONTRÉAL
493 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H3A 1B6
514 288-1261 Fax: 514 350-7282
Website: www.centraide-mtl.org
Email: info@centraide-mtl.org
Services: Support to local community organizations through a fundraising campaign and donations collected.
Eligibility: non-profit organizations
Coverage area: Greater Montréal
Financing: fundraising campaigns
Legal status: non-profit organization

CENTRE DE PRÉVENTION DE LA VIOLENCE FAMILIALE GÉNÉRATIONS
Confidential Address
514 288-1444  Fax: 514 288-6312
Email: generations@generations-familles.com
Services: * Management of Tel-Jeunes and Ligne Parent services.
Eligibility: family
Coverage area: province of Québec
Hours: 24/7
Fees: free
Financing: fundraising campaign, sponsorship, grants, donations
Legal status: non-profit organization

CENTRE QUÉBÉCOIS DE PHILANTHROPIE
6077 Wilderton Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2K8
514 341-2547
Website: www.cqp.qc.ca
Email: info@cqp.qc.ca
Services: * Publication of various funding Directories for Québec NPOs: Fonds & fondations and Entreprises donatrices, a large listing of Québec and Canadian businesses that give and sponsor Québec NPOs.* Other publications and training and counselling on Fundraising.
Eligibility: leaders of NPOs and fundraisers for charities, no service to the public
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

DESJARDINS FOUNDATION
1 Complexe Desjardins, 14th floor, South Tower, Ville-Marie, Montréal, QC, H5B 1B2
1 800 443-8611  Fax: 514 281-2391
Website: www.desjardins.com/fondation
Email: fondation.desjardins@desjardins.com
Services: Contributes to the academic success of youth and promotes academic perseverance. * Awarding prizes, scholarships and donations and supporting various projects.
Eligibility: students
Coverage area: Provinces of Québec and Ontario
Hours: Monday to Friday 8h00 to 16h30
Financing: self-financing, funding campaigns
Legal status: non-profit organization

FEDERATION CJA
5151 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 735-3541  Fax: 514 735-8972
Website: www.federationcja.org
Email: fcja@federationcja.org
Services: Central coordinating, planning and fundraising body. * Support for local, national and overseas philanthropic causes and financial assistance to people and families.* Le Café: Soup Kitchen kosher program.
Eligibility: Jewish community primarily
Coverage area: Greater Montréal
FEDERATION CJA WEST ISLAND
96 Roger Pilon Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2E1
514 624-5005   Fax: 514 683-4061
Website: www.federationcja.org
Email: west.island@federationcja.org
Services: Planning, coordinating and funding of community services for welfare, health and leisure. * Financial assistance to individuals and families.
Eligibility: Jewish community
Coverage area: West Island
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Financing: fundraising campaign
Legal status: non-profit organization

FONDATION DE L'ORDRE DES DENTISTES DU QUÉBEC
800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, QC, H3B 1X9
1 800 361-4887 ext. 2278
Website: www.fodq.ca
Email: info@fodq.ca
Services: * Promotion of oral health.* Education on oral disease prevention measures.* Management of funds to improve dental care access for vulnerable people.* Assistance for preventive, curative and applied research projects.* Coordination.
Coverage area: Province of Québec
Financing: donations
Legal status: non-profit organization

FONDATION DES AUBERGES DU COEUR
4246 Jean-Talon East Street, East Tower, Suite 17, Saint-Léonard, Montréal, QC, H1S 1J8
514 523-3659   Fax: 514 523-2109
Website: www.aubergesducoeur.com
Email: info@aubergesducoeur.com
Services: Financially support the mission of the Auberges du coeur. * Promotes Auberges' action.* Raise awareness about homelessness and youth in difficulties.
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 à 16h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FONDATION DU DR JULIEN
1601 Aylwin Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3B9
514 527-3777   Fax: 514 527-4323
Website: www.fondationdrjulien.org
Email: fondation@pediatriessociale.org
Services: Development, teaching and promotion of social pediatrics. * 2 social pediatrics centres.* Garage à musique program.* Direct services to children.
Eligibility: children in difficulty 0 to 20 years old, their family
Capacity: 2000
Coverage area: Hochelaga-Maisonneuve and Côte-des-Neiges
Hours: Monday to Friday 8h30 to 17h00

Community Action
Hours: Monday to Thursday 7h00 to 21h00, Friday 7h00 to 16h00, variable depending on activities
Financing: fundraising campaign
Legal status: non-profit organization
**HEART AND STROKE FOUNDATION**  
1434 Sainte-Catherine Street West, Suite 500, Ville-Marie, Montréal, QC, H3G 1R4  
1 800 567-8563 Fax: 514 871-9385  
Website: www.heartandstroke.qc.ca  
**Services:** Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy.  
**Coverage area:** Canada  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** donations  
**Legal status:** non-profit organization

**JULES AND PAUL-ÉMILE LÉGER FOUNDATION**  
130 de l'Épée Avenue, Outremont, Montréal, QC, H2V 3T2  
514 495-2409 Fax: 514 495-2059  
Website: www.leger.org  
**Email:** info@leger.org  
**Services:** Support and funding of community organizations working with families in difficulty, street youth and seniors. *Actions around social inclusion and food security.* Organizational support. *Youth Citizen in Action: civic action program and the fight against poverty for youth.* International humanitarian projects.  
**Eligibility:** community organizations  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 16h30  
**Financing:** fundraising campaigns, donations  
**Legal status:** non-profit organization

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

**QUEBEC ANGELMAN FOUNDATION (THE)**  
14400 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H9H 1B1  
514 316-9017 ext. 101  
Website: www.angelman.ca  
**Email:** info@angelman.ca  
**Services:** Raise money for a major project for people with Angelman syndrome and their families. *Angelman respite centre: stay respite (48 hours) or occasional respite (variable) during weekends.*  
**Eligibility:** people of all ages with an intellectual disability or an autism spectrum disorder, or Angelman syndrome
Capacity: 9 beds
Coverage area: Province of Québec
Hours: respite centre: Friday 17h00 to Sunday 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

REA FOUNDATION
6300 de Darlington Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2707  Fax: 514 340-2087
Website: fondationrea.ca
Email: info@fondationrea.ca
Services: Foundation grouping three physical rehabilitation centres: Centre de réadaptation Lucie Bruneau, Institut de réadaptation Gingras-Lindsay-de-Montréal, Institut Raymond-Dewar. * Support to physical rehabilitation and social integration services for people with health problems or disabilities.* Contributes to the financing of rehabilitation centres: donations, fundraising.* Training in sign language.
Eligibility: people with physical disability, public in general
Coverage area: Montréal, Western Québec from Trois-Rivières
Hours: Monday to Friday 8h30 to 16h30
Financing: donations, fundraising campaigns
Legal status: non-profit organization

ROTARY CLUB OF WESTMOUNT (THE)
4626 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 2Z8
514 935-3344
Website: www.rotarywestmount.org
Email: info@rotarywestmount.org
Services: * Fundraising events organization aiming to support local projects.
Eligibility: non-profit organizations
Coverage area: Westmount
Hours: Wednesday 12h30 to 13h30
Financing: self-financing
Legal status: non-profit organization

SALVATION ARMY
1700-625 du Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H3A 1K2
514 288-2848  Fax: 514 288-3521
Website: www.salvationarmy.ca/quebec
Services: Public Relations and Red Shield Campaign Office.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h00
Financing: donations
Legal status: non-profit organization

SIDALYS FOUNDATION
3702 Sainte-Famille Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2L4
514 842-4439  Fax: 514 842-2284
Website: sidalys.org
Email: sidasecours@hotmail.com
Services: Fundraising campaigns for the Sidalys Centres offering short and long-term housing accomodation for people with HIV/Aids.
Coverage area: Montréal
**SUPPORT (LE) - FONDATION DE LA DÉFICIENCE INTELLECTUELLE**

6275 des Grandes-Prairies Boulevard, Saint-Léonard, Montréal, QC, H1P 1A5
514 725-9797    Fax: 514 725-3530
Website: www.lesupport.ca
Email: sac@lesupport.ca

**Services:** Fundraising for assisting people living with intellectual disabilities through the sale of used items.* Donation pick-up: clothing, small household items, toys and leisure equipment, books and magazines.* Donation boxes.

**Coverage area:** Greater Montréal

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

**Financing:** donations

**Legal status:** non-profit organization

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**Community centres**

**ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE-SUD**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9
514 522-2246    Fax: 514 522-6702
Website: www.asccs.qc.ca
Email: centre@asccs.qc.ca

**Services:** Sports, recreational, educational, cultural and environmental activities for all. * Activities for people with disabilities or special needs.* Spring break and summer day camps.* After-school homework help.* Children parties on week-ends.* Private music and swimming classes.* Animation days for school groups.* Room rental.* Computer room.* Library.* Swimming pool.* Fitness room.* Fitness class.* Tourist and leisure companion sticker.

**Eligibility:** greater public, children and adults with disabilities

**Coverage area:** Centre-Sud, Ville-Marie and surroundings

**Hours:** Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

**Financing:** provincial, fundraising campaign, self-financing, municipal

**Legal status:** non-profit organization

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**ATELIERS MOT À MOT**

8656 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 354-6526
Website: www.sacanjou.org
Email: motamot@sacanjou.org

**Services:** * Assessment, information, referral, conferences.* Literacy workshops.* Francization workshops.* Social meetings.* Soup-chat.* Computer classes.* Conferences.

**Eligibility:** women and men 16 years and over

**Coverage area:** Montréal

**Hours:** Monday, Wednesday and Thursday 9h00 to 17h00, Tuesday 9h00 to 21h00

**Fees:** registration: $25 per year

**Financing:** provincial, grants, contributions, donations

**Legal status:** non-profit organization
AU COUP DE POUCE CENTRE-SUD
2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1
514 521-2439  Fax: 514 521-5763
Website: www.aucoupdepouce.qc.ca
Email: admin@aucoupdepouce.qc.ca

Services: * Job board.* Public computer access.* Personalized reception or accompaniment for immigrants and Quebecers.* Personalized training: computers, government forms, writing, etc.* English and Spanish conversations workshops.* Creative workshops: writing, drawing, digital photo, singing, dancing, etc. * E-mail and smart phones workshops.* Thematic discussions.* Intercultural bonding workshops.* Parties and cultural activities.* Dialogue and consultation within the community.* Assermentation service.* Elder abuse awareness session.

Eligibility: adults of the area, population on a low-income who are isolated
Capacity: 45 people
Coverage area: Montréal: Ville-Marie, Centre-Sud (Sainte-Marie), Saint-Jacques and surrounding area
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Fees: members: $10 per year
Financing: Centraide of Greater Montréal, CIUSSS, donations, provincial
Legal status: non-profit organization

BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION
6000 Métropolitain Boulevard East, Suite 200, Saint-Léonard, Montréal, QC, H1S 1A9
514 324-5341  Fax: 514 324-7966
Website: www.badr.ca
Email: info@badr.ca


Capacity: up to 120 people per activity
Coverage area: Montréal, Christmas baskets: East of Montréal
Hours: Monday and Friday 9h00 to 18h00, Tuesday to Thursday 9h00 to 20h00, Saturday 10h00 to 17h00
Financing: self-financing, membership fees
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE DE ROSEMONT - L’ENTRE-GENS, LE REPÈRE 18-35
5675 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 406  Fax: 514 722-7384
Website: www.ccreg.org
Email: repere@ccreg.org

Services: * Group meeting place by and for young adults.
Eligibility: adults 18 to 35 years old
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 17h00, variable hours in the evenings
Financing: federal, provincial, municipal
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE DE ROSEMONT - MAISON DE LA FAMILLE
5675 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 300  Fax: 514 722-7384
Website: www.ccreg.org
Email: accueil@ccreg.org
Community Action

**Services:** Community center. * Organizational support to corporations: Rosemont toy library, Support group Nidami, Rosemont winter park.* Individual support.* Games and outings for families.* Socialization and networking activities for parents.* Improving parenting skills.* Family camp stays.* Promoting family sport activities.

**Eligibility:** families with children 0 to 8 years old

**Coverage area:** Rosemont

**Hours:** Monday to Friday 9h00 to 17h00, variable for week-end

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

**Legal status:** non-profit organization

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**CARREFOUR COMMUNAUTAIRE DE ROSEMONT L’ENTRE-GENS**

5675 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X6

514 722-1851   Fax: 514 722-7384

**Website:** www.ccreg.org

**Email:** accueil@ccreg.org

**Services:** Community centre. * Services to neighborhood groups: room rental, material, animation, organizational support.* Sport and cultural activities.

**Eligibility:** citizens, organizations and groups

**Coverage area:** Rosemont

**Hours:** Monday to Friday 9h00 to 22h00

**Fees:** variable depending on the activities

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

**Legal status:** non-profit organization

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**CARREFOUR D’ÉDUCATION POPULAIRE DE POINTE-SAINT-CHARLES**

2356 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J7

514 596-4444   Fax: 514 596-4443

**Website:** www.carrefourpop.org

**Email:** carrefour.anim@csdm.qc.ca

**Services:** Education, information and social action. * Literacy workshops.* Computer courses.* Arts, crafts and sewing courses.* Access to computers.* Integration of people with intellectual disabilities: autonomization, stained glass.* Intercultural and family activities: parties, outings and special events.* Movement and physical activities.* Choir.

**Eligibility:** adults, seniors, people with intellectual disabilities

**Capacity:** 200

**Coverage area:** Le Sud-Ouest

**Hours:** Monday 12h00 to 16h30, Tuesday and Wednesday 9h00 to 16h30 and 18h00 to 21h30, Thursday 9h00 to 16h30

**Fees:** free

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

**Legal status:** non-profit organization

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**CARREFOUR D’ENTRAIDE LACHINE**

1176 Provost Street, Lachine, Montréal, QC, H8S 1N5

514 634-3686   Fax: 514 634-2554

**Website:** www.carrefourdentaide.org

**Email:** info@carrefourdentaide.org

**Services:** * Collective kitchens, emergency kitchen, lunch boxes, Halal kitchens, youth cooking workshops.* Food aid.* Community thrift store: used clothing, furniture and items, possibility of delivery.* Popular education.* Literacy program.* Knitting and polymer workshops.* English classes.* Recreational activities and outings.* Summer day camp.* Christmas gifts at a third of the price.* Additional service point in Saint-Pierre: 59 Saint-Pierre Street.* Donations for fire victims.* Tax clinic.

**Eligibility:** people on a low income, store: open to all, lunch boxes: mothers, cooking workshops: youth 7 to 11 years
Community Action

**Coverage area:** Lachine and surroundings, fire victims: Lachine only, furniture delivery: Lachine, LaSalle and Dorval

**Hours:** food aid: Monday to Friday, thrift store: Monday to Wednesday 8h30 to 12h00 and 13h00 to 15h45, Thursday and Friday 8h30 to 12h00 and 13h00 to 21h00, Saturday 10h00 to 12h00 and 13h00 to 17h00

**Fees:** membership: $5 per year, collective kitchens: $10, youth cooking workshops: $5, furniture delivery: $15 for Lachine or LaSalle, $20 for Dorval

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

**Legal status:** non-profit organization

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**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


**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

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**CARTIER ÉMILIE**

12395 Lachapelle Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P7

514 658-3126

Website: cartieremilie.com

**Email:** info@cartieremilie.com

**Services:** * Reception and referral.* Activities for the integration of young and adults offenders through community work in partnership with Trajet Jeunesse and YMCA Centre-ville.* Recuperation and distribution of donations.* Secondhand clothes shop with daycare.* ÉLE project: reading awakening for children aged 0 to 5 years old,* Artistic activities for people coping with mental health issues.

**Eligibility:** donations: newcomers, single-parent families, people with mental health issues, anyone referred

**Coverage area:** Montréal

**Hours:** store: Monday, Tuesday, Friday and Saturday 9h30 to 16h00, Wednesday 13h30 to 16h00, Thursday 9h30 to 20h00, Sunday 9h30 to 15h00, collection of donations: Monday to Saturday 9h00 to 16h00, collection of donations for newcomers: Wednesday morning, on appointment only

**Financing:** donations

**Legal status:** non-profit organization

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**CCSE MAISONNEUVE**

4375 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K5

438 384-3332 Fax: 514 252-8096

Website: www.ccse.ca

**Services:** Recreational and community centre providing a wide range of cultural, sporting, social, educational and outdoor activities.

**Eligibility:** children, youth, adults and seniors

**Capacity:** 2000

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 22h00
Fees: membership card: $15 per year, variable fees for activities
Financing: Centraide of Greater Montréal, municipal, provincial, donations
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
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 COMMUNAUTAIRE ÉDUCATIF PHILOS
10123 Hébert Street, Montréal-Nord, Montréal, QC, H1H 3W5
514 324-2829 Fax: 514 324-2829
Email: cecphilos@hotmail.com
Services: * Food bank.* Christmas and Easter baskets.* Clothing depot.* Nutritional education.* Information and assistance for newcomers.* Recreational activities.
Eligibility: people in need, newcomers
Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard
Hours: food bank: Friday 11h00 to 19h00
Fees: annual subscription: $2, food bank: $3 voluntary contribution
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE HOCELAGA
1884 Saint-Germain Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6
514 527-1898
Website: www.cchochelaga.org
Email: cch@cchochelaga.org
Eligibility: after-school activities: youth 6 to 12 years old, Shack’Ados: teenagers 13 to 17 years old, motor skill workshops: children 4 and 5 years old, seniors 55 years and over
Coverage area: Hochelaga
Hours: activities: Monday to Wednesday, Friday 16h00 to 18h00, Saturday 10h00 to 15h30, seniors activities: Tuesday and Wednesday 10h00 to 11h30, Thursday 12h00 to 15h00, Shack’Ados: Thursday and Friday 18h00 to 21h00, Saturday 15h00 to 20h00
Fees: senior member: $10 per year
Financing: provincial, municipal, federal, donations, grants
Legal status: non-profit organization
CENTRE CULTUREL ET COMMUNAUTAIRE HENRI-LEMIEUX
7644 Édouard Street, LaSalle, Montréal, QC, H8P 1T3
514 367-5000     Fax: 514 367-4471
Website: www.ccchl.ca
Email: info@ccchl.ca


Eligibility: children, teenagers, adults, families
Coverage area: LaSalle, Verdun, Lachine
Hours: Monday to Friday 12h00 to 19h00, Saturday 12h00 to 16h00
Fees: variable depending on activities
Financing: donations, 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 MONSEIGNEUR-PIGEON
5550 Angers Street, Le Sud-Ouest, Montréal, QC, H4E 4A5
514 769-2741     Fax: 514 769-5963
Website: www.centremgrpigeon.com
Email: centremgrpigeon@videotron.ca

Services: * Sporting, cultural, outdoor and community activities promoting education, prevention and social integration.

Eligibility: children 3 to 5 years old, 6 to 12 years old, teenagers, adults, seniors, families
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 22h00, summer: Monday to Friday 6h00 to 18h00
Fees: variable
Financing: municipal, self-financing, provincial
Legal status: non-profit organization

CENTRE DE LOISIRS RENÉ-GOUPI
4121 42th Street, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 1R8
514 872-5602     Fax: 514 872-5602
Website: www.centreloisirsrnégoupil.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 DE RESSOURCES ET D'ACTION COMMUNAUTAIRE DE LA PETITE-PATRIE
6839 Drolet Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1
514 277-4993 Fax: 514 277-7494
Website: www.cracpp.org
Email: nathalieb.crac@gmail.com
Eligibility: people on a low income
Coverage area: La Petite-Patrie
Hours: Monday to Thursday 13h00 to 17h00, food bank: Thursday
Fees: membership: $5 per year, food bank: $4 per visit, other activities: free
Financing: donations, self-financing, federal, provincial, municipal
Legal status: non-profit organization

CENTRE DE SERVICES COMMUNAUTAIRES DU MONASTÈRE
4450 Saint-Hubert Street, Suite 123, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 521-9191 Fax: 514 521-9399
Website: cscmonastere.org
Email: cscm@cscmonastere.org
Eligibility: community organizations, individuals
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 8h00 to 22h00
Financing: membership fees, donations, self-financing
Legal status: non-profit organization

CENTRE DU PLATEAU (LE)
2275 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G4
514 872-6830 Fax: 514 872-1179
Website: www.centreduplateau.qc.ca
Email: marjo@bellnet.ca
Services: Community centre. * Community, sports, cultural, recreational and educational activities. * Enfants à défis program: recreational accompaniment for children with a physical or intellectual disability, or a precarious financial situation.
Eligibility: residents and families, special programs for children with physical or intellectual disabilities
Coverage area: Le Plateau-Mont-Royal, Centre-Sud, Ville-Marie
Hours: Monday to Friday 7h00 to 22h00, Saturday and Sunday 7h30 to 17h00
Financing: provincial, municipal, donations
Legal status: non-profit organization
CENTRE HAITIEN 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

CENTRE JEAN-CLAUDE-MALÉPART
2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8
514 521-6884  Fax: 514 521-6760
Website: www.cjcm.ca
Email: info@cjcm.ca
Services: * French, English and Spanish classes.* Therapeutic exercise classes for seniors.* Prenatal and postnatal aquatic and sports activities.* Parent-child psychomotor workshops.* Community meals.* Community events and activities.* Social club for adults.* Seniors' social club: bingo, cribbage, petanque, outings, etc.* First aid and water rescue training.* Arts classes: dance, singing, guitar, painting, sewing, etc.* Various swimming and water sports classes.* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.* Room rental.
Eligibility: children, teenagers, adults, seniors
Coverage area: Sainte-Marie neighbourhood
Hours: Monday to Friday 7h00 to 21h00, Saturday 8h30 to 15h30, Sunday 9h00 to 16h00, community meals: Monday, Wednesday and Friday 12h00 to 13h30, adults' social club: Thursday 18h30 to 20h30
Fees: membership: $10 per adult, $7 per person 55 years and over, meal: $7.50 member, $8 non-member, activities: variable
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

CENTRE LOCAL D’INITIATIVES COMMUNAUTAIRES DU NORD-EST DE MONTRÉAL
7995 Blaise-Pascal Avenue, Suite 200, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 5G8
514 494-6457  Fax: 514 494-6979
Website: www.monclic.org
Email: animation@monclic.org
Eligibility: adults with mental health problems or an intellectual disability, with medical or psychiatric follow-up for their multiple problematics, food bank: neighbourhood people on a low income
Coverage area: food bank: Rivière-des-Prairies and Montréal-Nord (possibility), other services: North East of Montréal and surroundings
Hours: food bank: Monday 15h30 to 17h30, other services: variable
Fees: annual membership card: $10, clic-repas card: $10, annual holiday camp lasting 11 to 12 days: $700 or $765
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization
CENTRE MULTI-RESSOURCES DE LACHINE
800 Sherbrooke Street, Suite 206, Lachine, Montréal, QC, H8S 1H2
514 634-3658 ext. 200   Fax: 514 634-8938
Website: www.cmrl.ca
Email: accueil@cmrl.ca
Services: * Reception, referral, documentation.* Personal growth, social, educational and recreational activities for children, families and seniors.* In-home support and safety calls for people with diminished autonomy who live alone.* Friendly visits and phone calls.* Transportation and accompaniment for medical appointments.* Daycare.* Parent-child workshops for 0 to 2 year olds.* Parenting skills workshops.* Workshops for parents of children 0 to 5 years old.* Computer classes.
Eligibility: seniors 50 years and over, families with preschoolers
Coverage area: Lachine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h30
Fees: membership: $10 per person, $15 per family
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

CENTRE N A RIVE
6971 Saint-Denis Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2S5
514 278-2157   Fax: 514 278-4374
Website: www.centrenarive.com
Email: info@centrenarive.com
Services: * Literacy programs: regular and seniors.* Francization and literacy-francization programs.* Physical, recreational, cultural and social activities for seniors.* Community meals for seniors.* Employment for 18 to 30 year olds: job search assistance, workshops, information on going back to school.* Creole and Haitian culture courses.* Adult employment: job reintegration in cooking, sewing, customer service and office work.* Creole proofreading and translation.* Haitian cuisine courses.* Sewing courses.* Christmas baskets.
Eligibility: people of all origins
Coverage area: Montréal
Hours: Monday to Saturday 9h00 to 17h00
Fees: only for recreational and training classes
Financing: federal, donations, provincial, contributions, grants
Legal status: non-profit organization

CENTRE PÈRE-MARQUETTE
1600 de Drucourt Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 1N6
514 872-8705   Fax: 514 872-3121
Website: www.centreperemarquette.ca
Email: mdaponte@centreperemarquette.com
Services: * English and Spanish classes.* Arts, recreational, sporting and wellness courses for youth and adults.* Arena at 1605 de Bellechasse Street.* Swimming pool.* Special and family activities.* Summer and spring break day camps.
Capacity: variable according to activities
Coverage area: Rosemont-La Petite-Patrie
Fees: variable
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE RÉCRÉATIF CULTUREL ET SPORTIF ST-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 935-2001 ext. 21
Website: www.crcsstzotique.ca
Email: centre@crcsstzotique.ca
Summer day camp. * Room and gym rental.
Eligibility: youth 5 to 17 years old, adults
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 13h00 to 20h00, summer: Monday to Friday 8h30 to 16h30
Financing: municipal, self-financing
Legal status: non-profit organization

CENTRE ST-PIERRE
1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7
514 524-3561     Fax: 514 524-5663
Website: www.centrestpierre.org
Email: csp@centrestpierre.org

Services: Popular education, training and social intervention centre. * Community organization, animation and conferences.* Multiple services for community groups, collective enterprises, unions and institutions.* Psychosocial intervention, psychotherapy, personal growth, spiritual renewal.* Family mediation.* Meeting place.* Room rental.
Eligibility: adults
Coverage area: Province of Québec
Hours: 7 days, 7h30 to 22h30
Financing: self-financing, grants, donations
Legal status: non-profit organization

CHEZ ÉMILIE, MAISON D’ENTRAIDE POPULAIRE
2106 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 526-9652
Email: chezemilie2106@hotmail.ca

Eligibility: families, individuals, seniors
Capacity: 300 people
Coverage area: Centre-Sud neighbourhood
Hours: Monday to Thursday 9h00 to 16h30, occasional events: see planning
Fees: annual membership: $7, community dinners: $2
Financing: grants, self-financing, donations
Legal status: non-profit organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422     Fax: 514 596-4981
Website: www.ceda22.com
Email: accueil@ceda22.com

Eligibility: adults and families
Capacity: unlimited
Coverage area: Little Burgundy, postal code starting with H3J
Hours: Monday to Thursday 9h00 to 22h00, Friday and Saturday 9h00 to 17h00
Fees: membership: $2
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITÉ SOCIAL CENTRE-SUD
1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092   Fax: 514 596-7093
Website: www.comitesocialcentresud.org
Email: direction@comite.social
Services: * Community cafeteria: on-site breakfasts and lunches.* Baby food workshops.* Thrift store.* Tax clinic.* Meeting room rental for a capacity of 10 to 300 people.* Activities and outings.* Free and directed arts workshops.* Computer room.* Individual computer workshop for people 50 years and over.* Members' community hall: cultural, recreational and educational activities.
Eligibility: adults, people in need, events, celebrations and outings: families
Coverage area: Centre-Sud
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00, meals: Monday to Friday 8h30 to 10h30 and 11h30 to 13h30
Fees: membership: $5, full meal: $3.50 for members, $5 for non-members, meal cards: $28 for 12 partial meals, $70 for 30 partial meals, $36 for 12 full meals, $60 for 20 full meals, $90 for 30 full meals
Financing: provincial, federal
Legal status: non-profit organization

COMPAGNONS DE MONTRÉAL
6365 De Saint-Vallier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444   Fax: 514 727-4738
Website: www.compagnonsdemtl.com
Email: info@compagnonsdemtl.com
Services: * Housing for adults with an intellectual disability or an autism spectrum disorder.* Day activity centre.* Socioprofessional initiation.* Computer lab.* Artistic projects.* Food aid.* Room rental.
Eligibility: adults with an intellectual disability or an autism spectrum disorder (ASD), food assistance: general public
Coverage area: Greater Montréal, food bank: Rosemont
Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday 12h30 to 15h00
Fees: membership: $15, food bank: $5 per person or family
Financing: self-financing, Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CORBEILLE-BORDEAUX-CARTIERVILLE (LA)
5090 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-0838   Fax: 514 856-2663
Website: www.lacorbeillebc.org
Email: info@lacorbeillebc.org
Services: * Reception, referral.* Sharing store: community grocery store where people can choose their groceries.* Christmas and back-to-school sharing stores.* Regular food catering and La Caf school catering.* Job training in community grocery store and restaurant.* Meals delivered at home.* Reception and meeting halls.* Community lunches for CSDM's food security program in neighbourhood schools.* Food security projects.* Collective gardens.* Collective kitchen groups.* Food recovery and transformation.* Advisory committee.
Eligibility: sharing store and community grocery store: people on a low income, job training: people outside the job market
Community Action

**Capacity:** reception halls: 100 people  
**Coverage area:** sharing store and community grocery store: Bordeaux-Cartierville  
**Hours:** Tuesday to Friday 8h00 to 16h00, restaurant: Tuesday to Friday 11h30 to 13h30  
**Fees:** sharing store: 10% of the actual cost of groceries  
**Financing:** self-financing, donations, fundraising campaigns, grants  
**Legal status:** non-profit organization

CÔTE-DÉS-NEIGES BLACK COMMUNITY ASSOCIATION
6585 Côte-des-Neiges Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 2A5  
514 737-8321  Fax: 514 737-6893  
Website: www.cdnbca.org  
Email: cdnbca@cdnbca.org

**Services:**  
* Conflict management and socioprofessional development programs for teens.* Federal program UJAMAA (Initiative for Black Entrepreneurship): one-on-one counselling, networking and entrepreneurship development training.* Group-based homework assistance.* Information and referral.* Summer day camp.* Adult classes: French, English, computer.* Sporting activities for adults and adolescents.* Fitness activities for adults and seniors.* Sociocultural workshops for adults and seniors.* Family strengthening program.

**Eligibility:** individuals and families from the black community  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 10h00 to 17h00  
**Financing:** Centraide of Greater Montréal, self-financing  
**Legal status:** non-profit organization

CREATIVE SOCIAL CENTRE
5237 Clanranald Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 2S5  
514 488-0907  Fax: 514 484-1607  
Website: www.cscmtl.com  
Email: cscmtl@gmail.com

**Services:**  
* Helps planning, deciding, and carrying out chosen programs.* Educational, cultural and physical activities: drawing, aerobics, yoga, pilates, jewelry making, sculpture, folk and line dancing, choir, mahjong.

**Eligibility:** no restrictions  
**Coverage area:** Montréal  
**Hours:** Monday, Tuesday, Thursday 9h30 to 14h30, Wednesday 9h30 to 12h00, folk and line dancing: Monday 11h00 to 12h00, sculpture: Tuesday 11h00 to 12h00, jewelry class: 13h00 to 15h00  
**Fees:** membership fees $30 per year, between $6 and $8 to attend an activity  
**Financing:** municipal, donations  
**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:**  

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

Services:  * Social, recreational and educational programs: parent-child, afterschool, teen, young adult and senior groups.* Room rental for community organizations.* Summer day camp for children and teenagers.* Un plant de tomates à la fois: collective garden.* Tax clinic.

Eligibility: parent-child group: children 0 to 5 years old, afterschool group: children 5 to 12 years old, teen group: youth 13 to 17 years old, young adult group: people 18 to 30 years old, senior group: seniors 50 years and over

Coverage area: Verdun and surroundings

Hours: Monday 8h30 to 18h00, Tuesday and Thursday 8h30 to 22h00, Wednesday 8h30 to 21h00, Friday 8h30 to 23h00, Saturday 10h00 to 17h00

Fees: membership: $15, activities: variable

Financing: Centreaide of Greater Montréal, grants, donations

Legal status: non-profit organization

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


Eligibility: children, youth, adults, seniors

Coverage area: Montréal Island

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

Legal status: non-profit organization

ÉQUIPE RDP
12511 Rodolphe-Forget Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 6P6
514 643-3872   Fax: 514 643-0320
Website: www.equiperdp.ca
Email: info@equiperdp.ca


Coverage area: Montréal and surroundings

Hours: Monday to Friday 9h30 to 17h30

Fees: variable

Financing: municipal, federal, provincial, donations

Legal status: non-profit organization

GREENE AVENUE COMMUNITY CENTRE
1090 Greene Avenue, Westmount, Montréal, QC, H3Z 1Z9
514 931-6202   Fax: 514 931-4505
Website: www.centregreene.org
Email: info@centregreene.org
Services: * After-School program.* Day camps: January, March break, summer, pedagogical days.* Drop-In Centre.* Adults programs: Caregiver's Tea, Ballroom Dancing for people living with Parkinson's.* Seniors programs: lunch, meals-on-wheels.* Collective kitchen.* Sports, creative and educational activities.* Room rentals.

Eligibility: family, adults, children, seniors and caregivers

Coverage area: Westmount

Hours: seniors meals: 2nd and 4th Wednesday of the month 12h15 to 14h00, collective kitchen: once a month

Fees: seniors lunch: $5 per meals, variable for other activities

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

Legal status: non-profit organization

GROUPE D’ACTIONS LOCALES TERRAIN (LE)
1946 Galt Street, Le Sud-Ouest, Montréal, QC, H4E 1J6
514 678-8198  Fax: 514 678-8198
Email: coordo.galt@gmail.com

Services: * Promotion of healthy life habits.* Assistance with procedures.* Listening, information and referral.* Activities and thematic workshops, outings.* Homework assistance.* Citizen involvement.* Coordination with local partners and achievement of common goals.

Eligibility: vulnerable and isolated people

Coverage area: Le Sud-Ouest, mainly Ville-Émard and Côte Saint-Paul

Hours: Tuesday to Friday 10h00 to 17h00

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

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579  Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca


Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 13h00

Fees: free

Financing: Centraide of Greater Montréal, municipal

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
MADA COMMUNITY CENTER
6875 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3E4
514 342-4969
Website: www.madacenter.com
Email: mada@madacenter.com
Services: * Food bank.* Cafeteria.* Furniture and clothing depot.* Individual and family support.* Social and educational programs.* Shabbat to share: weekly friendly visit with meal for elderly patrons with special needs.* Community-wide holiday celebrations.
Eligibility: seniors and people in need, Jewish community
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

MAISON D'AURORE (LA)
4816 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 4B4
514 527-9075
Website: www.maisonaurore.org
Email: info@maisonaurore.org
Services: * Individualized support: information, referral, listening, follow-up, accompaniment and help with forms.* Open to all: community meals and citizenship evenings.* Youth: help with homework for children referred directly by primary schools across the Plateau.* Activities for seniors 50 years and over: knitting, physical activities, computer classes, outing and intergenerational projects.* Food: collective kitchen, cooking workshops and vegetables baskets at variable prices.
Eligibility: people of all ages
Capacity: collective kitchens: 4 groups
Coverage area: Le Plateau-Mont-Royal and surrounding areas
Hours: Monday, Wednesday, Thursday 9h00 to 17h00, Tuesday 13h15 to 17h00, collective kitchens: depending on the group, community meals: last Thursday of the month at 12h00
Fees: collective kitchens: portion fees, community meals: voluntary contribution of $4, physical activities: $20 for 10 weeks
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA)
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-1344     Fax: 514 527-3769
Website: www.maisondesamis.org
Email: info@maisondesamis.org
Services: * Reception, listening and referral.* Access to phonelines, Internet and the documentation centre on community resources in Montréal.* Community meals.* Collective kitchen.* Recreational and informative activities.* Thrift store and annual bazaars.* Donation of clothing and furniture upon referral.* Holiday meals on December 25th and January 1st.
Eligibility: people 18 years and over, with or without children, in need and living with psychosocial difficulties
Capacity: community meals: 150
Coverage area: Le Plateau-Mont-Royal, Rosemont-La Petite-Patrie, Centre-Sud, Hochelaga-Maisonneuve
Hours: Monday to Friday 9h30 to 16h30, Saturday 9h30 to 16h00, meals: Monday to Saturday 13h00 to 14h00
Fees: meals, access to phonelines and Internet: free, community kitchen: $5 for 3 to 5 meals
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization
MAISON DU MONDE
20 Chabanel Street West, Ahuntsic-Cartierville, Montréal, QC, H2N 1E6
514 387-1515
Email: maisondumonde1@gmail.com
Services: Community centre grouping several neighbourhood organizations.
Coverage area: Ahuntsic
Hours: Wednesday to Sunday 12h00 to 20h00
Legal status: non-profit organization

MAISON DU PARTAGE D’YOUVILLE (LA)
2221 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S2
514 935-9846     Fax: 514 935-2954
Website: www.lmpy.ca
Email: info@lmpy.ca
Services: * Reception, listening, referral, psychosocial intervention.* Educational activities.* Food bags at a low cost.* Thrift store.* Cooking classes for single men.* Community and multicultural dinners.
Eligibility: individuals and families on a low income
Coverage area: Le Sud-Ouest
Hours: reception: Tuesday to Friday 8h00 to 15h30, registration: 30 minutes prior distributions, food distributions: Wednesday 16h00 to 18h00 and Friday 13h00 to 15h00
Fees: registration and membership: $2, food distribution: $5, other activities: free
Financing: provincial, self-financing, donations, municipal
Legal status: non-profit organization

MILE END COMMUNITY MISSION
99 Bernard Street West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2J9
514 274-3401     Fax: 514 274-5349
Website: www.mileendmission.org
Email: general@mileendmission.org
Services: * Weekly food bank for Mile-End residents.* Free community meals.* Information and referral.* Legal clinic.* Computer, Internet and public phone access.* Thrift shop.* Christmas baskets for Mile-End residents.* Bi-annual dental clinic for people on a low income who don’t have dental coverage.* Community activities.
Eligibility: people on a low income, disadvantaged and homeless people, seniors, families
Coverage area: food bank: residents of Mile-End, other services: Mile-End and the surroundings
Hours: Tuesday to Friday 10h00 to 15h00, free lunches: Tuesday, Wednesday and Thursday 12h00, free breakfasts: Thursday 8h00 and Friday 10h00, dental clinic: October and February, by appointment
Fees: annual membership: $2, food bank: $1.50 per week, community meals: free
Legal status: non-profit organization

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

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

Capacity: 350 places for courses
Coverage area: Montréal Island

PAVILLON D’ÉDUCATION COMMUNAUTAIRE HOCELAGA-MAISONNEUVE
1691 Pie-IX Boulevard, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 596-4488    Fax: 514 596-4485
Website: www.pechm.org
Email: montgrain.l@csdm.qc.ca


Capacity: 1000 members
Coverage area: Hochelaga-Maisonneuve

PHARE (LE) - OEUVRES DE SAINT-JACQUES (LES)
Basement of Notre-Dame-de-Lourdes Chapel, 430-A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5
438 395-2826    Fax: 514 845-8279
Website: www.cantinesstjacques.com
Email: cantine.st.jacques@gmail.com

Services: * Community room: cultural and recreational activities.* Community meals.* Movie nights.
Eligibility: people in need
Capacity: 60 people
Coverage area: Downtown Montréal
Hours: community activities: Monday to Friday 13h00 to 16h00, dinners: Monday to Friday 17h00 to 18h00
Fees: meals: $2.50 for members, $3 for non-members, meal-card: $32 for 18 meals, meals to go: $2.50, frozen meals: $2, frozen soup: $1
Financing: self-financing, provincial
Legal status: non-profit organization

PLACE BENOÎT COMMUNITY CENTRE
155 Place Benoît, Suite 02, Saint-Laurent, Montréal, QC, H4N 2H4
514 744-0897 Fax: 514 744-6205
Website: www.centreboncourage.org
Email: infos@centreboncourage.org
Eligibility: multiethnic communities, people on a low income, seniors, families
Coverage area: Place-Benoît neighbourhood and surroundings
Hours: Monday to Friday 9h00 to 19h00, Saturday 11h00 to 19h00
Fees: membership: $5 to $7
Financing: donations, federal, provincial, municipal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

PROJET SAULT-AU-RÉCOLLET
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 883-3430
Email: projetsar@outlook.com
Eligibility: newcomers, families with young children, citizens
Capacity: illimited
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, fundraising campaigns, self-financing, municipal, provincial, grants
Legal status: non-profit organization

RESSOURSE 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.parce@gmail.com
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
SERVICE DES LOISIRS SACRÉ-COEUR DE MONTRÉAL
2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 872-2928
Website: www.loisirssacrecoeur.org
Email: loisirssacrecoeur@gmail.com
Services: * Rental of meeting rooms, dance studio, dojo and gyms.* Cultural, sports and recreational activities grouped into three annual programs: self-defense for women, badminton, floor hockey, iaido, naginata, Spanish, meditation, Tai chi, percussion, etc.
Eligibility: youth, adults, seniors, LGBT
Coverage area: Ville-Marie district
Hours: administration: Monday to Thursday 17h30 to 21h00, activities: Monday to Friday 18h00 to 23h00, week-ends: variable
Financing: municipal
Legal status: non-profit organization

SÉSAME
8628 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 493-7656 Fax: 514 493-1784
Website: www.lesesame.org
Email: 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

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE COMMUNAUTAIRE ROUSSIN
12125 Notre-Dame Street East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
514 645-4519 Fax: 514 645-7754
Website: www.centre-roussin.org
Email: accueil@centre-roussin.qc.ca
Services: Recreational, cultural, sports and aquatic activities. * Daycare.* Day camps (summer and winter).* Social and community services center.* Snack and catering.* Youth House.
Coverage area: Montréal: Pointe-aux-Trembles
Hours: Monday to Friday 6h30 to 20h30
Fees: variable according to the activities
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET
11111 Notre-Dame East, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105 Fax: 514 905-2130
Website: www.crer-srlpat.com
Email: pierre.roy@srlpat.org
Eligibility: children, adults, seniors
Coverage area: Montréal-Est and surroundings
Hours: administration: Monday to Friday 7h00 to 24h00
Fees: depending on the activity
Financing: municipal, self-financing, federal, provincial
Legal status: non-profit organization

SOLIDARITÉ AHUNTSIC
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9090 ext. 0 Fax: 514 382-7191
Website: www.solidariteahuntsic.org
Email: infosol@cam.org
Services: Brings together citizens, community organizations, institutional partners and elected officials of Ahuntsic to contribute collaboratively to social development. * Management of Ahuntsic Community Centre which houses the services of various community organizations. * Rental of community and conference rooms.
Eligibility: community organizations, freelancers, institutions
Coverage area: Ahuntsic
Hours: Monday to Friday 8h00 to 22h00, Saturday 9h00 to 17h00
Fees: pricing for rental of rooms
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

WALKLEY COMMUNITY CENTRE
6650 de la Côte-Saint-Luc Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1G8
514 872-1391
Email: walkley.center@gmail.com
Eligibility: children, adults
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 14h00 to 21h00
Financing: grants
Legal status: non-profit organization

Community development

ASSOCIATION QUÉBÉCOISE DE L’ÉPILEPSIE
2408 WestHill Avenue, Côte-Des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P2S4
514 875-5595 Fax: 514 875-6734
Website: www.associationquebecoisepilepsie.com
Email: aqe@cooptel.qc.ca
Eligibility: people with epilepsy, community organizations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, fundraising campaigns
Legal status: non-profit organization
ATELIER HABITATION MONTRÉAL
55 Mont-Royal Avenue West, Suite 206, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 270-8488  Fax: 514 270-6728
Website: www.atelierhabitationmontreal.org
Email: info@atelierhabitationmontreal.org
Services: * Development of housing projects, co-operatives, self-managed non-profit organizations, early childhood centres.* Collaboration with organizations on the creation of shelters and residences for people in precarious situations.* Contribution to the achievement of projects: help in finding sources of financing, information and training on financial management.
Eligibility: non-profit organizations whose aim is to offer housing or shelters, applicants for community housing
Coverage area: Montréal, Longueuil, Saint-Hubert, Brossard, Boucherville, Saint-Lambert
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable according to the services that are offered
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE FORMATION POPULAIRE
1855 Rachel Street East, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
514 842-2548
Website: www.lecfp.qc.ca
Email: info@lecfp.qc.ca
Services: * Training: history of the popular movement, associative and democratic life, role and responsibilities of the Board, meeting facilitation, action plan, strategic planning, assessment of results, negotiation skills, activity reports.* Advice and accompaniment.* Meeting room rental.
Eligibility: popular and community organizations
Capacity: 6 to 20 people per group
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CENTRE DE RÉADAPTATION PSYCHO-SOCIAL LE DÉCLICK
1950 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1B7
514 439-3045
Website: www.ladeclick.org
Email: ladeclipse@ecnn.com
Eligibility: adults who are marginalized, with severe and persistent psychiatric disorders, a mild physical disability or a substance abuse problem
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization

CENTRE FOR COMMUNITY ORGANIZATIONS
3680 Jeanne-Mance Street, Suite 470, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 849-5599  Fax: 514 849-5553
Website: www.coco-net.org
Email: info@coco-net.org
Services: Community development assistance. * Information, training, facilitation.* Coaching, support.* Mediation.
Eligibility: administrators, members, employees and volunteers of non-profit organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 10h00 to 16h00
Fees: information: free, training, coaching, facilitation, mediation, support: variable
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

COMMUNAGIR
2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 904-7450    Fax: 514 904-7452
Website: www.communagir.org
Email: info@communagir.org
Services: Support to the development of collective action in local and regional communities.
* Specialized services in skills development: support, training and skill-building workshops and webinars.* Communagir pour emporter: production and dissemination of specialized content and tools on the web
(www.pouremporter.communagir.org).* Partnership works.* Monitoring, research and development.* Nousblogue.ca: blog on collective action in Québec.
Eligibility: professionals, managers, consultants, stakeholders, citizens and elected officials interested in community development
Coverage area: province of Québec
Hours: see calendar on the website
Financing: foundations, grants, provincial
Legal status: non-profit organization

COMMUNITY ECONOMIC DEVELOPMENT AND EMPLOYABILITY CORPORATION
1001 Lenoir Street, Suite B-331, Le Sud-Ouest, Montréal, QC, H4C 2Z6
1 888 641-9912    Fax: 514 903-3276
Website: www.cedec.ca
Email: info@cedec.ca
Services: Organization dedicated to the improvement of the workforce and to economic development.
* Encourages the identification, assessment, and action on economic development opportunities.* Expertise in the planning and negotiation of strategic partnerships.* Information, expert input and access to resources.
Eligibility: entrepreneurs and workers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Legal status: non-profit organization

CONCERTATION SAINT-LÉONARD
8180 Collerette Street, Suite 1250, Saint-Léonard, Montréal, QC, H1P 2V5
514 323-1417    Fax: 514 323-8664
Website: www.concertationstleonard.com
Email: info@concertationstleonard.com
Services: Neighbourhood consultation committee aimed at improving the quality of life and living conditions of the population.
* Development of various projects: urban security, integrated urban revitalization, healthy lifestyle, citizen mobilization.* Back-to-school sharing store.* Envol program: development of community organizations in the neighborhood.
Eligibility: residents and organizations interested by the social development of the area
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h30 to 16h30
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE - ACTION SOLIDARITÉ GRAND PLATEAU
4450 Saint-Hubert Street, Suite 226, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 528-8656
Website: www.asgp.qc.ca
Email: info@asgp.qc.ca
Services: Place of consultation promoting community, social and economic development. * Support neighborhood initiatives.* Networking.* Mobilization around social and economic issues.
Eligibility: community organizations
Coverage area: Plateau Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Fees: membership fees
Financing: contributions, provincial, municipal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE CENTRE-SUD MONTRÉAL
2187 Larivière Street, Ville-Marie, Montréal, QC, H2K 1P5
514 521-0467     Fax: 514 521-6923
Website: www.cdccentresud.org
Email: info@cdccentresud.org
Services: Multisectoral community organizations grouping. * Supervision of the local district coordination mechanism.* Support and promotion of local development initiatives.
Eligibility: residents and neighborhood organizations
Coverage area: Montreal: Centre-Sud, bounded on the west by St-Laurent Boulevard, north by Sherbrooke Street, east by Lesperance Street and south by the river, with the exception of Old Montreal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants, Centraide, municipal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 695, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 739-7731     Fax: 514 739-7757
Website: www.conseilcdn.qc.ca
Email: coordination@conseilcdn.qc.ca
Services: Grouping of neighbourhood organizations. * Solidarity and consultation to improve citizens' living conditions.* Support to community initiatives.
Eligibility: community organizations
Coverage area: Côte-des-Neiges
Hours: Monday to Thursday 9h00 to 17h00
Financing: grants
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE RIVIÈRE-DES-PLAÎRES
9140 Perras Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 494-8883     Fax: 514 648-7945
Website: www.cdcrdp.org
Email: info@cdcrdp.org
Services: * Animation and participation in round tables.* Promotion and representation.* Support and trainings.* Networking and information sharing.* Promotion of autonomous popular education and citizen participation.* Support for citizen initiatives and social economy.* Christmas baskets.* School supplies.* Social Development Table of Rivière-des-Prairies (TDS RDP).
Eligibility: community organizations
Coverage area: Rivière-des-Prairies
Hours: Monday to Thursday 8h30 to 16h30, Friday on call
Fees: annual membership: $35
Financing: provincial, Centraide of Greater Montréal, municipal
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE ROSEMONT
5350 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-1797 Fax: 514 524-9813
Website: www.cdcrosemont.org
Email: info@cdcrosemont.org
Services: Neighborhood table promoting dialog between community organizations of Rosemont. * Multisectoral grouping.* Promotion of social development.
Eligibility: community actors
Coverage area: Rosemont
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, Centraide of Greater Montréal, municipal
Legal status: non-profit organization

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
Hours: Monday to Friday 9h00 to 17h00, food assistance: Thursday 11h30 to 13h00
Financing: municipal, Centraide, provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE LASALLE-LACHINE
735 Notre-Dame Street, Lachine, Montréal, QC, H8S 2B5
514 469-0288 Fax: 514 469-0289
Website: www.cdec-lasallelachine.ca
Email: info@cdec-lasallelachine.ca
Services: * Information and referral.* Local economic development service.* Support for job seekers.* Placement service for employers.
Eligibility: immigrant and non-immigrant job seekers, businesses-cbr /> Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

INSTITUT DU NOUVEAU MONDE
5606 de Gaspé Avenue, Suite 404, Le Plateau-Mont-Royal, Montréal, QC, H2T 2A4
514 934-5999 Fax: 514 934-6330
Website: www.inm.qc.ca
Email: inm@inm.qc.ca
Services: * Citizenship schools for youth.* Social entrepreneurship program.* Strategic meetings on social issues.* Social innovation laboratory.* Advisory services for organizations: participatory process design and facilitation, civic competence development, specific public participation issues.* Documentation centre.

Eligibility: citizens, organizations

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, grants

Legal status: non-profit organization

MICROENTREPRENDRE

2 Sainte-Catherine Street East, Suite 102, Ville-Marie, Montréal, QC, H2X 1K4

1 877 810-7722

Website: www.rqcc.qc.ca

Email: info@microentreprendre.ca

Services: Promotion and development of community credit in Québec. * Consolidation and support of a community credit network.* Information about community credit, eligibility, process, etc. * List of members.

Eligibility: people starting an individual, collective or social business, without access to traditional credit

Coverage area: Province of Québec

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

Financing: grants

Legal status: non-profit organization

MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX

2021, Union Street, 10th Floor, Suite 10.051, Ville-Marie, Montréal, QC, H3A 2S9

514 873-3700    Fax: 1 418 266-7197    TTY: 1 800 361-9596

Website: www.msss.gouv.qc.ca

Email: ministre@msss.gouv.qc.ca

Services: Assume government responsibilities relatively to health and social services. * Maintain and improve health and well-being by making health and social services accessible.* General information about health services and programs.* Information and support to families planning an adoption outside of the Québec.* Sociobiological backgrounds research in case of adoption outside of the Québec.* Information about the Loi concernant la lutte contre le tabagisme.* Programme de soutien aux organismes communautaires (PSOC): financial support for community organizations working in health and social services.

Coverage area: province of Québec

Hours: by phone: Monday to Friday 8h00 à 20h00

Financing: provincial

Legal status: provincial government agency

MONTREAL COMMUNITY LOAN FUND

3680 Jeanne-Mance Street, Suite 319, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5

514 843-7296    Fax: 514 843-6832

Website: www.acemcreditcommunautaire.qc.ca

Email: info@acem-montreal.ca

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

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

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization
PME - MTL - CENTRE-EST
6224 Saint-Hubert Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2M2
514 723-0030     Fax: 514 723-0032
Website: pmemtl.com/centre-est
Email: info.ce@pmemtl.com
Services: * Business services, including ones of social economy: support, accompaniment, financing, training.*
Coaching and job placement.* Recruitment assistance.* Support for various developmental projects in the
territory.* Work placement service.
Eligibility: residents and businesses
Coverage area: Rosemont-La Petite-Patrie, Mercier-Hochelaga-Maisonneuve, Villeray-Saint-Michel-Park-Extension
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

PME - MTL - CENTRE-OUEST
1350 Mazurette Street, Suite 400, Ahuntsic-Cartierville, Montréal, QC, H4N 1H2
514 858-1018
Website: pmemtl.com/centre-ouest
Email: info.co@pmemtl.com
Services: * Business services, including ones of social economy: support, accompaniment, financing, training.*
Coaching and job placement.* Recruitment assistance.* Support for various developmental projects in the
territory.* Employment services for newcomers.
Eligibility: residents, newcomers, businesses, community groups
Coverage area: Ahuntsic-Cartierville, Côte-Saint-Luc, Hampstead, Montréal-Ouest, Mont-Royal and Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial, municipal
Legal status: non-profit organization

PME - MTL - CENTRE-VILLE
630 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 1E4
514 879-0555
Website: pmemtl.com/centre
Email: info.centre@pmemtl.com
Services: * Business services, including ones of social economy: support, accompaniment, financing, training.*
Coaching and job placement.* Recruitment assistance.* Support for various developmental projects in the
territory.* Work placement service.* Employment program for newcomers.
Eligibility: residents and businesses
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Le Plateau Mont-Royal, Outremont, Ville-Marie, Westmount
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, municipal
Legal status: non-profit organization

PME - MTL - EST-DE-L’ÎLE
7305 Henri-Bourassa Boulevard East, Suite 200, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 2Z6
514 494-2606     Fax: 514 494-3071
Website: pmemtl.com/est
Email: info.est@pmemtl.com
Services: * Business services, including ones of social economy: support, accompaniment, financing, training.*
Coaching and job placement.* Recruitment assistance.* Support for various developmental projects in the
territory.* Employment program for newcomers.
Eligibility: residents and businesses
Coverage area: Anjou, Montréal-Nord, Saint-Léonard, Rivièredes-Prairies, Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Friday 9h00 to 16h00, summer schedule: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

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

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

PME - MTL - WEST-ISLAND
7300 Transcanadienne Highway, 4th floor, Pointe-Claire, Montréal, QC, H9R 1C7
514 426-2888 Fax: 514 694-6389
Website: pmemtl.com/west
Email: info@cldwj.com

Services: * Business services, including ones of social economy: support, accompaniment, financing, training.*
Coaching and job placement.* Recruitment assistance.* Support for various developmental projects in the territory.
Eligibility: residents and businesses
Coverage area: West-Island: Dorval, Pointe-Claire, Kirkland, Beaconsfield, Baie-D'Urfé, Sainte-Anne-de-Bellevue, Senneville, Dollard-des-Ormeaux, L'Île-Bizard-Sainte-Geneviève and Pierrefonds-Roxboro
Hours: Monday to Friday 8h30 to 16h30
Financing: federal, provincial, municipal
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
QUEBEC COMMUNITY GROUPS NETWORK
1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5
514 868-9044    Fax: 514 868-9049
Website: www.qcgn.ca
Email: info@qcgn.ca
Eligibility: non-profit organizations sharing the mission of the network
Coverage area: Province of Québec
Fees: membership: free
Financing: federal
Legal status: non-profit organization

REGROUPEMENT LOISIR ET SPORT DU QUÉBEC - CENTRE QUÉBÉCOIS DE SERVICES AUX ASSOCIATIONS
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3N7
514 252-3000    Fax: 514 253-7156
Website: www.associationsquebec.qc.ca
Email: info@associationsquebec.qc.ca
Services: Support to non-profit organization by offering professional, technical and administrative services. * Legal services.* Insurance for administrators and managers, civil insurance, etc.* Human resources and collective insurance program.* Financial management and payroll service.* Computing services, web creation, programmation.* Graphic design, printer and mailing.* Accredited travel agency.* Group buying, phone services.* Training activities and information.
Eligibility: foundation and non-profit association or organisation
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: membership
Financing: provincial, membership fees, self-financing
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

ACTION DES FEMMES HANDICAPÉES (MONTRÉAL)
1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3
514 861-6903   Fax: 514 866-4866
Website: www.afhm.org
Email: admin@afhm.org

Services: * Discussion forum, support and self-help group.* Promotion and defense of rights and interests.* Collective actions.* Activities for personal and professional development.* Information and referral.
Eligibility: women with a physical or an intellectual disability
Coverage area: Montréal and surroundings
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: voluntary contribution
Financing: grants, donations
Legal status: non-profit organization

APPUI MONTRÉAL (L')
5165, Sherbrooke Street West, Suite 208, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 1T6
1 855 852-7784   Fax: 514 439-8480
Website: www.lappui.org/montreal
Email: cpa@lappuimontreal.org

Services: * Info-aidant: Helpline for caregivers of seniors.* Referrals to resources that provide information, training, psychological support or respite.* Online directory of resources and information: www.lappui.org/Trouver-des-ressources/Repertoire-des-ressources* Consultation, mobilization and support to organizations and round tables that establish activities or assistance to caregivers.
Eligibility: caregivers of seniors
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00
Fees: free
Financing: provincial, foundations
Legal status: non-profit organization

ARRONDISSEMENT.COM
571 Émile Journault Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 1J8
514 847-0647
Website: www.arrondissement.com
Email: info@arrondissement.com

Services: Internet portal with social and community referral. * Promotion of NPOs.
Eligibility: community organizations, general public
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

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
Community Action

Coverage area: Villeray
Hours: Monday to Friday 9h00 to 12h00 and 12h30 to 15h00
Financing: provincial, federal
Legal status: non-profit organization

CAREGIVER NETWORK (THE)
5800 Cavendish Boulevard, 5th floor, Suite 12, Côte-Saint-Luc, Montréal, QC, H4W 2T5
Website: www.thecaregivernetwork.ca
Email: info@lratcn.ca
Eligibility: caregivers
Coverage area: Province of Québec
Hours: information and referral: Monday to Friday 9h00 to 17h00, conferences: variable
Financing: donations
Legal status: non-profit organization

CENTRE DE COMMUNICATION ADAPTÉE
3600 Berri Street, Suite A-64, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G9
514 284-2214 ext. 3624 Fax: 514 284-5086 TTY: 514 284-2214 ext. 3624
Website: www.surdite.org
Email: cca.info@surdite.org
Services: Interactive tools for the deaf community development centre. * Awareness, training and research.*
shop for adapted equipment: www.boutique.surdite.org* Interactive network for training and employment:
www.sourdef.net
Eligibility: the deaf community
Coverage area: province of Québec
Hours: boutique: Tuesday to Thursday 9h00 to 12h00 and 13h30 to 17h00
Financing: grants, self-financing
Legal status: non-profit organization

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

DEGAMA - COOPÉRATIVE DE SOLIDARITÉ
Confidential Address
Website: www.degama.ca
Email: nath@degama.ca
Services: Information and accompaniment services. * Networking. * Information workshops: integration, housing, employment, tax, localities, etc.* Information about employment and starting up an enterprise.* Social and familial activities.* Activities in enterprises: training for multicultural and diversity management, employees’ fulfillment, etc.* OserAgir recognition award.

Eligibility: immigrants, newcomers, refugees, PVT, people with open or closed work permits, permanent residents, Canadian citizens

Coverage area: Montréal

Fees: free

Financing: self-financing

Legal status: non-profit organization

DOWNTOWN YMCA CENTRE - FIRST STOP

Montréal coach Terminal, 1717 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

514 284-2247     Fax: 514 849-2411

Website: www.ymcaquebec.org

Email: premier.arret@ymcaquebec.org

Services: Community program for people who are vulnerable and having arrived in Montréal by bus without a final destination. * Frontline services.* Directing them to appropriate community resources for help.* Long distance transport fees assistance: people at risk who have to be repatriate in their original environment or at another safe place.* Montreal transport fees assistance: last resort help for people moving within Montreal for an appointment.

Eligibility: youth and other vulnerable people

Coverage area: Montréal

Hours: Monday to Friday 9h30 to 22h00, Sunday 16h00 to 22h00

Financing: Centraide of Greater Montréal, Oeuvre Léger, municipal, provincial

Legal status: non-profit organization

DRUGS: HELP AND REFERRAL

Confidential Address

514 527-2626     Fax: 514 527-9712

Website: www.drogue-aidereference.qc.ca

Email: dar@info-reference.qc.ca

Services: Free, bilingual and confidential telephone service for information, referral and listening regarding alcoholism and substance abuse. * Referrals to appropriate services and resources throughout Québec.* Managed by the Information and Referral Centre of Greater Montréal.

Eligibility: alcohol and drug users, relatives, professionals

Coverage area: province of Québec

Hours: 24 hours, 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

FACE À FACE LISTENING AND INTERVENTION CENTRE

1857 De Maisonneuve Bouelvard West, Suite 100, Ville-Marie, Montréal, QC, H3H1J9

514 934-4546     Fax: 514 934-0063

Website: faceafacemontreal.org

Email: coordinator@faceafacemontreal.org

Services: * Active listening and support over the phone and in person.* Individual counselling,* Information and distribution of welfare checks.* Outreach, referral and intervention for homeless people and people in distress.* Housing search information and assistance.* Reception of mail and telephone messages, proof of residency for homeless people.* Internet and telephone access.

Eligibility: people in search of housing, homeless or at risk of homelessness, people with mental health problems with or without addiction issues, people who are lonely and isolated
Community Action

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

FÉDÉRATION DES LOISIRS-DANSE DU QUÉBEC
Confidential Address
Email: jeangascon0@gmail.com
Services: Manages social dance competitions.
Coverage area: Province of Québec
Hours: variable
Financing: self-financing
Legal status: non-profit organization

FÉDÉRATION DU QUÉBEC POUR LE PLANNING DES NAISSANCES
110 Sainte-Thérèse Street, Suite 405, Ville-Marie, Montréal, QC, H2Y 1E6
514 866-3721 Fax: 514 866-1100
Website: www.fqpn.qc.ca
Email: info@fqpn.qc.ca
Services: Information services concerning family planning. * Information, referral and advocacy regarding maternity, family planning, infertility, sexual health, abortion, reproductive and sexual health services access and contraception.* Production of educational tools, trainings, workshops, conferences and symposia.* Directory of abortion resources in Quebec.* Directory of reproductive and sexual health services.
Coverage area: province of Québec
Hours: Monday to Thursday 9h30 to 17h30
Financing: provincial, donations
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DE LA MARCHE
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 866 252-2065 Fax: 514 252-5137
Website: www.randoquebec.ca
Email: infomarche@randoquebec.ca
Services: * Documentation centre and sale of documents on hiking and outdoor activities.* Information on hiking and snowshoeing.* Website: BaliseQc.ca.* Rando Québec magazine.* Rando Québec Fund.
Eligibility: clubs and individuals interested in hiking
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 14h30
Financing: contributions
Legal status: non-profit organization

GAMBLING: HELP AND REFERRAL
Confidential Address
514 527-0140 Fax: 514 527-9712
Website: www.jeu-aidereference.qc.ca
Email: jar@info-reference.qc.ca
Services: Free, anonymous, bilingual and confidential telephone service for information, support and referral regarding compulsive gambling and gaming.* Referrals to appropriate services and resources throughout Québec.* Online help through website.* TeleCounselling program for compulsive gamblers: short-term therapy done over the phone.* Managed by the Information and Referral Centre of Greater Montréal.
Eligibility: pathological gamblers, relatives, professionals
**Coverage area:** province of Québec
**Hours:** 24 hours, 7 days
**Fees:** free
**Financing:** provincial
**Legal status:** non-profit organization

**IMMIGRANT QUÉBEC**
460 Sainte-Catherine Street West, Suite 300, Ville-Marie, Montréal, QC, H3B 1A7
**Website:** www.immigrantquebec.com
**Email:** contact@immigrantquebec.com

**Services:** Information for newcomers. *Annual guides collection, paper and downloadable versions, free of charge:* Immigrer au Québec, Travailler au Québec, Étudier au Québec, Entreprendre au Québec, Partir au Québec, Vivre à Montréal, Vivir en Québec (in Spanish) et Living in Québec (in English).*Collection of quarterly records.* Salon de l’immigration et de l’intégration au Québec: www.salonimmigration.com.*Website with information about professionals working with immigrants, expert advice and free online lectures: www.annuaireimmigration.com.

**Eligibility:** prospective immigrants and newcomers to Quebec

**Coverage area:** Province of Québec

**Financing:** self-financing

**Legal status:** non-profit organization

**IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE**
1010 Saint-Antoine Street West, 2nd Floor, Ville-Marie, Montréal, QC, H3C 1B2
**1 888 242-2100**  **TTY:** 1 888 576-8502
**Website:** www.cic.gc.ca
**Email:** question@cic.gc.ca

**Services:** Facilitates the arrival of immigrants, provides protection to refugees, and to helps newcomers get settled into Canada. *Treatment of immigration and asylum requests.* Grants citizenship.*Issues travel documents and passports to Canadians.* Promotes multiculturalism.

**Eligibility:** Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers

**Coverage area:** Province of Québec

**Hours:** In-person assistance: by appointment only, Refugee claims: Monday to Friday 8h00 to 16h00, Call centre: Monday to Friday 8h00 to 16h00

**Legal status:** federal government agency

**INFO-SOCIAL 8-1-1 - MONTRÉAL**
Confidential Address
**8-1-1 option 2**

**Services:** Psychosocial counselling by phone.*Information and referral to help resources.

**Coverage area:** Montreal

**Hours:** 24 hours, 7 days
**Fees:** free
**Financing:** provincial
**Legal status:** non-profit organization

**INFORMATION AND REFERRAL CENTRE OF GREATER MONTRÉAL**
3155 Hochelaga Street, Suite 101, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
**514 527-1375**  **Fax:** 514 527-9712
**Website:** www.info-reference.qc.ca
**Email:** crgm@info-reference.qc.ca
Services: Information and referral service. * Phone service providing information on community and public resources that addresses social problems in Greater Montréal.* Complete online database on resources available in MRC L'Assomption, Laval and Montréal.

Eligibility: individuals, field workers and community organizations of Greater Montréal

Coverage area: Montréal metropolitan community and Centraide of Greater Montréal territory which also includes MRC Jardins-de-Napierville and MRC Le Haut-Richelieu

Hours: info-referral service: every day 8h00 to 18h00, administration: Monday to Friday 8h30 to 16h30

Fees: free

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

Legal status: non-profit organization

INFORMATION AND REFERRAL CENTRE OF GREATER MONTRÉAL - DIRECTORY OF COMMUNITY SERVICES FOR HOMELESS PEOPLE

3155 Hochelaga Street, Suite 101, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4

514 527-1388 ext. 229  Fax: 514 527-9712

Website: www.info-reference.qc.ca

Email: ventes@info-reference.qc.ca

Services: Directory of resources for homeless people in Greater Montréal publish by Information and Referral Centre of Greater Montréal and including various services. * Food and material assistance.* Health and addictions.* Housing.* Information and Coordination.* Reception and support.* Transition services.

Eligibility: homeless people, stakeholders and community organizations helping homeless people

Coverage area: Greater Montréal

Hours: sales counter: Monday to Friday 9h00 to 16h30

Fees: free, postal fees: $8

Financing: municipal, provincial

Legal status: non-profit organization

INFORMATION AND REFERRAL CENTRE OF GREATER MONTRÉAL - DIRECTORY OF FOOD RESOURCES FOR LOW INCOME PEOPLE

3155 Hochelaga Street, Suite 101, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4

514 527-1388 ext. 229  Fax: 514 527-9712

Website: www.info-reference.qc.ca/www/data_CRGM/File/CRGM_RepertoireRessourcesAlimentaires_EN.pdf

Email: ventes@info-reference.qc.ca

Services: Directory of food ressources in Greater Montréal including various food services for people on a low income. * Food banks.* Buying clubs.* Community groceries.* Food vouchers.* Free and low-cost meals.* Food for babies and pregnant women.* Collection and distribution of food.* Consultation and information.

Coverage area: Greater Montréal

Hours: sales counter: Monday to Friday 9h00 to 16h30

Fees: electronic version: free, printed version: $12, postal fees: $5

Financing: self-financing

Legal status: non-profit organization

INFORMATION AND REFERRAL CENTRE OF GREATER MONTRÉAL - DIRECTORY OF SELF-HELP AND SUPPORT GROUPS

3155 Hochelaga Street, Suite 101, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4

514 527-1388 ext. 229  Fax: 514 527-9712

Website: www.info-reference.qc.ca

Email: ventes@info-reference.qc.ca


Coverage area: Greater Montréal
INFORMATION AND REFERRAL CENTRE OF GREATER MONTRÉAL - DIRECTORY OF SOCIAL AND COMMUNITY SERVICES

3155 Hochelaga Street, Suite 101, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 527-1388 ext. 229
Website: www.info-reference.qc.ca
Email: ventes@info-reference.qc.ca


Coverage area: Greater Montréal
Hours: sales counter: Monday to Friday 9h00 to 16h30
Fees: $20, postal fees: $7
Financing: Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

INTERLIGNE

Confidential Address
1 888 505-1010
Website: interligne.co
Email: aide@interligne.co

Services: Support for the LGBTQ community and people interested in sexual orientation issues. * Phone listening.* Referral towards community, commercial and professional resources sensitive to LGBTQ issues.* Registry and anonymous report of homophobic actions: interligne.co/registre-des-actes-homophobes.

Eligibility: gay, lesbian, bisexual, trans-identified and questioning people, people interested in sexual orientation issues
Coverage area: Province of Québec
Hours: 24 hours, 7 days
Financing: provincial, municipal
Legal status: non-profit organization

JE CHOISIS MONTRÉAL

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7
514 549-1990
Website: www.jechoisismontreal.com
Email: info@jechoisismontreal.com

Services: Assistance to international students wishing to remain in Québec following their studies. * Information sessions about permanent immigration procedures in Québec in collaboration with the Ministère de l'immigration, de la diversité et de l'inclusion.* Publication of articles on culture and employment in Greater Montreal, as well as on procedures for permanent immigration.* Online publication of job offers and internships.

Eligibility: international students
Coverage area: Greater Montréal
Financing: municipal, provincial
Legal status: non-profit organization
LGBTQ+ MONTRÉAL COMMUNITY CENTRE
2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4
514 528-8424     Fax: 514 528-9708
Website: www.cclgbtqplus.org
Email: info@ccglm.org

Services: Reunion place for organization and individuals dedicated to improve quality of life through education, information and research. * Field of intervention: health and social services, leasures, sports, culture and arts.*
Open book library : LGBTIQ documentation center.* Legal center : legal information on LGBTIQ topic over the phone or by email.* CCGLM: services and support to individuals and LGBTIQ organizations.
Eligibility: gays, lesbians, bisexuals, trans, queer or questionning
Coverage area: Greater Montréal
Hours: Monday to Friday 13h00 to 18h00
Fees: membership: $10 per individual, $25 per group
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

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

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

MINISTÈRE DE L’IMMIGRATION ET DES COMMUNAUTÉS CULTURELLES
360 McGill Street, 4th floor, Ville-Marie, Montréal, QC, H2Y 2E9
514 864-9191     Fax: 514 873-7349     TTY: 514 864-8158
Website: www.immigration-quebec.gouv.qc.ca

Services: Assume governmental responsibilities relatively to immigration, new comers integration and intercultural rapprochement. * Selection of new immigrants.* Certificat de sélection du Québec (CSQ).* Certificat d’acceptation du Québec (CAQ).* Financial assistance program for the linguistic integration of immigrants.* Referral for welcoming services, information, socioeconomic integration and French classes to immigrants.* Processing of requests for comparative evaluation of education qualifications.* Support to the participation of all citizens in community life.
Eligibility: immigrants, asylum seeker, temporary residents and Quebecers who need informations
Coverage area: province of Quebec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L’ÉTRANGER
380 Saint-Antoine West Street, Ville-Marie, Montréal, QC, H2Y 3X7
514 873-6708     Fax: 514 873-7468
Website: www.international.gouv.qc.ca
Services: Regroups Quebec's delegations in over ten countries. * Promotion of the Quebec on the international scene.* Offers help and information to people who desire to invest, immigrate or study in the province of Québec.

Coverage area: Province of Québec
Legal status: provincial government agency

MONTRÉAL - CITY - 3-1-1 DATABASE

Confidential Address
3-1-1
Website: www1.ville.montreal.qc.ca/banque311

Services: Phone information service for any requests regarding municipal services or regulation. * Single number for every boroughs and central administration.

Coverage area: Montréal
Hours: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00
Legal status: municipal agency

MONTRÉAL, A NEW BEGINNING

Confidential Address
Website: ville.montreal.qc.ca/nouveaudepart

Services: Information website to facilitate integration into Montréal's life. * Differentiated information according to immigration' status. * Covered topics: access to health care, housing, immigration process, community organizations offering support, job market and job research, etc.

Eligibility: permanent residents, temporary workers, international students, refugees

Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

QUÉBEC ORIGINAL

Montreal Infotouriste Centre, 1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4
514 873-2015 Fax: 514 864-3838
Website: www.quebecoriginal.com
Email: info@quebecoriginal.com

Services: Touristic information and promotion. * Accommodation booking service.* Tourism information website.* Advices by phone or chat.

Eligibility: general public

Coverage area: province of Québec

Hours: 7 days, variable, online or phone service: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 10h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: provincial government agency

REFERRAL HELPLINE FOR SENIORS

3155 Hochelaga Street, Suite 101, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 527-0007 Fax: 514 527-9712
Website: www.ainesmtl.ca
Email: crgm@info-reference.qc.ca

Services: Telephone service guiding seniors and caregivers through various social services: federal, provincial, municipal, regional and community. * Service of the Information and Referral Centre of Greater Montréal.

Eligibility: people over 65, relatives and professionals

Coverage area: Greater Montréal

Hours: 7 days, 8h00 to 18h00

Fees: free
**Financing:** provincial  
**Legal status:** non-profit organization

**REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION**  
360 McGill Street, 4th floor, Ville-Marie, Montréal, QC, H2Y 2E9  
**1 877 864-9191**  
Fax: 514 873-7349  
TTY: 514 864-8158  
Website: www.midi.gouv.qc.ca/fr/dossiers/reglementation-consultants  
**Services:** * Registry of the authorized and verified immigration consultants in Québec: www.midi.gouv.qc.ca/publications/fr/dossiers/Registre_Consultants.pdf.*  
* Annual publication of the registry online.  
**Eligibility:** immigrants, asylum seeker, temporary residents and Quebecers who need informations, consultants  
**Coverage area:** province of Quebec  
**Fees:** consultation of the registry: free, inclusion in the registry: exam and $1076  
**Financing:** provincial  
**Legal status:** provincial government agency

**REGROUPEMENT NAISSANCE-RENAISSANCE**  
110 Sainte-Thérèse Street, Suite 503, Ville-Marie, Montréal, QC, H2Y 1E6  
**514 392-0308**  
Website: www.naissance-renaissance.qc.ca  
Email: info@naissance-renaissance.qc.ca  
**Services:** Information and reference centre on humanization of birth and perinatal services. * Grouping of several member organizations.*  
* Reference to peer support for breastfeeding and support at birth.*  
* Claim of midwifery services.*  
* Training to stakeholders.  
**Eligibility:** women, families and organizations in the perinatal care field  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization

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

**SERÉNA QUÉBEC**  
6646 Saint-Denis Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2R9  
**1 866 273-7362**  
Fax: 514 273-7532  
Website: www.serenaquebec.com  
Email: coordination@serena.ca  
**Services:** Information service on menstrual's cycle health, natural contraception, natural conception, the return of fertility after birth and perimenopause. * Workshops.*  
* Conferences.*  
* Individualized follow-up.*  
* Professional training.  
**Eligibility:** anyone wishing to empower the menstrual cycle and their fertility naturally
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: voluntary donations
Financing: donations, governmental grants
Legal status: non-profit organization

TEL-AÎNÉS
6665 de Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1M2
514 353-2463   Fax: 514 493-6250
Website: www.tel-ecoute.org
Email: info@tel-ecoute.org

Services: Specialized services for seniors. * Telephone listening and referrals.* Follow-up calls.* One on one meetings at home or on-site.* Group discussions for seniors.* Conferences and information sessions for seniors.* Community worker.

Eligibility: people 60 years and older
Coverage area: Montréal and surroundings: no long distance calls, at home meetings: East of Montréal from Saint-Laurent Boulevard
Hours: 7 days, 10h00 to 22h00
Financing: donations, provincial

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE D’ÉCOUTE ET DE RÉFÉRENCE
1259 Berri Street, 10th floor, Suite AC-10100, Ville-Marie, Montréal, QC, H2L 4C7
514 987-8509
Website: ecoute.uqam.ca
Email: centre_ecoute@uqam.ca

Services: Listening services in response to any forms of poverty or distress. * Information and referrals.* Face to face or by phone active listening and referrals.* Psychosocial prevention and awareness activities on various issues: bullying, suicide prevention, depression, stress management, isolation, mental health, healthy lifestyles.* Help to fill forms and administration of oath for newcomers.* Francization workshops and language pairing.* Support for daily life management and accompaniment.* Support group.

Eligibility: students, people having difficulties, newcomers
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: free

WEST ISLAND COMMUNITY RESOURCE CENTRE
114 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2V4
514 694-6404   Fax: 514 782-0777
Website: www.crcinfo.ca
Email: info@crcinfo.ca

Services: * Information and referral towards self-help groups, community organizations and public services.* Support of community initiatives and projects.* Support to collective projects.* Office or meeting space for community services according to availabilities.* Coordination of networking opportunities and workshops.* Free legal counseling by appointment.* Tax clinic.* CRC mobile: seniors meetings and referrals to community services.

Coverage area: West Island
Hours: Monday to Friday 9h00 to 16h00
Financing: municipal, provincial, Centraide of Greater Montréal, donations, federal
Legal status: non-profit organization
Volunteering and volunteer centres

ACCÈS BÉNÉVOLAT
2544 Rosemont Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 1K4
514 523-6599    Fax: 514 523-7709
Website: www.accesbenevolat.org
Email: info@accesbenevolat.org

Services: Promoting volunteerism and community initiatives. * Reception, training, referral and follow-up of volunteers.*, * Providing organizations with volunteer recruitment, selection and referral, management consultation and training services.*, * Volunteer accompaniment to medical appointments, either with or without a car.

Eligibility: adults and adolescents who want to become volunteers, services or projects with social or humanitarian missions, accompaniment service: adults on a low-income, with loss of autonomy, referred by a health care centre


Hours: Monday to Friday 9h00 to 17h00

Fees: accompaniment to medical appointments in car: $0,50/km

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

ACCORDERIE DE MERCIER-HOCHELAGA-MAISONNEUVE (L’)
4903 Ontario Street East, Suite 002, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0A8
514 759-0697 ext. 222
Website: accorderie.ca
Email: mhm@accorderie.ca

Services: Network deals and exchange services: individual, association and collective activities of exchange.

Eligibility: to register, the person must offer at least one service, agree to respect the rules of a code of courtesy and have a real ability to service

Coverage area: Mercier-Hochelaga-Maisonneuve

Fees: membership: $2 per year

Financing: donations, contributions

Legal status: non-profit organization

ACCORDERIE DE MONTRÉAL-NORD (L’)
11460 Pelletier Avenue, apartment 201, Montréal-Nord, Montréal, QC, H1H 3S4
514 759-0697 ext. 204
Website: accorderie.ca
Email: montreal.nord@accorderie.ca

Services: Network deals and exchange services: individual, association and collective activities of exchange.

Eligibility: to register, the person must offer at least one service, agree to respect the rules of a code of courtesy and have a real ability to service

Capacity: 10

Coverage area: Montréal-Nord and surroundings

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, evening by appointment

Fees: annual membership: $2

Financing: donations, contributions

Legal status: non-profit organization
ACCORDERIE DE MONTRÉAL-NORD (L') - SECTOR NORTH-EAST
11991 Lapierre Street, Suite 201, Montréal-Nord, Montréal, QC, H1G 3S1
514 759-0697 ext. 224
Website: accorderie.ca
Email: montreaal.nord-est@accorderie.ca
Services: Network deals and exchange services. * Individual, association and collective activities of exchange. 
Eligibility: to register, the person must offer at least one service, agree to respect the rules of a code of courtesy and have a real ability to service
Coverage area: Montréal-nord, north-east sector
Fees: membership: $2
Legal status: non-profit organization

AHUNTSIC-CARTIERVILLE - BOROUGH
Bureau Accès Montréal, 555 Chabanel Street West, Suite 600, Ahuntsic-Cartierville, Montréal, QC, H2N 2H8
3-1-1     Fax: 514 868-3297
Website: www.ville.montreal.qc.ca/ahuntsic-cartierville
Email: ahuntsic-cartierville@ville.montreal.qc.ca
Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* INFO-traux: geolocated information about infrastructure works.* INFO-collectes: www.servicesenligne2.ville.montreal.qc.ca/sei/infocollectes/?lang=eng
Hours: Reception: Monday to Friday 8h30 to 16h30, Phone service: 8h30 to 17h00, 311: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00
Fees: administration of oath: $5 by document
Legal status: municipal agency

ASSOCIATION BÉNÉVOLE POINTE-AUX-TREMBLES - MONTRÉAL-EST
12125 Notre-Dame East Street, Suite 311, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 2Y9
514 645-1264     Fax: 514 645-5633
Email: association.benevole@centre-roussin.qc.ca
Services: Community maintenance for seniors. * Medical transportation and accompaniment.* Phone listening.* Friendly visits.* Help with forms.* Conferences, information.* Community dinners.
Eligibility: seniors with diminished autonomy or on a low income
Coverage area: Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: only for transportation
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES GESTIONNAIRES DE RESSOURCES BÉNÉVOLES DU QUÉBEC - SECTEUR SANTÉ ET SERVICES SOCIAUX
1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934 ext. 43674
Website: www.agrbq.qc.ca
Email: rita.giulione@muhc.mcgill.ca
Services: * Training for volunteer resource managers.* Sharing network between members and various organizations tied to the health and social services community network.* Implementation of a volunteer resource service, as well as of standards related to volunteering development and administration.
Eligibility: volunteers managers within the health system
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: membership fees
Financing: membership fees
Legal status: non-profit organization

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

ASSOCIÉS BÉNÉVOLES QUALIFIÉS AU SERVICE DES JEUNES (LES)
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 948-6180
Website: www.abqsj.org
Email: info@abqsj.org
Services: * Recruitment and training of volunteers interested in working with youth in difficulty in schools, hospitals, youth centres or community organizations.
Capacity: 75
Coverage area: Montréal and surroundings
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: grants, donations
Legal status: non-profit organization

ATELIERS D'ÉDUCATION POPULAIRE DU PLATEAU
4273 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L7
514 350-8881   Fax: 514 350-8887
Website: www.aepp.ca
Email: accueil@aepp.ca
Eligibility: adults, families, newcomers, people on a low income, people with a handicap
Coverage area: Le Plateau Mont-Royal
Hours: Monday to Friday 9h00 to 21h30, Saturday 9h00 to 17h00
Fees: annual contribution: $12 per person, $42 per family
Financing: provincial, Centraide of Greater Montréal, contributions
Legal status: non-profit organization
BANQUE D’ÉCHANGES COMMUNAUTAIRES DE SERVICES

Confidential Address
Website: www.becs.ca
Email: info@becs.ca

Services: Exchanges of goods and services according to a time banking system. * Various possibilities: homeopathic medicine, acupuncture, massage, cooking, moving, babysitting, gardening, etc.
Eligibility: community organizations, public
Coverage area: Greater Montréal
Fees: membership: $15 per year
Financing: self-financing
Legal status: non-profit organization

BÉNÉVOLES D’AFFAIRES

Confidential Address
514 395-6011
Website: www.benevolesdaffaires.org
Email: info@benevolesdaffaires.org

Services: Support to non-profit organizations. * Twinning of volunteers from the business community with non-profit organizations.
Eligibility: non-profit organization with a need related to its management or operation, active business people, retirees or students from various fields of activity (administration, communications, law)
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: $125 for organizations, free for volunteer
Financing: Centraide of Greater Montreal, self-financing, donations
Legal status: non-profit organization

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

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

CARE CENTRE FOR LATIN AMERICAN FAMILIES
7075 Saint-Hubert Street, 2nd Floor, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2N1
514 273-8061 Fax: 514 273-9982
Website: www.cafla.ca
Email: info@cafla.ca

Services: * Prevention of school dropout and violence in secondary schools.* Program for parents with children 0 to 5 years old.* Psychosocial support.* Volunteering promotion.* Support for the integration of newcomers into the job market.
Eligibility: youth and families of all origins
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: municipal, donations, self-financing, provincial, foundations
Legal status: non-profit organization
CELO
5347 Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y4
514 733-1478
Website: www.celocdn.org
Email: secretariat@cccdn.qc.ca
Services: Leisure services for Côte-des-Neiges residents. * Social and cultural, as well as sports and open air activities for people of all ages.* Community and intercultural exchange activities.* French courses for immigrants.* Homework help for children aged 6 to 12 years old from the Notre-Dame-des-Neiges school.* Activities for mothers.* Day camp.* Volunteering services.
Eligibility: residents
Coverage area: Montreal: mainly Côte-des-Neiges
Hours: secretariat: Monday to Friday 9h00 to 18h30, Saturday 9h00 to 17h00
Fees: vary depending on activities
Financing: Centraide of Greater Montreal, provincial, municipal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D’ALEXANDRIE
1700 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626     Fax: 514 524-6756
Website: www.cclsca.qc.ca
Email: information@cclsca.qc.ca
Services: * Day classes for adults and seniors.* Recreational, artistic and sporting activities for all ages.* Language classes: German, English, Arabic, Spanish, French, Italian, Japanese, Mandarin, Portuguese.* Computer workshops.* Concerts and social outings.* Homework assistance.* Multicultural summer day camp.* Spring break activities.* Computer room and Internet access.* Room rental.* Women in action program.* Volunteering.
Eligibility: people with disabilities, adults, women from cultural communities, seniors 50 years and over, children 5 to 12 years old
Coverage area: Le Plateau Mont-Royal, Centre-Sud and Ville-Marie
Hours: Monday to Friday 9h00 to 21h00, summer: Monday to Friday 9h00 to 17h00
Fees: membership: $10
Financing: membership fees, self-financing, provincial, municipal, foundation, federal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MOUNTAIN SIGHTS
7802 Mountain Sights Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 2B2
514 737-4644     Fax: 514 737-4142
Email: c.c.m.s@videotron.ca
Eligibility: residents and families
Coverage area: Côte-des-Neiges, mainly Mountain Sights
Hours: Monday to Friday 9h30 to 21h00
Fees: free or low-cost
Financing: Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE MULTI-ETHNIQUE DE MONTRÉAL-NORD
11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044    Fax: 514 329-4954
Website: www.centremultiethnic-mtln.org
Email: ccmemn13@yahoo.ca
Services: * Assistance with the integration of people from cultural communities.* Food bank.* French classes.* Information and referral.* Translation and certification.* Tax clinic.* Christmas baskets.
Capacity: 70 to 100 families
Coverage area: food bank: Montréal-Nord, other services: Montréal
Hours: Monday to Friday 9h00 to 17h00, food bank: Thursday 12h00 to 13h00 until stocks are exhausted
Fees: food bank: $5 per order
Financing: self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE
1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553    Fax: 514 856-3554
Website: www.cabbc.org
Email: cabbc@cabbc.org
Services: * Promotion of volunteerism, volunteers recruitment, training and guidance.* Support to local organizations, referral.* Meals-on-wheels.* Friendly phonecalls and visits.* Knitting workshops.* Tax clinic.
Eligibility: general population, seniors with a loss of autonomy
Coverage area: Bordeaux-Cartierville
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD
4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114    Fax: 514 328-4850
Website: www.cabmtl-nord.org
Email: adm@cabmtl-nord.org
Eligibility: seniors, newcomers, community organizations
Coverage area: Montréal-Nord
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE RIVIÈRE-DES-PRAIRIES (LE)
9140 Perras Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 7E4
514 648-2323
Website: www.benevolatrdp.ca
Email: info@benevolatrdp.ca
Services: * Promotion of volunteerism.* Recruitment and training of volunteers.* Support with volunteers’ management and recruitment for organizations.* Accompaniment and transportation to medical appointments.* Grocery shopping assistance.* Intergenerational activities.* Income tax clinic.
Eligibility: people on a low income, seniors
Coverage area: Rivière-des-Prairies
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE VILLE MONT-ROYAL
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2923  Fax: 514 734-3083     Website: vmr-benevoles-tmr.com     Email: benevoles.vmr@gmail.com
Services: * Medical accompaniment and transportation.* Friendly visits.
Eligibility: seniors, people with temporary or permanent reduced mobility
Coverage area: Ville Mont-Royal
Hours: Monday to Thursday 8h30 to 12h00 and 14h00 to 16h00, Friday 8h30 to 12h00
Fees: medical transportation: variable depending on distance
Financing: provincial, municipal, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT SARPAD - CÔTE-DES-NEIGES
6555 Côte-des-Neiges Road, Suite 442, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 737-2454  Fax: 514 737-4376     Website: www.sarpad.com     Email: sarpadcdn@sarpad.com
Services: * Medical transportation and accompaniment.* Running various errands.* Friendly home visits, walks around the neighbourhood.* Respite.* Groceries by taxi.
Eligibility: people 55 years old and up, caregivers
Coverage area: Côte-des-Neiges
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLES AHUNTSIC-SUD
9286 Berri Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P9
514 388-0775  Fax: 514 388-3139     Email: mbouvier@cbas.ca
Services: * At home support: visits, phone calls, accompaniment-transportation for medical appointment and for grocery, meals on wheels.* Community lunches.* Arts and crafts workshops.* Scrabble club.
Eligibility: people 60 years and over with loss of autonomy
Coverage area: Ahuntsic South: bounded by Port-Royal Street North, Crémazie South, Papineau Avenue East and Meilleur Street West
Hours: Monday to Friday 9h30 to 16h30
Fees: registration fee: $10
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES DE RIVIÈRE-DES- PrairIES
12017 Alexis-Carrel Avenue, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 4B8
514 648-1030  Fax: 514 648-6833     Website: www.cdfrdp.qc.ca     Email: info@cdfrdp.qc.ca
Eligibility: women 18 years and over
Coverage area: Rivière-des-Prairies and surroundings
Hours: Monday, Wednesday and Thursday 9h00 to 16h30, Tuesday 12h30 to 16h30, community soup: last Wednesday of the month, coffee-meeting: 13h00 to 15h00
Fees: membership: $10
Financing: provincial, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

CENTRE DES JEUNES L’ESCALE
11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y7
514 328-4180 Fax: 514 328-4069
Website: www.lescale.org
Email: info@lescale.org

Services: Services to youths. * Recreational, educational and cultural activities.* Rêves d’artistes project: development of artistic talents.* ASPI program: volunteering and activities animation.* Prevention and MVP programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk.* COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation.

Eligibility: youth 15 to 25 years old
Coverage area: Montréal-Nord
Hours: office: Monday to Friday 9h00 to 17h00, activities: Tuesday and Wednesday 15h30 to 19h00, Thursday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation
Fees: free
Financing: federal, provincial, grants, municipal, private foundations
Legal status: non-profit organization

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@csdm.qc.ca


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

CENTRE SOCIAL D’AIDE AUX IMMIGRANTS
6201 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3X8
514 932-2953 Fax: 514 932-4544
Website: www.centrecsai.org
Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance.* Intervention and individual support.* Assistance with immigration forms and citizenship application.* Certification of documents.* Tax clinic.* Sociocultural activities.* Volunteering.* Francization, part-time French classes, French and English conversation workshops.* Daycare.* Employment integration: individual consultations and 3 week full-time program with individual meetings, group workshops.* Computer classes.* Referral of newcomers towards adequate school resources.* Regional organization in charge of the settlement of government-assisted refugees.

Eligibility: permanent residents for less than 5 years, government-assisted refugees
Capacity: 4000
Coverage area: Montréal
CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN
3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 761-3333  Fax: 514 761-1463
Website: www.centrescoai.org
Email: csai@centrescoai.org
Services: * Reception and integration, information and guidance.* Counselling and individual support.*
Assistance with immigration forms and citizenship application.* Certification of documents.* Tax clinic.*
Sociocultural activities.* Volunteering.* Francization, part-time French classes, French and English conversation
workshops.* Day care.
Eligibility: permanent residents for less than 5 years, government-assisted refugees
Capacity: 4000
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: certification: $5, certified copies: $2, other services: free
Financing: provincial, donations, Centraide of Greater Montréal
Legal status: non-profit organization

CÔTE-DES-NEIGES VOLUNTEER CENTRE
4945 de la Côte-des-Neiges Road, Suite 6, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3V 1H5
514 340-1072  Fax: 514 340-0343
Website: www.centrebenevolatcdn.org
Email: centredebenevolatcdn.org
Shopping.* Coffee-chats.* Conferences.
Eligibility: seniors 55 years and over
Coverage area: Montréal: bounded by the streets Jean-Talon to the North, Côte-Sainte-Catherine to the South,
de Vimy to the East and Victoria to the West
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30 by appointment
Fees: free
Financing: provincial
Legal status: non-profit organization

DESTINATION TRAVAIL DU SUD-OUEST DE L'ÎLE DE MONTRÉAL
1191 90th Avenue, LaSalle, Montréal, QC, H8R 3A6
514 368-1832  Fax: 514 368-0711
Website: www.destinationtravail.org
Email: travail@destinationtravail.org
Services: * Projet de Préparation à l'Emploi (PPE): 3-month program (15 hours per week) for social and
professional reintegration with group workshops, individual counselling, self-knowledge, job search techniques,
support and guidance, internships, post-participation follow-up.* Créneau carrefour jeunesse: outreach work,
support for academic perseverance, volunteering.
Eligibility: unemployed people 16 to 64 years old wanting to reintegrate the job market, créneau carrefour
jeunesse: youth 16 to 29 years old
Coverage area: Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: federal, provincial, fundraising campaigns
Legal status: non-profit organization
DORVAL - COMMUNITY AID
1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5
514 633-4100  Fax: 514 633-4105
Email: acommunaute@ville.dorval.qc.ca
Services: * Support, information and referral, on-site or over the phone, on matters concerning health, social
services, legal aid, government and parapublic services, etc.* Assistance with filling out forms.* Participation in
the Community Volunteer Income Tax Program.* Emergency food aid.* In Case of Disaster program:
registration in order to receive personalized assistance in the event of an emergency.* Parents Support
program for families experiencing difficulties.* Teen-Plus program for teenagers experiencing difficulties.* Daily
security phone calls for seniors.* Free bus tickets for eligible seniors.* Youth for Seniors program: housekeeping
and ground maintenance services for eligible seniors.* Foot care clinic with fees.* Christmas baskets.* School
supplies.
Eligibility: citizens of all ages
Coverage area: Dorval
Hours: Monday to Friday 8h30 to 16h30, security phone calls: Monday to Friday
Fees: foot care clinic: variable
Financing: municipal
Legal status: municipal agency

ENTRAIDE AHUNTSIC-NORD
10780 Laverdure Street, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-9171  Fax: 514 382-5126
Website: www.entraidenord.org
Email: dir@entraidenord.org
Services: * Reception, helpline and friendly calls.* Transportation and accompaniment to medical
appointments, for groceries or to shopping malls.* Meals on wheels.* Home visits, pairing with a volunteer.*
Social groups.* Program to prevent falls.* Movie groups.* Dining out.* Home meeting.* Community action in
social housing.* At home choir.
Eligibility: people 60 years and over, living at home, isolated or losing their autonomy, transportation: people
65 years and over
Coverage area: Ahuntsic-Nord: bounded on the North by the Rivière-des-Prairies, on the South by Port-Royal
Street, on the East by Saint-Michel Boulevard and West by de l'Acadie Boulevard, HLM Crémazie and Ahuntsic
Hours: Monday to Friday 8h30 to 16h30
Fees: members: $10, meals on wheels: $7 per meal, transport: fixed contributions according to distance,
between $6 and $25 round-trip
Financing: provincial, self-financing, donations, grants, fundraising campaigns, municipal, federal, membership
fees
Legal status: non-profit organization

ESCALE FAMILLE LE TRIOLET
6910 Pierre-de-Coubertin Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1T6
514 252-0289
Website: www.escalefamilleletriolet.org
Email: info@escalefamilleletriolet.org
Services: * Childcare for 0 to 5 years old.* Coffee meetings for parents.* Parental experience enrichment
workshops.* Parent-child activities.* Cooking workshops.* Self-expression through art workshops:
scrapbooking, knitting and dance.* Autonomy workshops.* Support and accompaniment.* Volunteer
involvement.* Activities and family outings.* Documentation, information and referral centre.* Clothing store for
children.* Community housing for single mothers in socio-professional reintegration.
Eligibility: families
Coverage area: Montréal
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, childcare: Tuesday to Friday 8h30
to 11h30 and 13h00 to 16h00, entire day: 8h30 to 15h00
FÉDÉRATION DES CENTRES D’ACTION BÉNÉVOLE DU QUÉBEC
1855 Rachel Street, 1st Floor, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5
1 800 715-7515 Fax: 514 843-6485
Website: www.fcabq.org
Email: admin@fcabq.org
Services: Mobilization, support and representation of volunteer bureaus. * Promotion, recognition and development of volunteering practices.* Online documentation centre.* Provincial website of twinning between volunteer bureaus and non-profit organizations with volunteers: www.jebenevole.ca
Eligibility: volunteer centres
Capacity: 115 volunteer centres
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: $475 per year per association
Financing: grants, contributions
Legal status: non-profit organization

FONDATION PALLIAMI
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4K4
514 890-8000 ext. 27434 Fax: 514 412-7523
Website: www.palliami.org
Email: adjoint@palliami.org
Services: Assist the Palliative care unit of the Notre-Dame Hospital in welcoming patients at the end of their life in a calm atmosphere. * Provides physical, psychological and moral support to patients and their families.* Collection of donation to support the mission of the palliative cares unit.* Training of volunteers in palliative cares.
Eligibility: people with a terminal illness and their families
Capacity: 13 beds
Coverage area: Montréal and surroundings
Hours: 7 days, 7h30 to 21h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FRIENDSHIP CIRCLE OF MONTREAL
4585 Bourret Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 1X1
514 735-2255 Fax: 514 735-8725
Website: www.friendshipcircle.ca
Email: info@friendshipcircle.ca
Services: Providing inclusion and friendship to young people with special needs. * Pairing with typical teens for a variety of social and recreational programs: karate, cooking, drama, art, dance, sports and weekend and holiday programs.* Friends at home: enables children to experience play dates in their homes. * Summer and winter camp.
Eligibility: people with special needs such as autism spectrum disorder, pervasive development disorders, learning disabilities, physical or intellectual disabilities, cerebral palsy and others
Coverage area: Montréal
Fees: variable
Financing: donations
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
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

LAVOIEDESFEMMES
1030 Beaubien Street East, Suite 402, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1T4
Website: lavoiedesfemmes.wordpress.com
Email: lavoiedesfemmes@yahoo.ca
Services: Promotion of women's solidarity and of Muslim women's sociocultural and political involvement.* Arts.* Volunteering.* Conferences and discussion workshops.
Eligibility: women, particularly Muslim
Coverage area: Montréal
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

LITERACY UNLIMITED
Lindsay Place High School, 111 Broadview Avenue, Pointe-Claire, Montréal, QC, H9R 3Z3
514 694-0007
Website: www.literacyunlimited.ca
Email: info@literacyunlimited.ca
Eligibility: adults
Coverage area: Baie-D’Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L’Ile-Bizard-Sainte-Geneviève, L’Île-Dorval, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville
Hours: Monday and Wednesday 9h00 to 16h00, Tuesday and Thursday 9h00 to 21h00, closed from mid-June to September
MAISON D’HAIŢI
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

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

NOTRE-DAME-DE-GRÂCE VOLUNTEER CENTRE
5319 Notre-Dame-de-Grâce Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1L2
514 489-0588     Fax: 514 489-4041
Email: cbndg@bellnet.ca

Services: * Transportation and accompaniment for medical appointment and for occasional shopping.* Information service in collaboration with local resources.* Friendly lunches, Qi Gong, meditation, yoga and line dancing.

Eligibility: seniors or people with loss of autonomy
Coverage area: Notre-Dame-de-Grâce, part of Côte-Saint-Luc and Montréal West
Hours: Monday to Friday 10h00 to 16h00
Fees: annual membership: $25
Financing: grants
Legal status: non-profit organization
OPTIMIST INTERNATIONAL
5205 Métropolitain Boulevard East, Suite 200, Saint-Léonard, Montréal, QC, H1R 1Z1
1 800 363-7151   Fax: 514 721-1104
Website: www.optimiste.org
Email: service@optimiste.org
Services: International organization of volunteers. * Assistance to youth.* Scholarship programs.* Community support.* To find an Optimist Club near you, visit the website: www.optimiste.org.
Coverage area: Canada
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: donations
Legal status: non-profit organization

PARRAINAGE CIVIQUE DE L'ÎLE DE MONTRÉAL
5350 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 255-1054
Website: www.pceim.ca
Email: info@pceim.ca
Services: Activities promoting inclusion into the community. * Development of a multicultural and intergenerational network.* Development of mutual aid among peers.* Civic and volunteer activities.* Involvement of members in decision-making processes.
Eligibility: adults living with mental health and social exclusion problems
Coverage area: Island of Montréal
Hours: Monday to Friday daytime, meetings by appointment
Fees: $5
Financing: provincial, Centraide of Greater Montréal, self-financing
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
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
PIERREFONDS-ROXBORO - BOROUGH
Bureau du citoyen, 13665 Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9A 2Z4
3-1-1 Fax: 514 624-1300
Website: ville.montreal.qc.ca/pierrefonds-roxboro
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.*
Taking of an oath.* Property assessment.* Statement of offense.* Accident rapport.* Animal permits.* Show
ticket sale.
Hours: Monday to Thursday 8h00 to 17h00 and Friday 8h00 to 12h00, Permits Counter: Monday to Thursday
8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 11h30
Legal status: municipal agency

PROJET CHANGEMENT - CENTRE COMMUNAUTAIRE POUR LES 50 ANS ET PLUS
4450 Saint-Hubert Street, Suite 130, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 521-5145
Website: www.projetchangement.com
Email: aines@projetchangement.com
Services: * Reception, information, guidance and referral.* Safety phonecalls.* Foot care clinic.* Thematic
conferences.* Community and social development.* Physical, psychological, intellectual, spiritual and relational
health promotion activities.* Summer and holiday outings.* Je m’engage dans ma communauté: volunteer work
with vulnerable seniors.* Individual intervention and home environment group animation.* Low-cost meals five
times a week at lunchtime.* Tax clinic for people already benefiting from another service offered by the
organization.
Eligibility: seniors 50 years and over
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15 per year
Financing: provincial, Centraide of Greater Montréal, foundations, self-financing
Legal status: non-profit organization

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

RÉSEAU-BÉNÉVOLES DE VERDUN
3215 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z1
514 761-1773 Fax: 514 761-1020
Website: www.reseau-benevoles-verdun.org
Email: r.b.v@videotron.ca
Services: * Grouping of volunteers.* Accompaniment to medical appointments and social activities.* Friendly
Eligibility: people 60 years and over or with a loss of autonomy
Coverage area: Verdun, Nuns' Island
Hours: Monday to Friday 6h00 to 14h00
Fees: meals-on-wheels: $5 per meal, transportation: variable, collective kitchen: $10 to $15 (for about 20 meals)
Financing: provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

ROBIN DES BOIS
4653 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2
514 288-1010
Website: www.robindesbois.ca
Email: resto@robindesbois.ca
Services: Restaurant. * Volunteering.* Recruitment and training.* Hall for corporate events.
Capacity: 110 seats
Coverage area: Greater Montréal
Hours: Monday to Friday 11h30 to 22h00, Saturday 17h00 to 22h00, Sunday: group reservations only
Financing: self-financing
Legal status: non-profit organization

ROSEMONT ACCORDERIE
5350 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-1797 ext. 242
Website: accorderie.ca
Email: rosemont@accorderie.ca
Services: * Network deals and exchange services: individual, association and collective activities of exchange.
Eligibility: to register, the person must offer at least one service, agree to respect the rules of a code of courtesy and have a real ability to service
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Wednesday 9h30 to 12h00 and 13h30 to 16h00, Thursdays: variable schedule, Accorderie is mobile in the neighbourhood
Fees: membership: $2
Legal status: non-profit organization

SAINT-COLUMBA HOUSE
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-6202 Fax: 514 932-5131
Website: www.saintcolumbahouse.org
Email: info@saintcolumbahouse.org
Services: Community development and social involvement. * Daily community lunch.* Meal delivery.* Tutoring and homework assistance.* Alternate School program for children 3 to 5 years old.* Day program for adults with intellectual disabilities.* Summer day camp for children and teenagers.* Recreational and educational activities for teenagers.* Internship opportunities for volunteers and students.
Eligibility: individuals and families on a low or medium income, adults with an intellectual disability
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Friday 9h00 to 16h30, community meal: 11h45 to 12h45
Fees: lunch: $2 per meal or 20 meals for $30, meal delivery: $35 per month
Financing: donations, grants
Legal status: non-profit organization

SAINT-LAURENT VOLUNTEER BUREAU
910 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Y6
514 744-5511 Fax: 514 744-1206
Website: www.centreabc.org
Email: centreabc@bellnet.ca
Services: * Volunteers recruitment, guidance and training.* Accompaniment and transportation to medical appointments.* Meals-on-wheels.* Friendly visits and phonecalls.* Shopping assistance.* Respite.* Support group and grieving workshops.* Pairing for new mothers.* L’Apic: accompaniment to recreational activities.* In-home assistance with reading and writing mail.* Support for Montréal community organizations.* Tax clinic.* Distribution of parking stickers for organizations offering accompaniment or transportation.

Eligibility: people 12 years and over interested in volunteering, seniors 65 years and over with a loss of autonomy

Coverage area: Saint-Laurent

Hours: Monday, Tuesday, Wednesday and Friday 8h00 to 17h30, Thursday 8h00 to 20h00

Fees: $10 per year

Financing: Centraide of Greater Montréal, municipal, provincial

Legal status: non-profit organization

SALVATION ARMY - THRIFT STORES

1620 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H3J 1M1

514 935-7425     Fax: 514 935-6093

Website: www.salvationarmy.ca/quebec

Services: * Recovery and selling of household items, clothes, computer equipment and furniture at low prices.* Sorting, recycling and repair services for all Salvation Army thrift stores.

Eligibility: people and families on a low-income

Coverage area: Greater Montréal

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

Financing: donations

Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ANJOU

6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8

514 354-4299     Fax: 514 354-2023

Website: www.sacanjou.org

Email: info@sacanjou.org


Eligibility: individuals and families on a low income

Capacity: 150 food baskets per week

Coverage area: Anjou

Hours: Monday to Thursday 9h00 to 17h00, community meals: Monday and Thursday 11h30 to 14h30, food aid: Wednesday 14h30 (interview and registration prior)

Fees: annual membership: $25, community meals: $3 to $5, food aid: $4

Financing: Centraide of Greater Montréal, grants, donations, contributions

Legal status: non-profit organization

STAGE EN MILIEU COMMUNAUTAIRE - FACULTY OF LAW - UNIVERSITÉ DE MONTRÉAL

3101 Tower Road, Suite A-3406, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1J7

514 343-6124     Fax: 514 343-2199

Website: www.droit.umontreal.ca

Email: info-droit@umontreal.ca

Services: Services from a law student intern available to help community organizations, one day per week for the whole academic year. * Variable tasks: counseling, research, legal vulgarization, information sessions animation, etc.* Selection of organizations is done at the beginning of the winter session, for the following year.

Eligibility: non-profit organizations

Coverage area: Montréal Island
Community Action

**Volunteer Bureau of Montreal**
2015 Drummond Street, Suite 300, Ville-Marie, Montréal, QC, H3G 1W7
514 842-3351 Fax: 514 842-8977
Website: www.cabm.net
Email: info@cabm.net


Eligibility: people interested in volunteering, voluntary and community organizations
Capacity: 16 participants per workshop
Coverage area: Montréal region
Hours: Monday to Friday 8h30 to 16h30
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

**Volunteer West Island**
1 de l'Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445 Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org


Eligibility: citizens, seniors, people with a loss of autonomy, organizations
Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie-D'Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, Sainte-Geneviève, Île-Bizard
Hours: Monday to Friday 8h30 to 16h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, municipal, donations, foundations
Legal status: non-profit organization

**West Island Citizen Advocacy**
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850 Fax: 514 694-1867
Website: www.volunteerwica.com
Email: wica@qc.aibn.com


Eligibility: people with intellectual and physical disabilities, seniors, people with mental health problems
Capacity: apartment program for people with a mental illness: 42 beds
Coverage area: West Island: Lachine, Sainte-Anne-de-Bellevue, Pierrefonds, Roxboro, Sainte-Geneviève, Beaconsfield, Baie-D'Urfé, Pointe-Claire, Dorval, Kirkland, L'Île-Bizard
Hours: 9h00 to 16h30
YWCA MONTRÉAL - COMMUNITY
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941     Fax: 514 866-4866
Website: www.ydesfemmesmtl.org
Email: infojuridique@ydesfemmesmtl.org

Services: * Multi centre with physical activities.* Parent-child workshops.* Daycare.* Volunteer centre.* Legal information clinic: counselling, information and referral.* Family caregivers support program.
Eligibility: women and girls
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 19h00
Financing: Centraide of Greater Montréal, self-financing, foundations, grants
Legal status: non-profit organization
Education

ASSOCIATIONS AND FEDERATIONS

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

DROPOUT

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL BOARDS

VOCATIONAL TRAINING, CÉGEPS AND UNIVERSITIES
Associations and federations

ASSOCIATION DES COLLÈGES PRIVÉS DU QUÉBEC
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
514 880-8890     Fax: 514 381-4086
Website: www.acpq.net
Email: acpq@acpq.net

Eligibility: subsidized private colleges
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization

FÉDÉRATION DES ÉTABLISSEMENTS D'ENSEIGNEMENT PRIVÉS
1940 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1S2
1 888 381-8891     Fax: 514 381-4086
Website: www.feep.qc.ca
Email: info@feep.qc.ca

Services: Grouping of private schools. * Promotion of private education and the collective interests of members at preschool, primary and secondary levels. * Support to member institutions through development services.*
Eligibility: private schools, students in preschool, elementary and secondary school
Capacity: 190 private schools
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: contributions, self-financing
Legal status: non-profit organization

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

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

QUÉBEC ASSOCIATION OF INDEPENDENT SCHOOLS
3635 Atwater Avenue, Ville-Marie, Montréal, QC, H3H 1Y4
514 483-6111     Fax: 514 483-0865
Website: www.qais.qc.ca
Email: hollyhampson@qais.qc.ca
Education

**Services:** English community of elementary and secondary schools that are independent and authorized. *Active promotion of innovation, collaboration and excellence in education.* *For teachers: offers collaborative networks sessions and best practices.* *Professional development workshops.* *Online list of Québec private schools: www.qais.qc.ca*

**Eligibility:** independent school community

**Coverage area:** province of Quebec

**Legal status:** non-profit organization

**QUÉBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS**
3285 Cavendish Boulevard, Suite 560, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 2L9
514 481-5619  Fax: 514 481-5610
Website: www.qfhsa.org
Email: info@qfhsa.org

**Services:** *Grouping of associations aiming to improve the education and welfare of all children.* *Coordination of the organization of new associations.* *Maintenance of a constant consultation with provincial education structures.*

**Eligibility:** home and school associations

**Coverage area:** Province of Québec

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

**Fees:** membership: $18

**Financing:** membership fees, donations

**Legal status:** non-profit organization

**Computer workshops**

**ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL**
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939  Fax: 514 723-3619
Website: www.aiemont.com
Email: aiem@qc.aira.com

**Services:** *Listening, guidance, referral and accompaniment.* *Interpretation and translation.* *French and English classes.* *Computer courses.* *Business start-up training.* *Daycare.* *Tax clinic.*

**Eligibility:** immigrant people, members of visible minorities

**Capacity:** 40 places

**Coverage area:** East of Montréal

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

**Fees:** daycare: $4 for 3 hours

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

**ATWATER LIBRARY AND COMPUTER CENTRE**
1200 Atwater Avenue, Westmount, Montréal, QC, H3Z 1X4
514 935-7344  Fax: 514 935-1960
Website: www.atwaterlibrary.ca
Email: info@atwaterlibrary.ca

**Services:** Loan of books, digital and audiovisual documents. *Home delivery for people with a loss of autonomy.* *Seed library.* *Access to computers.* *Computer training.* *Creative digital media projects for people of all ages.* *Weekly lunchtime series: lectures, concerts, film screenings and more.* *Poetry readings, book club and activities.* *Monthly Alzheimer café.* *Room rental.* *Outreach in partnership with community groups and schools.*

**Coverage area:** Greater Montréal, home delivery: Downtown Montréal

**Hours:** Monday and Wednesday 10h00 to 20h00, Tuesday, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: mostly free, library borrowing: $10 to $35 per year
Financing: self-financing, donations, grants
Legal status: non-profit organization

CENTRE D'ORIENTATION PARALÉGALE ET SOCIALE POUR IMMIGRANTS
1451 Saint-Zotique Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2G 1G9
438 384-3341     Fax: 438 384-3314
Website: copsi.e-monsite.com
Email: copsi.org@outlook.com
Services: * Paralegal and social counseling for immigrants and asylum seekers. * Translation, writing and certification of documents.* Nobody's Perfect program: workshops for parents of less than 5 years old child.* Free computer courses.* Kitchen workshops for children, teenagers, singles, women and seniors.
Eligibility: immigrants, newcomers, refugees
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, federal, municipal
Legal status: non-profit organization

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
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
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COLLÈGE DE MAISONNEUVE - ÉDUCATION 3E ÂGE
3800 Sherbrooke Street East, Suite B-2200, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1X 2A2
514 254-7131 ext. 4040
Website: www.cmaisonneuve.qc.ca/campus-installations/activites-sportives-artiscales-culturelles/activites-pour-retraites-et-prertraites/
Email: communaut@cmaisonneuve.qc.ca
Eligibility: retired and semi-retired people
Coverage area: Montréal Island
Hours: registration and information: during school year, Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: membership: $22 per year, variable according to activities
Legal status: non-profit organization

COMMISSION SCOLAIRE DE MONTRÉAL
3737 Sherbrooke Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1X 3B3
514 596-6000     Fax: 514 596-7451     TTY: 514 596-3344
Website: www.csdm.qc.ca
Email: info@csdm.qc.ca
Education

**Services:** Montreal School Board. * Vocational training and adult education: welcome, referrals, guidance and accompaniment.* Training centers: adult education, vocational training, services for companies, distance training, french classes, literacy, socio-professional integration, social integration, popular education.* Educational resource center.* Other address: 5017 Saint-Hubert Street, H2J 2X9.

**Eligibility:** adults 16 years old and over, organizations and companies


**Hours:** information over the phone: Monday to Thursday 11h00 to 15h00, administration: Monday to Thursday 8h30 to 16h00, July and August: Monday to Thursday 8h30 to 15h00

**Legal status:** parapublic organization

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**COMMUNAUTÉ VIETNAMIENNE AU CANADA - RÉGION MONTRÉAL**

6767 de la Côte-des-Neiges Road, Suite 495, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

**514 340-9630**  **Fax:** 514 340-1926

**Website:** www.vietnam.ca

**Email:** communauteviet.montreal@gmail.com

**Services:** Referrals and accompaniment in the integration process of people from the Vietnamese community. * Information and referrals.* Assistance in job searching.* French classes.* On-site interpretation.* Assistance with filling out forms and document translation.* Citizenship classes.* Computer classes.

**Eligibility:** Vietnamese-born population

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, Saturday 10h00 to 12h00 and 13h00 to 15h00

**Fees:** free

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**COMMUNAUTIQUE**

355 Peel Street, Suite 111, Le Sud-Ouest, Montréal, QC, H3C 2G9

**1 877 948-6644**  **Fax:** 514 948-3320

**Website:** www.communautique.quebec

**Email:** info@communautique.quebec

**Services:** * Introduction to computing and communication technologies: mastering, appropriation and skills development.* Fab Lab: creative manufacturing with computer-assisted tools.

**Coverage area:** Montréal Island

**Hours:** Thursday 9h00 to 17h00, Monday, Tuesday, Wednesday and Friday by appointment

**Fees:** individual members: $10 per year, member organizations: $25 per year

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

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**GROUPE PLEIN EMPLOI**

5800 Saint-Denis Street, Suite 205, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3L5

**514 274-5522**  **Fax:** 514 274-8541

**Website:** www.pleinemploi.ca

**Email:** info@pleinemploi.ca

**Services:** Job market integration and back to school assistance. * Job search assistance: individual meetings, assessment, resume and cover letter writing, interview simulation.* Professional and school guidance.* Internship opportunities with follow-up.* Computers.* Computer classes.* Business start-up training.* Budget management workshop.* Stress management.

**Eligibility:** people 16 years and over having experienced drug, alcohol, gambling or Internet addiction problems

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 17h00

**Fees:** free
Financing: provincial
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - YOUTH JEUNESSE
12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579   Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca
Eligibility: youth 6 to 17 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 13h00
Fees: free
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

MARIE DEBOUT (LA)
4001 Sainte-Catherine Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2G7
514 597-2311   Fax: 514 564-4211
Website: www.lamariedebout.org
Email: info@lamariedebout.org
Services: * Reception, listening and referral.* Empowerment.* Citizen mobilization.* Popular education workshops on various topics: domestic violence, current topics, etc.* Computer workshops.
Eligibility: women
Coverage area: Montréal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, closed on Tuesday morning
Fees: membership: $5
Financing: grants, donations
Legal status: non-profit organization

MILIEU ÉDUCATIF LA SOURCE
75 Sir-Georges-Étienne-Cartier Square, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 931-4089
Website: www.milieueducatiflasource.org
Email: info@milieueducatiflasource.org
Services: * Educational support.* Homework assistance.* Arts, music, science workshops.* Cooking workshops.* Computer workshops.
Eligibility: youth in 3rd to 6th grade of primary school
Coverage area: Saint-Henri and surroundings
Hours: Monday, Tuesday and Thursday 15h30 to 17h45, Wednesday 15h00 to 17h45, Friday 15h30 to 17h00
Fees: free
Financing: provincial, fundraising campaigns, donations, grants
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - AHUNTSIC LIBRARY
10300 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2E5
514 872-0568
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Ahuntsic-Cartierville
Hours: Monday 12h00 to 18h00, Tuesday and Wednesday 13h00 to 21h00, Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - CARTIERVILLE LIBRARY
5900 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1J8
514 872-6989
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Ahuntsic-Cartierville
Hours: Monday 13h00 to 20h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HAUT-ANJOU LIBRARY
7070 Jarry Street East, Anjou, Montréal, QC, H1J 1G4
514 493-8271
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Anjou
Hours: Monday to Friday 12h00 to 20h00, Saturday 9h30 to 17h00, Sunday 11h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday and Wednesday 12h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - INTERCULTURAL LIBRARY
6767 de la Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 868-4715
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - JEAN-CORBEIL LIBRARY
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 493-8260
Website: www.bibliomontreal.com


Eligibility: children, youth and adults

Coverage area: Anjou

Hours: Monday to Friday 12h00 to 20h00, Saturday 9h30 to 17h00, Sunday 11h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday and Wednesday 12h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

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


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

MONTRÉAL PUBLIC LIBRARIES NETWORK - MARIE-UGUAY LIBRARY
6052 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H6
514 872-4097
Website: www.bibliomontreal.com


Eligibility: children, youth, adults, seniors residences

Coverage area: Le Sud-Ouest

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - ROBERT-BOURASSA LIBRARY
41 Saint-Just Avenue, Outremont, Montréal, QC, H2V 4T7
514 495-6208
Website: www.bibliomontreal.com
Email: bibli.outremont@ville.montreal.qc.ca
Eligibility: children, youth and adults
Coverage area: Outremont
Hours: Monday to Friday 12h00 to 20h00, Saturday and Sunday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-LÉONARD LIBRARY
8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 328-8500 ext. 8584
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Saint-Léonard
Hours: Monday 13h00 to 21h00, Tuesday and Wednesday 10h00 to 21h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00, summer: Monday 13h00 to 21h00, Tuesday and Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 17h00, Saturday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

NET SMARTS!
Confidential Address
310-4141
Services: Raising parents' awareness of the potential dangers of the Internet.* Reporting of cyberbullying, sexual solicitation of minors and websites containing child pornography.* Publication of online information on behaviors to be monitored when children are browsing the Internet: www.sq.gouv.qc.ca/wp-content/uploads/2016/11/prudence-sur-le-net.pdf* Advice to parents in order to make their children careful internet users.
Coverage area: Province of Québec
Fees: free
Financing: provincial
Legal status: parapublic organization

PUCE COMMUNAUTAIRE (LA)
3920 de Rouen Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1N3
514 259-3126  Fax: 514 259-0482
Website: www.puce.qc.ca
Email: info@puce.qc.ca
Services: * IT software classes.* Introductory computer classes in French, English and Spanish.* Workshops to get familiar with new technologies.* Subsidized programs for men and women to help them reintegrate the job market.* Technical services, computer maintenance and problem solving for organizations.* Citoyens Aînés Branchés et Réseauâtes project: individual computer workshop for people 50 years and over via partner organizations.* Room rental.

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: grants, self-financing

Legal status: non-profit organization

WELCOME HALL MISSION - EDUCATION AND EMPLOYABILITY

4755-D Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6

514 523-5288 ext. 139 Fax: 514 937-4703

Website: www.missionbonaccueil.com

Email: info@missionba.com

Services: * Support for social integration (SI) and socioprofessional integration (SPI).* Francization classes level 1 and 2.* Computer classes.* Employability programs: paid work experience in the areas of sorting, labelling, sale, customer service, housekeeping or helping in kitchens.

Eligibility: adults excluded from the workforce, immigrant people, people experiencing mental health problems, people with limited education, employability program: welfare recipients

Coverage area: Greater Montréal

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Difficulties and learning disabilities

ACADEMOS CYBERMENTORAT

296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3

514 332-3006 Fax: 514 370-8967

Website: www.academos.qc.ca

Email: info@academos.qc.ca

Services: School dropout prevention. * Virtual mentoring for youth by professionals or students with similar interests.* Virtual group discussion.

Eligibility: people 14 to 30 years old

Coverage area: Greater Montréal

Financing: donations

Legal status: non-profit organization

ALLÔ PROF

1000 Fullum Street, Ville-Marie, Montréal, QC, H2K 3L7

514 527-3726

Website: www.alloprof.qc.ca

Email: alloprof@alloprof.qc.ca

Services: Homework assistance involving a team of qualified teachers and a virtual community composed of students, parents and education stakeholders.* Phone and, texting services.* Online services: forums, virtual library, video clips, games, exercises, tips and advice.* Cyberprofs: system allowing to communicate virtually with a teacher, chat and exchange pictures to solve an academic issue.* Allôprof Parents: parental support service for academic help by phone or on website: http://www.alloprofparents.ca

Eligibility: students in primary and secondary schools, adults back to school, parents, special attention to students with learning lags, youth from disadvantaged social and economic backgrounds, dropouts and newcomers
ASSOCIATION QUÉBÉCOISE DES TROUBLES D'APPRENTISSAGE - SECTION SAINT-LÉONARD

5960 Jean-Talon Street East, Suite 207, Saint-Léonard, Montréal, QC, H1S 1M2
514 259-3883
Website: www.aqeta.qc.ca
Email: info@aqetaestmontreal.org

Services: * Information and awareness.* Support groups.* Family support programs.* Active listening and referral.* Training workshops.

Eligibility: adults living with learning disabilities, students, parents, professionals and counsellors

CENTRE OF DREAMS AND HOPES

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200     Fax: 514 327-4888
Website: www.eastfoundation.ca/?center
Email: cdh@bellnet.ca


Eligibility: youth and young adults aged 5 to 35 with intellectual or physical disabilities, including autism spectrum disorder

CENTRE D'INTÉGRATION SCOLAIRE

6361 6th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2R7
514 374-8490     Fax: 514 374-3978
Website: www.centreintegrationscolaire.com
Email: personnel@cisi.qc.ca

Services: Primary and secondary level day school for youth with social and affective misadaptation issues. * Individualized teaching.* Educational activities.* Staff including remedial education specialists, school rehabilitation teachers, specialized educators, psychologists, social workers.

Eligibility: boys and girls 6 to 18 years old
Capacity: 228 students

Education
CENTRE FAMILLE ET RESSOURCE A.D.D.
4855-A des Sources Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3C8
514 685-5912  Fax: 514 845-9734
Website: www.familyresourcecenter.qc.ca
Email: info@familyresourcecenter.qc.ca

Services: Guide and support families struggling to cope with mental health issues or learning or social disabilities. * SNAP program (Stop Now and Plan) available to West Island children from 6 to 11 years and their parents who demonstrate delinquency or behavioral risk factors.* Girls Empowerment Program for girls attending grades 6 to 9.* Transitioning to High School: skill development to make the transition easier.* Transitioning After High School: making the transition easier by offering skills and information to enter the workforce or school.* Referral services.

Eligibility: children 6 to 25 years old with social and academic difficulties or mental health issues, with or without diagnosis, parents, professionals

Coverage area: Island of Montréal, Laval

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

Fees: variable

Financing: grants, foundations, self-financing

Legal status: non-profit organization

CENTRE FRANÇOIS-MICHELLE
10095 Meunier Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2Z1
514 381-4418  Fax: 514 381-2895
Website: www.francois-michelle.qc.ca
Email: mcbenard@francois-michelle.qc.ca

Services: Specialized education institution for people with a mild intellectual disability. * Grade levels: preschool, primary, lower (12 to 15 years old) and upper (16 to 21 years old) secondary school, job readiness training.* Additional services: speech therapy, psychology, specialized education, psychomotricity, occupational therapy, health and social services, intervention plan.

Eligibility: boys and girls 4 to 21 years old with a mild intellectual disability

Capacity: 400

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

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

LEARNING DISABILITIES INSTITUTE
740 Saint-Maurice Street, Suite 502, Ville-Marie, Montréal, QC, H3C 1L5
1 877 847-1324 Fax: 514 281-5187
Website: www.institutta.com
Email: info@institutta.com
Services: * Public conferences, workshops, training and annual congress for education and health counsellors.* Self-help groups.* La Station APP: orthopedagogical rehabilitation for children at preschool, primary or secondary level.
Eligibility: children, teenagers, adults living with learning disabilities, parents, students, professionals and counsellors working with children and adults living with learning disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: $40 for individuals and $100 for organizations (valid for 3 members), $20 for students, orthopedagogical rehabilitation: assessment $175, rehabilitation $35 per hour
Financing: grants, membership fees, fundraising campaigns
Legal status: non-profit organization

MONTRÉAL CENTRE FOR LEARNING DISABILITIES
Queen Elizabeth Health Complex, 2100 Marlowe Avenue, Suite 535, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3L5
514 482-7196
Website: www.ldmontreal.ca
Email: info@ldmontreal.ca
Services: Support to people living with learning disabilities or ADHD. * Information and referrals.* Support groups for parents of children with disabilities or adults with disabilities.* Aquakids: socialization project for children including arts and physical activities.* Conferences with specialists.* The Ambassadors: people with learning disabilities, or ADHD, presenting to various audiences their own unique perspectives about their reality and how each individual managed to overcome the obstacles.* Adult Employment Program: help unemployed adults with learning disabilities, or ADHD, who are having difficulty keeping a job by assisting them in their searching and applying.
Eligibility: adult and children coping with learning disabilities and ADHD, their families and professionals
Capacity: many support groups every year
Coverage area: Greater Montréal
Hours: by appointment
Fees: individual membership: $30, variable for conferences
Financing: membership fees, self-financing
Legal status: non-profit organization
MONTREAL FLUENCY CENTRE
4626 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S3
514 489-4320  Fax: 514 489-9249
Website: www.montrealfluency.com
Email: info@montrealfluency.com
Services: Speech therapy and psychoeducation centre. * Individual and group speech therapy and learning sessions.* Intervention as a community agency in schools and community centres.* Parent and professional continuing education focused on communication health: workshops, information sessions and webinars.
Eligibility: children with communication and learning difficulties, families and professional
Coverage area: province of Québec
Hours: Monday to Friday 8h00 to 18h00
Fees: financial assistance available for low-income families
Financing: foundation, donations, grants
Legal status: non-profit organization

MONTRÉAL ORAL SCHOOL FOR THE DEAF
4670 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S5
514 488-4946  Fax: 514 488-5398  TTY: 514 488-4946
Website: www.montrealoralschool.com
Email: info@montrealoralschool.com
Services: School where children with hearing loss learn through listening and speaking. * Program includes: Parent-infant (children 0-3 years), Preschool with reverse integration (children 3-4 years), Elementary school (Kindergarten to grade 6).* Educational itinerant services: for students who attend their neighbourhood school (Kindergarten to high school graduation).* Indirect services: throughout the province that include consulting and development support, and Telepractice.* MOSD support services include: audiology, family-centered psychosocial support, listening device technical support, peer-to-peer coaching, parent coaching, teen leadership, early literacy, speech, language and communication assessment.
Eligibility: children with hearing loss
Coverage area: Montréal and surrounding regions, indirect services accross Québec
Hours: Monday to Friday 8h00 to 16h30
Fees: registration free, no tuition fees
Financing: provincial, donations
Legal status: non-profit organization

ORDRE DES PSYCHOÉDUCATEURS ET PSYCHOÉDUCATRICES DU QUÉBEC
1600 Henri-Bourassa West Boulevard, Suite 510, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2
514 333-6601  Fax: 514 333-7502
Website: www.ordrepsed.qc.ca
Email: info@ordrepsed.qc.ca
Eligibility: public, psychoeducators
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

PETER HALL SCHOOL
840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4
514 748-6727  Fax: 514 748-5122
Website: www.peterhall.qc.ca
Email: siegesocial@peterhall.qc.ca
Education

Services: Head office. * Primary and secondary campuses.
Eligibility: English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities
Capacity: 500 for all campuses
Coverage area: Greater Montréal, South Shore and North Shore
Hours: Monday to Friday 8h00 to 16h00
Fees: tuition fees
Financing: provincial
Legal status: non-profit organization

PETER HALL SCHOOL (CÔTE-VERTU)
840 de la Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 1Y4
514 747-4075 Fax: 514 747-0164
Website: www.peterhall.qc.ca
Email: cote-vertu@peterhall.qc.ca
Services: Secondary level programs in both French and English.
Eligibility: English and French-speaking students 12 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities
Capacity: 250
Coverage area: Greater Montréal, South Shore and North Shore
Hours: Monday to Friday 8h00 to 16h00
Fees: tuition fees
Financing: provincial
Legal status: non-profit organization

PETER HALL SCHOOL (OUIMET)
1455 Rochon Street, Saint-Laurent, Montréal, QC, H4L 1W1
514 748-1050 Fax: 514 748-7544
Website: www.peterhall.qc.ca
Email: ouimet@peterhall.qc.ca
Services: Primary level program in both English and French.
Eligibility: English and French-speaking students 4 to 21 years old with a mild, moderate, severe or profound intellectual disability, autism spectrum disorders or psychopathological disorders, with or without associated disabilities
Capacity: 250
Coverage area: Greater Montréal, South Shore and North Shore
Hours: Monday to Friday 8h00 to 16h00
Fees: tuition fees
Financing: provincial
Legal status: non-profit organization

SUMMIT SCHOOL
1750 Deguire Street, Saint-Laurent, Montréal, QC, H4L 1M7
514 744-2867 Fax: 514 744-6410
Website: www.summit-school.com
Email: admin@summit-school.com
Eligibility: students 4 to 21 years old with developmental disabilities including intellectual disorders, behavioral and emotional disturbances, autism spectrum disorders, Down syndrome, anxiety and severe learning disabilities
Education

Capacity: over 600 students
Coverage area: Greater Montréal
Hours: Monday to Friday, school hours: 9h15 to 14h50, office hours: 8h30 to 16h30
Fees: annual registration: $400
Legal status: non-profit organization

Dropout

AGENCE OMETZ
1 Cummings Square, 5151 De la Côte Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 342-0000 Fax: 514 342-2371
Website: www.ometz.ca
Email: info@ometz.ca
Services: Intervention, prevention and support services aimed to enhance quality of life. * Child and Youth: support, guidance in learning and customized services for schools to help enrich a child's experience in the classroom.* Counselling for families, couples, and individuals.* Job seekers: skills training, employability development workshops and job search assistance.* Employers: support in finding qualified candidates with specialized skills.* Entrepreneurship: business consulting services to help start or grow a business, commercial consultation.* Immigration: accompaniment of newcomers, integration activities, employment services.* Crisis help and support.
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday: variable
Fees: variable
Legal status: non-profit organization

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

AMCAL FAMILY SERVICES
7 Sainte-Anne Street, Pointe-Claire, Montréal, QC, H9S 4P6
514 694-3161 ext. 223 Fax: 514 694-1109
Website: www.amcal.ca
Email: afs@amcal.ca
Education

**Services:**  * Residential program for teens: school by day and skills development classes in the evening, returns to home in the weekend, mandatory family counselling.*  * Family counselling and mediation: support and short term intervention for families with kids having troubles at school.*  * Supervised visitation.*  * Emerging Adults program: for kids adult above 30 years old and still living with their parents.*  * School-based program.*  * Our place: drop-in program for young and vulnerable parents.*  * Training for community groups.*  * Homework assistance.*  * Anger management.*

**Eligibility:** families, children 0 to 12 years old, youth 12 to 17 years old, young adults 18 and over living with their parents, parents with children facing challenges

**Capacity:** residence: 8 beds

**Coverage area:** West Island

**Hours:** Monday to Thursday 8h00 to 17h00, Friday 9h00 to 12h00

**Fees:** variable

**Financing:** provincial

**Legal status:** non-profit organization

ANCRE DES JEUNES (L')

3565 LaSalle Boulevard, Verdun, Montréal, QC, H4G 1Z5

514 769-1654  Fax: 514 761-4143

Website: www.ancredesjeunes.org

Email: secretariat@ancredesjeunes.org

**Services:** Dropout prevention. * Homework assistance.*  * Awareness workshops.*  * Summer day camps.*  * Programs for young dropouts: academic training, art and crafts workshops.*  * One on one psychosocial accompaniment.*

**Eligibility:** youth in difficulty 9 to 13 years old, young dropouts 13 to 20 years old

**Coverage area:** SouthWest of Montreal: Lasalle, Lachine, Verdun, Saint-Henri, Pointe-Saint-Charles, Côte-Saint-Paul, Ville-Émard, Griffintown

**Hours:** Monday to Thursday 9h00 to 18h00, Friday 9h00 to 14h00

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

**Legal status:** non-profit organization

AUBERGE COMMUNAUTAIRE DU SUD-OUEST - AZIMUT PROJET CHARLEMAGNE

2532 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J8

514 419-0738

Website: www.laubergecommunautaire.org

Email: charlemagne@laubergecommunautaire.org

**Services:** School on the street.  * Continuing high school French and Maths at their own pace.*  * Extracurricular activities and individual follow-up.*

**Eligibility:** young dropouts 16 years old and over

**Coverage area:** Greater Montréal

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

**Financing:** donations

**Legal status:** non-profit organization

BIG BROTHERS BIG SISTERS OF WEST ISLAND

16711 Trans-Canada Highway, Kirkland, Montréal, QC, H9H 3L1

514 538-6100

Website: www.bbbsofwi.org

Email: bbbswi@bigbrothersbigsisters.ca

**Services:** Recruiting, matching and training adults who want to spent 3 to 4 hours a week with a child.  *  Mentoring program twinning children from kindergarten to 6th grade with volunteer mentors who spend 1 hour a week with them during or after school hours, in school premises.*  * Christmas baskets.*

**Eligibility:** children aged 6 to 14 years old who need a mentor

**Coverage area:** West Island: Verdun, Laval, Saint-Laurent to Rigaud, elementary in-school mentoring program from Saint-Lazare to Verdun
BLACK COALITION OF QUEBEC (THE)

5201 Décarré Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C2
514 489-3830 Fax: 514 489-2843
Website: www.liguedesnoirs.org
Email: info.ligue@videotron.ca

Services: * Awareness on racism, school dropouts and drug abuse in the area.* Legal advice on Human rights, racism and discrimination.* Preparatory session for back to school and employment insertion for young people via the federal program Skills Link and Career Focus.

Eligibility: Black Community and ethnic communities

Coverage area: Province of Québec

BLACK COMMUNITY RESOURCE CENTRE (THE)

6767 de la Côte-des-Neiges Road, Suite 497, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 342-2247 Fax: 514 342-2283
Website: www.bcrcmontreal.com
Email: info@bcrcmontreal.com


Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need

Coverage area: Montréal Island

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

Fees: $20 for individual membership, $30 for group membership

Financing: membership fees, voluntary contributions, self-financing

Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE LASALLE
1191 90th Avenue, LaSalle, Montréal, QC, H8R 3A6
514 368-1832     Fax: 514 368-0711
Website: www.cjelasalle.org
Email: travail@destinationtravail.org
Services: * Academic and professional information.* Entrepreneurship support.* Job search assistance: resume and letter writing, interview strategies, phonecalls to prospective employers, internships.* Individual counselling and group workshops.* International cooperation, academic perseverance and youth cooperative projects.
Eligibility: youth 16 to 35 years old
Coverage area: LaSalle
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h00, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE MARQUETTE
735 Notre-Dame Street, Suite 101, Lachine, Montréal, QC, H8S 2B5
514 634-0450     Fax: 514 634-0978
Website: cjemarquette.qc.ca
Email: info@cjemarquette.qc.ca
Eligibility: young adults 13 to 35 years old
Coverage area: Lachine
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE POINTE-AUX-TREMBLES - MONTRÉAL-EST
3455 Robert Chevalier Street, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 3R7
514 640-4700     Fax: 514 640-4686
Website: www.saee.net/cje
Email: info.cje@saee-cje.net
Services: * Career and school guidance.* Assistance with going back to school and school perseverance.* Job search assistance.* Intervention with youth furthest from the labour market.* Academic update in French and mathematics.
Eligibility: people 16 to 35 years old
Coverage area: Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROSEMONT PETITE-PATRIE
1453 Beaubien Street East, Suite 302, Rosemont-La Petite-Patrie, Montréal, QC, H2G 3C6
514 279-8725     Fax: 514 278-2493
Website: www.cjerosemontpetitepatrie.ca
Email: accueil@gcsd.qc.ca
Eligibility: people 16 to 35 years old
**CENTRE ACCROCHE**

1775 Édouard-Laurin Boulevard, 2nd floor, Saint-Laurent, Montréal, QC, H4L 2B9  
514 334-7081  
Website: www.centreaccoche.ca  
Email: centreaccoche@direction.ca  

**Services:**  
* School drop-out prevention: homework assistance and supervision.  
* Psychosocial intervention through workshops.  
* Micro-companies start-up project.

**Eligibility:** secondary school students  
**Capacity:** 25 people  

**Coverage area:** Montréal  
**Hours:** Monday to Thursday 15h00 to 18h30  
**Fees:** free  

**Legal status:** non-profit organization  

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**CENTRE DE DÉVELOPPEMENT DES COMPÉTENCES ÉDUCATIVES ET DES HABILETÉS SOCIALES**

7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7R8  
514 705-3735  
Email: cdcdesh@yahoo.ca  

**Services:**  
* Assistance for newcomers.  
* Parental skills program with follow-up.  
* Immigration legal clinic.  
* Support group for men and fathers.  
* Homework assistance and personalized assistance.  
* School dropout prevention.  
* Support meetings for parents on the school system and school difficulties.  
* Cultural mediation.  
* Support with integration procedures.  
* Mental health promotion.  
* Prevention of abuse.

**Eligibility:** newcomers  
**Coverage area:** Montréal-Nord, Rivière-des-Prairies  
**Hours:** Monday to Friday 9h00 to 17h00, legal clinic: last Friday of the month by appointment, support group for men: last Saturday of the month  
**Legal status:** non-profit organization  

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**CENTRE DE FORMATION JEAN-PAUL LEMAY**

3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3  
514 326-6868  
Email: pcemai2006@hotmail.com  

**Services:**  
* Educational and cultural development of youth and adults.  
* Dropout prevention.  
* Scholar refreshment in collaboration with the Pointe-de-l'île School Board: socio-professional integration program aimed at obtaining a high school diploma equivalence for people born in Canada or not, as well as asylum seekers.  
* Pre-employability services.

**Eligibility:** people 16 years and over, pre-employability: immigrants  

**Coverage area:** Montréal  
**Hours:** Monday to Friday 9h30 to 21h30  
**Financing:** provincial  

**Legal status:** non-profit organization  

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**CHANTIER D’APPRENTISSAGE OPTIMAL**

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

**Services:** Promotion of academic and socio-professional success. * Active listening, information and referrals.* Homework help.* Extracurricular activities.* Summer scientific camp.* Employability projects.

**Eligibility:** education: youth 6 to 17 years old, employability: youth 18 to 30 years old

**Coverage area:** Montreal Island and surroundings

**Hours:** Monday to Friday 9h00 to 18h00

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**CYBERCAP**

20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 2N5

514 861-7700  Fax: 514 861-7700

Website: www.cybercap.qc.ca

Email: info@cybercap.qc.ca

**Services:** Socio-professional integration and dropout prevention by multimedia. * Information activities on information and communications technologies (ICT).* Digital creations workshops for youths aged 11 to 17 years old.* Employability program for youths 18 to 25 years old.

**Eligibility:** youth 18 to 25 years

**Capacity:** 60 people per year

**Coverage area:** Greater Montréal

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

**Fees:** access to employability program: free (conditions apply)

**Financing:** provincial

**Legal status:** non-profit organization

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**ÉCOLE DU MILIEU LASALLE**

1191 90th Avenue, LaSalle, Montréal, QC, H8R 3A6

514 368-1832  Fax: 514 368-0711

Website: www.destinationtravail.org/ecoledumilieulasalle

Email: mptrudeau@destinationtravail.org

**Services:** Secondary level academic training adapted for young dropouts. * French and math classes.* Personal development workshops.* Individual support.* Employment counselling.* Computer lab.* Entrepreneurial and cooperative section.

**Eligibility:** young adult dropouts 18 to 35 years old

**Capacity:** 17

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 15h00, Friday 9h00 to 12h00

**Fees:** free

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

**Legal status:** non-profit organization

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**ELIZABETH HOUSE**

2131 Marlowe Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3L4

514 482-2488  Fax: 514 482-9467

Website: www.maisonelizabethhouse.com

Email: info@maisonelizabethhouse.com

**Services:** Family support services. * Residential services: prenatal and mother-child programs, independent life skills support for young mothers.* In-home support.* Secondary education for teenagers who are pregnant or have a dependent child.* Rehabilitation and parental activities.* Child stimulation.* Summer day camp.

**Eligibility:** young mothers and pregnant women in difficulty, parents of children 0 to 5 years old, their family

**Capacity:** 18 places in residence

**Coverage area:** external services: Montréal and surroundings (within 100 kilometres), residential services: province of Québec

**Hours:** administration: Monday to Friday 9h00 to 17h00, clinic: 24 hours, 7 days
Financing: provincial, donations  
Legal status: non-profit organization

GUY-FAVREAU YMCA  
200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4  
514 845-4277   Fax: 514 845-5688  
Website: www.ymcaquebec.org  
Services: YMCA centre offering activities and services for different groups. * Health, fitness and recreation: aquatics, martial arts, cardio cycle, mind and body, dance, racquet sports.* Adopt a school program to promote school retention: after-school and enrichment programs, school outings and material assistance for schools. 
Eligibility: children, youth, adults, seniors  
Coverage area: Montréal: Centre-Sud  
Hours: Monday to Friday 6h15 to 22h00, Saturday 7h30 to 20h00, Sunday 8h00 to 18h00  
Legal status: non-profit organization

JE RÉUSSIS  
12125 Notre-Dame Street East, Suite 173, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2Y9  
514 645-0845   Fax: 514 645-7754  
Website: www.jereussis.org  
Email: je.reussis@jereussis.org  
Eligibility: youth of the 1st grade to 3rd year of secondary school and their parents  
Coverage area: Pointe-aux-Trembles, Montréal-Est  
Hours: Monday to Thursday 8h30 to 20h00, Friday 8h30 to 16h00  
Financing: Centraide du Grand Montréal, donations, provincial  
Legal status: non-profit organization

MAISON DES JEUNES À-MA-BAIE  
9625 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R4  
514 685-2969  
Website: mdjamabaie.webnode.com  
Email: mdjamabaie@videotron.ca  
Services: Supervised meeting place. * Intervention and prevention related to school dropout, violence, substance abuse, self-esteem, etc.* Homework assistance.* Recreational, educational, social and cultural activities.* Information and referral. 
Eligibility: youth 12 to 17 years old  
Coverage area: Pierrefonds  
Hours: Monday to Thursday 12h00 to 20h00, Friday and Saturday 12h00 to 22h00  
Fees: membership: $5, 50% discount on all activities  
Financing: grants, donations  
Legal status: non-profit organization

MENER AUTREMENT  
11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7  
514 881-7216  
Website: www.menerautrement.org  
Email: info@menerautrement.org
Education

Services: Coaching, support and training for youth, adults with low level of education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, day camp and daycare.* Social integration of people with an intellectual disability or a pervasive development disorder through sport activities* Yoga attention.* Support and training for youth and adults with low education.* Entrepreneurship training: promote and support the creation of new businesses.* Christmas baskets for people already benefiting from another service offered by the organization.

Eligibility: youth, youth with an intellectual disability, single-parent families or families on a low-income

Capacity: variables

Coverage area: Montréal-Nord, Rivièr-des-Prairies, Saint-Léonard

Hours: Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: free

Financing: provincial, municipal

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

PERSÉVÉRANCE SCOLAIRE

6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8

514 355-4689 Fax: 514 354-2023

Email: familles@sacanjou.org

Services: * Dropout prevention activities.* Sports and cultural activities.* Assistance with transitioning between school levels.

Eligibility: primary and secondary school students

Coverage area: Montréal

Hours: Monday to Thursday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

PERSPECTIVES JEUNESSE

6839A Drolet Street, Suite 9, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1

514 303-0599

Website: www.perspectivesjeunesse.org

Email: direction@perspectivesjeunesse.org

Services: * Fight against school drop-out.* Support for parents.* Drop-in: support, socialization and action-oriented assistance for young dropouts in a perspective of going back to school or work integration.* Individual academic or work reintegration follow-up.* Option project: stay-in school program for youth at risk of drop-out.* Psychosocial support.

Eligibility: Option project: youth in Père-Marquette, Lucien-Pagé and Chomedey-De Maisonneuve secondary schools, drop-in and drop-in+: youth 15 to 24 years old who have dropped out and are in reflexion
Education

Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

PETIT REVDEC (LE)
4551 La Fontaine Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1P6
514 899-5499    Fax: 514 255-9857
Website: www.revdec.org
Email: revdec@videotron.ca
Services: * Preparation for school return accredited by the Centre Champagnat.* Daycare service on site for participants. * Mother-child workshops.* Valorization workshops.* Solidarity follow-up.
Eligibility: teenagers aged 12 to 22 years old who are dropouts, pregnant or mothers, or with academic issues
Coverage area: Montréal
Hours: September to June, Monday to Friday 9h00 to 16h30
Financing: donations, foundations, government
Legal status: non-profit organization

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

REVDEC - RÊVE POUR DÉCROCHEURS
2660 Létourneux Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2P4
514 259-0634    Fax: 514 255-9857
Website: www.revdec.org
Email: revdec@videotron.ca
Services: * Academic support.* Valorization workshops for youth with academic issues or dropouts.
Eligibility: dropouts, students with academic difficulties and potential dropouts aged 12 to 16 years old
Coverage area: Montréal
Hours: September to June, Monday to Friday 8h30 to 16h30, morning for academic support and afternoon for valorization workshops
Financing: private funds, government assistance
Legal status: non-profit organization

RUELLE DE L’AVENIR
2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 525-4233    Fax: 514 525-1670
Website: www.ruelledelavenir.org
Email: info@ruelledelavenir.org
Services: * Educational workshops in the CSDM primary schools.* Family activities for children who participated at one of the educational workshop in their primary school.* Summer camp and spring break camp.
Eligibility: youth 2 to 18 years old and their parents
Coverage area: Centre-Sud and CSDM territory
Hours: Monday to Friday 8h30 to 17h30
Financing: provincial, donations
Legal status: non-profit organization

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

UNIVERSITÉ DE MONTRÉAL - PROJET SEUR (SENSIBILISATION AUX ÉTUDES, À L'UNIVERSITÉ ET À LA RECHERCHE)
Pavillon Roger-Gaudry, 2900 Édouard-Montpetit Boulevard, suite S-459, Outremont, Montréal, QC, H3T 1J4
514 343-6111 ext. 3365 Fax: 514 343-2291
Website: www.seur.qc.ca
Email: louis.dumont@umontreal.ca
Services: Promote school retention among high school students by allowing them to explore different perspectives of study and careers. * Conferences about different study field.* Sponsorship, twinning and specialized meetings. * Company and organization visits.* Competition promoting biotechnologies.* School retention program for First nations youths.* Promote access and diversity among the Faculty of Medicine.* Immersion stays on the campus of the University.
Eligibility: high school students
Coverage area: Greater Montréal
Financing: grants, donations
Legal status: non-profit organization

WELCOME HALL MISSION - CHILDREN'S SERVICES
Confidential Address
514 904-0698 Fax: 514 523-6456
Website: www.missionbonaccueil.com
Email: info@missionba.com
Services: * Intervention and education programs.* Partnerships with Sud-Ouest Montréal School Board schools: group intervention, prevention and facilitation programs.* Low-income housing program: homework assistance.* Multi-sports program.* Summer camps for children, teens and families.
Eligibility: children and youth 5 to 17 years old from disadvantaged neighbourhoods, their families
Coverage area: Greater Montréal
Financing: donations
Legal status: non-profit organization
WEST ISLAND YMCA
230 Brunswick Boulevard, Pointe-Claire, Montréal, QC, H9R 5N5
514 630-9622 Fax: 514 630-9868
Website: www.ymcaquebec.org
Services: YMCA centre offering services and activities to different groups. * Children and youth: daycare centre, drop-in babysitting, youth zone, summer day camp, cooking, art and music, children's birthday parties, homework help, Y-pod after school program.* Community programs for those who are struggling at school, as well as, for young offenders.* Community mediation program.* Health, fitness and recreation: aquatics, martial arts, cardio cycle, mind and body, dance, racquet sports, team sports and activities.
Eligibility: children, youth, adults, seniors
Coverage area: West Island
Hours: Monday to Friday 6h00 to 22h45, Saturday and Sunday 7h00 to 19h45, holidays 7h00 to 19h00
Legal status: non-profit organization

YOUTH FUSION
1 Ville-Marie Place, Suite 2821, Ville-Marie, Montréal, QC, H3B 4R4
514 657-7630 Fax: 514 276-6886
Website: www.fusionjeunesse.org
Email: info@fusionjeunesse.org
Services: * Countering school drop-out by creating links between school system and community.* Establishment of educational, practical and innovative projects for youth at risk.
Eligibility: young people at risk of dropping out
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: 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

ATELIER 850
850 des Seigneurs Street, Suite 102, Le Sud-Ouest, Montréal, QC, H3J 1Y5
438 380-0667
Website: www.atelier850.ca
Email: info@atelier850.ca
Services: Activities for children. * Homework help.* Sports and cultural activities.* Summer day camp including daycare services and winter camp.* Food support for participants.
Eligibility: children aged 6 to 12 years old
Capacity: 50
Coverage area: Montréal: Sud-Ouest and Little Burgundy
Hours: office: Monday to Friday 10h00 to 20h00
Fees: school year: $50 per session, day camp: $80 for 6 weeks
Financing: grants, provincial, municipal
Legal status: non-profit organization

BIG BROTHERS BIG SISTERS OF GREATER MONTRÉAL
3155 Hochelaga Street, Suite 202, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 842-9715   Fax: 514 842-2454
Website: www.gfgsmtl.qc.ca
Email: montreal@grandsfreresgrandessoeurs.ca

Services: Pairing with an adult mentor for children in need of a significant presence. * In-school mentoring: school, emotional and social support with an adult mentor.* Horizon project: pairing with an adult tutor and homework assistance in school.

Eligibility: boys and girls 6 to 15 years old, in-school mentoring: primary and secondary school students, Horizon project: children in primary school
Coverage area: Montréal Island (except for West Island municipalities), South Shore, North Shore, Laval
Hours: Monday to Friday 9h00 to 17h00, pairing: 3 to 4 hours meeting every 2nd weekend, in-school monitoring and Horizon project: 1 hour per week during the school year
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

BOYS AND GIRLS CLUB OF LASALLE
8600 Hardy Street, LaSalle, Montréal, QC, H8N 2P5
514 364-4661   Fax: 514 364-3907
Website: www.bgclasalle.com
Email: info@bgclasalle.com

Services: Services to families. * Small Friends: bilingual preschool* After School: 5 to 12 years, activities and homework help. * Teen: 13 to 18 years, activities, homework help, cooking workshops.* Saturday Tutorials: 6 to 17 years, homework help.* Summer Day Camp: 3 to 12 years.* Leadership Camp: 13 to 17 years.* Baby and Me: parents and their babies, groups for 0 to 12 months and for 1 to 3 years old babies, workshops, support and stimulation group. * The Van: intervention team, street work with 12 to 18 years.* Basketball club: 5 to 10 and 10 to 17 years.* Christmas baskets and school supplies for members only.
Eligibility: youth 3 to 18 years old, young parents and their 0 to 12 months old babies
Coverage area: LaSalle and surroundings
Hours: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 14h00
Fees: vary depending on activities
Financing: federal, Centraide of Greater Montréal, Boys and Girls Clubs of Canada, fundraising campaign, provincial
Legal status: non-profit organization

CARREFOUR DES 6-12 ANS DE PIERREFONDS-EST
4773 Lalande Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Email: carfour612@gmail.com

Eligibility: children aged 6 to 12 years old, their families
Coverage area: Pierrefonds-East, Roxboro, Dollard-des-Ormeaux East
Education

**CARREFOUR JEUNESSE-EMPLOI CÔTE-DES-NEIGES**

6555 de la Côte-des-Neiges Road, Suite 240, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6

514 342-5678  Fax: 514 342-2680

Website: www.cjecdn.qc.ca

Email: jean.isseni01@gmail.com


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

**Coverage area:** Côte-des-Neiges, Outremont, Town of Mount-Royal

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**CARREFOUR PARENTS**

4650 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1L2

514 259-6127  Fax: 514 259-6307

Website: www.carrefourparenfants.org

Email: info@carrefourparenfants.org

**Services:** Children's development and support for parents. *Activities, educational workshops.* School assistance. *Early stimulation.* Parental skills development.

**Eligibility:** families, children, teenagers, parents

**Coverage area:** Montréal, priority to Hochelaga-Maisonneuve

**Hours:** Monday to Friday 8h30 to 17h30

**Fees:** membership: $10 per family

**Financing:** Centraide of Greater Montreal, federal, provincial, donations

**Legal status:** non-profit organization

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**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 ans 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

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**CLUB ZONE DE LACHINE**

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

514 634-3471 ext. 229  Fax: 866-260-2257

Email: clubzonelachaine@gmail.com
Services: Social club for youths. * Sports activities: football, tennis, soccer, dodge ball, soccer, etc.* Dance classes, gym.* Weekly cooking and community meals.* Awareness activities.* Outings, video evenings and board games.* Leadership, growth and empowerment program.* Learning assistance and career development: homework help, computer equipment and artistic outreach activities.

Eligibility: youth 9 to 17 years old
Capacity: 40 youth
Coverage area: Lachine
Hours: Monday to Friday 15h30 to 20h00
Fees: free
Financing: donations, provincial
Legal status: non-profit organization

DON BOSCO YOUTH LEADERSHIP CENTRE
11991 Pierre-Baillargeon Avenue, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 2E5
514 648-6421     Fax: 514 648-6404
Website: www.dbylc.com
Email: yltheo@hotmail.com

Services: Youth centre focusing on improving the quality of life for young people and providing opportunities for positive growth. * Activities for youth: ball hockey and other sports, Funky Dance Academy, Musicpalooza, Fashion Festival.* Activities for adults: sports and fitness, adult dance program, Closet Shop, soccer.* Tutoring services.* Summer camp.* SLR and other retreats.* JP2 and other clubs.* Family programs.* Community projects.

Eligibility: youth, young adult, families
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles
Legal status: non-profit organization

ÉCOLE JEUNESSE RICHESSE
Pavillon Lalemant, 5625 Decelles Avenue, Suite D3, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1W4
514 884-6530
Website: www.jeunesserichesse.com
Email: contact@jeunesserichesse.com


Eligibility: children 4 to 18 years old from all communities
Coverage area: Greater Montréal
Hours: Saturday 9h00 to 15h30
Fees: $130 per course per child, discounts for families, year-long subscriptions or sessions with 3 or more courses
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization

ENTRE-MAISONS AHUNTSIC
9455 Olivier-Maurault Street, Suite 1, Ahuntsic-Cartierville, Montréal, QC, H2M 1Z5
514 383-0282     Fax: 514 383-4477
Website: www.saint-sulpice.org
Email: direction@entremaisons.org

Services: Youth community centre promoting youth integration within the community. * Reception, listening and information.* Artistic, sports and cultural activities, thematic discussions and annual parties. * Recording studio and audiovisual production.* Community involvement with youth and their families.* Homework assistance for 6 to 12 year olds.* Day camp.

Eligibility: HLM residents, families
Coverage area: Ahuntsic
Hours: office: Monday to Friday 10h00 to 18h00, activities: from 15h30
Financing: grants, donations
Legal status: non-profit organization

FONDATION DU DR JULIEN - CENTRE DE SERVICES PRÉVENTIFS À L'ENFANCE
6555 de la Côte-des-Neiges Road, Suite 300, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A6
514 341-2220  Fax: 514 341-7574
Website: www.fondationdrjulien.org
Email: cspe@pediatriessociale.org
Services: Community social pediatrics centre. * Personalized clinical services on site, at home or in school.* Homework assistance.* Early stimulation activities.* Skill development activities: arts, sports and cultural activities.* Sponsorship of families and children in need.
Eligibility: children 0 to 20 years old, their family
Capacity: 1000
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: foundation, provincial, donations
Legal status: non-profit organization

FONDATION DU DR JULIEN - GARAGE À MUSIQUE (LE)
2080 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3S6
514 687-3390
Website: www.fondationdrjulien.org
Email: llescarbeau@pediatriessociale.org
Services: Social pediatrics services in community. * Adapted academic support.* Collective practice of music.
Eligibility: children and youth 0 to 20 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 19h00, Sunday 10h00 to 17h00
Financing: foundation, provincial, grants, donations
Legal status: non-profit organization

GARAGE DES JEUNES (LE)
8935 Forbin-Janson Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1K 2K8
514 872-1036
Website: www.lantre-jeunes.com
Email: 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

HOCHELAGA-MAISONNEUVE YMCA
4567 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1C8
514 255-4651  Fax: 514 255-4882
Website: www.ymcaquebec.org
Education

**Services:** YMCA centre offering activities and services for different groups. * Health, fitness and recreation: aquatics, martial arts, cardio cycle, mind and body, dance, winter sports, racquetball, tennis, team sports and activities.* Children and youth: help with homework, after school - teens, after school - children, weekend club, guitar lessons, youth work co-op (CJT), C-Vert, babysitting courses.* Adapted recreation program with mentoring for persons with a developmental disability, autism spectrum disorder or physical disability.

**Eligibility:** children, youth, adults, seniors, people with an intellectual or physical disability, people with an autism spectrum disorder

**Coverage area:** Montréal

**Hours:** Monday to Friday 6h00 to 22h00, Saturday 8h00 to 19h00, Sunday 8h00 to 17h30, holidays 8h00 to 20h00

**Legal status:** non-profit organization

**JE PASSE PARTOUT**

3577 Sainte-Catherine Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6
514 521-8235

**Website:** www.jepassepartout.org
**Email:** info.jpp@jepassepartout.org

**Services:** Educational support services. * School support: homework workshops in 8 schools and 3 organizations.* Family support: training and follow-up for parents of children receiving school support, home-based intervention.* Creative and adapted educational activities on digital tablet.* Activities for preschool to primary school and primary school to secondary school transition.* Saturday school.

**Eligibility:** children with school difficulties 4 to 17 years old, upon referral

**Capacity:** about 450 children and 475 parents per year

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

**Hours:** 9h00 to 19h00

**Fees:** free

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

**Legal status:** non-profit organization

**MAISON DES JEUNES DE BORDEAUX-CARTIERVILLE**

12120 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2P4
514 333-5103   Fax: 514 333-4499

**Website:** www.mdjbc.org
**Email:** info@mdjbc.org

**Services:** Supervised meeting place. * Sporting, cultural and artistic activities.* Intervention, education, awareness, prevention, referral.* Internet access.* Homework assistance.* Recording studio.* Project implementation by and for youth.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** Bordeaux, Cartierville

**Hours:** Tuesday to Saturday evenings

**Fees:** none

**Financing:** federal, municipal, provincial, donations

**Legal status:** non-profit organization

**MAISON DES PARENTS DE BORDEAUX-CARTIERVILLE (LA)**

5680 Salaberry Street, Suite 2, Ahuntsic-Cartierville, Montréal, QC, H4J 1J7
514 745-1144

**Website:** www.lamdpb-c.org
**Email:** info@lamdpb-c.org

**Services:** Living and learning environment for parents and children. * Sharing and skill development activities.* Intercultural workshops.* YAPP workshops.* 0-5 years old child development workshops.* Early music workshops.* Helping relationship and assistance with procedures.* Prevention, information and support.* Homework assistance.* Toy library.* Daycare.
Eligibility: children, parents, grandparents and families
Coverage area: Bordeaux-Cartierville, Saint-Laurent, Laval
Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 12h00
Fees: membership: $10, daycare: $1 per hour
Financing: provincial, grants
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

PIAULE (LA) - LOCAL DES JEUNES
6779 Saint-Laurent Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3C8
514 276-8482
Email: lapiaule2003@hotmail.com
Services: Animated meeting place. * Help and referral.* Homework assistance.* Sports, cultural, artistic, social and educational activities.* Cooking workshops.
Eligibility: youth 12 to 17 years old
Capacity: 50 people
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 15h30 to 21h00, special activities on weekends
Financing: grants, self-financing
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

SAINT-LAURENT YMCA - TOY LIBRARY AND FAMILY RESOURCE CENTRE
1745 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3N5
514 747-9801  Fax: 514 744-6268
Website: www.ymcaquebec.org/en/children/toy_library
Email: joujoutheque.sl@ymcaquebec.org
Services: Place for meeting and relaxing for children and parents. * Loan of educational toys.* Early childhood stimulation workshops for 0 to 5 year olds.* Homework assistance for 6 to 12 year olds.* Sports and leadership activities for 6 to 12 year olds.* 40 developmental assets: workshops for parents.* Family outings.*

Eligibility: families with children 0 to 12 years old
Coverage area: Saint-Laurent
Hours: variable
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SCIENTIFINES (LES)
525 Dominion Street, Suite 200, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 938-3576 Fax: 514 938-0188
Website: www.scientifines.com
Contact: scientifines@qc.aira.com

Services: Promoting Science and Technology among young girls and helping them develop their skills. * Snack and homework support.* Activities related to different sciences.* Science workshops in schools and day-care.* Science workshops in libraries for children 5 to 12 years old.* Journalism workshops.* Preparation and organization for the science fair for girls from third to sixth grade.* La Clé des sciences: educational resources in science and technology.* Scientific activities for day camps.

Eligibility: girls of 8 to 12 years old, youth of 13 to 17 years old
Coverage area: Petite-Bourgogne and Saint-Henri
Hours: School Year: Monday to Thursday 15h30 to 17h30, Friday 16h00 to 18h00
Fees: free
Financing: grants, donations and self-financing
Legal status: non-profit organization

SERVICE D'AIDE COMMUNAUTAIRE ET DE LIAISON POUR IMMIGRANTS DE NOTRE-DAME-DE-GRÂCE
6575 Somerled Avenue, Suite 201, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1T1
514 486-2696
Website: saclindg.wordpress.com
Contact: saclil201@yahoo.fr

Services: Community care centre. * Information, referral.* Homework help.
Eligibility: immigrant or refugee families, children with learning difficulties and disadvantaged women
Coverage area: Montréal: Notre-Dame-de-Grâce
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

YOUTH IN MOTION
852 Saint-Martin Street, Le Sud-Ouest, Montréal, QC, H3J 1W7
514 931-5510 Fax: 514 931-2282
Email: yim_852@hotmail.com

Services: Youth Centre. * Recreational, social and educational activities.* Homework help.* School supplies distribution.
Eligibility: youth aged 11 to 17 years old
Capacity: 40 youth
Coverage area: Little Burgundy
Hours: office: Monday to Friday 9h00 to 17h00, youth centre: Monday to Friday 15h00 to 20h00
Financing: municipal, provincial
Legal status: non-profit organization
**YWCA MONTRÉAL - YOUTH**
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3  
**514 866-9941**  Fax: 514 866-4866  
**Website:** www.ydesfemmesmtl.org  
**Email:** lgoldfarb@ydesfemmesmtl.org  
**Services:** * Programs for young women intended to build self-esteem, develop social abilities, promote well-being and enhance capacity for critical thinking.* Support groups for victims of bullying.* 2X2 extracurricular program: homework help and sports activities.* Educational tools to prevent cyberbullying.  
**Eligibility:** girls and young women 8 to 35 years old  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Legal status:** non-profit organization  

**Language courses**

**ADULT LEARNLINE**
4080 Wellington Street, Suite 350, Verdun, Montréal, QC, H4G 1V4  
**1 888 488-3888**  Fax: 514 289-9286  
**Website:** www.fondationalphabetisation.org  
**Email:** ssaidj@fondationalphabetisation.org  
**Services:** Telephone service aimed at adults wishing to undertake training that provides listening, assistance and referral in education.* Referrals to training establishments throughout Quebec that offer classes and programs matching learning needs.* Answer questions about Pre-secondary courses, French courses, Upgrading your French, language skills, Vocational training (DVS, AVS, STC, etc.), Secondary cycles 1 and 2, College and university-level studies (ACS, DCS, certificate, Bachelor's degree, etc.), Distance learning, Lifelong learning (customized courses, language classes, computing courses, professional development, etc.), Recognition of acquired learning and competencies, Comparative evaluation (equivalence) of foreign diplomas, Student financial aid.  
**Eligibility:** adults 16 years and over, those around them, and facilitators from different networks  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** grants, donations, contributions  
**Legal status:** non-profit organization  

**BIENVENUE À NOTRE-DAME-DE-GRÂCE**
5964 Notre-Dame-de-Grâce Avenue, Suite 205, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1  
**514 561-5850**  Fax: 514 484-1687  
**Website:** www.ndg.ca/fr/bienvenue-a-notre-dame-de-grace  
**Email:** bienvenuendg@ndg.ca  
**Services:** Support to new immigrants.* Information and referrals.* Personalized consultation: needs assessment for integration, orientation and follow-up.* Assistance with the integration into the community of Notre-Dame-de-Grâce and the society.* Language classes: English and French.* Job search assistance.* Translation services.* Social activities aiming at breaking isolation.  
**Eligibility:** new immigrants  
**Coverage area:** Notre-Dame-de-Grâce and surroundings  
**Hours:** Monday to Friday 9h30 to 17h00  
**Fees:** free  
**Financing:** municipal, provincial  
**Legal status:** non-profit organization
Education

CARREFOUR D’AIDE AUX NOUVEAUX ARRIVANTS
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735 Fax: 514 382-5232
Website: www.cana-montreal.com
Email: infocana@cana-montreal.org


Eligibility: newcomers
Coverage area: Montréal, primarily Ahuntsic
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE D’ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE
3600 Barclay Avenue, Suite 460, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 737-3604 Fax: 514 737-5631
Website: www.multiecoute.org
Email: information@multiecoute.org

Services: * Anonymous and confidential active listening over the phone or in person.* Psychosocial counselling, short or medium term.* Information and referral.* Assistance for immigrants' integration.* English classes and conversation workshops for immigrants.* Translation and certification of documents.* Social and cultural activities.* Tax clinic.

Eligibility: anybody in need of assistance, immigrant people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: most services: free, others: nominal fee
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ÉDUCATION ET D’ACTION DES FEMMES
2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9
514 524-3901 Fax: 514 524-2183
Website: www.ceaf-montreal.qc.ca
Email: ceaf@qc.aira.com

Services: * Reception, listening and referral.* Meeting place.* Self-defense workshop.* French conversation workshop.* Popular education workshops on topics related to women's condition.* Mobilization committees: street harassment, sexual violence and housing.* Daycare during the activities.

Eligibility: women
Capacity: 50
Coverage area: Montréal
Hours: Monday, Wednesday and Thursday 9h00 to 17h00, Tuesday 9h00 to 12h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - INSTITUT RAYMOND-DEWAR
3600 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G9
514 284-2214 Fax: 514 284-5086 TTY: 514 284-3747
Website: www.raymond-dewar.qc.ca
Email: ird@raymond-dewar.gouv.qc.ca
Education

**Services:** Rehabilitation centre specializing in deafness and communication. *Reception and evaluation.* Documentation centre specializing in deafness and deafblindness. *Québec Sign Language classes, levels 1 to 6.* Distribution of assistive hearing, which are not hearing aids, paid by the RAMQ. *Services to people with stuttering issues, speech impairment or auditory treatment trouble.*

**Eligibility:** deaf, hard of hearing or deaf-blind of all ages, young people with language problems, stuttering or auditory processing disorders

**Coverage area:** Montréal and Laval, people with dysphasia related problems: Montréal only

**Hours:** Monday to Thursday 7h30 to 21h00, Friday 7h30 to 17h00

**Legal status:** provincial government agency

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**CENTRE LARTIGUE**

2217 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J5

514 596-4433    Fax: 514 596-4437
Website: www.centre-lartigue.csdm.ca
Email: c-lartigue@csdm.qc.ca

**Services:** Francization classes: part-time, full-time or distance. *International French test preparation course (TFI).*

**Eligibility:** immigrant adults

**Capacity:** 585 students

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 20h00, Friday 8h00 to 16h30

**Fees:** registration: $60

**Financing:** provincial

**Legal status:** parapublic organization

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**COLLECTIF**

7124 Boyer Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2J8

514 279-4246    Fax: 514 279-8536
Website: www.cfiq.ca
Email: info@cfiq.ca

**Services:** Accompaniment and reception of newcomers. *Job seeking assistance services, cyberemploi centre and training.* Conversation workshops: French and English. *Intercultural training sessions.* Women's centre: activities, coffee chats, outings. *Legal clinic for women.* Support groups for immigrant mothers with children aged 0 to 5 years old.

**Eligibility:** immigrants women and men, women's centre: immigrant women

**Coverage area:** province of Québec

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**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
ÉCOLE MULTIETHNIQUE DE LANGUES ET DE CULTURES DU QUÉBEC
3480 Décarie Boulevard, 2nd floor, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3J5
514 484-8899
Website: www.emulcq.com
Email: emulcq@gmail.com
Eligibility: naturalized Canadian citizens, permanent residents, temporary workers with Quebec selection certificate (CSQ), foreign students with a CSQ, refugees and asylum seekers
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 21h00, Saturday and Sunday 13h30 to 17h00
Fees: MIDI Program: free
Financing: provincial
Legal status: non-profit organization

FEMMES DU MONDE À CÔTE-DES-NEIGES
6767 de la Côte-des-Neiges Road, Suite 597, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 735-9027 Fax: 514 735-6778
Website: www.femmesdumondecdn.org
Email: fdmcdn@oricom.ca
Services: Women's centre. * Reception, listening, information and referral.* Support group on difficult or violent relationships.* Intercultural discussions and meals.* French and English conversation workshops.* Promotion of women's interests.
Eligibility: women 18 years and over
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Hours: Monday, Wednesday, Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, support group: daytime
Fees: membership: $2 per year, many free activities
Financing: grants, donations
Legal status: non-profit organization

IMMIGRANT WORKERS CENTER
4755 Van Horne Avenue, Suite 110, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1H8
514 342-2111 Fax: 514 227-2268
Website: www.iwc-cti.ca
Email: info@iwc-cti.org
Services: Advocates for the rights of immigrants in their workplaces. * Information and referrals.* Education on the rights of workers through awareness campaigns specifically targeting temporary workers and agency workers.* English and French classes.* Searching for interpreters in many languages to help the workers.
Eligibility: immigrant workers
Coverage area: Province of Québec
Hours: Monday and Wednesday 12h00 to 17h00, Tuesday and Thursday 12h00 to 20h00, more disponibilities by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

MAB-MACKAY REHABILITATION CENTRE
7000 Sherbrooke Street West, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 1250 Fax: 514 489-3477 TTY: 514 482-0487
Website: www.mabmackay.ca
Email: guichet.ditsadp.comtl@ssss.gouv.qc.ca
Services: Rehabilitation and social integration centre for visual, motor, hearing or language impairments. * Specialized school for kids and teenagers.* Technology for the deaf and hard of hearing.* Clinic evaluation with audiometric testing.* American sign language classes and braille services.* Employment program for the deaf and the visually impaired.* Technical aids boutique for the visually impaired.* Day Centre: nursing care, occupational therapy, psychosocial support for coping with vision loss or both hearing and vision loss, assessment and training in activities of daily living, communication skills, use of technical aids or devices, orientation and mobility. Group activities and rehabilitation follow up.* Summer camp: various adapted activities (water skiing, tube, canoe, kayak, rabaska, pontoon boat, swimming, music, theatre, carpentry, plastic arts, sciences, nature, sports, camping, thematic days, etc.).* Respite camp: thematic weekends in fall, winter, spring and spring break.* Day camp: stimulative activities focusing on arts, swimming in the centre's adapted swimming pool, visits to parks and local touristic attractions.

Eligibility: deaf people or hearing impaired, physical or language impairment

Coverage area: Montréal, Montérégie, Lanaudière and Laval

Hours: Monday to Friday 8h00 to 17h00

Financing: provincial

Legal status: parapublic organization

MILTON PARK RECREATION ASSOCIATION
3555 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 872-0566
Website: www.miltonpark.org
Email: info@miltonpark.org

Services: * Language classes: English, Spanish, French and Portuguese.* Intercultural outdoor activity program.* Sports and recreational activities for all ages: soccer, beach volleyball, etc.* Summer and spring-break day camps.* Outings and special events.* Room and gym rental.* Tax clinic.

Eligibility: children, teenagers, adults, seniors

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 23h00, Saturday and Sunday 9h00 to 17h00, July and August: closed on Saturday and Sunday

Fees: annual membership: $10

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

Legal status: non-profit organization

MONTREAL CHINESE CATHOLIC MISSION
979 Côté Street, Ville-Marie, Montréal, QC, H2Z 1L1
514 843-3339 Fax: 514 843-6277
Email: info@montrealchinesecatholic.ca


Eligibility: Catholic Chinese community

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Legal status: non-profit organization

SOUTH ASIAN WOMEN’S COMMUNITY CENTRE
1035 Rachel Street East, 3rd Floor, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 528-8812 Fax: 514 528-0896
Website: www.sawcc-cfssa.ca
Email: sawcc@bellnet.ca

Services: * Counselling, accompaniment.* Information and referral.* Translation and interpretation.* English and French classes.

Eligibility: women from Pakistani, Indian, Bangladeshi, Sri Lankan, Nepalese, Afghan and Iranian communities

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, municipal
Legal status: non-profit organization

Literacy

ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES
4450 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 277-5678
Website: www.aphasie.ca
Email: aqpa@aphasie.ca
Services: * Information, support and referral.* Discussion, reading and writing workshops.* Accompaniment for daily communication needs.* Photography workshops.* Advocacy of rights and interests of people with aphasia.* Awareness.* Choir.* SAPPA program: assistance for caregivers, visits of social workers and speech language therapists.
Eligibility: adults with aphasia, relatives, people interested in aphasia
Capacity: discussion workshops: 10 to 12 people
Coverage area: Montréal area
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: workshops: $20 per semester
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ATELIERS DE LETTRES EN ALPHABÉTISATION
1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7
514 524-0507   Fax: 514 524-0222
Website: www.atelierdeslettres.alphabetisation.ca
Email: latelier@qc.aira.com
Eligibility: adults
Coverage area: Montréal
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

CARROUSEL DU P'TIT MONDE D'ANJOU (LE)
7800 Métropolitain Boulevard East, Suite 122, Anjou, Montréal, QC, H1K 1A1
514 351-3095
Website: www.lecarrouselanjou.com
Email: info@lecarrouselanjou.com
Eligibility: parents and children aged 0 to 5 years old
Capacity: half-day of activities: 8 groups of 12 children per session
Coverage area: Anjou
Hours: Monday to Friday 8h30 to 16h00, Sunday 8h30 to 12h30
Fees: variable depending on the activities
Financing: donations, self-financing, provincial
Legal status: non-profit organization
CENTRE ALPHA-SOURD
6300 du Parc Avenue, Suite 605, Rosemont-La Petite-Patrie, Montréal, QC, H2V 4H8
514 278-5334   Fax: 514 278-8120
Website: www.casourd.org
Email: info@casourd.org
Eligibility: deaf and deaf-blind people
Capacity: 35 people
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 16h00, Monday and Friday by appointment
Financing: provincial
Legal status: non-profit organization

CENTRE AU PUI TS
3505 Bagot Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1C4
514 843-5004
Website: www.centreaupuits.org
Email: aupuits@videotron.ca
Eligibility: people who are lonely 18 years and over, with an intellectual disability or with mental health problems
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $20, activities: $25
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ALPHABÉTISATION DE VILLERAY LA JARNIGOINE
211 Jarry Street East, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2P 1T6
514 273-6683   Fax: 514 273-6688
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

CENTRE DE LECTURE ET D’ÉCRITURE (LE)
4450 Saint-Hubert Street, Suite 217, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 849-5473
Website: www.clemontreal.org
Email: ecriture@clemontreal.org
Services: * Popular literacy workshops.* Computer workshops.* Thematic reading and writing workshops.* Listening, support and referral.* Collective activities.
Eligibility: people who have difficulty reading and writing French
Coverage area: Le Plateau Mont-Royal and surroundings
Hours: Monday to Thursday by appointment
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

CENTRE DE LIAISON POUR L’ÉDUCATION ET LES RESSOURCES CULTURELLES
14115 Prince-Arthur Street, Rivièreres-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 640-8521
Website: www.clerc-qc.ca
Email: clerclmainbourg.org
Services: * Integration support for immigrant people.* Francization.* Literacy courses.
Eligibility: immigrant people or people with a low level of education
Capacity: 60
Coverage area: east of Montréal
Hours: francization: Monday to Wednesday 9h00 to 12h00 or 18h30 to 21h30, literacy: Monday to Wednesday 18h30 to 21h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE RESOURCES ÉDUCATIVES ET COMMUNAUTAIRES POUR ADULTES
10770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2R8
514 596-7629 Fax: 514 596-7681
Website: www.creca.net
Email: reception@creca.net
Services: * Popular education centre.* Literacy training.* Full-time francization courses.* Job search assistance.* Computer workshops.* Assistance in primary schools.
Eligibility: adults
Coverage area: Ahuntsic and surroundings
Hours: Monday to Friday 8h00 to 16h00
Fees: literacy and francization: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DÉBAT
1620 de La Salle Avenue, Suite 9, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2J8
514 522-8691
Website: centredebat.qc.ca
Email: centredebat@videotron.ca
Services: Calculation, writing and reading skills development program. * Research and development of learning programs and strategies.* Literacy program in working environments.
Eligibility: literacy organizations, integration entreprises, people with little schooling
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Thursday 9h00 to 17h00
Fees: companies: variables, individuals: free
Financing: grants, self-financing, donations
Legal status: non-profit organization
CENTRE DES FEMMES INTERCULTUREL CLAIRE
Confidential Address
514 325-9116 Fax: 514 325-7253
Email: cfic@hotmail.ca

Services: Services to women, immigrant or single parent. * Literacy and francization.* Socio-professional integration.* Help with homework.* Daycare.* Workshops: computer, sewing, cooking and thematic workshops.* Awareness against violence against women.* Listening service and reference.* Compensatory work.* Accompaniment to the court or other legal procedures.

Eligibility: women, particularly immigrant and single parent, families, girls
Capacity: 70 people
Coverage area: Montréal
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00
Fees: membership: $10 per year
Financing: provincial, federal
Legal status: non-profit organization

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.leclem.weebly.com
Email: leclem@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

DÉCLIC - INITIATIVES POUR LA FORMATION ET L'EMPLOI DES JEUNES
6250 des Écores Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2J5
514 277-5559 Fax: 514 277-3553
Website: www.decllc.ca
Email: info@decllc.ca

Services: Socio-psycho-educational services for young adults in difficulties who wish to return to school. * Counseling and psychosocial support.* Psychotherapy program.* Skills development and school reintegration program (Intro).* Literacy development program (Stimulus).

Eligibility: young adults aged 18 to 25 with learning disabilities, attention problems or mental health issues
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00
Financing: donations, grants, self-financing
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
Education

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

FORMATION DE BASE POUR LE DÉVELOPPEMENT DE LA MAIN-D’ŒUVRE

1945 Mullins Street, Suite 130, Le Sud-Ouest, Montréal, QC, H3K 1N9

514 846-3223  Fax: 514 846-0027

Website: www.fbdm.ca

Email: info@fbdm.ca

Services: Trainings to employed, unemployed and insertion into employment people that will help develop or consolidate their basic skills. * French as a second language in connection with the work.* Literacy and numeracy.* Oral communication.* Essential skills.* Support for the development of awareness activities concerning basic skills.* Production of contextualized educational material.

Eligibility: employed or unemployed people

Coverage area: Greater Montreal for job search insertion, province of Québec for the rest

Hours: Monday to Friday 8h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

FRONTIER COLLEGE

4384 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5

514 528-1001  Fax: 514 528-1001

Website: www.collegefrontiere.ca

Email: montreal@collegefrontiere.ca

Services: * Literacy programs.* French as a second language.* Individual and group tutoring for adults.* Reading circles.* Homework assistance.* Reading tents for families.* Training workshops for community organizations.* Conferences.

Eligibility: children, teenagers and adults

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

INFO-ALPHA

4080 Wellington Street, Suite 350, Le Plateau-Mont-Royal, Montréal, QC, H2T 1S1

1 800 361-9142  Fax: 514 289-9286

Website: www.fondationalphabetisation.org

Email: ssaidj@fondationalphabetisation.org

Services: Telephone service dedicated to adults experiencing difficulty with reading, writing and basic numeracy skills that provides listening, assistance and referral to literacy training and basic training. * Provides, as needed, personalized service for conference calls where an operator accompanies an adult who wishes to get in touch with an organization.* Listening and referral also in French courses, English courses, advanced French writing.
Eligibility: adults 16 years and over, those around them, and facilitators from different networks
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: grants, donations, contributions
Legal status: non-profit organization

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

Services: * Reading assistance and educational support.* Home reading: weekly volunteer visit.* Training workshops for parents.* Reading and writing stimulation for 0 to 5 year olds.* Family literacy counselling, educational tools and training for professionals.
Eligibility: children 5 to 10 years old with learning difficulties in reading, children 0 to 5 years old and their parents
Hours: office: Monday to Friday 9h00 to 17h00
Fees: free
Financing: Centraide, municipal, foundations, donations
Legal status: non-profit organization

J’APPRENDS AVEC MON ENFANT - LACHINE
735 Notre-Dame Street, Suite 204, Lachine, Montréal, QC, H8S 2B5
514 395-4741
Website: www.japprendsavecmonenfant.org
Email: jame@japprendsavecmonenfant.org

Services: Reading assistance program and educational support. Reading at home: twinning with a volunteer for a weekly visit. Parents training workshops. Awakening to reading and writing for 0-5 years. Family literacy counseling, development of educational tools for professionals.
Eligibility: children 5 to 10 years with learning difficulties in reading, referred by their schools, their parents, or professionals, children 0 to 5 years and their parents
Hours: Administration: Monday to Friday 9h00 to 17h00
Financing: Centraide, municipal, foundations et donations
Legal status: parapublic organization

LETTRES EN MAIN
5483 12th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2Z8
514 729-3056     Fax: 514 729-3010
Website: www.lettresenmain.com
Email: lem@videotron.qc.ca

Services: * Literacy workshops: basic French, numeracy and computer.* Production of teaching material.* Advocacy.
Eligibility: adults
Capacity: 40 participants
Coverage area: Rosemont and surroundings
Hours: Monday 9h00 to 21h30, Tuesday 13h00 to 21h30, Wednesday and Thursday 9h00 to 17h00
Fees: free
Financing: provincial, foundations
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
Email: 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

MAISON SAM X
6235 and 6237 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8
514 328-8795
Email: creationsamx@hotmail.ca
Services: Multicultural organization. * Franzication and literacy.* Introduction to English.* Sewing, initiation to computer workshops.* Daycare.
Capacity: 200 people per day
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial, grants
Legal status: non-profit organization

MARGUERITE-BOURGEYOS SCHOOL BOARD
Head office, 1100 Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4L 4V1
514 855-4500 Fax: 514 855-4749
Website: www.csmb.qc.ca
Email: communications@csmb.qc.ca
Services: Primary schools, high schools and specialized schools board. * Vocational training.* Adult education.* Vocational training and adult education: help and orientation.* French classes, literacy, integration services.* Distance training.* Services to companies.
Coverage area: Montréal: Baie d’Urfé, Beaconsfield, Côte-Saint-Luc, Dollard-des-Ormeaux, Dorval, Kirkland, Lachine, LaSalle, L’Île-Bizard-Sainte-Geneviève, Mont-Royal, Outremont, Pierrefonds-Roxboro, Pointe-Claire, Saint-Laurent, Sainte-Anne-de-Bellevue, Senneville, Verdun
Legal status: parapublic organization

MONDALIRE (UN)
11951 Notre-Dame Street East, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 2Y5
514 640-9228 Fax: 514 640-9443
Website: www.unmondalire.org
Email: mondali@videotron.ca
Services: * Basic French, reading, writing and mathematics workshops.* School catch-up workshops.
Eligibility: adults 16 years and over
Coverage area: Greater Montréal
**MONTRÉAL HOOKED ON SCHOOL**
1100 5th Avenue, Suite 209, Verdun, Montréal, QC, H4G 2Z6
514 286-2346 ext. 207    Fax: 514 286-2347
Website: www.reseaureussitemontreal.ca
Email: directiongenerale@reseaureussitemontreal.ca

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

**Eligibility:** youth, parents, counsellors and business community

**Coverage area:** Montréal

**Hours:** Monday to Thursday 9h00 to 16h00
**Financing:** provincial, grants

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY**
2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7
514 872-7888
Website: www.bibliomontreal.com


**Eligibility:** children, youth and adults

**Coverage area:** Ville-Marie

**Hours:** Monday and Friday 12h00 to 18h00, Tuesday to Thursday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
**Fees:** variable
**Financing:** municipal, provincial

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - JACQUELINE-DE REPENTIGNY LIBRARY**
5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6
514 765-7172
Website: www.bibliomontreal.com


**Eligibility:** children, youth and adults

**Coverage area:** Verdun

**Hours:** Monday, Wednesday and Thursday 13h00 to 21h00, Tuesday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00
**Fees:** variable
**Financing:** municipal, provincial

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**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
Education

**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 - PÈRE-AMBROISE LIBRARY**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

514 872-1633

**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.* Workshops, conferences and exhibitions.* Les mots partagés: intercultural coffee-meeting.* Early literacy workshops.

**Eligibility:** children, youth and adults

**Coverage area:** Ville-Marie

**Hours:** Monday 13h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 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

**NORMAN-BERMAN CHILDREN'S LIBRARY (THE)**

5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6

514 345-2627     Fax: 514 345-6477

**Website:** www.jewishpubliclibrary.org

**Email:** info@jplmontreal.org

**Services:** Jewish public library for children.* Loan and consultation of books, films, music and reference books.* Literacy workshops.* Arts and crafts workshops.

**Eligibility:** children less than 14 years old

**Capacity:** 31 seats

**Coverage area:** Greater Montréal
PAUSE PARENTS-ENFANTS DE VERDUN
4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8
514 768-7773 ext. 114  Fax: 514 762-6048
Website: www.centreppe.com/hjbnkj
Email: activitesppe@gmail.com
Eligibility: families with children 0 to 6 years old
Coverage area: Verdun, Le Sud-Ouest
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 17h00
Fees: membership: $3 per year
Financing: donations, self-financing
Legal status: non-profit organization

POINTE-CLAIRE PUBLIC LIBRARY
100 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 4V1
514 630-1218  Fax: 514 630-1261
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca
Eligibility: adults, children and teenagers
Coverage area: Pointe-Claire
Hours: Monday to Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: free for residents
Financing: municipal
Legal status: municipal agency

POINTE-CLAIRE PUBLIC LIBRARY - VALOIS BRANCH
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 630-1219  Fax: 514 695-9924
Website: biblio.pointe-claire.ca
Email: bibliotheque@pointe-claire.ca
Eligibility: adults, children and teenagers
Coverage area: Pointe-Claire
Hours: Monday, Wednesday and Friday 13h00 to 21h00, Saturday 13h00 to 17h00, summer: closed on Saturday
Fees: free for residents
Financing: municipal
Legal status: municipal agency
POPULAR WRITER
Confidential Address
438 877-8288
Email: ecrivainpopulaire_tdl@yahoo.com

Services: Reading aids and letter writing. * Offering his pen for reading, understanding and answering mail: forms, private letters, administrative or legal mail, etc.* Point of services: Cap Saint-Barnabé, Chic Resto Pop and Tour de Lire. * Assistance in completing forms.
Eligibility: people with reading or writing difficulties
Coverage area: Montreal
Hours: on appointment
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

REGROUPEMENT DES GROUPES POPULAIRES EN ALPHABÉTISATION DU QUÉBEC
2030 Pie-IX Boulevard, Suite 221, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 789-0505 Fax: 514 789-1723
Website: www.rgpaq.qc.ca
Email: alpha@rgpaq.qc.ca

Services: Referral for people who want to follow a literacy training. * General information related to illiteracy.* Services for member groups.* Political representation.
Eligibility: people interested in literacy, literacy groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

TOUR DE LIRE (LE)
1691 Pie-IX Boulevard, Suite 307, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 252-4718
Website: www.tourdelire.org
Email: info@tourdelire.org

Services: Adult literacy. * Reading, writing and basic computer workshops.* Popular education activities.* Advocacy activities.
Eligibility: adults 16 years and older
Capacity: 40 people
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Thursday 8h30 to 17h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

WESTMOUNT PUBLIC LIBRARY
4574 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1G1
514 989-5300 Fax: 514 989-5485
Website: www.westlibcat.org
Email: wlp@westmount.org

Coverage area: Westmount
Public education

ASSOCIATION DES SERVICES DE RÉHABILITATION SOCIALE DU QUÉBEC
2000 Saint-Joseph Boulevard East, 2nd floor, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 521-3733    Fax: 514 521-3753
Website: www.asrsq.ca
Email: info@asrsq.ca


Eligibility: private, community and parapublic organizations, people seeking information about criminal records application.

Coverage area: Province of Québec

ASSOCIATION QUÉBÉCOISE PLAIDOYER-VICTIMES
4305 Iberville Street, Suite 201, Le Plateau-Mont-Royal, Montréal, QC, H2H 2L5
514 526-9037    Fax: 514 526-9951
Website: www.aqpv.ca
Email: aqpv@aqpv.ca


Eligibility: victims of crime, field workers, general public

Coverage area: Province of Québec

CARREFOUR DE PARTICIPATION, RESSOURCEMENT ET FORMATION
2520 Lionel-Groulx Avenue, Suite 315, Le Sud-Ouest, Montréal, QC, H3J 1J8
514 526-2673    Fax: 514 526-6761
Website: www.cprf.biz
Email: cprf@cooptel.qc.ca

Services: * National organization on popular education. * Awareness training session on various topics: social analysis, globalization, common goods, humans rights, empowerment, ecology, mobilization, etc. * Digital platform: databank of resources facilitating activities and autonomous popular education procedures www.educationpopulaireautonome.org

Eligibility: people aged 18 years old and over

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00, variable for trainings

Financing: donations, grants, self-financing

Legal status: non-profit organization
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

CUISINE-ATOUT ENTREPRISE D’INSERTION
1945 Mullins Street, Suite 140, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 939-4080    Fax: 514 939-2816
Email: info@cuisine-atout.com
Services: Socio-professional integration program (36 weeks). * Technical and practical training for semi-skilled trades in food service with experience in the workplace* Basic training in French and Mathematics* Individual psychosocial support* Dynamic method of job search and internships aiming employment.* Catering service and café bistro on site.
Eligibility: adults with low degree of training aged 18 to 55 years
Coverage area: Montréal: priority to Sud-Ouest residents
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

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

INSTITUT DE COOPÉRATION POUR L’ÉDUCATION DES ADULTES
4321 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 948-2044
Website: www.icea.qc.ca
Email: icea@icea.qc.ca
Services: Promotion of the right to lifelong learning, accessibility to education and adults education. * Information and representation.* Research and documentation.
Eligibility: adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: grants, membership fees
Legal status: non-profit organization
MADAME PREND CONGÉ - CENTRE DE FEMMES DE POINTE-SAINT-CHARLES
1900 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2507 Fax: 514 933-4861
Website: madameprendconge.com
Email: mpc@cooptel.qc.ca

Services: Meeting and exchange place. * Listening and referrals. * Educational activities on various subjects.* Recreational and sports activities and workshops, with daycare.* Access to the telephone, fax machine, scanner and computers.* Citizen action to fight against poverty and violence against women.

Eligibility: women 18 years and over
Coverage area: Le Sud-Ouest, primarily Pointe-Saint-Charles
Hours: Monday to Friday 9h00 to 16h00, Thursday 13h00 to 16h00
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

THIRD AVENUE RESOURCE CENTRE
3535 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2H8
514 279-1286
Website: www.troisiemeavenue.org
Email: info@troisiemeavenue.org


Eligibility: organizations and individuals
Coverage area: Montréal, Montérégie
Hours: Monday to Thursday 8h30 to 17h00
Financing: Centraide of Greater Montréal, donations
Legal status: non-profit organization

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

School boards

COMMISSION SCOLAIRE DE LA POINTE-DE-L’ÎLE
550 53rd Avenue, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 2T7
514 642-9520 Fax: 514 642-8537
Website: www.cspi.qc.ca
Email: info@cspi.qc.ca
Education

**Services:** Primary schools, high schools and specialized schools board. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * French classes, integration services. * Distance training in partnership with the Centre régional de formation à distance du Grand Montréal. * Services to companies.

**Coverage area:** Montréal: Anjou, Montréal-Nord, Pointe-aux-Trembles, Rivière-des-Prairies, Saint-Léonard

**Legal status:** parapublic organization

**QUÉBEC ENGLISH SCHOOL BOARDS ASSOCIATION**
185 Dorval Avenue, Suite 502, Dorval, Montréal, QC, H9S 5J9
1 877 512-7522     Fax: 514 849-9228
Website: www.qesba.qc.ca
Email: qesba@qesba.qc.ca

**Services:** * Coordination and support to English School Boards in terms of work relations and human resources management. * Negotiation of collective agreements. * Providing adequate information to member boards.

**Eligibility:** English school boards

**Coverage area:** province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

Vocational training, Cégeps and Universities

**CÉGEP À DISTANCE**
6300 16th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2S9
1 800 665-6400     Fax: 514 864-6400
Website: www.cegepadistance.ca
Email: educinfo@cegepadistance.ca

**Services:** * College devoted to distance education. * Pre-university and technical programs (DEC) and attestation of collegial studies (AEC). * Consultation and guidance service for the courses selection. * Credential recognition and school equivalency for studies outside the province of Québec. * Educational tools for teachers. * Enterprises formations.

**Coverage area:** province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, office closed on Friday in July

**Legal status:** parapublic organization

**CÉGEP ANDRÉ-LAURENDEAU**
1111 Lapierre Street, Lasalle, Montréal, QC, H8N 2J4
514 364-3320     Fax: 514 364-7130
Website: www.claurendeau.qc.ca
Email: secretaire.dg@claurendeau.qc.ca


**Coverage area:** province of Québec

**Hours:** Monday to Sunday 7h00 to 23h00

**Legal status:** parapublic organization

**CÉGEP DE SAINT-LAURENT**
625 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3X7
514 747-6521     Fax: 514 748-1249
Website: www.cegepsl.qc.ca
Email: info@cegepsl.qc.ca
Services: Public higher education institution at a college level.* Pre-university and technical programs (DEC), attestation of collegiate studies (AEC).* Ongoing training and services to businesses.* Francization for immigrants.* Student residences.* Early childhood centre (CPE).

Coverage area: province of Québec

Legal status: parapublic organization

CÉGEP DU VIEUX MONTRÉAL
255 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1X6
514 982-3437
Website: www.cvm.qc.ca
Email: communications@cvm.qc.ca

Coverage area: province of Québec

CÉGEP GÉRALD-GODIN
15615 Gouin Boulevard West, L’Île-Bizard-Sainte-Geneviève, Montréal, QC, H9H 5K8
514 626-2666 Fax: 514 626-8508
Website: www.cgodin.qc.ca
Email: information@cgodin.qc.ca

CENTRE DE RESSOURCES ÉDUCATIVES ET PÉDAGOGIQUES
3000 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 1H2
514 596-4567
Website: www.icilecrep.qc.ca
Email: crep@csdm.qc.ca

CENTRE DES ARTS DE LA SCÈNE LES MUSES
Centre Champagnat, 5017 Saint-Hubert Street, Suite 317, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8060 ext. 8834
Website: www.lesmuses.org
Email: info@lesmuses.org

Services: Performing arts professional school for artists living with a disability. * Promotion of the integration of artists with disabilities to the artistic community.* Training programs: acting, dancing and singing.

Eligibility: people living with and intellectual, physical or sensorial disability, with a pervasive development disorder or an autism spectrum disorder

Coverage area: Montréal Island

Fees: variable

Legal status: non-profit organization
CENTRE RÉGIONAL DE FORMATION À DISTANCE DU GRAND MONTRÉAL
7741 du Ronceray Avenue, Anjou, Montréal, QC, H1K 3W7
514 353-3355   Fax: 514 353-6537
Website: www.cspl.qc.ca/distance
Email: formation-distance@cspl.qc.ca

Services: * Distance general and vocational education programs (DES, DEP).* Consultation and guidance service for the courses selection.* Credential recognition.
Eligibility: adults aged 16 years and over
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: variables
Financing: provincial
Legal status: parapublic organization

COLLÈGE AHUNTSIC
9155 Saint-Hubert Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1Y8
1 866 389-5921   Fax: 514 389-8931
Website: www.collegeahuntsic.qc.ca
Email: information@collegeahuntsic.qc.ca

Services: Public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC).* Ongoing training.* Student residence.* Early childhood centre (CPE).
Coverage area: province of Québec
Hours: Monday to Friday 7h00 to 23h00, saturday and Sunday 8h00 to 21h30, sport centre: 8h00 to 23h00
Legal status: parapublic organization

COLLÈGE DE BOIS-DE-BOULOGNE
10555 de Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H4N 1L4
514 332-3000
Website: www.bdeb.qc.ca
Email: info@bdeb.qc.ca

Services: Public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC).* Ongoing training.* French learning for immigrants.* Early childhood centre (CPE).
Coverage area: province of Québec
Hours: reception: Monday to Friday 7h30 to 16h30
Legal status: parapublic organization

COLLÈGE DE MAISONNEUVE
3800 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1X 2A2
514 254-7131
Website: www.cmaisonneuve.qc.ca
Email: communic@cmaisonneuve.qc.ca

Services: Public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC).* Ongoing training and services to enterprises.* Language school.* Institut des procédés industriels.
Coverage area: province of Québec
Hours: Monday to Friday 7h00 to 22h30, Saturday and Sunday 7h00 to 18h00
Legal status: parapublic organization

COLLÈGE LASALLE
2000 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 2T2
514 939-2006   Fax: 514 939-2015
Website: www.collegelasalle.com
Education

Services: Public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC).* Distance education.
Coverage area: province of Québec
Hours: phone: Monday to Friday 8h30 to 17h00, admission office: Monday, Tuesday, Wednesday and Friday 10h00 to 18h00, Thursday 11h00 to 20h00, Saturday on appointment
Legal status: parapublic organization

COLLÈGE ROSEMONT
6400 16th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2S9
514 376-1620 Fax: 514 376-1440
Website: www.crosemont.qc.ca
Email: registrariat@crosemont.qc.ca
Services: Public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegiate studies (AEC).* Ongoing training and services to enterprises.* Distance learning cégep.* French learning for newcomers.* Institut collégial de la littératie financière (ICLF).* Student residence.* Early childhood centre (CPE).
Coverage area: province of Québec
Legal status: parapublic organization

CONCORDIA UNIVERSITY
Sir George Williams Campus, 1455 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3G 1M8
514 848-2424
Website: www.concordia.ca
Services: English public higher education institution at a university level. * Undergraduate and postgraduate programs.* Continuing education.* Distance formation.* Student residences.* Others campus: Loyola and Sir George Williams.
Coverage area: province of Québec
Legal status: non-profit organization

DAWSON COLLEGE
3040 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1A4
514 931-8731 Fax: 514 931-3567
Website: dawsoncollege.qc.ca
Email: info@dawsoncollege.qc.ca
Services: English public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegial studies (AEC).* Ongoing training.
Coverage area: province of Québec
Hours: Registrar’s office: Monday to Friday 8h30 to 17h00 from August to June
Legal status: parapublic organization

DAWSON COLLEGE - VENTURE CREATION IN THE CREATIVE AND CULTURAL INDUSTRIES
409 Saint-Nicholas Street, Suite 300, Ville-Marie, Montréal, QC, H2Y 2P4
514 931-8731 ext. 1476
Website: www.dawsoncollege.qc.ca/icmtl
Email: mbazerghi@dawsoncollege.qc.ca
Services: Professional Development Attestation of Collegial Studies (ACS). * Accompaniment of students in the early stages of starting a commercial business or a social enterprise.* Access to incubator services provide by iC MTL: individual coaching, workshops, training, peer-mentoring and networking.
Capacity: 25 students
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: $608
DESTA BLACK YOUTH NETWORK
1950 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H3J 1A5
514 664-5042
Website: www.destabyn.org
Email: health@destabyn.org

Services: Support for young people from the black community. * Information and referrals.* School dropout prevention.* Subsidized distance education courses.* Homework help.* Emotional and psychological support: individual and group counselling.* Brother 2 Brother: discussion group for young men.* Sista Sista: discussion group for young women.* Social reintegration of formerly incarcerated people: needs assessment and referral to appropriate resources.* Phone support for incarcerated people.* Conferences.* Movie and games night.* Dance and yoga classes.* Quran study group.

Eligibility: people from the Black community 18 to 35 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 20h00, Saturday 12h00 to 20h00
Fees: free

DISTANCE EDUCATION FOR ALL LEARNERS
3711 De Bullion Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3A2
514 798-8808 Fax: 514 788-5955
Website: www.distanted.ca
Email: deal@emsb.qc.ca

Services: * Distance education for all learners: secondary I to V, college and vocational pre-requisite courses.* Courses offered via at-home learning by the English Montreal School Board.

Eligibility: adults aged 16 and over
Coverage area: Province of Québec
Hours: Monday and Wednesday 9h00 to 17h00, Tuesday and Thursday 11h00 to 19h00, Friday by appointment
Fees: registration: $25, book fees

ÉCOLE DE TECHNOLOGIE SUPÉRIEURE
Building A, 1100 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H3C 1K3
514 396-8800 Fax: 514 396-8950
Website: www.etsmtl.ca
Email: accueilregistraire@etsmtl.ca


Coverage area: province of Québec
Hours: Monday to Friday 6h30 to 23h00, Saturday and Sunday 7h00 to 19h00, registrar's office: Monday to Friday 8h30 to 17h00
Legal status: parapublic organization
ENGLISH MONTRÉAL SCHOOL BOARD
6000 Fielding Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 1T4
514 483-7200 Fax: 514 483-7324
Website: www.emsb.qc.ca
Email: nlauziere@emsb.qc.ca
Services: English primary schools, high schools and specialized schools board. * Vocational training.* Adult education.* French classes.* Distance training.
Coverage area: Montréal
Legal status: parapublic organization

GORDON ROBERTSON BEAUTY ACADEMY
240 Beaurepaire Drive, Beaconsfield, Montréal, QC, H9W 6G4
514 426-3949
Website: www.lbpce.ca/Our-Centres/Gordon-Robertson-Beauty-Academy
Services: Vocational school specialized in beauty care education. * Diploma of vocational studies (DEP) in aesthetics, hairdressing and electrolysis.* Beauty care and hairdressing services at a low price provided by supervised students: facial care, waxing, electrolysis, micro dermabrasion, manicure, haircut and coloration.* Christmas baskets for students.
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 15h30
 Fees: vary between $5 and $40 depending on services, micro dermabrasion: $50
Legal status: parapublic organization

HEC MONTRÉAL
3000 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 2A7
514 340-6000 Fax: 514 340-6411
Website: www.hec.ca
Email: webmestre@hec.ca
Services: Public university institution of education and research in management. * Undergraduate and postgraduate programs.* Continuing education and business services.
Coverage area: province of Québec
Hours: Monday to Friday 7h00 to 23h00, Saturday and Sunday 7h00 to 18h00
Legal status: non-profit organization

INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC
3535 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 3P1
514 282-5110 Fax: 514 873-5008
Website: www.ithq.qc.ca
Email: ecole@ithq.qc.ca
Services: Training of staff able to fulfill professional functions required in hotels, restaurants and the tourism industry.
Eligibility: student, secondary school, college, university clienteles, ongoing training
Capacity: 1,200 students
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, provincial, grants
Legal status: provincial government agency

INTÉGRATION JEUNESSE DU QUÉBEC
1212 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R4
514 598-7319 Fax: 514 598-0977
Website: www.ijq.qc.ca
Email: info@ijq.qc.ca

Eligibility: unemployed people 16 years and over, newcomers (citizens or permanent residents) searching for work

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: grants

Legal status: non-profit organization

JOHN ABBOTT COLLEGE

21275 Lakeshore Road, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 3L9

514 457-6610  Fax: 514 457-4730

Website: www.johnabbott.qc.ca

Email: admissions@johnabbott.qc.ca

Services: English public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegial studies (AEC).* Ongoing training.* Student residences.

Coverage area: province of Québec

Legal status: parapublic organization

LESTER B. PEARSON SCHOOL BOARD

1925 Brookdale Avenue, Dorval, Montréal, QC, H9P 2Y7

514 422-3000  Fax: 514 422-3016

Website: www.lbpsb.qc.ca

Email: info@lbpsb.qc.ca

Services: English primary schools, high schools and specialized schools board. * Vocational training.* Adult education.* Vocational training and adult education: help and orientation.* French classes.* Distance training.

Coverage area: Montréal: Verdun, LaSalle, Lachine, Dorval, Dollard-des-Ormeaux, Pierrefonds-Roxboro, Pointe-Claire, Kirkland, Beaconsfield, West Island, Île-Perrot, Hudson, Vaudreuil-Dorion, Saint-Lazare, Rigaud

Legal status: parapublic organization

MARIE-VICTORIN COLLEGE

7000 Marie-Victorin Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1G 2J6

514 325-0150  Fax: 514 328-3830

Website: www.collegemv.qc.ca

Email: promotion@collegemv.qc.ca

Services: Public higher education at the college level. * Pre-university and technical programs (DEC), certificate of collegiate studies (AEC).* Ongoing training and services to businesses.* Multicultural education centre.* Student residence.* Daycare (CPE).

Coverage area: province of Québec

Hours: Monday to Friday 7h00 to 22h30, Saturday 8h00 to 17h30

Legal status: parapublic organization

MCGILL UNIVERSITY

James Pavilion, 845 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 0G4

514 398-4455

Website: www.mcgill.ca

Email: servicepoint@mcgill.ca

Services: Public institution of higher education at university level. * Undergraduate and postgraduate programs.* Continuing education.* Distance training.* Student residences.* Other campus: Sainte-Anne-de-Bellevue.
**Education**

**Coverage area:** province of Québec  
**Legal status:** non-profit organization

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**POLYTECHNIQUE MONTRÉAL**

2900, Édouard-Montpetit Boulevard, Outremont, Montréal, QC, H3T 1J4  
514 340-4711  
Website: www.polymtl.ca  
Email: registraire@polymtl.ca  
Services: Public university institution of education and research in engineering.  
Undergraduate and postgraduate programs.* Continuing education and business services.* Student residences.  
Coverage area: province of Québec  
Legal status: parapublic organization

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**SERVICE RÉGIONAL D’ADMISSION DU MONTRÉAL MÉTROPOLITAIN**

5701 Christophe-Colomb Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2E9  
1 844 626-2454  
Fax: 514 360-2122  
Website: www.sram.qc.ca  
Email: info@sram.qc.ca  
Services: Centralized processing centre for cégep applications.  
Providing information on college and university programs in Québec.* Processing DEC, ongoing training, evening classes and summer classes registration.  
Eligibility: applicants in cégeps, students, colleges, college network  
Coverage area: Greater Montréal  
Financing: self-financing, grants  
Legal status: non-profit organization

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**TÉLUQ**

5800 Saint-Denis Street, Suite 1105, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3L5  
1 888 843-4333  
Website: www.teluq.ca  
Email: info@teluq.ca  
Services: Public distance learning university.  
Undergraduate and postgraduate programs.* Continuing education and business services.  
Coverage area: province of Québec  
Hours: reception and information: Monday to Friday 8h30 to 16h30  
Legal status: parapublic organization

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**UNIVERSITÉ DE MONTRÉAL**

Pavilion J-A.-DeSève, 2332 Édouard-Montpetit Boulevard, Outremont, Montréal, QC, H3T 1J4  
514 343-6111  
Fax: 514 343-2354  
Website: www.umontreal.ca  
Services: Public higher education institution at a university level.  
Undergraduate and postgraduate programs.* Continuing education.* Distance education.* Student residences.* Regional campuses: Laval, Longueuil, Terrebonne, Trois-Rivières.  
Coverage area: province of Québec  
Financing: provincial, self-financing, grants  
Legal status: non-profit organization
**UNIVERSITÉ DU QUÉBEC À MONTRÉAL**
Pavillon J.A. DeSève, 320 Sainte-Catherine Street East, Suite DS-R110, Ville-Marie, Montréal, QC, H2L 2C4
514 987-3000  Fax: 514 987-8932
Website: www.uqam.ca
Email: general@uqam.ca

**Services:** Public institution of higher education at a university level. * Undergraduate and postgraduate programs.* Continuing education.* Distance education.* Student residences.* Regional campuses: Terrebonne, Laval, Longueuil, Kirkland.

**Coverage area:** province of Québec

**Hours:** registrar: Monday to Friday 10h30 to 16h30

**Legal status:** parapublic organization

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**UNIVERSITÉ LAVAL - FORMATION CONTINUE MONTRÉAL**
550 Sherbrooke Street West, East Tower, 3th floor, Ville-Marie, Montréal, QC, H3A 1B9
514 842-5012  Fax: 514 842-9744
Website: www.dgfc.ulaval.ca
Email: info@dgfc.ulaval.ca

**Services:** Public higher education institution at a university level. * Undergraduate and postgraduate programs* Distance training.* Development activities.

**Coverage area:** province of Québec

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

**Legal status:** non-profit organization

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**VANIER COLLEGE**
821 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3X9
1 855 744-7500  Fax: 514 744-7505
Website: www.vaniercollege.qc.ca
Email: info@vaniercollege.qc.ca

**Services:** Public higher education English language institution at a college level. * Pre-university, career (DEC) and attestation programs (AEC).* Ongoing education.* Language school: French, English, Spanish, Japanese, Italian.

**Coverage area:** province of Québec

**Legal status:** parapublic organization
Employment and Income

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

GOVERNMENT SERVICES

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

**AU BAS DE L’ÉCHELLE**

6839A Drolet Street, Suite 305, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1  
514 270-7878     Fax: 514 270-7726  
Website: www.aubasdelechelle.ca  
Email: abe@aubasdelechelle.ca  

**Services:** Popular education group. * Training and information on labor rights and remedies in the event of disagreement with the employer.* * Phone consultations.* * Information meetings.* * Training for organizations and community workers.* * Collective actions to protect and improve labor rights.*  
**Eligibility:** non-unionized workers, organizations, community workers  
**Coverage area:** Greater Montréal  
**Hours:** Monday 13h30 to 20h00, Tuesday 13h30 to 17h00, Thursday 9h00 to 12h00 and 13h30 to 17h00  
**Financing:** Centraide of Greater Montreal  
**Legal status:** non-profit organization

**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  
Email: 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

CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS
460 Sainte-Catherine Street West, Suite 610, Ville-Marie, Montréal, QC, H3B 1A7
514 939-3342 Fax: 514 939-9763
Website: www.crarr.org
Email: crarr@primus.ca
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: according to financial capacity
Legal status: non-profit organization

COMITÉ CHÔMAGE DE MONTRÉAL
3734 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J1
514 933-5915 Fax: 514 933-4074
Website: www.comitechomage.qc.ca
Email: ccm@comitechomage.qc.ca
Services: * Information and advocacy for the unemployed.
Eligibility: unemployed people
Coverage area: Island of Montréal
Hours: Monday to Friday 9h30 to 16h30
Financing: donations, provincial
Legal status: non-profit organization

COMITÉ DES SANS EMPLOI DE POINTE SAINT-CHARLES
2365 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M8
514 932-5916 ext. 221 Fax: 514 932-5131
Website: www.comitesansemploipsc.blogspot.ca
Email: csepsc@yahoo.ca
Services: Individual rights advocacy. * Information, accompaniment and representation.* Information session on site and for other groups or organizations.
Eligibility: unemployed, income security program recipients, precarious job and low-income workers
Coverage area: Pointe-Saint-Charles
Hours: by appointment
Financing: provincial
Legal status: non-profit organization

COMITÉ-CHÔMAGE DE L'EST DE MONTRÉAL
1691 Pie-IX Boulevard, Suite 302, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 521-3283 Fax: 514 521-4563
Website: www.ccem.ca
Email: info@ccem.ca
Services: Unemployed people's rights advocacy. * Phone service: information concerning rights of unemployed people.
Eligibility: unemployed people
Coverage area: East of Montréal
Hours: Tuesday to Thursday 10h00 to 12h00 and 13h30 to 15h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

COMMISSION DE L’ÉQUITÉ SALARIALE
500 René-Lévesque Boulevard West, 26th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Quebec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays

Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - ÎLE-DE-MONTRÉAL - COMPLEXE DESJARDINS
1 Complexe Desjardins, South Tower, 31th floor,, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Quebec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays

Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - ÎLE-DE-MONTRÉAL - COMPLEXE DESJARDINS
500 René-Lévesque Boulevard West, 26th Floor, Ville-Marie, Montréal, QC, H2Z 2A5
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca
Email: equite.salariale@ces.gouv.qc.ca
Employment and Income

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act.* * Specialized assistance to understand more complex or technical aspects of the Act.* * Conciliation services to promote the settlement of disagreements.* * Investigations following complaints or different subjected by the parties or on its own initiative.* * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website.* * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity.* * Tool development and training accessible free of charge in all regions of Quebec.* * Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays

**Legal status:** provincial government agency

**COMMISSION DES NORMES DU TRAVAIL - ÎLE DE MONTRÉAL**

500 René-Lévesque Boulevard West, 26th Floor, Ville-Marie, Montréal, QC, H2Z 2A5

1 844 838-0808

Website: www.cnesst.gouv.qc.ca

**Services:** * Information on labour standards and the obligations stipulated by the law and regulations.* * Registration of complaints.* * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers and employees

**Coverage area:** Montréal

**Hours:** Office: by appointment for investigation and mediation

**Legal status:** provincial government agency

**CONCERTATION MONTRÉALAISE 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

**CONSEIL INTERPROFESSIONNEL DU QUÉBEC**

550 Sherbrooke Street West, West Tower, Suite 890, Ville-Marie, Montréal, QC, H3A 1B9

514 288-3574     Fax: 514 288-3580

Website: www.professions-quebec.org

Email: courrier@professions-quebec.org

**Services:** Association of professional orders. * Representation, exchange and mutual aid among professional orders.* * Training and reflection activities for professional orders aiming to improve their services in matters of protection of the public.* * Information and referral for the public.* * Advisory body to the government.

**Eligibility:** professional orders

**Coverage area:** province of Québec

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization
CONSEIL NATIONAL DES CHÔMEURS ET CHÔMEUSES

Confidential Address
514 933-3764  Fax: 514 933-4074
Website: www.lecnnc.com
Email: cnc@lecnc.com

Eligibility: unemployed people, workers with or without job
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: free
Financing: contributions, provincial, grants
Legal status: non-profit organization

CONSEIL RÉGIONAL FTQ - MONTRÉAL MÉTROPOLITAIN

565 Crémazie Boulevard East, Suite 2500, Ahuntsic-Cartierville, Montréal, QC, H2M 2V6
514 387-3666  Fax: 514 387-4393
Website: www.montrealmetro.ftq.qc.ca
Email: crftqmm@ftq.qc.ca

Services: * In favor of general unionization.* Advocacy and interest defense of its members on the union, economic, social and political levels.* Christmas baskets.
Eligibility: workers
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00
Financing: contributions, grants
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

MOUVEMENT ACTION CHÔMAGE DE MONTRÉAL

6839-A Drolet Street, 3rd Floor, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1
514 271-4099  Fax: 514 271-4236
Website: www.macmtl.qc.ca
Email: macmtl@macmtl.qc.ca

Services: * Legal information and representation.* Advocacy.* Cooperation with unions and community groups.* Group information meetings.* Departmental investigation.
Eligibility: unemployed people
Coverage area: Montréal, Longueuil, Laval
Financing: Centraide of Greater Montréal
Legal status: non-profit organization
MOUVEMENT AUTONOME ET SOLIDAIRE DES SANS-EMPLOI
1691 Pie-IX Boulevard, Suite 405, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 524-2226     Fax: 514 524-7610
Website: www.lemasse.org
Email: masse@lemasse.org
Services: Grouping of organizations advocating for unemployed people.
Eligibility: community organizations for unemployed people, unemployed people
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: provincial, contributions, donations
Legal status: non-profit organization

QUÉBEC FEDERATION OF LABOUR
565 Crémazie Boulevard East, Suite 12100, Ahuntsic-Cartierville, Montréal, QC, H2M 2W3
514 383-8000     Fax: 514 383-8038
Website: www.ftq.qc.ca
Email: ftq@ftq.qc.ca
Services: Union. * Promotion of affiliated organizations' interests.* Support to social and economic advancement.
Eligibility: workers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU TRAVAIL
500 René-Lévesque Boulevard West, Suite 17.401, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 361-9593
Website: www.tat.gouv.qc.ca
Services: Ruling instance for disputes related to over forty laws in the work field. * Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 à 16h30
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU TRAVAIL - DIVISION RELATIONS DU TRAVAIL
35 Port-Royal Street East, 2nd Floor, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
1 866 864-3646     Fax: 514 873-3112
Website: www.tat.gouv.qc.ca
Services: Last-instance administrative court specialized in labour relations, essential services, construction and professional qualification.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU TRAVAIL - DIVISION SANTÉ ET SÉCURITÉ DU TRAVAIL
500 René-Lévesque Boulevard West, Suite 17.401, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 361-9593     Fax: 514 873-6778
Website: www.tat.gouv.qc.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES
2348 Hochelaga Street, Ville-Marie, Montréal, QC, H2K 1H8
514 527-3661  Fax: 514 527-1153
Website: www.uttam.quebec
Email: uttam@uttam.quebec
Services: * Collective information meetings.* Training offered to workers or unions regarding the laws on work-related accidents and illnesses.* Telephone help line, one-on-one counselling by appointment only.* Pressure tactics.
Eligibility: workers who have had work-related accidents or sick
Coverage area: Montréal and surroundings
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 17h00
Fees: free
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

Budget management and consumption

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - EST DE MONTRÉAL
5955 de Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6
514 257-6622  Fax: 514 257-7998
Website: www.acefest.ca
Email: accueil@acefest.ca
Services: * Budget counselling, budget classes, information meetings.* Homeownership classes.* Workshops on solutions to debt.* Conferences and workshops on consumption-related themes.* Retirement planning course.* Advocacy and defense of the interests of consumers.* Access to the Desjardins loan.* Tax clinic.
Coverage area: East of Montréal Island
Hours: Monday to Thursday 9h00 to 16h30
Fees: free or low cost
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

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
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
ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - SUD-OUEST DE MONTRÉAL
6734 Monk Boulevard, 2nd Floor, Le Sud-Ouest, Montréal, QC, H4E 3J1
514 362-1771    Fax: 514 362-0660
Website: www.consommateur.qc.ca/acef-som
Email: acefsom@consommateur.qc.ca
Services: * Individual or family budget consultation.* Budget classes.* Information workshops: budget, credit and consumption.* Advocacy of rights.* Assistance with accessing the Desjardins loan.
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00
Financing: grants, Centraide of Greater Montréal, self-financing, provincial
Legal status: non-profit organization

AUTORITÉ DES MARCHÉS FINANCIERS
800 Square Victoria Street, 22th floor, Ville-Marie, Montréal, QC, H4Z 1G3
1 877 525-0337    Fax: 514 873-3090
Website: www.lautorite.qc.ca
Services: Organization mandated by the government of Québec to regulate the province’s financial markets and provide assistance to consumers of financial products and services.
Eligibility: product consumers, service users, future professionals and money service businesses
Coverage area: province of Québec
Hours: 7 days, 8h30 to 17h00
Legal status: provincial government agency

BÉNÉVOLAT D’ENTRAIDE AUX COMMUNICATEURS
1253 McGill College Avenue, Ville-Marie, Montréal, QC, H3B 2Y5
1 888 355-5548
Website: www.le-bec.org
Email: bec@nabs.org
Services: Free and confidential assistance. * Vocational guidance.* Psychological consultation.* Financial counselling or support.
Eligibility: communication-marketing professionals, their families and relatives
Coverage area: province of Québec
Hours: toll free line: 24 hours, 7 days
Fees: free
Financing: private sector
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HOCHELAGA-MAISONNEUVE
3440 Ontario Street East, 3rd Floor, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 523-2400    Fax: 514 523-2466
Website: www.cje.org
Email: cjehm@cjehm.org
Services: * Individual guidance: resume writing assistance, interview simulation, educational and vocational information, networking.* Documentation centre.* Access to computers, Internet, telephone, fax, photocopies.* Financial education workshops: budget, cellphone contract, debt.* Visits to businesses and community resources.
Eligibility: youth 16 to 35 years old
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 13h00 to 17h00, Friday 9h00 to 12h00
**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - PROGRAMME ITINÉRANCE**

3570 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N8

514 525-1232

**Website:** www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-de-readaptation-en-dependance/centre-de-readaptation-en-dependance-de-montreal-institut-universitaire

**Email:** info.crdm@ssss.gouv.qc.ca

**Services:** Detoxification and psychosocial support to homeless people with addiction problems. * Reception, evaluation and orientation.* Medical and non-medical detoxification.* Gambling program.* Personalized psychosocial care and visits with a nurse.* Individual and post-treatment follow-up.* Budget assistance.* Referral to other services offered by the center: inpatient detoxication, support for social integration, etc.*

**Collaboration with other partner organizations:** shelters, day centers, advocacy, etc.

**Eligibility:** adults 25 and older, homeless, who have addiction problems

**Coverage area:** Montréal

**Fees:** free

**Financial status:** provincial

**Legal status:** parapublic organization

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**CEREBRAL PALSY ASSOCIATION OF QUÉBEC - MONTRÉAL**

2000 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4

1 800 311-3770

**Website:** www.paralysiecerebrale.com

**Email:** apcqmontreal@paralysiecerebrale.com

**Services:** * Individuals: information and referral, specialized equipment loan, financial assistance.* * Represents and promotes members' interests.* Aims to integrate and improve the quality of life of people with cerebral palsy.

**Eligibility:** people with cerebral palsy and other motor disabilities

**Coverage area:** Greater Montreal

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

**Fees:** membership: $10

**Financial status:** self-financing, fundraising campaign, donations

**Legal status:** non-profit organization

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**CHAMBRE DES NOTAIRES DU QUÉBEC**

1801 McGill College Avenue, Suite 600, Ville-Marie, Montréal, QC, H3A 0A7

514 879-1793    Fax: 514 879-1923

**Website:** www.cnq.org

**Email:** information@cnq.org

**Services:** Professional association of notaries of Québec. * Protection of the public and monitoring of the practice.* * Promotion of the preventive legal practice.* * Organ donors' consents registry.* * Grant program for university research in the legal field.* To find a notary: www.cnq.org/fr/trouver-un-notaire.html

**Eligibility:** public, notaries

**Coverage area:** province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financial status:** membership fees, self-financing

**Legal status:** non-profit organization
INFO-JURIDIQUE 1-800-NOTAIRE
1801 McGill College Avenue, Suite 600, Ville-Marie, Montréal, QC, H3A 0A7
1 800 668-2473
Website: www.cnq.org
Email: information@cnq.org
Services: Frontline notarial information, by phone or online: www.cnq.org/fr/poser-une-question.html.
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 17h00
Legal status: non-profit organization

MONTRÉAL ADVOCATES' MUTUAL ASSISTANCE ASSOCIATION (THE)
1 Notre-Dame Street East, Suite 9.80, Ville-Marie, Montréal, QC, H2Y 1B6
514 866-9392 ext. 226 Fax: 514 866-1488
Website: www.barreaudemontreal.qc.ca/avocats/entraide-des-avocats
Email: aeam@barreaudemontreal.qc.ca
Services: * Loans for lawyers practicing or having practiced with the Bar of Montreal, their spouse, widow or widower and children in need.
Eligibility: lawyers and ex-lawyers of the Bar of Montréal in need and their spouse and children
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: annual subscription: $25
Financing: donations
Legal status: non-profit organization

OFFICE OF THE SUPERINTENDENT OF BANKRUPTCY CANADA
Édifice Sun Life, 1155 Metcalfe Street, Suite 950, Ville-Marie, Montréal, QC, H3B 2V6
1 877 376-9902 Fax: 514 283-9795
Website: www.ic.gc.ca/eic/site/bsf-osb.nsf
Email: ic.spectrequebec-spectrumquebec.ic@canada.ca
Services: Requests for information, referral, complaints concerning the bankruptcy and its accessibility. *
Coverage area: Greater Montréal and Sherbrooke
Hours: Monday to Friday 8h30 to 16h30
Legal status: federal government agency

OPTION CONSOMMATEURS
50 Sainte-Catherine West Street, Suite 440, Ville-Marie, Montréal, QC, H2X 3V4
514 598-7288 Fax: 514 598-8511
Website: www.option-consommateurs.org
Email: info@option-consommateurs.org
Services: Information and advocacy in the areas of consumer rights and credit. * Budget counselling.* Information sessions regarding various consumer issues.* Mediation between consumers and public utility providers.* Information to consumers concerning their rights.* Small loans (between $200 and $800), without interest, for a period of 12 months, to the people residing in the areas of Centre-Sud and Plateau Mont-Royal.
Eligibility: consumers
Coverage area: Montréal: Hochelaga-Maisonneuve, Plateau Mont-Royal, Centre-Sud, Rosemont
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: Centraide of Greater Montréal, provincial, federal, self-financing
Legal status: non-profit organization
PAF RÉTABLISSEMENT FINANCIER
9880 Clark Street, Suite 350, Ahuntsic-Cartierville, Montréal, QC, H3L 2R3
514 331-2929     Fax: 514 331-2965
Website: paf.ca
Email: info@paf.ca
Eligibility: individuals with addiction issues or financial difficulties, self-employed workers
Coverage area: Montréal and surroundings
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 15h00
Fees: variable
Legal status: non-profit organization

QUEBEC ASSOCIATION OF POSTSECONDARY STUDENTS WITH DISABILITIES
425 Sherbrooke Street East, Suite 06, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 499-9451
Website: www.aqeips.qc.ca
Email: info@aqeips.qc.ca
Services: * Advocacy and promotion of the interests of students with disabilities.* Information to members and their parents.* Bursaries program.
Eligibility: postsecondary and secondary students with disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: active member: $5, support member: $20, institutional member: $50
Financing: provincial, self-financing
Legal status: non-profit organization

SOS DETTES - SOLUTIONS À L'ENDETTEMENT
Confidential Address
1 866 615-1226     Fax: 1 855 805-1164
Website: creditcanada.com
Email: info@creditcanada.com
Services: Assessment of the financial situation and counselling on credit management. * Debt repayment program: mediation between clients and creditors.* Credit week.
Eligibility: people with debt issues or seeking information on the matter
Coverage area: Province of Québec
Hours: English: Monday to Friday 8h00 to 18h00, Saturday 8h00 to 16h00, French: Monday to Friday 12h00 to 13h00
Financing: self-financing, donations
Legal status: non-profit organization

Business development

CANADA REVENUE AGENCY
Confidential Address
1 800 267-6999      TTY: 1 800 665-0354
Website: www.cra.gc.ca
Services: Administration of Canada’s tax laws, administration and execution of tax programs, social and economic benefits and incentive programs. * Tax Information Phone Service (TIPS): personal and general tax information such as income and benefits return, Savings plans, Canada Child Tax Benefit (CCTB) and Universal Child Care Benefit (UCCB). * Community Volunteer Income Tax Program (CVTIP). * Address modification for fiscal uses. * Registration of non-profit organizations and enterprise of federal jurisdiction. * My account: computerized information system about refunds and benefits.

Coverage area: Canada

Legal status: federal government agency

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L’EST-DE-L’ÎLE-DE-MONTRÉAL

5415 de l’Assomption Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2M4
514 252-3438 Fax: 514 252-3589
Website: ciusss-estml.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable.* Management of simplified access to services.* Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: East of Montréal Island

Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L’OUEST-DE-L’ÎLE-DE-MONTRÉAL

160 Stillview Avenue, Pointe-Claire, Montréal, QC, H9R 2Y2
514 630-2225 Fax: 514 630-7180
Website: www.ciusss-ouestmtl.gouv.qc.ca

Services: Plan, coordinate, organize and give the population of its territory access to all social and health services. * Ensure care is available for the entire population of its territory, including the most vulnerable population.* Ensure simplified access to services.* Receive complaints about dissatisfaction or violation of rights of users of health and social services.

Coverage area: Montréal, mainly West Island: CSSS de l’Ouest-de-l’Île, CSSS de Dorval-Lachine-LaSalle, Centre de réadaptation de l’Ouest de Montréal, les centres de la jeunesse et de la famille Batshaw, Institut universitaire en santé mentale Douglas, Centre de soins prolongés Grace Dart, Centre hospitalier de St. Mary

Financing: provincial

Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-EST-DE-L’ÎLE-DE-MONTRÉAL

155 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H4
514 593-2044 Fax: 514 593-3982
Website: www.ciusss-centresudmtl.gouv.qc.ca

Services: * Plan, coordinate, organize and give access to all healthcare and social services.* Ensure care is available for the entire population of its territory, including the most vulnerable population.* Ensure simplified access to services. * Receive complaints about dissatisfaction or violation of users’ rights.

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

Hours: Monday to Friday 8h00 to 17h00

Financing: provincial

Legal status: non-profit organization
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L’ÎLE-DE-MONTRÉAL
3755 de la Côte Sainte-Catherine Road, Suite B-119, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1E2
514 340-8222   Fax: 514 340-7530

Services: Plan, coordinate, organize and give the population of its territory access to all social and health services. * Ensure care is available for the entire population of its territory, including the most vulnerable population. * Ensure simplified access to services. * Receive complaints about dissatisfaction or violation of rights of users of health and social services.


Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTRÉAL
555 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1K5
514 331-3025   Fax: 514 331-0874
Website: http://ciusss-nordmtl.gouv.qc.ca/

Services: * Plan, coordinate, organize and give access to all healthcare and social services. * Ensure care is available for the entire population of its territory, including the most vulnerable population. * Ensure simplified access to services. * Receive complaints about dissatisfaction or violation of users’ rights.

Coverage area: Montréal, mainly Nord-de-l’Île-de-Montréal: CSSS d’Ahuntsic et Montréal-Nord, CSSS de Bordeaux-Cartierville-Saint-Laurent, CSSS du Cœur-de-l’Île, Hôpital du Sacré-coeur de Montréal, Hôpital Rivière-des-Prairies

Financing: provincial
Legal status: parapublic organization

CENTRES LOCAUX D’EMPLOI - DIRECTION RÉGIONALE DE L’ÎLE-DE-MONTRÉAL
276 Saint-Jacques Street West, Mezzanine floor, Ville-Marie, Montréal, QC, H2Y 1N3
514 725-5221   Fax: 514 725-2084
Website: www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers and companies, people aged 16 and older coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montréal
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization
CHAMBRE DE COMMERCE DE LA POINTE-DE-L’ÎLE
Confidential Address
514 640-9000     Fax: 514 645-4184
Website: www.ccpdi.com
Email: info@ccpdi.com
Services: * Networking events.* Representation of members at local forums.* Conferences.
Eligibility: businesses, entrepreneurs, organizations
Coverage area: Pointe-aux-Trembles, Montréal-Est
Hours: Monday to Friday 9h00 to 16h30
Fees: membership
Financing: contributions
Legal status: non-profit organization

CHANTIER D’AFRIQUE DU CANADA
4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3
514 767-6200     Fax: 514 767-6840
Website: www.chafric.ca
Email: info@chafric.ca
Services: Support for people from ethnocultural minorities, particularly of African origin, in their process of social, cultural and economic integration. * Code d'affaires: training in entrepreneurial leadership and sales, individual and personalized coaching, conferences and networking, Club entreprendre.* Women and leadership: coffee leadership, tontine circle, training, thematic workshops, business networking for women. * Youth: educational talk, regional advisory committee, online education forums, contests, Jeunes ambassadeurs itinérants, anti-racism and discrimination outreach, conferences, leadership training workshops.
Eligibility: ethnocultural minorities, particularly of African origin
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30
Financing: donations, self-financing, provincial, federal
Legal status: non-profit organization

COMPAGNIE F, L’ENTREPRENEURIAT AU FÉMININ
4710 Saint-Ambroise Street, Suite 111.A, Le Sud-Ouest, Montréal, QC, H4C 2C7
514 381-7333
Website: www.compagnie-f.org
Email: info@compagnie-f.org
Services: Training and coaching for women, from the creation phase to their business growth. * Organizing events and special projects highlighting women entrepreneurship.
Eligibility: women
Coverage area: Greater Montreal
Financing: self-financing
Legal status: non-profit organization

CONSEIL QUÉBÉCOIS D’AGRÉMENT
2021 Union Avenue, Suite 1200, Ville-Marie, Montréal, QC, H3A 2S9
514 499-6996     Fax: 514 499-6998
Website: www.cqaqualite.ca
Email: francine.simard@cqaqualite.ca
Services: Supports public and private organizations in their process of continuous improvement of the quality of their services. * Certification of private seniors’ residences and addiction housing resources.
Eligibility: public and private organizations
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: service fees
**Financing:** self-financing  
**Legal status:** non-profit organization

**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:** wwwcdrq.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

**FEMMESSOR - MONTRÉAL**  
3 Place Ville Marie, Suite 400, Ville-Marie, Montréal, QC, H3B 2E3  
1 844 523-7767  
**Website:** www.femmessor.com  
**Email:** montreal@femmessor.com  
**Services:** Supports start-up, consolidation, expansion or business acquisition projects. *Financing.* Accompaniment. *Training.* Networking events.  
**Eligibility:** women with 25% of the shares of a company  
**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization

**MONTRÉAL ENTERPRISE AND INNOVATION CENTRE**  
33 Prince Street, Ville-Marie, Montréal, QC, H3C 2M7  
514 866-0575  
**Fax:** 514 866-3591  
**Website:** www.ceim.org  
**Email:** info@ceim.org  
**Services:** A business incubator, member of the Canadian, North-American and European business incubators associations. *Assists start-up companies in new technologies (biotechnology, telecom, multimedia), manufacturing, distributing or services business aimed at commercializing innovative products or services.* Strategic and business plan analysis and composition, financial and marketing research. *Office space rental.* Potential analysis and project feasibility studies. *Development and deployment of marketing plans, competitive intelligence. Access to the CEIM's network.*  
**Eligibility:** small and medium enterprises, self-employed  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** $100 annual membership  
**Financing:** grants, membership fees  
**Legal status:** non-profit organization
OBJECTIF EMPLOI
1900 Sauvé Street East, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H2B 3A8
514 381-1171  Fax: 514 381-4860
Website: objectifemploi.ca
Email: contact@oe2.ca
Services: * Career guidance.* Job search assistance for newcomers: information on the job market, active search techniques, resume and cover letter writing, simulated interviews.* Entrepreneurship: free 330-hour training program.* Corporate services.
Eligibility: career guidance and entrepreneurship: general, job search assistance: newcomers for less than 5 years
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30
Fees: newcomers and people eligible for subsidized programs or referred by a local employment centre: free
Financing: provincial
Legal status: non-profit organization

OFFICE DE LA PROTECTION DU CONSOMMATEUR
Head Office, 5199 Sherbrooke Street East, Suite 3671, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3X2
514 253-6556  Fax: 514 864-2399
Website: www.opc.gouv.qc.ca
Services: Responsible for enforcing four laws: Consumer Protection Act, Travel Agents Act, Act respecting certain debt collection, Act respecting prearranged funeral services and sepulture. Reception of complaints from consumers. * Educates and informs the population.* Represents the interests of consumers in dealings with public organizations operating in Québec, Canada and worldwide.* Fosters concerted action among stakeholders of the consumer market (consumers, merchants and the associations representing them).* Delivers permits for an itinerant merchant.
Eligibility: consumers and stakeholders of the consumer market
Coverage area: Province of Québec
Hours: Office: Monday, Tuesday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 9h30 to 12h00 and 13h00 to 16h30, telephone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

RÉSEAU DE LA COOPÉRATION DU TRAVAIL DU QUÉBEC
1431 Fullum Street, Suite 206, Ville-Marie, Montréal, QC, H2K 0B5
514 526-6267  Fax: 514 526-2911
Website: www.reseau.coop
Email: info@reseau.coop
Services: * Start-up service of cooperative enterprises: provides training and support in the creation of labour cooperatives to groups wanting to better organize their projects.* Parcours COOP: 14 weeks of start-up training, advisory service on collective management by workers.* Group insurance plan.* Purchasing group.* Rooms rental.
Eligibility: groups of collective entrepreneurs
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $275 plus taxes per year
Financing: provincial, federal, self-financing, membership fees
Legal status: non-profit organization

REVENU QUÉBEC - REGISTRAIRE DES ENTREPRISES (LE)
2050 De Bleury Street, RC-10, Ville-Marie, Montréal, QC, H3A 2J5
514 644-4545  TTY: 1 800 361-9596
Website: www.registreentreprises.gouv.qc.ca
Email: registre@servicesquebec.gouv.qc.ca
Services: Register of businesses and legal entities in activity in the province of Québec. * Information about legal status and managers.* Online consultation.
Eligibility: citizens, businesses and non-profit organizations
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SAJE ACCOMPAGNATEUR D’ENTREPRENEURS
503 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1A8
514 861-7253   Fax: 514 398-9132
Website: www.sajeenaffaires.org
Email: info@sajeenaffaires.org
Eligibility: people 18 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 à 12h00 et 13h00 à 16h30
Fees: variable
Financing: provincial, municipal
Legal status: non-profit organization

SDC HOCHELAGA-MAISONNEUVE
3350 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 522-6581
Website: www.hochelaga.ca
Email: info@hochelaga.ca
Services: * Promotion of commercial development projects and of the revitalization of the neighbourhood.
Eligibility: residents and businesses of the Hochelaga-Maisonneuve neighbourhood
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: membership fees
Legal status: non-profit organization

SERVICE D’AIDE AUX JEUNES ENTREPRENEURS - MONTRÉAL-CENTRE
5160 Décarie Boulevard, Suite 820, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
514 485-7253   Fax: 514 485-4933
Website: www.sajemontrealcentre.com
Email: info@sajemontrealcentre.com
Services: Assistance to the start-up and development of small enterprises. * Soutien au travail autonome: program offering technical and financial support to self-employed workers.* Lancement d’une entreprise: training in French in partnership with the Commission scolaire Marguerite-Bourgeoys.* Counselling services for entrepreneurs.* International entrepreneurship development projects.
Coverage area: Province of Québec, Self-employment Program: Côte-des-Neiges, Notre-Dame-de-Grâce, Outremont, Mont-Royal, Saint-Laurent, Côte-Saint-Luc, Hampstead, Ouest-de-l’Île, Westmount, Montréal Ouest, Ville Mont-Royal, Baie d’Urfé, Beaconsfield, Pierrefonds, Dollard-des-Ormeaux, Pointe-Claire, Dorval, Île-Bizard, Senneville, Kirkland, Sainte-Anne-de-Bellevue, Sainte-Geneviève
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization
Employment and Income

YES
666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7
514 878-9788    Fax: 514 878-9950
Website: www.yesmontreal.ca
Email: info@yesmontreal.ca
Eligibility: people 16 to 35 years old, entrepreneurship and artists services: all ages, English-speaking newcomers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, evening workshops
Fees: no or minimal charges
Legal status: non-profit organization

Employment support and training

CANADIAN PRACTICE FIRMS NETWORK
533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8
514 508-1620    Fax: 514 721-9114
Website: www.rcee-cpfn.ca
Email: direction@rcee-cpfn.ca
Eligibility: practice firms
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

CARREFOUR RELANCE
3440 Ontario Street East, 2nd floor, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 254-7400    Fax: 514 254-9223
Website: carrefourrelance.qc.ca
Email: infos@carrefourrelance.qc.ca
Eligibility: people 30 years old and over, on last resort financial assistance or people who are very disadvantaged in their jobs
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE RECHERCHE D'EMPLOI DE POINTE-CLAIRE
1000 Saint-Jean Boulevard, Suite 095, Pointe-Claire, Montréal, QC, H9R 5P1
514 697-1500    Fax: 514 697-0293
Website: www.crepointeclaire.com
Email: info@crepointeclaire.com

**Eligibility**: people 18 years and over

**Coverage area**: Island of Montréal

**Hours**: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Financing**: provincial

**Legal status**: non-profit organization

**CIBLE RETOUR À L’EMPLOI**

4740 Wellington Street, Suite 302, Verdun, Montréal, QC, H4G 1X3

514 362-7340     Fax: 514 362-8583

Website: www.cibleretour.com

Email: info@cibleretour.com

**Services**: * Individual job search assistance: search techniques, assistance, resume and cover letter writing assistance, vocational guidance.* Career transition for artists and freelance workers.

**Eligibility**: people 18 years and over searching for a job

**Coverage area**: Island of Montréal

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

**Financing**: provincial, self-financing

**Legal status**: non-profit organization

**CLINIQUE DE PSYCHOLOGIE VILLERAY-PETITE-PATRIE**

7105 Saint-Hubert Street, Suite 301, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2N1

514 499-0399 ext. 0

Website: www.clinique-psychologues-montreal.ca

**Services**: Counselling with psychologists and psychotherapists. * Individual counselling and follow-up.* Counselling with supervised doctoral students.* Career counseling.* Family mediation.* Point of service: 150 Jarry Street East (unaccessible to wheelchairs).

**Coverage area**: Montréal Island

**Hours**: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h30 and 18h00 to 21h30, Saturday and Sunday 8h00 to 21h30

**Fees**: counselling with students: $50 to $70 per session, counselling with psychologists: starting at $95 per session

**Legal status**: commercial enterprise

**CLINIQUE DE PSYCHOTHÉRAPIE ET COACHING AOP**

Confidential Address

514 733-8873

Website: www.addictionoutreach.ca

Email: psychotherapycoach@gmail.com

**Services**: Specialized counseling services for anyone experiencing questions, suffering or life's difficulties. * Assessment and individual or small-group consultation for the following issues: stress, depression, anxiety, self-esteem, behavior modification, bereavement, loneliness, isolation, addiction (alcohol, drugs, internet, games), anger management, post-traumatic stress disorder, attention deficit hyperactivity disorder, mood disorder, obsessive-compulsive disorder, personality disorders, crisis, domestic violence, phobias (panic attack, panic disorder and agoraphobia), couple problem and interpersonal conflict. * External therapy of indefinite duration and follow-up of coaching as needed.* Crisis intervention.* Individual, group and family therapy.* Case management.* Coaching.* Workshops: relapse prevention, anger management, self-esteem, etc.* Legal and administrative assistance.

**Eligibility**: teenagers 15 years and over, adults and seniors experiencing difficulties

**Capacity**: 30

**Coverage area**: province of Québec

**Hours**: by appointment only
Fees: calculated depending on the income of each applicant, according to a sliding scale structure, tax receipt or insurance available upon request
Financing: donations, self-financing
Legal status: non-profit organization

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

FEMMES REGROUPÉES EN OPTIONS NON TRADITIONNELLES
3958 Dandurand Street, Suite 22, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P6
514 944-2030
Website: www.front.qc.ca
Email: info@front.qc.ca
Services: Support women in their employment process relatively to jobs that are not traditionally occupied by women. * Information and referrals regarding studies, job access, conditions to maintain employment and promotions.* Awareness, education and consultation.
Eligibility: women
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 14h00
Fees: individual member: $10, community group: $100, management, union and institutional group: $150
Financing: grants, membership fees
Legal status: non-profit organization

GROUPE INFORMATION TRAVAIL
1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1651 Fax: 514 526-1655
Website: www.groupeinfotravail.ca
Email: git@groupeinfotravail.ca
Services: * Preparatory employment program: group workshops on self-awareness, guidance, résumés and job searching techniques.* Internships.* Individual counselling.* Post-training follow-up.* Various workshops: work experience for adults and youth in difficulty or at risk of homelessness.
Eligibility: people excluded from the job market, men and women in difficulty 16 to 65 years old
Capacity: 12 people per group
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday by appointment
Financing: provincial
Legal status: non-profit organization
**IMPULSION-TRAVAIL**

5181 Amiens Street, Suite 300, Montréal-Nord, Montréal, QC, H1G 6N9  
514 327-1363   Fax: 514 327-4542  
Website: www.impulsion-travail.com  
Email: reception@impulsion-travail.com  

**Services:**  
* 5-week intensive job search groups.  
* Individual professional guidance and skill assessment.  
* Resume writing and preparation for interviews.  
* Access to computer equipment.  

**Eligibility:** adults 30 years and over  
**Coverage area:** East of Montréal Island, priority to Montréal-Nord and Rivière-des-Prairies  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** non-profit organization

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**MIRE: MOUVEMENT POUR L’INTÉGRATION ET LA RÉTENTION EN EMPLOI**

2187 Larivièrè Street, 2nd Floor, Ville-Marie, Montréal, QC, H2K 1P5  
514 598-7474   Fax: 514 598-9194  
Website: www.projetmire.com  
Email: info@projetmire.com  

**Services:**  
* 8-week training and job placement program.  
* Group workshops.  
* Financial assistance.  
* Social involvement.  
* Basic computer courses.  
* Support and follow-up for 2 years.  

**Eligibility:** adults with difficulty integrating or reintegrating the labour market  
**Coverage area:** Greater Montréal  
**Hours:** Monday, Wednesday and Friday 8h15 to 16h00, Tuesday 12h15 to 16h00, Thursday 9h45 to 16h00  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

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**ORDRE DES CONSEILLERS ET CONSEILLÈRES D’ORIENTATION DU QUÉBEC**

1600 Henri-Bourassa Boulevard West, Suite 520, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2  
514 737-4717   Fax: 514 737-2172  
Website: www.orientation.qc.ca  
Email: ordre@orientation.qc.ca  

**Services:**  
* Professional order.  
* Promotion of public’s interests: collection of complaints, evaluation and assessment of the professionals.  
* Training and information on the profession.  
* Online directory of professional services and field workers: http://goo.gl/zodAcw  
* Services offered by members: professional and educational counselling, career guidance and retirement planning, job search techniques and others.  

**Eligibility:** guidance counsellors, their clients and their employers  
**Capacity:** 2525 members  
**Coverage area:** province of Québec  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** membership  
**Financing:** membership fees  
**Legal status:** non-profit organization

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**SERVICE D’ENTRETIEN PRO-PRÊT**

5500 Fullum Street, Suite 300, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2H3  
514 279-3627   Fax: 514 279-9630  
Website: www.propret.org  
Email: info@propropret.org  

**Services:**  
* Socioprofessional insertion enterprise.  
* General maintenance of offices.  
* Industrial and commercial cleaning.  
* Human resources outsourcing.  

**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 17h00
Employment and Income

Fees: variable
Financing: self-financing
Legal status: non-profit organization

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


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

ALLIANCE POUR L'ACCUEIL ET L'INTÉGRATION DES IMMIGRANTS-ES
5165 Queen-Mary Road, 3rd floor, Suite 350, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 1X7
514 737-3642 Fax: 514 737-3514
Website: www.alac.qc.ca
Email: info@alac.qc.ca

Services: * Assistance for the integration of immigrants and workshop on settlement procedures.* Job search assistance: resume writing, cover letters, information sessions on job search, interview simulations.* Part-time French learning courses.

Eligibility: newcomers here for less than 5 years, refugees and asylum seekers, individual employability follow-up: newcomers and refugees only
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 17h00, French learning classes: day and evening
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

CARREFOUR BLE
4770 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H6
514 279-3669 Fax: 514 856-6029
Website: www.carrefourble.qc.ca

Services: * Agripppez-vous and Transformez-vous programs: five month upgrade training to the Québec food industry.* Job search support.* Regionalization and rural settlement program.

Eligibility: new immigrants with an experience in the food industry in their home country (agronomists, quality assurance control) or with a diploma in the food industry
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $40 for support members, $65 for active members
Financing: provincial, donations
Legal status: non-profit organization
CARREFOUR INTERCULTUREL ET DE MÉDIAS COMMUNAUTAIRE DE VERDUN
4741 de Verdun Street, Verdun, Montréal, QC, H4G 1M9
514 996-8761
Email: ceseraimedia@yahoo.ca
Eligibility: newcomers and citizens from immigration
Capacity: 40
Coverage area: Montréal
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE CHAMPAGNAT - INTÉGRATION SOCIOPROFESSIONNELLE
5017 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2X9
514 350-8800 ext. 8804
Website: centre-champagnat.csdm.ca
Email: c-champagnat@csdm.qc.ca
Services: Socio-professional integration (ISP) with technical training for semi-skilled trades. * Specialized program: Tremplin - Early childhood (0 to 5 years).* Semi-Specialized programs based on labor market needs (the training takes place at the Centre de formation de l'alimentation et du commerce: 1200 Crémazie Boulevard East, Montréal, QC H2P 3A6).
Eligibility: Regular program: people aged 16 years and over, with adequate knowledge of French (read, written and spoken), Francization program: people aged 18 years and over who have reached level 4 scale francization, Early childhood program: people aged 16 years and over who have a minimum of second level education
Coverage area: Montréal and surroundings
Hours: information sessions: Monday 9h00, trainings: Monday to Friday 8h15 to 15h45
Fees: training: $40 per session, plus related costs, eligible with Emploi-Québec
Financing: provincial
Legal status: provincial government agency

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

CHINESE NEIGHBOURHOOD SOCIETY OF MONTRÉAL
5995 Gouin Boulevard West, Suite 200, Le Sud-Ouest, Montréal, QC, H4C 1P3
514 522-8188 Fax: 514 866-8636
Website: www.cedi.ca
Email: info@cedi.ca
Services: * Community empowerment and development.* Interpretation and translation.* Information and referral.* Job referral service and help with the integration into the workplace.* Social activity group.* Collective services to women and the elderly.
Eligibility: Asian and other cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 13h00 to 17h00
Financing: grants, donations
Legal status: non-profit organization

CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS
1595 Saint-Hubert Street, Suite 300, Ville-Marie, Montréal, QC, H2L 3Z1
1 866 987-1759 Fax: 514 987-9989
Website: www.citim.org
Email: accueil@citim.org
Services: * Group sessions for settlement, integration and immigration procedures.* Employment: help with job search, counselling and one on one assistance, 11 sessions in group.* Engineers who graduated abroad: admission accompaniment for the Ordre des ingénieurs du Québec, job searching.* Mon PVT au Québec for PVT and temporary residents under certain conditions: 4 days information sessions on installation in Québec, employment and permanent residence application.* Visitors, temporary residents and PVT: information session for permanent residency of work visas.* For everyone: 12 weeks English classes, 5 to 7 monthly networking (in French only).
Eligibility: French and French-speaking immigrants, permanent residents, refugees, temporary residents, PVT and visitors
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: grants
Legal status: non-profit organization

CLUB DE RECHERCHE D'EMPLOI DU SUD-OUEST DE MONTRÉAL
7625 Newman Boulevard, LaSalle, Montréal, QC, H8N 1X7
514 366-0660 Fax: 514 366-2899
Website: www.cresom.com
Email: info@cresom.com
Services: * Job search program for people who want to find a job quickly.* Workshops and individual services for newcomers seeking employment.
Eligibility: people 18 years old and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30
Fees: can be financed by Emploi-Québec
Financing: provincial
Legal status: non-profit organization
CLUB DE RECHERCHE D'EMPLOI MONTRÉAL CENTRE-NORD
1600 Henri-Bourassa Boulevard West, Suite 450, Ahuntsic-Cartierville, Montréal, QC, H3M 3E2
514 858-6611  Fax: 514 858-6613
Website: www.cremcn.org
Email: cre@cremcn.org
Services: Job search workshops. * Resume writing assistance, preparation to interviews.* Specialized services for newcomers.* Exploration of the hidden job market.
Eligibility: people searching for a job and with a clear job objective, newcomers searching for a job
Capacity: 500
Coverage area: Island of Montréal
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CLUB DE RECHERCHE D'EMPLOI MONTRÉAL CENTRE-VILLE
550 Sherbrooke Street West, 10th floor, Suite 1000, Tower East, Ville-Marie, Montréal, QC, H3A 1B9
514 286-9595  Fax: 514 286-0406
Website: www.cremcv.com
Email: info@cremcv.com
Eligibility: people who are seeking a job, career transition program: people with a university degree obtained outside Canada and United States and who have not been allowed to practice
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CÔTE-DES-NEIGES JOB SEARCH CENTRE
3600 Barclay Avenue, Suite 421, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5
514 733-3026  Fax: 514 733-7120
Website: www.crecdn.com
Email: info@crecdn.com
Services: * Job search club: three-week group sessions.* Vocational guidance.* Résumé and cover letter writing.* Preparation for interviews and phone calls to employers.* Individual counselling.* Services for immigrants.
Eligibility: unemployed people 18 years and over, immigrants
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

FONDATION RESSOURCES-JEUNESSE
2021 Union Avenue, Suite 1288, 12th Floor, Ville-Marie, Montréal, QC, H3A 2S9
514 982-0577
Website: www.frj.qc.ca
Email: info@frj.qc.ca

Eligibility: adult Canadian citizens and newcomers (permanent residents, holders of a temporary work or study visa, refugees, asylum seekers)

Capacity: 60
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30 and Friday 8h30 to 13h00
Fees: free
Financing: fundraising campaigns, provincial, federal
Legal status: non-profit organization

GROUPE CONSEIL SAINT-DENIS
1453 Beaubien Street East, Suite 302, Rosemont-La Petite-Patrie, Montréal, QC, H2G 3C6
514 278-7211  Fax: 514 278-2493
Website: www.gcsd.qc.ca
Email: accueil@gcsd.qc.ca


Eligibility: unemployed people 18 to 55 years old, newcomers, people who experienced a burnout, businesses
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
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


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

HORIZON CARRIERE - CARREFOUR JEUNESSE-EMPLOI VIGER/JEANNE-MANCE
5960 Jean-Talon Street East, Suite 308, Saint-Léonard, Montréal, QC, H1S 1M2
514 256-1645  Fax: 514 256-8186
Website: www.horizoncarrierie.ca
Email: info@horizoncarrierie.ca


Eligibility: people of all ages, newcomers
Coverage area: Montréal Island
Hours: Monday and Thursday 8h30 to 16h30, Tuesday 8h30 to 20h00, Wednesday 8h30 to 12h00, Friday 8h30 to 16h00
Financing: provincial
Legal status: non-profit organization
INTERCONNEXION
380 Saint-Antoine West, Suite 6000, Ville-Marie, Montréal, QC, H2Y 3X7
514 871-4200
Website: www.interconnexion.ca
Email: info@ccmm.ca

Services: Professional twinning to promote the professional integration of immigrants with qualifications and some years of experience in a professional field. * Express mentoring: professional meeting of 2 hours between a qualified newcomer and a professional of a precise sector of activity. * Business immersion: professional meeting and non-remunerated internship of 4 weeks in an organization of the Montréal area. * Professional contact: career exploration day, express mentoring and workshops aiming to develop communication and networking skills. * Sectorial networking: training on networking, sectorial conference and speed-jobbing sessions.

Eligibility: immigrant with a permanent resident status, living in Canada for 5 years or less, available for job search

Coverage area: Greater Montréal

Fees: free

Legal status: non-profit organization

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


Eligibility: low-income population in general, people of African origin in particular

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h30

Fees: vary depending the show

Financing: donations, self-financing

Legal status: non-profit organization

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


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
QUALIFICATION MONTRÉAL
1050 5th avenue, Verdun, Montréal, QC, H4G 2Z6
514 748-4646
Website: qualificationmontreal.com
Email: info@qualificationmontreal.com
Services: * Information on steps to recognition of competences acquired in vocational and technical training.*
Referral.
Eligibility: applicants, employers, stakeholders
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT ÉCONOMIQUE ET SOCIAL DU SUD-OUEST
3181 Saint-Jacques Street, 2nd floor, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 931-5737 ext. 254 Fax: 514 931-4317
Website: www.resomtl.com
Email: reso@resomtl.com
Services: Employment support services, preparation to school return and help in identifying a professional goal. * Activities offered in individual and group workshops concerning job search, labor market and networking.* Group exploration activities of the labor market.* Accompaniment in general and vocational training.* École des Parents, basic training for parents of children of preschool and school age.* Job posting for enterprises and organization from the area.* Resources center: documentation and computer access with Internet.
Eligibility: people unemployed, enterprises and organizations in need of workforce
Coverage area: Montréal Island, priority to the South-West: Saint-Henri, Pointe-Saint-Charles, Little Burgundy, Côte-Saint-Paul, Ville-Émard and Griffintown
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: federal, provincial
Legal status: non-profit organization

SERVICE CANADA CENTRE - CÔTE-DES-NEIGES - NDG (MONTRÉAL)
5160 Décarie Boulevard, Suite 700, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3X 2H9
1 800 622-6232 TTY: 1 800 926-9105
Website: www.canada.ca
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: Monday to Friday 8h30 to 16h00
Legal status: federal government agency

SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)
Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 622-6232 TTY: 1 800 926-9105
Website: www.canada.ca

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

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


Coverage area: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-AUX-TREMBLES (MONTRÉAL)

13313 Sherbrooke Street East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1C2

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

Website: www.canada.ca


Coverage area: Pointe-aux-Trembles

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

SERVICE CANADA CENTRE - POINTE-CLAIRE

6500 Trans-Canada Highway, floor ground, Suite 100, Pointe-Claire, Montréal, QC, H9R 0A5

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

Website: www.canada.ca

Coverage area: Pointe-Claire
Hours: Monday to Friday 8h30 to 16h00
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)
6020 Jean-Talon Street East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Saint-Léonard and surrounding area
Hours: Monday to Friday 8h30 to 16h00
Legal status: federal government agency

SERVICE CANADA CENTRE - VERDUN (MONTRÉAL)
4110 Wellington Street, 2nd floor, Verdun, Montréal, QC, H4G 1V7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Montréal: Verdun
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

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Employment and Income

**UNION FRANÇAISE**
429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9
514 845-5195
Website: www.unionfrancaisedemontreal.org
Email: info@unionfrancaisedemontreal.org

**Services:** Services association for French-speaking immigrants. * Reception, information and assistance: visa, retirement, immigration, etc.* Happy hour with conferences and thematic activities.* Reception hall and bar rental.

**Eligibility:** French-speaking community

**Coverage Area:** Greater Montréal

**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00

**Fees:** annual membership: $10 per student, PVTist or job-seeker, $35 per adult, $40 per retired couple, $50 per family

**Financing:** French government, donations, provincial, contributions, self-financing

**Legal Status:** non-profit organization

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**UNIVERSITÉ DE MONTRÉAL - CLINIQUE JURIDIQUE POUR LES PROFESSIONNELS FORMÉS À L’ÉTRANGER**
Université de Montréal, 3200 Jean Brillant Street, Suite B-2202, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1N8
514 224-0341
Email: clinique.profil@gmail.com

**Services:** Free legal advice to internationally trained professionals practicing a profession regulated by a professional order of Québec. * Information and support throughout the process of recognition of qualifications.* Services offered by law school students supervised by lawyers specialized in professional law.

**Eligibility:** internationally trained professionals practicing a profession regulated by a professional order of Québec

**Coverage Area:** province of Québec

**Hours:** by appointment, 9h00 to 17h00

**Legal Status:** non-profit organization

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

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

**Eligibility:** women newly arrived, group workshops: French only, Individual meetings: French and English

**Coverage Area:** Montréal Island

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

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

**Legal Status:** non-profit organization
Employment support for seniors

**ACTION RH LANAUDIÈRE - BUREAU MONTRÉAL**

1000 Saint-Jean Boulevard, Suite 311, Pointe-Claire, Montréal, QC, H9R 5P1  
514 697-1500 Fax: 514 697-0293  
Website: www.actionrh.ca  
Email: m.lajeunesse@actionrh.ca

**Services:** *Job seeking programs: job offers, assistance to write resumes, personalized follow-up, workshops, Internet training and guidance service.* *Specialized service for people aged 50 years old and over.* *Bank of candidates for employers.*  
**Eligibility:** recipients of job insurance, income security and others  
**Coverage area:** West Island and Saint-Laurent  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**CENTRE EURÉKA**

4377 Notre-Dame Street West, Suite 106, Le Sud-Ouest, Montréal, QC, H4C 1R9  
514 937-8998  
Website: www.centreeureka.org  
Email: info@centreeureka.org

**Services:** Counselling service in employability development. *Individual counselling, supervision and long term follow-up.* *Skill assessment.*  
**Eligibility:** adults 40 years old and over who are unemployed  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Thursday 8h00 to 16h00  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

**EXECUTIVES AVAILABLE**

189 Hymus Boulevard, Suite 405, Pointe-Claire, Montréal, QC, H9R 1E9  
514 697-2227 Fax: 514 697-7837  
Website: www.ea-cd.ca  
Email: info@ea-cd.ca

**Services:** *Association of managers and professionals seeking new career opportunities.*  
**Eligibility:** people 40 years old and up  
**Capacity:** approximately 400 members  
**Coverage area:** Montréal, Repentigny, Châteauguay, Saint-Constant, Vaudreuil, Terrebonne  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**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  
Email: info.hochelaga@saee.net

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

**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

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

**Services:** Support to women 50 years old and over seeking a job. * 7 weeks workshops, discover your employment goals: vocational guidance, personal portrait and skills assessment, self-management, job search tools, one on one follow-up meetings.* 4 weeks group workshops: job search tools, interview simulations, getting familiar with the job market, job search, one on one follow-up meetings. * Individual counselling (french and English): personalized support or specific workshops.* Ongoing education: computer skills training, English or French classes.  
**Eligibility:** women 50 years old and over seeking a job, group workshops: French only, one on one meetings: French and English  
**Coverage area:** Island of Montréal  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** membership fees, donations, grants, Centraide of Greater Montréal  
**Legal status:** non-profit organization

**Employment support for women**

**CENTRE DES FEMMES DU PLATEAU MONT-ROYAL**  
1022 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L1  
514 527-2295  Fax: 514 527-6547  
**Website:** www.cfemmesplateau.org  
**Email:** info@cfemmesplateau.org  

**Services:** * Reception, listening and referral.* Training workshops.* Information meetings.* Special activities.* Socioprofessional integration and guidance.  
**Eligibility:** women of all ages and backgrounds  
**Coverage area:** Greater Montréal  
**Hours:** Tuesday to Thursday 9h00 to 17h00  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

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

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - NON-TRADITIONAL TRADES
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652     Fax: 514 284-2243
Website: www.centredesfemmesdemtl.org/en/employability/nontraditional.html
Email: emploi@centredesfemmesdemtl.org
Services: Support to the integration into the workforce and access to training programs for women interested in
non-traditional trades and professions. * Virage Program: exploration of non-traditional trades and professions,
skills assessment, identification of career objective, exploration of various work environments, school visits,
skills tranfert, personal support and exchanges with professional women in specialized fields.* Action-Reaction
Program: job-search assistance, identification of employment target, development of methods for job search,
business internship, informational meetings with selected professionals, group coaching and personal support. *
Additional services: matchmaking with workers in non-traditional profession, awareness seminars in schools,
referral of specialized women to employers with job openings, access to computer tools, workshops to various
subjects and professional dressing room.
Eligibility: women into sectors where the female workforce accounts for less than 33% of the total, group
workshops: French only, Individual meetings: French and English
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, donations, grants, Centraide of Greater Montréal
Legal status: non-profit organization

WOMEN'S CENTRE OF MONTRÉAL - EMPLOYABILITY - QUEBECERS AND IMMIGRANT
SETTLED FOR MORE THAN 5 YEARS
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-6652     Fax: 514 284-2243
Website: www.centredesfemmesdemtl.org/en/employability/quebecers_immigrants.html
Email: emploi@centredesfemmesdemtl.org
Services: Support service to job search for women who are living on the island of Montreal .* Group workshops
of 4 weeks: job search tools, mock interviews, knowledge of the labour market, job search, and individual
follow-up meetings.* Job search personal services: skills assessment, school and professional information, job-
search techniques, interview simulations, contact with employers. * Internet access, workshops on various
topics and business attire.
Eligibility: women who have been off the job market for some time, group workshops: French only, Individual
meetings: French and English
Coverage area: Island of Montréal
Hours: Monday to Friday 9h00 to 17h00
YWCA MONTRÉAL - EMPLOYABILITY
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 416  Fax: 514 866-2248
Website: www.ydesfemmesmtl.org
Email: ose@ydesfemmesmtl.org
Services: * Vocational guidance.* Job search assistance, individual monitoring, group workshops.*
Documentation centre.* Women's Work Integration Program: labour market reintegration program for women.*
S'entreprendre: program offering training, support and financial assistance in French, for women wanting to
start their own business or go back to school or get a job.* Fringue & Cie: social integration enterprise with paid
training in sale and customer service.
Eligibility: women who are beneficiaries of social assistance, of employment insurance or without income
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

Employment support for youth

ACCÈS-TRAVAIL DE MONTRÉAL
1935 Cuvillier Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3A4
514 259-4690 ext. 200  Fax: 514 259-3612
Website: www.accestravail.qc.ca
Email: reception@accestravail.qc.ca
Services: * 3-week job search training following the club method.* Job search workshops.* Vocational and
academic guidance.* Documentation room.* Access to Internet and to a telephone.* Ensemble vers
l'intégration: job integration program with internship and personalized follow-up.
Eligibility: employment-insurance and employment-assistance recipients, people who are not receiving any
cheque, part-time workers and students, Ensemble vers l'intégration: people 18 to 30 years old without a job
and with a secondary school diploma maximum
Capacity: groups of 12 people
Coverage area: Island of Montreal
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 14h30,
Ensemble vers l'intégration: full-time during the day
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

ATELIERS D'ANTOINE (LES)
4800 de Rouen Street, Suite 100, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3T4
514 256-5557  Fax: 514 256-4447
Website: www.lesateliersdantoine.com
Email: antoine@lesateliersdantoine.com
Services: Integration business. * Paid training in woodworking.* Individual follow-up, job seeking and
employment follow-up.* Production of horticultural products and composters.
Eligibility: men and women aged 16 to 30 years old, receiving social assistance, employment insurance or not
receiving any check
Capacity: 33 people each year
**BOIS URBAIN**

9015 Meilleur Street, Ahuntsic-Cartierville, Montréal, QC, H2N 2A3  
514 388-5338 ext. 201  Fax: 514 388-1769  
Website: www.boisurbain.org  
Email: info@boisurbain.org  

**Services:** Employment enterprise specialized in woodworking and furniture making. * On site training for 26 weeks.  
**Eligibility:** adults aged 18 to 35 years old wishing to acquire a job experience in order to access job market or to go back to school  
**Capacity:** 53 per year  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday 7h15 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00  
**Fees:** free  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

**BOULOT VERS... (LE)**

4447 de Rouen Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1  
514 259-2312  Fax: 514 259-8074  
Website: www.boulotvers.org  
Email: info@boulotvers.org  

**Services:** Social rehabilitation entreprise. * Paid internship.* Personalized training.* Academic and vocational guidance.* Job seeking assistance.* Furniture manufacturing and sale.  
**Eligibility:** young people aged 16 to 25 years old  
**Capacity:** 25  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Thursday 8h00 to 17h30, Friday 8h00 to 15h00  
**Financing:** grants, donations, self-financing  
**Legal status:** non-profit organization

**BUFFETS INSÈRE-JEUNES**

5188 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1T 1W1  
514 593-7705 ext. 3  Fax: 514 593-7358  
Website: www.traiteurbis.qc.ca  
Email: formation@traiteurbis.qc.ca  

**Services:** Social and professional integration enterprise. * BIS training: 6-month paid work experience in cooking, technical training as assistant cook or assistant pastry chef, individual follow-up, personal and social development workshops, job search assistance.* Services to employers.* Catering.  
**Eligibility:** youth 16 to 25 years old  
**Coverage area:** Montréal  
**Hours:** Monday to Friday 7h00 to 16h30  
**Fees:** none  
**Financing:** provincial, self-financing, donations  
**Legal status:** non-profit organization
CARREFOUR JEUNESSE-EMPLOI AHUNTSIC-BORDEAUX-CARTIERVILLE
10794 Lajeunesse Street, Suite 105, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 383-1136  Fax: 514 383-1428
Website: www.cje-abc.qc.ca
Email: administration@cje-abc.qc.ca
Services: * Reception, assistance and referral.* Job search assistance.* Academic and vocational guidance.* School perseverance support.* Introduction to entrepreneurship.* Personal finances and budget training.
Eligibility: people 16 to 35 years old
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 8h30 to 11h45 and 13h00 to 15h30
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ANJOU - SAINT-JUSTIN
7450 les Galeries d'Anjou Boulevard, Suite 480, Anjou, Montréal, QC, H1M 3M3
514 353-5400  Fax: 514 353-0040
Website: www.cjeanjou.com
Email: info@cjeanjou.com
Eligibility: youth aged 16 to 35 years old
Coverage area: Anjou, Saint-Justin Parish
Hours: Monday, Tuesday and Thursday: 9h00 to 12h00 and 13h00 to 17h00, Wednesday 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 15h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL
11000, Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6
514 327-5555  Fax: 514 327-4224
Website: www.cjebourassasauve.com
Email: emploi@cjebourassasauve.com
Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search.* Specialized programs for mothers, young families, young people who have not completed their high school diploma, immigrants and visible minorities.* Academic and vocational guidance.* Promotion and development of youth entrepreneurship.
Eligibility: young adults aged 16 to 35 years old
Capacity: 25 people
Coverage area: Montréal-Nord and East of Ahuntsic, for some activities: Island of Montreal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial, grants
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-SUD - PLATEAU MONT-ROYAL - MILE-END
425 Sherbrooke Street East, Suite 11, Le Plateau-Mont-Royal, Montréal, QC, H2L 1J9
514 528-6838  Fax: 514 528-8507
Website: www.cjeplateau.org
Email: info@cjeplateau.org
Eligibility: people 16 to 35 years old
Coverage area: Centre-Sud, Plateau Mont-Royal, Mile-End
Hours: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 14h00 to 19h30
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE L'OUEST-DE-L'ÎLE
225-F Hymus Boulevard, Pointe-Claire, Montréal, QC, H9R 1G4
514 782-0433    Fax: 514 782-0431
Website: www.cjeouestile.qc.ca
Email: info@cjeouestile.qc.ca
Eligibility: young adults 16 to 35 years old
Coverage area: West Island
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE VERDUN
4005 Wellington Street, Verdun, Montréal, QC, H4G 1V6
514 767-9971 ext. 201    Fax: 514 767-5707
Website: www.sipcje.org
Services: Assistance for socioprofessional integration. * Individual intervention, job counseling.* School and vocational guidance.* Psychosocial accompaniment and referral.* Counseling services in prestarting a business.* Multiservices room: Internet, copies, etc.
Eligibility: young adults aged 16 to 35 years old
Coverage area: Montréal
Hours: Monday and Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 9h00 to 12h00 and 13h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MONTRÉAL CENTRE-VILLE
666 Sherbrooke Street West, Suite 2101, Ville-Marie, Montréal, QC, H3A 1E7
514 875-9770    Fax: 514 875-9523
Website: www.cjemontreal.org
Email: info@cjemontreal.org
Eligibility: people 16 to 35 years old
Coverage area: Ville-Marie, Westmount
Hours: Monday to Thursday 9h00 to 17h00, Friday 13h00 to 16h00
Fees: none
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke Street West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1M9
514 482-6665     Fax: 514 482-8185
Website: www.cje-ndg.com
Email: info@cje-ndg.com
Services: * Information and assessment.* Professional and academic exploration.* Employability services: job bank, job search techniques, workshops, entrepreneurship awareness service, orientation services.* Job search stations: computers, Internet, phone, fax, photocopier, documentation centre.* Support from an employment counselor throughout the research.
Eligibility: people 16 years and over
Coverage area: Notre-Dame-de-Grâce, Montréal-Ouest, Côte Saint-Luc, Hampstead
Hours: Monday, Wednesday and Friday 9h00 to 17h00, Tuesday 13h00 to 17h00, Thursday 9h00 to 20h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI RIVIÈRE-DES-PRAIRIES
11965 Alexis Carrel Avenue, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 5K7
514 648-8008     Fax: 514 648-8242
Website: www.cje-rdp.org
Email: info@cje-rdp.org
Services: * Multiservices room.* Employment counseling.* Orientation.* Vocational and academic information.* Training and projects.
Eligibility: youth 16 to 35 years old
Coverage area: Rivière-des-Prairies (H1E and H1C)
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday and Friday 9h00 to 12h00
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT
404 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 5E6
514 855-1616     Fax: 514 747-0008
Website: www.cjestlaurent.org
Email: cje@cjestlaurent.org
Eligibility: people 16 to 35 years old
Coverage area: Saint-Laurent
Hours: Tuesday 10h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 13h00 to 16h30, Monday and Friday by appointment
Fees: none
Financing: provincial, federal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI SUD-OUEST DE MONTRÉAL
3181 Saint-Jacques Street, Door 100, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 934-2242     Fax: 514 934-2264
Website: www.cjeso-mtl.org
Email: info@cjeso-mtl.org
Employment and Income


Eligibility: youth 16 to 35 years old

Coverage area: Sud-Ouest of Montréal

Hours: Monday and Tuesday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 9h00 to 12h00 (by appointment) and 13h00 to 17h00, Thursday 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 17h00 (by appointment)

Fees: free

Financing: provincial

Legal status: non-profit organization

D-TROIS-PIERRES

Édifice Hôtel de Ville, 10950 Perras Boulevard East, Rivièr-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1C 1B3

514 648-8805   Fax: 514 648-9688

Website: www.d3pierres.com

Email: info@d3pierres.com

Services: Social and professional integration enterprise. * Jobs offered: catering, administrative, technical and agricultural services and customer service. * Accompaniment, technical and personal training, referrals, school integration support, academic recognition (CREP), job search help.

Eligibility: young adults aged 18 to 30 years old, unemployed and not attending school on a full time basis

Capacity: 30 people

Coverage area: Montréal

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

DISTRIBUTIONS L'ESCALIER

4455 de Rouen Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1H1

514 529-5974   Fax: 514 529-0577

Website: www.distributionsescalier.com

Email: info@distributionsescalier.com


Eligibility: young adults 18 to 30 years old with personal or professional difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

DORVAL - LEISURE AND CULTURE

Sarto-Desnoyers Community Centre, 1335 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5

514 633-4000   Fax: 514 633-4016

Website: loisirs.ville.dorval.qc.ca

Email: lc@ville.dorval.qc.ca

**ÉCOLE ENTREPRISE FORMÉTAL (L’)**
1850 Le Ber Street, Le Sud-Ouest, Montréal, QC, H3K 2A4
514 939-2510 Fax: 514 939-1810
Website: www.formetal.qc.ca
Email: gestion@formetal.qc.ca

**Services:** *Social and professional integration company offering 29-week technical training with possibility of 3-week internship in a company.* *Training fields: processing sheet metal, welding, electrostatic painting.*
Possibility of scholarships.

**Eligibility:** people aged 18 to 35 years with low degree of training and having difficulties finding or keeping job

**Coverage area:** Montréal, priority to residents of Sud-Ouest borough

**Hours:** information sessions: every Monday 13h30

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**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

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**FABRIQUE ENTREPRENEURIALE (LA)**
1431 Fullum Street, Suite 206, Ville-Marie, Montréal, QC, H2K 0B5
514 375-4500 Fax: 514 526-2911
Website: www.fabrique.coop
Email: hugo@fabrique.coop

**Services:** Youth entrepreneurship assistance.

**Eligibility:** youth 15 to 29 years old

**Coverage area:** Montréal

**Legal status:** non-profit organization

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**FONDATION TRAVAIL SANS FRONTIÈRES**
4535 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R2
514 499-0606 Fax: 514 499-1819
Website: www.tsf.qc.ca
Email: emploi@tsf.qc.ca
Services: * Proactive job search: resume, business cards, vocational guidance, psychosocial follow-up if needed.* Development workshops: Internet and social networks, phone calls and networking, job interviews, personal knowledge and organization.* Equipment available: computers, photocopier, fax, Internet.* Espace Emploi: 6-week program in group or individually.* Projet Essor: program for people working in arts and culture who wish to make a career transition.* Mutation vers l’emploi: 12-week program for men aged 36 to 60 furthest from the labour market or in the process of a career transition.* Programme d'organisation au travail: 12-week program for men and women aged 18 to 35 furthest from the labour market and who wish to return to school.* Motiv’action: 26-week program for youth 18 to 29 years old struggling with social or professional integration difficulties.

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

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


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

GROUPE PARADOXE
5959 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H5
514 931-5204 Fax: 514 931-5495
Website: www.paradoxe.ca
Email: info@paradoxe.ca

Services: Social and professional integration program. * 30-week paid employment contract.* Basic training in four events-related areas.* Individual and group support, job coaching, post-program follow-up.* Assistance with internship and employment procedures.* Sociocultural activities.* Paradoxe Theater.

Eligibility: people 18 to 35 years old on a low income, in precarious employment, with low education
Capacity: 25 people per year
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: self-financing
Legal status: non-profit organization

HÔTE MAISON - MAISON DE JEUNES (L')
6255 Boyer Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2J2
514 273-0805
Website: www.lhotemaison.com
Email: lhote_maison@hotmail.com

Services: Exchange, training and information meeting place. * Recreational and sports activities: capoeira, improvisation, hip-hop dance, etc.* OKAFLY: youth work cooperative.* One-off projects: film workshops, circus workshops, etc.
Eligibility: young people 12 to 17 years old
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 14h45 to 21h00
Financing: grants, self-financing
Legal status: non-profit organization

IMPRIME-EMPLOI
5500, Fullum Street, Suite 318, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2H3
514 277-7535    Fax: 514 277-2273
Website: www.imprime-emploi.com
Email: communications@imprime-emploi.com
Services: Training business specialized in printing and finishing printing products. * 6 months training in binding and finishing: 20 weeks of learning, 4 weeks internship and 2 weeks of job research.
Eligibility: adults from 18 to 35 years old distanced from labor market or experiencing difficulties to find or maintain a job
Coverage area: Montréal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h30
Financing: grants, self-financing
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

MAISON DES JEUNES DU PLATEAU
5046 Cartier Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1X5
514 525-7402    Fax: 514 525-7402
Website: www.maisondesjeunesduplateau.com
Email: mjplateau@hotmail.com
Services: Supervised meeting place for youth. * Animation and preventive intervention.* Social, cultural and recreational activities.* Cooking workshops.* Impro team and music room.* Youth committee.* Organized outings.* Youth service cooperative.
Eligibility: youth 12 to 18 years old
Coverage area: Montréal
Hours: Tuesday to Friday 15h00 to 21h00, administration: Tuesday to Friday 12h00 to 15h00
Financing: provincial, donations, municipal
Legal status: non-profit organization

MAISON DES JEUNES MAGI DE MERCIER-OUEST
Jean-Amyot Park's Chalet, 6110 de Marseille Street, Door 10, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3N3
514 872-6169
Website: www.mdjmagi.com
Email: info@mdjmagi.com
Employment and Income

Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 15h00 to 20h30, hours vary in summer
Financing: provincial, donations, municipal
Legal status: non-profit organization

OPÉRATION PLACEMENT JEUNESSE
1077 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L4
514 281-1030  Fax: 514 281-9741
Website: www.opj.ca
Email: info@opj.ca

Services: * Group or individual follow-up.* Referral and monitoring for academic guidance, professional development, individual training, etc.* Job search techniques, simulated interviews, supervision, skills assessment.* Paid internship opportunities, job placement and monitoring.
Eligibility: people 16 to 35 years old and over 40 years old
Capacity: 200 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

PIAULE DE GUYBOURG (LA)
Rougemont Park's Chalet, 1900 Bossuet Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 2R7
514 259-7692
Website: www.mdjmagi.com
Email: info@mdjmagi.com

Eligibility: youth 12 to 17 years old
Coverage area: Mercier-Ouest
Hours: Monday to Friday 17h30 to 21h00, hours vary in summer
Financing: provincial, municipal, donations
Legal status: non-profit organization

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
Email: 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
514 354-3226 ext. 233 Fax: 514 354-1132
Website: www.pitrem.org
Email: 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

RAP JEUNESSE
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 388-7336 Fax: 514 382-7191
Website: www.rapjeunesse.org
Email: info@rapjeunesse.org

Services: Street and outreach work. * Welcoming, listening, support, referral and information, guidance and individual follow-up.* The mobile unit L'Accès-Soir: frontline intervention and distribution of injection and inhalation material.* Awareness and prevention of STD's in schools and communities.* Projet M.A.R.C: professional integration for 16 to 30 years old.
Eligibility: people in need 13 years and over
Coverage area: Ahuntsic, Bordeaux-Cartierville, Saint-Laurent, Montréal-Nord, Pierrefonds and Parc-Extension
Hours: administration: Monday to Friday 9h00 to 17h00, Accès-Soir, intervention: 17h00 to 23h00
Financing: grants
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
Email: 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

Government services

BUREAU D'ÉVALUATION MÉDICALE DE MONTRÉAL
35 Port-Royal Street, 1st floor, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 873-1923 Fax: 514 873-1622
Website: www.travail.gouv.qc.ca/evaluation_medicale/bureau_devaluation_medicale.html
Services: Medical expertise relative to work accidents. * Take action in cases of contrary medical assessments by the doctor in charge of the worker and the doctor designated by the employer or the CNESST.* Neutral and impartial medical evaluation.

Eligibility: injured workers

Coverage area: Greater Montréal

Legal status: provincial government agency

COMMISSION DE LA CONSTRUCTION DU QUÉBEC

Montréal Office, 1201 Crémazie Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2M 0A6

1 888 842-8282   Fax: 514 341-4025

Website: www.ccq.org

Services: Responsible for applying the Act on Labour Relations, Vocational Training, and Manpower Management in the Construction Industry (Act R-20) which provides a legal framework for the industry in Québec. * Services to clients: benefits, retirement and insurance, vocational training, force management and application of collective agreements in the construction industry.* Issuance of certificates of competence or exemption.

Eligibility: construction industry

Coverage area: Province of Québec

Hours: call centres: Monday to Friday 8h30 to 16h30, Office: Monday, Tuesday, Thursday and Friday 8h15 to 12h00 and 13h00 to 16h45, Wednesday 10h00 to 12h00 and 13h00 to 16h45

Fees: variable

Legal status: parapublic organization

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - MONTREAL ISLAND

1 complexe Desjardins, South Tower, 31st floor, Ville-Marie, Montréal, QC, H5B 1H1

1 844 838-0808   Fax: 1 855 722-8081

Website: www.cnesst.gouv.qc.ca

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace.* Inspection of workplaces.* Promotion of occupational health and safety.* Compensation for workers who suffered an occupational injury.* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and employees

Coverage area: Montreal Island

Hours: Office: Monday to Friday 8h30 to 16h30, except holidays

Financing: membership fees, self-financing

Legal status: provincial government agency

EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA

Complexe Guy-Favreau, 200 René-Lévesque West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

Website: www.edsc.gc.ca


Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION

200 René-Lévesque Boulevard West, East Tower, Room 102, Ville-Marie, Montréal, QC, H2Z 1X4

1 866 626-8719   Fax: 514 496-6629

Website: www.irb-cisr.gc.ca
INDEMNISATION DES VICTIMES D’ACTES CRIMINELS

INDEMNISATION DES VICTIMES D’ACTES CRIMINELS
1199 De Bleury Street, Le Sud-Ouest, Montréal, QC, H3C 4E1
1 800 561-4822  Fax: 514 906-3029
Website: www.ivac.qc.ca
Email: info@ivac.qc.ca


Eligibility: victims of crime and their rescuers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: federal, provincial
Legal status: parapublic organization

INTERIM FEDERAL HEALTH PROGRAM

INTERIM FEDERAL HEALTH PROGRAM
Confidential Address
Website: www.cic.gc.ca/english/refugees/outside/arriving-healthcare/individuals.asp

Services: Limited and temporary coverage of health-care benefits. * Basic coverage: in-patient and out-patient hospital services, consultation with licensed health-care professionals.* Supplemental coverage: limited vision and urgent dental care, home care and long-term care, services from allied health-care practitioners including clinical psychologists, psychotherapists, counselling therapists, occupational therapists, speech language therapists, physiotherapists and assistive devices, medical supplies and equipment.* Prescription drug coverage.* Coverage for the Immigration Medical Exam. * Those coverages may have maximum amount and are no longer valid once the person is eligible for provincial or territorial health-care.

Eligibility: resettled refugees (government-assisted refugees, blended visa office-referred refugees, joint assistance sponsorship program refugees, refugees sponsored by organizations in cost-sharing arrangements, privately sponsored refugees), protected persons in Canada, refugee claimants (awaiting decision, rejected claimant, ineligible claimants, people who received a positive pre-removal risk assessment), victims of human trafficking, detainees under the Immigration and Refugee Protection Act
Coverage area: Canada
Fees: free
Financing: federal
Legal status: federal government agency

MINISTÈRE DU REVENU DU QUÉBEC

MINISTÈRE DU REVENU DU QUÉBEC
Complexe Desjardins, North Tower, basilaire 1, 150 Sainte-Catherine West Street, Ville-Marie, Montréal, QC, H2Y 3X7
514 864-6299  Fax: 514 873-7502  TTY: 514 873-4455
Website: www.revenuquebec.ca

Services: Ensure perception of income and sale taxes to finance public services. * Manage the Programme de perceptions des pensions alimentaires as well all the others perception and redistribution programs.* Manage and liquidate the unclaimed goods.* Register of businesses and moral persons in activity in the province.* Advise the government relatively to fiscal policy.
Coverage area: province of Québec
Employment and Income

Hours: in person: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h00, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

QUÉBEC PARENTAL INSURANCE PLAN
Confidential Address
1 888 610-7727
Website: www.rqap.gouv.qc.ca

Services: Financial benefits to eligible workers taking maternity, parental, paternity or adoption leave.
Eligibility: employees or self-employed workers
Coverage area: province of Québec
Hours: phone service: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC
425 De Maisonneuve Boulevard West, 3rd floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5
514 864-3411     TTY: 1 800 361-3939
Website: www.ramq.gouv.qc.ca

Coverage area: province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL CENTRE
Complexe Desjardins, 150 Sainte-Catherine Street West, North Tower, basilique 1, Ville-Marie, Montréal, QC, H2X 3Y2
514 864-6299     Fax: 514 873-7502     TTY: 514 873-4455
Website: www.revenuquebec.ca

Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL EAST
Village olympique, 5199 Sherbrooke Street East, Pyramide East, Suite 4000, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4C2
514 864-6299     Fax: 514 873-7502     TTY: 514 873-4455
Website: www.revenuquebec.ca

Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL WEST
Les Galeries Saint-Laurent, 2215 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4R 1K4
514 864-6299 Fax: 514 873-7502 TTY: 514 873-4455
Website: www.revenuquebec.ca

Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - MONTRÉAL
2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5
1 877 644-4545 TTY: 1 800 361-9596
Website: www.gouv.qc.ca

Services: * Information on government programs and services.* Self-serve computer stations.* Services related to land registry of Quebec.* Administration-of-oath services.* Services related to the registry of enterprises.

Coverage area: Island of Montréal
Hours: In person: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00
Legal status: provincial government agency

SERVICES QUÉBEC - MONTRÉAL (SAINT-LÉONARD)
7335 Langelier Boulevard, C-18, Saint-Léonard, Montréal, QC, H1S 1V7
1 877 644-4545 TTY: 1 800 361-9596
Website: www.gouv.qc.ca

Services: * Information on government programs and services.* Self-serve computer stations.* Administration-of-oath services.

Coverage area: Montréal
Hours: In person: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30, telephone: Monday to Friday 8h00 to 20h00
Legal status: provincial government agency

Tax clinics

ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL - TAX CLINIC
5960 Jean-Talon Street East, Suite 209, Saint-Léonard, Montréal, QC, H1S 1M2
514 723-4939 Fax: 514 723-3619
Website: www.aiemont.com
Email: aiem@qc.aira.com

Services: Walk-in tax clinic upon deposit.
Eligibility: people on a low income, newcomers
Coverage area: East of Montréal
Hours: Monday to Friday March and April 2018
Financing: provincial
Legal status: non-profit organization
ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME - TAX CLINIC

414 Lafleur Street, Suite 1-10, Lasalle, Montréal, QC, H8R 3H6
514 364-0939     Fax: 514 364-9992
Website: www.airsomprisme.org
Email: info@airsomprisme.org

Services: Walk-in tax clinic.
Eligibility: immigrants on a low income
Capacity: 60 to 100 people per day
Coverage area: LaSalle, Lachine, Verdun
Hours: March and April: Friday 9h00 to 15h00
Fees: $8 per person
Financing: federal, provincial, municipal
Legal status: non-profit organization

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

ALLIANCE SOLUTIONS COMPTABLES - TAX CLINIC

915 Bélanger Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1G9
514 312-6212
Website: scalliance.ca
Email: info@scalliance.ca

Services: Tax clinic.
Eligibility: retired people, people on social assistance, full-time students
Coverage area: Montréal
Hours: March 1 to April 30 2018, Monday to Friday 10h00 to 17h00 by appointment, March 17 2018 without appointment
Fees: voluntary contribution
Legal status: commercial enterprise

ASSISTANCE HUMANITAIRE ET COMMUNAUTAIRE MULTIFORME - TAX CLINIC

750 Georges-Bizet Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 5S9
514 608-6317
Website: www.ashucom.org
Email: 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.accohare@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

ASSOCIATION CANADO-PÉRUVIENNE - TAX CLINIC
6970 Christophe-Colomb Street, Suite 208, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H5
514 554-1272
Website: www.apc-canada.com
Email: apc.peru@yahoo.com
Services: Tax clinic available all year. * Walk-in hours during tax season.* Possibility of in-home service for groups comprising 10 people or more and for people with disabilities.
Eligibility: newcomers, students, retired people, people on a low income, unemployed people, self-employed workers, others
Coverage area: Greater Montréal
Hours: February 15 to May 31 2018: Tuesday, Thursday and Friday 11h00 to 17h00, Saturday 11h00 to 14h00, June 6 2018 to February 6 2019: 1st Wednesday of the month 13h00 to 17h00
Fees: basic contribution: $15, self-employed workers: additional contribution
Financing: donations, grants
Legal status: non-profit organization

ASSOCIATION CIGOGNE - TAX CLINIC
3333 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: www.cigogne.ca
Email: associationcigogne@gmail.com
Services: Tax clinic by appointment.
Eligibility: student parents on a low income
Coverage area: Montréal
Hours: March 6 to May 1st 2018
Financing: self-financing, donations
Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE - EST DE MONTRÉAL - TAX CLINIC
5955 de Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6
514 257-6622 Fax: 514 257-7998
Website: www.consommateur.qc.ca/acefest
Email: accueil@acefest.ca
Services: Tax clinic by appointment.
Eligibility: people on a low income, newcomers
Coverage area: Mercier, Anjou, Montréal-Nord, Montréal-Est, Saint-Léonard, Pointe-aux-Trembles, Rivières-des-Prairies
Hours: registration: starting February 28 2018, clinic: Fridays in March and April 2018
Fees: free
ASSOCIATION D'ENTRAIDE DES PERSONNES HANDICAPÉES PHYSIQUES DE MONTRÉAL - TAX CLINIC
14115 Prince-Arthur Street, Suite 163, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1A8
514 352-5119 ext. 262 Fax: 514 352-6242
Website: www.alpha-montreal.com
Email: alpha@mainbourg.org
Services: Tax clinic by appointment.
Eligibility: people with a motor impairment 18 to 65 years old
Coverage area: Island of Montréal
Hours: clinic: March and April 2018
Fees: free
Financing: Centraide du Grand Montréal, provincial, municipal
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DU MONTRÉAL MÉTROPOLITAIN - TAX CLINIC
1691 Pie-IX Boulevard, Suite 202, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-0707
Email: addsmm2013@gmail.com
Services: Tax clinic by appointment.
Eligibility: people on a low income
Coverage area: postal codes H1L, H1M, H1N, H1P, H1V, H1W, H1X, H1Y, H1K, H2K (Hochelaga-Maisonneuve, Mercier, Rosemont, Villeray, Centre-Sud)
Hours: March and April 2018 Thursday 13h00 to 15h30
Fees: $10
Financing: provincial, self-financing
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 D'AIDE AUX NOUVEAUX ARRIVANTS - TAX CLINIC
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-0735 Fax: 514 382-5232
Website: www.cana-montreal.org
Email: infocana@cana-montreal.org
Services: Tax clinic by appointment.
Eligibility: newcomers in Canada for 2 years or less
**Coverage area:** Montréal  
**Hours:** March and April by appointment  
**Fees:** mandatory membership: $5 per family  
**Financing:** provincial, Centraide of Greater Montréal  
**Legal status:** non-profit organization

**CARREFOUR D'ENTRAIDE LACHINE - TAX CLINIC**  
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5  
514 634-3686 ext. 221  
Fax: 514 634-2554  
Website: www.carrefourdentraide.org  
Email: info@carrefourdentraide.org  
Services: Tax clinic by appointment.  
Eligibility: people on a low income, seniors  
**Coverage area:** Lachine and Saint-Pierre  
**Hours:** registration: last week of February, clinic: March 1st to 31st 2018, Monday to Friday 9h00 to 15h00  
**Fees:** mandatory membership: $5, declaration: $5  
**Financing:** Centraide of Greater Montréal, provincial, self-financing  
**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

**CARREFOUR SOLIDARITÉ ANJOU - TAX CLINIC**  
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1  
514 355-4417  
Fax: 514 355-0576  
Website: www.carrefoursolidarite.com  
Email: directeur@carrefoursolidarite.com  
Services: Tax clinic by appointment.  
Eligibility: newcomers on a low income  
**Coverage area:** Anjou, Saint-Léonard, Mercier, Hochelaga  
**Hours:** March and April 2018, Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Fees:** membership: $10  
**Financing:** provincial  
**Legal status:** non-profit organization

**CENTRE AFRIKA - TAX CLINIC**  
1644 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3  
438 920-9365  
Email: services.kseven@outlook.com  
Services: Tax clinic by appointment.  
Eligibility: newcomers, refugees, people on a low income, international students  
**Coverage area:** Montréal
Employment and Income

**Hours:** March to May 2 2018, Tuesday and Thursday 13h00 to 16h30  
**Fees:** $24, students: $21  
**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 HOCHELAGA - TAX CLINIC**  
1884 Saint-Germain Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6  
514 527-1898  
**Website:** www.cchochelaga.org  
**Email:** cch@cchochelaga.org  
**Services:** Walk-in tax clinic.  
**Eligibility:** people on a low income, newcomers  
**Coverage area:** Hochelaga  
**Hours:** March 13 to April 10 2018, Monday and Tuesday 9h30 to 11h00  
**Fees:** $5, surplus for previous years  
**Financing:** provincial, municipal, federal, donations, grants  
**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN - TAX CLINIC**  
4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3  
514 765-7213  
**Website:** www.ccavainesverdun.com  
**Email:** aines125@hotmail.com  
**Services:** Tax clinic.  
**Eligibility:** people 50 years and over  
**Coverage area:** Montréal  
**Hours:** Wednesdays March 7 to April 25 2018  
**Fees:** $12  
**Financing:** self-financing, grants, municipal  
**Legal status:** non-profit organization

**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
Employment and Income

**Fees:** mandatory membership: $7, tax clinic: $5
**Financing:** provincial, Centraide of Greater Montréal, self-financing
**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE DE BORDEAUX-CARTIERVILLE - TAX CLINIC**
1405 Henri-Bourassa Boulevard West, Suite 200, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 856-3553 ext. 3  Fax: 514 856-3554
**Website:** www.cabbcc.org
**Email:** cabbc@cabbcc.org

**Services:** Tax clinic by appointment.
**Eligibility:** people on a low income, seniors, newcomers
**Coverage area:** Bordeaux-Cartierville
**Hours:** registration: starting February 13 2018, clinic: March 6 to April 11 2018, Tuesday 13h00 to 17h00 and 18h00 to 20h00, Wednesday 9h30 to 12h00 and 13h00 to 16h30
**Fees:** $5 per person and taxation year
**Financing:** Centraide of Greater Montréal, provincial
**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE DE MONTRÉAL-NORD - TAX CLINIC**
4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3
514 328-1114  Fax: 514 328-4850
**Website:** cabmtl-nord.org
**Email:** adm@cabmtl-nord.org

**Services:** Tax clinic.
**Eligibility:** people on a low income, Canadian citizens and immigrants for more than 5 years, newcomers and asylum seekers, seniors 65 years and over
**Capacity:** 400
**Coverage area:** Montréal-Nord
**Hours:** by appointment
**Fees:** $5
**Financing:** provincial
**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE DE RIVIÈRE-DES-PRAIRIES (LE) - TAX CLINIC**
9140 Perras Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 7E4
514 648-2323
**Website:** www.benevolatrdp.ca
**Email:** info@benevolatrdp.ca

**Services:** * Walk-in tax clinic in March and April.* Tax clinic by appointment from September to December for previous years.
**Eligibility:** people on a low income, seniors
**Coverage area:** Rivière-des-Prairies
**Hours:** walk-in: March 1 to April 20 2018
**Fees:** $5 per person per taxation year
**Financing:** provincial, donations, self-financing
**Legal status:** non-profit organization

**CENTRE D’AIDE FAMILIALE ÉDUCATIVE ET SOCIALE «DE TOUT REPOS» - TAX CLINIC**
14013 De Montigny Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 2W5
514 644-2258
**Email:** bebelo05@hotmail.com

**Services:** Tax clinic by appointment.
Eligibility: families and people on a low income, newcomers
Coverage area: Greater Montréal
Hours: 2018 clinic: March 16, April 6 and April 20, by appointment
Fees: $7 per person
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE D’ÉCOUTE ET DE RÉFÉRENCE MULTI-ÉCOUTE - TAX CLINIC
3600 Barclay Avenue, Suite 460, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 1K5
514 737-3604    Fax: 514 737-5631
Website: www.multiecoute.org
Email: information@multiecoute.org
Services: Tax clinic by appointment and upon deposit.
Eligibility: people on a low income, seniors, immigrants
Coverage area: Greater Montréal
Hours: clinic 2018: registration: starting February 5 on site only, clinic: March and April
Fees: 7$ per person (cash only)
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ENTRAIDE ET DE RALLIEMENT FAMILIAL - TAX CLINIC
105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9
514 288-8314    Fax: 514 288-4176
Email: cerfmontreal@gmail.com
Services: Walk-in tax clinic.
Eligibility: people on an income of $25 000 or less
Coverage area: Montréal and surroundings
Hours: 2018 clinic: March and April, Tuesday and Thursday (except for March 22), 9h00 to 16h00
Fees: $6 per person
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’INFORMATION POUR ESPAGNOLS - TAX CLINIC
1420 Bélanger Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113
Email: misionsantateresamontreal@gmail.com
Services: Tax clinic by appointment.
Eligibility: immigrant people, mainly Spanish speakers
Coverage area: Greater Montréal
Hours: clinic 2018: March and April
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE D’ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL - TAX CLINIC
6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 733-0738
Website: www.conam.sitew.ca
Email: conamc6@hotmail.ca
Services: Walk-in tax clinic.
Eligibility: any person in need, particularly immigrant people from Sub-Saharan Africa
Coverage area: Greater Montréal
Hours: clinic 2018: February 1 to April 30
Fees: $25
Legal status: non-profit organization

CENTRE DE RESSOURCES ET D’ACTION COMMUNAUTAIRE DE LA PETITE-PATRIE - TAX CLINIC
6839 Drolet Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1
514 277-4993 Fax: 514 277-7494
Website: www.cracpp.org
Email: nathalieb.crac@gmail.com
Services: Walk-in tax clinic.
Eligibility: people on a low income, seniors
Coverage area: La Petite-Patrie
Hours: 2018 clinic: March 5 to April 12, Monday to Thursday 13h00 to 17h00
Fees: $10
Financing: donations, self-financing, federal, provincial, municipal
Legal status: non-profit organization

CENTRE DES AÎNÉS DE POINTE-SAINT-CHARLES - TAX CLINIC
2431 Saint-Charles Street, Basement, Le Sud-Ouest, Montréal, QC, H3K 1E6
514 933-5826
Website: capstcharles.org
Email: info@capstcharles.org
Services: Tax clinic by appointment with availabilities all year.
Eligibility: seniors 50 years and over on a low income
Coverage area: Pointe-Saint-Charles
Hours: clinic 2018: March 6 to May 1, 8h30 to 16h00
Fees: $5
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D’ENTRAIDE DE SAINT-LÉONARD - TAX CLINIC
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116 Fax: 514 326-5884
Email: johannepitt@gmail.com
Eligibility: seniors 55 years and over with a loss of autonomy
Coverage area: Saint-Léonard
Hours: 2018 clinic: starting on march 15th, Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: membership: $10
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE - TAX CLINIC
7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541 Fax: 514 364-6565
Website: www.cvmlasalle.org
Email: reception@cvmlasalle.org
Services: Tax clinic by appointment.
Eligibility: seniors and newcomers 50 years and over on a low income
Capacity: 150
Coverage area: LaSalle  
Hours: clinic 2018: March 9, 16 and 23 and April 6 and 13  
Fees: $3  
Financing: provincial, Centraide of Greater Montréal  
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.cecrg.org  
Email: cecrg.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 HAITIEN 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

CHEZ DORIS, WOMEN'S SHELTER FOUNDATION - TAX CLINIC  
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7  
514 937-2341  Fax: 514 937-2417  
Website: www.chezdoris.org  
Email: information@chezdoris.org  
Services: Tax clinic.  
Eligibility: women in difficulty or homeless, Inuit and indigenous women  
Coverage area: Montréal Island  
Hours: 7 days, winter: 8h30 to 16h00, summer: 8h30 to 15h00  
Financing: municipal, provincial, federal, Centraide of Greater Montréal, foundations, donations  
Legal status: non-profit organization

CLINIQUE D'IMPÔTS ESG UQÀM  
320 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7  
514 987-4226  
Website: www.impot.esg.uqam.ca  
Email: communications@cliniqueimpotesg.com  
Services: Walk-in tax clinic.  
Eligibility: people on a low income, families, homeless people, seniors  
Coverage area: Montréal  
Hours: April 7th and 8th 2018 9h00 to 16h00
Employment and Income

Fees: free
Financing: donations
Legal status: parapublic organization

COMITÉ D’ÉDUCATION AUX ADULTES DE LA PETITE-BOURGOGNE ET DE SAINT-HENRI - TAX CLINIC
2515 Delisle Street, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 596-4422   Fax: 514 596-4981
Website: www.ceda22.com
Email: accueil@ceda22.com
Services: Walk-in tax clinic.
Eligibility: people on a low income, newcomers
Capacity: February 26 to April 24: 100-125 people per day, April 27 and 30: unlimited
Coverage area: Greater Montréal
Hours: clinic 2018: Monday and Tuesday from February 26 to April 24 starting from 8h00 (except for Monday April 2), April 27 and 30 8h00 to 14h00
Fees: $4
Financing: provincial, federal, municipal, Centraide of Greater Montréal, self-financing
Legal status: non-profit organization

COMITÉ DES PERSONNES ASSISTÉES SOCIALES DE POINTE SAINT-CHARLES - TAX CLINIC
1945 Mullins Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 931-6025   Fax: 514 931-0185
Email: info@cpas-psc.ca
Services: Tax clinic.
Eligibility: people on a low income
Capacity: 350 to 450 people
Coverage area: Pointe Saint-Charles, Verdun, Ville-Émard, LaSalle, Lachine
Hours: Tuesdays March 6 to April 30 2018
Fees: $5
Financing: provincial, donations, self-financing
Legal status: non-profit organization

COMITÉ SOCIAL CENTRE-SUD - TAX CLINIC
1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7
514 596-7092   Fax: 514 596-7093
Website: www.comitesocialcentresud.org
Email: cscs.accueil@gmail.com
Services: Tax clinic offered throughout the year. * Service offered for previous years.
Eligibility: people on a low income
Coverage area: March and April: Centre-Sud only, rest of the year: Montréal
Hours: Centre-Sud clinic: March 1st to April 30th by appointment, Montréal: rest of the year
Fees: membership: $5 for non-residents, taxes: $3
Financing: provincial, federal
Legal status: non-profit organization

CONSEIL COMMUNAUTAIRE NOTRE-DAME-DE-GRÂCE - TAX CLINIC
Confidential Address
514 484-1471   Fax: 514 484-1687
Website: www.ndg.ca
Email: taxndg@ndg.ca
Employment and Income

**Services:** Itinerant walk-in tax clinic with 6 service points. * NDG Food Depot, 26450 Somerled Avenue, H4V 1S5.* Walkley Centre, 6650 Côte-Saint-Luc Road, H4V 1G8.* Saint-Raymond Centre, 5600 Upper Road, H4A 2A7.* Westhaven Centre, 7405 Harley Avenue, H4B 1L5.* Benny Y Library, 6400 Monkland Avenue, H4B 1H3.* Sherbrooke Forest, 6462 Sherbrooke Street West, Suite 2, H4B 1N2.

**Eligibility:** people on a low income

**Coverage area:** Notre-Dame-de-Grâce

**Hours:** NDG Food Depot: March 26th 2018, Walkley Centre: April 7th and 28th 2018, Saint-Raymond Centre: April 9th, Westhaven Centre: April 6th 2018, Benny Y Library: April 20th 2018 and Sherbrooke Forest: April 16th 2018

**Fees:** free

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

**Legal status:** non-profit organization

**DORVAL - ASSISTANCE COMMUNAUTEAIRE - TAX CLINIC**

1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5

514 633-4100   Fax: 514 633-4105

Email: acommunauteaire@ville.dorval.qc.ca

**Services:** Tax clinic by appointment with availabilities all year.

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

**Coverage area:** Dorval

**Hours:** March 5th to April 30th 2018, Monday to Friday 8h30 to 16h30, some availabilities all year

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

**ÉGLISE GOSPELVIE - TAX CLINIC**

1455 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4H5

514 522-8781

Website: www.gospelvie.com

Email: info@gospelvie.com

**Services:** By appointment tax clinic.

**Eligibility:** people on a low income

**Coverage area:** Montréal

**Hours:** registration: already started untill full, clinic: March 31 and April 28 2018 10h30 to 16h30

**Fees:** free

**Legal status:** non-profit organization

**ENTRAIDE BÉNÉVOLE MÉTRO - TAX CLINIC**

Confidential Address

514 939-9575

Website: www.ebm.cam.org

Email: ebmmetro@vif.com

**Services:** Tax clinic.

**Eligibility:** seniors 65 years and over on a low income

**Coverage area:** CLSC Métro territory: West downtown and Westmount, from Pine Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard

**Hours:** by appointment only for March 7 2018 and April 19, 25 and 30 2018

**Fees:** free

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization
ENTRAIDE LÉO THÉORET - TAX CLINIC
2000-B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 111  Fax: 514 521-3120
Email: entraideleothoret@gmail.com
Services: Tax clinic.
Eligibility: people on a low income: $20 000 maximum for a single person, $26 000 maximum for a couple or for an adult with a child
Coverage area: Centre-Sud
Hours: March and April 2018, Thursday 9h00 to 15h00
Fees: voluntary contribution, minimum $2
Financing: donations, self-financing
Legal status: non-profit organization

FRANK BAYLIS CONSTITUENCY OFFICE - TAX CLINIC
3883 Saint-Jean Boulevard, Suite 501, Dollard-Des Ormeaux, Montréal, QC, H9G 3B9
514 624-5725
Website: www.fbaylis.liberal.ca
Email: frank.baylis@parl.gc.ca
Services: Tax clinic by appointment.
Eligibility: people on a low income (less than $25,000 for a single person, less than $30,000 for a couple)
Coverage area: Pierrefonds, Dollard-Des-Ormeaux
Hours: by appointment only, April 13 to April 20 2018 9h30 to 15h30
Fees: free
Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI - TAX CLINIC
410 Lafleur Street, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199  Fax: 514 508-9811
Website: www.h-a-i.org
Email: admin@h-a-i.org
Services: Tax clinic by appointment all year long.
Eligibility: people living with a physical disability
Capacity: 6 to 8 people per day
Coverage area: Montréal Island
Hours: starting March 1st 2018 by appointment
Fees: $10 per person
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MAISONNÉE (LA) - ACCUEIL - INTÉGRATION - EMPLOI - TAX CLINIC
6865 Christophe-Colomb Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H3
514 271-3533 ext. 208  Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: info@lamaisonnee.org
Services: Tax clinic by appointment.
Eligibility: newcomers for less than 5 years, asylum seekers and foreign students on a low income
Coverage area: Greater Montréal
Hours: March 5 to April 12 2018 on Tuesdays, Wednesdays and Thursdays
Fees: $7 per person, $12 per family
Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundation
Legal status: non-profit organization
METROPOLITAN MONTRÉAL DEAF COMMUNITY CENTRE - TAX CLINIC
2200 Crémazie Boulevard East, Suite 203, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H2E 2Z8
1 800 855-0511 Fax: 514 279-5373 TTY: 514 279-7609
Website: www.ccsmm.net Email: ccsmm.membres@videotron.ca
Services: Tax clinic. Eligibility: deaf and hearing-impaired people Coverage area: Greater Montréal Hours: 2018 clinic: March and April, Thursday 9h00 to 15h00 Fees: income less than 20 000$: $35, income more than $20 000: $40 Financing: provincial, grants Legal status: non-profit organization

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

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE - TAX CLINIC
5967 Jean-Talon Street East, Suite 307, Saint-Léonard, Montréal, QC, H1S 1M5
514 256-6976 Fax: 514 510-1714
Email: mfmethnique@yahoo.ca

PARLONS JURIDIQUE - TAX CLINIC
6325 Matte Street, Montréal-Nord, Montréal, QC, H1G 2E7
450 902-3950
Website: parlonsjuridique.com Email: informations@parlonsjuridique.com
Services: Tax clinic available all year by appointment. Eligibility: newcomers, disabled people, seniors, students and native people Coverage area: Montréal and surroundings Hours: everyday Fees: $15 Legal status: non-profit organization
PLACE VERMEIL - TAX CLINIC
2600 Ontario Street East, Ville-Marie, Montréal, QC, H2K 4K4
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org
Services: Tax clinic by appointment.
Eligibility: seniors on a low income, senior newcomers
Coverage area: Centre-Sud
Hours: clinic: March 16th and 22nd 2018
Financing: provincial, self-financing, foundations
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

PROMIS - PROMOTION INTÉGRATION-SOCIÉTÉ NOUVELLE - TAX CLINIC
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615 ext. 228
Website: www.promis.qc.ca
Email: info@promis.qc.ca
Services: Tax clinic by appointment.
Eligibility: permanent residents for less than 5 years et réfugiés
Coverage area: Greater Montréal
Hours: April 4,5,11,12,18 and 19th 2018 9h00 à 15h00
Fees: $4
Financing: federal, Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

SERVICE D’AIDE COMMUNAUTAIRE ANJOU - TAX CLINIC
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299     Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org
Services: Tax clinic without appointment.
Eligibility: people on a low income
Coverage area: Anjou
Hours: April 16th to April 19th 2017 from 9h00 to 17h00
Fees: membership: $25 per year, tax clinic: free for members
Financing: Centraide of Greater Montréal, grants, donations, contributions
Legal status: non-profit organization
SERVICE D’AIDE ET DE RÉFÉRENCEMENT AÎNÉ D’ANJOU - TAX CLINIC
8400 Châteauneuf Boulevard, Anjou, Montréal, QC, H1K 4J4
514 351-2517 ext. 2  Fax: 514 351-4004
Website: www.sara-anjou.com
Email: info@sara-anjou.com
Services: Tax clinic by appointment.
Eligibility: seniors 55 years and over on a low income
Coverage area: Anjou
Hours: registration: starting February 5th 2018, clinic: March 13th, 15th, 20th, 22nd, 29th and April 5th 2018 from 13h00 to 16h30
Fees: members: $8, non-members: $12
Financing: grants
Legal status: non-profit organization

SERVICE D’INTERPRÈTE, D’AIDE ET DE RÉFÉRENCE AUX IMMIGRANTS - TAX CLINIC
6767 Côte-des-Neiges Road, Suite 499, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 2T6
514 738-4763  Fax: 514 738-4925
Website: www.siari.org
Email: info@siari.org
Services: All year tax clinic by appointment.
Eligibility: immigrants and newcomers, people on a low income or with social assistance, seniors
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: newcomers having lived in the country for less than a year: free, other people: membership $5 and taxes $5
Financing: Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

SERVICE IMPÔT BÉNÉVOLE DE LA POINTE DE L’ÎLE
12125 Notre-Dame Street East, Suite 109, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2Y9
438 384-9137
Website: www.sibpi.org
Email: jeanpierre.monette@videotron.ca
Services: Tax clinic by appointment.
Eligibility: people on a low income, newcomers
Coverage area: Anjou, Montréal-Est, Rivière-des-Prairies, Pointe-aux-Trembles
Hours: February 27th to April 25th 2018, Tuesdays and Wednesdays 9h00 to 16h30
Fees: $5
Legal status: non-profit organization

SPECTRE DE RUE - TAPAJ - TAX CLINIC
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700 ext. 231
Website: www.spectrederue.org
Email: tapaj@spectrederue.org
Services: Tax clinic by appointment.
Eligibility: people 30 years and under
Coverage area: Centre-Sud and Downtown
Hours: 2018 clinic: April 14 and 15, by appointment
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization
SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE - TAX CLINIC
4770 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H6
514 856-3511     Fax: 514 856-6029
Website: www.caci-bc.org
Email: info@caci-bc.org
Services: Walk-in tax clinic.
Eligibility: people on a low income, seniors, priority to newcomers, students
Coverage area: Montréal
Hours: clinic 2018: February 26 to April 20, Monday to Friday 9h00 to 17h00
Fees: $5 per person
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

TEA POT (THE) - LACHINE SENIOR CITIZENS RESOURCES - TAX CLINIC
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627
Website: www.theteapot.org
Email: teapot@theteapot.org
Services: Tax clinic by appointment.
Eligibility: seniors 50 years and over on a low income
Coverage area: Lachine and surroundings
Hours: by appointment: March 15th, March 27th, April 4th and April 19th 2018 from 9h00 to 15h00
Fees: membership: $25, tax clinic: free for members
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

VOLUNTEER WEST ISLAND - TAX CLINIC
1 de l’Église Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1W4
514 457-5445 ext. 228     Fax: 514 457-9677
Website: www.cabvwi.org
Email: info@volunteerwestisland.org
Services: Drop-in tax clinic.
Eligibility: people on a low income: less than $26,000 for single people, joint income less than $30,000 for couples
Coverage area: Lachine, Dorval, Pointe-Claire, Beaconsfield, Baie d’Urfé, Sainte-Anne-de-Bellevue, Senneville, Kirkland, Pierrefonds-Roxboro, Dollard-des-Ormeaux, Sainte-Geneviève, Île-Bizard
Hours: clinic 2018: March 13 to April 12, Tuesday, Wednesday and Thursday 9h30 to 15h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, municipal, donations, foundations
Legal status: non-profit organization

WELCOME HALL MISSION - TAX CLINIC
4755 Acorn Street, Suite D, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 937-9317     Fax: 514 937-4703
Website: www.missionbonaccueil.com
Services: Tax clinic. * Service is also available for previous years.
Eligibility: members only
Capacity: 600-900 taxes
Coverage area: Greater Montréal
Hours: registration: January 30 to April 24 2018, clinic: March to April 2018
Fees: free
Financing: donations
Legal status: non-profit organization

WEST ISLAND ASSISTANCE FUND - TAX CLINIC
9 Centre-Commercial Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N9
514 683-0456  Fax: 514 683-8589
Website: www.fdoi.org
Email: info@fdoi.org
Services: Tax clinic.
Eligibility: adults and families on a low income
Coverage area: West Island
Hours: show up on-site between February 19 and April 13 2018, Monday 9h00 to 11h30 and 13h00 to 15h30, Thursday and Friday 13h00 to 15h30
Fees: $10
Financing: grant, provincial
Legal status: non-profit organization

WEST ISLAND COMMUNITY RESOURCE CENTRE - TAX CLINIC
114 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2V4
514 694-6404  Fax: 514 782-0777
Website: www.crcinfo.ca
Email: info@crcinfo.ca
Services: Tax clinic by appointment.
Eligibility: people on an income of less than $25 000 per year for a single person and less than $30 000 for a couple
Coverage area: West Island
Hours: clinic 2018: Tuesday and Thursday from March 13 to April 12, by appointment
Fees: voluntary contribution: $5
Financing: municipal, provincial, Centraide of Greater Montréal, donations, federal
Legal status: non-profit organization

WESTSIDE GATHERING - TAX CLINIC
Fairview Alliance Church, 220 Hyman Street, Dollard-Des Ormeaux, Montréal, QC, H9B 1L8
514 296-7974
Website: westsidegathering.com
Email: info@thewestsidegathering.com
Services: Walk-in tax clinic.
Eligibility: people on a low income
Coverage area: West Island
Hours: April 21st 2018 9h00 to 17h00
Fees: free
Legal status: non-profit organization

YMCA DU PARC - TAX CLINIC
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 271-9622  Fax: 514 277-9102
Website: www.ymcaquebec.org
Services: Tax clinic by appointment.
Eligibility: people on a low income
Coverage area: Plateau Mont-Royal, Mile-End
Hours: registration: starting on January 31st 2018, clinic: Mondays and Tuesdays from March 5th to March 27th 2018
YWCA MONTREAL - TAX CLINIC
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 235
Website: www.ydesfemmesmtl.org
Email: info@ydesfemmesmtl.org
Services: Tax clinic by appointment.
Eligibility: women on a low income, newcomers
Coverage area: Greater Montréal
Hours: March 16th to April 27th 2018
Fees: free
Financing: self-financing, grants, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

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

ACTION MAIN-D’OEUVRE
3320 Rosemont Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1K3
514 721-4941 Fax: 514 721-0937
Website: www.actionmaindoeuvre.ca
Email: info@actionmaindoeuvre.ca
Services: * Development of employment skills and individual follow-up.* Job search assistance and employment counseling.* Interviews preparation.* Support in the workplace and negotiation of financial subsidies when required.* Referrals to adapted job companies.
Eligibility: people aged 16 years old and over with a mild intellectual disability or an autism spectrum disorder (ASD) without intellectual disability
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, Wednesday 8h30 to 20h30
Financing: provincial
Legal status: non-profit organization
ACTION MAIN-D’OEUVRE INC. - SERVICE OFFICE IN WEST ISLAND
185 Dorval Avenue, Suite 203, Dorval, Montréal, QC, H9S 5J9
514 721-4941 ext. 116    Fax: 514 721-0937
Website: www.actionmaindoeuvre.ca
Email: info@actionmaindoeuvre.ca
Services: * Development of employment skills and individual follow-up.* Job search assistance and employment counseling.* Interviews preparation.* Support in the workplace and negotiation of financial subsidies when required.* Referrals to adapted job companies.
Eligibility: people aged 16 years old and over with a mild intellectual disability or an autism spectrum disorder (ASD) without intellectual disability
Coverage area: West Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

AIM CROIT
433 Chabanel Street West, 2nd Mezzanine, Suite 304, Ahuntsic-Cartierville, Montréal, QC, H2N 2J4
514 744-2944    Fax: 514 744-5711    TTY: 514 744-2613
Website: www.aimcroitqc.org
Email: emploi@aimcroitqc.org
Services: * Employability development.* Job search, placement and employment services.* Counselling is offered on an individual basis to help and support disabled job applicants to find suitable employment and integrate into their new job.
Eligibility: people with physical, sensory, neurological disabilities or limitations
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

AMALGAME MONTREAL
5970 Bannantyne Street, Verdun, Montréal, QC, H4H 1H8
514 362-9551
Website: www.amalgamemontreal.com
Email: contact@amalgamemontreal.com
Services: Self-managed work module. * Day activity reproducing the labor market by providing packaging and manual assembly services.* Customized training adapted to the needs expressed by the members.
Eligibility: adult people with one or multiple physical disabilities
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Financing: fundraising campaigns, donations, self-financing
Legal status: non-profit organization

ARRIMAGE (L’)
1274 Jean-Talon Street East, Suite 204, Rosemont-La Petite-Patrie, Montréal, QC, H2R 1W3
514 389-9393    Fax: 514 389-5776
Website: www.larrimage.ca
Email: infos.mtl@larrimage.ca
Eligibility: people with a mental health problem diagnosis
Coverage area: Montréal
ATELIER (L’)
3680 Jeanne-Mance Street, Suite 213, Le Plateau-Mont-Royal, Montréal, QC, H2X 2K5
514 844-6458 Fax: 514 288-3848
Website: www.atelierdartisanat.org
Email: info@atelierdartisanat.org
Eligibility: adults dealing with mental health problems
Capacity: 150 people a week
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

ATELIER LE FIL D’ARIANE
4837 Boyer Street, Suite 100, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 842-5592 Fax: 514 842-8343
Website: atelierlefildariane.org
Email: atelier.bureau.ariane@ssss.gouv.qc.ca
Services: Rehabilitation center. * Learning and workplace integration services (SAIT).* Embroidery and creative workshop aimed at gaining autonomy and at social integration.
Eligibility: people with mild to moderate intellectual disabilities or with pervasive developmental disorders
Capacity: 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

ATELIERS QUATRE SAISONS (LES)
11929 Victoria Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2R1
514 640-4747 Fax: 514 645-8807
Email: info@ateliers4saisons.com
Services: Occupational and therapy service for people with a psychiatric history. * Types of work provided: packing, assembling, sorting, manufacturing.* Financial allocation is provided.
Eligibility: adult men and women with a psychiatric history
Capacity: 50 recipients per day
Coverage area: East of Montréal
Hours: Monday to Friday 8h30 to 16h00
Financing: provincial
Legal status: non-profit organization

AXIA SERVICES
13025 Jean-Grou Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 3N6
514 642-3250 Fax: 514 642-3430
Website: www.axiaservices.com
Email: je.arsenaull@axiaservices.com
Services: Adapted workplace for people with disabilities. * Janitorial services, security agency, storage and merchandises wrapping service.
Eligibility: people with physical or intellectual disabilities, or a mental health issue
Coverage area: Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE BIENVENUE
12694 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1W4
514 421-2212
Website: www.centrebienvenueror.org
Email: bvallee@centrebienvenueror.org
Services: Drop-in centre. * Support, social rehabilitation service and psychosocial interventions.* Preparatory groups toward return to work and psychoeducational workshops.* Transit vers l'emploi: program giving access to a training certificate on personal and vocational skills development and self-knowledge courses.* Sporting and cultural activities, art workshops, etc.
Eligibility: adults with mental health problems
Coverage area: West Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 15h00, Thursday 14h00 to 21h00
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D'ACTION DE DÉVELOPPEMENT ET DE RECHERCHE EN EMPLOYABILITÉ
7491 Cordner Street, Lasalle, Montréal, QC, H8R 2R5
514 367-3576 Fax: 514 367-3043
Website: www.lecadre.ca
Email: administration@lecadre.ca
Services: * Labor insertion of people struggling with severe and persistent mental illness through work structures designed to develop their employability.* Services and assistance to adults with loss of autonomy and seniors provided by CADRE's community businesses and voluntary organization: Les Associés de l'entretien ménager/Logi+n, MaisonNette Sud-Ouest and Échange des services de LaSalle.
Eligibility: people with severe and persistent mental illness; adults with loss of autonomy and seniors
Coverage area: LaSalle, Verdun, Le Sud-Ouest, Lachine, Dorval and Pointe-Claire
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE DE MAIN-D'ŒUVRE OPEX'82
9390 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S4
514 381-7276 Fax: 514 381-3990
Website: www.viatravail.ca
Email: opex82montreal@viatravail.ca
Eligibility: people who have a criminal record
Coverage area: Greater Montréal, Sherbrooke, Granby
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, federal
Legal status: non-profit organization
**CENTRE DE SOIR DENISE MASSÉ**
1713 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L4
514 525-8059
Website: www.denise-masse.org
Email: direction@denise-masse.org

**Services:** Meeting place for people living with mental health, social disorganization or residential instability issues. *Information, listening and referrals.* Individual and group support: development of a network of belonging and mutual aid, prevention of isolation and encouragement in the development of social skills.* Workshops and various activities: social, educational, cultural, sports and creative.* Support and accompaniment for people participating in employability programs.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal and surroundings

**Hours:** Wednesday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, activities discount card: $6 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

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**CENTRE DIDACHE (LE)**
1871 Rosemont Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H2G 1S7
514 274-9358  Fax: 514 274-7362
Website: www.centredidache.com
Email: centredidache@hotmail.ca

**Services:** *Information, support and referral.* Summer day camp for children 6 to 18 years old with autism.* Day camp for school break.* Samedis magiques: week-end respite for children 6 to 12 years old.* Mercure project: adapted recreational activities for teenagers.* Transition program: community workplace for adults with autism.* Je cuisine project: cooking lessons for adults.* Samedis adultes: adapted recreational activities for adults.

**Eligibility:** people with autism or intellectual disabilities, their families

**Coverage area:** Montréal

**Financing:** grants, donations, provincial

**Legal status:** non-profit organization

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**CENTRE SOUTIEN-JEUNESSE DE SAINT-LAURENT**
1790 De Salaberry Street, Apartment 14, Ahuntsic-Cartierville, Montréal, QC, H3M 1K4
514 744-1288  Fax: 514 856-1636
Email: centresoutien-jeunesse@hotmail.com

**Services:** Self-help groups. *Educational activities and work integration.* Recreational, sports and sociocultural activities.* Community meals.* Support and accompaniment.

**Eligibility:** adults with mental health problems or emotional difficulties

**Coverage area:** Saint-Laurent, Bordeaux-Cartierville, Ahuntsic

**Hours:** Monday to Friday 13h30 to 21h30 by appointment

**Fees:** free, community dinner: $3

**Financing:** provincial

**Legal status:** non-profit organization

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**CORPORATION VIA-TRAVAIL**
9419 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4433  Fax: 514 388-4948

**Services:** Employment services for people with a criminal record. *Centre de main-d'oeuvre Opex'82.* Maison Essor: community residential facility.* Work integration, rehabilitation, workshops.

**Eligibility:** people over 18 years old with a criminal record

**Coverage area:** Montréal, Laval, Laurentides, Lanaudière, Longueuil, Estrie
DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSOLE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1785    Fax: 514 849-2411
Website: www.ymcaquebec.org
Email: laboussole@ymcaquebec.org

Services: Assistance in reintegrating the workforce or back to school.* Preparatory job training and integration into job search groups.* Information and training, writing resumes, interview preparation, basic knowledge of labour standards, computer training, individual supervision throughout the process.* Clothes donation for interviews.* Free access to the Downtown Y centre sports facilities.* Ad hoc events.
Eligibility: people 18 and over with a criminal record
Coverage area: Greater Montreal
Hours: Monday to Friday 8h30 to 16h30, information sessions: Tuesday 13h30 and Thursday 10h00
Fees: free
Financing: provincial
Legal status: non-profit organization

DOWNTOWN YMCA - ESPADRILLE DAY CENTRE
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 ext. 1725    Fax: 514 849-9741
Website: www.ymcaquebec.org
Email: marlene.albuquerque@ymcaquebec.org

Services: Services offered in prisons or on site. * In prisons, interventions mainly target these primary needs: housing, food, identification cards, access to training.* At the Centre: individual and group meetings, training and workshops (budget, computers), anger management and recreational activities.* Coaching, raising awareness and information sessions.
Eligibility: ex-prisoners from provincial detention centers
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

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
ÉTAPE (L’)
1001 De Maisonneuve Boulevard East, Suite 527, Ville-Marie, Montréal, QC, H2L 4P9
514 526-0887 Fax: 514 527-1028 TTY: 514 526-6126
Website: www.letape.org
Email: letape@letape.org
Services: Professional integration for people with functional, physical or hearing disabilities.
Eligibility: people with a physical disability, deaf or hard-of-hearing
Capacity: 235 people per year
Coverage area: Island of Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

FONDATION QUÉBÉCOISE POUR LES JEUNES CONTREVENANTS
75 Sir Georges-Étienne Cartier Square, Suite 206-B, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 648-5858 Fax: 514 648-5858
Website: www.fqjc.org
Email: fondationjc@qc.aira.com
Services: * Support for social reintegration.* Scholarships.* Internships in companies.* Support for group life.*
Intervention towards young drug users.
Eligibility: young offenders
Coverage area: Province of Québec
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FORWARD HOUSE
2240 Girouard Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3C3
514 488-9119 Fax: 514 488-1647
Website: maisonlesetapes.blogspot.ca
Email: maisonlesetapes@videotron.ca
Services: Group homes. * Community centre: vocational and educational program, social program.* Job searching and placement.* Long-term and intensive follow-up.
Eligibility: adults with psychiatric difficulties
Capacity: 4 group homes
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00, vocational and educational program: day, social program: evening
Financing: provincial, donations
Legal status: non-profit organization

HANDICAP ACTION INTÉGRATION HAI
410 Lafleur Street, Suite 7, LaSalle, Montréal, QC, H8R 3H6
514 508-9199 Fax: 514 508-9811
Website: www.h-a-i.org
Email: admin@h-a-i.org
Services: Integration of people living with a physical disability. * Information, referral and consulting services.*
Advocacy.* Assistance with filling out forms.* Assistance with writing resumes and cover letters.* Awareness among employers.* Awareness among families of disabled youth wanting to live independently.* Tax clinic.
Eligibility: people living with a physical disability
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 18h00
Fees: membership: $5 per year
Financing: donations, fundraising campaigns
Legal status: non-profit organization
INDEPENDANT LIVING - MONTREAL
5555 Westminster Avenue, Suite 404, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 288-1177   Fax: 514 288-7377
Website: www.va-m.org
Email: information@va-m.org
Services: * Information, referral and awareness raising.* Networking.* Workshops, coffee chats, trainings.* Bridge program: help with job search and academic information. * Sexy-Able project: provide information, advice and resources on sexuality.* Assessment of unmet needs and development of alternative solutions for healthy eating, sexuality, ethics, new information and communications technology.
Eligibility: people with a disability (visible or invisible), their family
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: free, workshops: variable
Financing: Canadian Association of Independent Living Centres, provincial, foundations
Legal status: non-profit organization

JEM WORKSHOP
8400 Mountain Sights Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 2B9
514 735-4217   Fax: 514 735-5015
Website: www.jemworkshop.org
Email: info@jemworkshop.org
Services: Full-time or part-time workshops adapted to needs and abilities. * Packaging and assembly work, light machine operation, labelling and triage, under supervision.* Supportive counselling and crisis intervention.
Eligibility: adults 18 years and over with physical, emotional or intellectual disabilities and unable to work in competitive industry
Capacity: 80 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: Federation CJA, provincial, service fees
Legal status: non-profit organization

MAGAZINE L’ITINÉRAIRE
2103 Sainte-Catherine Street East, 2nd Floor, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238   Fax: 514 597-1544
Website: www.itineraire.ca
Email: itineraire@itineraire.ca
Services: Street school-magazine with most of the editorial team and vendors coming from homeless communities.
Eligibility: vendors and participants in integration programs
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: magazine: $3
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAIN-FORTE MONTRÉAL INC.
6602 Papineau Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2X2
514 593-6129
Website: mainfortemontreal.org
Email: contact@mainfortemontreal.org
Services: Self-managed workplace. * Manual packing and assembly services.* Customized training according to members' needs.
Eligibility: adults with physical disabilities
Coverage area: Montréal
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MAISON JEUN'AIDE
4430 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1K2
514 932-4857 Fax: 514 932-8573
Website: www.maisonjeunaide.com
Email: mja@maisonjeunaide.com
Services: Community projects, education and work program for people referred by the Correctional Service of Canada (day paroles).
Eligibility: ex-inmate men 18 years and over, external service: men 18 years and over
Capacity: 32
Coverage area: Province of Québec
Hours: 24 hours, 7 days
Fees: free
Financing: federal
Legal status: non-profit organization

MIRIAM HOME AND SERVICES
8160 Royden Road, Mont-Royal, Montréal, QC, H4P 2T2
514 345-0210 Fax: 514 345-8965
Website: www.centremiriam.ca
Email: info.miriam@ssss.gouv.qc.ca
Services: Specialized rehabilitation services for people with intellectual disabilities or autistic spectrum disorders. * A full continuum of residential services: community-based homes, intermediate and family-type resources and supervised apartments.* Socio-professional services: an adult community training program, support for training internships, integration to employment.* Support to individuals from childhood to advanced adulthood, family and community.* Respite services.
Eligibility: people of all ages with intellectual disabilities or autistic spectrum disorders
Coverage area: Montréal West and Center, Jewish community in the Greater Montréal area
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: provincial government agency

MODE D'EMPLOI - SERVICE D'EMPLOYABILITÉ
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
514 341-7272 Fax: 514 341-8884
Website: www.moelleepiniere.com
Email: info@moelleepiniere.com
Services: * Job search assistance, resume writing and interview simulation, job search techniques.* Individual or group counselling.* Professional and education guidance.* Neuropsychological assessment.* Adaptation and accessibility of the work place.* Information and support for employers.
Eligibility: people with physical or neurological disabilities
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization
MOELLE ÉPINIÈRE ET MOTRICITÉ QUÉBEC
6020 Jean-Talon Street East, Suite 400, Saint-Léonard, Montréal, QC, H1S 3B1
1 877 341-7272    Fax: 514 341-8884
Website: www.moelleepiniere.com
Email: info@moelleepiniere.com


Eligibility: people with spinal cord injuries, paraplegic or tetraplegic or with physical or neurological disabilities
Capacity: unlimited
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: grants, donations, self-financing
Legal status: non-profit organization

OASIS LIBERTÉ (L')
2581 Pie-IX Boulevard, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 623-3998
Email: loasisliberte@hotmail.ca


Eligibility: offenders and ex-offenders, women and men
Coverage area: Province of Québec
Hours: on call, last Sunday of the month 11h00 to 13h00: eucharistic celebration open to all with a meal
Fees: free
Financing: donations
Legal status: non-profit organization

PLACEMENT POTENTIEL
111 Donegani Avenue, Pointe-Claire, Montréal, QC, H9R 2W3
514 694-0315    Fax: 514 694-8640
Website: www.placementpotentiel.com
Email: info@placementpotentiel.com

Eligibility: people 18 years and over with a minor disability
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PRISE II
10794 Lajeunesse Street, Suite 204, Ahuntsic-Cartierville, Montréal, QC, H3L 2E8
514 858-0111    Fax: 514 858-0321
Email: info@prise2.qc.ca

Eligibility: people with mental health issues
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h30
Fees: membership: $3 per session
Financing: provincial  
Legal status: non-profit organization

**READY, WILLING AND ABLE**  
Confidential Address  
Website: readywillingable.ca  
Email: julieq@goldlearningcentre.com  

**Services:** Reaching out to, and engaging, employers and increasing their understanding of the value and economic benefits to hiring people with intellectual disabilities and autism disorder spectrum. * Knowledge, resources and tools to employers through targeted public awareness, peer-to-peer workshops, mentoring, training and guides.* * Partnerships with employers, service clubs and professional associations networks.* Connect employers who are looking for employees to the skilled people who can fill those jobs.* Connect people with intellectual disabilities and autism disorder spectrum to the Services spécialisés de main d'œuvre pour personnes handicapées (SEMO) for job readiness and job search.* Preparation and follow-up (coaching) for the employment integration and maintenance of people with intellectual disabilities and autism disorder spectrum.* Funding for accommodations enabling employment integration for people with intellectual disabilities and autism disorder spectrum.* Funding for a neuropsychological assessment to obtain a diagnosis (conditional on a pre-assessment) required to obtain access to the Services spécialisés de main d'œuvre pour personnes handicapées (SEMO).

**Eligibility:** employers  
**Coverage area:** Canada  
**Financing:** federal  
**Legal status:** non-profit organization

**SAC À DOS - ACTION-RÉINSERTION (LE)**  
110 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K7  
514 393-8868  Fax: 514 393-9848  
Website: www.le-sac-a-dos.ca  
Email: info@lesacados.org  

**Services:** * Storage.* Mailing services.* Employment assistance.* Distribution of welfare checks.* Job integration programs and workshops.* Day centre: laundry, phone, showers, hairdresser.* Permanent studios with community support.

**Eligibility:** homeless adult men and women  
**Capacity:** 140 lockers, 2000 postal boxes, 41 studios  
**Coverage area:** Montréal Island  
**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 13h00  
**Fees:** storage: $10 per month, studios: 25% of the income, meals not included  
**Financing:** self-financing, provincial, municipal, federal, foundations  
**Legal status:** non-profit organization

**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.saee.net  
Email: info.marseille@saee.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
SERVICES DE PLACEMENT HORIZON-TRAVAIL
980 Saint-Antoine Street West, Suite 605, Ville-Marie, Montréal, QC, H3C 1A8
514 933-1141     Fax: 514 933-9359
Website: www.horizon-travail.org
Email: info@horizon-travail.org

Services: Workforce external service. * Integration in the labor market of visually impaired persons or people living with a mental health problem.* Support pertaining to job search, job search techniques and facilitates access to employment.* Adaptation of tasks in the work place and job follow up.

Eligibility: people living with a visual disability or with mental health problem

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

STREETSUDS
2025 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T2
514 529-0039     Fax: 514 529-0090
Website: www.labuanderue.org
Email: info@labuanderue.org

Services: Supervised transitional employment program. * Professional laundry service: washing, folding, ironing and delivering to businesses or organizations.

Coverage area: Montréal
Hours: 7 days 7h00 to 15h00
Financing: self-financing
Legal status: non-profit organization

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

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

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

TRANSITION VERS LA COMMUNAUTÉ - PROJET DE LA SOCIÉTÉ POUR LES TROUBLES DE L’HUMEUR DU CANADA
5253 Décarie Boulevard, Suite 210, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C3
514 487-0165
Website: www.vetstransitions.ca
Email: SCmontreal@mdsc.ca

Services: Support to veterans through their transition to civil life. * Help to develop personal and professional skills.* Transition through job research and community commitment
Eligibility: veterans with a mood disorder, an anxiety or physical trouble resulting in difficulties to integrate
civile life
Capacity: 10 places
Coverage area: Greater Montreal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: federal
Legal status: federal government agency

VETERANS AFFAIRS CANADA
Montreal Office, Place Bonaventure, South-West Portal, 800 De la Gauchetière Street West, 6th floor, Suite
6505, Ville-Marie, Montréal, QC, H5A 1L8
1 866 522-2122 TTY: 1 800 567-5803
Website: www.veterans.gc.ca/eng
Email: information@vac-acc.gc.ca

Services: Assume governmental responsibilities relatively to support and services to veterans. * Financial
assistance in various forms: incapacity or relief allocations, health care or funeral fees, survivor pension,
captivity or death indemnity, etc.* Medical, psychosocial and vocational rehabilitation services.* Transition to
civil life assistance.* Veterans affairs Assistance Service: counselling and referral service always available.

Eligibility: veterans, families and survivors
Coverage area: West of the province of Québec
Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours, 7 days
Financing: federal
Legal status: federal government agency

WEST MONTRÉAL READAPTATION CENTRE
8000 Notre-Dame Street, Lachine, Montréal, QC, H8R 1H2
514 363-3025 Fax: 514 364-0608
Website: www.crom.ca

Services: Specialized services for children and adults with an autism spectrum disorder or an intellectual
disability. * Access, assessment and orientation.* Support for the person.* Residential, work integration and
community integration.* Specialized services for families and significant others. Specialized support services to
partners.* Ateliers Labrosse (adapted workplace): dismantling and sorting of computers in collaboration of
Envirotree.* Intership StandardLife: partnership for the hiring of WMRC users, workplace integration and
information to company’s users.* Specialized day program Benny: specialized community integration services.
Improvement of working skills through product packaging. Multy-sensory room. Gym. Audiovisual aids to
optimize communication skills of non-verbal users.

Eligibility: adults and children with an intellectual disability or autism spectrum disorder
Coverage area: West Island
Hours: 24 hours, 7 days, reception: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization
Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

FOOD ASSISTANCE COORDINATION

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS
Christmas basket

CENTRE D'APPRENTISSAGE PARALLÈLE DE MONTRÉAL
4865 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2T 1R6
514 843-5658    Fax: 514 843-3508
Website: www.ateliersducap.org
Email: info@ateliersducap.org

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

Eligibility: people with mental health issues
Capacity: 60 people per day
Coverage area: Montréal
Hours: Monday to Thursday 9h30 to 16h30
Fees: expression workshops: $45 for people receiving social assistance, $75 for the general rate, job preparation program: free
Financing: provincial
Legal status: non-profit organization

CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS
3195 Remembrance Street, Lachine, Montréal, QC, H8S 1X9
514 634-0447    Fax: 514 634-7632
Website: www.cphlsl.com
Email: cphlsl@videotron.ca

Services: * Day centre: recreational activities, outings, physical activities, expression and creative activities, intellectual, sociocultural activities, animation.* Christmas baskets.

Eligibility: adults with a physical disability, their families
Coverage area: Lachine, Dorval and surroundings
Hours: Monday to Friday 8h15 to 16h15
Fees: membership: $10 per year, activities: variable
Financing: contributions, self-financing
Legal status: non-profit organization

HELLENIC COMMUNITY OF GREATER MONTRÉAL
5777 Wilderton Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421    Fax: 514 738-5466
Website: www.hcgm.org
Email: info@hcgm.org

Services: Grouping of religious, educational, cultural and social services and activities. * Six Greek Orthodox churches.* One elementary school with 5 campuses, one high-school, Saturday schools.* Two sports centres.* Two community centres.* Six daycare centres.* Senior residence.* Folk dance, arts and crafts.* Scout group.* Library.* Christmas baskets.* Tax clinic.

Eligibility: Greek community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, grants
Legal status: non-profit organization
SPECTRE DE RUE
1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700    Fax: 514 528-1532
Website: www.spectrederue.org
Email: administration@spectrederue.org

Services: Organization aimed at the reduction of the spread of sexually and blood transmitted diseases (STD), HIV/AIDS and various forms of hepatitis. * Prevention, referral, awareness and education.* Needle exchange.* Socialization and social reintegration support.* Outreach workers.* Neighborhood workers.* TAPAJ (alternative work paid daily).* Fixed site where psychosocial counsellors are available.* Christmas baskets.

Eligibility: marginalized people dealing with drug addictions, prostitution, homelessness or mental health issues

Coverage area: Centre-Sud and Downtown
Hours: Monday to Friday 8h30 to 18h30, Saturday and Sunday 10h00 to 16h00

Financing: provincial, municipal
Legal status: non-profit organization

SUPPORT CENTRE FOR THE IMMIGRANT COMMUNITY OF BORDEAUX-CARTIERVILLE
4770 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H6
514 856-3511    Fax: 514 856-6029
Website: www.caci-bc.org
Email: info@caci-bc.org


Eligibility: newcomers and immigrants

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: translation of one page: $10, certification of documents: $2.50
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

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


Eligibility: youth 9 to 17 years old

Coverage area: Verdun
Hours: Monday to Friday 9h00 to 21h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, foundations, donations, provincial, federal, municipal
Legal status: non-profit organization
Collective kitchens

ASSOCIATION CIGOGNE
3333 de la Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1C8
514 341-0254
Website: www.cigogne.ca
Email: associationcigogne@gmail.com
Eligibility: students with a child or expecting
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h30
Financing: self-financing, donations, grants
Legal status: non-profit organization

AUTOUR DU BÉBÉ - CARREFOUR PÉRINATAL D’AHUNTSIC
10780 Laverdure Street, Suite 101-102, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 667-0584
Website: www.autourdubebe.org
Email: organisme@autourdubebe.org
Services: * Breastfeeding drop-in centre and breastfeeding sponsorship.* Thematic discussion workshops.* Prenatal, nutrition and sexuality workshops.* Stimulation and parent-baby attachment groups for babies 0 to 6 months, 6 to 12 months and 12 to 18 months.* Collective kitchens and baby food preparation.* Infant massage.* Workshops for children 1 to 2 years old.* Outdoor activities for mothers and babies.* Conferences.
Eligibility: mothers, fathers and children, from prenatal period to 2 years old
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, breastfeeding drop-in centre: Monday 13h30 to 15h30, self-help group: in daytime, some activities in evenings (prenatal courses)
Fees: annual membership: $50, some activities and trainings are charged, some activities are free for members and those referred by a social worker
Financing: contributions, donations, grants, provincial
Legal status: non-profit organization

BAOBAB FAMILIAL - FAMILY HOME IN CÔTE-DÉS-NEIGES
6767 Côte-des-Neiges Road, Suite 599, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 734-4097     Fax: 514 734-0244
Website: www.baobabfamilial.org
Email: information@baobabfamilial.org
Eligibility: children, families
Coverage area: Côte-des-Neiges
Hours: Monday 13h00 to 18h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 18h00, Friday 9h00 to 12h00
Fees: membership card: $2 per family per year
Financing: Centraide of Greater Montréal, provincial, municipal, donations
Legal status: non-profit organization
BREAD BASKET LAC-SAINT-LOUIS
68 Prince-Edward Avenue, Pointe-Claire, Montréal, QC, H9R 4C7
514 694-5850
Website: www.corbeilledepain-breadbasket.com
Email: corbeilledepain@gmail.com
Services: Food security programs. * Community kitchens and food processing from gardening.* Food security workshops and nutrition seminars.* Community gardens and education.* Drop-off point for food baskets.
Eligibility: families and individuals on a low income
Coverage area: West Island
Hours: Monday or Friday by appointment
Fees: voluntary contribution of $3 per workshop
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR ALIMENTAIRE CENTRE-SUD - RENCONTRES CUISINES
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefouralimentaire.org
Email: info@carrefouralimentaire.org
Services: Collective kitchen and educational workshops in cooking and urban farming. * Youth component.* Collective gardens.
Eligibility: individuals and families on a low-income, youth
Coverage area: Centre-Sud and surroundings
Hours: offices: Monday to Friday 9h30 to 17h00, activities on days, evenings and week-ends
Fees: annual membership: $3, kitchens: on average $1.30 per serving, workshops: $5 members, $7 non-members or voluntary contributions
Financing: Centraide Greater Montreal, donations, provincial, self-financing
Legal status: non-profit organization

CARREFOUR DES FEMMES D'ANJOU
8664 Chaumont Avenue, Anjou, Montréal, QC, H1K 1N5
514 351-7974 Fax: 514 351-7115
Email: cfanjou@cfanjou.ca
Services: * Educational workshops on the development and empowerment of women.* Luncheons, community kitchens.* Daycare and respite for mothers.* Legal clinic.* Outings and recreational activities.* Referrals and help relationship.* Access to computers and library.* Counselling.
Eligibility: women
Capacity: more than 240 members
Coverage area: Anjou and surroundings area
Hours: Monday 13h00 to 16h00, Tuesday 9h00 to 16h00, Wednesday 9h00 to 12h00 and Thursday 9h00 to 16h00, luncheons: once a month (usually on the 1st Thursday), kitchens: once a week
Fees: membership card: $9 for Anjou residents and $9.50 for non-residents, luncheons: free for members, $2 for non-members, collective kitchens for members: $1.25 per serving
Financing: self-financing, grants
Legal status: non-profit organization

CARREFOUR FAMILIAL LES PITCHOU
14115 Prince-Arthur Street, Suite 330, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1A8
514 640-6200 Fax: 514 640-0742
Website: www.pitchou.org
Email: info@pitchou.org
**Services:** * Games for children focused on motor skills development, sensory stimulation and relaxation.* * Day care.* * Individual support available on site or at home.* * Sponsorship mothers-friends.* * Affordable cooking workshop for families.* * Weekly exchange and support groups between parents facilitated by a field worker and preceded by a parent-children workshop.* * Support groups for parents aged 25 years old and less and collective dinners for the Passerelle program.* * Conferences and outings.

**Eligibility:** families with children aged from 0 to 12 years old

**Capacity:** 6 support groups per month (4 months) with 15 to 17 participants each

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

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h30

**Fees:** membership card: $5 to $25 per month, depending on the income (with access to support groups and cooking workshops)

**Financing:** Centraide of Greater Montreal, federal, private foundations, provincial, municipal

**Legal status:** non-profit organization

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**CENTRE DES JEUNES BOYCE-VIAU**

2625 Théodore Street, Suite 1, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7

514 252-4219

Website: [www.cjbv.com](http://www.cjbv.com)

Email: direction@cjbv.com

**Services:** * Children aged 6 to 11 years old: recreational, educational and sports activities, homework help.* * Teenagers aged 12 to 17 years old: individual and group interventions, meetings in the field, meeting place.* * Parents: psychosocial support, mutual aid.* * Family activities and outings.* * Field work among families.* * Mobilization part: collective kitchen, urban agriculture, various workshops.

**Eligibility:** children, teenagers, parents and families

**Coverage area:** Montréal: Hochelaga-Maisonneuve

**Hours:** Monday to Friday 9h00 to 21h00, variable depending on the activities

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

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**CÔTE-DES-NEIGES PARENTS’ ASSOCIATION**

6767 Côte-des-Neiges Road, Suite 498, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 341-2844 Fax: 514 341-4865

Website: [www.association-parents-cdn.org](http://www.association-parents-cdn.org)

Email: coordination@association-parents-cdn.org

**Services:** * Workshops for parents and children: Nobody’s Perfect Program on parenting skills, introduction to reading and writing, stimulation workshop through play, workshops for babies aged 0 to 12 months.* * Coffee meetings.* * Cuisinons Ensemble: collective kitchen for mothers in the form of a cultural exchange.* * Joujouthèque: toy lending for members.* * Exchange of children’s clothes, car seats loan, baby carriers loan.* * Family outings.* * List of daycare centre, information and referrals.* * Interior play park.

**Eligibility:** parents with children from 0 to 5 years old

**Coverage area:** Montréal, especially Côte-des-Neiges and Notre-Dame-de-Grâce

**Hours:** Monday, Wednesday and Friday 9h30 to 12h00, Tuesday 9h30 to 12h00 and 14h00 to 16h30, Thursday 14h00 to 16h30, Saturday and Sunday 9h30 to 12h00 and 13h30 to 16h30, Cuisinons Ensemble: last Monday morning of each month, clothes exchange: first Wednesday of each month 13h30 by registration

**Fees:** registration: $10 or $20 per year according to the choosen option

**Financing:** provincial, municipal

**Legal status:** non-profit organization

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**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](http://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

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**CUISINE COLLECTIVE HOCHELAGA-MAISONNEUVE**

3568 Adam Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1Y9

514 529-0789     Fax: 514 529-1186

Website: www.lacchm.com

Email: administration@lacchm.com

**Services:** Integration and social economy enterprise. * Collective kitchen.* Catering.* Tourist residence.

**Eligibility:** people on a low income and people on social reintegration, tourist residence: all

**Capacity:** 50 people and more

**Coverage area:** collective kitchens: priority to Mercier-Hochelaga-Maisonneuve

**Hours:** Monday to Saturday 8h00 to 16h00

**Fees:** membership: $2 for citizens and supporters, $20 for community organizations

**Financing:** self-financing

**Legal status:** non-profit organization

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**ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE**

2000-B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

514 521-0095 ext. 109     Fax: 514 521-3120

Email: entraideleothereot@gmail.com

**Services:** * Collective kitchens.* Christmas baskets.* Coffee meetings with community meals.* Tax clinic.

**Eligibility:** families, individuals in need or on a low income

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 9h00 to 17h00, coffee-meetings: Monday, Wednesday and Friday 13h00 to 15h00

**Fees:** coffee meetings: free meals, collective kitchens: variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**ENTRE PARENTS DE MONTRÉAL-NORD**

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233     Fax: 514 329-0638

Website: www.entreparents.org

Email: info@entreparents.org

**Services:** * Daycare and respite for 9 month to 5 year olds.* Collective kitchens.* Baby food workshop.* Parenting skills workshops and workshops for parents of teens.* Reading development.* Infant massage course.* Activities for fathers.* Coffee-meeting.* Saturday activities for 6 to 12 year olds.* Creative workshops.* Educational support for 3 and 4 year olds.* Family parties and outings.* Fitness classes with baby for pregnant woman and parents of children aged 0 to 2 years.

**Eligibility:** parents and children

**Coverage area:** Montréal-Nord and surroundings

**Hours:** Monday to Friday 8h30 to 16h30, some evenings and week-ends

**Fees:** membership: $7 per year

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

**Legal status:** non-profit organization
FAMIJEUNES
3904 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 931-5115    Fax: 514 931-8228
Website: www.famijeunes.org
Email: famijeunes@videotron.ca
Services: * Ronds-Points: Meetings and discussions with other parents.* Group for fathers.* Stimulation workshops.* Drop-in respite.* Breastfeeding drop-in centre.* Family activities for families with children 4 to 12 years old.* Parent-child workshops.* Parental skills workshops.* Community kitchens.* Activities for transgender children (ETC) in partnership with CIUSSS du Centre-Sud-de-l'Île-de-Montréal.
Eligibility: families and children 0 to 12 years old
Coverage area: Saint-Henri, La Petite-Bourgogne and surroundings
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, discussion meetings: Monday 13h00 to 15h30, Tuesday and Thursday 9h00 to 11h30, Wednesday 9h00 to 11h30 and 18h00 to 19h30
Fees: variable
Financing: grants, self-financing, Centraide of Greater Montréal, donations
Legal status: non-profit organization

FATHERS AT HEART
9542 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 589-1270
Services: * Support for fathers to promote involvement in their children's lives.* Discussion group for men promoting exchanges and sharing.* Personalized accompaniment to appropriate resources.* Individual meetings and follow-up for fathers in difficulty.* Prenatal courses.* Awareness workshops on child development.* Father-children collective kitchens.* Father-children sports activities.
Eligibility: fathers in vulnerable positions
Coverage area: West Island
Hours: Monday to Friday 8h00 to 17h00, occasionally Saturday 9h00 to 14h00, hours vary according to the fathers’ availabilities
Fees: free
Financing: provincial, grants
Legal status: non-profit organization

GROUPE 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
GROUPE D’ENTRAIDE LACHINE
1310 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C8
514 639-4941 Fax: 514 639-4962
Website: www.grentraidelachine.ca
Email: info@grentraidelachine.ca


Eligibility: people with mental health disorders on a low income

Capacity: day centre: about 25 people, supervised apartments: 24, support groups: 6 to 10

Coverage area: Lachine and surroundings

Hours: day centre: Monday to Friday 9h00 to 16h00

Fees: membership: $10 per year

Financing: provincial, municipal, grants, donations

Legal status: non-profit organization

HALTE LA RESSOURCE
6365 Saint-Vallier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2P6
514 524-0073
Website: www.haltelaressource.org
Email: info@haltelaressource.org


Eligibility: families, mainly mothers with underage children

Coverage area: Greater Montréal

Hours: reception: Tuesday to Friday 10h00 to 17h00

Fees: variable

Financing: fundraising campaigns, grants

Legal status: non-profit organization

INFORMATION AND SOCIAL AND ECONOMIC REFERRAL CENTRE FOR IMMIGRANTS OF SAINT-LAURENT
774 Décarie Boulevard, Suite 300, Saint-Laurent, Montréal, QC, H4L 3L5
514 748-2007 Fax: 514 748-2766
Website: www.cari.qc.ca
Email: carist@cari.qc.ca


Eligibility: immigrant families and individuals, visible minorities and refugees

Coverage area: Greater Montréal, mostly Saint-Laurent

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

Fees: most services are free

Financing: municipal, Centraide of Greater Montréal, provincial

Legal status: non-profit organization
INNOVATION YOUTH
1647 Sainte-Catherine Street West, Suite 150, Ville-Marie, Montréal, QC, H3H 1L9
514 843-3996
Website: www.innovationjeunes.ca
Email: innovation@direction.ca
Eligibility: youth 12 to 21 years old, their families
Coverage area: Downtown Montréal
Hours: Monday to Friday 10h00 to 18h00, Saturday 9h00 to 17h00
Fees: membership: $15 per year, community kitchen: $4 per workshop
Financing: grants, donations, municipal, foundations
Legal status: non-profit organization

OASIS DES ENFANTS DE ROSEMONT (L')
2555 Holt Street, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 1N4
514 374-9111
Website: www.oasisdesenfants.com
Email: info@oasisdesenfants.com
Eligibility: children 5 to 12 years old, drop-in daycare: 0 to 5 years old
Capacity: drop-in daycare: 12 places, afterschool activities: 30 to 40 children
Coverage area: Montréal
Hours: drop-in daycare: Monday to Friday 8h00 to 17h00, after-school activities: Monday to Friday 15h00 to 17h30
Fees: after-school activities: free registration upon presentation of insurance card, fees for drop-in daycare
Financing: fundraising campaings, donations, provincial
Legal status: non-profit organization

OUTREMONT EN FAMILLE
Centre communautaire intergénérationnel, 999 McEachran Avenue, Suite 136.7, Outremont, Montréal, QC, H2V 3E6
514 244-9710
Website: www.outremontenfamille.org
Email: info@outremontenfamille.org
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

PAUSE FAMILLE
10780 Laverdure Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 382-3224
Website: www.pausefamille.ca
Email: info@pausefamille.ca
Eligibility: parents with children 0 to 5 years experiencing difficulties
Coverage area: Ahuntsic
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

PROJET COMMUNAUTAIRE DE PIERREFONDS
12301 Colin Street, 2nd Floor, Pierrefonds-Roxboro, Montréal, QC, H9A 1C3
514 684-5995 Fax: 514 684-7407
Website: www.pcpwi.org
Email: info@pcpwi.org
Eligibility: children 0 to 12 years old and their families, newcomers
Coverage area: Pierrefonds, Dollard-des-Ormeaux, Roxboro, Sainte-Geneviève and L’Île-Bizard
Hours: Monday to Thursday 9h00 to 18h00, Friday 9h00 to 13h00
Fees: membership: $20 per family, collective kitchen: free for members, community meal: $3 suggested contribution
Financing: provincial
Legal status: non-profit organization

RELAIS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 100, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3G8
514 735-3498
Email: relaiscdn@videotron.ca
Services: * Daycare.* Community lunches.* Literature, contact and music projects for children.* YAPP program.* Coffee-meetings.* Collective kitchens for families.* Help with homework.* Special activities.* Activities for Holidays.* Food bags for participants of activities.
Eligibility: people on a low-income
Coverage area: Côte-des-Neiges
Hours: Monday to Friday 9h00 to 17h00
Fees: daycare: $3 for half a day, help with homework: $25 per session per child
Financing: provincial, municipal
Legal status: non-profit organization

RELANCE JEUNES ET FAMILLES (LA)
2200 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T4
514 525-1508 ext. 237 Fax: 514 523-3669
Website: www.relance.org
Email: kletellier@relance.org
Services: Place for meeting and sharing. * Global child development.* Recreational, sporting, cultural and social activities.* Individual and group school assistance.* Family follow-up and support to parents.* YAPP program.* Workshops and training for parents.* Family activities and outings.* Community kitchen.* Service points in schools.* Self-help network.
Eligibility: children 0 to 12 years old, parents, families
Coverage area: Centre-Sud
Hours: office: Monday to Friday 9h00 to 17h00, activities: variable
Fees: membership: $25 per year per family
Financing: Centraide of Greater Montréal, donations, self-financing, provincial, foundations
Legal status: non-profit organization
ST. COLUMBA BY-THE-LAKE PRESBYTERIAN CHURCH - FOOD MINISTRY
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 697-2091
Website: stcolumba.ca
Email: media@stcolumba.ca
Eligibility: people, families and seniors who are isolated or on a low income
Coverage area: West Island
Financing: donations, self-financing
Legal status: non-profit organization

WOMEN ON THE RISE
6897 Somerled Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1V2
514 485-7814     Fax: 514 487-3517
Email: womenontherise@bellnet.ca
Eligibility: English-speaking immigrant mothers with children 2 to 5 years old
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 17h00
Fees: membership: $12 per year
Financing: provincial, municipal, donations
Legal status: non-profit organization

Community gardens and markets

CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT - AU COEUR DE L'ENFANCE
1159 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 333-8989 ext. 521     Fax: 514 940-3321
Website: www.aucoeurdeilenfance.ca
Email: cps@aucoeurdeilenfance.ca
Eligibility: children and families
Coverage area: Saint-Laurent
Hours: depending on activities
Fees: none
Financing: fondation, fundraising campaigns
Legal status: non-profit organization

CÔTE-DES-NEIGES-NOTRE-DAME-DE-GRÂCE - BOROUGH
5160 Décarie Boulevard, 6th floor, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 2H9
3-1-1     Fax: 514 872-5173
Website: www.ville.montreal.qc.ca/cdn-ndg
Email: cdnndg@ville.montreal.qc.ca
Services:

- Carte Access Montreal membership: privileges program for residents and owners in Montreal.
- Consultation of public opinion.
- Information and documentation.
- Taking of an oath.
- Property assessment.
- Property taxes (explanations and payment).
- Statement of offense (information and payment).
- Permits animal (cats and dogs).
- Folders creation for intervention requests for municipal services.
- Housing application form at low cost (HLM).
- Issuance or renewal of parking vignettes.
- 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.

Coverage area: Côte-Des-Neiges and Notre-Dame-De-Grâce

Hours: Monday to Friday 8h30 to 16h30

Legal status: municipal agency

DORVAL - CITY

60 Martin Avenue, Dorval, Montréal, QC, H9S 3R4
514 633-4040  Fax: 514 633-4138
Website: www.ville.dorval.qc.ca
Email: dorval@ville.dorval.qc.ca

Services: Municipal service management.
- Municipal tax management and payment.
- Garbage collection.
- Public work department: infrastructure maintenance.
- Urban-planning department: construction and development permits and certificates.
- Parking permits.
- Pet licences.
- Community gardens.

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

Legal status: municipal agency

LACHINE - BOROUGH

Bureau du citoyen, 1800 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 2N4
3-1-1  Fax: 514 634-8164
Website: ville.montreal.qc.ca
Email: lachine@ville.montreal.qc.ca

Services: Carte Access Montreal membership: privileges program for residents and owners in Montreal.
- Consultation of public opinion.
- Information and documentation.
- Taking of an oath.
- Property assessment.
- Property taxes (explanations and payment).
- Statement of offense (information and payment).
- Permits animal (cats and dogs).
- Folders creation for intervention requests for municipal services.
- Housing application form at low cost (HLM).
- Issuance or renewal of parking vignettes.
- Claims forms, complaint and petition.
- Info-travaux: geolocated information about infrastructure works.
- Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=en

Coverage area: Lachine

Hours: Monday to Thursday 8h30 to 17h00 and Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

LOGIS PHARE

2288, Prince Georges Street, apartment 1, Ville-Marie, Montréal, QC, H2K 1S9
514 523-3135  Fax: 514 523-4011
Website: www.logisphare.ca
Email: info@logisphare.ca

Services: Housing in supervised apartments for 2 to 3 years along with psychosocial assistance that enables social reintegration.
- Activities for families: collective kitchens, group dinners, holiday camp.
- Risk management workshops for the children and their families.
- Respite and daycare.
- An alternative option to placement in foster care.
- Community garden.

Eligibility: single-parent families, couples with children and pregnant women undergoing a substitution treatment for opiate addiction only

Capacity: 7 apartments 3½ or 4½
Coverage area: Montréal and surroundings
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 19h00, Saturday 10h00 to 17h00
Fees: rent: 25% of income
Financing: provincial, federal, donations
Legal status: non-profit organization

PROJET HARMONIE (LE)
6185 Duquesne Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1M 2K6
514 872-7722    Fax: 514 872-7724
Website: www.projetharmonie.ca
Email: info@projetharmonie.ca

Services: * Stimulation workshops for children 3 to 5 years old.* School assistance for youth 6 to 17 years old.* Youth centre for 10 to 17 years old.* Community and psychosocial intervention.* Accompaniment, listening, assistance and referral.* Job search assistance for 18 to 65 year olds.* Music studio.* 3-season greenhouse, collective gardens and environmental education workshops.* Assistance to the residents committee.* Internet café.

Eligibility: families of la Pépinière HLM and the surrounding neighbourhood, single-parent families on a low income, immigrants or with various social issues

Coverage area: Mercier-Ouest
Hours: administration and Internet café: Monday to Friday 9h00 to 16h30, youth centre: Monday to Friday 17h00 to 20h00, stimulation workshops: Monday to Thursday 9h00 to 13h00
Fees: only for outings and special events
Financing: grants, donations
Legal status: non-profit organization

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH
Bureau Accès Montréal et Maison du citoyen, 12090 Notre-Dame Street East, Rivi ère-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 2Z1
3-1-1
Website: www.ville.montreal.qc.ca/rdp-pat
Email: rdppat@ville.montreal.qc.ca

Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* Info-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

Coverage area: Rivi ère-Des-Prairies-Pointe-Aux-Trembles
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: municipal agency

RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES - BOROUGH - RIVIÈRE-DES-PRAIRIES-POINTE-AUX-TREMBLES
Bureau Accès Montréal, 8910 Maurice-Duplessis Boulevard, Rivi ère-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 6X5
3-1-1
Website: www.ville.montreal.qc.ca/rdp-pat
Email: rdppat@ville.montreal.qc.ca
Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* Info-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

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

**Legal status:** municipal agency

**ROSEMONT-LA-PETITE-PATRIE - BOROUGH**

5650 D'Iberville Street, 2nd floor, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2B3

**3-1-1**

**Website:** www.ville.montreal.qc.ca/rpp

**Email:** info-rpp@ville.montreal.qc.ca

**Services:** * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion of the committees of the City of Montreal and the Montreal Agglomeration and the related documents.* Information and documentation.* Recycling bins (subject to availability) and food waste bins.* Community Gardens (registration and collection).* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Housing related grants.* Parking vignettes.* Info-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

**Hours:** Monday to Friday 8h30 to 16h30, permits counter: closed on Wednesday

**Fees:** oath: $6 per document

**Legal status:** municipal agency

**SUD-OUEST - BOROUGH**

815 Bel-Air Street, 1st floor, Le Sud-Ouest, Montréal, QC, H4C 2K4

**3-1-1**  **Fax:** 514 872-6587

**Website:** ville.montreal.qc.ca/sud-ouest

**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

**Coverage area:** Le Sud-Ouest

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

**Legal status:** municipal agency

**VILLE-MARIE - BOROUGH**

800 De Maisonneuve Boulevard East, 17th floor, Ville-Marie, Montréal, QC, H2L 4L8

**3-1-1**

**Website:** www.ville.montreal.qc.ca/villemarie

**Email:** ville-marie@ville.montreal.qc.ca
Food

**Services:** * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* Info-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng* Application of home sanitation regulation.

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

**Fees:** variable

**Legal status:** municipal agency

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

**ACTION SECOURS VIE D’ESPOIR**

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

514 564-5295  Fax: 514 645-4184

**Website:** www.actionsecours.ca

**Email:** asve@viedespoir.com

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

**Eligibility:** people on a low income

**Capacity:** 150 families

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

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

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

**Financing:** provincial, donations

**Legal status:** non-profit organization
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


Eligibility: immigrant women of all origins
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: none

AIDS COMMUNITY CARE MONTREAL
2075 Plessis Street, ground floor, Ville-Marie, Montréal, QC, H2L 2Y4
514 527-0928    Fax: 514 527-0701
Website: www.accmontreal.org
Email: info@accmontreal.org

Services: Drop-in resource centre for people living with HIV-AIDS or hepatitis C. * Orientation and referral.* Support groups: led by both clients and support staff.* Thematic groups: led by support staff on serostatus disclosure, testimonials.* Training and conferences on the medical and psycho-social aspects of HIV and hepatitis C.* Information on treatments.* Education and prevention. * Educational workshops for schools, groups and community centres.* Sex education toolkit for teachers.* Safe sex materials.* Food aid: food and vitamin buyers club, information on nutrition and treatments.* Christmas baskets for people already benefiting from another service.

Eligibility: people of all ages living with HIV or hepatitis C, their families, partners and friends, youth at risk, men who have sex with men
Capacity: support groups: 5 to 12 people
Coverage area: Greater Montréal
Hours: Monday 10h00 to 21h00, Tuesday to Thursday 10h00 to 18h00
Financing: fundraising campaigns, donations, grants

ASSOCIATION HAÏTIANO-CANADO-QUÉBÉCOISE D’AIDE AUX DÉMUNIS - PAVILLON LUIGI-PIRANDELLO
Pavillon Luigi-Pirandello, 4550 des Compiègne Street, Saint-Léonard, Montréal, QC, H1R 2X4
514 852-1011    Fax: 514 852-1019
Email: fjoseph98@hotmail.com

Services: * Food bank.* Collective kitchen.* Summer camp for youth 17 years and over.* Christmas basket.
Eligibility: people of Haitian origin in particular and people on a low-income from any ethnic background
Coverage area: Saint-Léonard
Hours: food aid: every Thursday, collective kitchen: every third Friday of the month
Fees: food aid: $4 per basket, collective kitchen: $5
Financing: self-financing
Legal status: non-profit organization
BIBLE WAY PENTECOSTAL CHURCH
2390 Coursol Street, Le Sud-Ouest, Montréal, QC, H3J 1C7
514 932-8225     Fax: 514 932-8254
Email: bpc1@bellnet.ca
Services: * Food bank.
Eligibility: people on a low income
Coverage area: Little Burgundy
Hours: Wednesday 11h00 to 12h00
Fees: $3
Financing: donations, fundraising campaigns
Legal status: non-profit organization

BOUFFE-ACTION DE ROSEMONT
5350 Lafond Street, Suite R-115, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 523-2460     Fax: 514 524-9813
Website: www.bouffe-action.org
Email: magdalena.schweiger@bouffe-action.org
Services: * Collective kitchens.* Collective gardens.* Cooking and nutrition workshops for pregnant women and new parents (baby purées).* Economic boxes of fruits and vegetables.* Christmas sharing store.* Public education workshops.
Eligibility: vulnerable people and families (low income, isolation, immigration, single parenthood, physical or mental health problem, etc.), pregnant women and parents of young children
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership card: $5 per year, collective kitchens: 1$ to $2 per serving, collective gardens: $16 for the season, economic boxes: $8 for small, $12 medium, $18 large, sharing store: 10% of the actual cost of groceries
Financing: Centraide of Greater Montréal, provincial, federal
Legal status: non-profit organization

CARREFOUR ALIMENTAIRE CENTRE-SUD - MARCHÉ SOLIDAIRE FRONTENAC
2349 de Rouen Street, Ville-Marie, Montréal, QC, H2K 1L8
514 525-6611
Website: www.carrefouralimentaire.org
Email: info@carrefouralimentaire.org
Services: Seasonal fresh, local and affordable fruit and vegetable market located outside Frontenac subway station and other locations, such as cornerstores. * Fruixi: mobile fruit and vegetable market and animations on ecological food, during summer only.* Drop point for Biolocaux organic food baskets at the Carrefour's office, during winter.* Dépanneur Fraîcheur: fruits and vegetables baskets delivered in three cornerstores, all year long.* Marché Frontenac: from June to December 1, variable schedule.
Coverage area: Ville-Marie, Plateau Mont-Royal, Hochelaga-Maisonneuve
Financing: municipal, foundations, donations, provincial, self-financing
Legal status: non-profit organization

CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ
1475 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081     Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: info@capstbarnabe.org
Eligibility: people on a low income
Capacity: 1030 members and over
Coverage area: Saint-Barnabé Parish (Hochelaga-Maisonneuve), Saint-Nom-de-Jésus merged Parish, Saint-Rédempteur Parish
Hours: Monday, Wednesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 19h00, Tuesday 13h00 to 19h00, breakfast: 9h00 to 9h30, snacks: starting the 10th of each month, Monday to Thursday 16h00 and 18h00, Friday 16h00
Fees: membership: $3 for registration
Financing: grants
Legal status: non-profit organization

CASA CAFI (CENTRE D’AIDE AUX FAMILLES IMMIGRANTES)
4741 de Verdun Street, Verdun, Montréal, QC, H4G 1M9
514 844-3340    Fax: 514 844-1416
Email: casacafi@msn.com
Eligibility: immigrants and people from cultural minorities
Coverage area: Verdun
Hours: Monday to Friday 10h00 to 17h00
Financing: fundraising campaigns, self-financing, provincial, municipal
Legal status: non-profit organization

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D’ENTRAIDE
2390 de Ryde Street, Suite 202, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 528-6032    Fax: 514 528-8673
Website: www.cade-web.org
Email: centreafricanedindevelopment@gmail.com
Eligibility: immigrants and refugees from Africa, people in need from all origins
Capacity: 100 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, Saturday by appointment
Fees: training, food and material assistance: none
Financing: federal, provincial, municipal, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - AIDE ALIMENTAIRE
6540 Papineau Avenue, Suite 102, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2X2
514 384-5330
Website: www.cefedi.ca
Email: cefedi04@hotmail.com
Eligibility: open to all
Coverage area: Rosemont-La Petite-Patrie, Villeray, Saint-Michel, Parc-Extension
Hours: food bank: Thursday 15h00 to 18h30
Fees: food bank: $4
**Financing:** self-financing

**Legal status:** non-profit organization

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**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

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**CENTRE D’AIDE À LA FAMILLE**

Confidential Address

**514 982-0804**

**Website:** www.centreaidefamille.com

**Email:** centreaidefamille@centreaidefamille.com


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

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

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

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

**Legal status:** non-profit organization

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**CENTRE D’AIDE FAMILIALE ÉDUCATIVE ET SOCIALE «DE TOUT REPOS»**

14013 De Montigny Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 2W5

**514 644-2258**

**Email:** bebelo05@hotmail.com

**Services:** * Distribution of food bags.* Christmas baskets.* Summer day camp.* Homework assistance.* Tax clinic.* Organized outings.* Information and referral.* Reception of newcomers.

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

**Capacity:** 40 to 50 families per week

**Coverage area:** Pointe-aux-Trembles, Montréal-Est and other referred families

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**CENTRE D’ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES**

1745 Édouard-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4L 5E9

**514 744-2252**  **Fax:** 514 744-0540

**Website:** www.cejfi.org

**Email:** contact@cejfi.org

Eligibility: young immigrant women 12 to 35 years old and their families

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial, federal

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX FAMILLES CEAF
12229 Charles-Renard Avenue, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 1X7
438 875-5523

Email: cpam006@hotmail.com

Services: * Regular and emergency food assistance.* Christmas baskets.

Eligibility: people on a low income

Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Anjou, Montréal-Nord

Hours: distribution: Friday 15h00 to 18h00

Fees: members: $5 per year, food assistance: $25 per month

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL
105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9
514 288-8314  Fax: 514 288-4176

Email: cerfmontreal@gmail.com


Eligibility: families and people on a low income

Coverage area: Faubourg Saint-Laurent: Habitations Jeanne-Mance and surroundings (from Bleury to Amherst and from Sherbrooke to the River)

Hours: Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month

Fees: food assistance to members: $5 per month

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'INFORMATION POUR ESPAGNOLS
1420 Bélanger Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2G 1A4
514 843-4113

Email: misionsantateresamontreal@gmail.com

Services: * Food and clothing assistance.* Thrift store: sale of clothing, furniture, appliances, small house items, toys and books at low cost.* Christmas baskets for people already benefiting from the food assistance service.* Information and referral.* Needs assessment by a social worker.* Classes: computer, embroidery and crafts.* Group activities: outings and trips.* Coffee chats.* French courses provided by the CREP.

Eligibility: immigrant people, mainly Spanish speakers, donations: refugees

Capacity: 300

Coverage area: Greater Montréal

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

Fees: food basket: $3

Financing: self-financing, donations

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

CENTRE DE PROMOTION COMMUNAUTAIRE LE PHARE

12585 Nicolas-Joly Avenue, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 1V1
514 494-0434 Fax: 514 494-0838
Email: info@lephare.ca

Services: * Toddler wokshops (3 to 5 years old).* Parent-child dyads workshops.* School and social support program (6 to 17 years old), help with homework.* Holiday Clubs (3 to 12 years old).* Lunch breaks.* YAPP workshops.* Mothers Volunteer Involvement Project.* Part-time francization course.* Christmas sharing-store.

Eligibility: children, youth and families

Coverage area: Marie-Victorin low-cost housing and the Rivière-des-Prairies neighborhood

Hours: Monday to Thursday 8h00 to 21h30, variable depending on the activities

Fees: member: $1 per person/year

Financing: grants, Centraide of Greater Montreal

Legal status: non-profit organization

CENTRE HUMANITAIRE D'ORGANISATION, DE RESSOURCES ET DE RÉFÉRENCE D'ANJOU

7501 Rondeau Avenue, Anjou, Montréal, QC, H1K 2P3
514 493-8278 Fax: 514 493-8279
Website: www.lechorra.org
Email: chorraorg@yahoo.ca


Eligibility: people on a low income of all origins, families, students, men, etc, daycare and Petits pots d'ailleurs: children 0 to 5 years old

Capacity: collective kitchen: 20 to 22 people

Coverage area: Anjou and surroundings

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 19h00, kitchen: Tuesday and Friday 11h00 to 14h00, food bags: Wednesday 16h00 to 19h00, emergency food aid: Monday to Friday 9h00 to 17h00, social activities for women: every 2nd Friday and Saturday of the month

Fees: membership: $10 per year for Anjou residents, $11 for non-residents, food: $12.50 per month, kitchen: $4.50

Financing: grants

Legal status: non-profit organization
CENTRE NAHA
5995 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1X3
514 259-9962 Fax: 514 259-9387
Website: www.centrenaha.org
Email: centre@centrenaha.org
Services: * 9-12 month social reintegration program with housing and meals.* Food assistance.* Christmas baskets.* Full meals for youth organizations.* Community involvement.* NAHA bazaar: recovery, sale and donation of clothing and household items.
Eligibility: reintegration program: men 18 years and over who have stayed in a therapy or detox centre, food assistance and bazaar: open to all
Capacity: 20 places
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: office: Monday to Friday 9h00 to 18h00, Saturday 9h00 to 17h00, food distribution: Thursday 13h00 to 15h00
Fees: membership: $20 per year, reintegration program: $390 plus 25% of the income, food baskets: $7
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

CHRISTIAN ACTION
Confidential Address
514 694-9246
Services: * Food vouchers.* Food basket delivery in case of emergencies.
Eligibility: people with financial problems
Coverage area: Pointe-Claire
Fees: free
Financing: donations, municipal
Legal status: non-profit organization

CLUB POPULAIRE DES CONSOMMATEURS DE LA POINTE-SAINT-CHARLES
1945 Mullins Street, Suite 30, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 932-1091 Fax: 514 932-7557
Website: www.ccpsc.qc.ca/fr/clubpop
Email: apuisegur.cpc@gmail.com
Services: * Collective kitchens.* Cooking workshops.* Collective gardens.* Solidarity fresh fruit and vegetable markets and groceries.
Capacity: 10 to 20 people per workshop
Coverage area: Le Sud-Ouest with priority to Pointe-Saint-Charles
Hours: Tuesday to Friday day or evening, solidarity grocery store: Wednesday 10h00 to 16h00, Thursday 15h00 to 19h00
Fees: none
Financing: self-financing, donations, grants
Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DUFF-COURT
1830 Duff-Court Street, Suite 103, Lachine, Montréal, QC, H8S 1C8
514 634-5055 Fax: 514 634-8354
Email: info@coviq.org
Services: * Food assistance.* Collective kitchens.* Cooking workshops for adults and for youth.* Christmas baskets.* Youth house.* Homework assistance.* Recreational activities for youth.* Daycare.* Stimulation workshops for families with children 0 to 4 years old.* Collective garden.* Citizen committees.
Eligibility: people on a low income
Coverage area: Lachine: Duff-Court area only
Hours: Monday to Friday 10h00 to 16h00
COMPTOIR ALIMENTAIRE DE L’ÉGLISE BAPTISTE ÉVANGÉLIQUE DE ROSEMONT (LE)
3245 Saint-Joseph Boulevard East, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2B6
514 729-5103
Website: www.eglisederosemont.ca
Email: bureau@eglisederosemont.ca
Services: * Bi-monthly food program: low-price fruit, vegetables, bread and non-perishable goods.
Eligibility: people on a low income
Capacity: 150 families
Coverage area: Rosemont, La Petite-Patrie
Hours: 2nd and 4th Friday of each month at 16h30, first arrived, first served
Fees: grocery: $4
Financing: self-financing, donations
Legal status: non-profit organization

COMPTOIR ALIMENTAIRE SAINTE-ANNE-DE-BELLEVUE
176 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6
514 457-5499     Fax: 514 457-3802
Email: paroisse1703sab@hotmail.com
Services: * Distribution of non-perishable food items.* Vouchers for perishable food.* Christmas baskets.
Eligibility: people on a low income
Coverage area: Sainte-Anne-de-Bellevue, Baie-D’Urfé and Senneville (city and Parish)
Hours: 3rd Thursday of the month 9h00 to 15h00
Fees: none
Financing: donations, municipal
Legal status: non-profit organization

CONTINUITÉ-FAMILLE AUPRÈS DES DÉTENUES
5128 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1T3
1 877 229-9891     Fax: 514 989-5906
Website: www.cfad.ca
Email: direction@cfad.ca
Services: Services to inmates families. * Mother-child program at the Établissement de détention Leclerc de Laval: 24 hours visits, multi-families activities to celebrate special occasions (Mother’S Day, back-to-school, Christmas).* CAPC project at the day centre for mothers who have had trouble with the law and theirs children aged 0 to 12 years: home visits, accompaniment for mothers in social reinsertion, recreational activities for children and families.* Ma boîte à outils: individual or group meetings focused on the particular needs of women who have been sentenced (job search, housing, communication with their child, accompaniment to medical and legal appointments, techno update, etc.).* Visits at the Établissement Joliette on Mondays, every 6 weeks.* Compensatory and voluntary work for women offenders.* Listening and referrals.* Food bank on Thursdays.
Eligibility: women inmates, ex-inmates or women who had trouble with the law, their children, and their partners
Capacity: food baskets: 30 per week
Coverage area: province of Québec
Hours: Monday on call and appointment, Tuesday to Thursday: 9h30 to 5h30, Sunday activities for registered children and families.
Fees: food bank: $5 per week.
Financing: grants, donations
Legal status: non-profit organization
COOPÈRE ROSEMONT
3958 Dandurand Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
514 419-4736   Fax: 514 419-0646
Website: www.coopere.ca
Email: info@coopere.ca

Services: Support to fathers and families. * Home environment.* Hotline and one-on-one meetings.* Accompaniment with procedures. information, Internet access, resources and support.* Community garden, Prépa lunch enfants program, dinners, collective kitchens.* School supplies sharing-store.* Father-child activities: father-child animated park.* Gym.* Fathers' evenings, thematic discussion group for fathers and activities.* Awareness workshops: paternity and parenting (fathers, mothers).* Developing parenting skills.* Special and family activities (winter and summer camps, sugar shacks, Christmas spirit, family parties).* For families: birth accompaniment in collaboration with CLSC’s and community organizations, prenatal and postnatal individual support.* Training and awareness among community organizations and partners.* Presenting services to CLSC’s, research projects and partnerships (Centre de Jeunesse de Montréal, UDM).

Eligibility: families: fathers, children, mothers
Coverage area: Rosemont neighbourhood
Hours: Monday, Wednesday and Friday 9h00 to 17h00, Tuesday and Thursday 9h00 to 21h30, pères-enfants workshops: Saturday 9h00 to 12h00, discussion evenings: Thursday 18h00 to 21h00
Fees: free or reduced fees
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CORPORATION DES MARCHÉS PUBLICS DE MONTRÉAL
155 Green Avenue, 3rd Floor, Le Sud-Ouest, Montréal, QC, H4C 2H6
514 937-7754   Fax: 514 937-7688
Website: www.marchespublics-mtl.com
Email: info@marchespublics-mtl.com

Coverage area: Montréal
Financing: self-financing
Legal status: non-profit organization

CUISINE COLLECTIVE À TOUTE VAPEUR
13765 Forsyth Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 3W6
514 640-6024
Email: atoutevapeur1972@hotmail.com

Services: * Food aid.* Collective kitchens.
Eligibility: food aid: individuals and families on a low income, collective kitchens: open to all
Capacity: kitchens: 6 groups
Coverage area: Mercier, Pointe-aux-Trembles and Montréal-Est
Hours: food aid: Monday 14h15 to 15h30, kitchens: Wednesday to Friday 8h30 to 16h00
Fees: food aid: $2.50, kitchens: $3 per month for residents of the territory, $6 for non-residents, daycare: free
Legal status: non-profit organization

CULTURAL ASSOCIATION FOR LATIN AMERICAN FRIENDSHIP
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 748-0796   Fax: 514 748-7210
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com

Eligibility: any person in need, immigrants and refugees
Coverage area: Saint-Laurent
Hours: Monday to Friday 9h00 to 17h00, food bank and community groceries: Tuesday and Friday 9h00 to 17h00
Fees: food assistance: $5, community groceries: voluntary contribution
Financing: federal, provincial, municipal
Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE ÉGLISE CATHOLIQUE SAINT-CHARLES
2115 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J5
514 932-5335 Fax: 514 932-9790
Email: paroissestcharles@bellnet.ca

Services: * Food aid.* Christmas baskets distribution.* Thrift store: sale of affordable items (1260 Island Street, entrance at the back of the main address).
Eligibility: individuals and families on a low income
Capacity: assistance: 80, Christmas baskets: 125
Coverage area: Pointe-Saint-Charles
Hours: 3rd Wednesday of the month 18h30, thrift shop: Tuesday and Friday 13h00 to 16h00
Fees: annual registration: individual or couple $5, family $7
Financing: self-financing, donations
Legal status: non-profit organization

ÉCHOPPE DE GAÏA (L’)
12 545 Fernand Gauthier Avenue, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 2X2
514 379-3246
Email: info-gaia@videotron.ca

Services: * General store: sales of farm products (fruits and vegetables) as well as transformed products.* Bistro section: meeting place serving beverages, pastries and meals prepared on site.
Coverage area: Rivière-des-Prairies
Hours: Tuesday to Friday 10h30 to 18h00
Fees: variable
Financing: grants, self-financing
Legal status: non-profit organization

ENTRAIDE PAROISSIALE NOTRE-DAME-DE-LA-DÉFENSE
6800 Henri-Julien Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2V4
514 277-6522

Services: * Food vouchers.
Coverage area: La Petite-Patrie and surroundings
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: donations
Legal status: non-profit organization

ESPACE JEUNESSE LE SALON
3705 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3
514 327-1933
Email: ejo.mtlnord@gmail.com

Eligibility: youth 11 to 25 years old
Coverage area: Montréal-Nord
EXTENDED HANDS
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 833-1570    Fax: 514 469-9953
Website: extendedhands.net
Email: info@extendedhands.net
Services: * Food bank.* Hot meals.* Distribution of clothing and other items.* Thrift shop.* Christmas baskets.* Dress for Success program: career counselling for job reintegration.* Scholarship program.
Eligibility: people on a low income
Capacity: 500 families per week
Coverage area: Lachine and surroundings
Hours: food bank: Wednesday 11h30 to 14h00, hot meals: Thursday 11h30 to 14h00
Fees: food bank: $4 per visit, hot meals: free
Financing: donations
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE NOTRE-DAME-DE-LA-CONSOLATA
1700 Jean-Talon Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2E 1T2
514 374-0122
Email: paroisseconsolata@gmail.com
Services: * Bi-annual bazaar.* Food assistance.
Eligibility: families and people in difficulty
Coverage area: Montréal
Hours: bazaar: spring and fall
Fees: food assistance: free
Financing: donations
Legal status: non-profit organization

FONDATION MISSION HUMANITAIRE POUR LE DÉVELOPPEMENT DES JEUNES
1880 René-Lévesque Boulevard East, Suite 203, Ville-Marie, Montréal, QC, H2K 4R9
514 629-0760
Website: www.fondationmhdj.org
Email: direction@fmhdjf.org
Services: Prevention and struggle against homelessness and drugs and alcohol addictions within cultural communities.* Promotion of youth’s social development.* Reception and socioeconomic integration of immigrants.* Discussion groups.* French courses.* Information and referral.* Family mediation.* Food distribution.* Pairing between new immigrants and people donating clothing and housewares.
Coverage area: Montréal
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FREE METHODIST CHURCH OF ROSEMONT
6005 40th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2V6
450 665-8618
Services: * Food assistance.
Eligibility: people on a low income of all religions
Coverage area: Rosemont and surroundings
Hours: April to December: Friday 13h00 to 15h00
Fees: suggested contribution of $7
**Financing:** donations  
**Legal status:** non-profit organization

**FRIDGE AMHERST**  
1700 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L5  
514 524-6626  
**Website:** www.facebook.com/entraideamherst  
**Email:** le_fridge@hotmail.com  
**Services:** Volunteer mutual-aid citizens' initiative. * Free sharing of food recovered from food waste.* Accepted foods: fresh produce (fruit, vegetables, etc.), cans, perishable goods, home-made meals. * All food must be edible.* Meats, fish, frozen items and open containers of yogurt, humus, and dips are not accepted. * Home-made meals: preparation date and list of ingredients must be noted.  
**Eligibility:** people in need of food complements  
**Coverage area:** Centre-Sud  
**Hours:** customer service: Tuesday and Wednesday 15h00 to 18h00  
**Fees:** free  
**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

**GROUPE D'ENTRAIDE DE MERCIER-OUEST**  
6765 de Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1M4  
514 253-0297  
**Email:** direction.gemo@gmail.com  
**Services:** * Community grocery store.* Collective kitchens.* Culinary workshops.* Christmas sharing store.  
**Eligibility:** individuals and families on a low income  
**Capacity:** over 100 families per week  
**Coverage area:** community groceries, food aid and culinary workshops: Mercier-Ouest (H1N and H1M)  
**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, community groceries: Tuesday 13h00 to 16h30, Wednesday and Thursday 9h30 to 12h00 and 13h00 to 16h00  
**Fees:** membership: $7 per year per family, emergency food assistance: free, community groceries: choice between 4 packages, collective kitchens and culinary workshops: $5 per person, other activities: variable  
**Financing:** donations, grants, fundraising campaigns  
**Legal status:** non-profit organization

**HEAD AND HANDS**  
3465 Benny Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 2R9  
514 481-0277  
**Fax:** 514 481-2336  
**Website:** www.headandhands.ca  
**Email:** info@headandhands.ca
Services: * Information and referral.* Community health services: walk-in clinics for all kinds of medical issues, gynecology, pregnancy, STBDs.* Food bank.* Distribution of condoms and lubricants.* Street work and needle exchange.* Legal information.* Jeunesse 2000 centre: youth programs and tutoring.* Promotion of sex education in Montréal high schools.* Program for young parents.

Eligibility: youth 12 to 25 years old
Coverage area: Greater Montréal and surroundings
Hours: Monday 10h00 to 18h30, Tuesday to Thursday 10h00 to 22h00, Friday 10h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal, federal, donations
Legal status: non-profit organization

HIRONDELLE, WELCOMING AND INTEGRATION SERVICES FOR IMMIGRANTS (L’)
4652 Jeanne-Mance Street, 2nd and 3rd floor, Le Plateau-Mont-Royal, Montréal, QC, H2V 4J4
514 281-5696     Fax: 514 281-5628
Website: www.hirondelle.qc.ca

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

Eligibility: newcomers and accepted refugees
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

ICNA RELIEF CANADA
5876 Upper Lachine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2B9
514 482-7070
Website: www.icnareliefcanada.ca
Email: montreal@icnareliefcanada.ca

Services: * Information and referrals.* Food assistance.
Eligibility: families and people living on a low income
Coverage area: Montréal Island
Hours: Tuesday and Thursday 13h00 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

INFORMATION ALIMENTAIRE POPULAIRE CENTRE-SUD
1710 Beaudry Street, Suite 1.14, Ville-Marie, Montréal, QC, H2L 3E7
514 529-2626     Fax: 514 596-7093
Email: info_alimentaire@yahoo.ca

Services: * Emergency food assistance for everyone in need.* Food distribution for members.* Christmas baskets.* Telephone and in-person reception and referral.
Eligibility: people on a low income
Capacity: about 500 people per week
Coverage area: food distribution and assistance: Centre-Sud, Moreau Street to Saint-Laurent Boulevard and Saint-Lawrence River to Mont-Royal Avenue
Hours: food assistance: Wednesday and Friday 9h00 to 12h00, Tuesday and Thursday 14h00 to 16h00
Fees: annual membership: $5, plus $3 for each distribution (first distribution is free)
Financing: membership fees, foundations, donations
Legal status: non-profit organization
JOJO DÉPANNAGE
4204 Sainte-Catherine Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1X3
514 998-7430
Email: servicejojo@hotmail.com
Services: * Food bank.* Possibility of home delivery for people with limited mobility.* Special Christmas distribution.
Eligibility: people on a low income
Hours: food baskets: Tuesday to Friday 10h30 to 16h00
Fees: membership card giving access to two visits per week: $12 per year, food baskets: $4.00 small basket, $7.50 big basket, food delivery: $15 including big basket
Financing: donations, self-financing
Legal status: non-profit organization

LEBANESE, SYRIAN CANADIAN LADIES’ AID SOCIETY (THE)
Confidential Address
514 274-3583
Services: * Emergency food assistance through vouchers.* Temporary financial support for medication and essential services, including school supplies and winter clothing.* Distribution of house items, school supplies and Christmas baskets to those already benefiting from the emergency food assistance.
Eligibility: families from the Middle East
Capacity: between 15 and 25 families at a time
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: free
Financing: donations and fundraising campaigns
Legal status: non-profit organization

LIGHTHOUSE OF MONTREAL NORTH (THE)
11835 Langelier Boulevard, Montréal-Nord, Montréal, QC, H1G 6G6
514 329-0793
Website: emmanuelmtl.com/light-house
Email: emmanuel.church@bellnet.ca
Services: * Food bank.* Christmas baskets.
Eligibility: people on a low income
Capacity: 10
Coverage area: Montréal-Nord
Hours: registration: Thursdays 9h00 to 11h00, limited places, distribution: Friday morning
Financing: donations
Legal status: non-profit organization

MAISON D’ENTRAIDE SAINT-PAUL ET ÉMARD
5999 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 761-1280 Fax: 514 761-0340
Website: www.maison-entraide.org
Email: info@maison-entraide.org
Services: * Purchasing group.* Grocery with reduced contribution.* Collective kitchens.* Educational and practical workshops on cooking and nutrition.* Popular education workshops, training.
Eligibility: people on a low income
Coverage area: priority to Ville-Émard and Côte-Saint-Paul, Le Sud-Ouest
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $2
Financing: provincial, Centraide
Legal status: non-profit organization

MAISON DE LA FAMILLE COEUR À RIVIÈRE
9140 Perras Boulevard, Rivièr-des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 7E4
514 494-6555
Email: accueil@coeurariviere.org
Eligibility: families with children 0 to 12 years old
Coverage area: Rivièr-des-Prairies
Hours: Monday, Tuesday, Thursday and Friday 9h30 to 16h00, Wednesday 9h30 to 20h00
Fees: variable
Financing: grants, donations, 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

MAISON DE LA FAMILLE PIERRE BIENVENU NOAILLES
4350 de Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H3
514 337-1522     Fax: 514 419-9196
Website: www.maifapbn.ca
Email: info@maifapbn.ca
Services: * Respite for parents of children 0 to 18 months old.* Temporary, emergency and respite daycare for children 0 to 5 years old.* Pilot project: daycare for children 0 to 5 years old on Saturday mornings from 9h00 to 12h00.* Daycare for school-aged children on pedagogical days, school breaks and summer holidays.* Supervised access and exchange of custody.* School readiness workshop for children 3 to 5 years old.* Homework assistance for children 6 to 12 years old.* Story time for children 2 to 5 years old.* Summer day camp for children 6 to 13 years old.* Parenting skills workshops (YAPP).* Child development workshops.* Parental counselling.* Food vouchers.* Fresh fruit and vegetables at a low cost.* Financial assistance for health and pharmacy items.
Eligibility: parents with children 0 to 13 years old, daycare: school-aged children
Food

Coverage area: Greater Montréal, mainly Bordeaux-Cartierville
Hours: Monday to Friday 7h00 to 18h00, Saturday and Sunday 9h00 to 17h00
Fees: respite: free, daycare: $9 per day, drop-in: $10, school readiness: $10, daycare file opening: $20, supervised visit: $60, custody exchange: $40, access rights file opening: $25, workshops: variable
Financing: provincial, self-financing, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES DE RIVIÈRE-DES-PRAIRIES
12550 48th Avenue, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 2G4
514 648-6364 Fax: 514 648-1616
Website: www.mdjrdp.com
Email: mdj_rdp@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Rivière-des-Prairies
Hours: school year: Monday to Friday 11h00 to 20h00, summer: Monday to Friday 9h00 to 20h00, recording studio: by appointment, homework assistance: Wednesday
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISONNÉE (LA) - ACCUEIL - INTÉGRACTION - EMPLOI
6865 Christophe-Colomb Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H3
514 271-3533 Fax: 514 271-1910
Website: www.lamaisonnee.org
Email: info@lamaisonnee.org
Services: * Assistance with administrative procedures.* Assistance with settlement and integration.* Legal advice.* Certification of documents.* Francization courses.* English courses.* Sociocultural activities.* Employment: job search workshops, resume writing, individual monitoring, internship and job placement.* Regular and emergency food assistance.* Buying groups.* Housing search assistance.* Family outings.* Summer day camp.* Tax clinic.* Shared housing: pairing of people in search of housing with people looking for a rent share.
Eligibility: food aid: Rosemont-La Petite-Patrie residents and immigrants for less than 5 years, shared housing: for everyone, other services: immigrants for less than 5 years
Capacity: food bank: 130
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, food assistance: Wednesday starting at 10h00, some activities on evenings
Fees: food assistance: $4
Financing: provincial, municipal, Centraide of Greater Montréal, federal, donations, foundation
Legal status: non-profit organization

MAISONNETTE DES PARENTS (LA)
6651 Saint-Laurent Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3C5
514 272-7507 Fax: 514 272-2367
Email: info@maisonnettedespParents.org
Eligibility: people on a low income, people from the area
Food

**Capacity:** collective kitchens: 4 groups of 6 people, 300 meals for 3 schools
**Coverage area:** La Petite-Patrie
**Hours:** food aid: Thursday 11h30 to 13h00, collective kitchens: Monday 18h30 to 21h30 and Friday 13h00 to 17h00
**Fees:** membership card: $5 per year, food assistance: $2 per week, kitchens: $3 per serving
**Financing:** donations, contributions, grants
**Legal status:** non-profit organization

**MAISONS ADRIANNA**
2500 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2K2
514 597-0404
Website: www.maisons-adrianna.org
Email: info@maisons-adrianna.org

**Services:** * Subsidized housing.* Food bank.* Free assistance once a year.* Bazaar, clothing depot and library.* Donations for people in need.* Christmas baskets.* Activities in partnership with Chevaliers de Colomb.

**Eligibility:** single-parent women with a dependent child, families and individuals on a low income
**Capacity:** 6 4½ apartments, 250 members
**Coverage area:** Centre-Sud neighbourhood in Montréal: South of Sherbrooke Street, East of De Lorimier Avenue, West of Moreau Street, North of the Saint-Lawrence River
**Hours:** Tuesday to Friday 10h00 to 16h00, food distribution: Tuesday for individuals and Thursday 13h00 to 15h00 for families, bazaar: Tuesday and Thursday 13h00 to 15h00
**Fees:** membership card: $12 per year plus $10 per month, price is reduced of $1 for each month past
**Financing:** provincial, municipal
**Legal status:** non-profit organization

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

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

**MARCHÉ SAINT-PIERRE**
59 Saint-Pierre Avenue, Lachine, Montréal, QC, H8R 1P1
514 439-3353
Website: www.revitalisationsaintpierre.ca/marche-saint-pierre
Email: 59saintpierre@gmail.com

**Capacity:** unlimited
**Coverage area:** Saint-Pierre neighbourhood
**Hours:** Monday to Friday 9h00 to 19h00, Saturday and Sunday 9h00 to 17h00
**Financing:** self-financing
**Legal status:** non-profit organization
MISSION CATHOLIQUE LATINO-AMÉRICAINE
2020 de Bordeaux Street, Ville-Marie, Montréal, QC, H2K 3Y5
514 525-4312
Website: www.misionguadalupe.org
Email: misionguadalupe@videotron.ca
Services: * Food bank.* Donation of clothing, toys and books.
Eligibility: Latin American people
Capacity: 40
Coverage area: Centre-Sud and Ville-Marie
Hours: Wednesday
Fees: food basket: $3
Financing: donations
Legal status: non-profit organization

MOUVEMENT FRATERNITÉ MULTI-ETHNIQUE
5967 Jean-Talon Street East, Suite 307, Saint-Léonard, Montréal, QC, H1S 1M5
514 256-6976     Fax: 514 510-1714
Email: mfmethnique@yahoo.ca
Services: * Information and coordination of social services.* Activities for families.* Food bank.* Christmas baskets.* Tax clinic.* Homework help.* Internet access centre.* Citizen engagement workshops.
Eligibility: individuals and families from ethnocultural communities, people on a low income
Coverage area: Saint-Léonard
Hours: Monday to Friday 9h00 to 17h00, food bank: Wednesday 12h30 to 13h30
Fees: food bank: $5
Financing: provincial, federal
Legal status: non-profit organization

NATIVE FRIENDSHIP CENTRE OF MONTRÉAL
2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3
514 499-1854     Fax: 514 499-9436
Website: www.nfcm.org
Email: info@nfcm.org
Services: Drop-in centre for the homeless including breakfast and lunch, showers, laundry and clothing donations. * Street patrols and guidance in urban areas, blankets and needle exchange.* Emergency food assistance.* Food baskets after the 15th of every month.* Monthly dinners.* Inter-Tribal Youth Centre.* Employment assistance for youth.* Literacy workshops for youth.* Cooking workshops for youth.* Information and referral.* Telephone and Internet access.* Emergency transportation and accompaniment for social and medical services and to shelters.* Healthcare staff available bi-weekly for vaccines, screening and general check-ups.* Legal and social advocacy.* Social and cultural activities for youth and adults.
Eligibility: Indigenous people: First Nations, Inuits, Metis, particularly youth and people who are in precarious situations or homeless
Coverage area: Montréal area
Hours: drop-in centre: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 20h00, Friday 9h00 to 16h00, youth centre: variable, street patrol: Monday to Friday 11h00 to 19h00, medical staff: Wednesday 13h00 to 17h00
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

NOTRE-DAME DE LA RUE
2000 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3H 1G4
514 925-4348
Website: diocesemontreal.org/services-et-ressources/notre-dame-de-la-rue.html
Email: notredamedelarue@diocesemontreal.org
Food

Services: Street work. * Listening and spiritual support.* Food assistance.* Donation of warm clothes.
Eligibility: homeless people
Coverage area: Montréal
Financing: donations
Legal status: non-profit organization

NOUVELLE VISION DES JEUNES
9574 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 683-0942
Website: www.nouvellevision.org
Email: info@nouvellevision.org
Coverage area: Pierrefonds-Roxboro
Hours: food bank: Monday 15h00
Fees: membership: $5, food bank: $6 per basket
Financing: donations
Legal status: non-profit organization

OASIS DE SAINT-LAURENT (L’)
1895 de l’Église Street, Saint-Laurent, Montréal, QC, H4M 1E6
514 747-7621
Services: * Food bags: perishable and non-perishable goods.
Eligibility: people on a low income
Capacity: about 70 families per week
Coverage area: Saint-Laurent
Hours: Thursday 13h00 to 15h30
Fees: free
Financing: donations
Legal status: non-profit organization

OEUVRE DES SAMARITAINS (L’)
9413 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4095    Fax: 514 750-9395
Website: www.lessamaritains.com
Email: lds@live.ca
Services: * Community groceries.* Community service with the YMCA.* Christmas groceries.
Eligibility: people on a low income
Coverage area: Montréal
Hours: Tuesday 13h00 to 17h00, Thursday 13h00 to 18h00, Friday 11h00 to 14h00, open during Christmas holidays
Fees: community groceries: $7
Financing: donations
Legal status: non-profit organization

OEUVRE SOUPE MAISON (LACHINE) (L’)
1170 Notre-Dame Street, Lachine, Montréal, QC, H8S 2C4
514 469-9954
Email: soupemaision@videotron.ca
Services: * Full hot meals.* Food baskets.* Clothing depot.
Eligibility: people on a low income
Coverage area: Lachine and Saint-Pierre
Food

Hours: hot meals: September to May, Tuesday to Thursday 11h15 to 12h15, food baskets: when available

Fees: free meals

Financing: donations

Legal status: non-profit organization

ON ROCK COMMUNITY SERVICES
9554 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1R3
514 696-1905 Fax: 514 453-2505
Website: www.onrock.org
Email: onrock@onrock.org

Services: * Food bank.* School lunch program.* Community dinners.* Christmas baskets for those already benefiting from the food bank.

Eligibility: people on a low income

Coverage area: West Island

Hours: Monday, Wednesday and Friday 9h30 to 17h00, Tuesday and Thursday 9h30 to 19h00

Fees: food baskets: $7, meals: $2

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PANIER FUTÉ COOP
5872 Léger Boulevard, Montréal-Nord, Montréal, QC, H1H 1K9
438 383-5570
Website: www.panierfute.coop
Email: gaetan@panierfute.coop

Services: Food access solidarity cooperative. * Affordable food basket delivery.* Promotion of healthy, affordable, quality and diversified food.* Solidarity citizen networking.

Eligibility: Montréal-Nord and East of Montréal residents

Coverage area: Montréal-Nord and East of Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: individual member: $10, organization member: $100, company member: $500

Financing: municipal, provincial

Legal status: cooperative

PROJET D’INTERVENTION AUPRÈS DES MINEUR(E)S PROSTITUÉ(E)S
Confidential Address
514 284-1267 Fax: 514 284-6808
Website: www.piamp.net
Email: piamp@piamp.net

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

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

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, food bank: same day registration at 13h00

Fees: food bags: $3

Financing: provincial

Legal status: non-profit organization
PROMIS - PROMOTION INTÉGRATION-SOCIÉTÉ NOUVELLE
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 345-1615     Fax: 514 345-1088
Website: www.promis.qc.ca
Email: info@promis.qc.ca
Eligibility: multiethnic population
Capacity: Maria-Goretti guest house: 220 rooms
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable
Financing: municipal, provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization

RACINE CROISÉE
1587 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2S9
514 668-6081
Website: www.racinecroisee.com
Email: info@racinecroisee.com
Services: * Food bank.* Thrift store and donation of used items: furniture, clothing, household items, appliances, office furniture, toys and sports items, musical instruments, mattresses, etc. * Sewing workshops.* Cultural, social and professional integration activities: support and activities for ethnocultural minorities and people of Afro origin based in Québec and Canada, Festival Afro-Monde Ngondo, Leaders and Personnalities Program.* Help with housing research.* Information for newcomers: information on regions, public services, public transportation and help with claiming new cards.* Yoga and dance class.
Capacity: food aid: 70 to 80 families per distribution
Coverage area: Montréal
Hours: food distribution: Friday
Fees: food aid: $5
Financing: donations
Legal status: non-profit organization

ROSSIGNOL EN CAGE FOR CULTURE AND MULTIMEDIA
2845 Darlington Place, Suite 34, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 1L4
514 774-8528     Fax: 514 564-8528
Email: amragheb2@gmail.com
Services: * Assistance with the integration of refugees.* Translation, review and writing in French, English and Arabic.* Document authentication and certification.* Assistance with procedures and forms.* French courses.* Computer courses.* Food assistance.* Food assistance for pregnant or breastfeeding women.* Donation of clothing, furniture and bedding in case of need.* Donation pairing.* Christmas baskets.
Eligibility: refugees, immigrant people, students, homeless or low-income people, people with physical disabilities
Coverage area: Montréal
Hours: 7 days, 8h00 to 20h00
Fees: variable, most services are free
Financing: donations, grants, self-financing
Legal status: non-profit organization
SAINT-JOHN BRÉBEUF PARISH - HOPE FOOD BANK
7777 George Street, LaSalle, Montréal, QC, H8P 1C8
514 363-4578
Email: office@johnbrebeuf.ca
Coverage area: LaSalle
Hours: by appointment
Financing: donations
Legal status: non-profit organization

SAINT-LAURENT - BOROUGH
777 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M7
3-1-1     Fax: 514 855-5939
Website: ville.montreal.qc.ca/saint-laurent
Email: saint-laurent@ville.montreal.qc.ca
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 19h00
Legal status: municipal agency

SAVATION ARMY - COMMUNITY AND FAMILY SERVICES - ROSEMONT
6735 Pie-IX Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2C7
514 722-8534     Fax: 514 722-1201
Website: www.salvationarmy.ca/quebec/family
Services: * Food aid.* Vouchers for purchasing clothing and furniture in a Salvation Army shop.* Christmas baskets.* School supplies.* Family summer camp in Lac de l'Achigan.* Cultural assemblies.* Referral towards other Salvation Army resources when needed.
Eligibility: individuals and families on a low income, newcomers
Coverage area: Montréal
Hours: food aid: Wednesday and Thursday 10h00 to 14h00, by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

SAVATION ARMY - COMMUNITY AND FAMILY SERVICES - VILLE SAINT-LAURENT
9345 Trans-Canada Highway, Saint-Laurent, Montréal, QC, H4S 1V3
514 254-1123     Fax: 514 254-6650
Website: www.salvationarmy.ca/quebec/family
Services: * Food aid.* Vouchers for the purchase of furniture and clothing in a Salvation Army shop.* Worship assembly.* Christmas baskets.* School supplies.* Family summer camp at Lac de l'Achigan.* Referral to Salvation Army's other resources when needed.
Eligibility: people on a low income
Coverage area: Montréal
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 15h30, by appointment only
Financing: donations
Legal status: non-profit organization
**Salvation Army - Community and Family Services - Ville-Émard**

6624 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3J1

514 766-2155 ext. 5

Website: www.salvationarmy.ca/quebec/family

**Services:** * Food aid.* Vouchers for the purchase of furniture and clothing in a Salvation Army shop.* Christmas baskets.* School supplies.* Family summer camp at Lac de l'Achigan.* Worship assembly.* Referral to Salvation Army's other resources when needed.

**Eligibility:** low-income individuals and families, newcomers

**Coverage area:** Montréal

**Hours:** food aid: Monday, Tuesday and Thursday 8h30 to 16h00, by appointment

**Fees:** free

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**Service d'Interprète, d'Aide et de Référence aux Immigrants**

6767 de la Côte-des-Neiges Road, Suite 499, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 738-4763 Fax: 514 738-4925

Website: www.siari.org

Email: info@siari.org

**Services:** * Assistance with integration procedures for newcomers.* Individual counselling, referral.* Translation, interpretation.* Certification of documents.* Information sessions and coffee-chats.* Linguistic integration program, customized francization courses, French conversation workshops.* Support for resident family workers.* English courses.* Social assistance and support program for obtaining employment integration assistance for employment assistance beneficiaries.* Thematic coffee-chats for the development of social and professional skills.* Computer workshops.* Home support visits for parents.* Coffee-chats for the improvement of parenting knowledge and skills.* Various activities and workshops for children.* Daycare available during activities.* Nobody's Perfect program in Tamil and English.* Reading stimulation.* Family outings.* Summer and school-break day camps.* Homework help for children 6 to 12 years old.* Tax clinic.* Food distribution.* Christmas baskets.* Information on laws and rights in Québec, on immigration and on sponsorship.* Assistance with filling out official documents.

**Eligibility:** immigrant individuals and families

**Coverage area:** Montréal

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h45

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

**Legal status:** non-profit organization

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**Service de Nutrition et d'Action Communautaire**

10780 Laverdure Street, Suite 03, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 385-6499 Fax: 514 385-1167

Website: www.lesnac.com

Email: info@lesnac.com

**Services:** * Food assistance.* Community meals and café.* Frozen meals for take-out.* Cooking workshops.* Christmas and back-to-school sharing stores.* Community work.* Catering.

**Eligibility:** people on a low income

**Coverage area:** Ahuntsic

**Hours:** office: 9h00 to 16h00, monthly food assistance: Wednesday 13h00 to 14h30 on site, Thursday 17h30 to 19h00 at 20 Chabanel Street West, Friday 10h00 to 11h30 at 10125 Parthenais Street, community meal: Monday 12h00 to 13h00 on site, Tuesday at 2025 Henri-Bourassa Boulevard East, Wednesday at 8750 Berri Street

**Fees:** food assistance: voluntary contribution of $2, emergency assistance: free upon referral, community meal: $3 for people on a low income and $5 for others, sharing stores: 10% of the actual cost of groceries, cooking workshops: free

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

**Legal status:** non-profit organization
SHARE THE WARMTH
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599 Fax: 514 933-7270
Website: www.sharethewarmth.ca
Email: info@sharethewarmth.ca
Eligibility: Verdun and South-West area residents, school children from all of Montréal and Pointe-Saint-Charles
Capacity: 3500 people each month
Coverage area: Montréal, Le Sud-Ouest, Verdun
Hours: Monday to Saturday 8h30 to 16h00, food bank: Monday and Thursday 13h00 to 15h00, except for the first week of the month
Fees: food bank: $1 per adult, music programs for children: sliding fee scale, community café: meals for members $2 and guests $4
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE PAUL - SACRÉ-COEUR-DE-JÉSUS
2000-B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4
514 521-0095 ext. 125
Email: renechabot@hotmail.com
Services: * Food bags distribution.
Eligibility: people and families on a low-income
Capacity: maximum 3 times a year per individual or family
Coverage area: Sacré-Coeur-de-Jésus Parish
Hours: distribution: 3rd and 4th Wednesdays of the month, 13h30 to 15h00
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CATHÉDRALE (LA)
1085 de La Cathédrale Street, Ville-Marie, Montréal, QC, H3B 2V3
514 866-1661 Fax: 514 864-5643
Email: stantoinecath@ssvp-mtl.org
Services: * Food vouchers.* Christmas baskets.* School supplies.* Christmas party.
Eligibility: people on a low income
Coverage area: a part of Ville-Marie and a part of Sud-Ouest
Hours: by appointment
Financing: donations, fundraising campaign
Legal status: non-profit organization

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 - CENTRE D’AIDE SAINT-JEAN-BAPTISTE
4240 Drolet Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 2L6
514 849-2008
Services: * Monthly community meal followed by a distribution of food baskets.* Distribution of Christmas baskets.* Vouchers for school supplies.
Eligibility: people on a low income
Coverage area: Saint-Jean-Baptiste Parish and Saint-Louis-de-France merged Parish
Hours: monthly meal: one Saturday per month at 12h00 followed by a distribution of food baskets at 14h00, by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN
284 de l’Église Street, Verdun, Montréal, QC, H4G 2M4
514 768-2093
Website: www.ssvp-mtl.org
Services: * Distribution of food baskets.* Christmas baskets.* School supplies.* Activities for youth.* Les Trouvailles thrift store, located at 384 Wellington Street, Verdun.
Eligibility: people on a low income
Capacity: unlimited
Coverage area: Marguerite-Bourgeoys, Notre-Dame-de-la-Garde, Notre-Dame-de-la-Paix, Notre-Dame-de-Lourdes, Notre-Dame-des-Sept-Douleurs, Notre-Dame-des-Auxiliatrices parishes and Nuns’ Island
Hours: food: Tuesday and Thursday 9h30 to 11h30, thrift store: Thursday to Saturday 10h00 to 16h00
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DU PLATEAU
4201 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2K 4K2
514 521-4876     Fax: 514 273-7838
Services: * Distribution of food.* Christmas baskets.* School supplies.* Clothing depot.
Eligibility: people on a low income
Coverage area: Immaculée-Conception, Saint-Pierre-Claver, Saint-Anselme, Saint-Eusèbe and Saint-Vincent-de-Paul (of Montréal) parishes, Saint-Louis-de-Gonzague merged parish
Hours: Tuesday and Wednesday 9h30 to 15h00, every second Saturday 10h00 to 15h00, food aid: Wednesday 13h00 to 15h00, pick-up: Wednesday by appointment
Fees: none
Financing: donations, self-financing, fundraising campaign
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ÉMARD-SAINT-PAUL
6300 Laurendeau Street, Le Sud-Ouest, Montréal, QC, H4E 3Y1
514 762-0909
Services: * Distribution of food baskets.* Distribution of Christmas baskets.* Opération bonne mine.* Information and referral.* Deuxième vie clothing depot: 6030 Monk Boulevard.
Eligibility: people on a low income
Coverage area: Côte-Saint-Paul and Ville-Émard
Hours: food assistance: by appointment, after the 15th of each month, except for emergencies, Deuxième Vie clothing bank: Monday to Friday 10h00 to 16h00
Fees: voluntary contribution: $1 per adult

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE LASALLE
9037 Airlie Street, LaSalle, Montréal, QC, H8R 2A4
514 365-5749

Email: lasalle@ssvp-mtl.org

Services: * Distribution of food baskets.* Christmas baskets.* Vouchers for school supplies.

Eligibility: people on a low income

Coverage area: LaSalle

Hours: Monday and Friday by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-ENFANT-JÉSUS DE POINTE-AUX-TREMBLES
11985 Victoria Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2R2
514 645-6918    Fax: 514 645-5217

Email: grenierozanam@ssvp-mtl.org

Services: * Food assistance.* Christmas basket vouchers.* School supply vouchers.* Grenier d'Ozanam: sale of clothing, accessories and furniture.

Eligibility: people on a low income

Coverage area: Saint-Enfant-Jésus and Saint-Marcel parishes: from Georges-V Street to 66th Avenue

Hours: food: Monday and Wednesday 9h00 to 14h00 by appointment, Grenier d'Ozanam: Tuesday and Thursday 13h00 to 16h30, Saturdays of November and June 9h00 to 12h00

Fees: free, except for the Grenier d'Ozanam

Financing: self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-JEAN-VIANNEY (MONTRÉAL)
6416 26th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3K7
514 251-2208

Services: * Clothing depot.* School supplies distribution.* Food vouchers.* Christmas baskets.

Eligibility: people on a low income

Coverage area: Saint-Jean-Vianney (Montréal) Parish and some parishes now merged with Notre-Dame-de-l'Alliance (East Part): Sainte-Bernadette-Soubirous and Saint-Eugène, Saint-Marc

Hours: food vouchers: Wednesday 13h00 to 15h45, clothing bank: Wednesday 13h00 to 15h00, bazar: 2nd Saturday of the month (except for July and August)

Fees: none

Financing: donations, fundraising campaings, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-PASCAL-BAYLON
6570 de la Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2A7
514 735-9571

Services: * Food assistance through vouchers. * Christmas baskets.* School supplies.

Eligibility: people on a low income

Coverage area: Saint-Pascal-Baylon and Notre-Dame-des-Neiges parishes

Hours: by appointment, after leaving a voicemail

Financing: donations

Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-GERTRUDE
6373 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9
514 325-7320
Services: * Distribution of food vouchers, food bank.* Distribution of Christmas baskets.* School supplies.
Eligibility: people on a low income
Coverage area: Sainte-Gertrude Parish
Hours: Thursday 9h00 to 11h30 and 13h00 to 14h30
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AUX-RÉCOLLETS -
CONFÉRENCE SAINTE-COLETTE
6373 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9
514 322-0371     Fax: 514 510-4479
Services: * Food vouchers.* Christmas baskets vouchers.* School supplies vouchers.* Clothing depot: reception and sale of used clothing and household items.
Eligibility: people on a low income
Coverage area: Sainte-Colette and Saint-Camille parishes
Hours: food aid: Tuesday 9h00 to 11h00, depot: Wednesday 12h00 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL SAINTE-GERTRUDE, SAINT-RÉMI, SAINT-
VITAL ET SAINT-VINCENT-MARIE-STRAMBI
10815 Armand-Lavergne Street, Montréal-Nord, Montréal, QC, H1H 3P3
514 508-8889
Services: * Food vouchers.* Christmas basket vouchers.* Opération Bonne mine: school supply vouchers.* Thrift store.
Eligibility: people on a low income
Coverage area: Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes
Hours: Tuesday and Wednesday 9h00 to 15h00
Fees: free, except for the store
Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - HOCHELAGA-MAISONNEUVE (LONGUE-POINTE)
2587 Pie-IX Boulevard, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 523-0202
Services: * Food vouchers.* School supply vouchers.* Christmas gift cards for individuals only.
Eligibility: people on a low income
Coverage area: Nativité-de-la-Sainte-Vierge, Saint-Jean-Baptiste-de-la-Salle, Sainte-Jeanne-d’Arc, Saint-Donat, Notre-Dame-des-Victoires and Marie-Reine-des-Cœurs parishes, former parishes Saint-Herménégilde, Saint-Fabien, Sainte-Marie-de-la-Médaille-Miraculeuse and Notre-Dame-de-l’Assomption
Hours: Monday to Thursday 13h00 to 15h00 starting from the 8th of each month
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - JEAN XXIII
7101 de l’Alsace Avenue, Anjou, Montréal, QC, H1J 2X8
514 355-7887
Food

**Services:** * Distribution of food vouchers and food.* * Christmas baskets.* * Opération Bonne Mine: distribution of school supplies.

**Eligibility:** people on a low income

**Coverage area:** Haut Anjou (postal codes H1M Anjou and H1J), Jean-XXIII Parish

**Hours:** bi-weekly, Tuesday 9h30, beneficiaries can return once every 3 months

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - NOTRE-DAME DE CARTIERVILLE**

12325 De Serres Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2H1

514 745-0074

**Services:** * Food vouchers according to needs.* * Christmas baskets.* * School supplies.* * Donation recovery: household items, clothing, school supplies and non-perishable food.* * Pick-up of donations: furniture and appliances, for immediate distribution according to the needs.

**Eligibility:** people on a low income

**Coverage area:** Notre-Dame-des-Anges and Notre-Dame-du-Bel-Amour former parishes, H4J and H4K, Pierrefonds

**Hours:** by appointment

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - NOTRE-DAME-D'ANJOU**

8200 Place de l’Église, Anjou, Montréal, QC, H1K 2B3

514 354-9199

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

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

**Eligibility:** people on a low income

**Coverage area:** Notre-Dame-d’Anjou Parish

**Hours:** by appointment

**Fees:** free

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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

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

514 844-0258

**Email:** francoisparadis1955@gmail.com

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

**Eligibility:** people on a low income

**Coverage area:** Notre-Dame-de-la-Salette Parish

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - RESURRECTION OF OUR LORD**

34 34th Avenue, Lachine, Montréal, QC, H8T 1Z2

514 637-6782

**Email:** resparish@bellnet.ca

**Services:** * Food bank.* * Christmas baskets distribution.*

**Eligibility:** people on a low income
Coverage area: Lachine
Hours: bi-monthly, once a month for June, July and August, Tuesday 10h00 to 12h00 and 12h30 to 14h00
Fees: annual membership: $3, food bank: $2
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANDRÉ-APÔTRE
10534 Waverly Street, Ahuntsic-Cartierville, Montréal, QC, H3L 2W6
514 331-1440
Email: st-andre@videotron.ca
Services: * Food vouchers and baskets.* Christmas vouchers.
Eligibility: people on a low income
Coverage area: Saint-Benoit Parish and Saint-André-Apôtre, Saint-Nicolas, Saint-Jude and Saint-Simon merged parishes
Hours: by appointment
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANTOINE-MARIE-CLARET
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002
Services: * Food vouchers and food bags.* Christmas baskets.* School supplies.* Thrift store: donation and sale of used clothing and household items.
Eligibility: people on a low income
Coverage area: Saint-Antoine-Marie-Claret Parish
Hours: food aid: Tuesday and Thursday 10h00 to 12h00, thrift store: Tuesday 9h00 to 13h00, closed the 1st week of each month
Financing: fundraising campaigns
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-BONAVENTURE
5205 Saint-Zotique Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1T 1N6
514 727-3723     Fax: 514 727-0711
Email: stbonaventure@ssvp-mtl.org
Services: * Distribution of non-perishable food baskets and food vouchers.* Christmas baskets.* School supplies.
Eligibility: people on a low income
Coverage area: Saint-Bonaventure Parish
Hours: by appointment
Financing: fundraising campaign
Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-CONRAD
6527 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 351-2887  Fax: 514 351-2887
Services: * Food vouchers.* Christmas baskets.* School supplies.* Thrift store: donation and sale of clothing and household items.
Eligibility: people on a low income
Coverage area: Saint-Conrad Parish
Hours: by appointment, store: Tuesday 9h00 to 17h00, donation depot: Monday to Saturday
Financing: donations
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 - SAINT-FRANÇOIS-SOLANO
3301 Dandurand Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1M6
514 727-4788
Services: * Distribution of food vouchers and food baskets.* Christmas baskets.* School supplies.* Clothing bank.
Eligibility: people on a low income
Coverage area: Saint-François-Solano, Sainte-Gemma, Saint-Albert-le-Grand, Sainte-Bibiane, Saint-Émile merged parishes
Hours: food aid: Thursday 13h00 to 16h00, clothing bank: Thursday and Friday 9h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-HIPPOLYTE
1055 Tassé Street, Saint-Laurent, Montréal, QC, H4L 1P6
514 747-3013
Email: sthparoisse@gmail.com
Services: * Distribution of food vouchers.* Christmas baskets.* Assistance with school supplies.
Eligibility: people on a low income
Coverage area: Saint-Hippolyte and Saint-Laurent Parishes
Hours: every Monday except for the 1st Monday of the month
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ISAAC-JOGUES
9240 André Grasset Avenue, Ahuntsic-Cartierville, Montréal, QC, H2M 2B3
514 564-9240
Food

Services: * Distribution of food vouchers.* Christmas baskets.* Distribution of school supplies.
Eligibility: people on a low income
Coverage area: Saint-Isaac-Jogues and Christ-Roi parishes
Hours: by appointment, starting the 2nd week of the month
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-JOSEPH (RIVIÈRE-DES-PRAIRIES)
11627 Rivièredes-Prairies Boulevard, Rivièredes-Prairies-Pointe-aux-Trembles, Montréal, QC, H1C 1R1
514 643-0590
Services: * Distribution of food vouchers.* Christmas baskets.* School supplies.* Clothing depot.
Eligibility: people on a low income
Coverage area: Saint-Joseph Parish
Hours: clothing depot: Saturday 13h00 to 16h00
Fees: only for the clothing depot
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-JOSEPH-DE-BORDEAUX
1650 Viel Street, Ahuntsic-Cartierville, Montréal, QC, H3M 1G5
514 336-4815
Services: * Information and referral.* Distribution of food vouchers and food aid.* Christmas baskets.* Distribution of school supplies.* Financial assistance for summer camps.* Referral for l'Atelier Meubles and financial assistance for purchasing furniture and appliances.* Moral support.
Eligibility: people on a low income
Coverage area: Saint-Joseph-de-Bordeaux Parish and Saint-Gaétan merged Parish
Hours: by appointment
Financing: fundraising campaigns, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-LÉONARD - GARDE-MANGER DE ROSALIE
Pavillon Wilfrid-Bastien, 8180 Collerette Street, Suite 1210, Saint-Léonard, Montréal, QC, H1P 1V5
514 852-2142
Services: * Weekly food bags distribution.* Emergency food assistance.
Eligibility: people on a low income
Coverage area: Saint-Léonard
Hours: Thursday 13h00 to 15h00, by appointment
Financing: donations, self-financing
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-PAUL-DE-LA-CROIX
10215 Georges-Baril Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2M9
514 389-3838
Email: stpauldelacroix@ssvp-mtl.org
Services: * Distribution of food vouchers.* Christmas baskets.* School supplies.
Eligibility: people on a low income
Coverage area: Saint-Paul-de-la-Croix Parish and Sainte-Madeleine-Sophie-Barat merged Parish
Hours: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-PIERRE-AUX-LIENS
69 Saint-Pierre Avenue, Lachine, Montréal, QC, H8R 1P1
514 634-3471 ext. 334
Email: langloislouis@videotron.ca
Services: * Distribution of food baskets.* Distribution of vouchers for pharmacy or food (exceptionally).* Christmas baskets.* School supplies.
Eligibility: people on a low income
Coverage area: Saint-Pierre-aux-Liens Parish
Hours: Wednesday 8h30 to 12h30 by appointment, possibility of emergency service after hours
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 - SAINT-SIXTE
1895 de l’Église Street, Saint-Laurent, Montréal, QC, H4M 1E6
514 747-7621 Fax: 514 747-7776
Services: * Home visits for punctual distribution of food vouchers.* Christmas baskets.* School supplies.
Eligibility: people on a low income, newly arrived immigrants
**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-CATHERINE-DE-SIENNE**

4680 Belmore Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1V9  
514 660-0980  

**Services:** * Food vouchers and non-perishable food baskets.* * Christmas baskets.* * School supplies.*  

**Eligibility:** people on a low income  

**Coverage area:** Sainte-Catherine-de-Sienne Parish  

**Hours:** by appointment only  

**Financing:** donations  

**Legal status:** non-profit organization

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**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

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**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

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**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-MADELEINE - SAINT-VIATEUR**

750 Outremont Avenue, Outremont, Montréal, QC, H2V 3N3  
514 272-6933  
Fax: 514 273-6516

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

**Eligibility:** people on a low income  

**Coverage area:** Sainte-Madeleine and Saint-Viateur parishes  

**Hours:** 3rd Wednesday of the month 14h00 to 16h00  

**Financing:** donations  

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

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-MARIA-GORETTI
16228 Terrasse Sainte-Maria-Goretti, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1Y1
514 642-4980   Fax: 514 642-5652
Email: fabriquegm@videotron.ca
Services: * Food vouchers and food baskets.* Christmas baskets.* School supplies.
Eligibility: people on a low income
Coverage area: Sainte-Maria-Goretti Parish: from 67th Avenue to 100th Avenue (Pointe-aux-Trembles)
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, distribution: Tuesday and Thursday by appointment
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-MARTHE
8280 Gouin Boulevard East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 1B9
514 881-1655   Fax: 514 881-1655
Email: ssvp.saintemarthe@videotron.ca
Services: * Food vouchers and food baskets.* Christmas baskets.* School supplies.* Thrift store: donation and sale of used clothing and household items.
Eligibility: people on a low income
Coverage area: Sainte-Marthe Parish
Hours: food assistance: by appointment, thrift store: Thursday 13h00 to 16h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTE-ODILE
4545 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H5
514 334-5268
Services: * Food vouchers.* Vouchers for Cartier d'Émilie for other material needs.* Christmas baskets.* School supplies.
Eligibility: people on a low income
Coverage area: Sainte-Odile Parish
Hours: by appointment only
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINTS-MARTYRS-CANADIENS
10005 Parthenais Street, Ahuntsic-Cartierville, Montréal, QC, H2B 2L3
514 382-4459
Services: * Distribution of food vouchers and food bags.* Christmas baskets.* School supplies.* Financial assistance for children's day camp.
Eligibility: people on a low income
Coverage area: Saints-Martyrs-Canadiens Parish
Hours: by appointment
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SANTA-CRUZ
60 Rachel Street West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1G3
514 844-1011   Fax: 514 844-7685
Email: missionsantacruz@hotmail.com
Food

Services: * Distribution of food vouchers.* Christmas and Easter baskets.
Eligibility: people on a low income from the Portuguese community
Coverage area: Montréal
Hours: by appointment, Tuesday, Thursday and Friday 9h00 to 13h00 and 14h00 to 18h00, Wednesday 14h00 to 18h00
Financing: donations, self-financing
Legal status: non-profit organization

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
Hours: by appointment only
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VISITATION DE LA BIENHEUREUSE VIERGE MARIE
1847 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C8
514 388-4050
Services: * Distribution of food vouchers.* Emergency food assistance (non-perishable food).* Christmas baskets.* School supplies.
Eligibility: people on a low income
Coverage area: De-la-Visitation and a part of Saint-Charles-Garnier parishes
Hours: by appointment
Financing: donations, fundraising campaigns, self-financing
Legal status: non-profit organization

SOS ITINÉRANCE
1487 Aylwin Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3B6
438 763-3488
Email: sositinerant@hotmail.com
Services: Help for homeless people with or without pets. * Free food, clothes and pet food distribution.* Food aid on call or on field.* Food assistance: distribution of supply bags.* Accompaniment for people in transition process for legal, medical and housing search procedures.
Eligibility: homeless people
Coverage area: Greater Montréal
Hours: office: Monday to Friday 13h00 to 17h00, phone: 24h, food assistance: Tuesday 13h00 to 15h00, Thursday and Friday 16h00 to 18h00, meetings every Saturday at 12h30: 1st Saturday of the month at the Chapelle Notre-Dame-de-Lourdes, 430 Sainte-Catherine Street East, 2nd at the Place Valois, 3rd at the Atwater metro station, 4th is variable
Fees: free, food assistance: 1 dollar
Financing: donations, fundraising campaigns
Legal status: non-profit organization
SOUTH WEST UNITED CHURCH AND MISSION
631 Melrose Street, Verdun, Montréal, QC, H4H 1T5
514 768-6231
Website: southwestunited.net
Email: southwestunited@gmail.com
Services: * Community meals.* Collective kitchens for adults and youth.* Mini-market: fruit and vegetables at low prices.* Frozen meals to take out.* Christmas dinner.
Eligibility: people on a low income, seniors, newcomers
Capacity: 200 people
Coverage area: Verdun and Le Sud-Ouest
Hours: community meal: last Sunday of the month and every second Wednesday, mini-market: Wednesday, office: Monday to Friday 9h00 to 14h00
Fees: meal: free
Financing: donations
Legal status: non-profit organization

ST. MICHAEL’S MISSION
137 Président-Kennedy Avenue, Ville-Marie, Montréal, QC, H2X 3P6
514 844-8127     Fax: 514 844-0453
Website: www.stmichaelsmission.ca
Email: stmichaelsmission@gmail.com
Services: * Day centre: breakfast, coffee, sandwiches.* Soup kitchen.* Mobile medical care and social services.* Cultural activities.* Food bags and men's clothing distributions.* Reconnect service: archiving of important documents including identity and health insurance cards.* Heat stop every night from December 1 to April 30.
Eligibility: people on a low income, homeless people
Capacity: 200 places
Coverage area: Downtown Montréal
Hours: day centre: Monday to Friday 8h00 to 12h15, breakfast: 8h00 to 9h00, soup kitchen: 11h30 to 12h15, clothing: Friday 9h00, heat stop: 21h00 to 6h00
Fees: free
Financing: federal, provincial, foundations, donations
Legal status: non-profit organization

WELCOME HALL MISSION - FOOD BANK
4755 Acorn Street, Door D, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 937-9317     Fax: 514 937-4703
Website: www.missionbonaccueil.com
Email: info@missionba.com
Eligibility: families and individuals in need
Coverage area: Greater Montréal
Hours: distribution: Tuesday, Wednesday and Friday 8h30 to 11h30 and 13h00 to 14h30, Thursday 13h00 to 19h00, by appointment only
Fees: none
Financing: donations
Legal status: non-profit organization

WEST ISLAND ASSISTANCE FUND
9 Centre-Commerical Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N9
514 683-0456     Fax: 514 683-8589
Website: www.fdoi.org
Email: info@fdoi.org
**Services:**
* Food bank.* Collective kitchens.* Thrift store: used clothing.* Bric-à-Brac at 21 Centre-Commercial Street: used furniture and items.* Day camps.* Tax clinic.

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

**Capacity:** food bank: 30 to 40 families per day, collective kitchens: 10 to 15 people

**Coverage area:** West Island

**Hours:** food bank: Tuesday and Wednesday 9h30 to 11h30 and 13h00 to 15h30, Thursday and Friday 13h00 to 15h30, Thursday and Friday 9h30 to 16h30, Saturday 10h00 to 16h00, Bric-à-Brac: Tuesday to Friday 13h30 to 16h00, Saturday 12h30 to 15h30

**Fees:** food bank: $5 per month per family

**Financing:** grant, donations

**Legal status:** non-profit organization

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**WEST ISLAND MISSION**

139 Labrosse Avenue, Pointe-Claire, Montréal, QC, H9R 1A3

514 912-6813

**Website:** www.wimmoi.com

**Email:** wimmoi@hotmail.com

**Services:**
* Food bank: people can choose their food.* Delivery available for people with reduced mobility.* Christmas baskets.* Back-to-school event: distribution of school supplies, clothing and food.

**Eligibility:** people on a low income

**Coverage area:** Beaconsfield, Dollard-des-Ormeaux, Kirkland, Pierrefonds-Roxboro, l'Île-Bizard-Sainte-Geneviève, Pointe-Claire

**Hours:** food aid: Friday 9h00 to 11h30 and Wednesday 15h00 to 18h30

**Fees:** food aid: free

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**WOMEN’S CENTRE OF MONTRÉAL - FRONT LINE SERVICES**

3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6

514 842-4780     Fax: 514 842-5613

**Website:** www.centredesfemmesdemtl.org

**Email:** cfmwcm@centredesfemmesdemtl.org

**Services:**
* Support, listening, information and referral.* Individual meetings.* Group activities.* Psychosocial intervention for people experiencing emotional distress.* Collective kitchen.* Food and clothing assistance.* Christmas baskets.* Francization, French and English classes.* Computer classes.* Arts and crafts workshops.* Coffee-meetings.* Legal information.* Certification of documents.* Accompaniment to court for domestic violence victims.* Support group for incest victims.* Support group for women victims of domestic violence.* La Cigognerie group: women breaking their isolation, creating a network for exchanges and services and improving self-confidence and parenting skills.* Diapers and maternity items distribution.* Mother and Child program: improving the living conditions of financially distressed or recently immigrated mothers and of their pre-school children.* Immigration: integration and linguistic integration programs, accompaniment, group activities.* Native women: listening, information and accompaniment based on respect for the values and rhythm of Native women.

**Eligibility:** women of all ages, domestic violence or incest victims, mothers-to-be and new mothers, newcomers, refugees, Native women, food and clothing assistance: people and families on a low income

**Capacity:** 240 families per month

**Coverage area:** Greater Montréal

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

**Fees:** social intervention: free or voluntary contribution

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

**Legal status:** non-profit organization
Food aid for pregnant women and children

CARREFOUR SOLIDARITÉ ANJOU
7800 Métropolitain Boulevard East, Suite 119, Anjou, Montréal, QC, H1K 1A1
514 355-4417    Fax: 514 355-0576
Website: www.carrefoursolidarite.com
Email: directeur@carrefoursolidarite.com

Services: Assistance with newcomers and immigrants' integration. * Reception, information and referral.* French courses.* Literacy program.* Interpretation and accompaniment.* Clothing depot: recovery and distribution of clothing for children 0 to 5 years old.* Tax clinic.* Parenting skills classes: YAPP and Triple P programs.* OLO program for pregnant women.* Intercultural promotion activities.* Outings and recreational activities.

Eligibility: newcomers and immigrant people
Coverage area: Anjou, Saint-Léonard, Mercier, Hochelaga
Hours: Monday to Friday 9h00 to 16h30
Fees: membership: $10
Financing: provincial
Legal status: non-profit organization

CENTRE DE L’ENFANCE DE RIVIÈRE-DES-PRAIRIES
Centre communautaire de Rivière-des-Prairies, 9140 Perras Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 981-6850    Fax: 514 494-4747
Email: cerpi1@hotmail.com

Services: * Self-help, sharing and exchanges.* Parenting skills activities.* Children's activities: stimulation (0-1 year), development workshops (1-3 years), school readiness (3-5 years), interactive reading.* Parental respite (0-5 years).* Family outings.* Baby food.

Eligibility: children 0 to 5 years old and their parents
Capacity: 160 families
Coverage area: Rivière-des-Prairies
Hours: Monday to Friday 9h00 to 16h00, Saturday 10h00 to 15h00
Fees: variables
Financing: federal, provincial
Legal status: non-profit organization

ENTRE MAMANS ET PAPAS
3363 de Rouen Street, Suites 1 and 2, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884
Website: www.entremamans.qc.ca
Email: administration@entremamans.qc.ca

Services: * Meeting place, listening, support and guidance.* Thematic conferences.* Baby CPR course.* Workshops: development of parenting skills, personal growth, children stimulation, etc.* Individual and family support.* Social and cultural activities.* Drop-in respite and summer camp.* Breastfeeding network, in-home maternal assistance, milk formula and baby food assistance.* Hospital grade breast pump rental.* Clothing depot for pregnant women and children 5 years and under.* Baby furniture and items loan for a year.* Sexology services.* Outings and celebrations.* Massage therapy for pregnant women and the whole family.

Eligibility: mothers and fathers with children 0 to 5 years old, pregnant women
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: annual membership: $5 for people 20 years and under, $15 for others
Financing: municipal, provincial, federal, donations, foundations
Legal status: non-profit organization
FONDATION OLO

550 Sherbrooke Street West, East Tower, Suite 230, Ville-Marie, Montréal, QC, H3A 3C2
1 888 656-6372     Fax: 514 935-0485
Website: www.fondationolo.ca
Email: info@fondationolo.ca

Services: * Food supplements distribution (eggs, milk, orange juice and vitamins) as part of the perinatal programs coordinated by the CIUSSS and CISSS.

Eligibility: pregnant women on a low income
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

MONTREAL DIET DISPENSARY

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3
514 937-5375     Fax: 514 937-7453
Website: www.dispensaire.ca
Email: info@dispensaire.ca

Services: Nutritional and social support for pregnant women on a low income in order to favour the baby's health. * Individual nutritional counselling.* Food and vitamin supplements when necessary.* Prenatal and postnatal group activities.* Prenatal and parenting classes.

Eligibility: pregnant women on a low income, their spouse and baby

Capacity: 1500 per year
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, foundations, donations, federal, provincial, municipal
Legal status: non-profit organization

POUSSONS-POUSSETTES

1850 Bercy Street, Suite 102, Ville-Marie, Montréal, QC, H2K 2V2
514 523-1566
Website: www.poussonspoussettes.com
Email: poussons-poussettes@bellnet.ca

Services: * Daycare for children 6 months to 5 years.* Baby food workshops.* Tannés des purées: cooking workshops for parents with children 7 to 14 months.* Coffee-chats for parents with childcare.* Trousseau program: recovery of baby items and clothing and redistribution to families.* Saturday family activities.* Holiday celebrations.

Eligibility: families with children 0 to 5 years old
Capacity: childcare: 9 children including 3 babies
Coverage area: Montréal and surroundings
Hours: Monday to Thursday 8h45 to 15h45, Friday 8h45 to 11h45, Saturday family activities: every second Saturday
Fees: daycare: $5 annual subscription, $12 per day, $5 for half a day, activities: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

SYRIAN CANADIAN COUNCIL

5605 de la Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4M 1V2
438 994-6293
Website: www.syriancanadiancouncil.ca
Email: montreal@syriancanadiancouncil.ca

Services: Development of the Syrian community in Canada. * Integration of newcomers.* Support for students.* Donation of baby clothing, food and formula milk.
Eligibility: Syrian community
Coverage area: Province of Québec
Hours: storage: Saturday and Sunday 12h00 to 15h00, phone line: Monday to Friday 9h00 to 14h00
Financing: donations
Legal status: non-profit organization

Food assistance coordination

GARDE-MANGER POUR TOUS (LE)
755 Des Seigneurs Street, Le Sud-Ouest, Montréal, QC, H3J 1Y2
514 931-8830 Fax: 514 931-1727
Website: www.garde-manger.qc.ca
Email: gmpt@garde-manger.qc.ca

Services: * Food distribution to community organizations.* Meals in elementary schools.
Eligibility: member agencies, elementary schools chosen by the Mesure alimentaire
Capacity: 18 organizations, over 2,800 hot meals served in schools per day
Coverage area: Little Burgundy, Saint-Henri, Verdun and Le Sud-Ouest
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, grants
Legal status: non-profit organization

MOISSON MONTRÉAL
6880 de la Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4T 2A1
514 344-4494 Fax: 514 344-1833
Website: www.moissonmontreal.org
Email: info@moissonmontreal.org

Services: Recovery of food and other essentials, sorting and distribution to community organizations.
Eligibility: community organizations offering food assistance to disadvantaged people
Capacity: over 250 organizations
Coverage area: Montréal Island
Hours: Monday to Thursday 7h45 to 15h45, Friday 7h45 to 14h30
Financing: foundations, donations
Legal status: non-profit organization

REGROUPEMENT D’ACHAT DES ORGANISMES COMMUNAUTAIRES
Moisson Montréal, 6880 de la Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4T 2A1
514 344-4494 ext. 259
Website: www.commercesolidaire.com
Email: ghajjar@moissonmontreal.org

Services: Development and implementation of a collective purchasing system for the benefit of community organizations. * Partnerships with Québec producers, Moisson Montréal and Commerce Solidaire.
Eligibility: non-profit community organizations
Coverage area: Greater Montréal
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h30
Fees: membership: $23 per year
Legal status: non-profit organization
Food assistance in schools

MAISON DES JEUNES PAR LA GRAND’PORTE
8649 24th Avenue, Suite 7, Villeray-Saint-Michel-Parc-Extension, Montréal, QC, H1Z 3Z5
514 721-1747    Fax: 514 721-6461
Website: www.mdparlagrandeporte.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

RÉCHAUD-BUS
8845 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H2N 1M3
514 280-3246    Fax: 514 280-6379
Website: www.rechaudbus.org
Email: administration@rechaudbus.org

Services: Provide lunches and snacks in elementary school and youth centres.

Eligibility: children 6 to 15 years old

Capacity: 85 schools and 50 youth centres

Coverage area: Montréal

Hours: schools: at lunch time and from 16h00 to 19h00 for snacks

Fees: free

Financing: donations, fundraising campaigns

Legal status: non-profit organization

RELAI POPULAIRE
740 Esther-Blondin Street, Lachine, Montréal, QC, H8S 4C4
514 855-4232 ext. 6392
Email: lerelaispopulaire@hotmail.com

Services: Distribution of breakfasts and lunches to elementary and high schools. * Healthy food workshops for children and teenagers within these schools.

Eligibility: elementary and high schools

Capacity: 800 meals per week to schools

Coverage area: Lachine

Hours: Monday to Friday 7h00 to 17h00

Financing: donations, grants

Legal status: non-profit organization

YMCA RESIDENCE
4039 Tupper Street, Westmount, Montréal, QC, H3Z 1T5
514 932-5353    Fax: 514 932-4133
Website: www.ymcaquebec.org
**Services:** Temporary housing with services. * Emergency locker room, family room, socio-cultural outings.* Day centre for current and former residents seeking refugee status: information, assistance during the immigration and integration process.* Workshops for refugees: French and English language conversation, housing, immigration, job search, financial assistance, and health.* Information sessions with the Sécurité Publique de Montréal and the United Nations High Commissioner for Refugees (UNHCR).* Women's groups: arts and crafts, collective cooking, daily activities and opportunities for sharing, etc.* Welcoming convention and sponsored refugees at Airport.* Saveurs du Y: catering service with a social and business mandate (meals are provided to children from certain disadvantaged schools).

**Eligibility:** refugees and asylum-seekers who have recently arrived in Canada, citizens of Montréal who have no shelter, housing: asylum-seekers only

**Capacity:** 520 beds

**Coverage area:** province of Québec

**Hours:** 24 hours, 7 days

**Financing:** provincial, Regional Program for the Settlement and Integration of Asylum Seekers (PRAIDA)

**Legal status:** non-profit organization

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**Low cost or free meals**

**ACCUEIL BONNEAU**

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

514 845-3906   Fax: 514 845-7019

Website: www.accueilbonneau.com

Email: info@accueilbonneau.com

**Services:** Welcoming of individuals who are homeless or at risk of homelessness, day-to-day assistance with basic needs and helping achieve a better quality of life and well-being. * Social reintegration.* Dining room.* Clothing depot.* Day centre: coffee, showers, art, music, computers, etc.* Housing.* Financial advising: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc.* Health: chiropractic care for residents and people in post-housing follow-up, podiatry and nursing care.* PRISM program: transition housing for 6 to 12 weeks for people with mental health problems, psychosocial and psychiatric support.

**Eligibility:** people who are homeless or at risk of becoming homeless, mainly men 25 years and over, chiropractic care: residents and people in post-housing follow-up

**Capacity:** 700 meals per day, PRISM program: 10 beds

**Coverage area:** Montréal

**Hours:** meals: Monday to Friday 9h30 and 13h45, Saturday and Sunday 9h30, day centre: Monday to Friday 8h00 to 14h30, clothing depot: Monday, Wednesday, Thursday 8h00 to 11h20, reception hours for donations: Monday to Friday 7h00 to 15h00, Saturday and Sunday 7h00 to 12h00, podiatric care: 1 Saturday per month without appointment, nursing care: 3 times per week without appointment

**Fees:** free, except for housing which depends on the modalities of the house, PRISM program: 1st month is free and additional weeks are low cost

**Financing:** donations, grants

**Legal status:** non-profit organization

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**ACTION SANTÉ DE POINTE-SAINT-CHARLES**

2423 Wellington Street, Le Sud-Ouest, Montréal, QC, H3K 1X5

514 933-5771

Website: www.actionsante.org

Email: action-sante@videotron.ca

**Services:** * Organized outings and activities.* Community meals.* Group discussion.* Training and information workshops.* Social support.* Board games.

**Eligibility:** adults 18 years old and up with a mental health problem

**Capacity:** 30 persons

**Coverage area:** Montréal: Sud-Ouest
Food

Hours: Monday to Friday, variable during daytime: 12h00 to 18h00, evening: 18h00 to 21h00
Financial: provincial, municipal, donations, foundations, self-financing
Legal status: non-profit organization

AMIS DE SÉBASTIEN MÉTIVIER (LES)
Confidential Address
514 236-9127
Website: www.sebastienmetivier.ca
Email: christiane-s1@hotmail.com
Services: Assistance to families of missing children. * Support, listening and accompaniment.* Commemorative trees in memory of missing children.* Craft workshops.* Community meals aiming to break isolation.* Assistance to victim families in order to obtain a free location in the cemetery.* Tax clinic and Christmas baskets for the families.
Eligibility: families of missing children
Coverage area: Greater Montréal
Hours: voicemail, call back within 24 hours
Financial: donations
Legal status: non-profit organization

AMITIÉ SOLEIL
715 Chatham Street, Le Sud-Ouest, Montréal, QC, H3J 1Z3
514 937-5876    Fax: 514 937-7712
Website: www.amitiesoleil.org
Email: amitiesoleil.adm@qc.aira.com
Services: * Francization, crafts, embroidery, knitting and sewing workshops.* Food workshops for families with children 0 to 5 years old.* Group outings.* Community meals.* Lunches and discussions.* Specific training focusing on appreciation and self-esteem.* Support activities to parenting skills.* Discussion group for immigrants mothers.* Parent-children workshops.* Early stimulation program for children younger than 5 years old.* Daycare.
Eligibility: families
Coverage area: Montreal: Little Burgundy, Saint-Henri and surrounding neighborhoods
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Fees: membership card: $12
Financial: Centraide of Greater Montreal, provincial, federal
Legal status: non-profit organization

BENEDICT LABRE HOUSE
308 Young Street, Le Sud-Ouest, Montréal, QC, H3C 2G2
514 937-5973
Website: www.benedictlabre.org
Email: info@benedictlabre.org
Eligibility: men and women, homeless and on a low income
Coverage area: Montréal
Hours: Saturday to Monday 8h00 to 12h30, Tuesday to Thursday 8h00 to 17h00, breakfast: Monday to Thursday 9h30 to 10h30, lunch: Monday, Wednesday, Saturday and Sunday 11h30 to 12h30, dinner: Tuesday to Thursday 15h30
Fees: free
Financial: donations
Legal status: non-profit organization
CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - RÉPIT ST-BARNABÉ
1473 Bennet Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081      Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: sylvie.yomon-komeande@capstbarnabe.org

Services: Respite for women in difficulty: beds, showers, lunch or snacks, laundry, listening and referrals, shuffle service, medical insurance ID. * Respect for the needs, anonymity, no judgment nor discrimination.* For the users: Christmas baskets.

Eligibility: women in difficulty
Capacity: 16 beds
Coverage area: Hochelaga-Maisonneuve
Hours: 8h30 to 16h00
Fees: free
Financing: grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES FEMMES ACTIVES
4500 Saint-Antoine Street West, Le Sud-Ouest, Montréal, QC, H4C 1E1
514 989-7320
Website: femmesactives.ca
Email: ccfa@bellinet.ca


Eligibility: women
Coverage area: Montréal: Saint-Henri, Sud-Ouest and surroundings
Hours: Monday to Thursday: variable schedule, Monday: soft training, Tuesday 9h00 to 16h00: crafting, sewing, knitting, Wednesday: juggler, Thursday 10h00 to 12h00: breakfast
Fees: membership card: $5 per year
Financing: donations, grants
Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - PIERREFONDS
4734 Alexander Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2B1
514 685-3000     Fax: 514 684-0002
Website: www.cimoi.com
Email: info@cimoi.com


Eligibility: immigrant people and newcomers
Coverage area: Montréal Island and surroundings, particularly West Island and Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE D’INTÉGRATION MULTI-SERVICES DE L’OUEST DE L’ÎLE - POINTE-CLAIRE
143 Place Frontenac, Pointe-Claire, Montréal, QC, H9R 4Y2
514 693-1000      Fax: 514 693-9870
Website: www.cimoi.com
Email: info@cimoi.com

Eligibility: immigrant people and newcomers

Coverage area: Island of Montréal and surroundings, particularly the West Island, Saint-Laurent, LaSalle, Lachine

Hours: Monday to Friday 8h30 to 16h30, French classes: Monday to Wednesday 18h00 to 21h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE JOUR L'ÉCHELON
516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6
514 351-0836   Fax: 514 351-5375
Website: www.maisonechelon.ca
Email: cdj@maisonechelon.ca


Eligibility: adults living with mental health problems

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 21h00

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

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

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


Eligibility: women

Coverage area: Verdun and surroundings

Hours: Monday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, Thursday 13h00 to 16h30 and 18h00 to 21h00, two evenings per month according to activities

Fees: membership: $2 per year

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CHEZ DORIS, WOMEN'S SHELTER FOUNDATION
1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7
514 937-2341   Fax: 514 937-2417
Website: www.chezdoris.org
Email: information@chezdoris.org

Services: * Day centre: free breakfast and lunch, hygiene products and clothing, access to respite beds and shower.* Recreational and educational programs.* Financial management program: budget management assistance, account payments, cheques management.* Assistance program for Inuit women.* Housing placement for indigenous women.* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor.* Tax clinic.
Food

Eligibility: women in difficulty or homeless, Inuit and indigenous women
Capacity: breakfast and lunch: 100 people
Coverage area: Montréal Island
Hours: Monday to Sunday 8h30 to 15h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00
Fees: free
Financing: municipal, provincial, federal, Centraide of Greater Montréal, foundations, donations
Legal status: non-profit organization

CHRIST CHURCH CATHEDRAL - SOCIAL SERVICE SOCIETY
1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8
514 843-6577 ext. 236   Fax: 514 843-6344
Email: cathoff@bellnet.ca

Services: * Lunch.* Distribution of Christmas food vouchers to charitable organizations.
Eligibility: people in need
Capacity: lunch: 200 people
Coverage area: downtown Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, lunch: last Sunday of the month
Fees: free
Financing: fundraising campaigns
Legal status: non-profit organization

CONCERTATION-FEMME
1405 Henri-Bourassa Boulevard West, Suite 012, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2
514 336-3733   Fax: 514 856-2400
Website: www.concertationfemme.ca
Email: info@concertationfemme.ca

Services: * Listening, counseling, reference.* Free legal information.* Childcare 3 to 5 years.* Conferences.* Workshops.* French courses and French conversations.* Special Events.* Women's Day.* Community meals or lunches.* Awareness of breast cancer screening mammography.* Information and intervention in cases of spousal violence.
Eligibility: women 18 years and over
Coverage area: Ahuntsic-Cartierville, Bordeaux and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, most activities: none
Financing: grants
Legal status: non-profit organization

DANS LA RUE - CHEZ POPS
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
1 888 520-7677   Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org

Services: Day Centre.* Alternative school.* Health care, legal and psychosocial advice.* Cafeteria.* Computer room.* Provisions of soap, clothing (uniforms) and blankets.* Artistic and musical workshops with a music therapist.* Socioeconomic integration, family services, workshops and tutorial programs.* Support for housing search.* Clinic for street youth's pets.
Eligibility: street youth 12 to 25 years old
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization
**DANS LA RUE - THE VAN**  
533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8  
**Phone:** 514 526-5222  
**Fax:** 514 940-3337  
**Website:** www.danslarue.org  
**Email:** info@danslarue.org  
**Services:** Team of volunteers roaming the city to provide support to homeless youth. *Listening.* *Food, clothing and basic hygiene items.* First stop 20h15 to 21h00 Morgan Avenue and Sainte-Catherine Street.  
Second stop 21h15 to 21h45 Frontenac métro. *Third stop 22h30 to 23h15 Mont-Royal avenue and Saint-Hubert Street.* Last stop 23h30 to 22h15 Berri Street and de Maisonneuve Boulevard.  
**Eligibility:** street youth 25 years and under  
**Capacity:** 150 people per night  
**Coverage area:** Centre-Sud and Downtown Montréal  
**Hours:** van: Monday, Wednesday, Thursday, Friday, Sunday 20h00 to 1h00, administration: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00  
**Fees:** free  
**Financing:** donations  
**Legal status:** non-profit organization

**DÎNERS SAINT-LOUIS**  
1818 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2H 1G5  
**Phone:** 514 521-8619 ext. 311  
**Fax:** 514 521-6019  
**Website:** www.diners-st-louis.org  
**Email:** info@diners-st-louis.org  
**Services:** *Daily community meals and snacks.* *Shower, laundry, Internet and phone access.* *Recording studio.* Café 1818 Gilford: day centre, activities, listening, referral and accompaniment towards social reintegration, counselling. *Un toit dans la ville: transitional housing (up to 2 years).* Pivau program: anger management program offering individual and group meetings, as well as an anger release room. *Ketch Café:* evening centre, prevention of STBDs and addictions, needle exchange and distribution.  
**Eligibility:** youth facing difficult situations, street youth 18 to 30 years old  
**Capacity:** day centre: 50 people, 7 individual apartments (2 1/2 or 3 1/2)  
**Coverage area:** Greater Montréal  
**Hours:** day centre: Monday 12h00 to 16h00, Tuesday to Friday 9h30 to 16h00, meals: Monday to Friday 12h00 to 13h00, snacks: 15h00, evening centre: Friday, Saturday and Sunday starting at 14h00, Monday starting at 16h00  
**Fees:** apartments starting at $340 (without meals), day centre: free meals, shower, Internet and phone access, minimal fees for laundry and coffee  
**Financing:** donations, grants  
**Legal status:** non-profit organization

**ÉCHO DES FEMMES DE LA PETITE PATRIE**  
6032 Saint-Hubert Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2L7  
**Phone:** 514 277-7445  
**Fax:** 514 277-1689  
**Website:** echodesfemmesdelapetitepatrie.org  
**Email:** echo@echodesfemmesdelapetitepatrie.org  
**Eligibility:** women  
**Capacity:** about 15 people per group for Les Dames de coeur and workshops  
**Coverage area:** Montréal
Food

Hours: Monday, Wednesday and Thursday 9h30 to 12h00, Tuesday, Wednesday and Thursday 13h30 to 16h30, Les Dames de Coeur: every second Wednesday 13h30 to 16h00, choir: Wednesday evening, activities for lesbians: Sunday
Fees: voluntary contribution
Financing: grants, donations
Legal status: non-profit organization

GROUPE COMMUNAUTAIRE L’ITINÉRAIRE
2103 Sainte-Catherine Street East, 3rd Floor, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238 Fax: 514 597-1544
Website: itineraire.ca
Email: itineraire@itineraire.ca
Services: * Publication of L’Itinéraire magazine.* Café Maison ronde: job integration for Inuit and Indigenous people, meal vouchers and meals for homeless people.* Café L’Itinéraire: meeting place, referral, meals for members and vendors of L’Itinéraire.* Sale and distribution of meal vouchers for full meals at partner restaurants.
Eligibility: men and women homeless, ex-homeless, with an alcohol or drug addiction, any person in dire social or financial need
Capacity: 30
Coverage area: Greater Montréal, Granby, Sutton, Saint-Jérôme
Hours: Monday to Friday 9h00 to 17h00
Fees: solidarity meal voucher: $6
Financing: grants, donations, self-financing
Legal status: non-profit organization

GROUPE D’ENTRAIDE À L’INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES
1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5
514 523-0979 Fax: 514 523-3075
Website: www.geipsi.ca
Email: info@geipsi.ca
Services: Day centre. * Individual and ponctual support.* Peer support.* Closed support group for members only.* Activities and outings.* Community meal.* Needle exchange, condom distribution.* Winter and summer camps.* Thematic workshops once per month.
Eligibility: adults living with HIV or HCV, with drug addictions or homeless
Capacity: 150 participants
Coverage area: Montréal
Hours: Monday and Friday 13h00 to 17h00, Tuesday to Thursday 9h00 to 17h00, community meal: last Tuesday of the month
Financing: donations, foundations, federal, provincial
Legal status: non-profit organization

GROUPE-RESSOURCE DU PLATEAU MONT-ROYAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 527-1616 Fax: 514 598-9994
Email: grpmr@cooptel.qc.ca
Services: * Promotion and advocacy for citizens with precarious income.* Gourmet dinners.
Eligibility: citizens with precarious income and anyone interested by cooperation
Capacity: 60
Coverage area: Le Plateau Mont-Royal
Hours: by appointment
Fees: contribution: $2
Financing: provincial, grants, contributions
Legal status: non-profit organization
HERSTREET
1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7
514 284-9665 Fax: 514 284-6570
Website: www.laruedesfemmes.org
Email: info@laruedesfemmes.org

Services: * Day centre: meals and a place to rest.* Support, counselling, crisis intervention, individual counselling, referral and accompaniment.* Maison Olga: meals included, short or medium term shelter, emergency beds.* Dahlia centre: supervised studios, second step housing.* Maison Jacqueline: day centre with free meals and emergency beds.

Eligibility: women in difficulty or homeless, Dahlia centre: only for former residents of Maison Olga

Capacity: Maison Olga: 20 rooms and 3 emergency beds, Dahlia centre: 12 supervised studios, Dahlia day centre: 60 places, Maison Jaqueline: 10 emergency beds and 10 emergency places (winter measures), Jacqueline day centre: 30 places

Coverage area: Greater Montréal

Hours: Monday to Friday 10h30 to 16h00

Fees: meals at the day centre, emergency shelter and the first month in housing: free, Maison Olga: 60% of the income, Dahlia center: 50% of the income

Financing: self-financing, municipal, provincial

Legal status: non-profit organization

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


Eligibility: youth 18 to 30 years old, marginalized or homeless

Capacity: 30 people

Coverage area: Greater Montréal

Hours: Monday 16h00 to 20h00, Friday to Sunday 14h00 to 20h00

Fees: mostly free, minimal fees for coffee and laundry

Financing: donations, grants

Legal status: non-profit organization

MAISON DE JEUNES POINT DE MIRE (LA)
3882 Wellington Street, Verdun, Montréal, QC, H4G 1V2
514 767-9301
Website: www.mdjpointdemire.com
Email: pointmire@hotmail.com

Services: * Social, cultural and sporting activities.* Prevention.* $1 meals.* Winter and summer camps.

Eligibility: youth 12 to 17 years old

Coverage area: Montréal and surroundings

Hours: Monday to Thursday 15h00 to 22h00, variable according to activities

Fees: annual membership: $2.50, activities: variable

Financing: provincial, municipal, self-financing, donations

Legal status: non-profit organization
MÉTA D'ÂME
2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5
514 528-9000  Fax: 514 527-6999
Website: www.metadame.org
Email: info@metadame.org
Services: Drop-in and peer support centre. * Accompaniment and coaching towards achieving goals: treatment centre or housing search, school or labour market reintegration procedures.* Housing with community support.* Daily lunches and weekly community dinner.* Social activities.* Advocacy of rights.* Training on preventing overdoses with Naloxone for users and their relatives.
Eligibility: men or women living with heroin or polydrug addiction or in treatment
Capacity: 43 housing units
Coverage area: Greater Montréal
Hours: Monday to Friday 12h00 to 17h00
Fees: housing: 25% of income, food: optional fee, other services: free
Financing: municipal, provincial, federal
Legal status: non-profit organization

MISSION OF THE GREAT SHEPHERD
2510 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J8
514 933-9608  Fax: 514 933-2801
Website: www.missiongrandberger.com
Email: demunis@missiongrandberger.com
Services: * Saturday lunch in Pointe-Saint-Charles.* Mobile unit distributing full meals in public downtown areas, such as Émilie-Gamelin Park.* Thrift store.* Referral and counselling.
Eligibility: people on a low income, homeless people
Coverage area: Montréal
Hours: meals at Émilie-Gamelin Park: Tuesday 19h00 to 20h00, Friday 19h30 to 20h30, Pointe-Saint-Charles lunches: Saturday 11h30 to 13h00 except for the 1st Saturday of the month, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00, administration: Monday to Friday 9h00 to 17h00
Fees: meals: free, thrift store: variable
Financing: donations, self-financing, provincial
Legal status: non-profit organization

MISSION OLD BREWERY - REPAS COMMUNAUTAIRES
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8
514 798-2244 ext. 221  Fax: 514 798-2209
Website: www.oldbrewerymission.ca
Email: info@oldbrewerymission.ca
Services: * Breakfast and supper for clients participating in certain programs of the Old Brewery Mission.* April 1 to November 30: supper for everyone starting on the 13th of each month.* December 1 to March 31: supper for everyone on every night.
Eligibility: homeless adults
Coverage area: Greater Montréal
Hours: supper: 16h30 to 18h15
Financing: donations
Legal status: non-profit organization

MÛRIER (LE)
2615 Pie-IX Boulevard, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2E8
514 254-6110  Fax: 514 254-1211
Website: www.lemurier.org
Email: info@lemurier.org
Services: Supervised housing and food assistance. * Apartments, studios and group homes.* Fabrique à bouffe: kitchen production internships.* Low-cost meals.* Cuisinons ensemble: home cooking workshops.
Eligibility: adult men and women with mental health problems
Capacity: over 100 places
Coverage area: Montréal
Hours: office: Monday to Friday 8h30 to 16h30
Legal status: non-profit organization

OPEN DOOR (THE)
4006 Dorchester Boulevard, Westmount, Montréal, QC, H3Z 1T6
514 939-1970
Website: www.opendoortoday.org
Email: caleb@opendoortoday.org
Services: * Breakfast, lunch.* Clothing bank.* Laundry room.* Telephone and Internet access.* Arts program.*
Summer camp.* Free eyeglasses.* Advocacy.* Medical and legal referral.* Christmas baskets.
Eligibility: homeless people, people at risk of homelessness
Coverage area: downtown
Hours: Monday to Friday 7h30 to 15h30
Financing: donations
Legal status: non-profit organization

PAS DE LA RUE (LE)
1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2
514 526-1699     Fax: 514 526-1411
Website: www.pasdelarue.org
Services: Outreach intervention. * Day Centre: socialization, respite, information, activities, exchanges and outings, soup and snacks.* Listening, referral, counseling.* Research and development of solutions.* Transitional housing.* Food safety.
Eligibility: homeless men and women 55 years and over or people facing extreme poverty
Capacity: 65 persons
Coverage area: Metropolitan Montréal
Hours: Sunday to Friday 8h00 to 15h00
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

ROUNDHOUSE (THE)
2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2
514 872-9465
Website: itineraire.ca
Email: maisonronde@itineraire.ca
Eligibility: Inuit and Indigenous people
Capacity: 3-4
Coverage area: Greater Montréal
Hours: May to October, Monday to Friday
Fees: none
Financing: grants, donations, self-financing
Legal status: non-profit organization

SAINT-WILLIBRORD MISSION - SOUP KITCHEN
320 Rielle Avenue, Verdun, Montréal, QC, H4G 2S7
514 769-9678     Fax: 514 761-1717
Email: stwillibrordparish@videotron.ca
Services: * Community meals.* Donation or low-cost sale of used items.* Christmas baskets.
Eligibility: people on a low income
Coverage area: Verdun
Hours: meals: Monday, Wednesday and Friday 10h00 to 12h00, closed from June 1st to September 30th
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

SALVATION ARMY - EMERGENCY DISASTER SERVICE
9345 Trans-Canada Highway, Saint-Laurent, Montréal, QC, H4S 1V3
514 254-1123 ext. 205  Fax: 514 254-0723
Website: www.salvationarmy.ca/quebec
Email: vanessa_perugien@can.salvationarmy.org
Services: * Mobile canteen.* Food and clothing, intervention, support and referral for homeless people.* Regular routes on some nights.* Emergency response in case of disaster.
Eligibility: homeless people and people in need, disaster victims
Capacity: over 300 people per week
Coverage area: disaster and emergency relief: Province of Québec, street canteen: Montréal
Hours: emergency relief: 24 hours, 7 days, street canteen: Place Emilie-Gamelin on Thursday, Verduin metro station on Wednesday, Hochelaga-Maisonneuve on the last two Mondays of the month, Pelican Park in Rosemont on Tuesday
Financing: fundraising campaigns
Legal status: non-profit organization

ST- JAMES DROP-IN CENTRE
2025 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T2
514 288-0039  Fax: 514 288-7032
Website: www.stjamescentre.ca
Email: info@stjamescentre.ca
Services: * Day centre: space for socialization, access to telephone, recreational and artistic activities.* Referral.* Clothing exchange.* Dinners.* Psychosocial services, employment training program.* Trust services: management of the welfare check.
Eligibility: homeless, men and women, members of the Centre
Capacity: 50 people per day, 250 members in all
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, suppers every weekday at 15h00
Fees: food bags: $5 per month (maximum of 4)
Financing: self-financing, provincial, donations
Legal status: non-profit organization

THE PEOPLE’S POTATO
1455 de Maisonneuve Boulevard West, Suite H-733, Ville-Marie, Montréal, QC, H3G 1M8
514 848-2424 ext. 7590
Website: www.peoplespotato.com
Email: peoplespotato@gmail.com
Services: By-donation vegan soup kitchen.
Eligibility: students, members of concordia community
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 15h00
Legal status: non-profit organization
<table>
<thead>
<tr>
<th><strong>UNITARIAN CHURCH OF MONTRÉAL</strong></th>
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<tbody>
<tr>
<td>5035 De Maisonneuve Boulevard West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1Y5</td>
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<tr>
<td><strong>514 485-9933</strong>  <strong>Fax:</strong> 514 485-7999</td>
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<tr>
<td><strong>Website:</strong> <a href="http://www.ucmtl.ca">www.ucmtl.ca</a></td>
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<td><strong>Email:</strong> <a href="mailto:office@ucmtl.ca">office@ucmtl.ca</a></td>
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<td><strong>Services:</strong> * Community lunch followed by a concert.* Holiday dinner.</td>
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<td><strong>Eligibility:</strong> seniors</td>
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<td><strong>Coverage area:</strong> Greater Montréal</td>
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<td><strong>Hours:</strong> administration: Monday to Thursday 9h30 to 16h30, Friday 9h30 to 13h30, meal: 3rd Wednesday of the month by reservation</td>
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<td><strong>Fees:</strong> meal: $5</td>
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<td><strong>Financing:</strong> self-financing</td>
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<td><strong>Legal status:</strong> non-profit organization</td>
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<tr>
<th><strong>WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN</strong></th>
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<tbody>
<tr>
<td>1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3</td>
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<tr>
<td><strong>514 935-6396</strong>  <strong>Fax:</strong> 514 935-3165</td>
<td></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.welcomehallmission.com">www.welcomehallmission.com</a></td>
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</tr>
<tr>
<td><strong>Services:</strong> * Emergency shelter: housing, warm meals, clothing, hygiene products, showers, counselling services.* * Daily soup kitchen.* * Transition shelter and reintegration program.* * Transition and socioprofessional reintegration programs.* * Health services.* * Housing for people with reduced mobility.* * Community activities.* * Addiction treatment centre.* * Assistance with personal finances.</td>
<td></td>
</tr>
<tr>
<td><strong>Eligibility:</strong> men 18 years and over homeless or in need, with or without addiction issues, soup kitchen: people in need</td>
<td></td>
</tr>
<tr>
<td><strong>Capacity:</strong> 187 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats</td>
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<tr>
<td><strong>Coverage area:</strong> Greater Montréal</td>
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<tr>
<td><strong>Hours:</strong> 24 hours, 7 days, meal: everyday at 17h00</td>
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<tr>
<td><strong>Fees:</strong> emergency shelter and meals: free</td>
<td></td>
</tr>
<tr>
<td><strong>Financing:</strong> federal, self-financing, donations, provincial, municipal</td>
<td></td>
</tr>
<tr>
<td><strong>Legal status:</strong> non-profit organization</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>WELCOME HALL MISSION - YOUTH SERVICES</strong></th>
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<tbody>
<tr>
<td>1448 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E5</td>
<td></td>
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<tr>
<td><strong>514 904-1346</strong>  <strong>Fax:</strong> 514 904-2638</td>
<td></td>
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<tr>
<td><strong>Website:</strong> <a href="http://www.welcomehallmission.com">www.welcomehallmission.com</a></td>
<td></td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:info@missionba.com">info@missionba.com</a></td>
<td></td>
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<tr>
<td><strong>Services:</strong> * Drop-in centre for street kids and runaways.* * Warm meals.* * Showers and hygiene products.* * Food baskets.* * Clothing, sleeping bags.* * Sociopsychological support, mentorship, helping relationship.* * Assistance with re-establishing family relationships.* * Housing assistance.* * Job assistance, assistance with going back to school.* * Legal assistance.* * Medical consultation.* * Physical fitness room, sports room, boxing classes.* * Thematic and cultural evenings.* * Coeur à soeur program: assistance for young mothers in difficulty.</td>
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<tr>
<td><strong>Eligibility:</strong> youth 15 to 25 years old, young women 15 to 30 years old</td>
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<tr>
<td><strong>Coverage area:</strong> Greater Montréal</td>
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<tr>
<td><strong>Hours:</strong> meals: Monday to Friday 17h00 to 19h00, sports room: Monday to Friday 14h00 to 16h00, administration and other services: Monday to Friday 9h00 to 17h00</td>
<td></td>
</tr>
<tr>
<td><strong>Fees:</strong> free</td>
<td></td>
</tr>
<tr>
<td><strong>Financing:</strong> donations, federal, provincial, municipal</td>
<td></td>
</tr>
<tr>
<td><strong>Legal status:</strong> non-profit organization</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WOMEN IN ACTION</strong></th>
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<tbody>
<tr>
<td>1700 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L5</td>
<td></td>
</tr>
<tr>
<td><strong>514 524-6626</strong>  <strong>Fax:</strong> 514 524-6756</td>
<td></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.cclsca.qc.ca">www.cclsca.qc.ca</a></td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:cclscafemmes@gmail.com">cclscafemmes@gmail.com</a></td>
<td></td>
</tr>
</tbody>
</table>
Food

Services: * Coffee chats.* Arts and recreational workshops: yoga, tai-chi, knitting, etc.* Monthly community meal.* Conferences, cultural outings.* Francization workshops.
Eligibility: women from various cultural communities
Coverage area: Le Plateau Mont-Royal, Centre-Sud and Ville-Marie
Hours: variable
Fees: membership: $10
Financing: municipal, provincial
Legal status: non-profit organization

Prepared meals and Meals-on-wheels

ÉQUIPE ENTREPRISE (L')
1375 Trans-Canada Highway, Dorval, Montréal, QC, H9P 2W8
514 636-1081    Fax: 514 636-5523
Website: www.equipeentreprise.org
Email: info@equipeentreprise.org

Services: * Social integration program: kitchen work and customer service.* Culinary training.* Production of frozen meals.
Eligibility: individuals living with a mental health problem
Coverage area: West Island
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00
Financing: provincial, donations, self-financing
Legal status: non-profit organization
Government services

FEDERAL SERVICES

MUNICIPAL SERVICES

PROVINCIAL SERVICES

PUBLIC TRANSPORTATION
**Federal services**

**AGRICULTURE AND AGRI-FOOD CANADA**
2001 Robert-Bourassa Boulevard, Suite 671-M, Ville-Marie, Montréal, QC, H3A 3N2
1 855 773-0241 Fax: 514 496-3966
Website: www.agr.qc.ca
Email: info@agr.gc.ca

**Services:** Assume governmental responsibilities relatively to production, importation and exportation of living animals and food. * Technical and financial support to partners of the industry.* Regulations.* Promotion of Canadian products.

**Eligibility:** agricultural producers, general public

**Coverage area:** Canada

**Hours:** service in person by appointment only

**Financing:** federal

**Legal status:** federal government agency

**CANADA BORDER SERVICES AGENCY**
400 Place Youville, Ville-Marie, Montréal, QC, H2Y 2C2
1 800 461-9999 TTY: 1 866 335-3237
Website: www.cbsa-asfc.gc.ca

**Services:** Manage the access of persons and merchandises coming in or out of the Canada. * Borders control.* Enforce law and rules relatively to Canadian borders.* Collect applicable fees and taxes on imported goods. * Detention and expulsion of prohibited persons or susceptible to be a treat.* Food inspection and promotion of commercial exchanges.* Waiting time at borders: [www.cbsa-asfc.gc.ca/bwt-taf/menu-fra.html](http://www.cbsa-asfc.gc.ca/bwt-taf/menu-fra.html)

**Coverage area:** Canada

**Hours:** Monday to Friday 7h45 to 16h30, phone service: Monday to Friday 8h00 to 16h00 (automated information system on weekend)

**Financing:** federal

**Legal status:** federal government agency

**DEPARTMENT OF JUSTICE CANADA**
Regional Office of Québec, Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, East Tower, 9th floor, Ville-Marie, Montréal, QC, H2Z 1X4
514 283-4934 Fax: 514 283-9690 TTY: 613 992-4556
Website: www.canada.justice.gc.ca
Email: webadmin@justice.gc.ca

**Services:** Administration of justice and policies related to laws. * Making and reforming laws.* Providing legal services and counsel to the government and other departments.* Responsible for conducting all litigation for the federal government.* Legal information about family and criminal law.

**Coverage area:** Canada

**Legal status:** federal government agency

**HEALTH CANADA**
200 René-Lévesque Boulevard West, Suite 218, Ville-Marie, Montréal, QC, H2Z 1X4
1 800 561-3350 Fax: 613 941-5366
Website: www.canada.ca/fr/services/sante
Email: Info@hc-sc.gc.ca

**Services:** Ministry in charge of health care services and reducing health risks. * Modernization of health care system.* Promotion of health and prevention of diseases.* Publication of Canada's food guide.

**Coverage area:** Canada

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

**Financing:** federal

**Legal status:** federal government agency
LAST POST FUND
505 René-Lévesque Boulevard West, Suite 401, Ville-Marie, Montréal, QC, H2Z 1Y7
1 800 465-7113   Fax: 514 866-1471
Website: www.lastpostfund.ca
Email: info@lastpost.ca
Services: * Financial assistance for the funeral and burial of Canadian veterans.* Administration of the National Field of Honour in Pointe-Claire.
Eligibility: veterans
Coverage area: Canada
Hours: Monday to Friday 8h00 to 16h00
Financing: federal, donations
Legal status: non-profit organization

MONTREAL PASSPORT CANADA OFFICE
Complexe Guy-Favreau, West Tower, 200 René-Lévesque Boulevard West, Suite 103, Ville-Marie, Montréal,
QC, H2Z 1X4
1 800 567-6868   TTY: 1 866 255-7655
Website: www.cic.gc.ca/english/passport/index.asp
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Montréal
Hours: Monday to Friday 7h30 to 16h30
Fees: variable, according to the type of passport
Legal status: federal government agency

PAROLE BOARD OF CANADA - QUEBEC REGIONAL OFFICE
Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie,
Montréal, QC, H2Z 1X4
514 283-4584   Fax: 514 283-5484
Website: www.pbc-clcc.gc.ca
Email: info@pbc-clcc.gc.ca
Services: In charge of conditional release and record suspension decisions and clemency recommendations for the reintegration of offenders as law-abiding citizens. * Informing and accompaniment of victims during the reintegration process.
Eligibility: federal offenders in reintegration process, victims of crimes
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Financing: federal
Legal status: federal government agency

POINTE-CLAIRE PASSPORT CANADA OFFICE
Fairview Pointe-Claire Shopping Center, 6815 Trans-Canada Highway, Suite C-022A, Pointe-Claire, Montréal,
QC, H9R 5J2
1 800 567-6868   TTY: 1 866 255-7655
Website: www.cic.gc.ca/english/passport/index.asp
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Pointe-Claire and surroundings
Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h30
Fees: variable, according to the type of passport
Legal status: federal government agency
PUBLIC HEALTH AGENCY OF CANADA - QUÉBEC REGIONAL OFFICE
Guy-Favreau Complex, Tower East, 200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4
1 844 280-5020
Website: www.phac-aspc.gc.ca
Coverage area: Canada
Financing: federal
Legal status: federal government agency

ROYAL CANADIAN MOUNTED POLICE - QUÉBEC DIVISION
4225 Dorchester Boulevard, Westmount, Montréal, QC, H3Z 1V5
514 939-8300 Fax: 514 283-2169 TTY: 613 825-1391
Website: www.rcmp-grc.gc.ca
Services: Investigation relatively to federal jurisdiction crimes, national and international cases. * Preventing and investigation crime.* Maintaining peace and order.* Enforcing laws.* Contributing to national security.* Ensuring the security of state officials, visiting dignitaries and foreign missions.* Providing vital operational support services to other police and law enforcement agencies within Canada and abroad.
Coverage area: Canada
Legal status: federal government agency

SAINT-LAURENT PASSPORT CANADA OFFICE
2089 Marcel-Laurin Boulevard, Suite 100, Saint-Laurent, Montréal, QC, H4R 1K4
1 800 567-6868 TTY: 1 866 255-7655
Website: www.cic.gc.ca/english/passport/index.asp
Email: cic-media-relations@cic.gc.ca
Services: Issuance of Canadian passports and other travel documents.
Coverage area: Montréal: Saint-Laurent
Hours: Monday to Friday 7h30 to 16h30
Fees: variable, according to the type of passport
Legal status: federal government agency

Municipal services

ANJOU - BOROUGH
Bureau Accès Montréal, 7701 Louis-H.-La Fontaine Boulevard, Anjou, Montréal, QC, H1K 4B9
3-1-1 Fax: 514 493-8009 TTY: 514 872-0679
Website: ville.montreal.qc.ca/anjou
Email: anjou@ville.montreal.qc.ca
Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* INFO-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng
Hours: reception and counter: Monday to Friday 8h30 to 16h30
Legal status: municipal agency

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BAIE-D'URFÉ - CITY
20410 Lakeshore Road, Baie-d'Urfé, Montréal, QC, H9X 1P7
514 457-5324 Fax: 514 457-5671
Website: www.baie-durfe.qc.ca
Email: info@baie-durfe.qc.ca
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Legal status: municipal agency

BEACONSFIELD - CITY
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4400 Fax: 514 428-4424
Website: www.beaconsfield.ca
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Legal status: municipal agency

BEACONSFIELD - LEISURE SERVICES
1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1
514 428-4520 Fax: 514 428-4545
Website: www.beaconsfield.ca
Services: * Management and organization of sports and leisure activities.* Recreational centre, pool, arena.* Summer day camp.
Coverage area: Beaconsfield
Hours: reception desk: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 21h00, administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Fees: variable
Legal status: municipal agency

CÔTE SAINT-LUC - CITY
5801 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 3C3
514 485-6800 Fax: 514 485-6863
Website: www.cotesaintluc.org
Email: info@cotesaintluc.org
Legal status: municipal agency

CÔTE SAINT-LUC - PARKS AND RECREATION DEPARTMENT
7500 Mackle Road, Côte-Saint-Luc, Montréal, QC, H4W 1A6
514 485-6806 Fax: 514 485-8629
Website: www.cotesaintluc.org/ParksAndRecreation
Email: recreation@cotesaintluc.org
Services: * Sporting, recreational and cultural activities.* Aquatic and community centre, swimming pools, parks, arena, sports fields.* Summer day camps.* Room rental.
Coverage area: Côte Saint-Luc
Hours: Monday to Friday 8h30 to 16h30
Fees: variable, leisure card for unlimited access
Legal status: municipal agency

**DOLLARD-DES-ORMEAUX - SPORTS, RECREATION AND CULTURE**
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1011 ext. 2 Fax: 514 684-9569
Website: www.ville.ddo.qc.ca
Email: loisirs@ddo.qc.ca
Services: * Community, sociocultural and sports activities.* * Aquatic centre and swimming pools, arenas and skating rinks, community centre, cultural centre, art gallery, fitness centre, parks and playgrounds.* Coordination with community organizations.* Room rental.* Summer day camp.
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: variable
Legal status: municipal agency

**HAMPSTEAD - CITY**
5569 Queen Mary Road, Hampstead, Montréal, QC, H3X 1W5
514 369-8200 Fax: 514 369-8229
Website: www.hampstead.qc.ca
Email: info@hampstead.qc.ca
Hours: Monday to Friday 8h30 to 16h30
Legal status: municipal agency

**HAMPSTEAD - COMMUNITY SERVICES AND RECREATION**
30 Lyncroft Road, Hampstead, Montréal, QC, H3X 3E3
514 369-8200 ext. 8260 Fax: 514 369-8269
Website: www.hampstead.qc.ca
Email: recreation@hampstead.qc.ca
Services: * Community, cultural and sports activities.* Community centre, parks, swimming pool, tennis courts.* Summer day camp.* Special events.* Volunteering.* Room rental.
Coverage area: Hampstead
Hours: Monday to Friday 8h30 to 16h30, spring: Monday and Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30
Fees: variable
Legal status: municipal agency

**ÎLE-BIZARD-SAINTE-GENEVIÈVE (L') - BOROUGH**
Mairie d'arrondissement, 350 Montée de l'Église, L'Île-Bizard-Sainte-Geneviève, Montréal, QC, H9C 1G9
3-1-1 Fax: 514 620-8198
Website: ville.montreal.qc.ca/ibsg
Email: arribsg@ville.montreal.qc.ca
Government services

**Services:** * Carte Access Montreal membership: privileges program for residents and owners in Montreal.*
* Consultation of public opinion.*
* Information and documentation.*
* Taking of an oath.*
* Property assessment.*
* Property taxes (explanations and payment).*
* Statement of offense (information and payment).*
* Permits animal (cats and dogs).*
* Folders creation for intervention requests for municipal services.*
* Housing application form at low cost (HLM).*
* Issuance or renewal of parking vignettes.*
* Claims forms, complaint and petition.*
* INFO-travaux: geolocated information about infrastructure works.*
* INFO-collectes: [www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng](http://www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng)

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

**Legal status:** municipal agency

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**KIRKLAND - RECREATION AND LIBRARY DEPARTMENT**

16950 Hymus Boulevard, Kirkland, Montréal, QC, H9H 3W7

514 630-2719   Fax: 514 630-2733

**Website:** www.ville.kirkland.qc.ca

**Email:** mkclaiman@ville.kirkland.qc.ca

**Services:** * Community, cultural and sports activities.*
* Arena, gym, sports complex, swimming pools, ice rinks, parks, playgrounds, sports fields.*
* Summer day camp.*
* Events and shows.*
* Room rental.

**Coverage area:** Kirkland

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

**Fees:** variable

**Legal status:** municipal agency

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**LASALLE - BOROUGH**

Bureau Accès Lasalle, 55 Dupras Avenue, LaSalle, Montréal, QC, H8R 4A8

3-1-1   Fax: 514 367-6603

**Website:** ville.montreal.qc.ca/lasalle

**Email:** lasalle@ville.montreal.qc.ca

**Services:** * Carte Access Montreal membership: privileges program for residents and owners in Montreal.*
* Consultation of public opinion.*
* Information and documentation.*
* Taking of an oath.*
* Property assessment.*
* Property taxes (explanations and payment).*
* Statement of offense (information and payment).*
* Permits animal (cats and dogs).*
* Folders creation for intervention requests for municipal services.*
* Housing application form at low cost (HLM).*
* Issuance or renewal of parking vignettes.*
* Claims forms, complaint and petition.*
* INFO-travaux: geolocated information about infrastructure works.*
* INFO-collectes: [www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng](http://www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng)

**Coverage area:** LaSalle

**Hours:** Monday to Tuesday 8h00 to 16h45, Wednesday and Thursday 8h00 to 19h00, Friday 8h00 to 12h00

**Legal status:** municipal agency

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**MERCIER-HOCHELAGA-MAISONNEUVE -BOROUGH**

Bureau Accès Montréal, 6854 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1E1

3-1-1   TTY: 514 872-0679

**Website:** ville.montreal.qc.ca/mhm

**Email:** mercier-hochelaga-maisonneuve@ville.montreal.qc.ca

**Services:** * Carte Access Montreal membership: privileges program for residents and owners in Montreal.*
* Consultation of public opinion.*
* Information and documentation.*
* Taking of an oath.*
* Property assessment.*
* Property taxes (explanations and payment).*
* Statement of offense (information and payment).*
* Permits animal (cats and dogs).*
* Folders creation for intervention requests for municipal services.*
* Housing application form at low cost (HLM).*
* Issuance or renewal of parking vignettes.*
* Claims forms, complaint and petition.*
* INFO-travaux: geolocated information about infrastructure works.*
* INFO-collectes: [www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng](http://www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng)

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

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

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Legal status: municipal agency

MINISTÈRE DES AFFAIRES MUNICIPALES ET DE L'OCCUPATION DU TERRITOIRE
800 Square-Victoria Street, Suite 3.10, Ville-Marie, Montréal, QC, H4Z 1B7
514 873-6910
Website: www.mamrot.gouv.qc.ca
Email: communications@mamot.gouv.qc.ca
Services: In charge of municipal organization and regional development. * Reception and information.*
Advice.* Expertise and technical support.* Information, promotion and publications.* Laws, regulations and policies.* Complaints handling.* Financial support.* Municipalities Directory: www.mamrot.gouv.qc.ca/repertoire-des-municipalités * Areas of concerns: land use and urban planning, municipal democracy, development of regions and rural areas, development and influence of the metropolis, ethics, conduct and supervision of the application of municipal law, property assessment, tax and municipal finance, municipal management, municipal policy and territorial organization, infrastructure, occupancy and vitality of territories.
Coverage area: province of Québec
Financing: provincial
Legal status: provincial government agency

MONTRÉAL - CITY
275 Notre-Dame Street East, ground floor, Ville-Marie, Montréal, QC, H2Y 1C6
311 Fax: 514 872-4059
Website: ville.montreal.qc.ca
Email: bam@ville.montreal.qc.ca
Services: Central administration. * Info-travaux.* Streaming of municipal council or executive board sessions.*
Libraries: online access to Nelligan repertory, users' record and renewal.* Online tickets payment.* Property assessment records.* Info-collectes: information about collection schedule for trash, recyclables and big objects.* Info-towing.* Leasures online: consultation and registration to activities.* Consultation of tax account.* Consultation of contract and grants approved by executive board and municipal council.
Hours: Monday to Friday 8h30 to 16h30
Legal status: municipal agency

MONTRÉAL - CITY - BUREAU DE L'INSPECTEUR GÉNÉRAL
1550 Metcalfe Street, Suite 1200, Ville-Marie, Montréal, QC, H3A 1X6
514 280-2800 Fax: 514 280-2877
Website: www.bigmtl.ca
Email: big@bigmtl.ca
Services: Promotes integrity and prevents fraudulent tactics in the attribution and execution of contracts for the city of Montreal and his associated organizations. * Surveillance of contracts attribution and realization.*
Training of officials and employees relatively to applicable rules and integrity violations.* Reception and treatments of confidential reporting and denunciations: online, by email, phone, fax or mail.* Inspection, cancelation and suspension prerogatives.
Eligibility: officials and employees, contractors, citizens
Coverage area: Montreal
Hours: Monday to Friday 8h30 to 17h00
Financing: municipal
Legal status: municipal agency

MONTRÉAL - CITY - DIRECTION DE L'HABITATION
303 Notre-Dame Street East, 4th floor, Ville-Marie, Montréal, QC, H2Y 3Y8
514 872-4630
Website: www.ville.montreal.qc.ca/portal/page?_pageid=9337,112431612&_dad=portal&_schema=PORTAL
Government services

Services: Support the access and improve affordable housing, social and community housing through grants programs and regulation. * Issuance of building permits, building demolition and reconstruction.* In charge of Société d’habitation du Québec’ programs for the island.* Orientation, action plans, programs and measures to face housing issues.

Coverage area: Montréal

Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE ACADIE
1200 Henri-Bourassa Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3M 3G1

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): all days 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 owners of a multi-unit building

Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE CÔTE-DES-NEIGES
6925 de la Côte-des-Neiges Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 2B6

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): all days 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 owners of a multi-unit building

Legal status: municipal agency

MONTRÉAL - CITY - ÉCOCENTRE LA PETITE-PATRIE
1100, rue des Carrières, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2A8

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 schedule (April 15th to October 14th): daily 8h00 to 18h00, Winter schedule (October 15th to April 14th): 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
Government services

MONTRÉAL - CITY - ÉCOCENTRE LASALLE
7272 Saint-Patrick Street, Lasalle, Montréal, QC, H8N 2W7
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): all days 8h00 to 18h00, Winter time (October 15th to April 14th): 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

MONTRÉAL - CITY - ÉCOCENTRE RIVIÈRE-DES-PRAIRIES
11400 Léopold-Christin Street, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 7R3
514 872-0384
Website: ville.montreal.qc.ca/ecocentre

Services: * 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 schedule (April 15th to October 14th): daily 8h00 to 18h00, Winter schedule (October 15th to April 14th): 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

MONTRÉAL - CITY - ÉCOCENTRE SAINT-LAURENT
3535 Sartelon Street, Saint-Laurent, Montréal, QC, H4R 1E6
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): all days 8h00 to 18h00, Winter time (October 15th to April 14th): 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

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

MONTRÉAL - CITY - OMBUDSMAN
275 Notre-Dame Street East, Suite R-100, Ville-Marie, Montréal, QC, H2Y 1C6
514 872-8999   Fax: 514 872-2379
Website: www.ombudsmandemontreal.com
Email: ombudsman@ville.montreal.qc.ca

Services: Last resort service when a people's rights have been prejudiced due to an act, an omission, a recommendation or a decision of the Ville de Montréal. * Complaint can be filled online, by phone, email, mail, fax or in person with an appointment.

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: municipal
Legal status: municipal agency

MONTRÉAL - SPORTS AND PHYSICAL ACTIVITIES
Confidential Address
311
Website: www.ville.montreal.qc.ca

Services: Develop orientation guidelines, frameworks, policies and programs to promote a common vision of sports and recreation in Montréal. * The sports and recreation services are managed at the boroughs level.

Coverage area: Montréal
Hours: 311 service: Monday to Friday 8h30 to 20h30, Saturday, Sunday and holidays 9h00 to 17h00
Legal status: municipal agency

MONTREAL WEST - RECREATION AND CULTURAL
8 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y5
514 484-6186   Fax: 514 485-8596
Website: www.montreal-west.ca
Email: recreation@montreal-west.ca

Services: * Community, sociocultural and sports activities.* Arena, swimming pool, community centre, ice rink, parks and playgrounds.* Coordination with community organizations.* Summer day camp.* Room rental.

Coverage area: Montreal West
Hours: Monday to Friday 8h30 to 12h15 and 13h15 to 16h30
Fees: variable
Legal status: municipal agency

MONTRÉAL-EST - CITY
11370 Notre-Dame Street East, 5th Floor, Montréal-Est, Montréal, QC, H1B 2W6
514 905-2000
Website: ville.montreal-est.qc.ca
Email: servicescitoyens@montreal-est.ca


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

MONTRÉAL-EST - LOISIRS ET CULTURE
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 905-2105 Fax: 514 905-2130
Website: ville.montreal-est.qc.ca
Email: loisirs@montreal-est.ca
Services: * Community, sociocultural and sports activities.* Recreational centre, arena, swimming pools, parks, sports fields.* Coordination with community organizations.* Summer day camp.* Room rental.
Eligibility: children, teenagers, adults and seniors
Coverage area: Montréal-Est
Hours: Monday to Friday 8h30 to 22h00, Saturday 9h00 to 15h30, summer: Monday to Thursday 8h00 to 22h00, Friday 8h00 to 18h00
Fees: variable
Legal status: municipal agency

MONTRÉAL-NORD - BOROUGH
4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5
3-1-1 Fax: 514 328-4055
Website: www.ville.montreal.qc.ca/mtlnord
Email: montreal-nord@ville.montreal.qc.ca
Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* Info-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Legal status: municipal agency

MOUNT ROYAL - RECREATION, CULTURE AND COMMUNITY ACTIVITIES
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4
514 734-2928 Fax: 514 734-3083
Website: www.town.mount-royal.qc.ca
Email: rec-mt-royal@town.mont-royal.qc.ca
Services: Management and organization of community, cultural and sports activities. * Multifunctional center, community center, pool, arena.* Coordination with community organizations in the community.* Summer day camp.
Coverage area: Town of Mount Royal
Hours: Monday to Friday 8h30 to 16h15, Summer (June 20th to September 2nd): Monday to Thursday 8h00 to 16h15 and Friday 8h00 to 12h45
Fees: variable
Legal status: municipal agency

MOUNT ROYAL - TOWN
90 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z5
514 734-2900 Fax: 514 734-3072
Website: www.town.mount-royal.qc.ca
Email: info@ville.mont-royal.qc.ca
**OUTREMONT - BOROUGH**

Borough office, 543 Côte-Sainte-Catherine Road, Outremont, Montréal, QC, H2V 4R2

3-1-1     Fax: 514 495-6290

Website: ville.montreal.qc.ca

Email: outremont@ville.montreal.qc.ca

**Services:**  
- Carte Access Montreal membership: privileges program for residents and owners in Montreal.  
- Consultation of public opinion.  
- Information and documentation.  
- Taking of an oath.  
- Property assessment.  
- Property taxes (explanations and payment).  
- Statement of offense (information and payment).  
- Permits animal (cats and dogs).  
- Folders creation for intervention requests for municipal services.  
- Housing application form at low cost (HLM).  
- Issuance or renewal of parking vignettes.  
- Claims forms, complaint and petition.  
- INFOTRAVAUX: geolocated information about infrastructure works.  
- INFOCOLLECTES: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

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

**Legal status:** municipal agency

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**PLATEAU-MONT-ROYAL - BOROUGH**

201 Laurier Avenue East, Suite 120, Le Plateau-Mont-Royal, Montréal, QC, H2T 3E6

3-1-1     Fax: 514 872-6754

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

Email: le-plateau-mont-royal@ville.montreal.qc.ca

**Services:**  
- Carte Access Montreal membership: privileges program for residents and owners in Montreal.  
- Consultation of public opinion.  
- Information and documentation.  
- Taking of an oath.  
- Property assessment.  
- Property taxes (explanations and payment).  
- Statement of offense (information and payment).  
- Permits animal (cats and dogs).  
- Folders creation for intervention requests for municipal services.  
- Housing application form at low cost (HLM).  
- Issuance or renewal of parking vignettes.  
- Claims forms, complaint and petition.  
- INFOTRAVAUX: geolocated information about infrastructure works.  
- INFOCOLLECTES: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

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

**Legal status:** municipal agency

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**POINTE-CLAIRE - CITY**

451 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J3

514 630-1300     Fax: 514 630-1272

Website: www.pointe-claire.ca

Email: communications@pointe-claire.ca

**Services:** Municipal services management.  
- Construction and work licenses.  
- Oaths commissioners.  
- Claims to the city.  
- Property assessment and taxation.  
- Collection of organic, recyclable and domestic wastes.

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00

**Legal status:** municipal agency

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**POINTE-CLAIRE - SERVICE DE LA CULTURE, DES SPORTS, DES LOISIRS ET DU DÉVELOPPEMENT COMMUNAUTAIRE**

94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8

514 630-1214     Fax: 514 630-1270

Website: www.pointe-claire.ca

Email: recreation@pointe-claire.ca

**Services:**  
- Management and organization of community, cultural and sports activities.  
- Community center, pool, arena, park.  
- Coordination with community organizations in the community.  
- Summer day camp.
Coverage area: Pointe-Claire  
Hours: October to April: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, May to Septembre: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00  
Fees: variables  
Legal status: municipal agency

SAINT-LÉONARD- BOROUGH  
8400 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3B1  
Website: www.ville.montreal.qc.ca/st-leonard  
Email: bureau.st-leonard@ville.montreal.qc.ca  
Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* INFO-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng  
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h30, permits counter: Monday to Thursday 8h30 to 11h45 and 12h45 to 16h30, Friday 8h30 to 12h00  
Legal status: municipal agency

SAINTE-ANNE-DE-BELLEVUE - RECREATION AND COMMUNITY DEVELOPMENT  
Harpell Centre, 60 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6  
Website: www.ville.sainte-anne-de-bellevue.qc.ca/fr/73/catalogue-des-activites  
Email: loisirs@sadb.qc.ca  
Services: * Community, sociocultural and sports activities.* Community centre, sport centres, arena, swimming pools, parks and playgrounds, ice rinks.* Coordination with community organizations.* Summer day camp.* Room rental.* Parties and events.  
Coverage area: Sainte-Anne-de-Bellevue  
Hours: administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00  
Fees: variable  
Legal status: municipal agency

SENNEVILLE - RECREATION, CULTURE AND COMMUNITY LIFE  
20 Morningside Avenue, Baie-d’Urfé, Montréal, QC, H9X 0A8  
Website: www.villagesenneville.qc.ca/en/recreation-and-culture  
Email: loisirs@villagesenneville.qc.ca  
Services: * Sports, recreational and community activities.* Parks, sports fields, swimming pool, ice rinks and community centre.* Summer day camp.* Room rental.* Events.  
Coverage area: Senneville  
Fees: variable  
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL  
1441 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 2M6  
Website: www.spvm.qc.ca/en/

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h30
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 1 - BAIE-D'URFÉ, BEACONSFIELD, KIRKLAND, SAINTE-ANNE-DE-BELLEVUE, SENNEVILLE
2883 Saint-Charles Boulevard, L'Île-Bizard-Sainte-Geneviève, Montréal, QC, H9H 3B5
514 280-0101 Fax: 514 280-0601
Website: www.spvm.qc.ca/en/pdq01
Email: pdq1@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: Baie-d'Urfé, Beaconsfield, Kirkland, Sainte-Anne-de-Bellevue, Senneville
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 10 - AHUNTSIC - CARTIERVILLE
11756 O'Brien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 1Y8
514 280-0110 Fax: 514 280-0610
Website: www.spvm.qc.ca/en/pdq10
Email: pdq10@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: Bordeaux, Cartierville
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 11 - NOTRE-DAME-DE-GRÂCE

6255 Somerled Street, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3X 2B7
514 280-0111 Fax: 514 280-0611
Website: www.spvm.qc.ca/en/pdq11
Email: pdq11@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, officer assigned to the youth intervention.

Eligibility: citizens and residents of the neighbourhood
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Sunday 9h00 to 19h00
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 12 - WESTMOUNT - VILLE-MARIE

21 Stanton Street, Westmount, Montréal, QC, H3Y 3B1
514 280-0112 Fax: 514 280-0612
Website: www.spvm.qc.ca/en/pdq12
Email: pdq12@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, officer assigned to the youth intervention and prevention.

Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie West, Westmount
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 13 - LASALLE

8745 LaSalle Boulevard, LaSalle, Montréal, QC, H8P 1Z2
514 280-0113 Fax: 514 280-0613
Website: www.spvm.qc.ca/en/pdq13
Email: pdq13@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: LaSalle

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency


1625 de l'Église Avenue, Le Sud-Ouest, Montréal, QC, H4E 1G6

514 280-0115 Fax: 514 280-0615

Website: www.spvm.qc.ca/en/pdq15

Email: pdq15@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-Paul, Petite-Bourgogne, Pointe-Saint-Charles, Saint-Henri, Ville-Émard

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

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

750 Willibrord Street, Verdun, Montréal, QC, H4G 2T9

514 280-0116 Fax: 514 280-0616

Website: www.spvm.qc.ca/en/pdq16

Email: pdq16@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Île-des-Soeurs, Verdun
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE, VILLE-MARIE OUEST, PARC DU MONT-ROYAL
1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3
514 280-0120 Fax: 514 280-0620
Website: www.spvm.qc.ca/en/pdq20
Email: pdq20@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 officer, responsable VCI - violence conjugale et intrafamiliale.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Centre-Ville, Ville-Marie Ouest and Parc du Mont-Royal
Hours: 24 hours, 7 days
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL
1180 Sainte-Élisabeth Street, Ville-Marie, Montréal, QC, H2X 3C4
514 280-0121 Fax: 514 280-0621
Website: www.spvm.qc.ca/en/pdq21
Email: pdq21@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 officer, responsable VCI - violence conjugale et intrafamiliale.
Eligibility: citizens and residents of the neighbourhood
Coverage area: Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal
Hours: 24 hours, 7 days
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD
1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5
514 280-0122 Fax: 514 280-0622
Website: www.spvm.qc.ca/en/pdq22
Email: pdq22@spvm.qc.ca
Government services

**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:** Centre-Sud

**Hours:** Monday to Sunday 9h00 to 19h00

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 23 - HOCHELAGA-MAISONNEUVE**

4555 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1C2

514 280-0123    Fax: 514 280-0623

Website: www.spvm.qc.ca/en/pdq23

Email: pdq23@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.*

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 24 - MONT-ROYAL, OUTREMONT**

1435 Van Horne Avenue, Outremont, Montréal, QC, H2V 1K9

514 280-0124    Fax: 514 280-0624

Website: www.spvm.qc.ca/en/pdq24

Email: pdq24@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: Mont-Royal, Outremont
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 26 - CÔTE-DES-NEIGES OUEST
7405 Mountain Sights Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 2B1
514 280-0126  Fax: 514 280-0626
Website: www.spvm.qc.ca/en/pdq26
Email: pdq26@spvm.qc.ca

Services: Provides many local services that respond to local problems and specific needs of citizens. *
Services 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 your 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.* Services 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.* Services 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: Côte-des-Neiges West
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 27 - AHUNTSIC
1805 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1H7
514 280-0127  Fax: 514 280-0627
Website: www.spvm.qc.ca/en/pdq27
Email: pdq27@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: Ahuntsic
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 3 - L’ÎLE-BIZARD, PIERREFONDS, SAINTE-GENEVIEVE, ROXBORO
14680 de Pierrefonds Boulevard, Pierrefonds-Roxboro, Montréal, QC, H9H 4Y6
514 280-0103  Fax: 514 280-0603
Website: www.spvm.qc.ca/en/pdq03
Email: pdq3@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:** L’Île-Bizard, Pierrefonds, Sainte-Geneviève, Roxboro

**Hours:** Monday to Sunday 9h00 to 19h00

**Legal status:** municipal agency

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**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

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**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
SERVICES 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, responsable VCI - violence conjugale et infratfamiliale.

Eligibility: citizens and residents of the neighbourhood
Coverage area: Parc-Extension
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICES DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 35 - LA PETITE-ITALIE, LA PETITE-PATRIE, OUTREMONT
920 Bélanger Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3P4
514 280-0135 Fax: 514 280-0635
Website: www.spvm.qc.ca/en/pdq35
Email: pdq35@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 infratfamiliale, officer assigned to the youth intervention.

Eligibility: citizens and residents of the neighborhood
Coverage area: La Petite-Italie, La Petite-Patrie, Outremont
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICES DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 38 - LE PLATEAU-MONT-ROYAL
1033 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J5
514 280-0138 Fax: 514 280-0638
Website: www.spvm.qc.ca/en/pdq38
Email: pdq38@spvm.qc.ca
**Services:** Services that respond to local problems and specific needs of citizens. *For everyone:* response to calls that are urgent and less urgent, residential or business visits to give safety and prevention advice, free loan of an engraver to identify valuable items, handling and follow-up of traffic and road safety complaints, handling and follow-up of criminal complaints, local crowd control at events in the neighbourhood.* For young people:* preventive interventions in schools, conferences in schools on various topics (extortion, bullying, drug addiction, street gangs, safety around strangers, graffiti and others), managing school crossings.* For specific client groups:* conferences on women's safety, follow-up with victims of domestic violence, meetings with the elderly for safety talks, community services, participation in citizen committees and round tables, participation in community projects (organization of fundraising campaigns for community and other organizations).* Available team: community relations officers, responsible VCI - violence conjugale et intrafamiliale.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Le Plateau-Mont-Royal

**Hours:** Monday to Sunday 9h00 to 19h00

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD**

6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3

514 280-0139    Fax: 514 280-0639

Website: www.spvm.qc.ca/en/pdq39

Email: pdq39@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, community development advisor.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Montréal-Nord

**Hours:** Monday to Sunday 9h00 to 19h00

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE DOLLARD-DES-ORMEAUX**

4139 des Sources Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A6

514 280-0104    Fax: 514 280-0604

Website: www.spvm.qc.ca/en/pdq04

Email: pdq4@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:** Dollard-des-Ormeaux

**Hours:** Monday to Sunday 9h00 to 19h00
SERVICES DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 42 - SAINT-LÉONARD
8181 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 2A3
514 280-0142  Fax: 514 280-0642
Website: www.spvm.qc.ca/en/pdq42
Email: pdq42@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: citoyens et résidents du quartier
Coverage area: Saint-Léonard
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICES DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 44 - ROSEMONT-LA PETITE PATRIE
4807 Molson Street, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 0A2
514 280-0144  Fax: 514 280-0644
Website: www.spvm.qc.ca/en/pdq44
Email: pdq44@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, responsable pour seniors.

Eligibility: citoyens et résidents du quartier
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICES DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 45 - RIVIÈRE-DES-PRAIRIES
8200 Maurice-Duplessis Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 2Y5
514 280-0145  Fax: 514 280-0645
Website: www.spvm.qc.ca/en/pdq45
Email: pdq45@spvm.qc.ca

Legal status: municipal agency
Services: Services that respond to local problems and specific needs of citizens. * Services 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 your 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.* Services 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.* Services 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: Rivière-des-Prairies
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 46 - ANJOU
6850 Joseph-Renaud Boulevard, Anjou, Montréal, QC, H1K 3V4
514 280-0146   Fax: 514 280-0646
Website: www.spvm.qc.ca/en/pdq46
Email: pdq46@spvm.qc.ca

Services: Services that respond to local problems and specific needs of citizens. * Services 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 your 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.* Services 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.* Services 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: Anjou
Hours: Monday to Sunday 9h00 to 19h00
Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 48 - MERCIER-HOCELAGA-MAISSONNEUVE
6680 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C9
514 280-0148   Fax: 514 280-0648
Website: www.spvm.qc.ca/en/pdq48
Email: pdq48@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 your 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: Mercier, Hochelaga-Maisonneuve  
Hours: Monday to Sunday 9h00 to 19h00  
Legal status: municipal agency

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

1498 Saint-Jean-Baptiste Boulevard, Montréal-Est, Montréal, QC, H1B 4A4  
514 280-0149 Fax: 514 280-0649  
Website: www.spvm.qc.ca/en/pdq49  
Email: pdq49@spvm.qc.ca

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

**Eligibility:** citizens and residents of the neighbourhood

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

**Hours:** Monday to Sunday 9h00 to 19h00

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 5 - DORVAL, L’ÎLE-DORVAL, POINTE-CLAIRE**

395 Saint-Jean Boulevard, Pointe-Claire, Montréal, QC, H9R 3J2  
514 280-0105 Fax: 514 280-0605  
Website: www.spvm.qc.ca/en/pdq05  
Email: pdq5@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:** Dorval, L’Île-Dorval, Pointe-Claire

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal

**Legal status:** municipal agency

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**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 50 - MÉTRO DE MONTRÉAL**

888 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4S8  
514 280-9111  
Website: www.spvm.qc.ca/en/pdq50

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Services: Services that respond to local problems and specific needs of citizens. * Ensures the safety of users, partners and businesses of the Métro de Montréal network by patrolling in metros and nearby areas, responding to calls, prevention or specific intervention.* Ensures the fluidity of the network by countering incivility delaying the arrival and departure of subway trains and reducing the frequency of disturbing behaviour and incivility.* Ensures compliance with laws and regulations.* Offers support through specialized and technical services.* Available team: community relations officers.

Eligibility: users, partners and businesses of the Métro de Montréal network

Coverage area: Métro de Montréal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 55 - AÉROPORT INTERNATIONAL PIERRE-ELLIOT-TRUDEAU DE MONTRÉAL

975 Roméo-Vachon Boulevard North, Dorval, Montréal, QC, H4Y 1H1

514 280-0455

Website: www.spvm.qc.ca/fr/pdq55

Services: Services that respond to local problems and specific needs of citizens. * Ensuring security on the territory of the Montréal-Trudeau airport and preserving the feeling of safety of passengers, customers and partners.* Helping maintain the usability, accessibility and fluidity of these special and unique places.* Patrolling areas of the airport daily and ensuring a continued presence in control and boarding areas.* Answering calls (luggage theft, vehicles, conflict, fight, etc.) and alarms at search points.* Investigating when prohibited items are found in cabin baggage.* Carrying out of arrests when required (carrying of prohibited weapons, possession of drugs, etc.)* Following up in case of luggage theft.

Coverage area: Montréal Pierre-Elliot-Trudeau International Airport

Hours: airport hours

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 7 - SAINT-LAURENT

1761 Grenet Street, Saint-Laurent, Montréal, QC, H4L 2R6

514 280-0107 Fax: 514 280-0607

Website: www.spvm.qc.ca/en/pdq07

Email: pdq7@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-Laurent

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 8 - LACHINE, SAINT-PIERRE

170 15th Avenue, Lachine, Montréal, QC, H8S 3L9

514 280-0108 Fax: 514 280-0608

Website: www.spvm.qc.ca/en/pdq08

Email: pdq8@spvm.qc.ca
Government services

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: Lachine, Saint-Pierre

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 9 - CÔTE SAINT-LUC, HAMPSTEAD, MONTRÉAL-OUEST

5757 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2W8

514 280-0109 Fax: 514 280-0609
Website: www.spvm.qc.ca/en/pdq09
Email: pdq9@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: Côte Saint-Luc, Hampstead, Montreal West

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal

Legal status: municipal agency

TRIBUNAL ADMINISTRATIF DU QUÉBEC (THE)

500 René-Lévesque Boulevard West, 21th floor, Ville-Marie, Montréal, QC, H2Z 1W7

514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Social Affairs Section.* Immovable Property Section.* Territory and Environment Section.* Economic Affairs Section.* Mental Health Division.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - ECONOMIC AFFAIRS SECTION

500 René-Lévesque Boulevard West, 21th floor, Ville-Marie, Montréal, QC, H2Z 1W7

514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca
Email: tribunal.administratif@taq.gouv.qc.ca
Government services

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding permits or authorizations provided by economical, professional or commercial control laws.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - IMMOVABLE PROPERTY SECTION

500 René-Lévesque Boulevard West, 21th floor, Ville-Marie, Montréal, QC, H2Z 1W7

514 873-7154   Fax: 514 873-8288

Website: www.taq.gouv.qc.ca

Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on the protestations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - SOCIAL AFFAIRS SECTION

500 René-Lévesque Boulevard West, 21st floor, Ville-Marie, Montréal, QC, H2Z 1W7

514 873-7154   Fax: 514 873-8288

Website: www.taq.gouv.qc.ca

Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestedations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU QUÉBEC - TERRITORY AND ENVIRONMENT SECTION

500 René-Lévesque Boulevard West, 21th floor, Ville-Marie, Montréal, QC, H2Z 1W7

514 873-7154   Fax: 514 873-8288

Website: www.taq.gouv.qc.ca

Email: tribunal.administratif@taq.gouv.qc.ca

Services: Last instance services to protest against the decision of a ministry, a public organization or a municipality. * Rules on protestations regarding territory protection, agricultural activities, environment quality, or other territorial and environmental affairs.

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Legal status: parapublic organization

UNITÉ PERMANENTE ANTICORRUPTION (L‘)

2100 Pierre-Dupuy Avenue, Wing 2, Suite 3010, Ville-Marie, Montréal, QC, H3C 3R5

1 855 567-8722   Fax: 514 873-0099

Website: www.upac.gouv.qc.ca

Services: Conducts prevention and investigation duties relative to corruption, collusion and fraud in public and parapublic sectors. * Integrity verifications of enterprises offering or willing to offer services to governmental agencies.* Documentation and information relative to the Loi concernant la lutte contre la corruption.* Reporting of misconducts online and by phone.* Awareness session for enterprises doing business with the government.

Coverage area: Québec
**VERDUN - BOROUGH**
4555 Verdun Street, Suite 104, Verdun, Montréal, QC, H4G 1M4
3-1-1 Fax: 514 765-7006
Website: ville.montreal.qc.ca/verdun
Email: verdun@ville.montreal.qc.ca

**Services:**
- Carte Access Montreal membership: privileges program for residents and owners in Montreal.
- Consultation of public opinion.
- Information and documentation.
- Taking of an oath.
- Property assessment.
- Property taxes (explanations and payment).
- Statement of offense (information and payment).
- Permits animal (cats and dogs).
- Folders creation for intervention requests for municipal services.
- Housing application form at low cost (HLM).
- Issuance or renewal of parking vignettes.
- Claims forms, complaint and petition.
- Info-travaux: geolocated information about infrastructure works.
- Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

**Hours:** Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 19h00, Friday 8h30 to 12h30
**Legal status:** municipal agency

**VILLE DE MONTRÉAL - ACCÈS MONTRÉAL CARD**
Production Centre of CAM, 700 de la Gauchetière Street West, 28th Floor, Ville-Marie, Montréal, QC, H3B 4L5
3-1-1
Website: ville.montreal.qc.ca/cam
Email: cam@ville.montreal.qc.ca

**Services:**
- Privilege program for residents and property owners in Montréal.
- Internal and external partners who gives access to discounts in various sectors: sports and outdoor activities, day camps, businesses, cinemas, museums, shows and festivals, theaters, amusements, excursions, guided tours and cruises, science activities, classes, maintenance and renovation, well-being.
- List of benefits and partnerships online and at point of sale.
- Renewal online.

**Eligibility:** residents and property owners
**Coverage area:** Montréal
**Hours:** Monday to Friday 8h30 to 20h30, Saturday, Sunday and Holidays 9h00 to 17h00
**Fees:** $8 per year
**Legal status:** municipal agency

**WESTMOUNT - SPORTS AND RECREATION**
Westmount Recreational Centre, 4675 Sainte-Catherine Street West, Westmount, Montréal, QC, H3Z 1S4
514 989-5333 Fax: 514 989-5486
Website: westmount.org/en/recreation-culture

**Services:**
- Community, sociocultural and sports activities.
- Swimming pool, recreation centre, community centre, ice rinks, sports fields, parks.
- Coordination with community organizations.
- Summer day camp.

**Coverage area:** Westmount
**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 18h00, summer: Monday, Tuesday and Thursday 8h00 to 16h30, Wednesday 10h00 to 18h00, Friday 8h00 to 13h00
**Fees:** variable
**Legal status:** municipal agency
Provincial services

COMMISSION D’ACCÈS À L’INFORMATION DU QUÉBEC - MONTRÉAL OFFICE
500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-4196 Fax: 514 844-6170
Website: www.cai.gouv.qc.ca
Email: cai.communications@cai.gouv.qc.ca
Services: *Information on rights and obligations related to access to documents held by public bodies and to the protection of personal information applied to public and private sectors.* Monitoring, processing of applications for review and examination of disagreements.
Eligibility: citizens, associations, public organizations and businesses
Coverage area: province of Québec
Legal status: provincial government agency

CORONER’S OFFICE
1701 Parthenais Street, 11th floor, Ville-Marie, Montréal, QC, H2K 3S7
1 888 267-6637 Fax: 514 873-8943
Website: www.coroner.gouv.qc.ca
Email: clientele.coroner@coroner.gouv.qc.ca
Services: Investigation in case of death in accordance with the Loi sur les recherches des causes et des circonstances de décès. *Research of possible causes and circumstances in case of non-natural deaths.* Formulate recommendations to avoid new fatality. *List of unclaimed bodies: www.coroner.gouv.qc.ca/un-proche-est-decede/corps-non-reclames.html*
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency

CURATEUR PUBLIC
600 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3B 4W9
1 800 363-9020 Fax: 514 873-4972
Website: www.curateur.gouv.qc.ca
Services: *Protection of rights and interests.* Administrator of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. *Educating the public about the need for protection associated with incapacitated individuals.* Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council. *On-call, information service and the processing of complaints and reports.*
Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators
Coverage area: Province of Québec
Hours: Head Office: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CURATEUR PUBLIC - DIRECTION TERRITORIALE - MONTRÉAL
454 Place Jacques-Cartier, Suite 200, Ville-Marie, Montréal, QC, H2Y 3B3
514 873-3002
Website: www.curateur.gouv.qc.ca
Government services

Services: * Protection of rights and interests.* Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

Coverage area: Montréal

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30 and Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

DIRECTEUR DE L'ÉTAT CIVIL
2050 De Bleury Street, main floor, Ville-Marie, Montréal, QC, H3A 2J5
514 644-4545      TTY: 1 800 361-9596
Website: www.etatcivil.gouv.qc.ca
Email: etatcivil@dec.gouv.qc.ca

Services: * Issuing documents regarding civil status events: certificate or copy of an act, attestation of birth, marriage, civil union or death.* Change of name.* Verification of the validity of a certificate or a copy of an act.* Registry of officiants.* Declaration of birth, marriage, civil union or death.

Coverage area: province of Québec

Hours: service counter: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE ADJOINTE DE MONTRÉAL
600 Fullum Street, Suite 7.11, Ville-Marie, Montréal, QC, H2K 3L6
514 864-1800     Fax: 514 873-9362

Services: Coordination of correctional services in the territory. * In charge of professional services direction (DSPC) Montréal Nord-Est and Montréal Sud-Ouest, as well as Montréal and Rivière-des-Prairies correctional facilities.

Coverage area: Greater Montréal

Financing: provincial

Legal status: provincial government agency

HYDRO-QUÉBEC
Confidential Address
514 385-7252
Website: www.hydroquebec.com

Services: Electricity production, transport and distribution.

Coverage area: Province of Québec

Hours: Residential customer services: Monday to Friday 8h00 to 20h30, Saturday and Sunday 9h00 to 17h00

Legal status: provincial government agency

MINISTÈRE DE L'ÉCONOMIE, DE LA SCIENCE ET DE L'INNOVATION DU QUÉBEC
Regional direction of Montréal, 380 Saint-Antoine West, 5th floor, Ville-Marie, Montréal, QC, H2Y 3X7
514 499-2550     Fax: 514 873-9913
Website: www.economie.gouv.qc.ca

Services: Assume governmental responsibilities relatively to enterprise development, entrepreneurship, investment, science and innovation. * Manage economic development projects.* Coordinate governmental assistance to major investments, to research, sciences and technologies.* Counseling to businesses.
Government services

**Coverage area:** province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE L’ÉNERGIE ET DES RESSOURCES NATURELLES**
Confidential Address
1 866 248-6936
[Website: mern.gouv.qc.ca](http://mern.gouv.qc.ca)
[Email: renseignements@mern.gouv.qc.ca](mailto:renseignements@mern.gouv.qc.ca)

**Services:** Management and development of the territory and the energy and mineral resources. * Licensing occupancy rights for public lands and mineral rights.* Licensing and authorizations for the exploration and exploitation of natural resources under its responsibility.* Registration and publication of land information.* Assistance programs for development, consulting services, educational programs.* Thematic maps and databases.* Financial assistance programs and educational tools on energy efficiency and GHG reduction.* Publication of the results of analyzes and applied research, technical guides and tools.

**Eligibility:** citizens and business customers

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE LA CULTURE ET DES COMMUNICATIONS**
480 Saint-Laurent Boulevard, 6th floor, Ville-Marie, Montréal, QC, H2Y 3Y7
514 873-2255     Fax: 514 864-2448
[Website: www.mcc.gouv.qc.ca](http://www.mcc.gouv.qc.ca)

**Services:** Assume governmental responsibilities relatively to performing arts, visual arts, architecture, artisan work, cinema and audiovisual, books, medias, museology, heritage and telecommunication. * Financial assistance to projects and eligible organizations: on-going assistance, project assistance, assets assistance, partnerships initiatives assistance, Mécénat Placements Culture.* Management of applicable tax measures to the above-mentionned field.

**Coverage area:** province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE LA FAMILLE - DAYCARE CENTRES**
600 Fullum Street, 6th floor, Ville-Marie, Montréal, QC, H2K 4S7
1 855 336-8568     Fax: 418 643-2640
[Website: www.mfa.gouv.qc.ca](http://www.mfa.gouv.qc.ca)

**Services:** Information on child care services: early childhood centres, daycare centre, family childcare homes. * Directories and locator of childcare services: mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index.aspx* Information on the reduced-contribution spaces program.

**Eligibility:** parents, educators, family childcare home providers, early childhood and daycare centres, coordinating offices of family childcare homes

**Coverage area:** province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE LA FAMILLE ET DES AÎNÉS**
600 Fullum Street, 6th Level, Ville-Marie, Montréal, QC, H2K 4S7
1 855 336-8568     Fax: 514 873-9395
[Website: www.mfa.gouv.qc.ca](http://www.mfa.gouv.qc.ca)
**Government services**

**Services:** Assume governmental responsibilities relatively to family and seniors assistance, accessibility to Child-care centre and community organization support. * Guidance of child-care service providers. * Elaboration and application of family policy. * Prevention of seniors’ mistreatment. * Québec ami des aînés (QASA): financial support to local and regional initiatives contributing to the adaptation of living environments for seniors.

**Eligibility:** families, seniors, community organizations, child-care service providers

**Coverage area:** province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DE LA JUSTICE**

Montreal courthouse, 1 Notre-Dame Street East, 11th floor, Suite 11.39, Ville-Marie, Montréal, QC, H2Y 1B6

1 866 536-5140 Fax: 514 873-4760

Website: www.justice.gouv.qc.ca

Email: informations@justice.gouv.qc.ca

**Services:** Assume governmental responsibilities relatively to justice. * Advise government et his ministries about the legality of their actions. * Recommend policies regarding to justice and support judicial activity. * Manage all the court of law and specialized bench in the province.

**Coverage area:** province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE**

380 Saint-Antoine Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 3X7

514 873-6708 Fax: 514 873-7468

Website: www.mrif.gouv.qc.ca

Email: commentaires@mri.gouv.qc.ca

**Services:** Assume governmental responsibilities relatively to international relations, diplomacy and Québec's representation abroad. * Initiate and participate to projects with other members of the Francophonie. * Manage Québec's delegations and other representatives abroad. * Collaborate to international solidarity efforts aiming progress in developing countries.

**Coverage area:** province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

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**MINISTÈRE DES TRANSPORTS, DE LA MOBILITÉ DURABLE ET DE L’ÉLECTRIFICATION DES TRANSPORTS**

Regional direction of Montréal, 500 René-Lévesque Boulevard West, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1W7

511 Fax: 514 873-7886

Website: www.transports.gouv.qc.ca


**Coverage area:** province of Québec

**Hours:** phone service: Monday to Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** provincial government agency
MINISTÈRE DU TOURISME DU QUÉBEC
Montreal Infotouriste centre, 1255 Peel Street, Suite 100, Ville-Marie, Montréal, QC, H3B 4V4
1 800 482-2433    Fax: 514 864-6988
Website: www.tourisme.gouv.qc.ca
Services: Assume governmental responsibilities relatively to development and promotion of tourism. *
Concertation and support to tourism's industry actors.* Reception and information services.* Accommodation
and tourism product booking.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h30
Financing: provincial
Legal status: provincial government agency

OFFICE QUÉBÉCOIS DE LA LANGUE FRANÇAISE
Camille-Laurin Building, 125 Sherbrooke Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1X4
1 888 873-6202    Fax: 514 873-3488
Website: www.oqlf.gouv.qc.ca
Email: info@oqlf.gouv.qc.ca
Services: Management of Québec's policy in terms of linguistic research and terminology. * Promotion of
French as the language of communication, work, trade and business.* Terminological consultation.* Library.*
Grand dictionnaire terminologique (GDT) and Banque de dépannage linguistique (BDL) available online for free.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, terminological consultation: Monday to Friday
10h00
Fees: terminological consultation: $5 per call
Financing: provincial
Legal status: provincial government agency

PROGRAMME D'ALLOCATION DIRECTE CHÈQUE EMPLOI-SERVICE
2021 Union Street, 10th floor, Suite 10.051, Ville-Marie, Capitale-Nationale, QC, H3A 2S9
1 888 405-4262    Fax: 514 356-1155   TTY: 1 800 361-9596
Website: www.msss.gouv.qc.ca
Email: ministre@msss.gouv.qc.ca
Services: Program of Ministère de la Santé et des Services Sociaux. * With a home care intervention plan
determined by the CSSS, the beneficiary may choose the person who will provide the assistance or home care
needed and the frequency of these services.* May include the following services: personal assistance, bathing
assistance, food assistance, clothing assistance, mobility and home transfers, domestic help, housework, meal
preparation, laundry, shopping, etc.* Leaflet: http://publications.msss.gouv.qc.ca/msss/fichiers/2008/08-513-
02F.pdf
Eligibility: people with a stable loss of autonomy or disabilities, living at home, requiring long-term services and
who can take on the responsibilities of the program
Coverage area: Province of Québec
Hours: by phone: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

QUÉBEC OMBUDSMAN
1080 Côte du Beaver Hall, 10th floor, Ville-Marie, Montréal, QC, H2Z 1S8
1 800 463-5070    Fax: 1 866 902-7130
Website: www.protecteurducitoyen.qc.ca
Email: protecteur@protecteurducitoyen.qc.ca
Services: Reception of complaints from people who believe they have been unfairly or improperly treated by a
department or agency of the Government of Québec or by an institution in the health and social services
network (as a second-level recourse) or by a community organization.
Government services

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: provincial government agency

RÉGIE DE L’ÉNERGIE

Tour de la Bourse, 800 du Square Victoria Street, Suite 2.55, Ville-Marie, Montréal, QC, H4Z 1A2
1 888 873-2452 Fax: 514 873-2070
Website: www.regie-energie.qc.ca
Email: secretariat@regie-energie.qc.ca
Services: Foster the conciliation of the public interest, consumer protection and the fair treatment of the electricity carrier and distributors.
Eligibility: consumers, population
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: provincial government agency

RÉGIE DES ALCOOLS, DES COURSES ET DES JEUX

1 Notre-Dame Street East, 9th floor, Ville-Marie, Montréal, QC, H2Y 1B6
514 873-3577 Fax: 514 873-5861 TTY: 1 877 663-8172
Website: www.racj.gouv.qc.ca
Services: Supervision and control of activities in the alcohol, amusement, video lottery, bingo, casino, promotional contest, horse racing, combat sports and draw sectors.* Issuance and revocation of operating permits and licenses.* Public register of permits and licenses in force by sector of activity.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: provincial government agency

RÉGIE DU BÂTIMENT DU QUÉBEC

545 Crémazie Boulevard East, 4th floor, Ahuntsic-Cartierville, Montréal, QC, H2M 2V2
1 800 361-0761 Fax: 514 873-7667
Website: www.rbd.gouv.qc.ca
Services: * Ensure the quality of the work and safety of people employed in the construction field: buildings, electricity, plumbing, gas, oil equipment, pressure vessels, elevators and other equipment, ski lifts, rides and roundabouts, bathing sites.* Receive complaints about contractors’ services and public safety.
Eligibility: citizens, residential building owners, contractors and owner-builders, professionals, owners or operators of a building or facility, pressure vessels manufacturers
Coverage area: province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h30 to 12h00 and 13h00 to 16h30, emergency of building safety hazard: 24/7
Legal status: provincial government agency

REGISTER OF PERSONAL AND MOVABLE REAL RIGHTS

1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6
514 864-4949 Fax: 514 864-4867 TTY: 514 864-9373
Website: www.rdprm.gouv.qc.ca
Email: services@rdprm.gouv.qc.ca
Services: Public online registry in which personal and real rights on movable properties are listed (road vehicles, for example).
Eligibility: people who are thinking of acquiring used movable property, people who have been designated as liquidators of a succession, others
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30, Wednesday 9h00 to 16h30

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REGISTRE DES LOBBYISTES
1 Notre-Dame East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6
514 864-5762    Fax: 514 864-5762    TTY: 514 864-9373
Website: www.lobby.gouv.qc.ca
Email: services@lobby.gouv.qc.ca
Services: Register of people authorized to conduct lobbying activities with public officers. * Free consultation on the web.* Name and details of their assignments.
Coverage area: province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, except holidays
Financing: provincial
Legal status: provincial government agency

REGISTRE FONCIER DU QUÉBEC
Bureau de la publicité des droits de Montréal, 2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5
1 866 226-0977    Fax: 514 873-1670
Website: www.registrefoncier.gouv.qc.ca
Email: services.specialises@mern.gouv.qc.ca
Services: Land registration system to make public the rights of a person or entity on a building. * Land Register of Québec available online.* Online service of requisition for registration.* To find a Bureau de publicité des droits: http://mern.gouv.qc.ca/nousjoindre/nousjoindre-foncier.jsp
Eligibility: accessible to the entire population, both to citizens and to people who use it in their professional activities
Coverage area: province of Québec
Hours: bureaux de la publicité des droits: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, customer relations centre of land information: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, closed for legal holiday
Legal status: provincial government agency

REVENU QUÉBEC - REGISTER OF UNCLAIMED PROPERTY
500 René-Lévesque Boulevard West, Suite 10.00, Ville-Marie, Montréal, QC, H2Z 1W7
1 866 840-6939    TTY: 514 873-4455
Website: www.revenuquebec.ca/en/sepf/services/sgp_bnr/default.aspx
Services: Online register of unclaimed property. * Property of unclaimed successions.* Property found on an unidentified or unclaimed body.* Property abandoned by legal persons (corporations) that have been dissolved.* Property located in Québec whose owners are unknown or untraceable.* Vehicles abandoned on public highways.* Financial assets left inactive.
Eligibility: individuals, individuals in business (self-employed persons), corporations, partnerships and any other legal entity
Coverage area: Province of Québec
Hours: Direction principale des biens non réclamés: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30
Legal status: non-profit organization

SECRÉTARIAT À L'ADOPTION INTERNATIONALE
201 Crémazie Boulevard East, Suite 1.01, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 873-5226    Fax: 514 873-1709
Website: www.adoption.gouv.qc.ca
Government services

Services: Central Authority of Québec regarding international adoption. * Information concerning the various stages of adoption.* Receiving and processing applications for medical antecedents summary and international reunion.
Eligibility: citizens who wish to become future adopters of a child or children abroad
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

Public transportation

RÉSEAU DE TRANSPORT MÉTROPOLITAIN
700 De La Gauchetière Street West, 26th floor, Ville-Marie, Montréal, QC, H3B 5M2
1 888 702-8726
Website: www.amt.qc.ca

Services: * Enhance, coordinate and promote public transportation services: suburb trains, metropolitan transportation by bus, metropolitan roads, extension of subway network, special services for disabled persons.*
AMT Carpooling services: carpool software allowing to find one or many carpoolers: www.covoiturage.amt.qc.ca
Coverage area: Metropolitan Montréal Region
Hours: Monday to Friday 6h00 to 20h30, Saturday, Sunday and holidays (except for New year's Day and Christmas) 9h00 to 17h00
Fees: variable
Financing: self-financing, municipal, provincial
Legal status: parapublic organization

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL
800 De La Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636 Fax: 514 280-5193 TTY: 514 280-8200
Website: www.stm.info

Services: Public transit network of Montréal: metro, bus, shuttles and public taxis.
Coverage area: Montréal
Hours: Administration: Monday to Friday 8h00 to 18h00, Customer service centre: Monday to Friday 7h00 to 20h30, Saturday, Sunday and legal holidays 9h00 to 16h00, Comments: Monday to Friday 8h30 to 16h30, Lost and Found: Monday to Friday 8h00 to 18h00
Fees: see fares on website
Financing: self-financing, provincial
Legal status: parapublic organization

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - NAVETTES OR
Confidential Address
514 786-4636
Website: www.stm.info

Services: Bus itineraries for seniors. * Loop routes desserving main seniors' living places and main services in a neighborhood.* List of routes and schedules: www.stm.info/fr/infos/reseaux/bus/navettes-or
Eligibility: seniors
Coverage area: Montréal
Hours: variable for each route: customer service centre: Monday to Friday 7h00 to 20h30, Sunday, Saturday and holidays: 9h00 to 16h00
Fees: regular STM prices
Financing: self-financing, provincial
Legal status: parapublic organization
TAXI BUREAU (THE)
4949 Molson Street, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3H6
514 280-6600 Fax: 514 280-6596
Website: www.ville.montreal.qc.ca
Email: bureaudutaxi@ville.montreal.qc.ca
Services: "Test administration. Issuance and renewal of work permits for taxis and limousines and operating permits of different towing companies as well as drivers. Ensure compliance with laws and regulations relating to transportation by taxis and limousines. Receive and process complaints from the public and the taxi industry. Supervise towing activities."
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h00, Friday 9h00 to 16h00
Legal status: municipal agency

VIA RAIL CANADA
Confidential Address
1 888 842-7245 Fax: 514 871-6104 TTY: 1 800 268-9503
Website: www.viarail.ca
Email: customer_relations@viarail.ca
Services: National rail organization. Intercity, cross-Canada and remote communities services.
Coverage area: Canada
Hours: Monday to Sunday 8h00 to 21h00
Fees: variable
Financing: self-financing, provincial, municipal
Legal status: parapublic organization
Health

ALTERNATIVE MEDICINE

DENTAL CARE

EYE CARE

FUNERAL COOPERATIVES

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PUBLIC HEALTH

SUPPORT ASSOCIATIONS FOR THE SICK
Alternative medicine

BAREFOOT DOCTORS, INTERNATIONAL HUMANITARIAN ASSOCIATION
Confidential Address
514 746-1944
Website: www.mapn.ca
Email: francinemapn@gmail.com


Eligibility: homeless adults, single-parent families, seniors, mothers in difficulty, youth in rehab and other related clientele

Coverage area: Greater Montréal

Hours: services offered in partner community agencies

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

COLLÈGE ROSEMONT - CLINIQUE D'ACUPUNCTURE
6400, 16th Avenue, Door A-242, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2S9
514 376-1620 ext. 7849 Fax: 514 376-3211
Website: www.crosemont.qc.ca/clinique-ecole-acupuncture
Email: pmanny@crosemont.qc.ca

Services: * Affordable acupuncture treatments given by students under the supervision of a training supervisor.* Other point of service: Cégep Marie-Victorin.

Coverage area: Montréal Island

Fees: treatment: $25, $15 for children

Financing: self-financing

Legal status: parapublic organization

Dental care

COLLÈGE DE MAISONNEUVE - CLINIQUE D'HYGIÈNE DENTAIRE
3800 Sherbrooke Street East, Door A-28, Mercier-Hochelaga-Maisonenneuve, Montréal, QC, H1X 2A2
514 787-1702
Website: www.cmaisonneuve.qc.ca/communaute/soins-dentaires
Email: clinique.dentaire@cmaisonneuve.qc.ca

Services: * Affordable dental care provided by students under the supervision of their professors: dental x-rays, scaling and smoothing, fluoride and desensitizing application, dental restoration (filling) are available after preventive check-up in the clinic.

Coverage area: province of Québec

Hours: Monday to Wednesday 8h00 to 17h00, Thursday 8h00 to 16h00, Friday 8h00 to 17h00 during school year

Fees: 14 years old and over: $45, 6 to 13 years old: $20, 4 and 5 years old: free

Legal status: parapublic organization

DENTIST JEAN MONAT
1081 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 3J3
514 288-8888 Fax: 514 849-9613
Website: urgencedentaire.com

Services: Dental emergency appointments: discomfort, abscesses, fillings, drainage, broken prosthesis, extractions, full and partial prosthesis.
Eligibility: dental emergencies: adults referred by community organizations
Coverage area: Greater Montreal
Hours: Monday to Friday 10h00 to 17h00
Fees: dental emergencies: free, variable fees for other services
Legal status: commercial enterprise

JEWSH GENERAL HOSPITAL - DENTAL CLINIC
Pavillon A, 5750 Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 1Y9
514 340-7910  Fax: 514 340-7514
Website: www.jgh.ca/fr/Dentisterie
Services: Comprehensive dental care. Clinic affiliated with the McGill Faculty of Dentistry.
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h00
Financing: provincial
Legal status: parapublic organization

JOHN ABBOTT COLLEGE - DENTAL CLINIC
Stewart East Building, 21275 Lakeshore Road , Sainte-Anne-De-Bellevue, Montréal, QC, H9X 3L9
514 457-5010  Fax: 514 457-7733
Website: www.johnabbott.qc.ca/community/dental-clinic
Services: Dental services provided by dental hygiene students under the supervision of licensed dental hygienists and dentists. * Dental exams.* X-rays.* Cleaning.* Polishing.* Nutritional guidance.* Sealants.* Fluoride application.* Sport guards.* Restorative services (amalgam fillings, esthetic fillings).
Coverage area: Greater Montréal
Hours: September to May: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: parapublic organization

UNIVERSITÉ DE MONTRÉAL - DENTAL CLINIC
Pavilion Roger-Gaudry, Door B-1, 2900 Edouard-Montpetit Boulevard, Outremont, Montréal, QC, H3T 1J4
514 343-6750  Fax: 514 343-2238
Website: www.medent.umontreal.ca
Services: Affordable dental care offered by students under the supervision of experienced dentists. * Primary preventative care, endodontontology, periodontology, prosthodontics, pediatric dentistry, operative dentistry, radiology-diagnostic, surgery.* Emergency clinic.
Coverage area: Greater Montréal
Hours: September to April, Monday to Friday 9h00 to 12h00 and 13h30 to 16h30
Financing: grants, self-financing
Legal status: non-profit organization

WELCOME HALL MISSION - DENTAL CLINIC JIM LUND
606 De Courcelle Street, Le Sud-Ouest, Montréal, QC, H4C 3L5
514 523-5288 ext. 172
Website: www.missionbonaccueil.com
Email: jldental@missionba.com
Services: Basic dental care by professionals and dentistry students from McGill University. * Complete dental examination, regular and deep cleaning, simple filings, simple extractions (no wisdom teeth).* Referral to Montréal General Hospital for emergencies.
Eligibility: homeless people, welfare recipients not eligible for the free dental health program, low-income pension recipients
Coverage area: Montréal Island
Hours: with appointment only: Monday to Friday 9h00 to 15h00
Fees: free
Eye care

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

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

UNIVERSITÉ DE MONTRÉAL - OPTOMETRY CLINIC
3744 Jean-Brillant Street, Suite 110, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1P1
514 343-6082    Fax: 514 343-6038
Website: www.opto.umontreal.ca/clinique

Services: Complete optical services offered by students under the supervision of experienced practicing optometrists, clinical lecturers and university professors. * Eye examination.* Paediatric and geriatric optometry.* Optical services and contact lenses.* major visual impairment treatment.* Orthoptic, electrodiagnostic, aniseikonia.* Dry eyes and visual ergonomy.* Mobile clinic.
Coverage area: Greater Montréal
Hours: Monday and Friday 9h00 to 17h00, Tuesday, Wednesday and Thursday 9h00 to 21h00
Fees: depending on services, between $50 and $110, people under 16 years and over 65 years are covered by the RAMQ for vision tests
Financing: self-financing, grants
Legal status: non-profit organization

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
Email: notre-dame@cfgrandmontreal.com

Services: Funeral cooperative.
Coverage area: Montréal
Fees: 10% discount for members
Legal status: cooperative
Hospitals, CLSC and community clinics

CEDARS CANCER CENTRE
1001 Décarie Boulevard, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1
514 934-1934
Website: cusm.ca/glen/page/centre-du-cancer-cedres
Services: Specialized oncological treatments. * Daytime oncological hospital.* Dedicated emergency unit, specialized examination and pharmacy centres.* Daytime palliative care.* Medical imaging and radio- oncology departments.
Eligibility: patients coping with cancer
Financing: fundraising campaigns, donations, provincial
Legal status: parapublic organization

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - ADMINISTRATIVE CENTRE
850 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 0A9
514 890-8069
Website: www.chumontreal.qc.ca
Services: Hospitals' administration. * Education Direction.* CHUM Academy and Learning Centre at Pavillon R: 900 Saint-Denis Street, 2nd floor, door R02.120, Montréal, H2X 0A9.
Coverage area: Montréal
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CHU SAINTE-JUSTINE - ADOLESCENCE MEDICINE SECTION
3175 de la Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1C5
514 345-4721
Website: www.chusj.org
Services: Adolescence medicine outpatient clinic. * Assessment of various acute or chronic health problems.* Gynecological examination, screening for sexually transmitted infections.* Assessment of adaptation difficulties.* Specific clinics: eating disorders, somatoform disorders, sexual assault, physical abuse and negligence, health evaluation regarding substance use and abuse.* Designate centre for sexual assault.
Eligibility: adolescents 12 to 17 years old
Coverage area: Montréal
Hours: by appointment
Financing: provincial
Legal status: parapublic organization

CLINIQUE MÉDICALE L’ACTUEL
1001 De Maisonneuve Boulevard East, Suite 1130, Ville-Marie, Montréal, QC, H2L 4P9
514 524-1001     Fax: 514 524-3831
Website: www.cliniquelactuel.com
Email: info@lactuel.ca
Services: General health cares and specialized in STBBDs. * General medicine.* Gynecology and women health care.* Screening and treatment of sexually transmitted and blood-borne diseases (STBBDs).* Treatment of STBBDs emergencies.* HIV screening with rapid results (10 minutes).* Hepatitis clinics. Prompt care and treatment (24 to 48 hours) for any person diagnosed with HIV.* Clinical research.* Opioid replacement therapies (methadone and suboxone).* PREP clinic: pre-exposure prophylaxis for uninfected people highly exposed to HIV.
Eligibility: men and women at risk of STBBDs, intravenous drug users (IDU) and sex workers, general medecine: open to all
Coverage area: Montréal
Hours: Monday to Thursday 8h00 to 21h00, Friday 8h00 to 16h00, emergencies: all week days 8h00 to 11h30, Saturday and Sunday 8h00 to 12h00
Fees: RAMQ card required, variable fees for other services
Legal status: commercial enterprise

CLINIQUE MÉDICALE L’ACTUEL - CLINIQUE A
407 McGill Street, Suite 900, Ville-Marie, Montréal, QC, H2Y 2G3
514 787-0055 Fax: 514 787-0066
Website: www.cliniquelactuel.com/en
Email: info@lactuel.ca
Services: General health cares and specialized in STBBDs. * General medicine.* Gynecology.* Education, information, referral and prevention of sexually transmitted and blood transmitted diseases (STBBDs) with the support of nurses, sexologists and doctors.* 10 minutes HIV screening and Hepatitis screening.* Hepatitis Vaccination.* Travel clinic.
Eligibility: travellers and men and women at risk of STBBDs, intravenous drug users (IDU) and sex workers
Coverage area: Montréal
Hours: Monday 8h30 to 16h00, Tuesday 7h00 to 18h00, Wednesday and Thursday 8h30 to 18h00, Friday 8h30 to 16h30
Fees: for vaccination and screening
Financing: donations, self-financing, provincial
Legal status: commercial enterprise

CLSC D’AHUNTSIC
1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 384-2000
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: Ahuntsic-Cartierville
Hours: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC DE BENNY FARM
6484 Monkland Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 1H3
514 484-7878
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.
Coverage area: Montréal: Notre-Dame-de-Grâce, Montréal West and Côte Saint-Luc
Hours: Monday to Friday 8h00 to 18h00, tests centre: 7h30 to 10h30
Financing: provincial
Legal status: provincial government agency

CLSC DE BORDEAUX-CARTIERVILLE
11822 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572
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: Ahuntsic-Cartierville
**CLSC DE CÔTE-DES-NEIGES**
5700 Côte-des-Neiges Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 2A8
514 731-8531
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: Côte-Des-Neiges
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00
Financing: provincial
Legal status: provincial government agency

**CLSC DE CÔTE-DES-NEIGES - SERVICE OFFICE OUTREMONT-VILLE MONT-ROYAL**
1271 Van Horne Avenue, Outremont, Montréal, QC, H2V 1K5
514 731-8531
Website: www.csssdelamontagne.qc.ca/en/your-csss/service-points/autres/point-de-service-outremont/
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.
Coverage area: Montréal: Outremont, Mont-Royal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

**CLSC DE DORVAL-LACHINE**
1900 Notre-Dame Street, Lachine, Montréal, QC, H8S 2G2
514 639-0650
Website: www.ciusss-ouestmtl.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: West Island, Lachine
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

**CLSC DE LA PETITE-PATRIE**
6520 de Saint-Vallier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2P7
514 273-4508
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: Rosemont-La Petite-Patrie
Hours: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

**CLSC DE LASALLE**
8550 Newman Boulevard, Lasalle, Montréal, QC, H8N 1Y5
514 364-2572
Website: www.ciusss-ouestmtl.gouv.qc.ca
Health

Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Oasis-grossesse: weekly meeting place for pregnant newcomers and migrants offering information about nutrition, pregnancy and resources available, possibility of individual meeting for dietetic follow-up.* Quit smoking centre.

Coverage area: West Island, Lasalle
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE MONTRÉAL-NORD
11441 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4J9
514 384-2000
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: Montréal-Nord
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

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 ROSEMONT
2909 Rachel East Street, Rosemont-La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3541
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. * Medical consultation with or without appointment.* Youth services 12-24 years old: dedicated nursing cares.* Quit smoking centre.
Eligibility: youth services: from 12 to 24 years old
Coverage area: Montréal: Rosemont
Hours: Monday to Friday 8h00 to 20h00, youth services without appointment: Monday 15h15 to 18h30 and Friday 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

CLSC DE ROSEMONT - VILLAGE OLYMPIQUE SERVICE OFFICE
5199 Sherbrooke Street East, Suite 3175, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-4858
Services: Frontline services for routine health and social services. * Blood sampling.* Wound care and dressing, as well as, follow-up.
Coverage area: Montréal: Rosemont
Hours: Tuesday and Thursday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-HENRI
3833 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P8
514 933-7541
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.
Coverage area: Montréal: Little Burgundy, Saint-Henri
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-HENRI - POINT OF SERVICES
3187 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H4C 1G7
514 933-7541
Website: www.sov.qc.ca/votre-ciusss/nos-points-de-services/clsc/clsc-de-saint-henri/
Services: Home care services.
Coverage area: Little Burgundy, Saint-Henri
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LAURENT
1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 748-6381
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: Saint-Laurent
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE VERDUN
400 de l’Église Street, Verdun, Montréal, QC, H4G 2M4
514 766-0546
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.
Coverage area: Montréal: Verdun
Hours: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC DE VILLE-ÉMARD - CÔTE-SAINT-PAUL
6161 Laurendau Street, Le Sud-Ouest, Montréal, QC, H4E 3X6
514 766-0546
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Tests centre.* Quit smoking centre.
Coverage area: Montréal: Ville-Émard-Côte-Saint-Paul
Hours: Monday 8h00 to 20h00, Tuesday to Friday 8h00 to 17h00, tests centre: Monday to Friday 7h00 to 11h00
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

CLSC DES FAUBOURGS - PARTHENAIS
2260 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T5
514 527-2361
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.
Coverage area: Montréal: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DES FAUBOURGS - SAINTE-CATHERINE
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.
Coverage area: Montréal: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DES FAUBOURGS - VISITATION
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 527-2361
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.
Coverage area: Montréal: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
CLSC DU PLATEAU MONT-ROYAL
4625 de Lorimier Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2B4
514 521-7663
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.
Coverage area: Montréal: Le Plateau-Mont-Royal, Ville-Marie
Hours: Monday to Friday 8h00 to 18h00
Financing: provincial
Legal status: parapublic organization

CLSC MÉTRO
1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 934-0354
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.* Montreal centre for victims of sexual assault (adults only).
Coverage area: Montréal: Plateau Mont-Royal, Ville-Marie, Westmount
Hours: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC RENÉ-CASSIN
5800 Cavendish Boulevard, Suite Y-201, Côte-Saint-Luc, Montréal, QC, H4W 2T5
514 484-7878
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.* Tests centre.
Coverage area: Montréal: Notre-Dame-de-Grâce, Montréal West and Côte Saint-Luc
Hours: Monday to Friday 8h00 to 18h00, Saturday, Sunday and holidays 8h00 to 16h00, tests centre: Monday to Friday 7h30 to 10h30
Financing: provincial
Legal status: provincial government agency

CLSC SAINT-HENRI - MENTAL HEALTH AND ADDICTIONS PROGRAM
3833 Notre-Dame West Street, Le Sud-Ouest, Montréal, QC, H4C 1R2
514 766-0546 ext. 52249 Fax: 514 933-1740
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Individual follow-up based on the motivational approach and collaboration with surrounding community services. * Nursing and psychosocial services, education and prevention, based on the harm reduction approach.* Immunization (Hepatitis A and B) and STI screening.* Distribution and recovery of needles.
Eligibility: women and men with mental health problems
Coverage area: Le Sud-Ouest, Verdun
Hours: psychosocial services: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: parapublic organization

CLSC SAINT-LOUIS-DU-PARC
15 Mont-Royal Avenue West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2R9
514 286-9657
Website: www.ciusss-centresudmtl.gouv.qc.ca
**Services:** Frontline services for routine health and social services. * Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Quit smoking centre.

**Coverage area:** Montréal: Le Plateau-Mont-Royal, Ville-Marie

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

**Financing:** provincial

**Legal status:** parapublic organization

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**CONCORDIA UNIVERSITY - APPLIED PSYCHOLOGY CENTRE**

Loyola Campus, Psychology Building, 7141 Sherbrooke Street West, PY 111, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1R6

514 848-2424 ext. 7550

**Website:** www.psychology.concordia.ca/appliedpsychologycentre.php

**Services:** Applied psychology school-clinic. * Therapy, psychological and school evaluations for children, adolescents, adults and families.* Neuropsychological evaluations for adults.* Services provided by psychology interns and psychologists.

**Eligibility:** children, adolescents, adults and families

**Coverage area:** Greater Montréal

**Hours:** September to April, Monday to Friday 9h00 to 17h00, Wednesday until 19h00, by appointment only

**Fees:** sliding scale

**Financing:** Concordia University, fees

**Legal status:** non-profit organization

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**DOVEE PROJECT**

1001 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1

1 866 716-3267     Fax: 514 843-1415

**Website:** www.mcgill.ca/dovee/ovarian-cancer/symptoms

**Email:** dovee.obsgyn@mcgill.ca

**Services:** Early detection of ovarian cancer.

**Eligibility:** women 50 years and over who want to be tested for ovarian cancer and who experience certain symptoms

**Coverage area:** Montréal

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

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**HÔPITAL DE LASALLE**

8585 Terrasse Champlain, Lasalle, Montréal, QC, H8P 1C1

514 362-8000

**Website:** www.ciusss-ouestmtl.gouv.qc.ca

**Services:** General hospital services. * Emergency care.* Family planning: contraception, abortion.* Testing centre.* Medical imaging.

**Coverage area:** Greater Montreal

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**HÔPITAL DE VERDUN**

4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A3

514 362-1000

**Website:** www.ciusss-centresudmtl.gouv.qc.ca

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

**HÔPITAL FLEURY**  
2180 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2B 1K3  
514 384-2000  
Website: www.ciusss-nordmtl.qc.ca  
**Services:** General hospital providing general and specialized care and services. * Emergency.* Medical imaging.* Health mental service.  
**Capacity:** 174 beds  
**Coverage area:** Montréal  
**Hours:** 24 hours, 7 days  
**Financing:** provincial  
**Legal status:** parapublic organization

**HÔPITAL GÉNÉRAL DU LAKESSHORE**  
160 Stillview Avenue, Pointe-Claire, Montréal, QC, H9R 2Y2  
514 630-2225  
Website: www.ciusss-ouestmtl.gouv.qc.ca  
**Services:** Hospital providing general and specialized health care.  
**Coverage area:** Québec  
**Hours:** 24 hours, 7 days  
**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  
**Coverage area:** Montréal  
**Hours:** 24 hours, 7 days  
**Financing:** provincial  
**Legal status:** parapublic organization

**HÔPITAL MAISONNEUVE-ROSEMONT**  
5415 de l’Assomption Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2M4  
514 252-3400  
Website: www.maisonneuve-rosemont.org/pages/H/index.aspx  
**Services:** General and specialized health care centre. * Emergency.* General, internal and pediatric medicine.* Specialized medicine: cardiology, pneumonology, intensive care, endocrinology, etc.* Obstetric-gynecology and neonatology.* Psychiatry.  
**Hours:** 24 hours, 7 days  
**Financing:** provincial  
**Legal status:** parapublic organization

**HÔTEL-DIEU**  
3840 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8  
514 890-8000  
Website: www.chumontreal.qc.ca
Services: External clinics. * Cardiology, endocrinology, physiatry and UHRESS.* Temporary outpatient centre.
Coverage area: Montréal
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

JACQUES-CANTIN LODGE
5151 de l'Assomption Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4A9
514 255-5151  Fax: 514 255-2808
Website: www.cancer.ca
Email: maison@quebec.cancer.ca
Services: Accomodation and transport for people receiving cancer treatments in Montréal. * Accommodation for people living out of Montréal and receiving treatments against cancer in Montréal (and their companions).* Transportation of residents to treatment centres.
Eligibility: people with cancer and companion
Capacity: 50 people
Coverage area: Province of Québec
Hours: 24 hours, 7 days, except statutory holidays
Fees: semi-private room including 3 meals: $30 per day, private room including 3 meals: $50 per day, companion: $50 per day, transportation: $5 per day
Financing: Canadian Cancer Society, donations, provincial, self-financing
Legal status: non-profit organization

JEWEISH GENERAL HOSPITAL
3755 Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1E2
514 340-8222  Fax: 514 340-7510
Website: www.jgh.ca
Services: General, specialized and ultra specialized short term care.
Capacity: 637 beds
Coverage area: province of Québec
Financing: provincial
Legal status: parapublic organization

JEWEISH GENERAL HOSPITAL - INFECTIOUS DISEASES AND STI
Room E-0064, 3755 Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3T 1E2
514 340-8222 ext. 28230
Website: www.jgh.ca
Services: Prevention and screening appointment free clinic for infectious diseases and STI.
Coverage area: Greater Montreal
Hours: Monday to Friday 7h30 to 10h30
Financing: provincial
Legal status: parapublic organization

LACHINE HOSPITAL
650 16th Avenue, Lachine, Montréal, QC, H8S 3N5
514 637-2351
Website: www.cusm.ca
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization
MAISON DU PÈRE (LA) - SERVICES DE CONVALESCENCE ET PALLIATIFS
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 233  Fax: 514 845-2108
Website: www.maisondupere.org
Email: karina.pons@maisondupere.org
Services: Private convalescence rooms for clinical follow-up following surgery, treatment or illness.* 24 hours, 7 days follow-up by health professionals.* Management of medication and bandages.* Referral to the health care network and emergency care.* Beds for palliative care.
Eligibility: homeless men 25 years and over with health issues, palliative care: men 25 years and over, homeless and terminally ill men with a survival possibility of less than 3 months
Capacity: 12 beds
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: donations
Legal status: non-profit organization

MCGILL UNIVERSITY HEALTH CENTRE
1001 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3J1
514 934-1934
Website: www.muhc.ca
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

MONTRÉAL CHEST INSTITUTE
1001 Décarie Boulevard, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1
514 934-1934
Website: www.cusm.ca
Services: Hospital for adults specialized in the investigation, treatment and research of pulmonary diseases.* Acute care unit, intensive care unit, long-term care unit, day hospital.* Mobile programs and out-patient clinics.
Eligibility: adults with respiratory diseases, including chronic obstructive pulmonary disease (COPD), cystic fibrosis, asthma and tuberculosis
Financing: provincial
Legal status: non-profit organization

MONTRÉAL HEART INSTITUTE
5000 Bélanger Street, Rosemont-La Petite-Patrie, Montréal, QC, H1T 1C8
514 376-3330
Website: www.icm-mhi.org
Eligibility: patients with cardiac problems
Capacity: 153 beds
Financing: provincial
Legal status: non-profit organization

MOUNT SINAÏ HOSPITAL
5690 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 1S7
514 369-2222  Fax: 514 369-2225
Website: www.sinaimontreal.ca
Services: Specialization in short-term respiratory care, palliative care and long-term care. * Comprehensive approach to health care including: detection, prevention, diagnosis, treatment, follow-up, education and research.* Out-patient diagnostic and treatment clinics internal and external pulmonary rehabilitation program.*
A McGill University affiliated hospital.

Capacity: 107 beds

Coverage area: province of Québec

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

QUÉBEC CANCER FOUNDATION - MONTRÉAL LODGE NORMAN FORTIER
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
514 527-2194  Fax: 514 527-1943
Website: www.cancerquebec.com
Email: cancerquebec.mtl@fqc.qc.ca


Eligibility: people with cancer and their relatives

Capacity: 48 beds

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 17h00

Fees: low cost

Financing: fundraising campaigns, donations

Legal status: non-profit organization

RONALD MCDONALD HOUSE
5800 Hudson Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2G5
514 731-2871  Fax: 514 739-8823
Website: www.manoirmontreal.qc.ca
Email: manoirmontreal@videotron.ca

Services: Temporary housing for out-of-town parents with a child needing medical treatment in a Montréal hospital.

Eligibility: parents living over 55 km away with an ill child needing medical treatment in a Montréal hospital

Capacity: 50 rooms

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 9h00 to 20h00

Fees: $10 per night per family

Financing: foundation

Legal status: non-profit organization

ROYAL VICTORIA HOSPITAL
1001 Décarie Boulevard, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1
514 934-1934
Website: www.cusm.ca


Capacity: 610 beds

Coverage area: Province of Québec

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization
SAINTE-ANNE'S HOSPITAL
305 des Anciens-Combattants Boulevard, Sainte-Anne-De-Bellevue, Montréal, QC, H9X 1Y9
514 457-3440
Website: www.ciusss-ouestmtl.gouv.qc.ca

Services: Hospital of general and specialized cares. * Care and services for veterans, their family members and other patients.* Hospital: long-term and respite care.* Day centre: support to clients who still reside in the community.* Operational stress injury clinic: mental health services.

Coverage area: Greater Montreal
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

SHRINERS HOSPITALS FOR CHILDREN, CANADA
1003 Décarie Boulevard, Ville-Marie, Montréal, QC, H4A 0A9
514 842-4464    Fax: 514 842-7553
Website: www.shrinershospitals.org

Services: Hospital specialized in orthopedics and muscular and neuromuscular conditions.
Eligibility: children
Capacity: 40 beds
Financing: self-financing, donations, provincial
Legal status: non-profit organization

ST. MARY'S HOSPITAL CENTRE
3830 Lacombe Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1M5
514 345-3511    Fax: 514 734-2636
Website: www.smhc.qc.ca

Services: Hospital affiliated with McGill University. * Acute care specialized services include: family medicine, geriatrics, surgery, oncology and obstetrics.
Capacity: 271 beds
Coverage area: Montréal
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE DE NUTRITION
Pavilion Liliane de Stewart, 2405 Côte-Sainte-Catherine Road, Suite 1213, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1A8
514 343-6398    Fax: 514 343-7395
Website: nutrition.umontreal.ca
Email: info-nutrition@umontreal.ca

Eligibility: general public, business, organizations
Coverage area: Greater Montréal
Hours: during school year, by appointment
Fees: depending on services, between $70 and $125
Financing: self-financing, grants
Legal status: non-profit organization
UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE DE PSYCHOLOGIE
Pavilion Marie-Victorin, 1525 Mont-Royal Boulevard West, Suite D-331, Outremont, Montréal, QC, H2V 2J7
514 343-7725   Fax: 514 343-7418
Website: psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie
Email: clinique-universitaire@psy.umontreal.ca
Coverage area: Greater Montréal
Hours: secretary: Monday to Friday 8h30 to 11h30 and 13h00 to 20h15, summer: Monday to Thursday 8h30 to 11h30 and 13h00 to 20h15
Fees: individual therapy: $30 per hour with an intern, $60 per hour with a young professional, neuropsychological assessment: $500
Financing: grants, self-financing
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CENTRE DE SERVICES PSYCHOLOGIQUES
200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2
514 987-0253
Website: psychologie.uqam.ca/centre-de-services-psychologiques.html
Email: psycho@uqam.ca
Services: Assessment and psychological and neuropsychological consultation services offered at affordable prices by doctoral students in psychology under the supervision of qualified psychologists. * Individual and couple psychotherapy.* Psychological and school intervention for children and teenagers.* Neuropsychological assessment.
Coverage area: Greater Montréal
Hours: September to April, by appointment
Fees: UQÀM students: $15, organizations and couples: $30, outpatient clientele: $20 or $30, depending on income
Legal status: parapublic organization

Palliative care

ALBATROS-MONTRÉAL
Confidential Address
514 255-5530
Website: www.albatros-mtl.ca
Email: info@albatros-mtl.ca
Services: Volunteer accompaniment for people in palliative care or at the end of life. * Support to relatives.* Training of volunteers.* Conferences.
Eligibility: people in palliative care or at the end of life
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Fees: free
Financing: donations
Legal status: non-profit organization

LIghthouse children and families (the)
2725 du Mont-Royal Avenue East, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 0A1
514 954-4848   Fax: 514 954-0044
Website: www.phare-lighthouse.com
Email: info@phare-lighthouse.com

Eligibility: families with children whose lives are threatened by a serious illnesses requiring complex treatment

Capacity: Maison André-Gratton: 12 beds
Coverage area: province of Québec
Hours: 24 hours, 7 days
Fees: free
Financing: donations, fundraising campaigns, private foundations, provincial
Legal status: non-profit organization

WEST ISLAND PALLIATIVE CARE RESIDENCE
265 André-Brunet Street, Kirkland, Montréal, QC, H9H 3R4
514 693-1718    Fax: 514 693-0374
Website: www.wipcr.ca
Email: tdellar@wipcr.ca

Eligibility: patients who are terminally ill, their families
Capacity: 23 patients
Coverage area: West Island
Hours: 24/7
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

Public Health

ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC
4529 Clark Street, Suite 102, Le Plateau-Mont-Royal, Montréal, QC, H2T 2T3
514 528-5811
Website: www.aspq.org
Email: info@aspq.org

Services: Informs and brings together to enable the adoption of policy and practices promoting sustainable health through prevention. * Sponsors coalitions collaborating in actions with significant impact on issues related to public health in Québec. * Interventions are based on the best practices and scientific knowledge.

Eligibility: health and social services network, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership fees
Financing: contributions, grants, donations
Legal status: non-profit organization

ATELIERS CINQ ÉPICES (LES)
1945 Mullins Street, Suite 145, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 931-5031    Fax: 514 931-9492
Website: www.cinqepices.org
Email: info@cinqepices.org

Services: Promotes healthy nutrition through cooking-workshops and discovery-workshops. * Trainings.
Eligibility: school age children
**Coverage area:** Greater Montréal  
**Fees:** $250 per workshop  
**Financing:** self-financing, grants  
**Legal status:** non-profit organization

**CANADIAN RED CROSS - PREVENTION AND SAFETY**  
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4  
**1 877 356-3226**  
**Fax:** 514 362-9991  
**Website:** www.redcross.ca  
**Services:** * Promotion of safe choices.* Promotion of physical condition improvement.* Prevention of injuries.* Intervention in emergency and rescue situations.  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** fundraising campaigns  
**Legal status:** non-profit organization

**CENTRE D'UNION MULTICULTURELLE ET ARTISTIQUE DES JEUNES DE MONTRÉAL**  
10125 Parthenais Street, Suite 201, Ahuntsic-Cartierville, Montréal, QC, H2B 2L6  
**514 389-6644**  
**Website:** www.cumaj.chez.com  
**Email:** jamuc2013@gmail.com  
**Services:** * History and political philosophy courses.* Information workshops on physical and mental health.* Conferences and debates on current and varied topics, as well as topics on ancient cultures.* Promotion of young talents and production of social and cultural events.* Solfeggio and guitar courses in small groups.* Folk dance workshops.* Intercultural meetings.* Online sharing of radio broadcasts for community education.* Choral.  
**Eligibility:** multicultural and intergenerational: 12 to 35 years and over  
**Coverage area:** Montréal  
**Hours:** Monday to Friday 13h00 to 19h00 and Sunday activities 16h00 to 20h00  
**Fees:** free  
**Legal status:** non-profit organization

**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE**  
Confidential Address  
**Website:** ciusss-estmtl.gouv.qc.ca/nouvelles/2017/campagne-de-vaccination-contre-la-grippe-2017  
**Services:** Vaccination campaign against seasonal influenza. * Vaccination sessions without appointment.  
**Coverage area:** East of Montréal Island  
**Hours:** starting November 1st 2017, variable at each point of service  
**Fees:** free for people at risk: children 6 to 23 months, women pregnant for 13 weeks or more, people with chronic illness, people 60 years and over, relatives of these people or of children under 6 months, health workers  
**Legal status:** provincial government agency

**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-L'ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE**  
Confidential Address  
**Website:** www.ciusss-ouestmtl.gouv.qc.ca/soins-et-services/vaccination
**Services:** Vaccination campaign against seasonal influenza. * Schedule of the 2017 campaign: [www.ciusss-ouestmtl.gouv.qc.ca/fileadmin/ciusss_oim/Soins_et_services/Vaccination/Influenza/CIUSSS%20ODIM.vacc.03.10-17-EN.pdf](http://www.ciusss-ouestmtl.gouv.qc.ca/fileadmin/ciusss_oim/Soins_et_services/Vaccination/Influenza/CIUSSS%20ODIM.vacc.03.10-17-EN.pdf)

**Coverage area:** Ouest-de-l’Île, Dorval, Lachine and LaSalle

**Hours:** from October 10th, schedule available on website

**Fees:** free for people who are at risk of complications due to their age or health status: children from 6 to 23 months, pregnant women in the 2nd and 3rd trimesters of pregnancy, people with chronic illness, people 60 years and over, relatives of these people and of children under 6 months, health workers

**Legal status:** provincial government agency

**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L’ÎLE-DE-MONTRÉALEST - VACCINATION CONTRE LA GRIPPE**

Confidential Address
8-1-1

**Website:** [www.ciusss-centreouestml.gouv.qc.ca/soins-et-services/vaccination/](http://www.ciusss-centreouestml.gouv.qc.ca/soins-et-services/vaccination/)

**Services:** Vaccination campaign against seasonal influenza. * Online schedule.

**Coverage area:** Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Mont-Royal, Montréal-Ouest, Outremont, Villeray-Saint-Michel-Parc-Extension, Westmount

**Hours:** from October 17th, schedule available on website

**Fees:** free for people who are at risk of complications due to their age or health status: children from 6 to 23 months, pregnant women in the 2nd and 3rd trimesters of pregnancy, people with chronic illness, people aged 60 years and over, relatives of these people and of children under 6 months, health workers

**Legal status:** provincial government agency

**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE**

Confidential Address
514 527-9565 ext. 3106

**Website:** [www.ciusss-centresudmtl.gouv.qc.ca/soins-et-services/informations-utiles/vaccination](http://www.ciusss-centresudmtl.gouv.qc.ca/soins-et-services/informations-utiles/vaccination)

**Services:** Vaccination campaign against seasonal influenza. * Online appointment system: monvaccin.ca.

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun

**Hours:** starting November 1st 2017, appointment by phone: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00, schedule available on website

**Fees:** free for people at risk: children 6 to 23 months, women pregnant for 13 weeks or more, people with chronic illness, people 60 years and over, relatives of these people or of children under 6 months, health workers

**Legal status:** provincial government agency

**CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L’ÎLE-DE-MONTRÉAL - VACCINATION CONTRE LA GRIPPE**

Confidential Address
514 336-6673

**Website:** [ciusss-nordmtl.gouv.qc.ca/index.php?id=15885](http://ciusss-nordmtl.gouv.qc.ca/index.php?id=15885)

**Services:** Vaccination campaign against seasonal influenza. * Online appointment system: monvaccin.ca.

**Coverage area:** Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension

**Hours:** starting November 1st 2017

**Fees:** free for people at risk: children 6 to 23 months, women pregnant for 13 weeks or more, people with chronic illness, people 60 years and over, relatives of these people or of children under 6 months, health workers

**Legal status:** provincial government agency
CENTRE OPTION-PRÉVENTION TVDS (LE)
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 898-9805  Fax: 514 425-2129
Website: www.centretvds.ca
Email: centretvds@videotron.ca

Services: * Prevention programs, projects and tools development for youth and adults on gambling, drugs, violence, crime and AIDS. * Prevention tools creation. * Psychotherapy services about gambling, drugs and alcohol abuse, violence, depression and anxiety.

Eligibility: child, teens and adults
Capacity: 25 people
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

DIRECTION DE LA SANTÉ PUBLIQUE DE MONTRÉAL
1301 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1M3
514 528-2400
Website: www.dsp.santemontreal.qc.ca

Services: Continuous surveillance of public health. * Informs population about general heath state, high-priority health problems, vulnerable groups, main risk factors and efficient interventions. * Identification of potentially problematic situation and required measures. * Prevention and health promotion.

Coverage area: Montreal
Financing: provincial
Legal status: non-profit organization

HÉMA-QUÉBEC
4045 Côte-Vertu Boulevard, Saint-Laurent, Montréal, QC, H4R 2W7
1 888 666-4362   Fax: 514 832-1025
Website: www.hema-quebec.qc.ca
Email: info@hema-quebec.qc.ca

Services: * Meets the needs of the Québec population for optimal-quality blood and human biological products.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Legal status: non-profit organization

INSTITUT DE RECHERCHES CLINIQUES DE MONTRÉAL
110 des Pins Avenue West, Le Plateau-Mont-Royal, Montréal, QC, H2W 1R7
514 987-5500
Website: www.ircm.qc.ca
Email: info@ircm.qc.ca


Coverage area: Province of Québec
Financing: donations, grants
Legal status: non-profit organization

RUBAN EN ROUTE
658 Beatty Street, Verdun, Montréal, QC, H4H 1X8
514 767-5656   Fax: 514 767-8756
Website: www.rubanenroute.com
Email: info@rubanenroute.com
Services: HIV/AIDS and STD prevention and awareness tour in schools.
Eligibility: students, counsellors
Coverage area: Province of Québec
Hours: office: Monday to Friday 10h00 to 15h00, tours: Monday to Friday 9h00 to 17h00
Fees: $550 per day, plus mileage
Financing: provincial, donations, self-financing
Legal status: non-profit organization

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

UNIVERSITÉ DE MONTRÉAL - CLINIQUE DE KINÉSIOLOGIE
CEPSUM, 2100 Édouard-Montpetit Boulevard, Suite 8202, Le Sud-Ouest, Montréal, QC, H3C 3J7
514 343-8050 Fax: 514 343-2181
Website: www.kinesio.umontreal.ca
Email: cliniquekinesio@umontreal.ca

Services: Services in the area of physical activity and therapeutic exercises offered by undergraduate students in kinesiology, supervised by experienced kinesiologists. * Evaluation, consultation and intervention.* Elaboration of at home exercises program.
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 20h00, by appointment
Fees: depending on services, from $30 to $75 per consultation
Financing: grants, self-financing
Legal status: non-profit organization

Support associations for the sick

ACOUPHÈNES QUÉBEC
6818 Saint-Denis Street, Suite 03, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2S2
1 877 276-7772
Website: www.acouphenesquebec.org
Email: info@acouphenesquebec.org

Services: * Helpline and information on tinnitus.* Support helpline.* Referral on regional professional resources.* Open self-help group every month.
Eligibility: people with tinnitus
Capacity: support group: 5 to 10 people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 16h00, support groups in the evening
Fees: membership: $30 per year, no additional charge for support groups
Financing: grants, membership fees, donations
Legal status: non-profit organization

CEDARS CANCER CENTRE - CEDARS CAN SUPPORT
1001 Décarie Boulevard, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1
514 934-1934 ext. 31666
Website: www.cansupport.ca
Email: cedarscansupport@muhc.mcgill.ca

Services: * Support workshops. * 8 to 10 weeks weekly support groups for people in post-treatment, young adults 18 to 39 years old and bereaved people. * Free artistic expression workshop for women and young adults. * Complementary therapies: mindfulness, relaxation, reiki, yoga.

Eligibility: people with cancer and their relatives
Coverage area: Greater Montréal
Hours: office: Monday to Friday 8h00 to 16h00, group meetings: day and evening
Fees: free
Financing: donations, foundation
Legal status: non-profit organization

CENTRE DE BIEN-ÊTRE, L’ESPOIR C’EST LA VIE
4635 Côte Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 340-3616 Fax: 514 340-0989
Website: www.lespoircestlavie.ca
Email: info.wellnesscentre@bellnet.ca

Services: * Support groups closed or open, with meetings every month or two (depending on the group) for people with various cancers (separate groups for each issue) and for caregivers. * Conferences, training, wellness and relaxation workshops for users. * Art workshops. * Centre for adapted physical activities. * Fitness activities, nutrition.

Eligibility: adult men and women diagnosed with cancer, caregivers (multiple groups are in English, but some are bilingual or francophone)
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 15h00, self-help groups and workshops during the evenings and weekends
Financing: donations
Legal status: non-profit organization

COLORECTAL CANCER CANADA
1350 Sherbrooke West, Suite 300, Ville-Marie, Montréal, QC, H3G 1J1
1 877 502-6566 Fax: 514 875-7746
Website: www.cancercolorectalcanada.com
Email: information@colorectalcancer.ca

Services: Support to people affected by the disease and their relatives. * Information and support aver the phone. * Cancer coach program: peer to peer support for colorectal cancer patients. * Monthly support and information group at the Hope and Cope Centre and at the West Island Cancer Wellness Centre.

Eligibility: people with colorectal cancer and their families and relatives
Coverage area: phone information service: province of Québec, support group: Montréal
Hours: 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

FONDATION DONESPOIR CANCER
785 Décarie Boulevard, Saint-Laurent, Montréal, QC, H4L 3L3
Website: www.donespoircancer.ca
Email: info@donespoircancer.ca
**GASTROINTESTINAL SOCIETY**

Confidential Address
1 866 600-4875  Fax: 1 855 875-4429
Website: www.mauxdeventre.org
Email: info@mauxdeventre.org

**Services:** Monthly support groups (6400 16th Avenue, Suite A-329, Montréal). * Public awareness campaign, lectures.* Support and diffusion of the research, education.

**Eligibility:** people with gastrointestinal and liver conditions, including colorectal cancer, inflammatory bowel diseases (Crohn's and colitis), celiac disease, irritable bowel syndrome and others, as well as their families, clinicians and researchers interested in these issues

**Coverage area:** Province of Québec, support group at Collège Rosemont

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**GROUPE D'ENTRAIDE ALZHEIMER DE MONTRÉAL-NORD**

CLSC de Montréal-Nord, 11 441 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4J9
450 963-6375
Email: moniqueheguette@bell.net

**Services:** Open monthly discussions and self-help groups. * Thematic conferences on Alzheimer's, public and community services on Alzheimer's.* Sharing of experiences with people in a similar situation.* Informations on rights.

**Eligibility:** caregivers in charge of a senior suffering from Alzheimer's or a related cognitive problem

**Capacity:** about 30 people per meeting

**Coverage area:** Ahuntsic and Montréal-Nord

**Hours:** September to June: 2nd Monday of each month, during the day, except for October: 3rd Monday of the month

**Fees:** contribution: $7 per year

**Financing:** donations, membership

**Legal status:** non-profit organization

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**MIGRAINE-QUÉBEC - ENTRAIDE MONTRÉAL**

Confidential Address
Website: migrainequebec.com
Email: entraidemontreal@migrainequebec.com

**Services:** Bilingual support group.

**Eligibility:** people living with migraines or headaches

**Coverage area:** Montréal

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

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**MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4
514 934-1934
Website: www.cusm.ca
**Health**

**Services:** Hospital offering general and specialized care. *Emergency.* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones.* Behavioral cognitive therapy clinic: cognitive behavioral therapy (CBT) for anxiety and mood disorders, low self-esteem, anger, relational difficulties, sleep disorders and eating disorders except anorexia.* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction.* Designated centre for victims of sexual assault. *Pain clinic.*

**Coverage area:** Province of Québec

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**MONTRÉAL NEUROLOGICAL HOSPITAL**

3801 University Street, Ville-Marie, Montréal, QC, H3A 2B4

514 398-6644

**Website:** cusm.ca/mnh

**Services:** University medical centre dedicated to neuroscience. *Study and treatment of neurological diseases.* Specialized treatment relative to epilepsy, neuro-oncology, multiple sclerosis, amyotrophic lateral sclerosis, movement disorders, vascular cerebral disorders, head trauma and tertiary care of stroke.* Pain clinic.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

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**MULTIPLE MYELOMA CANADA - SUPPORT GROUP**

4635 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1

1 888 798-5771

**Website:** www.myeloma.ca

**Email:** contact@myeloma.ca

**Services:** Support group on multiple myeloma. *4 or 5 meetings per year in English.

**Eligibility:** men and women with multiple myeloma, their caregivers, families and friends

**Coverage area:** Montréal and surroundings

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

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**NDG DIABETIC SUPPORT GROUP**

CLSC Benny Farm, 6484 de Monkland Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 1H3

514 485-7811 ext. 3519

**Website:** www.cssscavendish.qc.ca

**Email:** claudia.corbu.cvd@ssss.gouv.qc.ca

**Services:** Monthly open self-help groups, meetings, information and conferences with guest health professionals.

**Eligibility:** diabetic people

**Coverage area:** Notre-Dame-de-Grâce and surroundings, Greater Montréal for English speaking people

**Hours:** meetings during the afternoon

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization
OVAIRE ESPOIR
Confidential Address
1 844 637-7647
Website: www.ovaireespoir.ca
Email: info@ovaireespoir.ca

Services: Monthly self-help group, in person or through teleconferences. * Meetings facilitated by cancer survivors focused on discussion and information sharing on ovarian cancer and other gynecological cancers, treatments and available resources, in order to help participants live with the disease and its daily effects, encourage them to break out of isolation.* Individual telephone support is also available.

Eligibility: women with ovarian cancer or other gynecological cancers
Capacity: meetings: between 10 or 15 individuals
Coverage area: metropolitan regions of Montréal and the city of Québec, North Shore of Montréal and Mauricie
Fees: free
Financing: donations, voluntary contributions
Legal status: non-profit organization

PROCURE ALLIANCE
1320, Graham Boulevard, Suite 110, Mont-Royal, Montréal, QC, H3P 3C8
1 855 899-2873 Fax: 514 341-4445
Website: www.procure.ca
Email: info@procure.ca

Services: Fights against prostate cancer through research, awareness, information and support. * List of support groups for patients, survivors and caregivers.* Support over the phone and email (soutien@procure.ca).

Eligibility: men with prostate cancer, their close relatives and people looking for information on the disease
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization

PROSTATE CANCER CANADA NETWORK - MONTRÉAL WEST ISLAND
Sarto-Desnoyers Community Centre, 1335 Lakeshore Drive, Dorval, Montréal, QC, H9S 2E5
514 694-6412
Website: www.mtlwiprostcansupportgrp.ca

Services: * Conferences with health professionals.* Open discussion meetings.* Documentation.

Eligibility: men with prostate cancer
Capacity: around 20 people per meeting
Coverage area: West Island and surroundings
Hours: 4th Thursday of every month 19h30, except for December, July and August
Fees: suggested membership: $10 per year
Financing: membership fees, provincial, donations
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION - TELEPHONE PEER SUPPORT PROGRAM
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063 Fax: 514 527-1943
Website: www.cancerquebec.com
Email: infocancer@fqc.qc.ca

Services: Telephone matching between a person living with cancer or a relative and a person who experienced this situation. * Information and support.

Eligibility: cancer patients, their relatives
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization
**QUEBEC HIV-AIDS PORTAL**

2000 Notre Dame Street East, Ville-Marie, Montréal, QC, H2K 2N3  
514 523-4636  
Website: www.pvsq.org  
Email: info@pvsq.org  

**Services:** Phone line for any question about HIV and other sexually transmitted infections (STIs). * Online chat.* Iphone application Sexposer to assess the level of risk and identify nearby testing sites.* Sext'Info: anonymous and confidential text messages line for any questions about HIV and STIs.  
**Eligibility:** people living with HIV-AIDS or with interrogations, relatives and professionals  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 10h00 to 17h00  
**Financing:** donations, grants, programme d'action communautaire sur le sida  
**Legal status:** non-profit organization

**REGROUPEMENT QUÉBÉCOIS DES MALADIES ORPHELINES**

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

**Services:** Online or telephone information, referral and support for the sick. * Public and medical body awareness.* Promote discussions between researchers and those who are sick.  
**Eligibility:** people with a rare disease and their relatives  
**Coverage area:** province of Québec  
**Hours:** 9h00 to 17h00  
**Fees:** free  
**Financing:** funding campaigns  
**Legal status:** non-profit organization

**TALL CLUB OF MONTRÉAL**

Confidential Address  

**Services:** * Social club for tall people.  
**Eligibility:** women at least 5'10" and men at least 6'2"  
**Coverage area:** Greater Montréal  
**Legal status:** non-profit organization

**VOBOC FOUNDATION (THE)**

269 Saint-Jean Boulevard, Suite 215, Pointe-Claire, Montréal, QC, H9R 3J1  
514 695-9292  
Fax: 514 695-3443  
Website: voboc.org  
Email: info@voboc.org  

**Services:** Support for teenagers and young adults with cancer. * Vo-pak: backpacks with tools and resources.* Education and awareness-raising.* Holiday baskets for patients.* Partnerships with hospitals.  
**Eligibility:** teenagers and young adults with cancer  
**Coverage area:** Montréal  
**Financing:** donations, fundraising campaigns  
**Legal status:** non-profit organization
Homelessness

ADVOCACY

DAY AND EVENING CENTRES

EMPLOYMENT

HEALTH CARE

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING
Advocacy

CLINIQUE DROITS DEVANT
105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9
514 603-0265  Fax: 514 303-2313
Website: www.cliniquedroitsdevant.org
Email: intervention@cliniquedroitsdevant.org
Services: * Information regarding fines (legal proceedings), referrals.* Assistance with accessing court records and with writing up complaints against police abuse.* Accompaniment to the municipal court and the Palais de justice de Montréal.* Training for counsellors.* Support towards compensatory work or payment of fines arrangements.
Eligibility: homeless or marginalized people and their counsellors
Coverage area: Greater Montréal
Hours: Monday and Tuesday 9h00 to 12h30 and 13h30 to 16h00, Wednesday to Friday, by appointment
Fees: none
Financing: donations, grants
Legal status: non-profit organization

MOBILE LEGAL CLINIC
Confidential Address
514 222-7274
Website: www.cji-mlc.org
Email: info@cji-mlc.org
Services: * Promotion of access to justice for low income, homeless or marginalized people.* Legal information, referrals and accompaniment.* Assistance in regularizing legal debts.
Eligibility: low income, homeless or marginalized people
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

Day and evening centres

CAFÉ L'ITINÉRAIRE
2101 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H9
514 597-0238  Fax: 514 597-1544
Website: www.itineraire.ca
Email: itineraire@itineraire.ca
Services: Place for meeting and discussion. * Referral.* Meals for members and vendors only.
Eligibility: L’Itinéraire magazine vendors and members
Capacity: 30
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 13h30
Fees: meals: $5 or voucher
Financing: grants, donations, self-financing
Legal status: non-profit organization
CAFÉ-GRAFFITI
4260 Sainte-Catherine Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1X6
514 259-6900    Fax: 514 256-9444
Website: www.cafegraffiti.net
Email: cafegraffiti@cafegraffiti.net
Services: Space providing accompaniment and a sense of belonging. * Artistic and cultural integration and insertion.* Place to be creative and productive, as well as, spreading of the hip-hop culture, including an art gallery.
Eligibility: marginalised youth
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: Bistro le Ste-Cath
Legal status: non-profit organization

CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - REFUGE D’HOCHELAGA
1473 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 679-5390    Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: frederic.arene@capstbarnabe.org
Services: * Overnight emergency accommodation for men and women.* Dinner and breakfast.* Shower and laundry room.* Support and referral.
Eligibility: nighttime: homeless men and women
Capacity: 16 beds for men and 5 beds for women
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday night to Saturday morning: 22h00 to 8h00
Fees: free
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CLSC DES FAUBOURGS - HOMELESS CLINIC
66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6
514 527-2361 ext. 3625
Website: jeannemance.ciusss-centresudmtl.gouv.qc.ca//soins-et-services/population-marginale/itinerance/
Services: Nursing and psychosocial services without appointment for homeless people. * Medical services by appointment.* Services done by a psycho-educator specialized in intellectual disabilities (by appointment).* Assistance in the process of obtaining identity cards.* Outreach work within the territory of the CSSS Jeanne-Mance and at the Old Brewery Mission.
Eligibility: homeless people 26 years old and over
Coverage area: Montréal
Hours: nursing and psychosocial services: Monday, Wednesday, Thursday and Friday 8h00 to 12h00, other services: by appointment
Financing: provincial
Legal status: parapublic organization

CLSC DES FAUBOURGS - HOMELESS YOUTH CLINIC
1250 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 527-9565 ext. 3682
Website: www.csssjeannemance.ca/soins-et-services/population-marginale/jeunes-de-la-rue/
Services: Medical and nursing care either with or without appointment for homeless people of less than 26 years old. * General, dental and gynecological exams.* Pregnancy tests, screening for sexually transmitted or blood-borne diseases.* Health problems related to drug use.* Psychosocial counselling: assessment, psychotherapy, crisis support.* Peer help.* Showers.
Eligibility: youth 14 to 25 years old homeless or at risk of homelessness, with or without a health insurance card
Coverage area: Montréal, no area restriction  
Hours: nursing by appointment: Monday to Friday 9h00 to 17h00, nursing without appointment: Monday to Friday 13h00 to 16h30, medical care by appointment: afternoon, psychological services by appointment: Monday to Friday, dental care by appointment: Monday and Friday 13h30 to 16h30, social work services by appointment: Monday to Friday 9h00 to 12h00, social work services without appointment: Monday to Friday 13h00 to 17h00, showers: Monday to Friday 13h00 to 16h30  
Financing: provincial  
Legal status: parapublic organization  

DANS LA RUE - THE BUNKER  
Confidential Address  
1 888 520-7677   Fax: 514 524-7383  
Website: www.danslarue.org  
Email: bunker@danslarue.org  
Services: Emergency shelter from 3 to 5 days. * Breakfast and supper.* Assistance in obtaining identification documents.* Information and referrals.* Accompaniment for social reintegration procedures.  
Eligibility: street youth from 12 to 21 years old  
Capacity: 17 beds  
Coverage area: Montréal Island  
Hours: Monday to Thursday 20h30 to 12h00 the following day, Friday to Sunday 22h00 to 9h30 the following day  
Fees: free for food and shelter  
Financing: donations  
Legal status: non-profit organization  

DIOGÈNE SUIVI COMMUNAUTAIRE  
Confidential Address  
514 874-1214   Fax: 514 874-0703  
Website: www.diogeneqc.org  
Email: info@diogeneqc.org  
Services: * Support and assistance in apartment hunting.* Help in finding medical, financial and legal services, recovery of identification papers and more.* Referral to other homelessness resources and within detention centres.* Intensive monitoring in the community.  
Eligibility: adults with mental health problems and difficulties related to the law or to homelessness  
Capacity: 300  
Coverage area: Greater Montréal  
Hours: administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed, Saturday and Sunday 9h00 to 16h30  
Fees: none  
Financing: provincial, federal  
Legal status: non-profit organization  

DOWNTOWN YMCA - DIALOGUE PROGRAM  
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7  
514 849-8393 ext. 1775   Fax: 514 849-2411  
Website: www.ymcaquebec.org  
Email: dialogue.cv@ymcamontreal.qc.ca  
Services: Services to homeless people. * Information, support, referrals either on site or on the streets.* Support and mediation through efforts towards regaining independence: medical appointments, obtaining identification cards and welfare assistance, referrals to rehabilitation programs, gaining access to housing and the job market.* Access to showers.* Sports programs.  
Eligibility: homeless and people living with difficulties  
Coverage area: Montréal: West part of Downtown
EN MARGE 12-17
Confidential Address
514 849-7117   Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: hebergement@enmarge1217.ca
Services: * Street outreach work.* Housing including meals, psychosocial support, information and referrals.* Emergency shelter: 3 nights followed by 1 night per week.* Short term accommodation: 30 days with a possibility of renewal for another 30 days for youth 16 to 17 years old.* Post-shelter accompaniment activities.* Social housing with community support, meetings and accompaniment, up to 2 years.* Parents en marge de la rue: support for parents.* Training for professionals.
Eligibility: youth with difficulties 12 to 17 years old, their families, street workers, emergency shelter: 12 to 17 years old, runaways or homeless, short-term stays: for 16 to 17 years old, on a voluntary basis and with parental consent, social housing: 16 to 22 years old known by the En Marge services
Capacity: emergency shelter: 2 beds, short-term stays: 7 beds, social housing: 5 units
Coverage area: Centre-Sud
Hours: 24/7
Fees: emergency shelter: free, short-term stays: $3 per day or alternative work, social housing: $350 or more per month
Financing: self-financing, donations, provincial
Legal status: non-profit organization

JOURNAL DE LA RUE (LE)
4260 Sainte-Catherine Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1X6
514 256-9000   Fax: 514 256-9444
Website: www.refletdesociete.com
Email: journal@journaldelarue.ca
Services: Intervention towards marginalized youths. * Reception and reintegration assistance with the accompaniment of community workers.* Access to telephone and the Internet.* Information and awareness magazine The Social Eyes: editing and production in collaboration with the clientele.
Eligibility: marginalized youth
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, by appointment
Fees: free
Financing: self-financing
Legal status: non-profit organization

OLD BREWERY MISSION
Shelter: 915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8
514 866-6591   Fax: 514 866-5134
Website: www.oldbrewerymission.ca
Email: info@missionoldbrewery.ca
Services: Group of pavilions offering shelter, housing, clothing and meals. * Help with job search.* Possibility to do community service.* Specialized services for homeless adults.* Mental health pavilion.
Eligibility: homeless men and women
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 à 17h00
Financing: donations
Legal status: non-profit organization
OLD BREWERY MISSION - CAFÉ MISSION
906 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2
514 866-6591 Fax: 514 728-2209
Website: www.oldbrewerymission.ca
Email: efortier@missionoldbrewery.ca
Services: Day centre. * Information and referrals.* Psychosocial help and support.* Coffee with access to Internet.
Eligibility: homeless men and women, 18 years and over
Capacity: 70 to 80 people
Coverage area: Montréal: Ville-Marie and surroundings
Hours: Monday to Friday 8h00 to 15h45
Fees: free
Financing: donations
Legal status: non-profit organization

PARENTS EN MARCHE DE LA RUE
Confidential Address
514 849-5632 Fax: 514 849-7292
Website: www.enmarge1217.ca
Email: parents@enmarge1217.ca
Services: * Telephone counselling for parents and relatives.* Family or parent meetings with social workers.* Monthly meetings on running away and the streets: workshops, support groups.* Training for community workers: formation@enmarge1217.ca.
Eligibility: parents and relatives of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers
Capacity: support groups and training: 4 to 10 participants
Coverage area: Greater Montréal
Hours: helpline: 24/7, meetings by appointment
Fees: none
Financing: self-financing, donations, provincial
Legal status: non-profit organization

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

TRAVAIL DE RUE ACTION COMMUNAUTAIRE
75 Sir-George-Étienne-Cartier Square, Suite 212, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 939-2122 Fax: 514 939-2133
Website: www.letrac.org
Email: info@letrac.org
Services: Street work with youth. * Information, support and referral.* Accompaniment.* Mediation during crisis situations.* Consultation and development of resources.
Eligibility: youth in difficulty
Coverage area: Le Sud-Ouest, Ville-Émard, Côte-Saint-Paul, Saint-Henri, Pointe-Saint-Charles, Verdun, Saint-Pierre
Hours: administration: Monday to Friday 9h00 to 17h00, street worker: variable, 7 days
Financing: provincial, Centraide of Greater Montréal, federal, municipal
Legal status: non-profit organization

Employment

CENTRE IVIRTIVIK
4590 de Verdun Street, Suite 200, Verdun, Montréal, QC, H4G 1M3
514 564-3051 Fax: 514 419-2439
Website: www.ivirtivik.org
Services: Employment assistance program for a period of six months and 30 hours per week. * Job search workshops, help with resumes, interview preparation.* Communication workshops and general culture.* Assistance with the integration of labor market or return to school.* French and computer courses for participants.
Eligibility: Inuit 18 years and over
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

SOCIÉTÉ DE DÉVELOPPEMENT SOCIAL
1097 Saint-Alexandre Street, Suite 207, Ville-Marie, Montréal, QC, H2Z 1P8
514 312-7344 Fax: 514 312-7366
Website: www.courtier.social
Email: info@courtier.social
Services: Intermediary between the business world and the community to help companies and institutions achieve their social engagement in projects related to homelessness and social exclusion. * Online job platform enabling a direct link between companies, rehabilitation programs and candidates looking for employment opportunities: http://destinationemploi.ca/
Eligibility: shelters and other non-profit organizations helping people who are homeless or in precarious situations (variable hiring criteria depending on the needs of the companies)
Capacity: approximately 190 placements per year
Coverage area: Island of Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, donations
Legal status: non-profit organization

Health care

CLSC HOCHELAGA-MAISONNEUVE - ÉQUIPE PROXI-ITINÉRANCE
4201 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 253-2181
Website: www.ciusss-estmtl.gouv.qc.ca
Eligibility: homeless men or women 18 to 30 years old
Coverage area: Hochelaga-Maisonneuve
Homelessness

Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CLSC MÉTRO - ÉQUIPE CONNEXION
1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9
514 934-0354 Fax: 514 934-3776
Website: www.cssdelamontagne.qc.ca
Services: * Networking between homeless people and community organizations within the health system to improve access to services.* Outreach work: team including a social worker and a nurse, mobile health care unit, referral to physicians, rehabilitation services, individual counseling and support, long-term follow-up, referral to community resources.* Recuperation and distribution of sterile material.
Eligibility: homeless people
Coverage area: CLSC Métro, CLSC Côte-des-Neiges, CLSC Parc-Extension
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

MCGILL UNIVERSITY DENTAL CLINIC
2001 McGill College Avenue, Suite 104, Ville-Marie, Montréal, QC, H3G 1A4
514 398-5189 Fax: 514 398-2089
Website: www.mcgill.ca/dentistry/patients/mcgill-dental-clinic
Email: patients.dentistry@mcgill.ca
Services: Dental care and treatment provided by undergraduate dental students under the supervision of dentists and specialists. * Cleaning, grafting surgery, fillings, crowns, dentures, braces, root canal and dental implants at a low price.* Outreach program within community groups and agencies for disadvantaged populations.
Eligibility: people 10 to 35 years for braces, 18 years and over for other services
Coverage area: Montréal
Hours: clinic: September to the end of May, patients must be able to attend appointments at least once every 2 weeks for 3-4 hours, outreach clinic: 3 Thursdays per month, 17h30 to 19h30
Fees: about 50% of the cost of a private office, outreach program: free dental care
Financing: donations, foundation
Legal status: non-profit organization

OLD BREWERY MISSION - PROGRAMME DE RÉ-AFFILIATION ITINÉRANCE ET SANTÉ MENTALE
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8
514 609-8582 Fax: 514 789-3793
Website: www.oldbrewerymission.ca
Email: info@oldbrewerymission.ca
Services: * Follow-up and accommodations, including meals, in order to stabilize people with a severe or persistent mental health and homelessness problem.* Followed by CHUM professionals at Old Brewery Mission.
Eligibility: homeless men or women with severe or persistent mental health problems
Capacity: 19 beds for men, 11 beds for women
Coverage area: Montréal Island
Fees: free for the first month, $358 for the following months
Financing: partnership public and community
Legal status: non-profit organization
URGENCES-SANTÉ
Confidential Address
9-1-1
Website: www.urgences-sante.qc.ca
Email: info@urgences-sante.qc.ca
Services: Coordination of prehospital care by receiving and responding to all emergency calls related to health problems. Provides, on scene, patient stabilization and ambulance transportation. * Training program for emergency responders and rescuers.* Urgences-santé health communication centre (9-1-1 relay).
Coverage area: province of Québec
Hours: 24 hours, 7 days
Fees: variable for transportation
Financing: provincial
Legal status: parapublic organization

Housing for pregnant women and families

MAISON D'ACCUEIL LA DAUPHINELLE
Confidential Address
514 598-7779 Fax: 514 598-5865
Website: www.ladauphinelle.org
Email: administration@ladauphinelle.org
Services: Shelter for women victims of domestic or family violence or women in difficulty, with or without children. * Information, listening, referral.* Stay duration of 8 weeks. * Night reception: only with police escort.
Eligibility: women victims of domestic or family violence or in difficulty, with or without children
Capacity: women and children: 24
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Fees: pension: $5 per day including 3 meals for the whole family
Financing: grants, donations
Legal status: non-profit organization

MAISON DES FAMILLES DE VERDUN (LA)
259 1st Avenue, Verdun, Montréal, QC, H4G 2V6
514 762-3399 Fax: 514 769-9216
Website: www.famillesverdun.com
Email: maison.familles.verdun@gmail.com
Services: * Respite.* Recreational and sporting activities, family outings.* Cooking workshops.* Workshops and conferences for parents.* Temporary housing and activities for fathers.* Parent-thé: support group on parenting and family issues.* Nobody's perfect program: education, information and support for parents of children under 5 years old.* Karibou program: parent-child motor skills development workshops for children 12 months to 4 years old.* School preparation for children 0 to 5 years old.* Support and referral.
Eligibility: families with children 0 to 12 years old, respite: children 6 months to 5 years old
Capacity: support group: 10 to 12 people per meeting
Coverage area: Verdun, Le Sud-Ouest
Hours: Monday 13h00 to 20h00, Tuesday 9h00 to 20h00, Wednesday 9h00 to 17h00, Thursday 9h00 to 13h00, some evenings and Saturdays, Karibou and Bouger en famille: Sunday
Fees: family membership: $15 per year
Financing: self-financing, federal, provincial, municipal, foundations
Legal status: non-profit organization
MAISON L’OCÉANE
Confidential Address
514 524-5776  Fax: 514 524-5874
Email: maisonloeane@bellnet.ca
Services: Second step shelter for women victims of domestic violence and children.
Eligibility: women victims of domestic violence and children
Capacity: 8 apartments
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: affordable housing
Financing: provincial, foundations
Legal status: non-profit organization

RAYON DE SOLEIL À MONTRÉAL-NORD (UN)
12167 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 564-2385
Email: scolairerds@videotron.ca
Services: Affordable housing with psychosocial support. * Childcare available for residents and non-residents.
Eligibility: young single mothers 17 to 30 years old who are students
Capacity: 30 apartments
Coverage area: Montréal-Nord
Hours: administration: variable
Fees: 25% of the income
Financing: municipal
Legal status: non-profit organization

SERVICE D'INTÉGRATION À LA COLLECTIVITÉ - APPARTEMENTS SUPERVISES AUGUSTINE-GONZALEZ
6000 de La Roche Street, Suite 2, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2C7
514 722-1125
Email: augustine@videotron.ca
Services: Supervised apartments: average stay of 2 years. * Support in learning to be autonomous and the role
of motherhood in the form of one on one counselling and group workshops.
Eligibility: young women going through first pregnancies, 16 to 23 years old, either pregnant or with a baby,
living on a low-income and vulnerable
Capacity: 15 apartments
Coverage area: Montréal and surroundings
Fees: subsidized housing, monthly contribution of about 25% of income
Financing: provincial
Legal status: non-profit organization

WEST ISLAND WOMEN’S SHELTER
Confidential Address
514 620-4845 ext. 221  Fax: 514 620-6555
Website: www.wiws.ca
Email: info@rfoi.org
Services: Safe house for women and kids victim of domestic violence. * Reception, shelter and post-shelter
follow-up.* Phone listening and external consultation.* Support in legal, financial or other procedures.*
Specialized intervention for children.* Support to relatives and professionals.* Subsidized housing Alternat’Elle:
common areas, workshops, community life, individual and group psychosocial support. Awareness and
prevention workshops.* Specific training to companies and academic institutions.
Eligibility: women and children victims of domestic violence, families, community workers
**Mobile units and street work**

**ACTION SANTÉ: TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC**

300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7  
514 847-0067 ext. 207  Fax: 514 847-0601  
Website: www.astteq.org  
Email: info@astteq.org

**Services:** Support and accompaniment by peers. * Weekly support group open to trans, cross dressing, non-binary and questioning people. * Community supper every last Monday of the month open also to friends and relatives of trans, cross dressing, non-binary or questioning people. * Discussion group specific to transmasculin/non-binary/assigned female at birth people every first Monday of the month. * Info-referral, advocacy, education and awareness. * Referrals relatively to legal, social and medical aspects of the transition process. * Trans 101 training for organizations and those working in the health sector. * Street work, distribution of prevention materials (condoms, lubricant, injection equipment, crack and meth pipes, etc.). * Access to a nurse without appointment.

**Eligibility:** transsexuals, transgender people, cross-dressers, non-binary and people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are homeless or unemployed, prisoners and drug users

**Coverage area:** Province of Québec

**Hours:** Monday to Friday, variable, discussion group: Monday 19h00 to 21h00

**Fees:** free

**Financing:** provincial, federal

**Legal status:** non-profit organization

**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  
Email: 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

**CENTRE D’INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L’UNITÉ**

812 Sainte-Croix Boulevard, Suite 203, Saint-Laurent, Montréal, QC, H4L 3Z2  
514 744-1239  
Website: www.centre-unite.com  
Email: info@centre-unite.com
Services: * Field intervention: counsellors available in schoolyards, parks and after school.* Play equipment available for youth.* Animated meeting place: organizing outings, activities and projects aiming to raise critical, responsible and active young people.* Prevention and intervention work.* Mieux s’ancrer à Saint-Laurent: school and community intervention project aiming to offer support and accompaniment to parents in all that concerns integration processes and academic success of their children.* Intervention through referral, listening, information workshops, parents-children activities and other school events.

Eligibility: young people aged 8 to 17 years old, parents

Coverage area: Montreal: Saint-Laurent

Hours: office: Monday to Friday 9h00 to 16h00, variable depending on activities

Fees: free

Financing: federal, provincial, self-financing, municipal

Legal status: non-profit organization

DOPAMINE - CENTRE DE JOUR
3591 Sainte-Catherine Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2E6
514 251-8872 Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca

Services: * Support, referral and accompaniment.* Prevention, awareness and information about HIV-AIDS, hepatitis and other STBI.* Harm reduction approach: distribution and retrieval of injection material, distribution of inhalation material and condoms.* Street work for adults and youth.

Eligibility: people using drugs by injection or inhalation, sex workers

Coverage area: Hochelaga-Maisonneuve neighbourhood

Hours: Monday to Friday 9h00 to 16h30

Financing: provincial, municipal, federal

Legal status: non-profit organization

DOPAMINE - SITE FIXE
4205 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872 Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca

Services: * Support, referral and accompaniment.* Prevention, awareness and information about HIV-AIDS, hepatitis and other STBI.* Harm reduction approach: distribution and retrieval of injection material, distribution of inhalation material and condoms.* Street work for adults and youth.

Eligibility: people using drugs by injection or inhalation, sex workers

Coverage area: Hochelaga-Maisonneuve neighbourhood

Hours: every night 20h00 to 1h00

Fees: free

Financing: provincial, municipal, federal

Legal status: non-profit organization

ÉQUIPE MOBILE DE RÉFÉRENCE ET D'INTERVENTION EN ITINÉRANCE
980 Guy Street, 1st Floor, Ville-Marie, Montréal, QC, H3H 2K3
514 280-0421
Website: www.spvm.qc.ca/fr/Pages/Decouvrir-le-SPVM/Qui-fait-quoi/Itinerance--EMRII
Email: emrii@spvm.qc.ca

Services: Outreach work and referral of homeless people to existing services. * Collaboration between police officers and social workers.* Medium and long-term follow-up.* Development of adapted methods of intervention in order to avoid prosecution.* Promotion of access to services in the interest of social rehabilitation.

Eligibility: homeless people who have been the subject of repeated police intervention

Coverage area: Montréal
Homelessness

Hours: Monday to Friday, 24 hours
Financing: provincial
Legal status: parapublic organization

GROUPE HARMONIE
1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9
514 939-2640   Fax: 514 934-3776
Website: www.groupeharmonie.org
Email: info@groupeharmonie.org

Services: Support to people aged 55 and over, struggling with addiction to alcohol, drugs, other substances or compulsive gambling. * Individual counselling: at home for downtown residents, on-site or by phone for anyone living outside this area.* Support groups.* Volunteer twinning.* Welcome, brief intervention and referral. * Services for families and caregivers.* Specialized training in seniors’ addiction.* Information sessions in the community.* Interventions: ITMAV in HLM, on streets, in public places and in drop-in centres for the homeless.

Eligibility: people aged 55 and over, struggling with addiction to alcohol, drugs, other substances or compulsive gambling, their families and caregivers

Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

PRÉSENCE COMPASSION
1280 Berri Street, Ville-Marie, Montréal, QC, H2L 4S6
514 502-9844
Website: www.presencecompassion.com
Email: presencecompassion@hotmail.ca

Services: * Meetings on the street and in prisons.* Listening, information, referrals.* Psychosocial and spiritual follow-up.* Group discussions.* Accompaniment throughout procedures.

Eligibility: homeless people or at risk of homelessness
Coverage area: Downtown Montréal, Quartier Latin neighborhood
Hours: Monday to Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

PROJET TRIP (TOXICOMANIE - RELATION D'AIDE - INFORMATION ET INTERVENTION - PRÉVENTION)
2000 Parthenais Street, Suite 2407b, Ville-Marie, Montréal, QC, H2K 3S9
514 596-5711 ext. 7718
Website: www.projet-trip.org
Email: intervention.trip@gmail.com


Eligibility: youth 12 to 20 years old
Coverage area: Montréal: Centre-Sud
Hours: Monday to Friday 8h00 to 17h00, variable
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization
RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN
2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4
514 521-7778 Fax: 514 521-7665
Website: www.rezosante.org
Email: direction@rezosante.org
Services: * Listening and referral.* HIV and STI prevention.* Distribution of prevention material.* Health promotion and intervention in gay social and sexuality locations (saunas, bars).* Self-help groups.* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc.* Street work for sex workers, needle exchange and distribution.
Eligibility: gay, bisexual, transgender and transsexual men, men who have sexual relationships with other men
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 17h00
Fees: free
Financing: provincial, federal, donations
Legal status: non-profit organization

STELLA, L'AMIE DE MAIMIE
2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1
514 285-1599 Fax: 514 285-2465
Website: www.chezstella.org
Email: info@chezstella.org
Eligibility: sex workers and ex-workers
Coverage area: Montréal
Hours: Monday, Wednesday, Thursday and Friday 11h00 to 17h00, Street work with varying schedules from Monday to Friday, Medical clinic: two Monday evenings per month
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

TRAVAIL DE RUE ACTION COMMUNAUTAIRE - FIXED SITE
400 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 798-1200 Fax: 514 798-1201
Website: www.letrac.org
Email: site@letrac.org
Services: * Injection and inhalation equipment exchange.* Listening, accompaniment and referral.
Hours: Tuesday to Friday 16h00 to 21h00
Financing: provincial, Centraide of Greater Montréal, federal
Legal status: non-profit organization

UNITÉ D'INTERVENTION MOBILE L'ANONYME (L')
5600 Hochelaga Street, Suite 160, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7
1 855 236-6700 Fax: 514 842-1478
Website: www.anonyme.ca
Email: administration@anonyme.ca

Eligibility: people with risky behaviors

Coverage area: Centre-Sud, Côte-des-Neiges, Downtown, Saint-Michel, Notre-Dame-de-Grâce, Hochelaga-Maisonneuve, Village, Rosemont, Mercier, Pointe-aux-Trembles, Rivière-des-Prairies, Dollard-Des Ormeaux, Dorval, Kirkland, et Pointe-Claire

Hours: Sunday 22h15 to 5h30, Monday 16h45 to 5h30, Tuesday 22h15 to 5h30, Wednesday 15h00 to 5h30, Thursday 17h30 to 0h00 and Friday 15h00 to 5h30

Fees: free

Financing: provincial, donations, municipal, foundations, federal

Legal status: non-profit organization

Shelters

AUBERGE MADELEINE

Confidential Address
514 597-1499     Fax: 514 597-1708
Website: www.aubergemadeleine.org
Email: direction@aubergemadeleine.org

Services: Shelter for women who are homeless or in difficulty. * Short-term stay.* Support, intervention, referral.* Assistance with procedures.* Group activities.* Post-housing follow-up.

Eligibility: homeless women 18 years and over

Capacity: 26 private rooms

Coverage area: Montréal

Hours: 24 hours, 7 days by appointment only

Fees: free

Financing: provincial, federal, donations

Legal status: non-profit organization

MAISON DU PÈRE (LA) - LE REFUGE

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 230     Fax: 514 845-2108
Website: www.maisondupere.org
Email: refuge@maisondupere.org

Services: Short-term stay of one night with a maximum of 15 nights per month. * Evening and morning meals.* Shower and clothing bank.* Activities offered in the evening: AA, NA and GA meetings.* Listening and referral.

Eligibility: homeless men 25 years and over

Capacity: 194 beds

Coverage area: Greater Montréal

Hours: 365 days, check-in: 14h00, check-out: 7h30, social accompaniment: Monday to Friday 9h30 to 12h00 and 13h00 to 14h00

Fees: $1 per night

Financing: donations, grants

Legal status: non-profit organization
REFUGE DES JEUNES DE MONTRÉAL
1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3
514 849-4221 ext. 2  Fax: 514 849-8564
Website: www.refugedesjeunes.org
Email: refuge@refugedesjeunes.org
Services: Temporary shelter for about a month. * Breakfast and dinner.* Individual meetings, referral.* Follow-up.* Possibility of access to social housing.* Emergency food assistance for clients.
Eligibility: homeless men 17 to 25 years old
Capacity: shelter: 45 beds, social housing: 21 studios
Coverage area: Greater Montréal
Hours: shelter: 7 days, 18h00 to 0h00
Fees: shelter: free
Financing: donations, grants, foundations
Legal status: non-profit organization

REGROUPEMENT DES AUBERGES DU COEUR DU QUÉBEC (LE)
4246 Jean-Talon Street East, South Tower, Suite 16, Saint-Léonard, Montréal, QC, H1S 1J8
514 523-8559  Fax: 514 523-5148
Website: www.aubergesducoeur.org
Email: info@aubergesducoeur.org
Services: * Represent 30 emergency houses located in 10 regions of the province of Quebec.* Promotion and advocacy for homeless young people and young people in needs.
Eligibility: homeless or young people in need 12 to 30 years old
Capacity: 30 youth emergency shelters and half-way houses
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: variable depending on houses, a person without revenu can be accepted
Financing: provincial, membership fees, donations
Legal status: non-profit organization

Supportive housing

APPARTENANCES (LES)
2630 Frontenac Street, Ville-Marie, Montréal, QC, H2K 3A1
514 523-2133
Website: www.aubergeletournant.org
Email: tournant@aubergeletournant.org
Services: Social housing. * Individual accompaniment and community life focused on users’ participation.* Recreational activities.* Cooking training.* Budget management.
Eligibility: men 18 to 35 years old, with reduced capacity to take care of themselves and who have lived in the Auberge du coeur le Tournant and have freely requested to live in Les Appartenances
Capacity: 12 tenants
Coverage area: Greater Montréal
Fees: 25% of the income
Financing: provincial, federal, donations
Legal status: non-profit organization

AUBERGE COMMUNAUTAIRE DU SUD-OUEST - ENVOL
4026 Wellington Street, Verdun, Montréal, QC, H4G 1V3
514 768-4774
Website: www.laubergecommunautaire.org
Email: lauberge@laubergecommunautaire.org
Services: Affordable or subsidized housing. * On-site community support. * Weekly community kitchens and dinners.
Eligibility: youth who are homeless or in trouble, 18 to 29 years old
Capacity: 38 apartments
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 8h30 to 16h30
Financing: municipal, provincial, federal
Legal status: non-profit organization

CHAMBRECLERC
2060 Clark Street, Suite 99, Ville-Marie, Montréal, QC, H2X 2R7
514 842-3677     Fax: 514 842-3635
Email: administration@chambreclerc.org

Eligibility: homeless adults with mental health problems
Capacity: 41 rooms, 32 studios
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income, meals excluded
Financing: provincial, self-financing
Legal status: non-profit organization

HABITATIONS OASIS DE POINTE-SAINT-CHARLES
2035 du Centre Street, Suite 7, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 939-3781     Fax: 514 939-1587
Email: habitationsoasis@videotron.ca

Eligibility: adults on a low income, autonomous, with mental health problems
Capacity: 17 studios
Coverage area: Pointe-Saint-Charles
Hours: administration: Monday to Wednesday 8h00 to 16h00
Financing: donations
Legal status: non-profit organization

MAISON D'HÉRELLE - STUDIOS D'HÉRELLE
Confidential Address
514 844-4874 ext. 101     Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org

Services: * Social housing with community support for people living with HIV at risk of homelessness.
Eligibility: people living with HIV/AIDS
Capacity: 15 people
Coverage area: Greater Montréal
Fees: rent: 25% of household income
Financing: provincial, foundations, donations
Legal status: non-profit organization

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

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

NAZARETH COMMUNITY
1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4
514 933-6916 Fax: 514 934-0726
Website: nazarethcommunity.com
Email: nazareth.maison@gmail.com
Services: Housing and rehabilitation for people homeless or with mental health or addiction problems. * Apartment rental. * Housing with support: yoga, exercise, pet therapy, art classes, cooking classes. * Money and medication supervision.
Eligibility: 18 years old and over, Nazareth House: men only, Anne's House: women only
Capacity: Anne's House: 30 rooms, Nazareth House: 23 rooms
Coverage area: Montréal
Hours: 7 days, 8h00 to 20h00
Financing: fund-raising campaign, donations
Legal status: non-profit organization

OLD BREWERY MISSION - LE PONT PROGRAM
Confidential Address
517 788-1496
Website: www.oldbrewerymission.ca
Email: info@oldbrewerymission.ca
Services: Subsidized social housing project, including indefinite permanent residences situated throughout the Island of Montréal. * Support and psychosocial counseling adapted to the needs of each recipient.
Eligibility: men and women having been homeless and selected by the Old Brewery Mission, depending on their aptitudes and their motivation to reintegrate the community
Capacity: 64 private apartments
Coverage area: Montréal
Fees: 25% of their annual income
Financing: OMHM, donations
Legal status: non-profit organization

OLD BREWERY MISSION - LISE WATIER PAVILION
4450 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K6
514 687-2025 ext. 225 Fax: 514 687-2026
Website: www.oldbrewerymission.ca
Email: info@oldbrewerymission.ca
Services: * Social housing with one-on-one follow-up for an indefinite amount of time.
Eligibility: homeless women, selected by the Old Brewery Mission
Capacity: 29 social housing units: rooms, 1 1/2, 2 1/2
Coverage area: Greater Montréal
Hours: administration: Monday to Friday 9h00 to 18h00
Fees: minimum 25% of their income and an additional $115 per month, meals not included
Legal status: non-profit organization
OLD BREWERY MISSION - MARCELLE AND JEAN COUTU PAVILION
7 Saint-Antoine Street, Ville-Marie, Montréal, QC, H2Z 1G8
514 788-1496     Fax: 514 788-1495
Website: www.oldbrewerymission.ca  
Email: info@oldbrewerymission.ca
Services:  
* Social housing with one-on-one follow-up for an indefinite amount of time.
Eligibility: homeless men, chosen by the Old Brewery Mission
Capacity: 30 social housing units
Coverage area: Greater Montréal
Hours: 24 hours, 7 days, administration: Monday to Friday 9h00 to 20h00
Fees: a minimum of 25% of their monthly income and an additional $115 per month, meals not included
Financing: provincial, self-financing
Legal status: non-profit organization

RÉSEAU HABITATION FEMMES
1060 de l'Hôtel-de-Ville Avenue, Apartment 1, Ville-Marie, Montréal, QC, H2X 3A6
514 875-9529     Fax: 514 875-3697
Email: info@rhf1060.org
Services: Permanent social housing with community support.
Eligibility: women 18 years and over single, autonomous but at risk of homelessness or in difficulty, with an income below $28,000
Capacity: 8 rooms, 49 studios, 33 apartments 3 ½
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of the income, without meals
Financing: provincial, federal
Legal status: non-profit organization

STUDIOS VILLE-MARIE (LES)
Fédération des OSBL d'habitation de Montréal, 2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7
514 526-8860     Fax: 514 527-7388
Services: Subsidized housing. * Rooms and studios.
Eligibility: people 40 years and over living alone, on a low income, homeless or at risk of homelessness
Capacity: 75 units
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income
Financing: provincial
Legal status: non-profit organization

VILLA EXPRÈS POUR TOI
4655 Euclide-Brien Street, Suite 1, Rosemont-La Petite-Patrie, Montréal, QC, H1X 3K4
514 287-9511 ext. 226
Email: vept29@gmail.com
Services: Affordable housing.
Eligibility: single adults aged 18 years and over, autonomous, in a precarious economic situation and facing issues linked to marginalization
Capacity: 29 studios
Coverage area: Montréal
Fees: 25% of income
Financing: grants
Legal status: non-profit organization
Transitional housing

ARRÊT-SOURCE (L')
Confidential Address
514 383-2335  Fax: 514 383-8568
Email: info@arretsource.org

Services: * Community support program with housing including rooms with meals or apartments.* Duration between 3 months and 2 years, including individual follow-up and life skills training.* Posthousing assistance.

Eligibility: young women in difficulty between 18 to 30 years old from different social backgrounds

Capacity: 9 rooms in the main residence and 10 apartments in the residential program (3 1/2 to 5 1/2)

Coverage area: Province of Québec

Hours: 24/7

Fees: rooms: 60% of the income, for a maximum of $380 per month, apartments: starting at $200 per month

Financing: provincial, donations

Legal status: non-profit organization

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

Services: Temporary accommodation. * Listening and referral, housing, assistance through process, help relationship.* Housing: by night reception (1 night), short time unit (4 to 8 weeks) and transitional unit (3 months to 1 year).

Eligibility: women in difficult situations, 18 years old and over

Capacity: 51

Coverage area: Greater Montréal

Hours: admission service: 24 hours, 7 days

Fees: no fee for overnight and short-term accommodation, transitional housing: 30% of the income

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

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

Services: * Housing: individual and group support, shelter and meals, maximum stay of one year.* Envol: affordable apartments with the support of the community.* Azimut - Projet Charlemagne: school on the street for dropouts, high school education in French and maths, acts as a bridge for returning within the traditional school system.* Association: organizing activities, mobilizing, a link between all the services of l'Auberge.* Helping relationship, support, accompaniment and referrals.

Eligibility: housing and Envol: youth, homeless or in trouble, 18 to 29 years old, Projet Charlemagne: dropout youth 16 years old and over

Capacity: housing: 20 private rooms, Envol: 38 appartments

Coverage area: Greater Montréal

Hours: administration: Monday to Friday 8h30 to 16h30, shelter: 7 days, 24 hours

Fees: housing: $300 per month, Envol: subsidized or affordable housing

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

Legal status: non-profit organization
Homelessness

AUBERGE DU COEUR LE TOURNANT
1775 Wolfe Street, Ville-Marie, Montréal, QC, H2L 3J9
514 523-2157 Fax: 514 523-5094
Website: www.aubergeletournant.org
Email: tournant@aubergeletournant.org

Services: * Housing for up to 6 months: room and board.* Assessment and case plan, support and accompaniment for procedures, information, guidance and referral.* Social and economic learning: budget, food, group life, healthier lifestyle.

Eligibility: men 18 to 29 years old who are homeless and without resources

Capacity: 10 beds

Coverage area: Greater Montréal

Hours: 24 hours, 7 days

Fees: $10 per night

Financing: provincial, self-financing

Legal status: non-profit organization

AVENUE HÉBERGEMENT COMMUNAUTAIRE (L’)
2587 Leclaire Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3A8
514 254-2244
Website: www.lavenuehc.org
Email: maison@lavenuehc.org

Services: Housing for young adults facing difficulties. * Information and referral.* Sharing transitional housing and social housing for a maximum of 6 months.* Individual follow-up.* Job search and back to school assistance.* Budget training.* Food assistance and culinary training.* Tax clinic for residents.

Eligibility: men and women with integration difficulties 18 to 29 years old

Capacity: housing: 10 places, transitional housing: 16 places (4 houses for sharing ith 4 rooms each), studios and social housing: 39 places

Coverage area: Greater Montreal

Hours: 24 hours, 7 days

Fees: housing: $150 per month, transitional housing: $290 per month, variable depending on the type of housing

Financing: provincial, grants, donations

Legal status: non-profit organization

BUREAU DE CONSULTATION JEUNESSE
Confidential Address
514 270-9760 Fax: 514 271-3370
Website: www.bcj14-25.org
Email: infobcj@gmail.com

Services: Support program for youths and young parents. * Consultation, information, follow-up and accompaniment regarding different situations.* Intervention helpline.* One on one meetings and group activities.* Temporary housing with communautary follow-up for young people 17 to 22 years old.* Animation in schools and intervention within low-cost housing.* Citizenship activities.* Youth advocacy.* Young mothers 25 years old and under: support program and self-help group.* Group activities for young fathers.

Eligibility: youth and young adults from 14 to 25 years old

Capacity: self-help groups: 8 to 10 people

Coverage area: Montréal: Centre-Nord, Sud-Ouest, Laval, South Shore

Hours: intervention helpline: Monday, Wednesday and Thursday 13h00 to 18h00, activities: Monday to Friday (variable hours)

Financing: Centraide of Greater Montreal, provincial, federal, donations

Legal status: non-profit organization
CARREFOUR COMMUNAUTAIRE DE ROSEMONT - APPARTEMENTS ENTRE-GENS
Confidential Address
514 722-1851 ext. 501  Fax: 514 722-7384
Website: www.ccreg.org
Email: appart@ccreg.org
Services: Supervised transitional housing. * Information and referral.* Individual and group support.
Eligibility: women and men 18 to 30 years old who are homeless or at risk of homelessness and who have been successfully stable (addictions, mental health) for at least 3 months
Capacity: 5 supervised housings
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 17h00
Fees: rent: $415 per month, furnished and fitted, meal excluded
Financing: federal
Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - MAISON L'ESPÉRANCE
1475 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081  Fax: 514 251-0577
Website: www.capstbarnabe.org
Services: Housing with outpatient supervision for autonomous people with mental health problems and on a low income. * Monthly individual meetings.* Self-growing project aiming to improve life quality, maintain external mental health follow-up and the implementation of social and professional reinsertion project.* Emergency support.* All services of Cap Saint-Barnabé are available.
Eligibility: men and women with mental health issues, 25 to 60 years old
Capacity: 11 housing units
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 19h00, Tuesday 13h00 to 19h00
Fees: 25% of income
Financing: grants, donations
Legal status: non-profit organization

CARREFOUR D'ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - MAISON SAINTE-CATHERINE
1475 Bennett Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081  Fax: 514 251-0577
Website: www.capstbarnabe.org
Email: capsaintbarnabe@videotron.ca
Services: Housing for women. * 14 individual rooms allowing women to find an apartment and promoting social and professional reinsertion.* All other services of Carrefour d'alimentation et de partage Saint-Barnabé are available to resident.
Eligibility: single women who are homeless or at risk of homelessness
Capacity: 14
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 19h00, Tuesday 13h00 to 19h00
Fees: 25% of income
Financing: municipal, provincial, federal
Legal status: non-profit organization
CARREFOUR D’ALIMENTATION ET DE PARTAGE SAINT-BARNABÉ - MAISON VIAU
1475 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 251-2081   Fax: 514 251-0577
Website: www.capstbarnabe.org

Services: Rooms for single men in precarious situations aiming for social and professional reintegration. * Support offered and possibility to access all the services of Cap Saint-Barnabé.
Eligibility: single men
Capacity: 15 rooms
Coverage area: Hochelaga-Maisonneuve
Hours: Monday, Wednesday, Thursday, Friday 9h00 to 12h00 and 13h00 to 19h00, Tuesday 13h00 to 19h00
Fees: 25% of income
Financing: federal, provincial
Legal status: non-profit organization

CHRYSALIDE (LA), CENTRE D’ACCOMPAGNEMENT AUX FAMILLES MONOPARENTALES
Confidential Address
514 287-1473   Fax: 514 287-3301
Email: info@chrysalide445.org

Services: * Transitional housing with community support.* Completion of a socio-professional project.* Varied activities and projects.
Eligibility: single parent women and their families
Capacity: 6 families
Coverage area: Greater Montréal
Hours: 24/7
Fees: 25% of the income
Financing: provincial
Legal status: non-profit organization

DANS LA RUE
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
514 526-7677   Fax: 514 940-3337
Website: www.danslarue.org
Email: info@danslarue.org

Services: Range of services that can assist youth facing various problems and help them become independent. * The Roulotte: circulates in the streets of Downtown.* Chez Pops: day center.* The Bunker: temporary emergency shelter for boys and girls.* 17 housing units with community support.
Eligibility: youth facing difficulties
Coverage area: Montréal Island
Hours: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 16h00
Financing: donations
Legal status: non-profit organization

DIANOVA
1273 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1
1 877 528-5541   Fax: 514 875-5871
Website: www.dianova.ca
Email: dianova@dianova.ca

Services: * Centre de traitement des dépendances de Terrebonne: two months Inpatient rehabilitation program for alcoholics and drug addicts.* Two months external rehabilitation program.* Individual counselling.* Workshops and training activities.* Reintegration assistance.* Follow-up.* Rooming houses for homeless people.
Eligibility: adult men and women struggling with drug and alcohol problems, homeless people or at risk of homelessness or unstable living conditions
Capacity: 37 places
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: $92 a day, however applications from people with low incomes will be duly considered by Dianova by means of specific local arrangements, free residential services for people on social assistance
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

DIANOVA - AYLWIN'S ROOMING HOUSE
3504, 3506 Adam Street and 1516 to 1522 Aylwin Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3B9
514 903-7013 Fax: 514 875-5871
Website: dianova.ca/index.php/itinerance/maisons-de-chambres-aylwin
Email: dianova@dianova.ca
Services: Social housing with community support for homeless people or at risk of homelessness.
Eligibility: single adults, homeless or at risk of homelessness with difficulties in accessing private housing
Capacity: 21 rooms
Coverage area: Montréal
Fees: accredited to the Rent Supplement Program run by the Office municipal d'habitation: 25% of income
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

DIANOVA - ST-ANDRÉ'S ROOMING HOUSE
1273 Saint André Street, Ville-Marie, Montréal, QC, H2L 3T1
514 875-7013 Fax: 514 875-5871
Website: www.dianova.ca/index.php/itinerance/maisons-de-chambres-st-andre
Email: dianova@dianova.ca
Services: Social housing with community support for homeless people or at risk of homelessness.
Eligibility: single adults, homeless or at risk of homelessness
Capacity: 20 rooms
Coverage area: Montréal
Fees: accredited to the Rent Supplement Program run by the Office municipal d'habitation: 25% of income
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

FOYER DE JEUNES TRAVAILLEURS ET TRAVAILLEUSES DE MONTRÉAL (LE)
2650 Davidson Street, Suite 110, Mercier-Hochelaga-Maisoneneuve, Montréal, QC, H1W 2Z2
514 522-3198 Fax: 514 522-6256
Website: www.fjttm.org
Email: info@fjttm.org
Eligibility: men and women 17 to 24 years old with a life project (work, school, training) having difficulties living in an independent housing, minimum income of $600 per month
Capacity: 19 rooms
Coverage area: Greater Montréal and other regions of Québec
Hours: 24/7
Fees: $326 per month, furnished (cooktop, fridge), heating, electricity and WiFi connection included
Financing: provincial, federal, foundations, donations
Legal status: non-profit organization
HABITATIONS L’ESCALIER DE MONTRÉAL (LES) - L’AUBERGE DU COEUR L’ESCALIER
2295 Desjardins Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2H6
514 252-9886 Fax: 514 252-8207
Website: www.distributionescalier.com
Email: habitationescalier@videotron.ca
Services: Transitional housing. * Long-term shelter, for up to one year.* Individual meetings.* Group activities.*
Psychosocial support.* Post-housing follow-up.
Eligibility: young adults 18 to 30 years old in difficulty or at risk of homelessness
Capacity: 20 rooms
Coverage area: Greater Montréal
Hours: 24 hours, 7 days, intervention: Monday to Friday 8h00 to 23h00
Fees: about 25% of income, between $150 and $200 per month, without meals
Financing: Centraide of Greater Montréal, provincial, fundraising campaigns, grants
Legal status: non-profit organization

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

LOGIFEM
Confidential Address
514 939-3172 Fax: 514 939-2719
Website: www.logifem.org
Email: info@logifem.org
Services: Shelter and transitional housing for women in difficulty with or without children. * Women shelter for up to one year and transitional housing for up to three years.* Logifamille: six apartments for women in difficulty with children aged 0 to 12 years, for up to three years.* Follow-up, intervention, listening and activities.
Eligibility: women 18 years old and over, in difficulty (domestic violence, mental health problems, difficulties with parenting, isolation, financial difficulties and others), alone or with children aged 0 to 12
Capacity: 14 apartments, including 7 for women with children
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Fees: single room: $400 per month, $50 per month per child over six months, transitional apartments : 25% of income
Financing: provincial, donations, self-financing
Legal status: non-profit organization

LOGIS ROSE-VIRGINIE (LES)
Confidential Address
514 593-8204 Fax: 514 657-7104
Website: www.logisrosevirginie.org
Email: franceguillemette@logisrosevirginie.org
Services: Medium or long term housing, in supervised semi-furnished accommodations, for up to 3 years. * Assessment, orientation and referrals.* Intervention plan, coaching and adapted psychosocial follow-up.* Approach based on feminism and empowerment.

Eligibility: single autonomous women aged between 18 and 54 years old, in difficulty, on a low income, homeless, living with mental health, drug, gambling or social dysfunction problems.

Capacity: 21 units
Coverage area: Greater Montréal
Hours: 24/7
Fees: 25% of income and approximately $32,50 for electricity
Financing: foundations, donations, self-financing
Legal status: non-profit organization

LOGIS-RAP
11855 Marie-Anne Lavallée Street, Ahuntsic-Cartierville, Montréal, QC, H3M 3E9
514 334-8686   Fax: 514 334-9712
Website: www.logisrap.com
Email: logisrap@gmail.com

Services: Housing for a period of 3 years maximum. * Frontline services and assistance with professional rehabilitation procedures.

Eligibility: people 18 to 30 years old, autonomous, mainly from visible minorities, in unstable residential and professional situations but with a reintegration project
Capacity: 11 furnished accommodation units: 3 ½ apartments or studios
Coverage area: Ahuntsic-Cartierville
Hours: Monday, Wednesday and Friday 8h30 to 15h30
Fees: 25% of income
Financing: municipal, self-financing
Legal status: non-profit organization

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

Services: Community housing with short, medium and long-term stays. * Respite, transition, palliative care.* Possibility of community psychosocial follow-up upon returning home.* Appartements Satellites d'Hérelle: two apartments with community support for people experiencing psychosocial issues.* Studios d'Hérelle: social housing with community support for people at risk of homelessness.* Household: permanent room with community support for people who are aging.

Eligibility: people living with HIV/AIDS
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON D'HÉRELLE - APPARTEMENTS SATELLITES D'HÉRELLE
Confidential Address
514 844-4874 ext. 101   Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org

Services: Two apartments with community support for people living with HIV experiencing psychosocial issues.
Eligibility: people living with HIV/AIDS
Capacity: 9 people
Coverage area: Greater Montréal
Fees: rent: $450 per month
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON D'HÉRELLE - MAISON DE CHAMBRE
Confidential Address
514 844-4874 ext. 101  Fax: 514 842-2991
Website: www.maisondherelle.org
Email: info@maisondherelle.org
Services: * Permanent room with community support for aging people living with HIV.
Eligibility: people living with HIV/AIDS
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Fees: 75% of monthly income
Financing: provincial, foundations, donations
Legal status: non-profit organization

MAISON DU PARC
1287 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2J9
514 523-6467  Fax: 514 523-6800
Website: www.maisonduparc.org
Email: info@maisonduparc.org
Services: Housing for people with HIV/AIDS. * Palliative care.* Physical, psychological and social assistance.
Eligibility: men and women with HIV/AIDS
Capacity: 12 beds
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 17h00, housing: 24/7
Fees: 75% of the income
Financing: provincial, donations, membership fees, grants
Legal status: non-profit organization

MAISON DU PÈRE (LA) - MAINTIEN EN LOGEMENT
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168 ext. 301  Fax: 514 845-2108
Website: www.maisondupere.org
Email: maryse.delisle@maisondupere.org
Services: Medium, long-term or permanent housing with psychosocial support. * Maison du Père: studios with 6 to 9 months of stay for men who have started the Welcoming and Integration program.* Maison Wolfe: private rooms with a maximum stay of 5 years for men who have acquired a certain autonomy following a social integration program, for example.* Permanent private apartments with housing maintenance support.
Eligibility: men who have been homeless or who are at risk of homelessness
Capacity: 190: 20 studios, 56 private rooms, 114 private apartments
Coverage area: Greater Montréal
Financing: grants, donations
Legal status: non-profit organization

MAISON DU PÈRE (LA) - RÉINSERTION SOCIALE ET OCCUPATIONNELLE
545, De la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1
514 845-0168 ext. 301  Fax: 514 845-2108
Website: www.maisondupere.org
Email: maryse.delisle@maisondupere.org
### MAISON GRISE DE MONTRÉAL (LA)

Confidential Address
514 722-0009    Fax: 514 722-1588
Website: www.lamaisongrise.org
Email: info@lamaisongrise.org

**Services:** Medium-term housing, up to 24 months, with weekly psychosocial follow-up aiming to rehabilitation and external services. * Post-housing for former residents.* Community follow-up from 3 months to 1 year for women in the community who do not need accommodation.* Psychosocial counseling: relational problem, anxiety, addiction, depression, etc.* Support group to reach certain goals.* Monthly educational workshops: tai chi introduction, food education, budget, sexology, etc.* Specialized group for women who are coping with an hoarding disorder.* Specialized group for women aiming to gain empowerment.* Art-therapy.

**Eligibility:** single women or with children under 2 years old, abused or in distress, aged 18 and over, hard of hearing women, external services: women aged 18 and over

**Capacity:** 16 furnished studios 1 ½

**Coverage area:** Greater Montréal and surroundings

**Hours:** 24 hours, 7 days

**Fees:** 25% of income, without meals, plus $98,60 for electricity and services, external services: free

**Financing:** donations, provincial, foundations

**Legal status:** non-profit organization

### MAISON MARGUERITE DE MONTRÉAL (LA)

Confidential Address
514 932-2250    Fax: 514 932-5349
Website: www.maisonmarguerite.com
Email: info@maisonmarguerite.com

**Services:** * Short-term shelter for a maximum of 6 weeks with meals included.* Long-term individual apartments for a maximum of 4 years, with psychosocial support, assessment of needs, active listening.* Information, referral to appropriate organizations.* Post-shelter follow-up.

**Eligibility:** lonely women 18 years old and over, homeless and without money, in the process of social reinsertion

**Capacity:** 36 beds: 18 short-term individual rooms, 18 long-term studios

**Coverage area:** Montréal

**Hours:** 24 hours, 7 days

**Fees:** long-term housing: 25% of the income if eligible for the grant by the OMHM, if not, fixed price around $500

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

**Legal status:** non-profit organization

### MAISON OXYGÈNE MONTRÉAL

1611 d'Orléans Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3R4
514 655-6625    Fax: 514 523-5007
Website: www.maisonoxygene.com
Email: oxygene@maisonoxygene.com
Services: * Temporary housing (3 months).* Psychosocial and community support.* Listening, support for procedures, referral.* Family activities.* Activities for men.

Eligibility: housing: fathers coping with complicated domestic or family situations, their children, other services: men only

Capacity: housing for 17 families simultaneously: 12 rooms for short-term stay, 6 supervised apartments

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 20h00

Fees: depending on the income

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

Legal status: non-profit organization

MAISON TANGENTE
1481 Desjardins Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2G5
514 252-8771     Fax: 514 252-9829

Website: www.maisontangente.qc.ca
Email: info@maisontangente.qc.ca


Eligibility: young men and women 18 to 25 years old, homeless and in difficulty

Capacity: 15 places

Coverage area: Province of Québec

Hours: 24 hours, 7 days

Fees: $9 per day

Financing: donations, provincial

Legal status: non-profit organization

MÈRES AVEC POUVOIR
2015-A Fullum Street, Ville-Marie, Montréal, QC, H2K 3N5
514 282-1882     Fax: 514 282-9044

Website: www.mapmontreal.org
Email: info@mapmontreal.org

Services: Transitional apartments for up to 3 years. * Psychosocial support, monthly meetings.* Priority on the neighbourhood daycare’s waiting list.

Eligibility: single mothers with one or two children 0 to 5 years old

Capacity: 30 4½ apartments, 80 daycare places

Coverage area: Greater Montréal

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

Fees: 25% of income (without meals), childcare: about $7 per day

Financing: donations, municipal, provincial, self-financing

Legal status: non-profit organization

OLD BREWERY MISSION - PATRICIA MACKENZIE PAVILION
1301 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 2A4
514 526-6446     Fax: 514 526-8452

Website: www.oldbrewerymission.ca
Email: pmp@missionoldbrewery.ca

Services: Emergency shelter with an indefinite period of stay. * Meal service.* Transitional housing program with psychosocial counseling for a definite period depending on the program.

Eligibility: women in difficulty, 18 years old and over

Coverage area: Greater Montréal

Hours: daily bed reservation by phone, starting at 10h00, every day

Fees: residence: depending on the income, emergency shelter: free
OLD BREWERY MISSION - WEBSTER PAVILION
915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J2
514 798-2244     Fax: 514 798-2209
Website: www.oldbrewerymission.ca
Email: info@missionoldbrewery.ca
Services: * Shelter for one night including breakfast and dinner. * Emergency and transition programs (undetermined length). * First homelessness episode service (21 to 30 days). * PRISM, intensive follow-up and PASS: urban health programs and accompaniment to ensure mental and physical health (undetermined). * Thrift store for residents only.
Eligibility: homeless men 18 years and over
Capacity: 280 beds
Coverage area: Greater Montréal
Hours: shelter admission: 24 hours, 7 days, admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00
Fees: emergency and reception services: free, transition and urban health programs: starting at $358 per month
Financing: donations
Legal status: non-profit organization

PASSAGES
Confidential Address
514 875-8119     Fax: 514 875-6070
Website: www.maisonpassages.com
Email: direction@maisonpassages.com
Services: * Emergency shelter of 1 to 3 days. * Short-term shelter of up to one month, including meals and individual meetings upon request. * Longer stays of up to 2 months after short-term shelter, with meals, weekly support and guidance to help women find a place within the community and improve their living conditions. * Permanent social housing units. * Follow-up and involvement in community.
Eligibility: women 18 to 30 years in need
Capacity: 16 beds in double rooms, social housing units: 14
Coverage area: Montréal
Hours: 24 hours, 7 days
Fees: shelter and short-term stay including food: no fee, long term stay with meals: $150 per month, social housing units: 25% of the income or approximately $385
Financing: Centraide of Greater Montréal, provincial, federal, donations
Legal status: non-profit organization

PROJETS AUTOCHTONES DU QUÉBEC
169 de la Gauchetière East Street, Ville-Marie, Montréal, QC, H2X 1P5
514 879-3310
Website: www.paqc.org
Email: paq.direction@gmail.com
Services: Social integration and housing services tailored to First Nations, Inuit and Métis people living in precarious situations or in transition. * Crisis intervention, support for reintegration upon request and of variable intensity, group activities. * Transition rooms with support for obtaining the income security check (maximum duration of 3 years).
Eligibility: Native homeless men and women, First Nations, Metis and Inuits
Capacity: 36 beds for men, 9 beds for women
Coverage area: Montréal Island
Hours: every day, 18h00 to 8h00
Fees: free
Financing: donations, provincial, federal
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
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

RÉSIDENCE MARIA-GORETTI
3333 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C8
514 731-1161 Fax: 514 342-8337
Website: www.promis.qc.ca
Email: residence@promis.qc.ca
Services: Residence for women. * All included furnished rooms with amenities.* Common bathrooms, kitchens and living areas.
Eligibility: long-term stay (3 months and more): women 18 to 45 years old, short-term stay: wowen of all ages, autonomous and responsible, students or workers
Capacity: 220 rooms
Coverage area: Greater Montréal
Hours: 7 days, 7h00 to 23h00
Fees: night: $45 to $55, 3 months or more: $385 to $425 per month, special rates for wowen 18 to 45 years old
Financing: self-financing
Legal status: non-profit organization

RÉSIDENCE PROJET CHANCE
3950 Cavendish Boulevard, Suite 17, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2N3
514 934-6199 Fax: 514 934-5557
Email: projet.chance.montreal@gmail.com
Services: Subsidized housing program. * Individual counselling.* Educational workshops.* Information and referral.* Social and recreational activities.
Eligibility: single mothers registered in a full-time post-secondary educational program, with the custody of their children
Coverage area: Montréal Island
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

RESSOURCES JEUNESSE DE SAINT-LAURENT - APPARTEMENTS SUPERVISÉS
1550 Élizabeth Street, Suite 100, Saint-Laurent, Montréal, QC, H4L 5N7
514 748-0202 Fax: 514 747-3883
Website: www.rjsl.ca
Email: info@rjsl1410.com
Services: Supervised apartments. * Psychosocial follow-up offering accommodation for a maximum of three years.* Christmas baskets for residents.
Eligibility: men and women from 18 to 25 years, in trouble, with basic knowledge of French, having been stable for the last 3 months
Capacity: 34 3½ supervised apartments for bachelors
Coverage area: Montréal
Hours: Monday to Friday 9h30 to 18h00
Fees: 25% of income per month
Financing: provincial, self-financing, donations
Legal status: non-profit organization

RESSOURCES JEUNESSE DE SAINT-LAURENT - MAISON D'HÉBERGEMENT
1410 O'Brien Street, Saint-Laurent, Montréal, QC, H4L 3W4
514 747-1341     Fax: 514 747-7154
Website: www.rjsl.ca
Email: info@rjsl1410.com
Services: Short-term shelter to a maximum of 6 months with meals. * Information and referral phone service.
Eligibility: homeless youth 16 to 22 years old, with a basic knowledge of French
Capacity: 11 beds plus 1 bed for emergencies
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Fees: $8 per day
Financing: provincial, self-financing, donations
Legal status: non-profit organization

SALVATION ARMY - BOOTH CENTER - LE GOUVERNAIL
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 932-2214 ext. 272     Fax: 514 932-1741
Website: www.centreboothmtl.ca
Email: centreboothmtl@bellnet.ca
Services: * Short and long term housing with support from the community.
Eligibility: homeless men 18 years old and over or those at risk of homelessness
Capacity: 133 rooms
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Fees: depending on the income, including three meals per day
Financing: donations
Legal status: non-profit organization

SALVATION ARMY - BOOTH CENTRE
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 932-2214 ext. 224     Fax: 514 932-1741
Website: www.centreboothmtl.ca
Email: centreboothmtl@bellnet.ca
Services: Multiservice administrative resource centre. * Le Gouvernail offers short and long term room and board. * Le Rivage is a housing service for men experiencing difficulties related to mental health.* L'Ancrage is a residential therapy centre for men with problems related to alcohol and drugs.
Eligibility: men, 18 years and older, homeless men and those at risk of homelessness
Capacity: 207 private rooms in all the Booth Centre premises
Coverage area: Greater Montreal
Hours: administration: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization
**SALVATION ARMY - SHELTER OF HOPE**

Confidential Address  
**514 934-5615**  **Fax:** 514 934-0437  
**Website:** www.abri-espoir.org  
**Email:** direction@abri-espoir.org  

**Services:**  
* Emergency shelter.*  
* Counselling and referral.*  
* Short-term stay up to 24 months.*  
* Services during housing: individual follow-up, meals, laundry, learning activities, financial planning.*  
* Specialized accompaniment for mothers.*  
* Support and guidance.*  

**Eligibility:** women in need or homeless aged 18 years old and over, with or without children  
**Capacity:** 48 women and 15 children  
**Coverage area:** Greater Montréal  
**Hours:** 24 hours, 7 days  
**Fees:** starting at $340 per month, increases after 3 months  
**Financing:** donations  
**Legal status:** non-profit organization

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**SERVICE D'HÉBERGEMENT ST-DENIS**

Confidential Address  
**514 374-6673**  **Fax:** 514 374-2062  
**Website:** www.hebergementstdenis.com  
**Email:** heberg.stdenis@oricom.ca  

**Services:**  
* Accommodations for 3 to 6 months including rooms and community meals.*  
* Individual and group interventions: supporting youth by understanding their situation and identifying solutions, helping them throughout their search for autonomy (budget, apartment, food), education, job search or re-integration into the job market.*  
* Follow-up for former residents.*  

**Eligibility:** people 15 to 20 years old in a difficult situation  
**Capacity:** 9 places  
**Coverage area:** Greater Montréal  
**Hours:** 24 hours, 7 days  
**Fees:** $9 per day  
**Financing:** provincial (MSSS), donations  
**Legal status:** non-profit organization

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**SIDALYS**

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

**Services:**  
* Housing with meals included and an ongoing presence of a field worker.*  
* Sida secours: emergencies and housing for up to 3 months.*  
* Amarilys: housing varying from a few months to 2 years, depending on the social reintegration plan.*  
* Habitations Jean-Pierre Valiquette: indefinite social housing with occasional supervision.*  
* Accompaniment throughout medical procedures.*  
* Guidance and referral to other community resources either linked or not to HIV: housing, rehabilitation, etc.*  

**Eligibility:** people living with HIV or AIDS  
**Capacity:** Sida secours and Amarilys: 19 individual rooms, Habitations Jean-Pierre Valiquette: 19 apartments of variable size  
**Coverage area:** Greater Montréal  
**Hours:** 24/7  
**Fees:** Sida secours and Amarilys: 75 % of the income or depending on people's financial issues, Habitations Jean-Pierre Valiquette: depending on the grants from the OMHM  
**Financing:** provincial, fundraising campaigns  
**Legal status:** non-profit organization
WELCOME HALL MISSION - WHM TRANSITIONAL HOUSING
4755 Acorn Street, Door D, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 937-9317 Fax: 514 906-0235
Website: www.missionbonaccueil.com
Email: info@missionba.com
Services: Subsidized housing. * 3-years reintegration program.
Eligibility: adults on a low income or with unstable living conditions, in the process of becoming fully autonomous or ready to begin this process within the first 6 months of admission into the program
Capacity: 24 studio units, 2 4½ units, including 5 wheelchair accessible units
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 15h00, Wednesday 9h00 to 12h00
Fees: subsidized by the rent supplement program of the Office municipal d'habitation de Montréal
Financing: donations, provincial
Legal status: non-profit organization

YWCA MONTRÉAL - HOUSING SERVICES
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 Fax: 514 866-4866
Website: www.ydesfemmesmtl.org
Email: servicesresidentiels@ydesfemmesmtl.org
Services: * Program for women who have experienced difficulties and want to be reintegrated into society.* Affordable community housing.
Eligibility: women without children in need, referred by a social or community worker
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, Centraide of Greater Montréal, grants, foundations, provincial, municipal
Legal status: non-profit organization
Immigration and cultural communities

GOVERNMENT SERVICES

MULTICULTURAL CENTRES AND ASSOCIATIONS

SETTLEMENT SERVICES FOR NEWCOMERS
Immigration and cultural communities

Government services

BUREAU D’ÉVALUATION MÉDICALE DE MONTRÉAL
35 Port-Royal Street, 1st floor, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 873-1923  Fax: 514 873-1622
Website: www.travail.gouv.qc.ca/evaluation_medicaelevaluation_medicale.html

Services: Medical expertise relative to work accidents. * Take action in cases of contrary medical assessments by the doctor in charge of the worker and the doctor designated by the employer or the CNESST.* Neutral and impartial medical evaluation.

Eligibility: injured workers
Coverage area: Greater Montréal
Legal status: provincial government agency

COMMISSION DE LA CONSTRUCTION DU QUÉBEC
Montréal Office, 1201 Crémazie Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2M 0A6
1 888 842-8282  Fax: 514 341-4025
Website: www.ccq.org

Services: Responsible for applying the Act on Labour Relations, Vocational Training, and Manpower Management in the Construction Industry (Act R-20) which provides a legal framework for the industry in Québec. * Services to clients: benefits, retirement and insurance, vocational training, force management and application of collective agreements in the construction industry.* Issuance of certificates of competence or exemption.

Eligibility: construction industry
Coverage area: Province of Québec
Hours: call centres: Monday to Friday 8h30 to 16h30, Office: Monday, Tuesday, Thursday and Friday 8h15 to 12h00 and 13h00 to 16h45, Wednesday 10h00 to 12h00 and 13h00 to 16h45
Fees: variable
Legal status: parapublic organization

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - MONTREAL ISLAND
1 complexe Desjardins, South Tower, 31st floor, Ville-Marie, Montréal, QC, H5B 1H1
1 844 838-0808  Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace.* Inspection of workplaces.* Promotion of occupational health and safety.* Compensation for workers who suffered an occupational injury.* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and employees
Coverage area: Montreal Island
Hours: Office: Monday to Friday 8h30 to 16h30, except holidays
Financing: membership fees, self-financing
Legal status: provincial government agency

EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA
Complexe Guy-Favreau, 200 René-Lévesque West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
Website: www.edsc.gc.ca

Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION
200 René-Lévesque Boulevard West, East Tower, Room 102, Ville-Marie, Montréal, QC, H2Z 1X4
1 866 626-8719 Fax: 514 496-6629
Website: www.irb-cisr.gc.ca
Services: Independent administrative tribunal making decisions on immigration and refugee status.
Eligibility: claimants of immigration or refugee status
Coverage area: Province of Québec
Financing: federal
Legal status: federal government agency

INDEMNISATION DES VICTIMES D’ACTES CRIMINELS
1199 De Bleury Street, Le Sud-Ouest, Montréal, QC, H3C 4E1
1 800 561-4822 Fax: 514 906-3029
Website: www.ivac.qc.ca
Email: info@ivac.qc.ca
Eligibility: victims of crime and their rescuers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: federal, provincial
Legal status: parapublic organization

INTERIM FEDERAL HEALTH PROGRAM
Confidential Address
Website: www.cic.gc.ca/english/refugees/outside/arriving-healthcare/individuals.asp
Services: Limited and temporary coverage of health-care benefits. * Basic coverage: in-patient and out-patient hospital services, consultation with licensed health-care professionals.* Supplemental coverage: limited vision and urgent dental care, home care and long-term care, services from allied health-care practitioners including clinical psychologists, psychotherapists, counselling therapists, occupational therapists, speech language therapists, physiotherapists and assistive devices, medical supplies and equipment.* Prescription drug coverage.* Coverage for the Immigration Medical Exam. * Those coverages may have maximum amount and are no longer valid once the person is eligible for provincial or territorial health-care.
Eligibility: resettled refugees (government-assisted refugees, blended visa office-referred refugees, joint assistance sponsorship program refugees, refugees sponsored by organizations in cost-sharing arrangements, privately sponsored refugees), protected persons in Canada, refugee claimants (awaiting decision, rejected claimant, ineligible claimants, people who received a positive pre-removal risk assessment), victims of human trafficking, detainees under the Immigration and Refugee Protection Act
Coverage area: Canada
Fees: free
Financing: federal
Legal status: federal government agency
MINISTÈRE DU REVENU DU QUÉBEC
Complexe Desjardins, North Tower, basilique 1, 150 Sainte-Catherine West Street, Ville-Marie, Montréal, QC, H2Y 3X7
514 864-6299   Fax: 514 873-7502   TTY: 514 873-4455
Website: www.revenuquebec.ca
Services: Ensure perception of income and sale taxes to finance public services. * Manage the Programme de perceptions des pensions alimentaires as well all the others perception and redistribution programs.* Manage and liquidate the unclaimed goods.* Register of businesses and moral persons in activity in the province.* Advise the government relatively to fiscal policy.
Coverage area: province of Québec
Hours: in person: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h00, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

QUÉBEC PARENTAL INSURANCE PLAN
Confidential Address
1 888 610-7727
Website: www.rqap.gouv.qc.ca
Services: Financial benefits to eligible workers taking maternity, parental, paternity or adoption leave.
Eligibility: employees or self-employed workers
Coverage area: province of Québec
Hours: phone service: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC
425 De Maisonneuve Boulevard West, 3rd floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5
514 864-3411   TTY: 1 800 361-3939
Website: www.ramq.gouv.qc.ca
Coverage area: province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL CENTRE
Complexe Desjardins, 150 Sainte-Catherine Street West, North Tower, basilique 1, Ville-Marie, Montréal, QC, H2X 3Y2
514 864-6299   Fax: 514 873-7502   TTY: 514 873-4455
Website: www.revenuquebec.ca
Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency
Immigration and cultural communities

REVENU QUÉBEC - MONTRÉAL EAST
Village olympique, 5199 Sherbrooke Street East, Pyramide East, Suite 4000, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4C2
514 864-6299    Fax: 514 873-7502    TTY: 514 873-4455
Website: www.revenuquebec.ca

Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL WEST
Les Galeries Saint-Laurent, 2215 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4R 1K4
514 864-6299    Fax: 514 873-7502    TTY: 514 873-4455
Website: www.revenuquebec.ca

Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - MONTRÉAL
2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5
1 877 644-4545    TTY: 1 800 361-9596
Website: www.gouv.qc.ca

Services: * Information on government programs and services.* Self-serve computer stations.* Services related to land registry of Quebec.* Administration-of-oath services.* Services related to the registry of enterprises.

Coverage area: Island of Montréal

Hours: In person: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency

SERVICES QUÉBEC - MONTRÉAL (SAINT-LÉONARD)
7335 Langelier Boulevard, C-18, Saint-Léonard, Montréal, QC, H1S 1V7
1 877 644-4545    TTY: 1 800 361-9596
Website: www.gouv.qc.ca

Services: * Information on government programs and services.* Self-serve computer stations.* Administration-of-oath services.

Coverage area: Montréal

Hours: In person: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30, telephone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency
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


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

AMAL-CENTER FOR WOMEN
903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3
514 855-0330 Fax: 514 360-4105
Website: www.amalwomencenter.ca
Email: info@amalwomencenter.ca

Services: Center promoting the individual and familial welfare of women. * Psychosocial support for domestic violence or familial conflicts victims, individual counseling.* Workshops on issues faced by Muslim women and domestic abuse in visible minority communities.* Information and referral, accompaniment to legal and health appointments.* Art-therapy workshops.* Counseling on multicultural cases to community organizations, * Awareness concerning domestic violence.

Eligibility: women, especially those from an immigrant population or from Arabic, North-African and South-Asian communities

Coverage area: Greater Montréal

Hours: by appointment

Fees: free

Financing: donations

Legal status: non-profit organization

ARMENIAN GENERAL BENEVOLENT UNION
805 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 748-2428 Fax: 514 748-6307
Website: www.agbumontreal.org
Email: info@agbumontreal.org

Services: Community centre. * Social, cultural and sports activities.* Scouting.

Eligibility: people of Armenian origin, youth, young professionals, seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Financing: contributions, donations

Legal status: non-profit organization
COMMUNAUTÉ SÉPHARADE UNIFIÉE DU QUÉBEC
5151 de la Côte-Sainte-Catherine Road, Suite 216, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 733-4998    Fax: 514 733-3158
Website: www.csuq.org
Email: info@csuq.org
Services: Preservation and promotion of Sephardic culture, solidarity and belonging among the whole Jewish community. * Recreational, social, educational, artistic and religious services.* Strengthening of relationships between the Sephardic community and both Jewish community agencies and public services.
Eligibility: people of Sephardic communities
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00, Friday variable
Financing: grants, foundation
Legal status: non-profit organization

ENSEMBLE FOR THE RESPECT OF DIVERSITY
180 René-Lévesque Boulevard East, Suite 420, Le Plateau-Mont-Royal, Montréal, QC, H2X 1N6
514 842-4848    Fax: 514 842-7557
Website: www.ensemble-rd.com
Email: info@ensemble-rd.com
Eligibility: youth 9 to 17 years old, primary and secondary schools
Coverage area: Canada
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
Financing: federal, provincial, self-financing, donations, municipal
Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - BENNY LIBRARY
6400 de Monkland Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1H3
514 872-4147
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PIERREFONDS LIBRARY
13850 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1X7
514 620-4181 ext. 2203
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Pierrefonds-Roxboro
Hours: Monday 10h00 to 20h00, Tuesday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00, summer: Monday to Wednesday 12h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL
11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3
514 324-8112
Website: www.cafejeunessemulticulturel.org
Email: cjm@cafejeunessemulticulturel.org
Services: Meeting and cultural understanding place for youth from different cultures. * Social, cultural, educational and sporting activities.* Street work.* Citizen meetings.* Music festival.
Eligibility: youth 13 to 30 years old from various cultures
Capacity: 99
Coverage area: Montréal-Nord and surroundings
Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00, administration: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, federal, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

NATIONAL CONGRESS OF ITALIAN CANADIANS - QUÉBEC CHAPTER
Confidential Address
514 279-6357     Fax: 514 955-8527
Website: www.italcongresso.qc.ca
Email: info@italcongresso.qc.ca
Services: * Montréal's Italian Week.* Assistance to associations and social clubs of the Italian community.* Integration.* Intercultural bridge-building with other communities.
Eligibility: Italian community
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 17h00
Financing: fundraising campaigns, grants
Legal status: non-profit organization

OTU NDI IBO QUEBEC
7565 Newman Boulevard, Suite 3183, LaSalle, Montréal, QC, H8N 3H3
514 568-0801
Website: www.otundiigboquebec.org
Email: info@otundiigboquebec.org
Services: Promotion of the cultural, artistic, social and intellectual heritage of the Igbo people of Nigeria. * Community activities.
Eligibility: people from the Igbo community
Capacity: over 200 members
Coverage area: Province of Québec
Hours: every last Saturday of the month 17h00 to 22h00
Fees: $50 per year
Financing: self-financing
Legal status: non-profit organization
REGROUPEMENT INTERCULTUREL DE SAINT-LÉONARD
5960 Jean-Talon Street East, Suite 207-A, Saint-Léonard, Montréal, QC, H1S 1M2
438 930-2353
Email: coordo.risl@gmail.com
Services: Reduction of social and racial tensions arising from the cohabitation of various cultural communities.
* Training for people and counsellors about cultural realities of communities.* Awareness and knowledge of discrimination.* Educational and festive meetings.
Eligibility: counsellors and general public
Coverage area: Saint-Léonard
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

SERVICE D'ÉDUCATION ET D'INTÉGRATION INTERCULTURELLE DE MONTRÉAL
4824 de la Côte-des-Neiges Road, Suite 100, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3V 1G4
514 660-5908
Email: info@seiim.org
Services: Training on education, health, social services, immigration, employability, community organization and pairing. * Mediation and professional assistance in intercultural relationships.
Eligibility: institutions, community organizations, groupings, enterprises
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Legal status: non-profit organization

TEKEYAN ARMENIAN CULTURAL ASSOCIATION
825 Manoogian Street, Saint-Laurent, Montréal, QC, H4N 1Z5
514 747-6680 Fax: 514 747-6162
Website: tekeyanmontreal.ca
Email: centretekeyan@bellnet.ca
Eligibility: people from the Armenian community
Coverage area: Montréal
Hours: community meals: Friday evening
Fees: membership: $25 for students and people aged 65 years old and up, $40 regular, activities: variable
Financing: donations, self-financing
Legal status: non-profit organization

YOUNG MEN’S-YOUNG WOMEN’S HEBREW ASSOCIATION AND NEIGHBOURHOOD HOUSE SERVICES OF MONTREAL
5400 Westbury Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 2W8
514 737-6551 Fax: 514 735-8109
Website: www.ymywha.com
Email: marketing@ymywha.com
Services: * Fitness programs.* Health club.* Cultural and leisure services.
Capacity: 8,000 members
Coverage area: Montréal
Hours: Monday and Wednesday 4h45 to 22h30, Tuesday and Thursday 5h45 to 22h30, Friday 4h45 to 16h30, Saturday 7h30 to 21h00, Sunday 7h30 to 20h00
Financing: membership fees, grants, donations
Legal status: non-profit organization
Settlement services for newcomers

ACTION RÉFUGIÉS MONTRÉAL
1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6
514 935-7799  Fax: 514 935-9848
Website: www.actionr.org
Email: info@actionr.org

Services: Reception, education and advocacy for refugees. * Information and support.* Sponsoring: contact between refugees and groups or individuals interested in sponsoring them.* Pairing between refugee and Canadian women.* Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.
Eligibility: asylum seekers and refugees, potential sponsors
Capacity: 140 per year
Coverage area: sponsoring: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, foundations
Legal status: non-profit organization

AIDE À L’INTÉGRATION DES NOUVEAUX ARRIVANTS FRANCOPHONES
Confidential Address
Website: ainaf.com
Email: ainaf.montreal@gmail.com

Eligibility: French-speaking immigrant people
Coverage area: Montréal
Hours: soirées CRI: 2nd Wednesday of the month
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION AL ARABIYA-QUÉBEC
7104 Joseph-Renaud Boulevard, Anjou, Montréal, QC, H1K 3V5
514 717-0021
Email: alarabiyaquebec@gmail.com

Services: Integration of Arab-Muslim newcomers. * Intercultural bridge-building.* Conferences, information sessions.
Eligibility: Arab-Muslim immigrant people, people from other communities
Coverage area: Greater Montréal
Hours: variable
Fees: membership: $10 per year, variable
Financing: contributions, self-financing
Legal status: non-profit organization

ASSOCIATION DES FEMMES VIETNAMIENNES DU CANADA - RÉGION DE MONTRÉAL
77 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H2Z 1C2
514 287-1149  Fax: 514 287-9450

Services: * General assistance in social, cultural and legal fields.* Interpretation, translation, accompaniment.* Promotion of the Vietnamese culture.* Social, cultural and intercultural activities.* Cooking lessons.* Knitting, flower arrangement and photography courses.* Conferences and information sessions.
Eligibility: Vietnamese women and their families, women from other ethnic communities who want to discover the Vietnamese culture
Coverage area: Montréal area
ASSOCIATION OF NEPALESE IN QUEBEC

Confidential Address
Website: www.anqc.org
Email: anq@anqc.org
Services: * Assistance with newcomers' integration.* Promotion of Nepalese language and culture.* Volunteering.* Social activities and meetings.
Eligibility: people from Nepalese communities
Coverage area: Montréal
Financing: contributions
Legal status: non-profit organization

BANQUE INTERRÉGIONALE D'INTERPRÈTES

1301 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2L 1M3
514 597-3284
Email: 06_banque_interpretes_montreal@ssss.gouv.qc.ca
Services: Interpretation and translation for a better access to health and social services. * Service is also available for public and parapublic institutions: schools, ministers, CSST, SAAQ.* Services in about 50 languages.* Service offered by CIUSSS du Centre-Sud-de-l'Île-de-Montréal.
Eligibility: people from various cultural communities who are not proficient in English or French
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30, evening and week-end in case of emergency
Fees: $35 per hour
Financing: self-financing
Legal status: provincial government agency

CARREFOUR DES RESSOURCES EN INTERCULTUREL

1851 Dufresne Street, apartment 1, Ville-Marie, Montréal, QC, H2K 3K4
514 525-2778
Website: www.criccentresud.org
Email: info@criccentresud.org
Services: Organization of intercultural rapprochement through various projects. * Mobilization and citizen involvement: information, awareness and current affairs workshops, intercultural meetings, intercultural twinning, etc.* Relay women project Femmes-Relais: project facilitating the socioprofessional inclusion of 12 immigrants women by assisting newcomers with integration, translation, citizen involvement and information on the host society.* Anti-rumours workshops: to tackle discrimination and prejudice on host society.* Training and tools for citizens and organizations to facilitate and encourage dialogue and inclusion.* Intercultural tools: welcome guides, youtube video: A day at my school in the center-south.
Eligibility: immigrants and non immigrants, organizations, individuals and community workers, companies
Capacity: 50
Coverage area: Centre-Sud and surroundings, organizations and companies: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: free
Financing: Centraide du Grand Montreal, municipal, provincial
Legal status: non-profit organization
**CENTRE AFRIKA**
1644 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3  
514 843-4019     Fax: 514 849-4232  
Website: www.centreafrika.com  
Email: centreafrika@centreafrika.com  
**Services:** Integration of African culture into Montréal and Québec realities. *Reception, listening, accompaniment.* *Accompaniment for women and families.* *Thematic workshops on topics related to integration.* *Africa-related activities in schools and institutions: workshops, shows, conferences, etc.* *Sociocultural events.* *Spiritual and prayer groups for the Christian community.* *Global health project: introduction to stress reduction and relaxation techniques.* *Interreligious and Islamic-Christian dialogue.*  
**Eligibility:** newcomers, refugees, Africans and Canadians wanting to know more about Africa  
**Coverage area:** Montréal area  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** donations  
**Legal status:** non-profit organization

**CENTRE HAITIEN 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

**COMMUNAUTÉ MOLDAVE DU QUÉBEC**
6767 de la Côte-des-Neiges Road, Suite 693-5, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 2T6  
438 937-3608     Fax: 514 351-7949  
Website: www.moldovaquebec.ca  
Email: cm.quebec@yahoo.com  
**Services:** Integration of the Moldovan and Romanian community into Québec society. *Assistance to newcomers: trainings, individual consultations, information brochures, employment training, referrals.* *Forum on the website.*  
**Eligibility:** Eastern Europe community  
**Capacity:** 10-30  
**Coverage area:** Province of Québec  
**Hours:** Thursday 14h00 to 18h00  
**Financing:** grants  
**Legal status:** non-profit organization
DOMESTIC PROGRAMS - MÉDECINS DU MONDE
560 Crémazie Boulevard East, Ville-Marie, Montréal, QC, H2P 1E8
514 281-8998    Fax: 514 523-1861
Website: www.medecinsdumonde.ca
Email: info@medecinsdumonde.ca
Services: * Mobile medical services for homeless people.* ITSS screening and vaccination.* Individual and group psychological counselling for community workers.* Psychological support for homeless people.* Walk-in medical clinic for migrants without health insurance, immigrant children and pregnant women without access to the public health system: nurses, social workers, psychologists, lawyers, pharmacists and doctors.
Eligibility: homeless people, sex workers, people with drug addictions, street youth, migrants without health insurance, community workers
Coverage area: Island of Montréal
Hours: days and evenings, walk-in medical clinic for migrant pregnant women and children without access to the public system: Wednesday 13h00 to 16h00, for all migrants without medical insurance: Thursday 13h00 to 16h00
Fees: free
Financing: provincial, federal, fundraising campaigns, foundations
Legal status: non-profit organization

FILIPINO WOMEN'S ORGANIZATION IN QUEBEC
7595 Centrale Street, LaSalle, Montréal, QC, H8P 1K8
514 238-0089    Fax: 514 364-9833
Website: www.pinayquebec.org
Email: info@pinayquebec.org
Services: Empower Filipino women to fight for their basic rights and welfare. * Accompaniments and support.* Legal information clinics.* Workshops and educational activities.* Referrals and resources.* Unofficial translation and interpretation.
Eligibility: Filipino women
Coverage area: Montréal and surroundings
Fees: free
Financing: fundraising campaigns, self-financing, donations, grants
Legal status: non-profit organization

FONDATION LE GÎTE QUÉBEC
6455 Christophe-Colomb Avenue, Suite 300, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2G5
514 907-5366
Website: www.legite.qc.ca
Email: infos@legite.quebec
Services: Assistance with immigration procedures. * Information on sponsorship, permanent residence, refugee status, etc.* Legal counselling in person, by phone or by videoconference.* International service points.
Eligibility: immigrants and people who wish to immigrate to Canada, international students
Coverage area: Canada
Hours: Monday to Friday 12h30 to 18h00
Fees: fees may apply depending on the need of the person
Financing: donations, self-financing
Legal status: non-profit organization

HELEM MONTRÉAL
Confidential Address
514 806-5428
Website: www.montrealhelem.net
Email: info@montrealhelem.net
Immigration and cultural communities

**Services:** Gathering and advocacy of rights for gay, lesbian, bisexual, transgender and transsexual people from the Arabic-speaking community. * Monthly meetings.* Support for homosexual refugees coming from Arab countries.* Workshops, discussion, conferences.* Social activities.* Awareness, debate.* Representation within Arab-speaking and LGBT communities.

**Eligibility:** gay, lesbian, bisexual, transgender and transsexual people from the Arabic-speaking community

**Coverage area:** Greater Montréal

**Hours:** meetings: 1st Sunday of the month

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**HIRONDELLE (L’)- SOUTIEN ET AIDE À LA FAMILLE ET RAPPROCHEMENT INTERCULTUREL**

Confidential Address

514 281-2038

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

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

**Eligibility:** immigrant fathers and their families

**Coverage area:** Greater Montréal

**Financing:** Centraide of Greater Montréal

**Legal status:** non-profit organization

**IRAQI COMMUNITY CENTER**

6767 Côte-des-Neiges Road, Suite 604-1, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6

514 823-4727

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

**Email:** info@iraqicommunitycenter.com

**Services:** * Assistance to new Iraqi immigrants for housing and work.* Organization of community events.* Representation of the community at the local and national levels.* Lectures on important issues for the community.

**Eligibility:** people from the Iraqi community

**Coverage area:** Montréal

**Legal status:** non-profit organization

**MARINERS HOUSE OF MONTRÉAL**

Vieux-Port, Terminal Iberville, Hangar 3, Ville-Marie, Montréal, QC, H2Y 2E2

514 849-3234

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

**Email:** manager@marinershouse.ca

**Services:** Recreational centre for seamen. * Transportation to and from ships.* Foreign currency exchange.* Long-distance calls.* Full mailing service and international money transfers.* Religious services on request.

**Eligibility:** mariners

**Capacity:** 162

**Coverage area:** Port of Montréal

**Hours:** Monday to Friday 14h00 to 22h00, Saturday and Sunday 15h00 to 22h00

**Financing:** donations

**Legal status:** non-profit organization

**PRO BONO QUÉBEC - SERVICES AUX RÉFUGIÉS**

Confidential Address

514 904-1076  Fax: 514 905-0228

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

**Email:** info@probonoquebec.ca
Services: * Free legal information sessions for refugees and newcomers.* Free legal services for refugees.
Eligibility: refugees and organizations helping refugees
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 à 17h00
Fees: free
Legal status: non-profit organization

RACINES - SOUTIEN AUX FAMILLES D’ORIGINE MAROCAINE EN DIFFICULTÉ
10780 Laverdure Street, Suite 311, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 814-8281
Website: www.associationracines.ca
Email: info@associationracines.ca
Services: * Psychosocial intervention and accompaniment.* Family reconciliation and communication.* Support to parents of youth in difficulty.* Tools and information on Québec society: rights and responsibilities, social and professional skills development.* Workshops and conferences.
Eligibility: families of Maghreb origin
Coverage area: Montréal
Fees: free
Financing: grants
Legal status: non-profit organization

SAINT-JACQUES SYRIAC ORTHODOX CHURCH
4375 Henri-Bourassa Boulevard, Saint-Laurent, Montréal, QC, H4L 1A5
514 334-6993
Email: stjacques@syrianorthodoxchurch.com
Services: Help and support to the Syrian immigrants. * Sponsoring of refugees.* Donations matching service: matching between donators and people who may need household items or furniture, possibility of transportation if needed.
Eligibility: Syrian newcomers
Coverage area: Montréal
Hours: on appointment
Financing: donations
Legal status: non-profit organization

SYLVAN ADAMS YM-YWHA
5400 Westbury Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 2W8
514 737-6551     Fax: 514 735-8109
Website: www.ymywha.com
Email: marketing@ymywha.com
Services: Pre-school services. * Aquatics.* Community services.* Fitness.* athletics and health services.* Adaptation for immigrants.
Coverage area: Montréal
Hours: Monday and Wednesday 16h45 to 22h30, Tuesday and Thursday 17h45 to 22h30, Friday 4h45 to 17h00
Legal status: non-profit organization

WEST ISLAND WOMEN'S CENTRE
11 Rodney Avenue, Pointe-Claire, Montréal, QC, H9R 4L8
514 695-8529     Fax: 514 695-0503
Website: www.wiwc.ca
Email: persianpickle@hotmail.com
Services: * Daytime and evening courses: personal development, fitness, special interest and classes for children.* * Seminars.* * Adult and teen workshops.* * Program for recent immigrants to facilitate their integration.* Monthly support group to help women coping with a miscarriage, stillbirth or infant death.* Monthly new moms support group to help new mothers adjust to life with baby.* Weekly support groups (8 weeks) on various topics offered each session.* * Wellness clinics offered once or twice a month.* * Free childcare offered during daytime programming only.

Eligibility: women and pre-school children
Capacity: courses: 10 to 25 participants, depending on the type of course, support groups: 14 participants, free seminars or wellness clinics: 6 to 25 participants
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 15h00, closed in July and August, most support groups offered during the evening
Fees: annual membership: $25, course fees vary, seminars, wellness clinics, support groups, and other outreach programs are free
Financing: Centraide of Greater Montreal, provincial
Legal status: non-profit organization

WOMEN AGAINST RAPE AND INCEST
Confidential Address
514 278-9383   Fax: 514 278-9385
Website: www.mcvicontreleviol.org
Email: mcvi@contreleviol.org
Eligibility: women 14 years and over victims of rape, incest or sexual abuse, mothers of children victims of sexual abuse, immigrant women victims of racism or seeking asylum
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 16h30, support group and discussion workshops: day and evening
Fees: free
Financing: grants, fundraising campaign
Legal status: non-profit organization
Indigenous Peoples

COMMUNITY SUPPORT

EMPLOYMENT

GOVERNMENT SERVICES
Community Support

CANADA WORLD YOUTH
2330 Notre-Dame Street West, Suite 300, Le Sud-Ouest, Montréal, QC, H3J 1N4
514 931-3526     Fax: 514 939-2621
Website: www.canadaworldyouth.org
Email: info@cwy-jcm.org
Services: Enrichment program for youth wanting to become informed and active global citizens. * International learning experiences.* Sustainable community-driven projects.* Promotion of knowledge, leadership and other key skills.
Eligibility: youth 15 to 35 years old, Canadian citizens, landed immigrants, Indigenous people
Capacity: 800 participants per year
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, fundraising campaigns
Legal status: non-profit organization

MONTREAL URBAN ABORIGINAL COMMUNITY STRATEGY NETWORK
Confidential Address
Website: reseaumtlnetwork.com
Email: reseau.mtl.communications@gmail.com
Services: Coordination for improving the quality of life of Aboriginal people. * Information and knowledge exchange.* Development of projects and partnerships.
Eligibility: Aboriginal people, volunteers, organizations, institutional and governmental partners
Coverage area: Greater Montréal
Financing: federal, provincial, municipal
Legal status: non-profit organization

Employment

CENTRE IVIRTIVIK
4590 de Verdun Street, Suite 200, Verdun, Montréal, QC, H4G 1M3
514 564-3051     Fax: 514 419-2439
Website: www.ivirtivik.org
Services: Employment assistance program for a period of six months and 30 hours per week. * Job search workshops, help with resumes, interview preparation.* Communication workshops and general culture.* Assistance with the integration of labor market or return to school.* French and computer courses for participants.
Eligibility: Inuit 18 years and over
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

SOCIÉTÉ DE DÉVELOPPEMENT SOCIAL
1097 Saint-Alexandre Street, Suite 207, Ville-Marie, Montréal, QC, H2Z 1P8
514 312-7344     Fax: 514 312-7366
Website: www.courtier.social
Email: info@courtier.social
**Services:** Intermediary between the business world and the community to help companies and institutions achieve their social engagement in projects related to homelessness and social exclusion. *Online job platform enabling a direct link between companies, rehabilitation programs and candidates looking for employment opportunities: [http://destinationemploi.ca/](http://destinationemploi.ca/)*

**Eligibility:** shelters and other non-profit organizations helping people who are homeless or in precarious situations (variable hiring criteria depending on the needs of the companies)

**Capacity:** approximately 190 placements per year

**Coverage area:** Island of Montréal

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

**Financing:** municipal, donations

**Legal status:** non-profit organization

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**Government Services**

**BUREAU D’ÉVALUATION MÉDICALE DE MONTRÉAL**

35 Port-Royal Street, 1st floor, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1

514 873-1923  Fax: 514 873-1622

Website: [www.travail.gouv.qc.ca/evaluation_medicale/bureau_devaluation_medicale.html](http://www.travail.gouv.qc.ca/evaluation_medicale/bureau_devaluation_medicale.html)

**Services:** Medical expertise relative to work accidents. *Take action in cases of contrary medical assessments by the doctor in charge of the worker and the doctor designated by the employer or the CNESST.* Neutral and impartial medical evaluation.

**Eligibility:** injured workers

**Coverage area:** Greater Montréal

**Legal status:** provincial government agency

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**COMMISSION DE LA CONSTRUCTION DU QUÉBEC**

Montréal Office, 1201 Crémazie Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2M 0A6

1 888 842-8282  Fax: 514 341-4025

Website: [www.ccq.org](http://www.ccq.org)

**Services:** Responsible for applying the Act on Labour Relations, Vocational Training, and Manpower Management in the Construction Industry (Act R-20) which provides a legal framework for the industry in Québec. *Services to clients: benefits, retirement and insurance, vocational training, force management and application of collective agreements in the construction industry.* Issuance of certificates of competence or exemption.

**Eligibility:** construction industry

**Coverage area:** Province of Québec

**Hours:** call centres: Monday to Friday 8h30 to 16h30, Office: Monday, Tuesday, Thursday and Friday 8h15 to 12h00 and 13h00 to 16h45, Wednesday 10h00 to 12h00 and 13h00 to 16h45

**Fees:** variable

**Legal status:** parapublic organization

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**COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - MONTREAL ISLAND**

1 complexe Desjardins, South Tower, 31st floor, Ville-Marie, Montréal, QC, H5B 1H1

1 844 838-0808  Fax: 1 855 722-8081

Website: [www.cnesst.gouv.qc.ca](http://www.cnesst.gouv.qc.ca)

**Services:** *Support for workers and employers in their efforts to eliminate hazards in their workplace.* Inspection of workplaces. *Promotion of occupational health and safety.* Compensation for workers who suffered an occupational injury. *Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

**Eligibility:** employers and employees

**Coverage area:** Montreal Island
Indigenous Peoples

Hours: Office: Monday to Friday 8h30 to 16h30, except holidays
Financing: membership fees, self-financing
Legal status: provincial government agency

EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA
Complexe Guy-Favreau, 200 René-Lévesque West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4
Website: www.edsc.gc.ca
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION
200 René-Lévesque Boulevard West, East Tower, Room 102, Ville-Marie, Montréal, QC, H2Z 1X4
1 866 626-8719     Fax: 514 496-6629
Website: www.irb-cisr.gc.ca
Services: Independent administrative tribunal making decisions on immigration and refugee status.
Eligibility: claimants of immigration or refugee status
Coverage area: Province of Québec
Financing: federal
Legal status: federal government agency

INDEMNISATION DES VICTIMES D’ACTES CRIMINELS
1199 De Bleury Street, Le Sud-Ouest, Montréal, QC, H3C 4E1
1 800 561-4822     Fax: 514 906-3029
Website: www.ivac.qc.ca
Email: info@ivac.qc.ca
Eligibility: victims of crime and their rescuers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: federal, provincial
Legal status: parapublic organization

INTERIM FEDERAL HEALTH PROGRAM
Confidential Address
Website: www.cic.gc.ca/english/refugees/outside/arriving-healthcare/individuals.asp
Services: Limited and temporary coverage of health-care benefits. * Basic coverage: in-patient and out-patient hospital services, consultation with licensed health-care professionals.* Supplemental coverage: limited vision and urgent dental care, home care and long-term care, services from allied health-care practitioners including clinical psychologists, psychotherapists, counselling therapists, occupational therapists, speech language therapists, physiotherapists and assistive devices, medical supplies and equipment.* Prescription drug coverage.* Coverage for the Immigration Medical Exam. * Those coverages may have maximum amount and are no longer valid once the person is eligible for provincial or territorial health-care.
Eligibility: resettled refugees (government-assisted refugees, blended visa office-referred refugees, joint assistance sponsorship program refugees, refugees sponsored by organizations in cost-sharing arrangements, privately sponsored refugees), protected persons in Canada, refugee claimants (awaiting decision, rejected claimant, ineligible claimants, people who received a positive pre-removal risk assessment), victims of human trafficking, detainees under the Immigration and Refugee Protection Act

Coverage area: Canada

Fees: free

Legal status: federal government agency

MINISTÈRE DU REVENU DU QUÉBEC

Complexes Desjardins, North Tower, basilaire 1, 150 Sainte-Catherine West Street, Ville-Marie, Montréal, QC, H2Y 3X7

514 864-6299 Fax: 514 873-7502 TTY: 514 873-4455

Website: www.revenuquebec.ca

Services: Ensure perception of income and sale taxes to finance public services. * Manage the Programme de perceptions des pensions alimentaires as well all the others perception and redistribution programs.* Manage and liquidate the unclaimed goods.* Register of businesses and moral persons in activity in the province.* Advise the government relatively to fiscal policy.

Coverage area: province of Québec

Hours: in person: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h00, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

QUÉBEC PARENTAL INSURANCE PLAN

Confidential Address

1 888 610-7727

Website: www.rqap.gouv.qc.ca

Services: Financial benefits to eligible workers taking maternity, parental, paternity or adoption leave.

Eligibility: employees or self-employed workers

Coverage area: province of Québec

Hours: phone service: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: provincial government agency

RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC

425 De Maisonneuve Boulevard West, 3rd floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

514 864-3411 TTY: 1 800 361-3939

Website: www.ramq.gouv.qc.ca


Coverage area: province of Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency
REVENU QUÉBEC - MONTRÉAL CENTRE
Complexe Desjardins, 150 Sainte-Catherine Street West, North Tower, basilaire 1, Ville-Marie, Montréal, QC, H2X 3Y2
514 864-6299   Fax: 514 873-7502   TTY: 514 873-4455
Website: www.revenuquebec.ca
Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area: Province of Québec
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL EAST
Village olympique, 5199 Sherbrooke Street East, Pyramide East, Suite 4000, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4C2
514 864-6299   Fax: 514 873-7502   TTY: 514 873-4455
Website: www.revenuquebec.ca
Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

REVENU QUÉBEC - MONTRÉAL WEST
Les Galeries Saint-Laurent, 2215 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4R 1K4
514 864-6299   Fax: 514 873-7502   TTY: 514 873-4455
Website: www.revenuquebec.ca
Services: * Administrator of Québec's tax system by collecting taxes.* Administration of programs and services related to income: tax credits, housing benefits, work bonuses, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area: Province of Québec
Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - MONTRÉAL
2050 De Bleury Street, RC 10, Ville-Marie, Montréal, QC, H3A 2J5
1 877 644-4545   TTY: 1 800 361-9596
Website: www.gouv.qc.ca
Services: * Information on government programs and services.* Self-serve computer stations.* Services related to land registry of Quebec.* Administration-of-oath services.* Services related to the registry of enterprises.
Coverage area: Island of Montréal
Hours: In person: Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h00 to 20h00
Legal status: provincial government agency

SERVICES QUÉBEC - MONTRÉAL (SAINT-LÉONARD)
7335 Langelier Boulevard, C-18, Saint-Léonard, Montréal, QC, H1S 1V7
1 877 644-4545   TTY: 1 800 361-9596
Website: www.gouv.qc.ca
Services: * Information on government programs and services.* Self-serve computer stations.* Administration-of-oath services.

Coverage area: Montréal

Hours: In person: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30, telephone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency
Intellectual Disability

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

AUTISM, PDD, ADHD

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT AND INTEGRATION ORGANIZATIONS

THERAPY AND REHABILITATION CENTRES
Advocacy for people with an intellectual disability

CENTRE LIBRES EXPRESSIONS
14115 Prince-Arthur Street, Suite 146, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1A8
514 787-0131     Fax: 514 498-9697
Email: centrelibresexpressions@mainbourg.org

Services: * Day centre: social, recreational and cultural activities.* Advocates for the interests of people with intellectual or physical disabilities.
Eligibility: autonomous adults with moderate to severe intellectual or physical disabilities
Capacity: 12
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 14h30
Financing: provincial, grants
Legal status: non-profit organization

FÉDÉRATION DES MOUVEMENTS PERSONNE D’ABORD DU QUÉBEC
3958 Dandurand Street, Local S-4, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
514 723-7507     Fax: 514 723-2517
Website: www.fmpdaq.org
Email: fmpdaq@bellnet.ca

Services: Consultation for the defense of rights and interests of people with intellectual disabilities. * Mobilization and awareness.* Answers to various government consultations.* Partnership with other organizations in the community network.
Eligibility: adults who live with or have been labeled with an intellectual disability
Coverage area: province of Québec
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

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

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

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

**Coverage area:** Montréal Island

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

**Fees:** free

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

**Legal status:** non-profit organization

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**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

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**REGROUPEMENT DES ACTIVISTES POUR L'INCLUSION AU QUÉBEC**

Confidential Address

514 656-1664    Fax: 514 504-1664

Website: www.rapliq.org

Email: le.rapliq@gmail.com

**Services:** Advocacy of rights for people with disabilities. * Assistance and support for conflict resolution.* Information, mobilization and awareness.

**Eligibility:** people with disabilities

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

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**REGROUPEMENT POUR LA TRISOMIE 21**

3250 Saint-Joseph Boulevard East, Suite 1-A, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3G2

514 850-0666

Website: www.trisomie.qc.ca

Email: info@trisomie.qc.ca

**Services:** * Accompaniment and support.* Conferences.* Sociocultural activities.* Early stimulation.* Intervention with stakeholders and decision-makers from the health care, social services, education and work networks.

**Eligibility:** people living with trisomy 21, their parents

**Coverage area:** Province of Québec

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

**Fees:** membership: $20 per family per year

**Financing:** donations, contributions, fundraising campaigns

**Legal status:** non-profit organization
SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES
5199 Sherbrooke Street East, Suite 4780, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-6067 Fax: 514 254-7983
Website: www.spph.net
Email: info@spph.net
Eligibility: parents of disabled persons 0 to 30 years old living in their family environment
Coverage area: Greater Montréal, online database: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, emergency respite: 7 days
Fees: annual contribution: $10
Financing: provincial, Centraide of Greater Montréal, federal, self-financing, donations
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

ADAPTED MARTIAL ARTS DEVELOPMENT ASSOCIATION
Confidential Address
514 817-4614
Website: www.adamacanada.org
Email: info@adamacanada.org
Services: Promotion of people with specific needs inclusion through martial arts. * Karate classes.* Support to martial arts club wishing to include people with specific needs.* Training to parents, interveners, instructors and accompanists.* Advocacy.
Eligibility: child and teenagers living with an autism spectrum disorder, an intellectual disability or a physical limitation
Coverage area: Montréal Island
Legal status: non-profit organization

ASSOCIATION DE PARENTS POUR LA DÉFICIENCE INTELLECTUELLE ET LES TROUBLES ENVAHISSANTS DU DÉVELOPPEMENT
3958 Dandurand Street, 1st floor, Suite 5, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
514 376-6644
Website: www.apdited.com
Email: apdited@gmail.com
**Services:** * Promotion and protection of rights and interests, representation.* Information, referrals, advocacy.* Workshops and monthly themed conferences.

**Eligibility:** parents or caregivers, responsible for children with an intellectual disability or a disorder of the autism spectrum

**Coverage area:** Montréal

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

**Fees:** membership: $15 per year

**Financing:** donations, membership fees, provincial

**Legal status:** non-profit organization

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**AUTISME MONTRÉAL**

4450 Saint-Hubert Street, Suite 320, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9

514 524-6114    Fax: 514 524-6420

**Website:** www.autisme-montreal.com

**Email:** accueil@autisme-montreal.com

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

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

**Capacity:** 632 members

**Coverage area:** Island of Montréal

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

**Fees:** annual membership

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

**Legal status:** non-profit organization

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**CENTRE D’INTÉGRATION TSA**

5450 Plamondon Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 0A1

514 735-0321    Fax: 514 735-1508

**Email:** kathalay2@centretsa.org

**Services:** Support to people living with an autism spectrum disorder and their families. * Listening and informations to parents of children with an autism spectrum disorder.* Day centre for people aged 16 years and over.* Weekend respite from Friday to Sunday.* Emergency respite.* After-school caretaking.* Summer camp.

**Eligibility:** people living with an autism spectrum disorder and their families

**Capacity:** 10 per week-end

**Coverage area:** Montréal

**Legal status:** non-profit organization

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**CENTRE DE PSYCHOLOGIE GOUIN**

39 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1H9

514 331-5530    Fax: 514 336-9166

**Website:** www.cpgouin.ca

**Email:** info@cpgouin.ca

**Services:** * Family, couple and individual therapy.* Play therapy.* Clinic for early childhood and attachment 0 to 5 years: screening various issues.* Clinic for children 6 to 12 years and clinic for teens 13 to 18 years: assessment, counseling, therapy, evaluation of autism spectrum disorders (ASD), parental guidance meetings, family therapy and intervention.* Adult clinic.* Psycho-legal assessments.* Neuropsychological assessment.

**Eligibility:** children, teenagers, adults, couples, families

**Coverage area:** Greater Montréal

**Hours:** Monday to Tuesday 8h00 to 21h00, Friday 8h00 to 16h00

**Fees:** individual therapy: $110 per hour, family and couple: $130 per hour, family programs at low prices and subsidized
Financing: self-financing
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES
ENVAHISSANTS DU DÉVELOPPEMENT DE MONTRÉAL - SIÈGE SOCIAL
75 Port-Royal Street East, Suite 110, Ahuntsic-Cartierville, Montréal, QC, H3L 3T1
514 387-1234 Fax: 514 387-5013
Website: www.Internet.crditedmtl.ca
Services: * Specialized rehabilitation and social integration services.* Specialized educational services for families and relatives.
Eligibility: people with a diagnosis of autism spectrum disorder or intellectual disability
Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE
- GUICHET D'ACCÈS DI-TSA-DP
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE - GUICHET D'ACCÈS DI-TSA-DP
2909 Rachel Street East, Suite 411, Rosemont-La Petite-Patrie, Montréal, QC, H1W 0A9
514 524-3288
Website: www.santemontreal.qc.ca/population/services/guichet-dacces-di-tsa-dp/#guichet-cuisss
Email: guichet.unique.di-tsa-dp.cmrtl@ssss.gouv.qc.ca
Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths.
Eligibility: people with a physical or an intellectual disability or with spectrum autism disorder
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE
- GUICHET D'ACCÈS DI-TSA-DP
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'EST-DE-L'ÎLE - GUICHET D'ACCÈS DI-TSA-DP
1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 384-2000 ext. 8332
Website: www.santemontreal.qc.ca/population/services/guichet-dacces-di-tsa-dp/#guichet-cuisss
Email: ga.ditsadp.cmrtl@ssss.gouv.qc.ca
Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths.
Eligibility: people with a physical or an intellectual disability or with spectrum autism disorder
Coverage area: Ahuntsic-Cartierville, Montréal-Nord, La Petite-Patrie, Saint-Laurent, Villeray, Parc-Extension
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DE L'OUEST-DE-
L'ÎLE-MONTRÉAL - GUICHET D'ACCÈS DI-TSA-DP
8000 Notre-Dame Street West, Lachine, Montréal, QC, H8R 1H2
514 363-3025 ext. 2257
Website: www.santemontreal.qc.ca/population/services/guichet-dacces-di-tsa-dp/#guichet-cuisss
Email: guichet-acces-di-tsa-dp.comtl@ssss.gouv.qc.ca
Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths.
Eligibility: people with a physical or an intellectual disability or with spectrum autism disorder
Coverage area: Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, Île-Bizard-Sainte-Geneviève, Pierrefonds, Pointe-Claire, Roxboro, Sainte-Anne-de-Bellevue, Senneville, Dorval, Lachine et LaSalle
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-OUEST-DE-L’ÎLE-DE-MONTRÉAL - GUICHET D’ACCÈS DI-TSA-DP
7000 Sherbrooke Street West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 384-2000 ext. 1250
Website: www.santemontreal.qc.ca/population/services/guichet-dacces-di-tps-dp/#guichet-cuisss
Email: guichet.ditsadp.comtl@ssss.gouv.qc.ca
Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths.
Eligibility: people with a physical or an intellectual disability or with spectrum autism disorder
Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Hampstead, Mont-Royal, Montréal-Ouest, Outremont, Westmount
Legal status: parapublic organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - GUICHET D’ACCÈS DI-TSA-DP
2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8
514 527-4525
Website: www.santemontreal.qc.ca/population/services/guichet-dacces-di-tps-dp/#guichet-cuisss
Email: adeo-ditsadp.ccsmtl@ssss.gouv.qc.ca
Services: Receives and processes requests for specific and rehabilitation services for the entire territory. * Centralized service covering all installations to facilitate access paths.
Eligibility: people with a physical or an intellectual disability or with spectrum autism disorder
Coverage area: Plateau Mont-Royal, Ville-Marie, Le Sud-Ouest and Verdun
Legal status: parapublic organization

CLSC DE HOCHELAGA-MAISONNEUVE
4201 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 253-2181
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 et prenatal meetings.* Alchohoix+: prevention and referral relative to addictions.* Psychosocial support for children and adults with a disability or an autism spectrum disorder.* Tests centre.* Quit smoking centre.
Coverage area: Mercier-Hochelaga-Maisonneuve
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

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
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

480
CLSC DE POINTE-AUX-TREMBLES-MONTRÉAL-EST
13926 Notre-Dame Street East, Rivièr-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1T5
514 642-4050
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.* 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. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.* Quit smoking centre.
Eligibility: youth clinic: 14 to 21 years old
Coverage area: Montréal-Est, Pointe-Aux-Trembles
Hours: Monday to Friday 8h00 to 20h00, Saturday, Sunday and holidays 8h00 to 16h00, youth clinic: Wednesday 12h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DE RIVIÈRE-DES-PRAIRIES
8655 Perras Boulevard, Rivièr-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 4M7
514 494-4924
Website: www.ciusss-estmtl.gouv.qc.ca
Coverage area: Rivièr-Des-Prairies
Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, youth clinic: Thursday 12h00 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-LÉONARD
5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9
514 722-3000
Website: www.ciusss-estmtl.gouv.qc.ca
Coverage area: Saint-Léonard
Hours: Monday to Friday 8h00 to 20h00, youth clinic: 12h00 to 17h00
Financing: provincial
Legal status: parapublic organization

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

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**CLSC OLIVIER-GUIMOND**

5810 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1B2

514 255-2365

**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.* Alcoholix+: prevention and referral about addictions.* Psychosocial support and information relative to disabilities and pervasive developmental disorder.* Quit smoking centre.

**Coverage area:** Mercier, Rosemont

**Hours:** Monday to Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

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**COMITÉ RÉGIONAL DES ASSOCIATIONS POUR LA DÉFICIENCE INTELLECTUELLE**

6365 De Saint-Vallier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2P6

514 255-8111

**Email:** cradi@cradi.com

**Services:** *Rights advocacy and promotion of interests.* Consultation, representation and mobilization.* Awareness of population and policy makers.

**Eligibility:** people with intellectual disabilities or an autism spectrum disorder, their families, community organizations working in this sector

**Coverage area:** Montréal

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

**Financing:** provincial

**Legal status:** non-profit organization

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**CORPORATION L’ESPOIR**

55 Dupras Street, Suite 511, Lasalle, Montréal, QC, H8R 4A8

514 367-3757  Fax: 514 367-0444

**Website:** www.corporationespoir.org

**Email:** info@corporationespoir.org

**Services:** *Reception and referral.* Support for parents.* Promotion and advocacy.* Support for people with an intellectual disability or an autism spectrum disorder.* In-home respite.* Accompaniment for appointments and daily activities.* Integration and recreational programs.* Day camp.* Outdoor week-ends.* Introduction to autonomous life.* Self-help groups.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder, their relatives

**Coverage area:** Greater Montréal, mainly Le Sud-Ouest

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

**Fees:** annual membership: $25

**Financing:** Centraide of Greater Montreal

**Legal status:** non-profit organization
EAST FOUNDATION
12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 323-9950  Fax: 514 327-4888
Website: www.eastfoundation.ca
Email: kids@eastfoundation.ca
Services: Supporting the development of children and adults with disabilities. * Therapeutic and recreational services.
Eligibility: children, teenagers and adults with an intellectual disability, a physical handicap or a pervasive developmental disorder, parents and caregivers
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 16h00
Legal status: non-profit organization

EMERGO RESPITE SERVICES-AUTISM AND OTHER PDD
1862 Jolicoeur Street, Le Sud-Ouest, Montréal, QC, H4E 1X2
514 931-2882  Fax: 514 931-2397
Website: www.repitemergo.com
Email: info@repitemergo.com
Services: * Summer camp respite.* School respite on weekends.
Eligibility: people with autism 4 years and older
Capacity: 20 participant per week-end
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: membership: $35, variable fees according to the number of days
Financing: donations, federal, provincial
Legal status: non-profit organization

GOLD CENTRE (THE)
5331 Ferrier Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 1M1
514 345-8330  Fax: 514 345-1619
Website: www.goldlearningcentre.com
Email: info@goldlearningcentre.com
Services: Services for people with autism, their relatives and professionnals. * Early intensive behavioral intervention (EIBI).* Early infant stimulation.* Conferences and training programs in the field of autism and developmental disabilities.* Educational resource bank of materials.* Adult leisure activities.
Eligibility: people with autism spectrum disorder and intellectual disabilities, parents, field professionals and paraprofessionals
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 17h30
Financing: foundation, donations
Legal status: non-profit 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
**MAISON RÉPIT OASIS**

2015 Holy Cross Street, Le Sud-Ouest, Montréal, QC, H4E 2A4  
514 768-7161  
Website: www.maisonrepiteasis.org  
Email: info@maisonrepiteasis.org  

**Services:** * Weekend respite.* * Activities and intervention towards autonomy and social integration.* L’Envolée: early stimulation project.  

**Eligibility:** respite: people with developmental delay or intellectual disabilities, l’Envolée: children 0 to 5 years old with developmental delays or an autism spectrum disorder  

**Capacity:** respite: 13 persons  

**Coverage area:** respite: Montréal, l’Envolée: Sud-Ouest  

**Hours:** respite: Friday 18h00 to Sunday 18h00, l’Envolée: Monday to Thursday 8h30 to 12h00 and 13h30 to 15h00, Friday 8h30 to 12h00, once or twice a week, administration: Monday to Friday 8h30 to 16h00  

**Fees:** 48 hours respite: $125 to $140, l’Envolée: $15 per year, $3 per month for snacks  

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

**Legal status:** non-profit organization  

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**MAISON ST-JACQUES**

1629 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1  
514 526-4132  
Fax: 514 526-2731  
Website: www.maisonstjacques.com  
Email: info@maisonstjacques.com  

**Services:** Alternative resource offering specialized mental health treatment. * Group psychotherapy.  

**Eligibility:** adults 18 to 50 years old with mental health problems, emotional suffering, borderline personality disorders, anxiety disorders (panic, agoraphobia, etc.), adjustment disorders, attention deficit disorders (ADD), bipolar or depression disorders  

**Capacity:** 8 people per group maximum, 6 groups  

**Coverage area:** Montréal and surroundings  

**Hours:** office: Monday to Thursday 9h00 to 17h00, therapy: day and evening, twice a week  

**Fees:** free  

**Financing:** provincial  

**Legal status:** non-profit organization  

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**MONTREAL ADD/ADHD SUPPORT GROUP (THE)**

Confidential Address  
514 445-7639  
Email: terryrpw@colba.net  

**Services:** Support group on ADD and ADHD.  

**Eligibility:** adults with ADD or ADHD  

**Capacity:** 50  

**Coverage area:** Montréal  

**Hours:** every 2nd Tuesday evening  

**Fees:** none  

**Legal status:** non-profit organization  

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**Intellectual Disability**

**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
MONTRÉAL CHILDREN’S HOSPITAL
1001 Décarie Boulevard, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1
514 412-4400
Website: www.thechildren.com
Eligibility: children from birth to 18 years old, interpretation in more than 52 languages and dialects
Coverage area: Province of Québec
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic 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
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

RECOVERY CANADA
Shaare Zion Congregation, 5575 Côte-Saint-Luc Road, Hampstead, Montréal, QC, H3X 2C9
514 481-7030
Website: www.recoverycanada.org
Email: jasfer@sympatico.ca
Services: * Ongoing weekly self-help groups.* Training in cognitive behavioural skills for the management of nervous fears and nervous symptoms.
Eligibility: adults living with emotional difficulties
Capacity: self-help group: between 5 and 20 people per meeting
Coverage area: Greater Montréal
Hours: self-help group: Mondays 19h00 to 20h30
Fees: voluntary contributions only
Financing: self-financing
Legal status: non-profit organization

RECOVERY CANADA - PIERREFONDS
St. Michael and All Angels Church, 15556 Cabot Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H9
514 481-7030
Website: www.recoverycanada.org
Email: kelemensusan@gmail.com
Services: * Ongoing weekly self-help groups.* Training in cognitive behavioural skills for the management of nervous fear and nervous symptoms.
Eligibility: adults living with emotional difficulties
Capacity: self-help group: between 5 and 20 people per meeting
Coverage area: Greater Montréal
Hours: Wednesday 19h00 to 21h00
Fees: voluntary contributions only
Financing: self-financing
Legal status: non-profit organization

RECOVERY CANADA - WEST ISLAND GROUP
Sainte-Geneviève's Church, 4697 Saint-Jean Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9H 2A7
514 697-5977
Website: www.recoverycanada.org
Email: kelemensusan@gmail.com
Services: * Ongoing weekly self-help groups.* Training in cognitive behavioural skills for the management of nervous fears and nervous symptoms.
Eligibility: adults living with emotional difficulties
Capacity: self-help group: between 5 and 20 people per meeting
Coverage area: Greater Montréal
Hours: self-help group: Monday 19h00 to 21h00
Fees: voluntary contributions only
Financing: self-financing
Legal status: non-profit organization

RIVIÈRE-DES-PRAIRIES HOSPITAL
7070 Perras Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 1A4
514 323-7260 Fax: 514 323-8622
Website: ciuss-nordmtl.gouv.qc.ca
Eligibility: youth 18 years old and less coping with transitory or persistent mental disorders, either with or without intellectual disabilities, anyone with autism spectrum disorders and psychiatric pathology or with severe adjustment problems
Financing: provincial
Legal status: parapublic organization

TROUPE ATOUT-COEUR
Confidential Address
514 956-7322
Website: www.troupeatoutcoeur.weebly.com
Email: troupeatoutcoeur@gmail.com
Services: Promote integration of people living with an intellectual disability or autism spectrum disorder through performing arts. * Raise awareness by producing plays with social themes and giving conferences.* Theater, improvisation and dancing classes.* Fundraising show.
Eligibility: people living with an intellectual disability or an autism spectrum disorder
Coverage area: Montréal Island
Financing: fundraising show
Legal status: non-profit organization
YALDEI SHASHUIM DEVELOPMENTAL CENTER
51471 Van Horne Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1J6
514 279-3666 Fax: 514 278-3666
Website: www.yaldei.org
Email: info@yaldei.org
Services: Early Intervention treatment for children aged 0 to 6 years and specialized therapies for children with developmental needs aged 0 to 12 years. * École Yaldei: for children 5 to 12 years old.* Parent meetings, parent and caregiver workshops, guest speaker evenings.* School support, respite, summer camp.
Eligibility: children with developmental needs 0 to 18 years
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 17h00
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

Recreation and camps

ADMI
4960 7th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2M9
514 527-7671 Fax: 514 527-7811
Email: ldjadmi@hotmail.com
Services: * Recreational, physical and sports, social and cultural activities.* Summer day camps.* Open air days.* Week-end activities.* Bowling league.* Week-end respite assistance.* Information, support and guidance to parents.
Eligibility: people with intellectual disabilities aged 6 years old and more
Coverage area: Montréal
Hours: Monday and Thursday, variable
Fees: variable
Financing: self-financing
Legal status: non-profit organization

ALTERGO
525 Dominion Street, Suite 340, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-2739 Fax: 514 933-9384 TTY: 514 933-2739
Website: www.altergo.ca
Email: info@altergo.ca
Services: * Recreational activities for people with a disability.* Ease universal access to recreation, culture and sports.* Training courses to equip individuals and organizations in welcoming people with disabilities.* Défi AlterGo: a sporting competition for athletes with a disability.* Leisure accompaniment program of the Island of Montréal (PALIM).* Tourist and leisure vignette for attendants of people with disability (VATL).
Eligibility: organizations or recreational services for people with a disability, people with a disability
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

AMIS DE L’EST POUR LA DÉFICIENCE INTELLECTUELLE (LES)
12230 6th Avenue, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 1S2
514 648-0254 Fax: 514 648-0252
Website: www.lesamisdelest.com
Email: lesamisdelest@hotmail.com
**ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC**

4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2

514 252-3049

Website: www.assq.org

Email: info@assq.org

**Services:** Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes.*

**Eligibility:** deaf and hearing impaired people

**Capacity:** unlimited

**Coverage area:** Province of Québec

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

**Fees:** membership: $5, students: $1

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE RADISSON**

3800 Radisson Street, Suite 105, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1M 1X6

514 252-1671     Fax: 514 252-1291

Website: www.centreradisson.org

Email: infoccr@videotron.ca

**Services:** * Community centre.* Development of citizen involvement for people with one or more physical disabilities. * Educational, social, cultural and recreational activities.* Support to participants in the discovery and development of their abilities.* Youth (18 to 30 years old): network of youth with physical limitations.*

**Eligibility:** adults and young adults with physical disabilities

**Capacity:** 225 members

**Coverage area:** Metropolitan Montréal

**Hours:** Monday to Friday 8h30 to 16h30, youth 18 to 15 years old: Saturday 13h00 to 20h00

**Fees:** membership card: $15, minimal fees for activities per session
**CENTRE D'INTÉGRATION À LA VIE ACTIVE**

525 Dominion Street, Suite 330, Le Sud-Ouest, Montréal, QC, H3J 2B4

514 935-1109  Fax: 514 935-8597

Website: www.civa.qc.ca  
Email: info@civa.qc.ca

**Services:** * Sports, recreational, social and cultural activities centre for people with disabilities.* Integration support.* Youth program.

**Eligibility:** people with physical disabilities

**Capacity:** variable depending on the activities

**Coverage area:** Montréal

**Hours:** administration: Monday to Friday 9h00 to 16h30

**Fees:** variable depending on the activities

**Financing:** Centraide of Greater Montreal, self-financing

**Legal status:** non-profit organization

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**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

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**CLUB DU BONHEUR DE SAINT-LÉONARD**

8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3

514 329-3178

**Services:** Meeting place for adults with functional limitation. * Recreational activities: bingo, group games, board games, bean bags, crafts, cooking, outings.

**Eligibility:** adults with medium to slight functional limitations or physical limitations

**Capacity:** 30 people

**Coverage area:** Saint-Léonard

**Hours:** September to May, Sunday 13h30 to 17h00

**Fees:** membership: $20 per year, outings: variable, activities at the centre: free

**Financing:** municipal, grants, donations

**Legal status:** non-profit organization

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**COMPANION CARD OF STM**

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

514 786-4636

Website: www.stm.info/en/access/accessibility-physically-or-intellectually-disabled

**Services:** * Companion card provides free travel for the person who accompanies the cardholder while he or she uses the STM's bus and métro transit system.

**Eligibility:** accompanist of people with intellectual or visual disabilities
Coverage area: Montréal
Hours: Monday to Friday 7h00 to 20h30, Saturday, Sunday and Holidays 8h30 to 16h30
Fees: free
Financing: self-financing, provincial
Legal status: non-profit organization

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

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

FONDATION COCCINELLE POUR LES ENFANTS HANDICAPÉS (LA)
6630-A Papineau Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2X2
514 725-0009     Fax: 514 725-0009
Email: fondationcoccinelle@hotmail.ca
Services: * Day Activity Centre.* Respite.* Summer camp.* Holiday camp.
Eligibility: children and adults with intellectual or physical disabilities
Capacity: Day Centre: 40 people
Coverage area: Montréal
Hours: Monday to Friday 7h00 to 18h00, Saturday 8h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization

HANDICAPÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 855-6110 ext. 4937
Eligibility: independant disabled people
Coverage area: Saint-Laurent and surroundings
Hours: Wednesday 9h30 to 15h00, cultural outings in summer
Fees: membership: $7 per year, meals: $1, variables for outings
Financing: financing campaigns, provincial, municipal, contributions
Legal status: non-profit organization

JUNI-SPORT
12630 Gouin Boulevard East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1C 1B9
514 498-4808
Website: www.juni-sport.org
Email: junisport2004@gmail.com
Services: Regular sports programs.
Eligibility: youth 6 years and over with a physical disability
Capacity: 25
Coverage area: Greater Montréal
Hours: Friday 19h00 to 22h00
Fees: variable
Financing: donations
Legal status: non-profit organization

MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED
633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9
514 381-2300 Fax: 514 381-0454
Website: www.amdi.info
Email: info@amdi.info
Eligibility: adults with intellectual disabilities and their families
Coverage area: Greater Montréal
Hours: working hours: Monday to Friday 9h00 to 17h00, activities: week or week-end
Fees: annual subscription: $22 for people with intellectual disabilities, $28 for families, rates for some activities
Financing: Centraide of Greater Montréal, grants, self-financing, membership fees
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

ORCHESTRE SYMPHONIQUE DE MONTRÉAL
1600 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 0S1
514 842-9951 Fax: 514 842-0728
Website: www.osm.ca
Services: Artistic organization contributing to the promotion of worldwide symphonic music repertory and international level artists. * Concerts and musical events.* Development of classical and symphonic music.

Coverage area: Montréal

Hours: phone service: Monday to Friday 9h00 to 19h00, Saturday 10h00 to 16h00, counter service: Monday to Friday 9h00 à 17h00

Financing: self-financing

Legal status: non-profit organization

PETITS SOLEILS DE LA POINTE-DE-L’ÎLE (LES)

Confidential Address
514 498-3962 ext. 372     Fax: 514 872-7087

Email: lespetitssoleils@relaisdubout.org

Services: Day camp for young people with intellectual disabilities.

Eligibility: young people 8 to 17 years old with mild to moderate intellectual disabilities

Coverage area: Rivière-des-Prairies-Pointe-aux-Trembles

Financing: Programme d'accompagnement en loisir de l'Île de Montréal, municipal, Programme carrière été

Legal status: non-profit organization

PROLONGEMENT À LA FAMILLE DE MONTRÉAL (UN)

1691 Pie-IX Boulevard, Suite S-21, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3

514 504-7989     Fax: 514 750-6798

Website: www.upfm.ca

Email: info@upfm.ca

Services: * Community education.* Outdoor holidays.* Integration into community recreation and cultural outings.* Summer day camp.

Eligibility: people with mild or moderate intellectual disabilities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h30

Financing: grants, contributions, donations, provincial

Legal status: non-profit organization

QUEBEC SOCIETY FOR DISABLED CHILDREN

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

1 877 937-6171     Fax: 514 937-0082

Website: www.enfantshandicapes.com

Email: sehq@enfantshandicapes.com


Capacity: 2000 children per year

Coverage area: Province of Québec

Hours: depending on the services

Fees: depending on services

Financing: fundraising campaigns, grants

Legal status: non-profit organization

SANS OUBLIER LE SOURIRE

1700 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L5

514 524-6626     Fax: 514 524-6756

Website: www.sansoublierlesourire.org

Email: sansoublierlesourire@hotmail.com
**Services:** Services for adults with an intellectual disability promoting their social role. *Centre with daily activities.* *Sports activities in the community.* *Senior club.* *Awareness in schools and in the community sector.* *Public awareness through social inclusion promotion.* *Consultation.

**Eligibility:** adults with moderate to severe intellectual disabilities or associated disorder

**Coverage area:** Montréal

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

**Financing:** grants, donations

**Legal status:** non-profit organization

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**SPECIAL OLYMPICS QUÉBEC**

1274 Jean-Talon Street East, Suite 200, Rosemont-La Petite-Patrie, Montréal, QC, H2R 1W3

1 877 743-8778 Fax: 514 843-8223

Website: www.olympiqueesspeciaux.qc.ca

Email: info@olympiqueesspeciaux.qc.ca

**Services:** *Recreational or competition programs designed for people living with an intellectual disability.* *Technical training and professional development opportunities.*

**Eligibility:** people of all ages living with an intellectual disability

**Coverage area:** province of Québec

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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**VIOMAX**

2275 Laurier Avenue East, Suite 144, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527 ext. 2329 Fax: 514 527-0979

Website: www.viomax.org

Email: informations@viomax.org

**Services:** Adapted physical activities for children, adolescents and adults with a physical disability. *Pool.* *Gym.* *CVA class.*

**Eligibility:** people with a physical disability

**Capacity:** minimum of 8 people is required for the group activities in the gym and pool

**Coverage area:** Montréal

**Hours:** administration: Monday 11h00 to 17h00, Tuesday and Wednesday 9h30 to 17h00, Thursday 9h30 to 17h00

**Fees:** membership card: $46 per year, variable depending on the activity

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

**Legal status:** non-profit organization

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**Respite services and housing**

**ACTION CENTRE**

2214 Dollard Avenue, LaSalle, Montréal, QC, H8N 1S6

514 366-6868 Fax: 514 367-0880

Website: www.centreaction.org

Email: info@centreaction.org

**Services:** *Activities and outings.* *Program of 21 workshops structured around 4 subjects: education, art and creativity, health and wellness, community participation.*

**Eligibility:** adults aged 21 years old and over with light physical or cognitive disability

**Coverage area:** Montréal

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

**Fees:** $25 per year

**Financing:** donations, self-financing

**Legal status:** non-profit organization
**ARCHÉ-MONTRÉAL (L')**
6105 Jogues Street, Le Sud-Ouest, Montréal, QC, H4E 2W2  
**514 761-7307 Fax: 514 761-0823**  
**Website:** www.larche-montreal.org  
**Email:** info@larche-montreal.org  
**Services:** Services and housing for adults with an intellectual disability. * Group homes: l'Arc-en-ciel, l'Esquif, la Colombe, le Rameau, la Passerelle.* Day center: artistic, sports, cooking activities and outings.* Activities: meetings with high school students, Seniors club, community meals.* Christmas baskets for people already benefiting from a service offered by the organization.  
**Eligibility:** people 18 years and over with an intellectual disability  
**Capacity:** 5 group homes, 25 persons  
**Coverage area:** Montréal  
**Hours:** group homes: 24/7, office and workshops: Monday to Friday 8h30 to 17h00  
**Financing:** provincial, grants, donations, fundraising campaigns  
**Legal status:** non-profit organization

**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

**CHESHIRE FOUNDATION (QUEBEC) (THE) - PAT KHAL SUNSHINE RESIDENCE**
19 Sunshine Drive, Dollard-Des Ormeaux, Montréal, QC, H9B 1G1  
**514 683-3400**  
**Website:** www.westislandphysicallydisabled.ca  
**Email:** cheshirequebec@live.com  
**Services:** Low-cost permanent or transitional housing. * Assistance with community integration.* Respite.  
**Eligibility:** people 18 to 65 years old with physical disabilities, in need of 1 to 4 hours of care per day  
**Coverage area:** Province of Québec  
**Hours:** 24 hours, 7 days  
**Financing:** self-financing, donations, municipal  
**Legal status:** non-profit organization

**CHESHIRE FOUNDATION (QUEBEC) (THE) - STEWART BROWN RESIDENCE**
20 Place David, Dollard-Des Ormeaux, Montréal, QC, H9B 1Y7  
**514 472-0133**  
**Website:** www.westislandphysicallydisabled.ca  
**Email:** cheshirequebec@live.com  
**Services:** Low-cost permanent or transitional housing. * Assistance with community integration.* Respite.  
**Eligibility:** people 18 to 65 years old with physical disabilities, in need of 1 to 4 hours of care per day  
**Coverage area:** Province of Québec  
**Hours:** 24 hours, 7 days  
**Financing:** self-financing, donations, municipal  
**Legal status:** non-profit organization
HABITATIONS ADAPTÉES ET ACCESSIBLES TANGO (LES)
4235 Prince-of-Wales Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 0A2
514 487-5080
Email: habitation.tango@gmail.com
Services: Adapted and accessible residential buildings. * Personal and home care.* Social integration services.* Cultural and social activities.* Collective kitchen.
Eligibility: people with physical disabilities and reduced mobility
Capacity: 15
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 17h00
Financing: grants, provincial
Legal status: non-profit organization

HABITATIONS HABITOŒIL ROSEMONT
5112, rue De Bellechasse, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2A4
514 259-9470 ext. 26     Fax: 514 254-5079
Website: www.fondationdesaveugles.org
Email: info@aveugles.org
Services: Apartments for blinds and partially sighted people.
Eligibility: blinds and partially sighted people
Capacity: 14 apartments
Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 16h30
Fees: 25% of income based on provincial notice of assessment
Financing: donation, fundraising campaigns, provincial
Legal status: non-profit organization

HABITATIONS PIGNON SUR ROUES
3150 Rachel Street East, Suite 206, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 0A2
514 529-9777     Fax: 514 529-9692
Website: www.hpsr.ca
Email: habitations.psr@gmail.com
Services: Social housing for people with severe motor impairment. * Planned and unplanned in-home services.* Participatory management with a majority of members on the board.
Eligibility: people with a severe motor disability requiring 25 to 44 hours of in-home care per week
Capacity: 20 people
Coverage area: Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie
Hours: Monday to Friday 9h00 to 17h00, in-home services: 24 hours, 7 days
Fees: according to housing
Financing: provincial, grants, donations
Legal status: non-profit organization

REGROUPEMENT DE SERVICES INTÉGRÉS PROPULSION (LE)
2075 Théodore Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3C1
514 251-2525     Fax: 514 251-8816
Website: rsipropulsion.ca
Email: info@rsipropulsion.ca
Services: Management of adapted units. * Assistance for daily and domestic activities.* Community and social integration.
Eligibility: adults with severe physical or mild cognitive disabilities
Capacity: 15 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30
Fees: housing: 25% of income  
Financing: grants, donations, fundraising campaign  
Legal status: non-profit organization

REHABILITATION FOUNDATION FOR DISABLED PERSONS, CANADA - MONTRÉAL STROKE CLUB CHAPTER  
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4  
514 931-6942  
Website: www.marchofdimes.ca  
Services: * Peer support groups: sharing of personal experience and knowledge.* Network of support and social activities.* Club for recovering stroke patients where the members participate in their rehabilitation.* Respite for caregivers.* Speech therapy.* Arts and crafts.* Weekly meetings.  
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends  
Capacity: 20 to 25 people per meeting  
Coverage area: Greater Montréal  
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00  
Fees: $4 per meeting  
Legal status: non-profit organization

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  
Email: 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

RÊVANOUS  
9870 Laverdure Street, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H3L 0A7  
514 528-8833  
Website: www.revanous.org  
Email: directiongenerale@revanous.org  
Services: * Preparatory workshops to residential autonomy.* Individual support in housing facilities for people with a mild intellectual impairment.* Community support for people with an intellectual impairment and seniors over 55 with a functional limitation living in the Habitations Rêvanous.* Recreational activities for people with a mild intellectual disability.  
Eligibility: people with mild intellectual disability and their families  
Coverage area: Montreal Island  
Hours: variable according to services, Monday to Saturday 9h00 to 17h00, activities: 17h00 to 21h00  
Fees: variables  
Financing: municipal, provincial, grants, donations  
Legal status: non-profit organization
Support and integration organizations

**AVATIL**
387 40th Avenue, Lachine, Montréal, QC, H8T 2E7
514 634-8944 Fax: 514 634-2033
Website: www.avatil.org
Email: info@avatil.org

**Services:** Integrated services to those with mild intellectual disabilities. * Help towards independent living.* Social development activities.* Practical assistance.* Transitional living program.

**Eligibility:** people with a mild intellectual disability

**Coverage area:** West of Montréal

**Hours:** Monday to Thursday 9h00 to 20h00, Friday and Saturday 9h00 to 17h00

**Financing:** grants, donations

**Legal status:** non-profit organization

**Therapy and rehabilitation centres**

**ASSOCIATION DES PARENTS DE L'HÔPITAL RIVIÈRE-DES-PRAIRIES**
7070 Perras Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 1A4
514 323-7260

**Services:** Informs parents on care and services available at the hôpital Rivière-des-Prairies and rehabilitation centres for intellectual disability. * Support to parents and relatives.

**Eligibility:** parents with sick or disabled children

**Coverage area:** Island of Montreal

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**CATHERINE BOOTH HOSPITAL**
4375 Montclair Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2J5
514 484-7878

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

**Services:** Hospital of rehabilitation specialized in short term care and recovery. * Orthopedic, cardiological, neurological cares and physiotherapy.

**Coverage area:** province of Québec

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**CÉGEP MARIE-VICTORIN - CLINIQUE DE PHYSIOTHÉRAPIE**
7000 Marie-Victorin Street, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1G 2J6
514 328-3833

Website: www.collegemv.qc.ca

**Services:** * Physiotherapy clinic offering treatments at a low price by students of the physical rehabilitation program, under the supervision of a member of the Ordre professionnel de la physiothérapie du Québec.* A physiotherapy assessment is required.

**Eligibility:** anyone with a musculoskeletal problem, whether covered by private insurance or not

**Coverage area:** province of Québec

**Hours:** by appointment

**Fees:** physiotherapy assessment and opening of file: $75, treatment: $25, $15 for students

**Financing:** self-financing

**Legal status:** parapublic organization
CENTRE D’AUTONOMIE FONCTIONNELLE
5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696 Fax: 514 766-3472
Website: www.physergo.com
Services: Adapted fitness centre. * Various classes.
Eligibility: people with reduced mobility and seniors
Coverage area: Montréal
Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday and Friday 7h00 to 17h00
Fees: variable depending on the class
Financing: self-financing
Legal status: non-profit organization

CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: www.chu-sainte-justine.org
Services: Pediatric and obstetric health centre affiliated with the Université de Montréal. * General, specialized and ultraspecialized care.* Pediatric emergency.* Designated centre for children and teenagers victims of sexual assault: specialized health and psychosocial services.* Specializations: perinatal care, cardiac sciences, oncology, neurodevelopment, musculoskeletal diseases, movement sciences.* Centre de réadaptation Marie Enfant: rehabilitation and social integration in various living environments and in the CHUM network.
Eligibility: mothers and children
Capacity: 450 beds
Coverage area: Province of Québec
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

CENTRE PHILOU
2450 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1B1
514 739-4861 Fax: 514 739-6019
Website: www.centrephilou.com
Email: info@centrephilou.com
Services: * Respite for 24-48 hours minimum with adapted activities such as arts, music and communication.* Stimulation workshops to develop motor skills, communication and socialization.
Eligibility: severely or poly-handicapped children 0 to 15 years old
Capacity: 7 children
Coverage area: Province of Québec
Hours: 24 hours, 7 days
Fees: $75 for 24 hours
Financing: self-financing, donations, fundraising campaigns
Legal status: non-profit organization

CLINIQUE MÉDICALE PHYSERGO - VERDUN
5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696
Website: www.physergo.com
Email: info@physergo.com
Services: Medical clinic offering physical rehabilitation programs. * Preventative health, travel health, fibromyalgia, occupational therapy, physiotherapy, kinesiology, osteopathy, massotherapy, psychology and home care.* Individual counseling for mental health issues concerning physical pain.* Specialized gym.* Blood samples.
Coverage area: Montréal Island, South-shore
HÔPITAL DU SACRÉ-CŒUR DE MONTRÉAL - PAVILLON PRINCIPAL
5400 Gouin Ouest Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 1C5
514 338-2222
Website: www.hscm.ca
Coverage area: Montréal
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL MARIE-CLARAC
3530 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1B7
514 321-8800
Website: www.hopitalmarie-clarac.qc.ca
Services: Short-term rehabilitation care. * Orthopedics, subacute care, physiotherapy, occupational therapy, social work, psychology,* Medical imaging, clinical nutrition, pharmacy.* Oasis de paix: palliative care.
Eligibility: adults with a loss of functional autonomy following an illness or chirurgery and in need of rehabilitation care, people at the end of life
Hours: admission: Monday to Friday 7h30 to 15h30
Financing: provincial, foundation
Legal status: parapublic organization

ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC
2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9
514 844-5778 Fax: 514 844-0478
Website: www.oeq.org
Email: ergo@oeq.org
Eligibility: public, occupational therapist
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES ORTHOPHONISTES ET AUDIOLOGISTES DU QUÉBEC
235 René-Lévesque Boulevard East, Suite 601, Ville-Marie, Montréal, QC, H2X 1N8
514 282-9123 Fax: 514 282-9541
Website: www.ooaq.qc.ca
Email: info@ooaq.qc.ca
Services: Professional order. * Protection of the public in the area of practice of the members: hearing, language, voice, speech, communication and related disorders.* Admission control to pathologist and audiologist titles.* Supporting maintenance and development of the abilities of the members.* Monitoring the quality and integrity of their professional practice.* Online directory of speech therapist and audiologist in private practice: www.ooaq.qc.ca/ou-consulte/repertoire

Eligibility: public, pathologists and audiologists

Coverage area: province of Québec

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

Financing: membership fees, self-financing

Legal status: non-profit organization

RICHARDSON HOSPITAL
5425 Bessborough Street, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4V 2S7
514 484-7878

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

Services: Subacute care, geriatric and neurologic rehabilitation.

Coverage area: province of Québec

Financing: provincial

Legal status: parapublic organization
Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

INFORMATION AND LEGAL ASSISTANCE

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS
Advocacy groups

ACTION AUTONOMIE - COLLECTIVE FOR MENTAL HEALTH ADVOCACY IN MONTRÉAL
3958 Dandurand Street, 3rd Floor, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
514 525-5060  Fax: 514 525-5580
Website: www.actionautonomie.qc.ca
Email: lecollectif@actionautonomie.qc.ca
Services: * Helping relationship, support, accompaniment and referral.* Information on rights and recourses.* Advocacy of rights, awareness and training.* Information on formal complaint processes.* Representation and pressure to change certain practices that violate people's rights.
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

AFRICAN RAINBOW
576 Sainte-Catherine Street East, Suite 104, Ville-Marie, Montréal, QC, H2L 2E1
514 373-1953
Website: www.arcencieldafrique.org
Email: info@arcencieldafrique.org
Services: * Conferences and information sessions to counter homophobia among Black communities in Québec.* Education on sexual diversity and homosexuality realities.* Integration of African and Caribbean LGBT: discussion groups and workshops.* STI and HIV/AIDS awareness.* Research and documentation on the gay black community.* Massimadi: LGBTQ, african and caribbean film and art festival.
Eligibility: LGBT people from African and Caribbean communities, their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 13h00 to 18h00 by appointment
Fees: membership: $20 per year
Financing: self-financing, municipal, provincial
Legal status: non-profit organization

AIDE AUX TRANS DU QUÉBEC
2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, h2l2y4
1 855 909-9038
Website: www.atq1980.org
Email: admin@atq1980.org
Services: Listening, information and referral phone line for trans or questioning people and their relatives.* Place for meeting and discussion.* Weekly support group in Montréal.* Support group twice a month in Québec City and monthly for parents and relatives.* Conferences, training, awareness and demystification.
Eligibility: trans people, their relatives
Coverage area: Province of Québec
Financing: donations, self-financing, grants
Legal status: non-profit organization

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

AMNESTY INTERNATIONAL - FRENCH CANADIAN BRANCH  
50 Sainte-Catherine Street West, Suite 500, Ville-Marie, Montréal, QC, H2X 3V4  
1 800 565-9766  Fax: 514 766-2088  
Website: www.amnistie.ca  
Email: accueil@amnistie.ca  
Services: Raises awareness and fight against basic human rights' violations throughout the world. * Participates in the release of prisoners of conscience, abolition of torture and death penalty and ending human rights' violations, mainly through letters to institutions of the concerned countries.* Volunteer opportunities.  
Eligibility: local groups and academic groups, thematic networks, general public  
Coverage area: French Canada  
Hours: Monday to Friday 9h00 to 12h00 and 13h15 to 17h00  
Financing: fundraising campaigns, donations  
Legal status: non-profit organization

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

ASSOCIATION FÉMININE D’ÉDUCATION ET D’ACTION SOCIALE  
5999 de Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1K6  
514 251-1636  Fax: 514 251-9023  
Website: www.afeas.qc.ca  
Email: info@afeas.qc.ca  
Services: * Information, social action and promotion of women-related issues.* Advocacy and representation.  
Eligibility: women 16 years and over  
Capacity: 10,000 members  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 16h00  
Fees: membership: $35 per year  
Financing: contributions, grants, provincial  
Legal status: non-profit organization

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

CANADIAN CENTRE FOR ECUMENISM
2715 Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-Grâce, Montréal, QC, H3T 1B6
514 937-9176  Fax: 514 937-4986
Website: www.christianunity.ca
Email: info@oikoumene.ca
Services: Promotion of interreligious dialogs and ecumenism informations. * Courses, conferences and visits to local places of workshop for the promotion of Christian unity and interfaith understanding through information and educational services.* A specialized library open to the public with over 6000 books, over 150 worldwide periodicals and multimedia collection on ecumenical and interfaith topics.* Information about ecumenism movement and moral, spiritual and cultural values of various Christians tradition.
Coverage area: Canada
Hours: Monday to Friday 9h00 to 16h30
Financing: donations
Legal status: non-profit organization

CENTRE FOR GENDER ADVOCACY
2110 Mackay Street, Ville-Marie, Montréal, QC, H3G 2J1
514 848-2424 ext. 7880
Website: www.genderadvocacy.org
Email: info@genderadvocacy.org
Services: * Gender advocacy and peer support.* Support of the project by the Sexual Assault Resource Centre at Concordia.* Information about the feminist and queer approaches.* Workshops and sharing activities.* Distribution of needles and safe sex products such as condoms, gloves, lubrication and dental dams.
Eligibility: students and non students, men and women, gays, lesbians, bisexuals, intersexuals, queers, trans, bispirituals or in questionning
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 18h00, summer hours: Monday to Thursday 10h00 to 17h00
Fees: free
Financing: membership fees
Legal status: non-profit organization

CENTRE INFO-FEMMES
2185 des Ormeaux Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 4W9
514 355-4529
Website: www.infofemmes.org
Email: 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
COALITION DES ASSOCIATIONS DE CONSOMMATEURS DU QUÉBEC
1600 De Lorimier Avenue, Suite 82-1, Ville-Marie, Montréal, QC, H2K 3W5
1 877 962-2227
Website: www.cacq.ca
Email: info@cacq.ca
Services: Grouping of consumer protection associations involved in the development of the consumers movement. * Information, conferences, seminars and awareness programs on consumption and debt-related issues. * Awareness campaign: www.plusfutees.com
Eligibility: consumers associations, general public
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Financing: contributions, grants
Legal status: non-profit organization

CYSTIC FIBROSIS CANADA
625 du Président-Kennedy Avenue, Suite 505, Ville-Marie, Montréal, QC, H3A 1K2
1 800 363-7711 Fax: 514 877-6116
Website: www.fibrosekystique.ca/quebec
Email: info@fkq.ca
Services: Support to research on cystic fibrosis. * Promotion of individualized and quality care.
Eligibility: children, parents, doctors, hospitals
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FÉDÉRATION DES FEMMES DU QUÉBEC
110 Sainte-Thérèse Street, Suite 501, Ville-Marie, Montréal, QC, H2Y 1E6
514 876-0166
Website: www.ffq.qc.ca
Email: info@ffq.qc.ca
Services: Promotion and collective defense of women's rights. Has a role of dialogue and mobilization within the women's movement. Information dissemination and facilitation of exchanges between groups. Reception of individual female members and associations exclusively or predominantly composed of women or any section or committee (of association, group or joint association) composed exclusively of women.
Eligibility: women and women's associations
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: grants, membership fees, donations, fundraising campaign
Legal status: non-profit organization

FÉDÉRATION PROFESSIONNELLE DES JOURNALISTES DU QUÉBEC
1012 Mont-Royal Avenue East, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 1X6
514 522-6142 Fax: 514 522-6071
Website: www.spjq.org
Email: info@fpjq.org
Coverage area: Province of Québec
Fees: variable
Financing: membership fees
Legal status: non-profit organization
FONDATION ÉMERGENCE
Confidential Address
438 384-1058
Website: www.fondationemergence.org
Email: courrier@fondationemergence.org
Services: Awareness campaigns and fight against homophobia and transphobia.
Eligibility: gay, lesbian, bisexual or trans people, people interested in LGBT+ issues
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: fundraising campaigns
Legal status: non-profit organization

FRÈRES ET SOEURS D’ÉMILE-NELLIGAN (LES)
14115 Prince-Arthur Street, Suites 423-424, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1A8
514 279-7117
Website: fsnelligan.wordpress.com
Email: fsenelligan@gmail.com
Services: * Advocacy and defense of collective rights and interests.* Monthly subregional and self-managed support groups.* Annual council.* Cultural and research projects.
Eligibility: people living or having lived with mental health problems
Capacity: about 10 people per support group
Coverage area: Province of Québec
Hours: Monday to Friday 12h00 to 18h00, support groups in daytime
Fees: only for the annual council
Financing: provincial
Legal status: non-profit organization

FRIENDSHIP VOLUNTEER ASSOCIATION
2021 Union Street, Suite 855, Ville-Marie, Montréal, QC, H3A 2S9
514 931-5757     Fax: 514 931-1440
Website: www.amitie.ca
Email: associationbenevole@bellnet.ca
Services: Services and interventions aiming the social integration of people with mental health problems. * Follow-up in the community: accompaniment and psychosocial support, help with the basic life management skills, crisis intervention and in distress situations, rights advocacy and referral. *Day and evening drop-in center: meeting place for the members of the organisation, social as well as educational and therapeutic activities are offered, meals, substantial snacks and food baskets.* Pairing with volunteers.
Eligibility: people with mental health problems, or who are isolated, homeless or at risk of homelessness, specific services for persons 65 years old and over
Coverage area: CSSS de La Montagne (Métro, Côte-des-Neiges, Parc-Extension) and CSSS Cavendish (René-Cassin, Notre-Dame-de-Grâce, Montréal-Ouest)
Hours: office: Monday to Friday 8h00 to 16h30, drop-in center: 7 days, 12h00 to 19h00
Financing: provincial
Legal status: non-profit organization

GROUPE DE RECHERCHE ET D’INTERVENTION SOCIALE DE MONTRÉAL
3155 Hochelaga Street, Suite 201, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 590-0016     Fax: 514 590-0764
Website: www.gris.ca
Email: info@gris.ca
Services: Demystify homosexuality and bisexuality. * Encourage a better knowledge of homosexual and bisexual realities.* Work for the social reintegration of gays, lesbians and bisexuals.* Conduct research work on the matter.* Refer youth to the right resources.
Justice and Advocacy

Eligibility: LGBT community, youth and adults in schools, seniors in residence
Coverage area: Montréal and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: donations
Legal status: non-profit organization

LIGUE DES DROITS ET LIBERTÉS
516 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1S5
514 849-7717 Fax: 514 849-6717
Website: www.liguedesdroits.ca
Email: info@liguedesdroits.ca
Services: Information, research and intervention for the development and defense of individual and collective rights and liberties. * Member of the International Federation for Human Rights.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, membership fees, grants
Legal status: non-profit organization

MOUVEMENT D’ÉDUCATION ET DE DÉFENSE DES ACTIONNAIRES
82 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 1X3
514 286-1155 Fax: 514 286-1154
Website: medac.qc.ca
Email: admin@medac.qc.ca
Services: Space for exchange, information and advocacy. * Education: training in halls or on the Internet, pamphlets.* Advocacy of rights: activities, class actions.
Eligibility: shareholders, savers, investors, Québec and Canadian companies
Coverage area: Province of Québec
Fees: session: $135, 4 visas or sessions: $495
Legal status: non-profit organization

MOUVEMENT PHAS
5199 Sherbrooke Street East, Suite 4780, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3X2
514 638-4777
Website: mouvementphas.org
Email: mobilisationphas@yahoo.ca
Services: Coalition mobilizing people with disabilities and their families. * Promotion of access to adapted social and health services.* Collective advocacy of health care rights.
Eligibility: community organizations, people with disabilities, their families
Coverage area: Province of Québec
Financing: Centraide, donations
Legal status: non-profit organization

MULTI-FEMMES
Confidential Address
514 523-1095 Fax: 514 523-9569
Website: www.multifemmes.com
Email: administration.mf@multifemmes.com
Eligibility: women victims of domestic violence, their children
**Capacity:** 6 women, 9 children  
**Coverage area:** Montréal  
**Hours:** 24 hours, 7 days  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**PROJECT 10 - SUPPORT GROUP, LISTENING LINE, ACCOMPANIMENT**  
1575 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L4  
514 989-4585  
Website: www.p10.qc.ca  
Email: questions@p10.qc.ca  
**Services:** * Individual counselling.* Helpline.* Advocacy of rights.* Educational support and assistance for counsellors.* Weekly thematic self-help groups: isolation, depression, HIV, violence, etc.* Summer camps.* Grants for gender expression support products.  
**Eligibility:** gay, lesbian, bisexual, intersexual, queer, trans, bispiritual or questioning youth 14 to 25 years old  
**Coverage area:** Greater Montréal  
**Hours:** meetings: Thursday 18h30 to 20h30, helpline: Monday to Thursday 12h00 to 18h00, reception: Tuesday and Wednesday 12h00 to 18h00, Thursday 13h00 to 18h00  
**Fees:** none  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

**PROJET P.A.L - ALTERNATIVE RESOURCE IN MENTAL HEALTH**  
861 de l'Église Street, Verdun, Montréal, QC, H4G 2N3  
514 767-4701     Fax: 514 767-5304  
Website: www.projetpal.com  
Email: info@projetpal.com  
**Services:** * Community centre with activities, outings and special events.* Community meals.* Social housing.* Advocacy of rights.* Support group for voice hearers in English only.  
**Eligibility:** people with mental health problems  
**Coverage area:** priority to the south-west of Montréal  
**Hours:** variable  
**Fees:** membership: $2  
**Financing:** provincial, Centraide of Greater Montréal  
**Legal status:** non-profit organization

**QUÉBEC LESBIAN NETWORK**  
2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y3  
438 929-6928  
Website: www.rlq-qln.ca  
Email: coordo@rlq-qln.ca  
**Services:** Sexually diverse women's rights advocacy. * Citizen mobilization.* Awareness and educative conference concerning conditions of living of lesbians.* Listening and referrals in crisis situation.  
**Eligibility:** people who identify as lesbian, women who love women  
**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Financing:** donations, contributions, provincial  
**Legal status:** non-profit organization
QUEBEC LGBT COUNSEL
2086 Frontenac Street, Ville-Marie, Montréal, QC, H2K 2Z3
514 759-6844
Website: www.conseil-lgbt.ca
Email: info@conseil-lgbt.ca
Services: * Consultation and representation.* Defense of rights and freedoms.* Activism, awareness and training.
Eligibility: lesbians, gay, bisexual, transsexual and trans people or organizations, people victims of homophobia, discrimination based on sexual orientation or gender identity
Coverage area: province of Québec
Hours: Monday to Friday 10h00 to 18h00
Financing: provincial, grants, donations
Legal status: non-profit organization

REBOND (LE) - RESSOURCE ALTERNATIVE EN SANTÉ MENTALE DANS LA PETITE-PATRIE
6510 De Saint-Vallier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2P7
438 404-9909
Website: www.lerebond.net
Email: info@lerebond.net
Eligibility: people living or having lived with a mental health problem
Coverage area: Rosemont-La-Petite-Patrie and surroundings
Fees: membership: $2 per year
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES DE JUSTICE ALTERNATIVE DU QUÉBEC
300 Saint-Sacrement Street, Suite 412, Ville-Marie, Montréal, QC, H2Y 1X4
1 877 204-0250 Fax: 514 522-5191
Website: equijustice.ca/fr
Email: info@equijustice.ca
Services: Promotion of fair and accessible justice. * Restorative justice, criminal mediation and citizen mediation services.* Mediation trainings.* Cyberbullying information kit.* Online member directory: equijustice.ca/fr/trouver-un-membre
Eligibility: adults, families and youth, victims and offenders
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, contributions
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES POUR HOMMES DE L’ÎLE DE MONTRÉAL
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
438 397-0698
Website: www.rohim.net
Email: info@rohim.net
Services: * Works for a better visibility of all the organizations involved with men residing in the island of Montreal.* Creates, groups and integrates research resources providing referral on men condition.* Discussion, training, networking.* Services to members.
Eligibility: organizations for men
Coverage area: Montreal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: annual contribution: $50 for regular members, $20 for associate members
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET ACCESSIBLE DE L’ÎLE DE MONTRÉAL
3800 Radisson Street, Suite 111, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1M 1X6
514 255-0765 Fax: 514 255-5747
Website: www.rutamtl.com
Email: info@rutamtl.com

Services: Improvement of the accessible and collective paratransit service for people with functional limitations.* Reporting and follow-up of user complaints.* Information.
Eligibility: people with functional disabilities or concerned with universal accessibility
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5 per year
Financing: provincial, grants
Legal status: non-profit organization

REGROUPEMENT QUÉBÉCOIS DES CENTRES D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (CALACS)
Confidential Address
514 529-5252 Fax: 514 529-5255
Website: www.rqcalacs.qc.ca
Email: info@rqcalacs.qc.ca

Eligibility: women
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: grants, donations
Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS D’ACTION POUR LA SANTÉ DES FEMMES
4245 Laval Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 2J6
514 877-3189
Website: www.rqasf.qc.ca
Email: rqasf@rqasf.qc.ca

Eligibility: women, women’s organizations
Coverage area: Province of Québec
Hours: Monday to Thursday 9h30 to 16h30
Fees: annual subscription
Financing: membership fees
Legal status: non-profit organization
SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRÉNIE
7401 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
1 866 888-2323     Fax: 514 251-6347
Website: www.schizophrenie.qc.ca
Email: info@schizophrenie.qc.ca

Services: * Support for people: counselor and caregiver ensuring psychosocial support, reception, listening, information and referral.* Monthly conferences given by specialists and open to the general public.* Schizophrenia challenge and newsletters: privileged link of communication and source of information for those who are interested in the cause.* Monthly support groups with facilitator.* Social activities and respite: a summer party and a Christmas supper are offered annually to members.* Auxiliary educational programs to deal better with the illness of their loved one.* Scholarships for people with schizophrenia and related psychosis. *Documentation center on schizophrenia.* Information, training and public awareness: kiosks, thematic events, training days and media presences.* Advocacy.* Support for research.

Eligibility: people affected by schizophrenia: affected people and their families

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h30, support group: 3rd Tuesday of the month in evening, conferences: 2nd Tuesday of the month 19h00, education groups: 1 evening per week 19h00meetings: third Tuesday of the month during the evening, conferences: second Tuesday of the month during the evening, summer: Friday 8h30 to 13h00

Fees: annual membership: $10 per person with schizophrenia or related psychosis, $20 per person without schizophrenia, $25 per family, $50 per organization or business

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

TABLE DES GROUPES DE FEMMES DE MONTRÉAL
110 Sainte-Thérèse Street, Suite 505, Ville-Marie, Montréal, QC, H2Y 1E6
514 381-3288 ext. 2202     Fax: 514 381-3955
Website: www.tgfm.org
Email: info@tgfm.org

Services: Consultation and training for women's groups on the island of Montreal. * Promotion and protection of women's rights and demands.

Eligibility: women's group

Coverage area: Montréal

Hours: Monday to Thursday 9h00 to 17h00

Financing: membership

Legal status: non-profit organization

TRANSPORT 2000 QUÉBEC
50 Sainte-Catherine Street West, 4th floor, Suite 430, Ville-Marie, Montréal, QC, H2X 3V4
1 800 932-8211
Website: www.trajectoire.quebec
Email: info@trajectoire.quebec

Services: Contributing to the overall development of public transit in Québec, improving user services and enhancing the user's point of view. * Support for all those who want to get together to work to improve transit.* Assistance to users in the formulation and delivery of their complaints.* Collaboration to the research on alternatives to the solo car.* Representation of public views of the transportation network to the media and elected officials, as well as, public transport authorities.

Eligibility: transit users

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: grants, donations, cotisations, self-financing

Legal status: non-profit organization
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

Consumer protection and complaints

CANADIAN MARKETING ASSOCIATION - DO NOT MAIL SERVICE
Confidential Address
1 800 267-8805
Website: www.the-cma.org/consumers/do-not-mail
Services: Do not mail service: stopping publicity by mail. * Request online: the-cma.org/consumers/do-not-mail* Phone solicitation not concerned.
Coverage area: Canada
Financing: membership, self-financing
Legal status: parapublic organization

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM
1051, rue Sanguinet, Ville-Marie, Montréal, QC, H2X 0C1
514 890-8000
Website: www.chumontreal.qc.ca
Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization

COMISSAIRE À LA DÉONTOLOGIE POLICIÈRE
454 Jacques-Cartier Place, 5th floor, Ville-Marie, Montréal, QC, H2Y 3B3
514 864-1784     Fax: 514 864-3552
Website: www.deontologie-policiere.gouv.qc.ca
Email: deontologie-policiere.quebec@msp.gouv.qc.ca
Services: Receive and study complaints filed against policemen, wildlife protection officers, special constables, highway controllers and UPAC investigators who would have violated the Code of ethics of Québec police officers.
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: provincial government agency
HÔPITAL NOTRE-DAME
1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1
514 413-8777
Website: www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-hospitalier-de-soins-generaux-et-specialises-chsgs/hopital-notre-dame/
Services: Hospital providing general, specialized and surspecialied cares. * Emergency.* Tests centre.* Local complaints commissioner.* Clinic for sexual assault victims.
Coverage area: Montréal
Hours: 24 hours, 7 days, tests centre: Monday to Friday 7h00 to 15h00
Financing: provincial
Legal status: parapublic organization

OMBUSERVICE FOR LIFE AND HEALTH INSURANCE
2001 Robert-Bourassa Boulevard, 17th floor, Ville-Marie, Montréal, QC, H3A 2A6
514 282-2088
Website: www.olhi.ca
Services: National, bilingual and independent service of settlement of complaints and information for Canadian health insurance consumers. * Resolution of complaints concerning life insurance, disability, health benefits for employees, travel and investment products such as annuities and segregated funds.* General information about personal insurance.* Canadian operations supervised by officials of the insurance regulations Council (CCIR) and an independent board of directors in order to ensure impartiality.
Eligibility: consumers of Canadian life and health insurance
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Legal status: non-profit organization

Correctional services

AGENCE COMMUNAUTAIRE MAISONNEUVE
Confidential Address
514 257-9494 Fax: 514 257-0747
Website: www.maison-charlemagne.org
Email: info@maison-charlemagne.org
Services: Community follow-up. * Supervision of legal measures through accompaniment and monitoring of social reintegration.
Eligibility: adult male offenders who have been sentenced under provincial laws
Capacity: 264 people
Coverage area: Montréal
Hours: Monday 12h30 to 21h00, Tuesday to Thursday 9h00 to 16h30, Friday 9h00 to 15h30
Fees: none
Financing: provincial
Legal status: non-profit organization

COMMISSION QUÉBÉCOISE DES LIBÉRATIONS CONDITIONNELLES
1 Notre-Dame Street East, Suite 11.40, Ville-Marie, Montréal, QC, H2Y 1B6
514 873-2230 Fax: 514 873-7580
Website: www.cqlc.gouv.qc.ca
Email: cqlc@cqlc.gouv.qc.ca
Services: Decision-making authority that hears and makes a decision on applications for conditional release. * Guiding principle: protection of society.
Eligibility: offenders serving sentences from 6 months to 2 years less a day
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

CORRECTIONAL SERVICE CANADA - HOCHELAGA COMMUNITY CORRECTIONAL CENTRE
6905 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1Y9
514 496-4417 Fax: 514 496-4416
Website: www.csc-scc.gc.ca
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

CORRECTIONAL SERVICE CANADA - MAISONNEUVE PAROLE OFFICE
2030 Pie-IX Boulevard, Suite 420, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 283-1424 Fax: 514 496-6798
Website: www.csc-scc.gc.ca
Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring offenders serving a part of their sentence under conditional release or restricted parole.
Eligibility: people serving a sentence in a federal detention facility
Coverage area: Montréal: Maisonneuve area
Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MARTINEAU COMMUNITY CORRECTIONAL CENTRE - COMMUNITY MENTAL HEALTH UNIT
10345 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H3L 2P1
514 383-1673 Fax: 514 383-1282
Website: www.csc-scc.gc.ca
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

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
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

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CORRECTIONAL SERVICE CANADA - VILLE-MARIE PAROLE OFFICE
5151 de la Savane Street, Suite 200, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 1V1
514 283-1210    Fax: 514 496-1752
Website: www.csc-scc.gc.ca
Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring offenders serving a part of their sentence under conditional release or restricted parole.
Eligibility: people serving a sentence in a federal detention facility
Coverage area: Montréal: Ville-Marie area
Legal status: federal government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL NORD-EST
Complexe Raycom, 5100 Sherbrooke Street East, Suite 201, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 873-0261 ext. 52763    Fax: 514 873-1622
Website: www.securitepublique.gouv.qc.ca
Services: Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders.* Development of correctional intervention plans.* Administration of sentences in the community.
Eligibility: offenders sentenced for less than 2 years, alleged offenders
Coverage area: North-East of Montréal
Legal status: provincial government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL SUD-OUEST
980 Saint-Antoine Street West, Suite 505, Ville-Marie, Montréal, QC, H3C 1A8
514 873-6651 ext. 52524    Fax: 514 864-1934
Website: www.securitepublique.gouv.qc.ca
Services: Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders.* Development of correctional intervention plans.* Administration of sentences in the community.
Eligibility: offenders sentenced for less than 2 years, alleged offenders
Coverage area: South-West of Montréal
Legal status: provincial government agency

MOUVEMENT COMMUNITAS
3974 Notre-Dame Street West, Suite B, Le Sud-Ouest, Montréal, QC, H4C 1R1
514 244-6147
Website: communitasmontreal.org
Email: info@communitasmontreal.org
Services: Restorative justice organization. * Accompaniment and reintegration for people who have served time in prison.* Circles of support and accountability: confidential support groups for people with a history of sexual offences.* Table talk: weekly open and free lunch.* Reintegration circles: support groups.* Open door: weekly open gathering at 1444 Union Street.* Community building workshops bringing together victims, offenders and community.* Person to person: in-prison visits for isolated inmates.* Crime prevention.
Eligibility: people who have served time in prison, community
Coverage area: Montréal
Hours: open door: Tuesday 19h00 to 21h00, table talk: Friday 12h30 to 14h00, support: Monday to Friday 9h00 to 20h00
Fees: none
Financing: donations, grants
Legal status: non-profit organization
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

SERVICE CORRECTIONNEL CANADA - SHERBROOKE COMMUNITY CORRECTIONAL CENTRE
2190 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1C7
514 283-1789 Fax: 514 283-3975
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

SERVICE OXYGÈNE
5262 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1T5
514 932-7188 Fax: 514 932-6668
Website: www.maisoncrossroads.qc.ca
Email: info@maisoncrossroads.qc.ca
Services: * Support, encouragement and advice.* Appartements Satellites: rooming house style housing.
Eligibility: offenders aged 50 years old and over who are incarcerated in a Québec federal penitentiary or that have been released in the community
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, donations
Legal status: non-profit organization

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION MONTRÉAL (BORDEAUX)
800 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1K7
514 336-7700 Fax: 514 873-4605
Website: www.securitepublique.gouv.qc.ca
Services: Body responsible of activities related to the detention of offenders. * Offenders assessment and follow-up.* Management of custody, accommodation, supervision and guidance programs.* Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.
Eligibility: men offenders sentenced for less than 2 years, alleged offenders
Coverage area: province of Québec
Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION RIVIÈRE-DES-PRAIRIES
11900 Armand-Chaput Avenue, Rivièr des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1C 1S7
514 494-3930    Fax: 514 494-1423
Website: www.securitepublique.gouv.qc.ca
Services: Body responsible of activities related to the detention of offenders. * Offenders assessment and follow-up. * Management of custody, accommodation, supervision and guidance programs. * Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals. Eligibility: men offenders sentenced for less than 2 years, alleged offenders Coverage area: province of Québec
Legal status: provincial government agency

Courthouses and tribunals

COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2329    Fax: 514 873-4760
Website: www.justice.gouv.qc.ca
Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000 and the prosecution of voluntary deposits and municipal and school affairs. * Requests for psychiatric assessment: judgment administration for temporary or authorized custody when a doctor wants to keep a person in hospital to conduct a psychiatric examination or when a person refuses to go to hospital to submit for an examination. Coverage area: Montréal Island Hours: Monday to Friday 8h30 to 16h30 Financing: provincial Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2034    Fax: 514 393-2084
Website: www.justice.gouv.qc.ca
Services: Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes. Coverage area: Montréal Island Hours: Monday to Friday 8h30 to 16h30 Financing: provincial Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2304    Fax: 514 864-4374
Website: www.justice.gouv.qc.ca/francais/publications/generale/creance.htm
Email: pcmtl@justice.gouv.qc.ca
Services: Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge. Eligibility: any natural or legal person if it employed at most 10 people during the 12 months prior to the claim Coverage area: Montréal Island
Justice and Advocacy

Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

HUMAN RIGHTS TRIBUNAL
1 Notre-Dame Street East, Suite 10.51, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-6651 Fax: 514 873-7354
Website: www.tribunaux.qc.ca
Email: tribunal.personne@judex.qc.ca

Services: Court specialized in disputed regarding discrimination, harassment, seniors or disabled people' exploitation and equality promotion programs.
Eligibility: anyone who claims he or she has been a victim of discrimination and has first complained with the Commission des droits de la personne et des droits de la jeunesse
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Legal status: provincial government agency

MONTRÉAL COURTHOUSE
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2721 Fax: 514 873-4760
Website: www.justice.gouv.qc.ca

Services: Administration or court services of Montréal. * Support to various courts constituting the judicial system of Québec and some specialized courts.* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SUPERIOR COURT - MONTRÉAL
1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6
514 393-2326 Fax: 514 873-4760
Website: www.justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing the cases where the amount in dispute is more than $70,000 and administrative, familial and bankruptcy litigations.* Hearing jury trial in criminal cases and appeals in summary conviction.
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISION
500 René-Lévesque Boulevard West, 21th floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-7154 Fax: 514 873-8288
Website: www.taq.gouv.qc.ca
Email: tribunal.administratif@taq.gouv.qc.ca

Services: Social affairs section sub-division. * Determine if an individual coping with mental health issues and facing a criminal charge represents a significant threat for public safety.* Decide on the measures that must be taken to control the threat: release or detention.* Review hearing at least once a year in order to determine whether his mental condition has changed over that time period.* Rules on the cases regarding the Loi sur la protection des personnes dont l'état mental présente un danger pour elles-même ou pour autrui.
Eligibility: people who are coping with mental health issues and have received, from a criminal court, a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder.
Information and legal assistance

ASSOCIATION DE PLANIFICATION FISCALES ET FINANCIÈRE
1100 René-Lévesque Boulevard West, Suite 660, Ville-Marie, Montréal, QC, H3B 4N4
514 866-2733  Fax: 514 866-0113
Website: www.apff.org
Email: apff@apff.org


Eligibility: professionals (accountants, lawyers, notaries, tax experts, economists, etc.) active in the area of tax, financial and wealth management and estate planning

Coverage area: Province of Québec

Fees: regular membership: $430, full time student or professor: $155, public servant: $325, 60 years and over: $155, tax professionals, first year after graduating: $155, 2nd and 3rd years: $215, principal corporate member: $1500

Financing: membership fees, self-financing

Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DU MONTRÉAL MÉTROPOLITAIN
1691 Pie-IX Boulevard, Suite 202, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 523-0707

Email: addsmm2013@gmail.com

Services: * Information on rights and obligations regarding social assistance.* Assistance with procedures.*

Tax clinic.

Eligibility: unemployed people and people on a low income

Coverage area: Greater Montréal

Fees: membership: $3

Financing: provincial, self-financing

Legal status: non-profit organization

BAR OF MONTREAL REFERRAL SERVICE
Confidential Address
514 866-2490  Fax: 514 866-1488
Website: www.barreaudemontreal.qc.ca
Email: reference@barreaudemontreal.qc.ca

Services: Referral for legal help by allowing citizens to get in touch with a lawyer offering services in the area concerned by the request.

Coverage area: Montréal Island

Fees: first 30 minutes of the consultation with the lawyer identified by the service: $30

Legal status: non-profit organization
Justice and Advocacy

BAR OF THE PROVINCE OF QUÉBEC
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
1 800 361-8495 Fax: 514 954-3477
Website: www.barreau.qc.ca
Email: infobarreau@barreau.qc.ca
Eligibility: Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid
Coverage area: Province of Québec
Hours: Monday to Friday 8h15 to 17h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00
Fees: Info-Criminal Law: free
Financing: membership fees
Legal status: non-profit organization

BUREAU DES INFRACTIONS ET AMENDES - MONTRÉAL
1 Notre-Dame Street East, Suite 2.143, Ville-Marie, Montréal, QC, H2Y 1B6
1 877 263-6337 Fax: 514 864-6821
Website: www.amendes.qc.ca
Email: amendes@justice.gouv.qc.ca
Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees.* Online payment services for court records and statements of offense.
Coverage area: Montréal Island
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone information: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CENTRE DE JUSTICE DE PROXIMITÉ DU GRAND MONTRÉAL
407 Saint-Laurent Boulevard, suite 410, Ville-Marie, Montréal, QC, H2Y 2Y5
514 227-3782
Website: www.justicedeproximite.qc.ca
Email: montreal@cjpqc.ca
Services: * Legal information clinic: explanation of laws, information on various recourses and legal procedures, orientation within the justice system.* Referral to community services and alternative ways to resolve conflicts.* Material on legal information, information sessions on legal matters.* Does not represent citizens in Court.* Does not provide legal advice.
Eligibility: citizens searching for legal information
Coverage area: Greater Montréal
Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday 9h00 to 19h00, people must arrive at least one hour prior to closing time
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES SOLIDAIRES ET ENGAGÉES
1586 Fleury Street East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1S6
514 388-0980 Fax: 514 388-1638
Website: www.cfse.ca
Email: info@cfse.ca
Justice and Advocacy

**Services:** *Welcoming, listening in person or by phone.* *Helping relationship.* *Accompaniment for women in abusive relationships.* *Information and referral.* *Legal consultation.* *Documentation centre.*

**Eligibility:** women

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 8h30 to 17h00, Thursday 13h00 to 21h00

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

**Legal status:** non-profit organization

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**CHAMBRE DES HUISSIERS DE JUSTICE DU QUÉBEC**

507 Place d'Armes, Suite 970, Ville-Marie, Montréal, QC, H2Y 2W8

514 721-1100  Fax: 514 721-7878

Website: www.huissiersquebec.qc.ca

Email: chjq@chjq.ca

**Services:** Professional association of court bailiff of Québec. *Public protection et procession of complaints.* *Monitoring the title and the right to practice the profession.* *Checking the competence and integrity of the candidates to the profession.* *Maintaining competence and integrity by continuing training.* *To find a court bailiff: www.chjq.ca/Recherche-huissiers*

**Eligibility:** public, judicial officers

**Coverage area:** province of Québec

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

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**CLINIQUE JURIDIQUE DE L'UQÀM**

Pavillon J.A. DeSève, 320 Sainte-Catherine Street East, Suite DS-3255, Ville-Marie, Montréal, QC, H2X 1L7

514 987-6760  Fax: 514 987-7962

Website: www.cliniquejuridique.uqam.ca

Email: cliniquejuridique@gmail.com

**Services:** Legal clinic conducted by volunteer students. *Promoting access to justice.* *Legal information as free and confidential consultations.*

**Eligibility:** priority to students and employees, general public and community organizations

**Coverage area:** Montreal

**Hours:** by appointment

**Legal status:** non-profit organization

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**COMITÉ DES PERSONNES ASSISTÉES SOCIALES DE POINTE SAINT-CHARLES**

1945 Mullins Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3K 1N9

514 931-6025  Fax: 514 931-0185

Email: info@cpas-psc.ca

**Services:** *Advocacy.* *Information and training on the law, regulations and procedures of social assistance.* *Assistance with filling out documents.* *Tax clinic.* *Accompaniment with procedures with local employment centres.* *Mutual aid, coffee-chats.* *Monthly accompaniment of 15 people to Maison du partage d'Youville food bank.*

**Eligibility:** recipients of social assistance, seniors, economically disadvantaged people, newcomers

**Coverage area:** Pointe Saint-Charles and surroundings, territories not covered by advocacy organizations

**Hours:** Monday to Friday 10h00 to 12h00 and 13h00 to 16h00, by appointment

**Fees:** membership: $1, giving free access to services

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

**Legal status:** non-profit organization
COMMISSION DES SERVICES JURIDIQUES
2 Complexe Desjardins, Suite 1404, Ville-Marie, Montréal, QC, H5B 1B3
514 873-3562     Fax: 514 873-8762
Website: www.csj.qc.ca
Email: info@csj.qc.ca
Services: * Ensures that legal aid is provided to financially eligible individuals through their regional centres.
Eligibility: people who are financially eligible
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: provincial government agency

COMMUNITY LEGAL CENTRE OF MONTRÉAL
425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5
514 864-2111     Fax: 514 864-1515
Website: www.aidejuridiquedemontreal.ca
Email: aidejuridiqueqml@ccjm.qc.ca
Services: * Legal aid services. Principal areas of practice: family law, matrimonial law, youth protection law, young offenders law, criminal and penal law, administrative law, social law, civil law and immigration law.*
** Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant.*
** Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. Legal consultation with a lawyer.*
** Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.*
** Legal information regarding the rights and obligations of legal aid recipients. Community involvement.*
** Some services may be rendered by a notary.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal, Laval
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

COMMUNITY LEGAL SERVICES OF POINTE-SAINT-CHARLES AND LITTLE BURGUNDY
2533 Centre Street, Suite 101, Le Sud-Ouest, Montréal, QC, H3K 1J9
514 933-8432     Fax: 514 933-4381
Website: www.servicesjuridiques.org
Email: servjur@bellnet.ca
Services: * In compliance with the Legal Aid Act: consultations, legal advice, representations before the Courts regarding civil or family matters or administrative and social laws.*
** Information service regarding rights.*
** Information meetings and training.*
** Activities and campaigns relating to rights' education and access to justice.
Coverage area: Montréal: Pointe-Saint-Charles and Little Burgundy
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: according to the Legal Aid Act
Financing: provincial
Legal status: non-profit organization

CONCERTATION DES LUTTES CONTRE L'EXPLOITATION SEXUELLE
Confidential Address     Fax: 514 750-4538
Website: www.lacles.org
Email: info@lacles.org
Services: * Active listening, information and referral, support and follow-up (health, legal or psychosocial needs), peer support and advocacy.* Emergency helpline.* Weekly support group for women involved or having been involved in the sex industry.* Support group for relatives of women involved in the sex industry.* Adapted cares on appointment: gynecological services, osteopaths.* Research and training, organization of seminars and conferences on sexual exploitation.* Political representation and awareness campaign.

Eligibility: women involved in the sex industry, or having exchanged sex for money, goods, drugs or housing, regularly or occasionally, their relatives and women at risk of becoming involved in these activities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: free for all services to the target population

Financing: federal, provincial, self-financing

Legal status: non-profit organization

CÔTÉ COUR
Montréal Courthouse, 1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6
514 868-9577

Services: * Specialized support in domestic and family violence directly in court environment to any victim whose case was the subject of a complaint to the police.* Psychosocial assessment.* Reference to the appropriate resources.* Information about the court process.* Preparation to testimony.* Interpreter available in all languages at the Court.* Two service points: Courthouse and Municipal Court of Montréal.

Eligibility: victims of domestic and familial violence

Coverage area: Montréal Island

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: parapublic organization

ÉDUCALOI
Confidential Address
514 954-3408

Website: www.educaloi.qc.ca

Email: educaloi@educaloi.qc.ca

Services: * Development and management of a legal information website.* Legal information and educational projects.* Helping other organizations create legal documents and communication tools in plain language.

Eligibility: general public, teenagers, young adults, school workers, organizations

Coverage area: Province of Québec

Fees: variable for awareness activities, free for other services

Financing: self-financing, grants, provincial, federal, Chambre des Notaires, Barreau du Québec, Société québécoise d’information juridique

Legal status: non-profit organization

ÉVOLU-JEUNES 19-30
Chalet du Parc Sauvé, 11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1n9
514 322-5556

Website: evolujeunes.wixsite.com/evolujeunes1930

Email: evolujeunes1930@hotmail.com

Services: Compensatory and community work mentoring.* Legal accompaniment.* Legal information clinics.* Trainings session.* Sport activities: basketball, soccer, hockey, etc.* Voie d’accès: accompaniment, referral and mediation service with local resources.

Eligibility: youth from 19 to 30 years with minor legal problems

Coverage area: Montréal-Nord

Financing: self-financing, grants

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

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD
1055 René-Lévesque Boulevard East, Suite 1110, Ville-Marie, Montréal, QC, H2L 4S5
514 864-7313    Fax: 514 864-7329
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.centresud@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Centre-Sud and surroundings
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CÔTE-DES-NEIGES
3535 Queen-Mary Road, Suite 415, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3V 1H8
514 864-7666    Fax: 514 864-7688
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.cotedesneiges@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Côte-des-Neiges and surrounding
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CRÉMAZIE
201 Crémazie Boulevard East, Suite 3.50, Ahuntsic-Cartierville, Montréal, QC, H2M 1L2
514 864-4828    Fax: 514 864-4858
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.cremazie@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Ahuntsic-Cartierville, Dollard-Des Ormeaux, Pierrefonds-Roxboro, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MAISONNEUVE-MERCIER
5100 Sherbrooke Street East, Suite 850, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 864-6644     Fax: 514 864-6866
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.maisonneuvemercier@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD
5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1
514 864-8833     Fax: 514 864-8922
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.montrealnord@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal-Nord, Rivière-Des-Prairies-Pointe-Aux-Trembles, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - SUD-OUEST
4250 Wellington Street, Suite 200, Verdun, Montréal, QC, H4G 1W2
514 864-9437     Fax: 514 864-9451
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.sudouest@ccjm.qc.ca
Services: Legal aid office in civil and family Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Le Sud-Ouest, Westmount, Lasalle, Lachine, Côte-Des-Neiges-Notre-Dame-De-Grâce
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - CRIMINAL AND PENAL LAW AND HEALTH LAW
800 De Maisonneuve Boulevard East, Suite 900, Ville-Marie, Montréal, QC, H2L 4M7
514 842-2233     Fax: 514 842-1970
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.criminalistes@ccjm.qc.ca
Services: Legal aid office in criminal and penal law and health law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: parapublic organization

LEGAL AID OFFICE - IMMIGRATION LAW
440 René-Lévesque Boulevard West, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1V7
514 849-3671    Fax: 514 849-5004
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.immigration@ccjm.qc.ca
Services: Legal aid office in immigration Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal and Laval
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: provincial government agency

LEGAL AID OFFICE - YOUTH PROTECTION LAW
5800 Saint-Denis Street, Suite 802, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3L5
514 864-9833    Fax: 514 864-9889
Website: www.aidejuridiquedemontreal.ca/en/points-of-service/
Email: baj.jeunesse@ccjm.qc.ca
Services: Legal aid office in youth protection Law.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: Montréal
Hours: 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid, depending on their financial situation, see scale on website
Legal status: provincial government agency

MAISON ALINE GENDRON - OPDS
3340 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 527-0700    Fax: 514 527-3788
Website: www.opdsrm.com
Email: opds.maisonag@videotron.ca
Eligibility: welfare recipients
Coverage area: South of Montréal
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

MAISON D'HÉBERGEMENT ANJOU
Confidential Address
514 353-5908    Fax: 514 353-9794
Email: directionmh@videotron.ca
Justic et Advocacy

Services: Shelter for women victims of domestic violence. * Housing.* Support and information, active listening and helping relationship.* Court accompaniment and moral support.* Professional resources.* Phone follow-up.* Community awareness and education.* Post-housing follow-up for women and children.* External services for non-hosted: psychosocial follow-up, accompaniment and legal information.

Eligibility: women and children victims of domestic violence

Capacity: 5 families

Coverage area: Greater Montréal

Hours: 24 hours, 7 days

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

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.opdsm.com

Email: opds.maisonmjc@videotron.ca


Eligibility: welfare recipients

Coverage area: North of Montréal

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

MCGILL LEGAL INFORMATION CLINIC

3480 McTavish Street, Suite 107, Ville-Marie, Montréal, QC, H3A 0E7

514 398-6792

Website: mlic.mcgill.ca

Email: pub.licm@mail.mcgill.ca


Eligibility: legal information: general public, advocacy: McGill students

Coverage area: Greater Montréal

Hours: clinic: Monday, Wednesday, Thursday and Friday 9h00 to 17h00, Tuesday 11h00 to 17h00, advocacy: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

MOUVEMENT ACTION JUSTICE

6970 Christophe-Colomb Street, Suite 202, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H5

514 273-4302 Fax: 514 273-9059

Website: www.maj-quebec.com

Email: info@maj-quebec.com


Eligibility: people facing issues with the legal or police system

Capacity: self-help group: 10 to 25 people

Coverage area: Province of Québec

Hours: Monday, Wednesday and Friday 9h00 to 15h00, Tuesday and Thursday 9h00 to 16h00, self-help group: weekend

Fees: none

Financing: donations, grants

Legal status: non-profit organization
MUNICIPAL COURT OF THE CITY OF MONTRÉAL
775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 3B9
514 872-2964   Fax: 514 872-8271
Website: www.ville.montreal.qc.ca
Email: cour-municipale@ville.montreal.qc.ca

Services: Court operating under the authority of the Direction des services judiciaires of the Service des affaires juridiques et de l'évaluation foncière and governed by the Municipal Courts Act. * Jurisdiction in civil, criminal and penal matters.* Processing traffic and parking tickets. * Online traffic and parking ticket payment service: servicesenligne2.ville.montreal.qc.ca/sel/constats/accueil.do

Coverage area: City of Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

ORGANISATION D'AIDE AUX SANS-EMPLOI
2515 Delisle Street, Suite 209, Le Sud-Ouest, Montréal, QC, H3J 1K8
514 932-3926   Fax: 514 932-0815
Website: www.cam.org/~odas
Email: odas@bellnet.ca

Services: Grouping and information for welfare recipients. * Information on the law of income security and on related themes.* Advocacy.
Eligibility: welfare recipients
Capacity: 500 members and groups
Coverage area: Le Sud-Ouest
Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 15h30
Fees: free
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX DE LA RÉGION DE MONTRÉAL
3340 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1P7
514 524-6996   Fax: 514 527-3788
Website: www.opdsrm.com
Email: info@opdsrm.com

Eligibility: welfare recipients
Coverage area: Greater Montréal
Hours: Tuesday and Wednesday 9h30 to 16h00
Financing: Centraide of Greater Montréal
Legal status: non-profit organization

PRO BONO QUÉBEC
Confidential Address
514 904-1076   Fax: 514 905-0228
Website: www.probonoquebec.ca
Email: info@probonoquebec.ca

Services: Promotion of accessible legal services. * Online directory for free or low-cost legal services boussolejuridique.ca.
Eligibility: citizens, groups of citizens or legal persons who are not eligible for legal aid and who are unable to pay for the services of a lawyer
Coverage area: Province of Québec
QUEBEC COUNCIL ON TOBACCO AND HEALTH
4126 Saint-Denis Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
514 948-5317 ext. 0    Fax: 514 948-4582
Website: www.cqts.qc.ca
Email: info@cqts.qc.ca
Services: Education and promotion of awareness on the dangers of tobacco use, the effects of secondhand smoke and the benefits of smoking cessation. * Advertising and promotion to publicize smoking cessation resources.* Symposias and training.* Class action against tobacco companies on behalf of victims of lungs or throat (larynx, oropharynx, hypopharynx) cancer and emphysema.* Smoking prevention in schools and in the community.
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, provincial, donations
Legal status: non-profit organization

SERVICE D'AIDE AUX CONJOINTS
Confidential Address
514 384-6296    Fax: 514 384-3731
Website: www.serviceaideconjoint.org
Email: serviceaideconjoint@bellnet.ca
Services: Psychosocial services and legal information for men with conjugal difficulties or victims of domestic violence. * Individual support.* Weekly groups.* Awareness and conferences.
Eligibility: men 18 years and over with conjugal difficulties or victims of domestic violence, no matter their sexual orientation
Capacity: groups: 10 people
Coverage area: Greater Montréal
Hours: telephone service: Monday to Friday 10h00 to 18h00, legal meetings and information: by appointment, day and evening
Fees: membership: $5, assessment meeting: $20, group evenings: $25 per month, individual support: $5 to $50
Financing: provincial
Legal status: non-profit organization

TRANSIT 24
1221 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1R2
514 383-4994    Fax: 514 383-2735
Email: transit24@sympatico.ca
Services: * Shelter.* Listening phoneline.* Meetings, moral support, accompaniment.* Information.* Legal advice.
Eligibility: women and children victims of domestic violence
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Financing: donations, provincial
Legal status: non-profit organization

WELFARE RIGHTS COMMITTEE OF SOUTH-WEST MONTRÉAL
2390 Ryde Street, Suite 204, Le Sud-Ouest, Montréal, QC, H3K 1R6
514 445-5321
Justice and Advocacy

Services: Individual and collective rights advocacy. * Information and individual advocacy, in person or by phone.* Information sessions and workshops on social assistance or related programs and issues for groups or organizations.

Eligibility: English speaking welfare recipients in South-West Montreal and Verdun and welfare recipients in Pointe-Saint-Charles

Coverage area: Montréal: South-West, Verdun and surroundings

Hours: by appointment

Fees: membership: $5 per year

Financing: grants, provincial, donations

Legal status: non-profit organization

Professional orders and associations

ASSOCIATION CANADIENNE DE RÉFLEXOLOGIE - SECTION QUÉBEC

Confidential Address
514 816-8559     Fax: 1 888 927-2912
Website: www.reflexquebec.org
Email: services@reflexquebec.org


Coverage area: Province of Québec

Fees: variable

Financing: membership

Legal status: non-profit organization

ASSOCIATION DE L'AGROTOURISME ET DU TOURISME GOURMAND DU QUÉBEC

4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3138     Fax: 514 252-3173
Website: www.terroiretsaveurs.com
Email: info@terroiretsaveurs.com

Services: Grouping of agrotourism and food tourism operators. * Development, improvement and quality control of accommodations, catering and local products sellers establishments, farmers, agricultural processors and artisans.* Consultation and networking.* Terroir et Saveurs network: distinctive certification program, promotion of regional products, grouping of banners.

Coverage area: Province of Québec

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

Fees: cost for the certification of member establishments

Financing: membership fees, self-financing, grants

Legal status: non-profit organization

ASSOCIATION DES ACUPUNCTEURS DU QUÉBEC

1453 Beaubien Street East, Suite 203, Rosemont-La Petite-Patrie, Montréal, QC, H2G 3C6
1 800 363-6567
Website: www.acupuncture-quebec.com
Email: info@acupuncture-quebec.com


Coverage area: Province of Québec

Financing: membership fees

Legal status: non-profit organization
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 DES CHIROPRACTICIENS DU QUÉBEC
7960, Metropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1
514 355-0557 Fax: 514 355-0070
Website: www.chiropratique.com
Email: acq@chiropratique.com
Eligibility: chiropractors and public
Coverage area: province of Quebec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer schedule: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: annual membership fees
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES DENTUROLOGISTES DU QUÉBEC
Confidential Address
Website: www.adq-qc.com
Eligibility: denturologists
Coverage area: province of Québec
Fees: annual membership fees
Financing: self-financing, membership fees
Legal status: non-profit organization

ASSOCIATION DES ÉTABLISSEMENTS PRIVÉS CONVENTIONNÉS-SANTÉ SERVICES SOCIAUX
1076 de Bleury Street, Ville-Marie, Montréal, QC, H2Z 1N2
514 499-3630 Fax: 514 873-7063
Website: www.aepc.qc.ca
Email: info@aepc.qc.ca
Services: * Promotion and advocacy for private companies in the field of health and social services.* Promotion of care quality.
Eligibility: accredited private institutions
Capacity: 60
ASSOCIATION DES GARDERIES PRIVÉES DU QUÉBEC

5115 Trans Island Avenue, Suite 230, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 2Z9
1 888 655-6060  Fax: 514 485-7085
Website: www.agpq.ca
Email: correspondance@agpq.ca


Eligibility: private daycares
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, provincial, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION DES INFIRMIÈRES ET DES INFIRMIERS EN SOINS DE PIEDS DU QUÉBEC

3850 Jean-Talon Street West, Suite 99, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3R 2G8
514 344-7212  Fax: 514 344-0766
Website: www.aiispq.org
Email: info@aiispq.org

Services: Grouping of nurses whose fields of expertise are foot care. * Promotion of the profession and maintaining the quality of services to the public and various organizations.

Eligibility: nurses specialized in foot care, general public
Coverage area: province of Québec
Hours: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00
Fees: annual membership: between $50 and $70
Financing: membership
Legal status: non-profit organization

ASSOCIATION DES INTERVENANTS EN DÉPENDANCE DU QUÉBEC

1001 De Maisonneuve Boulevard West, Suite 420, Ville-Marie, Montréal, QC, H3A 3C8
514 287-9625  Fax: 514 287-9649
Website: www.aidq.org
Email: info@aidq.org

Services: Provincial network aiming at supporting the involvement of people struggling with addiction or at risk of becoming addicted. * Support in the intervention in prevention, treatment and social rehabilitation.* Skills development, coordination and sharing expertise.* Distribution of informational and prevention material, documentation centre.

Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES DU QUÉBEC

Confidential Address
514 350-5124  Fax: 514 350-5174
Website: www.amoq.org
Email: amoq@smsq.org

Services: * Represents its members.* Informs the public.* Repertory of ophthalmologists: www.amoq.org/repertoire/Index.asp
Eligibility: ophtalmologists, public
Coverage area: Province of Québec
Hours: variable
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES MÉDECINS PSYCHIATRES DU QUÉBEC
2 Complexe Desjardins, East Tower, 30th floor, Ville-Marie, Montréal, QC, H5B 1G8
514 350-5128   Fax: 514 350-5198
Website: www.ampq.org
Email: ampq@fmsq.org
Services: * Advocacy for medical specialists who are members of affiliated associations on the economic, professional, scientific and social fronts.* Information about mental health, psychiatry and access to psychiatric services available on website.
Eligibility: psychiatrists
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES NEUROLOGUES DU QUÉBEC
2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
Website: www.anq.qc.ca
Email: anq@fmsq.org
Services: Professional union part of the Fédération des médecins spécialistes du Québec. * Promotion of the professional, social and economical interests of its members.* Directory of neurologists of Québec: www.anq.qc.ca/trouver-un-neurologue?view=etablissementlist
Eligibility: neurologists
Coverage area: province of Québec
Fees: annual membership fees
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES NUTRITIONNISTES CLINICIENS DU QUÉBEC
10922 Jeanne-Mance Street, Ahuntsic-Cartierville, Montréal, QC, H3L 3C6
514 725-5535   Fax: 514 725-4433
Website: www.ancq.org
Email: info@ancq.org
Services: * Representation of the members and the profession.* Promotes professional acts’ quality in the nutritional field.
Eligibility: nutritionists
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Fees: annual membership: $70
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES OPTOMÉTRISTES DU QUÉBEC
1255 Robert-Bourassa Boulevard, Suite 217, Ville-Marie, Montréal, QC, H3B 3B2
514 288-6272
Website: www.aoqnet.qc.ca
Email: aoq@aoqnet.qc.ca
Justice and Advocacy

**Services:** Professional association. * Representation and economical, professional, political and social interests advocacy of its members.* Directory of optometrists of Québec on the website: www.aoqnet.qc.ca/trouvez-un-optometrise

**Eligibility:** optometrists and optometry students

**Coverage area:** province of Québec

**Fees:** annual membership fees

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION DES PÉDIATRES DU QUÉBEC**

Complexe Desjardins, 150 Sainte-Catherine Street West, East Tower, 32th Floor, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

514 350-5127  Fax: 514 350-5177

Website: www.pediatres.ca

Email: pediatrie@fmsq.org

**Services:** * Promotion of pediatric medicine in Québec.* * Representation and defense of members.* Online directory: http://pediatres.ca/index.php/Visiteurs/Bottin_2015

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION DES SEXOLOGUES DU QUÉBEC**

Confidential Address

514 270-9289

Website: www.associationdessexologues.com

Email: info@associationdessexologues.com

**Services:** Sexology referral. * Training and protection of professionals.

**Eligibility:** public, professionals

**Coverage area:** Province of Québec

**Fees:** membership fees

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION DU CAMIONNAGE DU QUÉBEC**

6450 Notre-Dame Street West, Suite 200, Le Sud-Ouest, Montréal, QC, H4C 1V4

514 932-0377  Fax: 514 932-1358

Website: www.carrefour-acq.org

Email: info@carrefour-acq.org

**Services:** To protect and defend the members' interests at the governmental levels. * To inform the public on the rules and regulations of the industry, the ethics, etc.* * Classes and seminars.* Conferences.* List of ACQ movers: http://www.carrefour-acq.org/ grand-public/demenagement/liste-des-membres-demenageurs-de-lacq

**Eligibility:** transportation companies, related products and services suppliers

**Coverage area:** province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION OF DERMATOLOGISTS OF QUEBEC**

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

514 350-5111  Fax: 514 350-5161

Website: www.adq.org

Email: dermato@fmsq.org
**ASSOCIATION OF PSYCHOLOGISTS OF QUÉBEC**

2030 Pie-IX Boulevard, Suite 403, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

1 877 353-7555  Fax: 514 355-4159

Website: www.apqc.ca

Email: apq@spg.qc.ca

**Services:** *Referral services helping people to find a psychologist in their area.* *Services for members: insurances, meetings and training.* *Helplines for members.*

**Eligibility:** general public and psychologists

**Coverage area:** Province of Québec

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

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DE LA GESTION PARASITAIRE**

2030 Pie-IX Boulevard, Suite 403, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

1 800 663-2730  Fax: 514 355-4159

Website: www.aqgp.ca

Email: aqgp@spg.qc.ca

**Services:** Advocates members’ interests at the government level. *Promotes termination services of the members.* *Publishes industry-related books.* *Gives technical information concerning insurance, specific problems, etc.* *Offers intensive classes and information sessions.* *Online directory: http://www.aqgp.ca/trouvez-un-exterminateur*

**Coverage area:** Province of Québec

**Fees:** membership fees: $395 per year

**Financing:** membership fees

**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
ASSOCIATION QUÉBÉCOISE DES INFIRMIÈRES ET INFIRMIERS EN SANTÉ MENTALE

Confidential Address
1 866 272-2856 Fax: 1 888 276-1633
Website: www.aqiism.org
Email: info@aqiism.org

Services: * Exchanges and sharing professional experiences.* Dissemination of new knowledge in psychiatry and mental health.* Identification of member needs and search of ways to meet those needs.* Exchange with other professional and scientific organizations.

Eligibility: nurses with an interest in the field of mental health and psychiatry
Coverage area: province of Quebec
Hours: Monday to Friday 8h30 to 17h00, summer schedule, from the National Day to Labor Day: closed Friday
Fees: to register, see the membership scale and complete the registration form in the membership tab website

BAR OF MONTREAL (THE)
1 Notre-Dame Street East, 9th floor, Ville-Marie, Montréal, QC, H2Y 1B6
514 866-9392 Fax: 514 866-1488
Website: www.barreaudemontreal.qc.ca
Email: general@barreaudemontreal.qc.ca

Services: Professional association. * Participates actively in the administration of justice and the protection of the public by providing information and enhancing awareness of rights.

Eligibility: lawyers, greater public
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 16h30, Friday 8h30 to 12h30 in summer
Fees: to register, see the membership scale and complete the registration form in the membership tab website

CANADIAN PSYCHOANALYTIC SOCIETY
7000 Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 738-6105 Fax: 514 738-6393
Website: www.en.psychoanalysis.ca
Email: psyanal@qc.aira.com

Services: * Conferences, information broadcasting and research on psychoanalysis in Canada.* Members database: www.en.psychoanalysis.ca/find-a-psychoanalyst/

Eligibility: psychoanalysts
Coverage area: Canada
Hours: Monday to Friday
Fees: to register, see the membership scale and complete the registration form in the membership tab website

COLLÈGE DES MÉDECINS DU QUÉBEC
1250 René-Lévesque West, Suite 3500, Ville-Marie, Montréal, QC, H3B 4W8
514 933-4441 Fax: 514 933-3112
Website: www.cmq.org
Email: info@cmq.org

Services: Professional order. * Verify the skills of future physicians and their aptitude to practice medicine.* Promote the maintenance of physicians skills.* Assessment and monitoring of the professional practice of physicians.* Reception and study of complaints addressed to the physicians from the public.* Control of illegal practice of medicine. Position-taking in major health debates of public concern.* Promote quality medicine in order to protect the public and help improve health in Québec.

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

CORPORATION OF MASTER ELECTRICIANS OF QUEBEC
5925 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C9
514 738-2184      Fax: 514 738-2192
Website: www.cmeq.org
Email: info@cmeq.org
Services: Promotion of electrical safety and control of the profession of master electricians. * Issuance of specialized contractor's license for electrical work in the province of Québec.* Provide practical tools and technical, legal and administrative information to its members.* Protect public by the verification of the standards governing the professional practice of its members.* Process public complaints regarding electrical safety.* Members directory: www.cmeq.org/repertoire-des-membres
Eligibility: public and master electricians
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

FÉDÉRATION DES KINÉSIOLOGUES DU QUÉBEC
2100 Édouard-Montpetit Boulevard, Suite 7203, Le Sud-Ouest, Montréal, QC, H3C 3J7
514 343-2471      Fax: 514 343-2181
Website: www.kinesiologue.com
Email: info@kinesiologue.com
Services: Association of professionals. * Promoting the interests of their members, as well as verifying their skills.* Protecting the public.* Find a kinesiologist: https://www.kinesiologue.com/annuaire
Eligibility: members, general public
Coverage area: province of Québec
Hours: Monday to Thursday 9h30 to 16h30
Financing: membership fees
Legal status: non-profit organization

FÉDÉRATION DES MÉDECINS OMNIPRATI CIENS DU QUÉBEC
2 Place Alexis-Nihon, 20th Floor, 3500 De Maisonneuve Boulevard West, Suite 2000, Westmount, Montréal, QC, H3Z 3C1
1 800 361-8499      Fax: 514 878-4455
Website: www.fmoq.org
Email: info@fmoq.org

Justice and Advocacy
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: membership fees
Legal status: non-profit organization
Justice and Advocacy

Services: Advocacy of professional and scientific interests of general practitioners. * Support for members.* Promotion of the quality of care and working conditions.

Eligibility: general practitioners
Capacity: 9500
Coverage area: Province of Québec
Hours: Monday to Friday 8h45 to 16h30
Financing: membership fees
Legal status: non-profit organization

FÉDÉRATION DES MÉDECINS SPÉcialistes DU QUÉBEC

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8
1 800 561-0703 Fax: 514 350-5100
Website: fmsq.org
Email: info@fmsq.org

Services: Defense and promotion of economic, professional, scientific and social interests of specialized physicians. * Representation in negotiations with the government.

Eligibility: specialized physicians
Capacity: over 10,000 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: membership fees
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES MASSOTHÉRAPEUTES

4428 Saint-Laurent Boulevard, Suite 400, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z5
514 597-0505 Fax: 514 597-0141
Website: www.fqm.qc.ca
Email: administration@fqm.qc.ca

Services: * Monitoring compliance with norms and standards of the profession.* Support massage therapists in their professional practice.* Information and public protection.* Promoting benefits of massage therapy.*

Directory: www.fqm.qc.ca/recherche-masso
Hours: Monday to Friday 8h30 to 16h30
Financing: contributions
Legal status: non-profit organization

FONDATION QUÉBÉCOISE DE LA SANTÉ REIKI

Confidential Address
450 654-1722
Website: www.fqsr.org
Email: secretariat@fqsr.org


Coverage area: Province of Québec
Fees: variables
Financing: membership
Legal status: non-profit organization

MONTRÉAL PSYCHOANALYTIC SOCIETY

7000 de la Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2C1
514 342-5104
Website: www.psychanalysemontreal.org
Email: spsytmt@gmail.com
**Services:** * Promoting psychoanalysis.* Continuing seminars.* Public activities and conferences on psychoanalysis.* Referral service.* Institut psychanalytique de Montréal: training body, assessment of candidates and supervision of cures practiced by junior analysts.* Clinique psychanalytique de Montréal: psychoanalytic treatments subsidized for people on a low income.

**Eligibility:** psychoanalysts, public

**Coverage area:** referral service: Montréal, Joliette, Laval, Québec, Sherbrooke and South Shore of Montréal

**Fees:** variable

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

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**ORDER OF PODIATRISTS OF QUÉBEC**

7151 Jean-Talon Street East, Suite 1000, Anjou, Montréal, QC, H1M 3N8

**Website:** www.ordredespodiatres.qc.ca

**Email:** podiatres@ordredespodiatres.qc.ca

**Services:** Professional order. * Inform the public and ensure the implementation of laws and regulations.* Complaints reception.* Control access to the podiatrist title.* Repertory of podiatrists:

http://ordredespodiatres.qc.ca/trouver-un-podiatre

**Coverage area:** province of Québec

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

**Financing:** membership fees

**Legal status:** non-profit organization

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**ORDRE DES ACUPUNCTEURS DU QUÉBEC**

505 René-Lévesque Boulevard West, Suite 1106, Ville-Marie, Montréal, QC, H2Z 1Y7

**Website:** www.o-a-q.org

**Email:** info@o-a-q.org

**Services:** Professional order. * Public protection, access control to the acupuncturist profession and regulation of its exercise.* Management of public complaints.* Quality control of training and practice of acupuncturists.* Promotion of accessibility to acupuncture care.* Acupuncturist repertory:

http://o-a-q.org/fr/accueil.aspx

**Eligibility:** acupuncturists and general public

**Coverage area:** province of Québec

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

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**ORDRE DES ADMINISTRATEURS AGRÉÉS DU QUÉBEC**

1050 du Beaver Hall Côte, Suite 360, Ville-Marie, Montréal, QC, H2Z 0A5

**Website:** www.adma.qc.ca

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

**Services:** Professional order. * Public protection, monitoring compliance with professional standards in administration.* Participation in the advancement of administration, pooling and sharing of knowledge and experiences.* Administrator repertory:

http://goo.gl/nKjHH8

**Eligibility:** public, administrators

**Coverage area:** province of Québec

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

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization
Justice and Advocacy

ORDRE DES AGRONOMES DU QUÉBEC
1001 Sherbrooke Street East, Suite 810, Le Plateau-Mont-Royal, Montréal, QC, H2L 1L3
514 596-3833 Fax: 514 596-2974
Website: www.oaq.qc.ca
Email: agronome@oaq.qc.ca

Services: Professional order. * Public protection, monitoring the practice of the agronomist profession.* Maintenance and development of competence, professionalism and commitment of agronomists to users.* Find a professional: here.

Eligibility: public, agronomist
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES ARCHITECTES DU QUÉBEC
420 McGill Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 2G1
514 937-6168 Fax: 514 933-0242
Website: www.oaq.com
Email: info@oaq.com

Services: Professional order. * Public protection, monitoring the practice of the architect profession.* Promotion of architecture.* Architects repertory: https://goo.gl/tOJEzD

Eligibility: public, architects
Coverage area: province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES AUDIOPROTHÉSISTES DU QUÉBEC
11370 Notre-Dame Street East, Suite 202A, Montréal-Est, Montréal, QC, H1B 2W6
514 640-5117 Fax: 514 640-5291
Website: www.ordreaudio.qc.ca
Email: oaq@ordreaudio.qc.ca

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

Eligibility: public, audioprosthetists
Coverage area: province of Québec
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES CHIMISTES DU QUÉBEC
Place du Parc, 300 Léo-Pariseau Street, Suite 2199, Le Plateau-Mont-Royal, Montréal, QC, H2X 4B3
514 844-3644 Fax: 514 844-9601
Website: www.ocq.qc.ca
Email: information@ocq.qc.ca

Services: Professional order. * Public protection, control over the exclusive exercise of the profession of chemist by its members.* Monitoring the competence of its members and the quality of professional practice.

Eligibility: public, chemists
Coverage area: province of Québec
Hours: Monday to Thursday 8h00 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization
ORDRE DES COMPTABLES PROFESSIONNELS AGREEES DU QUEBEC
5 Place Ville Marie, Suite 800, Ville-Marie, Montreal, QC, H3B 2G2
514 288-3256
Website: cpa-quebec.com
Email: info@cpa-quebec.com
Eligibility: public, chartered professional accountants
Coverage area: province of Quebec
Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES CONSEILLERS EN RESSOURCES HUMAINES AGREES
1200 McGill College, Suite 1400, Ville-Marie, Montreal, QC, H3B 4G7
514 879-1636     Fax: 514 879-1722
Website: www.portailrh.org
Email: info@portailrh.org
Eligibility: public, human resources management professionals
Coverage area: province of Quebec
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES DENTISTES DU QUEBEC
800 Rene-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montreal, QC, H3B 1X9
514 875-8511     Fax: 514 393-9248
Website: www.odq.qc.ca
Email: info@odq.qc.ca
Services: Professional order. * Public protection and monitoring compliance with practice and ethical conduct standards.* Promoting oral health among the population.* To find a dentist: www.odq.qc.ca
Eligibility: public, dentists
Coverage area: province of Quebec
Hours: Monday to Friday 8h30 to 16h00
Financing: membership fees
Legal status: non-profit organization

ORDRE DES EVALUATEURS AGREES DU QUEBEC
415 Saint-Antoine Street West, Suite 450, Ville-Marie, Montreal, QC, H2Z 2B9
514 281-9888     Fax: 514 281-0120
Website: www.oeaq.qc.ca
Email: oeaq@oeaq.qc.ca
Eligibility: public, chartered appraisers
Coverage area: province of Quebec
Financing: membership fees, self-financing
Legal status: non-profit organization
ORDRE DES GÉOLOGUES DU QUÉBEC
500 Sherbrooke Street West, Suite 900, Ville-Marie, Montréal, QC, H3A 3C6
514 278-6220  Fax: 514 844-7556
Website: www.ogq.qc.ca
Email: info@ogq.qc.ca
Services: Professional order. * Protection of the public in all geology related matters.* Regulate the competency and skills of geologists and suppressing the illegal practice of the profession.* Receive complaints.
Eligibility: public, geologists
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: self-financing, membership fees
Legal status: non-profit organization

ORDRE DES HYGIÉNISTES DENTAIRES DU QUÉBEC
1155 Robert-Bourassa Boulevard, Suite 1212, Ville-Marie, Montréal, QC, H3B 3A7
514 284-7639  Fax: 514 284-3147
Website: www.ohdq.com
Email: info@ohdq.com
Eligibility: public, dental hygienists
Coverage area: province of Québec
Hours: Monday to Friday 8h30 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization

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

ORDRE DES INFIRMIÈRES ET INFIRMIERS DU QUÉBEC
4200 Molson Street, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 4V4
514 935-2501  Fax: 514 935-1799
Website: www.oiiq.org
Services: Professional order. * Professional services, union office, admission to the profession service, documentation centre, archives department.* Information on the nursing profession.* Receive complaints.* Continuous training.
Eligibility: public, nurses
Capacity: 72400 members
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees
Legal status: non-profit organization
ORDRE DES INGÉNIEURS DU QUÉBEC
Gare Windsor, 1100 Canadiens-de-Montréal Avenue, Suite 350, Ville-Marie, Montréal, QC, H3B 2S2
514 845-6141 Fax: 514 845-1833
Website: www.oiq.qc.ca Email: dirigen@oiq.qc.ca
Services: Professional order. * Protection of the public by supervising the practice and controlling access to the practice of the profession.* Complaints reception.* Find a professional: http://www.oiq.qc.ca/fr/Pages/BottinDesMembres.aspx
Eligibility: public, engineers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES OPTICIENS D'ORDONNANCES DU QUÉBEC
630 Sherbrooke Street West, Suite 601, Ville-Marie, Montréal, QC, H3A 1E4
514 288-7542 Fax: 514 288-5982
Website: opticien.qc.ca Email: ordre@opticien.qc.ca
Services: Professional order. * Protection of the public.* Training and supervision of all the professionals providing oculo-visual products.
Eligibility: public, dispensing opticians
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES OPTOMÉTRISTES DU QUÉBEC
1265 Berri Street, Suite 700, Ville-Marie, Montréal, QC, H2L 4X4
514 499-0524 Fax: 514 499-1051
Website: www.ooq.org Email: info@ooq.org
Eligibility: public, optometrists
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES PHARMACIENS DU QUÉBEC
266 Notre-Dame Street West, Suite 301, Ville-Marie, Montréal, QC, H2Y 1T6
514 284-9588 Fax: 514 284-3420
Website: www.opq.org Email: ordrepharm@opq.org
Eligibility: public, pharmacists
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees
Legal status: non-profit organization
ORDRE DES PSYCHOLOGUES DU QUÉBEC
1100 Beaumont Avenue, Suite 510, Mont-Royal, Montréal, QC, H3P 3H5
514 738-1223 Fax: 514 738-8838
Website: www.ordrepsy.qc.ca
Email: info@ordrepsy.qc.ca
Eligibility: psychologists, psychotherapist's permit holders and general public
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: membership fees
Legal status: non-profit organization

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

ORDRE DES TECHNICIENS ET TECHNICIENNES DENTAIRES DU QUÉBEC
500 Sherbrooke Street West, Suite 900, Ville-Marie, Montréal, QC, H3A 3C6
514 282-3837 ext. 2042 Fax: 514 844-7556
Website: www.ottdq.com
Email: info@ottdq.com
Eligibility: public, dental technicians
Coverage area: province of Québec
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES TECHNOLOGUES EN IMAGERIE MÉDICALE, EN RADIO-ONCOLOGIE ET EN ÉLECTROPHYSIOLOGIE MÉDICALE DU QUÉBEC
6455 Jean-Talon East, Suite 401, Saint-Léonard, Montréal, QC, H1S 3E8
514 351-0052 Fax: 514 355-2396
Website: www.otimroepmq.ca
Email: info@otimroepmq.ca
Eligibility: public, medical imaging technologists, radiotherapy technologists and medical electrophysiology technologists
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30, summer schedule: Monday to Thursday 8h00 to 16h00 and Friday 8h00 to 12h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES TECHNOLOGUES PROFESSIONNELS DU QUÉBEC
606 Cathcart Street, suite 505, Ville-Marie, Montréal, QC, H3B 1K9
514 845-3247   Fax: 514 845-3643
Website: www.otpq.qc.ca
Email: info@otpq.qc.ca
Services: Professional order. * Protection of the public.* Promotion and certification of technologists’ skills.
Eligibility: public, professional technologists
Coverage area: province of Québec
Hours: Monday to Friday 8h00 to 16h00 and Friday 8h00 to 12h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES TRADUCTEURS, TERMINOLOGUES ET INTERPRÈTES AGRÉÉS DU QUÉBEC
2021 Union Avenue, Suite 1108, Ville-Marie, Montréal, QC, H3A 2S9
514 845-4411   Fax: 514 845-9903
Website: www.ottiaq.org
Email: info@ottiaq.org
Services: Professional order. * Protection of the public by controlling the issue of permits to practice as certified translator, terminologist or interpreter.* Ensuring and promoting the competence and professionalism of the members.* Members repertory: http://ottiaq.org/services-au-public-et-aux-entreprises/trouver-un-professionnel
Eligibility: public, certified translators, terminologists or interpreters
Coverage area: province of Québec
Hours: Monday to Friday 8h00 to 16h30, Friday 8h00 to 12h30 and 13h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES TRAVAILLEURS SOCIAUX ET DES THÉRAPEUTES CONJUGAUX ET FAMILIAUX DU QUÉBEC
255 Crémazie Boulevard East, 8th floor, Ahuntsic-Cartierville, Montréal, QC, H2M 1M2
514 731-3925   Fax: 514 731-6785
Website: www.otstcfq.org
Email: info.general@otstcfq.org
Services: Professional order. * Protection of the public and supervision of the practice of the social workers and marriage and family therapists' profession.* Professional inspection and continuing education program.* Information on the rights of the public.* Receiving requests for investigations.* Promoting access to quality social services, development of the profession.* Find a professional: http://www.otstcfq.org/recherche-de-membres
Capacity: 1200 members
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees
Legal status: non-profit organization
ORDRE DES URBANISTES DU QUÉBEC
85 Saint-Paul Street West, Suite 410, Ville-Marie, Montréal, QC, H2Y 3V4
514 849-1177  Fax: 514 849-7176
Website: www.ouq.qc.ca
Email: info@ouq.qc.ca
Services: Professional order. * Protection of the public.* Promotion of professional competence in land-use planning and urbanism.
Eligibility: public, urbanists
Coverage area: province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE PROFESSIONNEL DE LA PHYSIOTHÉRAPIE DU QUÉBEC
7151 Jean-Talon Street East, Suite 1000, Anjou, Montréal, QC, H1M 3N8
514 351-2770  Fax: 514 351-2658
Website: www.oppq.qc.ca
Email: physio@oppq.qc.ca
Services: Professional order. * Protection of the public.* Governance, monitoring and supervision of the professional practice for physiotherapists and physical rehabilitation therapists.* Find a professional: https://oppq.qc.ca/trouver-un-professionnel/
Eligibility: public, physiotherapists and physical rehabilitation therapists
Coverage area: province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES DIÉTÉTISTES DU QUÉBEC
550 Sherbrooke West Street, West Tour, Suite 1855, Ville-Marie, Montréal, QC, H3A 1B9
514 393-3733  Fax: 514 393-3582
Website: www.opdq.org
Email: opdq@opdq.org
Services: Professional order. * Public protection and quality control of the professional act.* Promoting the importance of nutrition, healthy eating and nutritional care.
Eligibility: public, dietitians
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30
Financing: self-financing, membership fees
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES INHALOTHÉRAPEUTES DU QUÉBEC
1440 Sainte-Catherine Street West, Suite 721, Ville-Marie, Montréal, QC, H3G 1R8
514 931-2900  Fax: 514 931-3621
Website: www.opiq.qc.ca
Email: info@opiq.qc.ca
Services: Professional order. * Protection of the public.* Supervision of the respiratory therapist profession.* Support to skills' updating and development.* Find a professional: https://prive.opiq.qc.ca/webprive/Tableau_Acces.aspx
Eligibility: public, respiratory therapists
Coverage area: province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: membership fees, self-financing
Legal status: non-profit organization
ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC
4126 Saint-Denis Street, Suite 300, Le Plateau-Mont-Royal, Montréal, QC, H2W 2M5
438 386-6777
Website: opsq.org
Email: info@opsq.org
Eligibility: public, sexologists
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC
281 Laurier Street East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1G2
514 527-9811 Fax: 514 527-7314
Website: www.optmq.org
Email: info@optmq.org
Eligibility: public, medical technologists
Coverage area: province of Québec
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: membership fees, self-financing
Legal status: non-profit organization

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

QUÉBEC ASSOCIATION OF BUILDING INSPECTORS
7777 Louis-H.-Lafontaine Boulevard, Suite 008, Anjou, Montréal, QC, H1K 4E4
514 352-2427 Fax: 514 355-8248
Website: www.aibq.qc.ca
Email: info@aibq.qc.ca
Eligibility: building inspectors, general public
Coverage area: Province of Québec
Justice and Advocacy

Financing: contributions  
Legal status: non-profit organization

QUEBEC ASSOCIATION OF GASTROENTEROLOGISTS
2 Complexe Desjardins, Door 3000, Ville-Marie, Montréal, QC, H5B 1G8  
Website: www.ageq.qc.ca

Services: Regroups physicians specialized in gastroenterology in Québec. * Representation of members.* Training and congress.* Members directory on the website only.

Eligibility: gastroenterologists  
Coverage area: Québec

Financing: membership  
Legal status: non-profit organization

QUEBEC ASSOCIATION OF NEUROPSYCHOLOGISTS
Confidential Address  
Website: www.aqnp.ca  
Email: info@aqnp.ca

Services: * To develop, support and defend the interests of professionals and students working in the field of neuropsychology.* To study and promote best practices in neuropsychology.* To promote the continuing education of those working in the field of neuropsychology through professional development activities and exchanges with fellow members.* To encourage and maintain strong relations with organizations showing an interest in neuropsychology.* To provide information to the public regarding neuropsychology, the profession of neuropsychologist as well as neuropsychological disorders.* To promote access to neuropsychological services within the province of Quebec.* Online reference to a neuropsychologist: aqnp.ca/la-neuropsychologie/consulter-en-neuropsychologie

Eligibility: public and professionals working in the field  
Coverage area: province of Quebec

Fees: variable according to the type of membership  
Financing: self-financing  
Legal status: non-profit organization

QUÉBEC ORDER OF CHIROPRACTORS (THE)
7950 Métropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1  
514 355-8540     Fax: 514 355-2290  
Website: www.ordredeschiropraticiens.qc.ca  
Email: info@ordredeschiropraticiens.qc.ca

Services: Professional order. * Public protection, control over the exclusive exercise of the profession of chiropractor by its members. * Monitoring the competence of its members and the quality of professional practice.* Chiropractors repertory: http://ordredeschiropraticiens.ca/fr/chiropraticiens

Eligibility: chiropractors, general public  
Capacity: 1300 members

Coverage area: province of Québec

Hours: Monday to Friday 8h00 to 16h30  
Financing: membership fees  
Legal status: non-profit organization

REGROUPEMENT DES CENTRES DE LA PETITE ENFANCE DE L’ÎLE DE MONTRÉAL
4321 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 1T3  
514 528-1442     Fax: 514 528-2222  
Website: www.rcpeim.com  
Email: info@rcpeim.com

Eligibility: early childhood centres, family child care coordination offices
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

REGROUPEMENT LES SAGES-FEMMES DU QUÉBEC
2330 Notre-Dame Street West, Suite 300, Le Sud-Ouest, Montréal, QC, H3J 1N4
514 738-8090 Fax: 514 738-0370
Website: www.rsfq.qc.ca
Email: info@rsfq.qc.ca
Services: Representation of midwives. * Information.
Eligibility: midwives, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: covered by RAMQ
Financing: membership fees
Legal status: non-profit organization

SYNDIC DU BARREAU DU QUÉBEC
445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8
514 954-3411 Fax: 514 954-3478
Website: www.barreau.qc.ca
Email: syndic@barreau.qc.ca
Services: * Reception and assessment of complaints from the public against lawyers and members of the Barreau.* Conciliation service for lawyers’ fees.* Info-Déonto phone line for members of the Barreau du Québec concerning deontology matters.
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00, Info-Déonto line: Monday to Friday 8h15 to 17h00
Fees: free
Financing: membership fees
Legal status: non-profit organization

SYNDICAT PROFESSIONNEL DES HOMÉOPATHES DU QUÉBEC
1600 De Lorimier Avenue, Suite 391, Ville-Marie, Montréal, QC, H2K 3W5
514 525-2037 Fax: 514 525-2037
Website: www.sphq.org
Email: accueil@sphq.org
Eligibility: homeopaths, general public
Coverage area: province of Québec
Hours: Tuesday and Thursday 10h00 to 13h00
Financing: membership
Legal status: non-profit organization

VISIONS SUR L’ART QUÉBEC
Confidential Address
514 527-4527 ext. 2261
Website: www.vsaq.org
Email: vsaq@vsaq.org
**Services**: Promotion of creativity and artistic talents of individuals with specific needs and limitations. Affiliated to the International Organization on Arts on Disability. Directory of artists and artisans of Québec living with a disability. Events: exposition, festivals, workshops and symposiums. Support to artists in the progression of their career.

**Eligibility**: artists and artisans living with a disability

**Coverage area**: province of Québec

**Financing**: donations

**Legal status**: non-profit organization

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**Support for offenders**

**AGENCE SOCIALE SAINT-LAURENT**

6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8

514 326-8577 Fax: 514 326-8402

Website: www.maisonsdetransitiondemontreal.com

Email: maison.saintlaurent@videotron.ca


**Eligibility**: male adults likely or having committed offences, and who are or have been subject to a judicial procedure

**Capacity**: 280 places

**Coverage area**: Montréal

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

**Financing**: federal, provincial, municipal

**Legal status**: non-profit organization

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**CERCLES DE SOUTIEN ET DE RESPONSABILITÉ DU QUÉBEC**

2745 Charlemagne Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3T1

438 387-6237

Website: www.cercledesoutien.org

Email: info@cercledesoutien.org

**Services**: Reintegration of former prisoners into the community. Accompaniment for people who have committed sexual offenses and are returning to the community.

**Eligibility**: men and women sex offenders accused at federal or provincial level, that are at the end of their sentence, with little support in the community and are still considered at high risk of recurrence

**Coverage area**: Province of Québec

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

**Fees**: free

**Financing**: federal, grants

**Legal status**: non-profit organization

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**COMMUNITY CHAPLAINCY OF MONTRÉAL**

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

450 478-5933 ext. 6610

Email: 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
DOWNTOWN YMCA CENTRE - COMPENSATORY WORK PROGRAM
1440 Stanley Street, 6th floor, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8062 Fax: 514 849-2411
Website: www.ymcaquebec.org

Services: Program giving citizens the opportunity to perform different tasks as an alternative to paying off fines they cannot afford. * Facilitate the participants’ integration in organizations.* Types of work: general manual labour, office work, work with various clients.

Eligibility: citizens who are unable to pay their fines, non-profit, para-municipal, or para-governmental organizations able to welcome and support participants referred by the YMCAs of Québec

Coverage area: Montréal judicial district
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

ELIZABETH FRY SOCIETY OF QUÉBEC
5105 Côte Saint-Antoine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N8
514 489-2116 Fax: 514 489-2598
Website: www.elizabethfry.qc.ca
Email: admin@elizabethfry.qc.ca

Services: * Prison service programs: programs release preparation, relapse prevention, anger management, a step towards the autonomy, vis-à-vis, face à face and Break time programs.* Closed weekly support groups in the community led by counselors: weekly daytime and evening meetings for a period of 8 or 10 weeks.* Entraide Vol à l’Étalage (EVE) program. * Community supervision program.* Legal advice service.* Maison Thérèse-Casgrain. * Mamman me raconte program.* Creative workshops.* Community art projects (collectif Art Entr’Elles).* Bible workshops.

Eligibility: women in prison or released
Capacity: per year: 850 persons, support groups: 8 to 10 participants
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30, group activities in the evening
Financing: provincial, fundraising campaigns, membership fees
Legal status: non-profit organization

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

GROUPE AMORCE
8634 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2M4
514 355-8064 Fax: 514 355-9511
Website: www.groupeamorce.com
Email: 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
Justice and Advocacy

**MAISON CHARLEMAGNE**

Confidential Address
514 253-1926   Fax: 514 253-6957
Website: www.maison-charlemagne.org
Email: info@maison-charlemagne.org

**Services:** Community residential centre under provincial jurisdiction. * Support and supervision through a social rehabilitation program for individuals on temporary absence, parole, conditional sentence order or probation with follow-up.

**Eligibility:** adult male offenders who were sentenced under provincial laws and now have restrained liberation or are being followed-up within the community

Capacity: 30 places
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Financing: provincial
Legal status: non-profit organization

**MAISON CROSS ROADS**

5262 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1T5
514 932-7188   Fax: 514 932-6668
Website: www.maisoncrossroads.qc.ca
Email: info@maisoncrossroads.qc.ca

**Services:** Maison Saint-Léonard: community residential centre under contract with the Correctional Service of Canada with an average stay of 4 to 6 months.

**Eligibility:** male ex-inmates, on day parole, full parole (with condition to reside in a CRC) or on unescorted temporary absence

Capacity: 30 people
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: federal, donations
Legal status: non-profit organization

**MAISON ESSOR**

9419 Lajeunesse Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1S5
514 388-4433   Fax: 514 388-4948
Email: maisonessor@viatravail.ca

**Services:** Community residential centre. * Social reinsertion through integration to the job market.* Clinical follow-up.* Accompaniment and referrals.

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

Capacity: 30 residents
Coverage area: Province of Québec
Hours: 24/7
Financing: federal
Legal status: non-profit organization
MAISON L'INTERVALLE
6007 Notre-Dame Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 2C9
514 253-2758  Fax: 514 509-3051
Website: www.maisonintervalle.com
Email: boileauy@maisonintervalle.com
Eligibility: men and women offenders from the provincial correctional system with mental health issues
Capacity: 15 residents
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Fees: housing fees according to RAMQ criteria
Financing: provincial
Legal status: non-profit organization

MAISON L'ISSUE
Confidential Address
514 270-6633  Fax: 514 270-2799
Website: www.tcs83.ca
Email: info@tcs83.ca
Services: Housing intervention for men on parole.
Eligibility: delinquent adults referred by Québec or Canada's correctional services or the Commission québécoise des libérations conditionnelles
Capacity: 30 beds
Coverage area: Montréal Island
Legal status: non-profit organization

MAISON SAINT-LAURENT
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8400  Fax: 514 326-8402
Website: www.maisonsdetransitiondemontreal.com
Email: maison.saintlaurent@videotron.ca
Services: Transition house. * Alternative resource to incarceration for individuals on probation, suspended imprisonment or conditional release. * Facilitates community and social reintegration of adult offenders. * Regular stay of 3 to 12 months or short-term stay reassessed every month. * Immersion program for allophones.
Eligibility: adult male offenders
Capacity: 35
Coverage area: Montréal
Hours: 24 hours, 7 days
Financing: fundraising campaigns, federal, provincial
Legal status: non-profit organization

MAISON THÉRÈSE-CASGRAIN
5105 de la Côte-Saint-Antoine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N8
514 489-3887  Fax: 514 489-2598
Website: www.elizabethfry.qc.ca
Email: admin@elizabethfry.qc.ca
Eligibility: women (ex-prisoners, probationers, parolees, reprieved)
Capacity: per year: 150 people
Coverage area: Montréal and South-West of Québec
MAISONS DE TRANSITION DE MONTRÉAL
6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8
514 326-8400 Fax: 514 326-8402
Website: www.maisonsdetransitiondemontreal.com
Email: maison.saintlaurent@videotron.ca
Services: Crime prevention center. * General and specialized services for offenders aiming at their rehabilitation, social and community reintegration.* Mobilization of the community in the management of crime.* Active participation in different areas of cooperation.* Animation service and community organization.* Mandatory of Programme Tandem Paix et Sécurité Montréal-Nord.* Training and courses for stakeholders.
Eligibility: citizens, stakeholders, people at risk of offending, offenders, victims or witnesses
Coverage area: Montréal
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

PASSERELLE (LA)
1819 Rosemont Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H2G 1S5
514 270-6633 Fax: 514 270-8585
Website: www.tcs83.ca
Email: info@tcs83.ca
Services: Community monitoring for people on parole.
Eligibility: people on parole who have been housed at Maison l’Issue or who have been condemned to a suspended sentence or probation
Capacity: 275 people
Coverage area: Montréal Island
Hours: 24 hours, 7 days
Legal status: non-profit organization

PAVILLON EMMANUEL-GRÉGOIRE
11430 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 5T5
514 640-5361 Fax: 514 645-5101
Website: www.asrsq.ca/fr/membres/liste
Email: peg@s-e-g.ca
Services: Residential community centre, housing services and social rehabilitation program.
Eligibility: ex-inmates under federal jurisdiction
Capacity: 28 people
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: federal
Legal status: non-profit organization

PAVILLON PROSPER-BOULANGER
11931 Notre-Dame Street East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2Y4
514 640-5361 Fax: 514 640-6232
Website: www.asrsq.ca/fr/membres/liste
Email: ppb@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

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
Email: 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

RÉSIDENCE MADELEINE-CARMEL
Confidential Address
514 522-9133    Fax: 514 522-2696
Website: www.maison-charlemagne.org
Email: info@maison-charlemagne.org
Services: Community residential centre under federal jurisdiction. * Social reintegration during periods of day parole, full parole, statutory release and long-term supervision order.
Eligibility: adult male offenders under federal jurisdiction benefitting from day parole, full parole, statutory release or a long-term supervision order
Capacity: 30 places
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Financing: federal
Legal status: non-profit organization

TRANSITION CENTRE-SUD
1819 Rosemont Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H2G 1S5
514 270-6633    Fax: 514 270-2799
Website: www.tcs83.ca
Email: info@tcs83.ca
Eligibility: men on parole or on probation
Capacity: 30 beds
Coverage area: Montréal Island
Hours: 24 hours, 7 days
Legal status: non-profit organization
Material Assistance and Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SCHOOL SUPPLIES

THRIFT STORES

USED ARTICLES DONATION
Advocacy for housing

INSTITUT PACIFIQUE
2901 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2B 1Y3
514 598-1522  Fax: 514 598-1963
Website: www.institutpacific.com
Email: info@institutpacific.com

Services: * Daily activities woth children aged 5 to 12 and their parents at the Institut Pacifique and within the community.* After-school activities for children 5 to 12 on school grounds.* Help with homework.* Program for the prevention of social and school failures (pre-school and elementary).* Programs for the prevention of violence and conflict resolution within school environments.* Services for the prevention of violence and conflict resolution for adults and professionals within school environments, the community and in business.* Free service of social mediation for adults residing in Montreal-North in case of conflicts between owners and tenants, in case of family and couple disputes.

Eligibility: boys and girls aged 5 to 12, their parents and schools

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 19h30

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

Legal status: non-profit organization

Emergency

CHAMBRE DE L’ASSURANCE DE DOMMAGES
999 De Maisonneuve Boulevard West, Suite 1200, Ville-Marie, Montréal, QC, H3A 3L4
514 842-2591  Fax: 514 842-3138
Website: www.chad.qc.ca
Email: info@chad.qc.ca

Services: * Ongoing training of brokers in damage insurance and claims adjusters.* Ethical conduct and supervision of members.* Consumer protection in terms of damage insurance claims and settlement.* Receives consumer complaints.

Eligibility: member component: insurance agent or broker and claims expert, consumer component: insured people

Coverage area: province of Québec

Hours: Monday to Friday 8h00 to 17h00

Fees: membership

Legal status: provincial government agency

DIRECTION RÉGIONALE DE LA SÉCURITÉ CIVILE DE MONTRÉAL, LAVAL, LANAUDIÈRE ET DES LAURENTIDES
5100 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3R9
514 873-1300  Fax: 514 864-8654
Website: www.securitepublique.gouv.qc.ca
Email: securite-civile-dr-mlll@msp.gouv.qc.ca


Eligibility: local and regional municipalities

Coverage area: Montréal, Laval, Lanaudière and the Laurentians

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

Financing: provincial

Legal status: provincial government agency
ÉNERGIR
1717 du Havre Street, Ville-Marie, Montréal, QC, H2K 2X3
1 800 361-8003
Website: www.gazmetro.com
Email: info@gazmetro.com
Services: Natural gas distributor.
Coverage area: province of Québec
Hours: Emergency: 24 hours, 7 days, customers service: Monday to Friday 8h00 to 18h00
Legal status: provincial government agency

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

INSURANCE BUREAU OF CANADA
1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1
514 288-4321
Website: www.bac-quebec.qc.ca
Email: cinfo@bac-quebec.qc.ca
Services: Association representing the majority of property and casualty insurers (home, commercial, automobile and liability). * Participation in the preparation of draft laws.* Education, prevention, awareness.* Public information.
Eligibility: property and casualty insurance companies, consumers
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Legal status: non-profit organization

KIRKLAND - TOWN
17200 Hymus Boulevard, Kirkland, Montréal, QC, H9J 3Y8
514 694-4100 Fax: 514 630-2711
Website: www.ville.kirkland.qc.ca
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: municipal agency

MONTRÉAL - AIR-CONDITIONED PUBLIC AREAS
Confidential Address
311 Fax: 514 872-4059
Website: www.ville.montreal.qc.ca
Email: bam@ville.montreal.qc.ca
Services: Public areas where it is possible to cool off in case of intense heat. * Online map: ville.montreal.qc.ca/portal/page?_pageid=9657,125787665&_dad=portal&_schema=PORTAL.
Coverage area: Montréal Island
Hours: variable
Legal status: municipal agency

MONTRÉAL - SÉCURITÉ CIVILE
827 Crémazie Boulevard East, Suite 350, Ahuntsic-Cartierville, Montréal, QC, H2M 2T8
3-1-1
Website: ville.montreal.qc.ca/portal/page?_pageid=7637,81857660&_dad=portal&_schema=PORTAL
Email: securitecivile@ville.montreal.qc.ca
Services: Prevention of major disasters and preparation of the intervention. * Supervision of the state of preparation of the boroughs and the central services of the city in relation to the major risks.* Strategic support for the coordination of emergency preparedness and disaster recovery.
Legal status: municipal agency

MONTREAL WEST - CITY
50 Westminster Avenue South, Montréal-Ouest, Montréal, QC, H4X 1Y7
514 481-8125     Fax: 514 481-4554
Website: www.montreal-ouest.ca
Email: info@montreal-west.ca
Hours: Monday to Friday 8h30 to 16h30
Legal status: municipal agency

RED CROSS - DISASTER SERVICES
6 Place du Commerce, Verdun, Montréal, QC, H3E 1P4
1 800 363-7305     Fax: 514 362-9991
Website: www.redcross.ca
Services: * Emergency relief and humanitarian services in times of disaster.
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES HUMANITAIRES ET COMMUNAUTAIRES POUR LES MESURES D'URGENCE À MONTRÉAL
Confidential Address
450 589-1213     Fax: 514 280-4044
Website: www.rohcmum.org
Email: info@rohcmum.org
Services: Develop and maintain a civil safety culture for humanitarian and community organizations, as well as emergency interveners in Montréal.
Coverage area: Montréal
Legal status: non-profit organization
SAINTE-ANNE-DE-BELLEVUE - CITY
109 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1M2
514 457-5500 Fax: 514 457-6087
Website: www.ville.sainte-anne-de-bellevue.qc.ca
Email: info@sadb.qc.ca
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Legal status: municipal agency

SENNEVILLE - VILLAGE
35 Senneville Road, Senneville, Montréal, QC, H9X 1B8
514 457-6020 Fax: 514 457-0447
Website: www.villagesenneville.qc.ca
Email: info@villagesenneville.qc.ca
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Legal status: municipal agency

SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL
4040 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2W 1S8
514 872-3800 Fax: 514 872-9572
Website: www.ville.montreal.qc.ca/sim
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

SERVICE DE SÉCURITÉ INCENDIE DE MONTRÉAL - DIRECTION DE LA SÉCURITÉ CIVILE
827 Crémazie Boulevard East, Suite 350, Ahuntsic-Cartierville, Montréal, QC, H2M 2T8
514 280-4040 Fax: 514 280-4044
Website: www.ville.montreal.qc.ca/csc
Email: securitecivile@ville.montreal.qc.ca
Services: * Preparation and coordination of emergency services in case of major disasters: resources relative to accommodation, clothing, food and psychosocial needs. * Elaborate politics, emergency plans, alert procedures and mobilization tools. * Training and simulations.
Eligibility: citizens and emergency organizations
Coverage area: Montréal
Financing: municipal
Legal status: municipal agency

WESTMOUNT - CITY
4333 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E2
514 989-5200
Website: www.westmount.org
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00
Legal status: municipal agency

Housing cooperatives and corporations

ACCÈSLOGIS QUÉBEC PROGRAM
500 René-Lévesque Boulevard West, 5th floor, Ville-Marie, Montréal, QC, H2Z 1W7
514 873-8775 Fax: 514 873-8340
Website: www.habitation.gouv.qc.ca
Email: acceslogis@shq.gouv.qc.ca
Services: Financing program. * Allows housing cooperatives, housing offices and non-profit organizations to achieve social and community housing projects with a contribution of their community.* Realization kits available on the website.
Eligibility: housing offices (omh), housing cooperatives, nonprofit organizations and non profit purchasing companies
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: required minimum contribution of the organization ranges from 5 to 15%
Financing: provincial
Legal status: provincial government agency

ACTION DIGNITÉ DE SAINT-LÉONARD
9089 A Viau Boulevard, Saint-Léonard, Montréal, QC, H1R 2V6
514 251-2874 Fax: 514 251-2874
Website: www.addsl.org
Email: actdigsl@cooptel.qc.ca
Services: Housing committee aiming to improve tenants' living conditions. * Information, popular education.* Local activities.* Implementation of social and community housing (co-ops and housing NPOs).* Collective defense of tenant's rights.
Eligibility: tenants
Coverage area: Saint-Léonard
Hours: Monday to Thursday 9h30 to 16h30, on appointment only
Fees: free
Financing: contributions, provincial
Legal status: non-profit organization

ASSOCIATION DES GROUPES DE RESSOURCES TECHNIQUES DU QUÉBEC
533 Ontario Street East, Suite 340, Ville-Marie, Montréal, QC, H2L 1N8
514 849-8547 Fax: 514 849-9452
Website: www.agrtq.qc.ca
Email: agrtq@agrtq.qc.ca
Services: Research and sharing of alternative expertise on issues of development of cooperative or nonprofit housing projects by households with low and modest incomes. * Coalition and training of members and defend their interests.
Eligibility: technical resource groups and their tenants
Coverage area: province of Quebec
Hours: Monday to Friday 9h00 to 17h00
Legal status: non-profit organization
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

COMITÉ DE BASE POUR L'ACTION ET L'INFORMATION SUR LE LOGEMENT SOCIAL D'HOCHELAGA-MAISONNEUVE
1473 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1S5
514 522-1817
Website: logement-hochelaga-maisonneuve.org/comite-bails
Email: info@comite-bails.org

Services: * Information workshops.* Collective action.* Individualized assistance and support with the research process.* Exchange, support and community education environment.

Eligibility: tenants and people looking for an apartment
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 13h00 to 16h00
Fees: member: $3
Financing: contributions, grants
Legal status: non-profit organization

COMITÉ DE LOGEMENT ROSEMONT
5350 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 597-2581     Fax: 514 524-9813
Website: www.comitelogement.org
Email: info@comitelogement.org

Services: * Defense and advocacy of rights of tenants.* Support for the development of social housing.* Legal information.* Information workshop on the right to housing and social housing.* Collective actions.* Participation in local dialogue.* Associative life activities.
Eligibility: tenants
Coverage area: Rosemont and surroundings
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 13h00 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT AHUNTSIC-CARTIERVILLE
10780 Laverdure Street, Suite 208, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 331-1773
Website: www.comitelogement.com
Email: info@comitelogement.com
Services: * Helping the tenants of the neighborhood, including a large share of immigrants and people on a low-income, to solve problems related to housing.* Information and legal advice on the rights of tenants.* Work to improve the living conditions of residents of the neighborhood.* Promotion of social housing and public education.
Eligibility: tenants of the neighborhood
Coverage area: Ahuntsic, Cartierville
Hours: Monday to Thursday 9h00 to 17h00, on appointment
Fees: membership: $2 per year, $3 for 2 years
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT DE LA PETITE PATRIE
6839-A Drolet Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2T1
514 272-9006   Fax: 514 272-5338
Website: comitelogementpetitepatrie.org
Email: clpp6839@gmail.com
Services: * Advocacy for tenants' rights.* Promotion of the development of social housing.* Promotion of people's individual and collective empowerment.* Support of tenants' solidarity and coordination initiatives.
Eligibility: people who are economically or socially disadvantaged
Coverage area: La Petite-Patrie
Hours: Monday to Thursday 9h30 to 16h30
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT DE MONTRÉAL-NORD
11379 Garon Street, Suite 1, Montréal-Nord, Montréal, QC, H1H 3T7
514 852-9253
Email: info@clmn.ca
Services: * Information on rights and obligations of tenants.* Support with legal procedures.* Information and awareness workshops.* Referral.* Promotion of social housing.* Organization and participation in public events.
Eligibility: tenants
Coverage area: Montréal-Nord
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $3 or $5
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
COMITÉ LOGEMENT DU PLATEAU MONT-ROYAL
4450 Saint-Hubert Street, Suite 328, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 527-3495    Fax: 514 527-6653
Website: www.clpmr.com
Email: clplateau@clpmr.com
Services: * Defense of the Grand Plateau Mont-Royal tenants' rights and mobilization for social housing. 
Eligibility: tenants
Coverage area: Plateau Mont-Royal
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, closed on Tuesday afternoon
Fees: members annual contribution: $2
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT LACHINE-LASALLE
426 Saint-Jacques Street West, Lachine, Montréal, QC, H8R 1E8
514 544-4294    Fax: 514 366-0505
Services: Social housing promotion and advocacy for individual and collective rights. * Information and referral.* Individual consultations by phone or appointment.* Information sessions.* Public education.
Eligibility: tenants and people facing difficulties accessing housing
Coverage area: Lachine and LaSalle
Hours: call for schedule
Fees: free
Financing: Centraide of Greater Montréal, donations, grants
Legal status: non-profit organization

COMITÉ LOGEMENT SAINT-LAURENT
1775 Édouard-Laurin Boulevard, Suite 6, Saint-Laurent, Montréal, QC, H4L 2B9
514 331-9898    Fax: 514 331-9864
Website: www.comitelogement-saintlaurent.org
Email: comitelogement.saintlaurent@gmail.com
Services: * Assistance and support concerning housing.* Advocacy for tenants.* Promotion of social and affordable housing.
Eligibility: tenants
Coverage area: Saint-Laurent borough
Hours: Monday to Friday 9h00 to 17h00, consultations: Tuesday to Thursday, by appointment only
Fees: free
Financing: grants, donations
Legal status: non-profit organization

COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL
1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7
514 521-5992
Website: info@clvm.org
Services: Grouping and advocacy of rights of tenants. * Information, education and discussion sessions.* Promotion of social housing (HLM, co-ops and NPOs).* Information and assistance for tenants.* Support in finding solutions for housing-related issues.
Eligibility: tenants
Coverage area: Ville-Marie
Hours: reception: Tuesday to Thursday 13h30 to 16h30
Financing: grants, donations
Legal status: non-profit organization
COrporation des propriétaires immobiliers du Québec

750 Marcel-Laurin Boulevard, Suite 131, Saint-Laurent, Montréal, QC, H4M 2M4
1 800 548-1921 Fax: 514 748-1604
Website: www.corpiq.com
Email: corpiq@corpiq.com


Eligibility: property owners
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees
Legal status: non-profit organization

Entraide logement Hochelaga-Maisonneuve

1473 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2S5
514 528-1634
Email: elhm@cam.org

Services: * Information on housing law.* Consultations over the phone or by appointment.* Assistance with writing letters and other documents.* Mobilization public meetings.* Legal clinics.

Eligibility: tenants
Coverage area: Hochelaga-Maisonneuve
Hours: Monday to Thursday 13h00 to 17h00
Financing: donations, grants
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

Fédération des locataires d’habitations à loyer modique du Québec

2520 Lionel-Groulx Avenue, Suite 202, Le Sud-Ouest, Montréal, QC, H3J 1J8
514 521-1485 Fax: 514 521-6444
Website: www.flhlmq.com
Email: info@flhlmq.com

Services: * Advocacy.* Representation of HLM tenants to different levels of government.* Information and technical support.* Publications.

Eligibility: low-rental housing (HLM) tenants
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 15h30
FÉDÉRATION DES OSBL D'HABITATION DE MONTRÉAL

2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7
514 527-6668   Fax: 514 527-7388
Website: fohm.rqoh.com
Email: info@fohm.org

Services: Grouping of non-profit housing organizations. * Assessment of buildings.* Organizational support, training.* Administrative, financial and property management.* Community support intervention.* Insurance and prevention mutual.
Eligibility: non-profit housing organizations
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal
Legal status: non-profit organization

GROUPE CONSEIL EN DÉVELOPPEMENT DE L'HABITATION

1000 Amherst Street, Suite 201, Ville-Marie, Montréal, QC, H2L 3K5
514 849-7800   Fax: 514 849-1495
Website: www.groupecdh.com
Email: info@groupecdh.com

Services: * Assistance with the development of community real-estate projects.* Cooperative management and home ownership training for organizations.* Administrative support.* Waiting list for people in search of housing.
Eligibility: families and individuals on a low income, cultural communities, people with special needs, seniors with a slight loss of autonomy, people living with disabilities, autonomous seniors
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, self-financing
Legal status: non-profit organization

HABITAT FOR HUMANITY QUEBEC

4377 Notre-Dame Street West, Suite 108, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 937-0643   Fax: 514 907-8991
Website: www.habitatqc.ca
Email: info@habitatqc.ca

Services: Construction and sale of profit-free affordable housing. * Interest-free mortgage.
Eligibility: families on a low income
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, self-financing
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 clienteles.* Social and community support to tenants.

Eligibility: families and people on a low income, social and community support: vulnerable clienteles 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

HEC MONTRÉAL - FINDING A PLACE TO LIVE

Confidential Address

Website: www.hec.ca/etudiant_actuel/vivre-a-montreal/logement/index.html

Services: Information website about housing. * Housing search.* The lease: rights and responsibilities.* Getting settled.* Rent: payment and rent increases.* Relations between landlords and tenants. * For students only: housing advertisement.

Coverage area: province of Québec

Legal status: parapublic organization

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

Email: 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

LOGISACTION NOTRE-DAME-DE-GRÂCE

5964 Notre-Dame-de-Grâce Avenue, Suite 204, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1N1

514 484-1471     Fax: 514 484-1687

Website: www.ndg.ca

Email: logement@ndg.ca

Services: * Information on tenants' rights and responsibilities.* Education, workshops.* Advocacy for tenants.* Many service points.

Eligibility: tenants on a low income

Coverage area: Notre-Dame-de-Grâce, West Island

Hours: Monday to Friday 10h00 to 16h00

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

Legal status: Select Legal Status

MA CHAMBRE INC.

1626 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3

514 287-9511     Fax: 514 287-9766

Website: www.machambreinc.org

Email: admin@machambreinc.org
Material Assistance and Housing

Eligibility: adults 18 years and over, single, on a low income and autonomous
Capacity: 200
Coverage area: Downtown and Plateau Mont-Royal
Hours: housing request in person: Tuesday 9h30 to 12h00 and 13h30 to 15h00, office: Monday to Thursday 9h00 to 12h00 and 13h30 to 15h00
Fees: subsidized housing: 25% of income, non-subsidized housing: $280 to $400 per month
Financing: self-financing, grants
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - HEAD OFFICE
415 Saint-Antoine Street West, 2nd Floor, Ville-Marie, Montréal, QC, H2Z 1H8
514 872-6442 Fax: 514 872-6965
Website: www.omhm.qc.ca
Services: Management and administration of housing and housing programs. * Low-rent housing (HLM).* Rent supplement program (PSL).* Québec affordable housing program.* Accès-Logis program.* Referral.
Eligibility: individuals and families on a low or moderate income currently living on the territory of the Montréal Metropolitan Community, PSL: landlords wanting to register their vacant housing as affordable for people on a low income
Coverage area: Montréal Metropolitan Community
Hours: information: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, requests for maintenance, repairs and extermination: 7 days, 7h00 to 23h00, emergency and security: 7 days, 24 hours, complaints: Monday to Thursday 8h30 to 12h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - SERVICE DE RÉFÉRENCE
415 Saint-Antoine Street West, 2nd Floor, Ville-Marie, Montréal, QC, H2Z 1H8
514 868-4002
Website: www.omhm.qc.ca/service-de-reference
Email: servicedereference@omhm.qc.ca
Services: Housing search assistance for Montréal renter households facing the loss of their housing or about to become homeless as a result of a disaster, evacuation, etc. * Housing search assistance.* Lead the customer to the appropriate resources.* May 15 to the end of July, intensification of housing search assistance: helpline, search assistance, accompaniment for visits.
Eligibility: low-income households with or without children, without housing or facing the loss of their housing because of a disaster, an evacuation by municipal inspectors, an eviction (households with children) or having difficulties finding housing
Coverage area: City of Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: federal, provincial, municipal
Legal status: non-profit organization

OPTIONS HABITATION QUÉBEC - MONTRÉAL
4209 Oxford Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2Y5
514 486-1345 Fax: 514 489-1104
Website: www.options-habitation-quebec.org
Material Assistance and Housing

**Services:** Housing consulting group. * Development, support and implementation of housing projects for people with low or modest incomes or with special needs.* * Construction, restoration and administration of such property within the Province of Quebec.* * Organization, installation, management of all services related to real estate occupancy for the well-being of their occupants.* * Specifically recognized Developer (RSD) by the Société d'habitation Québec (SHQ).*

**Coverage area:** Montreal

**Legal status:** non-profit organization

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**ORGANISATION D'ÉDUCATION ET D'INFORMATION LOGEMENT DE CÔTE-DÉS-NEIGES**

3600 Barclay Street, Suite 344, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 1K5

514 738-0101  Fax: 514 738-2231

**Website:** www.oeilcdn.org

**Email:** oeilcdn@videotron.ca

**Services:** * Information on tenants' rights and recourses.* * Low-income tenants grouping.* * Promotion of social housing.* * Tenant support in the enforcement of their rights.*

**Eligibility:** tenants

**Coverage area:** Côte-des-Neiges and surroundings

**Hours:** Monday 14h00 to 17h00, Wednesday 9h30 to 12h00 and 14h00 to 17h00

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

**Legal status:** non-profit organization

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**POPIR - COMITÉ LOGEMENT**

4017 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R3

514 935-4649  Fax: 514 935-4067

**Website:** popir.org

**Email:** info@popir.org

**Services:** Advocacy for tenants. * Legal information.* * Workshops on social housing and other housing issues.*

**Eligibility:** tenants

**Coverage area:** Saint-Henri, Little Burgundy, Ville-Émard, Côte-Saint-Paul

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

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

**Legal status:** non-profit organization

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**PROJECT GENESIS**

4735 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1

514 738-2036  Fax: 514 738-6385

**Website:** www.genese.qc.ca

**Services:** Information, referral and the advocacy of social rights in the areas of housing, welfare, pensions, family allowances and other benefits. * Individual services centre.* * Home services for people with reduced mobility.*

**Coverage area:** Greater Montréal, Home services: Côte-Des-Neiges-Notre-Dame-De-Grâce only

**Hours:** individual services (be present at least 2 hours before closing): Monday and Tuesday 9h00 to 16h00, Thursday 9h00 to 19h00, Friday 9h00 to 14h00 , administration: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** free

**Financing:** Centraide, fundraising campaigns, foundations

**Legal status:** non-profit organization

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**RÉGIE DU LOGEMENT - MONTRÉAL - CENTRE-VILLE**

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

514 873-2245  Fax: 514 864-8077

**Website:** www.rdl.gouv.qc.ca
Material Assistance and Housing

**Services:** Specialized court that has the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease.* Reaching agreements between landlords and tenants.* Protection of the rights of tenants.* Assistance with filling court application forms.* Calculation for the fixing of rent online: [www.rdl.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.rdl.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul) On site: station to consult the Régie's decisions, television, VHS and DVD.

**Eligibility:** tenants, landlords

**Coverage area:** Montréal

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

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

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**RÉGIE DU LOGEMENT - MONTRÉAL - VILLAGE OLYMPIQUE**

Village Olympique, 5199 Sherbrooke Street East, Pyramide West (D), Suite 2095, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3X1

514 873-2245   Fax: 514 864-8077

**Website:** www.rdl.gouv.qc.ca

**Services:** Specialized court that has the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease.* Reaching agreements between landlords and tenants.* Protection of the rights of tenants.* Assistance with filling court application forms.* Calculation for the fixing of rent online: [www.rdl.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.rdl.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul) On site: station to consult the Régie's decisions, television, VHS and DVD.

**Eligibility:** landlords, tenants

**Coverage area:** Province of Québec

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

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

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**REGROUPEMENT DES COMITÉS LOGEMENT ET ASSOCIATIONS DE LOCATAIRES DU QUÉBEC**

6839 Drolet Street, Suite 302, Le Plateau-Mont-Royal, Montréal, QC, H22 2T1

1 866 521-7114   Fax: 514 521-0948

**Website:** www.rclalq.qc.ca

**Email:** rclalq@rclalq.qc.ca

**Services:** Defense and promotion of the right to housing. * Information campaigns and legal training sessions.* Tenants' mobilization. * Public interventions, presentation of briefs and political representations.* Referrals.

**Eligibility:** tenant households on a low-income and advocacy groups for tenants

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** non-profit organization

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**REGROUPEMENT INFORMATION LOGEMENT DE POINTE-SAINT-CHARLES**

1945 Mullins Street, Suite 110, Le Sud-Ouest, Montréal, QC, H3K 1N9

514 932-7742   Fax: 514 932-0148

**Website:** www.rilsocam.org

**Email:** infolog@rilsocam.org

**Services:** Grouping and representation of individuals and families requesting social housing. * Advocacy for better housing conditions.* Workshops and information sessions. * Information on the rights of tenants.

**Eligibility:** tenants

**Coverage area:** Pointe-Saint-Charles

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 8h30 to 16h30
Financing: grants, donations  
Legal status: non-profit organization

**SOCIÉTÉ D'HABITATION POPULAIRE DE L'EST DE MONTRÉAL**

3990 Sherbrooke Street East, Suite 5, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1X 2A8  
514 522-3190   Fax: 514 522-1535  
Email: info@shapem.org  

Services: Owner and/or manager of more than 1,500 housing units in East Montreal. * Location of affordable housing and subsidized housing for individuals and families with low and moderate incomes.* Realization of housing and real estate projects in an objective of social and urban revitalization, for and with the local population, in collaboration with community partners.  
Eligibility: households with low or average incomes  
Capacity: more than 1500 social housing units on the Island of Montreal  
Coverage area: East of Montréal  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
Financing: self-financing  
Legal status: non-profit organization

**SOCIÉTÉ DE DÉVELOPPEMENT D'HABITATION COMMUNAUTAIRE**

5530 Victoria Avenue, Suite 1, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 2P8  
514 733-9415   Fax: 514 733-9627  
Email: sodhac@sodhac.org  

Services: Management of affordable housing. * Purchase, renovation and management of residential properties.  
Eligibility: households on a low-income, newcomers  
Coverage area: Ahuntsic-Cartierville, Côte-des-Neiges-Notre-Dame-de-Grâce  
Hours: Monday to Friday 9h00 to 17h00  
Financing: municipal  
Legal status: non-profit organization

**UNITÉ DE TRAVAIL POUR L'IMPLANTATION DE LOGEMENT ÉTUDIANT**

Confidential Address  
438 933-8381 ext. 204  
Website: www.utile.org  
Email: info@utile.org  

Services: Development, study and promotion of student housing based on the cooperative model.  
Eligibility: students  
Coverage area: province of Québec  
Financing: self-financing  
Legal status: non-profit organization

**UNITÉ MOBILE D'ENTRETIEN ET DE RÉPARATION EN LOGEMENTS SOCIAUX**

311 McLeod Street, Châteauguay, Montréal, QC, J6J 2H8  
514 415-9599  
Email: admin@umerls.org  

Services: Housing maintenance services for non-profit housing organizations, housing co-ops and municipal housing authorities. * Minor maintenance and repairs.* Pre-extermination service for infestation of bed bugs.* Decluttering service for people with a compulsive accumulation disorder.* Cleaning service following a decease  
Eligibility: member organizations of the Fédération des OSBL d'habitation de la Montérégie (FROHM) or of the Fédération des OSBL d'habitation de Montréal (FOHM)  
Coverage area: Montérégie and Montréal  
Fees: variable
Legal status: non-profit organization

YOUNG BAR OF MONTRÉAL
445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8
514 954-3487  Fax: 514 954-3496
Website: www.ajbm.qc.ca
Email: servicesprobono@ajbm.qc.ca

Services: Promotion of access to justice. * Defense and promotion of is members’ interests.* Services of consultation and legal information.* Preparation service for hearing: 20 minutes consultation for cases concerning the Court of Québec Small Claims Division, Régie du logement, Tribunal administratif du travail, labour relation division or the Court of Appeal.* I'll talk to my lawyer on Wednesday!: legal consultation for youth 12 to 20 years old.* Legal Consults to start a company.* Annual Legal Helpline.* Organization of charitable activities.

Eligibility: lawyers with less than ten years of practice, individuals and businesses
Coverage area: Montréal Island
Financing: membership fees
Legal status: non-profit organization

Housing search assistance

ACCUEIL LIAISON POUR ARRIVANTS
2030 Pie-IX Boulevard, Suite 309, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 255-3900  Fax: 514 255-6455
Website: www.alpaong.com
Email: info@alpaong.com

Services: * Active listening and support in all the steps of installation and socio-professional integration.* Support and orientation in administrative procedures, obtaining documents, registrations in public services.* Housing search assistance.* French courses.* Preparatory courses for the Canadian Citizenship Exam.* Accompaniment and individual support to job search in Montréal and in the region with consultants specializing in the employability of immigrants.* Meetings with employers and recruitment activities.* Active job search group.* Accompaniment for immigrants wishing to settle in the region.* Meetings with specialists on life in Quebec and on public services.* Specialized services of settlement, integration and job search for refugee claimants.* Cultural activities.* Volunteering work.

Eligibility: immigrants, refugees and asylum seekers
Coverage area: Greater Montréal
Hours: Monday and Wednesday 8h00 to 16h00 and 17h00 to 20h00, Tuesday, Thursday and Friday 8h00 to 16h00
Fees: translations: variable
Financing: donations, provincial
Legal status: non-profit organization

ACCUEIL POUR IMMIGRANTS ET RÉFUGIÉS DU SUD-OUEST DE MONTRÉAL - CENTRE PRISME
414 Lafleur Street, Suite 1-10, LaSalle, Montréal, QC, H8R 3H6
514 364-0939  Fax: 514 364-9992
Website: www.airsomprisme.org
Email: info@airsomprisme.org


Eligibility: immigrants and refugees
Capacity: 24
Coverage area: LaSalle, Lachine, Verdun

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**ACTION JEUNESSE DE L’OUEST-DE-L’ÎLE**

15632 Gouin Boulevard West, L’Île-Bizard-Sainte-Geneviève, Montréal, QC, H9H 1C4
514 675-4450  Fax:  514 675-4425
Website:  www.ajoi.info
Email:  information@ajoi.info

**Services:** Street and outreach work. *Listening, support, assistance and referral.*  
*First aid.*  
*Assistance with mediation between peers and with families.*  
*Job search assistance.*  
*Housing search assistance.*  
*Condom distribution and needle exchange.*  
*Outreach work for youth at risk.*

**Eligibility:** youth 12 to 25 years old, marginalized or in a precarious situation

**Coverage area:** West Island: Senneville, Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Dollard-des-Ormeaux, Kirkland, Baie-d’Urfé, Beaconsfield, Pointe-Claire, Dorval and Sainte-Anne-de-Bellevue

**Hours:** Tuesday to Saturday 12h00 to 12h00

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

**Legal status:** non-profit organization

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**BÂTIR SON QUARTIER - COOPÉRATIVE ESPERLUETTE**

1945 Mullins Street, Suite 120, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2755

**Services:** Cooperative project in development, looking for applicants.  
*Available for housing in May 2018.*  
*Adapted apartments available through an home adaptation grant.*  
*Occupational therapist record is required for the adaptation.*  
*Application at: http://batirsonquartier.solutionslogik.com/formulaire_home.php*

**Coverage area:** Montréal

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

**Financing:** grants

**Legal status:** non-profit organization

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**BÂTIR SON QUARTIER - COOPÉRATIVE GRIFFIN**

1945 Mullins Street, Suite 120, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 933-2755

**Services:** Cooperative project in development, looking for applicants.  
*Available for housing in January 2018.*  
*Adapted apartments available through an home adaptation grant.*  
*Occupational therapist record is required for the adaptation.*  
*Application at: http://batirsonquartier.solutionslogik.com/formulaire_home.php*

**Coverage area:** Montréal

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

**Financing:** grants

**Legal status:** non-profit organization

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**CACTUS MONTRÉAL**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7
514 847-0067  Fax:  514 847-0038
Website:  www.cactusmontreal.org
Email:  info@cactusmontreal.org
Material Assistance and Housing


Eligibility: drug users via injection and inhalation, homeless people or sex workers, transsexuals

Coverage area: Downtown Montréal

Hours: Saturday to Monday 14h00 to 4h00, Tuesday to Friday 14h00 to 4h00, other services: variable

Fees: variable

Financing: provincial, federal

Legal status: non-profit organization

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

CENTRE DE RÉADAPTATION LUCIE-BRUNEAU - SOCIORESIDENTIAL RESOURCES

2275 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2H 2N8

514 527-4527    Fax: 514 527-0979

Website: www.luciebruneau.qc.ca

Email: info@luciebruneau.qc.ca

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

Eligibility: adults with physical, motor or neurological disabilities

Coverage area: Montréal, Montérégie, Laval

Hours: ongoing services: 24 hours, 7 days, office: 8h30 to 17h00

Financing: provincial

Legal status: parapublic organization

COMMUNITY PERSPECTIVE IN MENTAL HEALTH

16115 Gouin Boulevard West, Suite 300, L’Île-Bizard-Sainte-Geneviève, Montréal, QC, H9H 1C7

514 696-0972    Fax: 514 696-0982

Website: www.pcsm-cpmh.org

Email: info@pcsm-cpmh.org
Services: Enable individuals with mental health problems to have access to support services and be involved in their community. * Home visits focusing on daily living skills, coping skills for mental health, and developing natural support in the community.* Telephone contacts.* Reference to appropriate community resources.* Help find low-cost quality housing in West Island.

Eligibility: adults with chronic mental health problems

Coverage area: West Island

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CORPORATION D'HABITATION JEANNE-MANCE
150 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1H1
514 872-1221  Fax: 514 872-4489
Website: www.chjm.ca
Email: info@chjm.ca


Eligibility: residents on a low income

Capacity: 788 units

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30

Financing: municipal, federal

Legal status: municipal agency

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS
11975 Lapierre Street, Apartment 101, Montréal-Nord, Montréal, QC, H1G 3S1
514 329-1233  Fax: 514 329-0638
Website: www.entreparents.org
Email: info@entreparents.org

Services: * Integration support and referral.* Housing search assistance.* Respite.* Baby massage course.

Eligibility: immigrant parents and children

Coverage area: Montréal-Nord

Fees: membership: $7 per year

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

Legal status: non-profit organization

HABITAT MÉTIS DU NORD - MONTRÉAL BRANCH
3455 Robert-Chevalier Street, Suite 218, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 3R7
514 527-5454  Fax: 514 527-3916
Website: www.waskahegen.com
Email: montreal@waskahegen.com

Services: * Low-cost housing with possibility of social and community intervention.* Renovation and home adaptation programs.

Eligibility: Indigenous people living off reserve

Coverage area: Province of Québec

Financing: self-financing, provincial

Legal status: non-profit organization

HELPING HAND FOR BURN SURVIVORS
2575 Place Chassé, Suite 200, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2C3
514 527-7555  Fax: 514 523-3348
Website: www.entraidegb.org
Email: info@entraidegb.org
Material Assistance and Housing

Services: * Peer twining support program reuniting a recent burn victim and a burn survivor who has lived through the ordeal.* Individual interventions.* Documentation Centre.* Summer camp during a week for children 7 to 17 years.* Financial support for burn victims.* School and work reinstatement.* Temporary lodging for victims and their families, relocation service after hospitalization.

Eligibility: child and adult victims of severe burns and their families, in times of hospitalization or return to their living environment

Coverage area: West of the province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, grants

Legal status: non-profit organization

KANGALOU

750 Marcel-Laurin Boulevard, Saint-Laurent, Montréal, QC, H4M 2M4
514 748-1921

Website: www.kangalou.com

Email: info@kangalou.com

Services: Housing online tool. * Search tool to find rental apartments or condos.

Eligibility: landlords and tenants

Coverage area: province of Québec

Fees: free

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

MAISONS TRANSITIONNELLES O3 (LES) - ON OUR OWN O3

3970 Cavendish Boulevard, Suite 1, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 2N3
514 369-0757    Fax: 514 369-2954

Website: www.o3onourown.com

Services: Affordable housing and support services for young parents and their children. * Workshops for residents: budgeting, parenting, career and education development, self-care and community involvement.* Collective kitchens and family activities.

Eligibility: young families on a low income (parents 16 to 30 years old with at least one child under 5 years old)

Capacity: 29 apartments

Coverage area: Montréal region, priority to Côte-des-Neiges-Dame-de-Grâce

Hours: Monday to Friday 9h00 to 17h00

Legal status: non-profit organization
NATIVE MONTRÉAL
2306 Sherbrooke Street East, Suite 1, Ville-Marie, Montréal, QC, H2K 1E5
514 331-6587 Fax: 514 332-7665
Website: www.nativemontreal.com
Email: info@nativemontreal.com

Services: * Meeting place aiming at developing a sense of community.* Support for families, children and seniors in the areas of culture, education, health and social services and housing.* Specific youth services.* Coordination with the Native friendship centre movement.

Eligibility: urban Indigenous community, families, youth, individuals

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, later according to activites

Fees: none

Legal status: non-profit organization

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

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

Eligibility: homeless people, youth and adults injecting or inhaling drugs

Coverage area: Plateau Mont-Royal

Hours: administration: Monday to Friday 9h00 to 17h00, fixed site: Monday to Friday 17h00 to 19h00, street work: 7 days 10h00 to 21h00

Financing: provincial, federal, municipal, private

Legal status: non-profit organization

QUÉBEC FOUNDATION FOR THE BLIND
5112 De Bellechasse Street, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2A4
1 855 249-5112 Fax: 514 254-5079
Website: www.fondationdesaveugles.org
Email: info@aveugles.org

Services: Working to improve the quality of life of blind people. * Youth program: sporting and recreational activities.* Housing program: management of two housing complexes for the blind,* Committee of suitable games for all age groups.* Prevention and awareness among the public.* Awakening project on tactile reading for blind children 0 to 5 years.

Eligibility: blind people

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ D'AMÉLIORATION DE POINTE SAINT-CHARLES
1945 Mullins Street, Suite 110, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 932-7742 Fax: 450 932-0148
Website: www.rilsocam.org
Email: infolog@rilsocam.org

Services: Acquire, manage and maintain housing cooperatives.

Eligibility: people on a moderate or low-income

Coverage area: Pointe-Saint-Charles area

Hours: Monday to Thursday 9h00 to 17h00, Friday 8h30 to 16h30
Financing: donations, grants
Legal status: non-profit organization

School supplies

ASSOCIATION LES CHEMINS DU SOLEIL
1155 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2T7
514 528-9991
Website: www.cheminsdusoleil.org
Email: admin@cheminsdusoleil.org
Services: Community recreational centre for youth. * Back-to-school sharing store.
Eligibility: families and youth 6 to 25 years old on a low income
Coverage area: Centre-Sud, Ville-Marie
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: 15h00 to 21h00
Fees: sharing store: 10% of grocery value
Financing: donations
Legal status: non-profit organization

OPÉRATION BONNE MINE
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937 Fax: 514 526-5930
Website: www.bonnemine.org
Email: programme@ssvp-mtl.org
Services: Financial assistance to limit school costs. * Sociocultural and artistic activities.* Scholarships given at a Gala.* Only people from Pointe-Saint-Charles can access the program through their CLSC.
Eligibility: children aged from 5 to 18 years enrolled in primary and secondary schools, from economically disadvantaged backgrounds
Coverage area: Greater Montreal
Fees: none
Financing: donations
Legal status: non-profit organization

Thrift stores

À COEUR OUVERT (FONDS DE DÉPANNAGE)
120 Jacques-Bizard Boulevard, L’île-Bizard-Sainte-Geneviève, Montréal, QC, H9C 2T9
514 626-8150
Email: acoeourouvert120@gmail.com
Services: Helpdesk. * Used items recovery on site: clothes, household items, toys, sport equipment and books.* Organization and funding of a day and recreational camp for young people with disabilities.* Thrift store: recuperation and sale of second hand clothing and items.
Coverage area: Montréal: West Island and L’Île-Bizard
Hours: Monday to Friday 12h00 to 17h00, Saturday 10h00 to 17h00, Sunday 10h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ACCUEIL BONNEAU - USED ITEMS RECOVERY
427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4
514 845-3906
Website: www.accueilbonneau.com
Email: info@accueilbonneau.com
Services: * Used items recycling: perishable and non-perishable food, clothes and books.* Collected on site or at-home.

Coverage area: Montréal

Hours: donation reception: Monday to Friday 7h00 to 15h00, Saturday and Sunday 7h00 to 12h00

Financing: donations, grants

Legal status: non-profit organization

AMIS DE SÉBASTIEN MÉTIVIER (LES) - USED ITEMS RECOVERY

Confidential Address

514 236-9127

Website: www.sebastienmetivier.ca

Email: christiane-s1@hotmail.com

Services: * Used items recycling: food, clothes and bikes. * At-home collection, during November and December only.

Coverage area: Greater Montréal

Hours: voice mail, callback within 24 hours

Financing: donations

Legal status: non-profit organization

ASSOCIATION D'ENTRAIDE LE CHAÎNON - MAGASIN DU CHAÎNON (LE)

4375 Saint-Laurent Boulevard, Le Plateau-Mont-Royal, Montréal, QC, H2W 1Z8

514 843-4354

Website: www.lechainon.org/fr/magasin

Email: magasin@lechainon.org

Services: Sells clothing, furniture and accessories for the home received from community donations at very affordable prices to fund the organization.

Coverage area: Montréal

Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 17h00 and Sunday 11h00 to 17h00

Financing: donations, self-financing

Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - MONTRÉAL RÉGIONAL

3700 Berri Street, Suite A-436, Le Plateau-Mont-Royal, Montréal, QC, H2L 4G9

514 842-3926     Fax: 514 842-4006

Website: www.aqepa.org

Email: aqepa.montreal@aqepa.org

Services: * General information on deafness, awareness, referrals.* Support and helpline.* Stimulation program through games for children.* Help with homework and academic support.* Toy lending.* Summer camps.* Family activities.* Parents meeting groups and pairing.* Advocacy.

Eligibility: children with hearing disabilities and their parents

Capacity: over 300 members

Coverage area: Montréal, Montérégie, Laval, Laurentians, Lanaudière

Hours: Monday to Friday 9h00 to 17h00

Fees: subscription: $40 per year

Financing: self-financing, provincial, membership fees

Legal status: non-profit organization

ASSOCIATION ENTRE TES MAINS

4924 Wellington Street, Verdun, Montréal, QC, H4G 1X6

514 767-2444

Email: associationentretesmains@videotron.ca
Material Assistance and Housing

**Services:** *Recovery and sale of second-hand clothing, toys and items at affordable prices.* *Used items recovery on site and collected at-home: food, clothes, small household items, toys, books.* *Information and referral.*

**Eligibility:** people in need

**Coverage area:** Verdun

**Hours:** Tuesday, Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 19h00, Saturday 11h00 to 16h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**BAZAR DE L’ÉGLISE SAINT-PAUL-DE-LA-CROIX**

10218 de la Roche Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2P1

514 389-0206

**Services:** Thrift store. *Sale of clothing and shoes for the whole family.* *Sale of housewares items: kitchenware, small appliances, decorations, books and magazines, jewels, fabrics, toys.*

**Eligibility:** all families, primarily ones on a low-income

**Coverage area:** Montréal Island

**Hours:** Wednesday 13h00 to 15h30, 2nd Saturday of the month 13h00 to 15h00

**Financing:** self-financing

**Legal status:** non-profit organization

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**BIG BROTHERS BIG SISTERS FOUNDATION - MONTRÉAL**

10871 Salk Street, Suite A100, Montréal-Nord, Montréal, QC, H1G 6M7

514 845-7920     Fax: 514 845-7884

**Website:** gfgsmtl.qc.ca

**Email:** fondation.montreal@grandsfreresgrandessoeurs.ca

**Services:** Fundraising for Big Brothers Big Sisters Association of Montréal. *Donation pick-up: clothing, handicrafts and decoration, toys, dishes and pans, jewelry, small appliances, books.*

**Capacity:** unlimited

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

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**BOUTIQUE LES PETITS FRÈRES**

1380 Gilford Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 1R7

514 527-8653 ext. 301

**Website:** www.petitsfreres.ca

**Email:** boutique@petitsfreres.ca

**Services:** Selling of used household items and clothes.

**Eligibility:** families on a low income, greater public

**Coverage area:** Montréal

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 13h00 to 17h00

**Financing:** self-financing

**Legal status:** non-profit organization

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**BUREAU ASSOCIATIF POUR LA DIVERSITÉ ET LA RÉINSERTION - USED ITEMS RECOVERY**

6000 Métropolitain Boulevard East, Suite 200, Saint-Léonard, Montréal, QC, H1S 1A9

514 324-5341     Fax: 514 324-7966

**Website:** www.badr.ca

**Email:** info@badr.ca

**Services:** Used items recovery: non-perishable food, clothes, furniture, mattresses, household items, toys, sporting equipment, books and school supplies. *Home pick-up.*

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CARREFOUR D’ENTRAIDE LACHINE - USED ITEMS RECOVERY
1176 Provost Street, Lachine, Montréal, QC, H8S 1N5
514 634-3686 ext. 221
Website: www.carrefourdentaide.org
Email: info@carrefourdentaide.org
Services: Used items recovery: food, clothing, furniture, appliances, household items, toys, sporting equipment, books. * Home pick-up.
Coverage area: pick-up: Dorval, LaSalle, Lachine
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

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

CENTRE CULTUREL CANADIEN-BULGARE ZORNICA - USED ITEMS RECOVERY
6767 de la Côte-des-Neiges Road, Suite 693-3, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 629-6951
Website: mltzornica.com
Email: donation.zornica@gmail.com
Services: Used items recovery: food, furniture, clothes, appliances, household items, toys and books. * Home pick-up.
Coverage area: Greater Montréal
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

CENTRE D’ORIENTATION DES NOUVEAUX ARRIVANTS ET IMMIGRANTS DE MONTRÉAL
6767 de la Côte-des-Neiges Road, Suite 693-4, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 733-0738
Website: www.conam.sitew.ca
Email: conamc6@hotmail.ca
Eligibility: any person in need, particularly immigrant people from Sub-Saharan Africa
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h00
Legal status: non-profit organization
CENTRE DE FEMMES DE POINTE-SAINT-CHARLES - FRIPERIE MPC
1960 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J2
514 939-9157
Website: www.madameprendconge.com
Email: mpc@cooptel.qc.ca
Services: Recovery and sale of second-hand clothing at affordable prices. * Donations upon referral to women who are victims of abuse or in an emergency situation.
Coverage area: Montréal Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 11h00 to 19h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CENTRE DE FEMMES DE POINTE-SAINT-CHARLES - FRIPERIE... ET PLUS
1966 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J2
514 937-0817
Website: www.madameprendconge.com
Email: mpc@cooptel.qc.ca
Services: Recovery and sale of house items, computers, bicycles, books and toys at affordable prices. * Donations upon referral to women who are victims of abuse or in an emergency situation.
Coverage area: Montréal Island
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 11h00 to 19h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CENTRE DE RÉNOVATION RESTORE
4399 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1R9
514 907-8991    Fax: 514 903-8990
Website: www.habitatmontreal.qc.ca
Email: restore@habitatmontreal.qc.ca
Services: Sale of items at a low price: furniture, appliances, new or used construction materials, household items. * Donation pick-up.
Eligibility: families on a low income
Coverage area: Montréal
Hours: Monday 10h00 to 17h00, Tuesday and Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 19h00, Saturday 10h00 to 17h00
Fees: donation pick-up: $20
Financing: donations, self-financing
Legal status: non-profit organization

COMPAGNONS DE MONTRÉAL - ANNEXE (L')
6365 De Saint-Vallier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2P6
514 727-4444 ext. 237
Website: www.compagnonsdemontreal.com
Email: info@compagnonsdemontreal.com
Services: * Collection and sale of second-hand clothing, items and small furniture at low prices.
Coverage area: Greater Montréal
Hours: Monday to Saturday 10h00 to 16h30, bazar: 1st Tuesday of the month 10h00 to 15h00
Financing: self-financing, grants, provincial, donations
Legal status: non-profit organization
COMPTOIR D’ENTRAIDE D’AHUNTSIC
470 Fleury Street West, Ahuntsic-Cartierville, Montréal, QC, H3L 1W7
514 387-4434
Services: * Thrift store.* Distribution of clothes, toys and various items.* Christmas bazaar.* Donations pick-up: furniture, appliances, housewares, office furniture, clothes, computer equipment, mattresses, books and bicycles.* Donation of furniture through the Société Saint-Vincent de Paul.
Eligibility: open to everyone, mainly people on a low-income
Coverage area: Ahunstic, could go further if an entire household is giving items away
Hours: Thursday 13h00 to 15h00
Financing: self-financing, donations
Legal status: non-profit organization

CROQUE-LIVRES
2001 McGill College Avenue, Suite 1000, Ville-Marie, Montréal, QC, H3A 1G1
Website: www.croquelivres.ca
Email: info@croquelivres.ca
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: books drop-off and pick-up: free, Croque-livre boxes: $210 plus shipping fees
Financing: donations
Legal status: non-profit organization

CULTURAL ASSOCIATION FOR LATIN AMERICAN FRIENDSHIP - USED ITEMS RECOVERY
1357 Saint-Louis Street, Saint-Laurent, Montréal, QC, H4L 2P4
514 748-0796     Fax: 514 748-7210
Website: www.coclamontreal.org
Email: cocla.mtl@gmail.com
Services: * Donations pick-up: food, clothing and household items.* Recovery of items on site.
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00, food bank and community groceries: Tuesday and Friday 9h00 to 17h00
Fees: contributions
Financing: federal, provincial, municipal
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
DANS LA RUE - CHEZ POPS - USED ITEMS RECOVERY
1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7
1 888 520-7677     Fax: 514 940-3337
Website: www.danslarue.org
Email: centredejour@danslarue.org
Services: * Recovery of donations: food, clothing, appliances, music instruments.* Appliance pick-up.
Coverage area: Montréal Island
Hours: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

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

ÉGLISE DU ROI DES ROIS
3674 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1R9
514 522-1314
Website: www.hochma.org
Services: * Heat stop: reception of people during cold winter nights, coffee and snacks, activities, movies, blankets and pillows.* Day centre for refugees: assistance with forms and housing research, clothes donations, accompaniment and referrals.
Eligibility: homeless or vulnerable people, people in a precarious state, shelter: immigrants with precarious status, asylum seekers, refugees
Capacity: 50 to 100 people
Coverage area: Hochelaga-Maisonneuve
Hours: heat stop: nights when the temperature is -18 degrees Celsius or less, shelter: 7 days, 9h00 to 18h00
Fees: free
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
**ENTRAIDE MARIE-CLARAC**
3565 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2A5
514 324-0579

**Services:** Material assistance. * Recovery, sale and donations of clothing, small household items and toys.
**Eligibility:** people on a low income
**Coverage area:** priority to Montréal-Nord
**Hours:** Tuesday to Friday 11h00 to 15h00, Saturday 7h00 to 13h00
**Fees:** symbolic amount
**Financing:** self-financing, donations
**Legal status:** non-profit organization

**ENTRE MAMANS ET PAPAS - USED ITEMS RECOVERY**
3363 de Rouen Street, Suites 1 and 2, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1L4
514 525-8884

**Website:** www.entremamans.qc.ca
**Email:** administration@entremamans.qc.ca

**Services:** Recovery of baby items and clothing for pregnant women and children 0 to 8 years old. * Pick-up.
**Coverage area:** Hochelaga-Maisonneuve
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial, federal, donations
**Legal status:** non-profit organization

**EXTENDED HANDS - USED ITEMS RECOVERY**
1810 Saint-Antoine Street, Lachine, Montréal, QC, H8S 1V4
514 833-1570     Fax: 514 469-9953
**Website:** extendedhands.net
**Email:** info@extendedhands.net

**Services:** * Recovery of donations: household items, clothing, toys, books, small appliances.* Pick-up.
**Coverage area:** Montréal Island
**Financing:** donations
**Legal status:** non-profit organization

**FONDATION MON NOUVEAU BERCAIL (LA) - USED ITEMS RECYCLING**
1012 Sainte-Clare Road, Mont-Royal, Montréal, QC, H3R 2N1
438 933-7660

**Website:** www.monnouveaubercail.com
**Email:** info@monnouveaubercail.com

**Services:** * Used items recycling: clothes, furnitures, matress, appliances and electronic devices, toys, books.* At-home and on-site collection.
**Coverage area:** Côte-des-Neiges, Saint-Laurent, Ville Mont-Royal
**Fees:** free
**Financing:** donations
**Legal status:** non-profit organization

**GANG À RAMBROU (LA)**
5615 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1R1
438 333-4264

**Website:** www.rambrou.ca
**Email:** natalahierambrou@gmail.com

**Services:** * Social participation, integration and inclusion of people with an intellectual disability or an autism spectrum disorder.* Performing arts, visual arts and music workshops.* Adapted job training program for adults wanting to explore performing arts occupations: costume design, production sets, pictorial work framing and any other artistic project.* Costume rental.* Mini-shop.
Material Assistance and Housing

Eligibility: people with an intellectual disability or an autism spectrum disorder, people without disabilities

Coverage area: Montréal

Hours: work integration: Monday to Friday 8h30 to 16h00, visual arts workshops: Tuesday, Wednesday and Thursday 13h00 to 16h00, Friday 9h00 to 12h00, theatre and performing arts workshops: Tuesday 16h30 to 18h30, percussion workshops: Tuesday 18h30 to 20h30

Fees: $150 for the year

Financing: donations, self-financing, foundations

Legal status: non-profit organization

GROSSESSE-SECOURS

79 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1R1
514 271-0554 Fax: 514 271-0718
Website: www.grossesse-secours.org
Email: info@grossesse-secours.org

Services: * Helpline for all pregnancy-related questions.* Pregnancy tests.* Individual meetings.* Clothing bank.* 5@7 for teenagers.* Awareness-raising in schools.* Housing for young pregnant women.* Emergency distribution of diapers and starter kits.

Eligibility: pregnant teenagers and women, single or on a low income, men concerned with pregnancy

Coverage area: Montréal area

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

INSERTECH ANGUS

4820 Molson Street, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3J8
514 596-2842 Fax: 514 596-2893
Website: www.insertech.ca
Email: insertech@insertech.ca

Services: Social integration enterprise specialized in reuse of computer equipment. * Store in Rosemont and store online offering refurbished computer equipment for people on a low-income and non-profit organization.* Repair shop on site and remote technical support.* Introductory coding workshops with scratch for children from 8 to 12 years old.* Private or small group computer courses.* Free computer courses for seniors.* Donations accepted: computers, monitors and digital tablets.

Eligibility: computer store, repair workshop, computer courses: people of all ages, integration program: people 18 to 35 years youth at risk, very far from the labour market, computer courses for seniors: 55 years and over, coding workshops: children 8 to 12 years

Coverage area: province of Québec

Hours: computer shop and repair shop: Monday, Tuesday and Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 19h00, Saturday 10h00 to 17h00, administration and insertion: Monday to Friday 9h00 to 16h45

Fees: refurbished equipment, repairs and courses: net price (no taxes). 10% discount for our partners and NPO’S, coding workshops: $5

Financing: provincial, self-financing

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


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

**KIDNEY FOUNDATION OF CANADA (THE) - QUÉBEC BRANCH**

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5  
1 800 565-4515  
**Fax**: 514 938-4757  
**Website**: www.kidneyquebec.ca  
**Services**: * Financing of research on kidney diseases.*  
* Organ donation and prevention awareness.*  
* Support for patients: pairing with peers.*  
* Kidney Car (1 888 228-8673): recovery of cars as donations.*  
**Eligibility**: people with renal insufficiency, on dialysis, transplant recipients, their families and professionals  
**Coverage area**: Province of Québec  
**Hours**: Monday to Friday 8h30 to 16h30  
**Financing**: fundraising campaigns  
**Legal status**: non-profit organization

**MAINS UTILES**

6665 Bombardier Street, Saint-Léonard, Montréal, QC, H1P 2W2  
514 993-9128  
**Email**: mainsutiles@yahoo.ca  
**Services**: 8-week industrial sewing course.  
* Socioprofessional integration.*  
* Community shop.*  
* Coffee-chats.*  
* Free workshops.*  
* Occasional activities.*  
**Eligibility**: immigrant women from all cultural communities  
**Capacity**: 8 women per group  
**Coverage area**: Montréal  
**Hours**: Monday to Friday 8h30 to 15h30, workshops: Monday to Thursday 9h00 to 13h00, free workshops: Friday  
**Fees**: semester: $70, free workshop: free  
**Financing**: municipal, self-financing  
**Legal status**: non-profit organization

**MAISON À PETITS PAS (LA)**

3511 de Rouen Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1L8  
514 522-6461  
**Fax**: 514 522-6269  
**Website**: www.lamapp.org  
**Email**: info@lamapp.org  
**Services**: Community and family living environment.  
* Activities, training workshops.*  
* Parents groups.*  
* Childcare during activities.*  
* Individual meetings.*  
* Family outings.*  
* Toys and sports libraries.*  
* Psychomotor workshops for children 2 to 5 years old.*  
* Octogone club for teenagers.*  
* Improvisation leagues for adults and teenagers.*  
* YAPP program on parenting skills.*  
* Cooking workshop.*  
* Women's and men's meetings.*  
**Eligibility**: children 0 to 5 years old, youth 6 to 11 years old, teenagers 12 to 17 years old, parents, families  
**Coverage area**: Montréal and surroundings  
**Hours**: Monday to Sunday, days, evenings, weekends  
**Fees**: $10  
**Financing**: Centraide of Greater Montréal, provincial  
**Legal status**: non-profit organization
MAISON DES AMIS DU PLATEAU MONT-ROYAL (LA) - USED ITEMS RECOVERY
1360 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1M3
514 527-2150
Website: www.maisondesamis.org
Email: info@maisondesamis.org
Services: * Recovery of donations: furniture, appliances, clothing, books.* Home pick-up.
Coverage area: Le Plateau-Mont-Royal
Hours: Monday to Friday 9h30 to 11h45 and 12h30 to 16h30
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

MAISON DES JEUNES DE LASALLE
Chalet du parc Hayward, 170 Orchard Avenue, Lasalle, Montréal, QC, H8R 0A2
514 788-3938
Website: mdjasalle.wix.com/mdjasalle
Email: mdjasalle@yahoo.ca
Services: Place for meeting, services and referral. * Listening and counselling.* Sporting and cultural activities.* Volunteering.* Competitive sports teams: basketball and soccer.* Homework assistance.
Eligibility: youth 12 to 17 years old
Coverage area: LaSalle
Hours: Monday to Friday 15h00 to 20h30
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DU PÈRE (LA)
550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3
514 845-0168     Fax: 514 845-2108
Website: www.maisondupere.org
Email: administration@maisondupere.org
Eligibility: homeless men 25 years and over wanting to undertake social reintegration procedures
Capacity: 520 places
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: donations, grants
Legal status: non-profit organization

MAISON INTERNATIONALE DES FEMMES
425 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1S4
514 815-8825
Website: www.mifcanada.org
Email: mifcanada@yahoo.com
Services: * Cooking workshops and education for the food security of women on a low income.* Workshops developing the ability to communicate in a non-violent manner.* Used items recycling: clothes and school supplies.
Eligibility: immigrant women from ethnocultural communities
Coverage area: Montréal
Hours: Tuesday to Saturday 9h00 to 17h00
Financing: donations
Legal status: non-profit organization

MAISONS ADRIANNA - USED ITEMS RECOVERY
2500 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2K2
514 814-8218
Website: www.maisons-adrianna.org
Email: info@maisons-adrianna.org
Services: * Recovery of donations: food, clothing, toys, sporting equipment, books, furniture, appliances, kitchen items.* Pick-up.
Coverage area: Montréal Island
Hours: Tuesday to Friday 10h00 to 16h00
Financing: provincial, municipal
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

MISSION OF THE GREAT SHEPHERD - USED ITEMS RECOVERY
2510 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J8
514 933-9608 Fax: 514 933-2801
Website: www.missiongrandberger.com
Email: demunis@missiongrandberger.com
Services: * Recovery of donations: appliances, furniture, housewares, clothing, mattresses covered and inspected, books.* Pick-up.
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, self-financing, provincial
Legal status: non-profit organization

MONTRÉAL - CITY - PIANOS PUBLICS
Confidential Address
3-1-1
Website: ville.montreal.qc.ca/portal/page?_pageid=5798%2C127837570&_dad=portal&_schema=PORTAL
Services: * Recycled pianos available for public use in the summer period.* Localization of piano online.
Coverage area: Montréal
Fees: free
Legal status: municipal agency
MONTRÉAL - CITY - RÉPERTOIRE DES ADRESSES DU RÉEMPLOI

Confidential Address
3-1-1
Website: www.ville.montreal.qc.ca/portal/page?_pageid=7237,75511586&_dad=portal&_schema=PORTAL

Services: Online directory of reuse centers for donation of used articles.
Coverage area: Montréal Island
Legal status: municipal agency

MOSAÏK FAMILY RESOURCE CENTRE
6215 Côte-Saint-Luc Road, Westmount, Montréal, QC, H3Y 2H3
514 227-1270
Website: maisonmosaik.wix.com/maisonmosaik
Email: maisonmosaik@bellnet.ca

Services: * Activities, workshops and physical activities for children and parents.* Infant stimulation for babies 0 to 24 months.* Baby massage.* Mother goose rhymes.* Weekly café-rencontre on school readiness and global development.* Monthly community meal.* Weekly exercise courses for parents.* KidzTime respite.* Mosaïk shop: clothing and other items for the whole family.* Toy and resource libraries.
Eligibility: families with children under 5 years old, pregnant women
Coverage area: Notre-Dame-de-Grâce, Montreal West, Côte-Saint-Luc, Hampstead and Snowdon
Hours: Monday to Thursday 9h00 to 15h00, Friday 9h00 to 13h00
Fees: free
Financing: donations, grants
Legal status: non-profit organization

NATIVE WOMEN’S SHELTER OF MONTRÉAL
Confidential Address
514 933-4688  Fax: 514 933-5747
Website: www.nwsm.info
Email: nakuset@gmail.com

Services: Shelter for up to 10 weeks for individual women and 12 weeks for families. * Meals.* Clothing.* Legal support.* Accompaniment, referral.* Individual counselling.* Workshops.
Eligibility: Indigenous women, with or without children
Capacity: 13 rooms
Coverage area: Province of Québec
Hours: 24 hours, 7 days
Fees: $10 per night, if possible
Financing: fundraising campaign, provincial
Legal status: non-profit organization

OLD BREWERY MISSION - MAISON CLAUDE-LARAMÉE
Confidential Address
514 788-3706  Fax: 514 788-3707
Website: www.oldbrewwerymission.ca
Email: nvanelslande@missionoldbrewery.ca

Services: Rehabilitation house with a duration of stay up to 2 years. * Homelessness prevention for both men and women with mental health and substance abuse problems.* Clinical psychiatric support in conjunction with the Douglas Mental Health Institute.* Private rooms.* Vocational training and educational workshops to help with job search after the stay.* Recreational activities.
Eligibility: homeless men and women 18 years old and over with mental health and substance abuse problems, must be referred by the Douglas Mental Health Institute or other hospitals
Capacity: 9 people
Coverage area: Montréal Island
Fees: rent: $742 per month
Legal status: non-profit organization

ORDINATEURS POUR LES ÉCOLES DU QUÉBEC
1 Alexander Graham Bell, Tower B, 2nd Floor, Verdun, Montréal, QC, H3E 3B3
514 391-0861     Fax: 514 766-1130
Website: www.opeq.qc.ca
Email: don@opeq.qc.ca
Services: Recovery and distribution of computer equipment for free or at low cost to eligible organizations.*
Recouvrement de matériel informatique : ordinateurs de bureau, portables, serveurs, tablettes, smartphones, moniteurs, imprimantes laser, projecteurs, claviers et souris.* Service de recueil pour entreprises souhaitant donner au-delà de 15 unités de matériel informatique.
Eligibility: donation and sale of computer equipment: schools, non-profit organization (NPO), early childhood center, home childcare service, library, housing cooperative, computer equipment recovery: private companies, government departments, individuals
Coverage area: province of Québec
Hours: Monday to Friday 8h00 to 16h00

P’TITE MAISON DE SAINT-PIERRE (LA)
41 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 544-1319
Website: www.laptitemaisonsaintpierre.org
Email: laptitemaisonsaintpierre@gmail.com
Services: Community and family meeting place.* Referral, accompaniment.* Coffee-chats, thematic workshops.* Drop-in respite.* Thrift store.* Family activities.
Eligibility: families in need
Coverage area: Lachine
Hours: reception: Monday and Tuesday 8h00 to 16h00, Wednesday 8h00 to 20h00, Thursday 8h00 to 17h00,
respite: Monday and Tuesday 8h30 to 12h30, Wednesday and Thursday 12h30 to 16h30, thrift store: Tuesday 9h00 to 16h00, Wednesday 9h00 to 19h00
Fees: free
Financing: Centraide, grants, fundraising campaigns
Legal status: non-profit organization

POINT DE COUTURE TLH
1130 Charlevoix Street, Le Sud-Ouest, Montréal, QC, H3K 2Z3
514 937-1299     Fax: 514 937-1299
Services: Sells used clothing and furniture at affordable prices.* Donations pick-ups: appliances, furniture, housewares, clothing, office furniture, books.* Donations of free furniture to people in need.
Eligibility: people in need
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 19h00, Saturday 10h00 to 17h00
Financing: donations, self-financing
Legal status: non-profit organization

PRACOM
1995 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1M3
514 527-6766     Fax: 514 598-9167
Website: www.pracom.ca
Email: info@pracom.ca
Services: Mental health day and evening centre.* Social, recreational, sports and cultural activities.* Autonomy development.* Bike workshop: repair and sale of low-cost reconditioned bicycles.
Eligibility: adults with mental health problems, bike workshop: general public
Coverage area: Montréal and surroundings
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 15h30 and 18h00 to 21h00
Fees: member: $12 per year
Financing: provincial
Legal status: non-profit organization

PROGRAMME HORIZON JEUNESSE
11411 Pelletier Avenue, Montréal-Nord, Montréal, QC, H1H 3S3
514 328-3250 ext. 19070
Website: www.horizonjeunesse.com
Email: p-r-simon@cspi.qc.ca
Services: Activities for youths and families of North-Montréal area. * School retention promotion.* Children 4 to 12 years: cultural, social, artistic and sports activities each Saturday of school year.* Youths 10 to 17 years: artistic, recreational and sports activities each Saturday afternoon of school year.* Personal and social skills development.* Le Salon: room for youths.* Summer camp for children aged 5 to 12 years.* Sharing store: clothes, housewares, furnitures, computers, books, toys and bicycle.
Eligibility: youths and families of North-Montréal area
Coverage area: North-Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: sharing store: voluntary contribution
Financing: municipal
Legal status: non-profit organization

PROGRAMME RÉGIONAL D’ACCUEIL ET D’INTÉGRATION DES DEMANDEURS D’ASILE (PRAIDA)
4039, rue Tupper, Westmount, Montréal, QC, H3Z 1T5
514 731-8531
Website: www.csssdelamontagne.qc.ca/en/care-and-services/asylum-seekers
Services: Medical and psychosocial services for asylum seekers claiming refugee status. * Health and social services.* Help line support.* Training and research services.* Day centre for the refugees: PRAIDA-YMCA (Résidence YMCA, 4039 Tupper Street, Montréal).
Eligibility: refugees claimants
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00, day centre: Tuesday, Wednesday and Thursday 9h00 to 16h30
Financing: provincial
Legal status: parapublic organization

PUITS DU LIVRE (LE)
2587 Masson Street, Suite A, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 1V7
514 728-7124
Website: www.puitsdulivre.ca
Email: info@puitsdulivre.ca
Coverage area: Montréal
Hours: Tuesday to Sunday 11h00 to 18h00
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

SALVATION ARMY - EAST STORE
3444 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1P9
514 529-4025   Fax: 514 529-6549
Website: www.salvationarmy.ca/quebec

Services: * Reception and sale of donated goods (clothing and household items) to finance Salvation Army social programs.*

Eligibility: people and families on a low-income

Coverage area: Hochelaga-Maisonneuve, Centre-Sud and surroundings

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

Legal status: non-profit organization

SALVATION ARMY - NDG STORE
5762 Sherbrooke Street West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1X1
514 488-8714   Fax: 514 488-1965
Website: www.salvationarmy.ca/quebec

Services: * Sale of donated goods, benefits are used to finance Salvation Army social programs.* Reception on-site.

Eligibility: people and families on a low-income

Coverage area: Notre-Dame-de-Grâce and surroundings

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

Financing: self-financing

Legal status: non-profit organization

SALVATION ARMY - NORTH END STORE
7066 Saint-Hubert Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2M9
514 276-0349   Fax: 514 276-0283
Website: www.salvationarmy.ca/quebec

Services: * Reception and sale of donated goods to finance Salvation Army social programs.*

Eligibility: people and families on a low-income

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

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

Legal status: non-profit organization

SALVATION ARMY - WEST END STORE
1620 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H3J 1M1
514 935-7425   Fax: 514 935-6093
Website: www.salvationarmy.ca/quebec

Services: * Sale of donated goods (furniture, appliances, household items, computer tools, office furniture, books, bicycles and clothes) to finance Salvation Army social programs.*
Eligibility: people and families on a low-income
Coverage area: Verdun, Sud-Ouest and surroundings
Hours: Monday to Friday 9h00 to 21h00, Saturday 9h00 to 17h00
Legal status: non-profit organization

SANCTUAIRE DU SAINT-SACREMENT FRATERNITÉ MONASTIQUE - BAZAR
4460 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 524-1131
Website: www.fraternites- jerusalem.ca
Email: info.montreal@fraternites-jerusalem.ca
Services: Thrift store: sales of household items, clothing, small furniture, computer equipment, books at affordable prices.
Eligibility: disadvantaged people and families, homeless people
Coverage area: Montréal
Hours: Thursday 11h00 to 18h00 and Saturday 11h00 to 17h00
Financing: donations
Legal status: non-profit organization

SCALABRINI CENTRE - COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS - USED ITEMS RECOVERY
1600 Henri-Bourassa Boulevard West, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3M3E2
514 387-4477     Fax: 514 387-7733
Website: www.scalabrinimontreal.org
Email: info@scalabrinimontreal.org
Services: * Donations accepted: household items, clothes, appliances, furniture, computer equipment, office furniture and bicycles.* Collected at-home or on site.
Coverage area: Ahuntsic-Cartierville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: donations
Legal status: non-profit organization

SHARE THE WARMTH - USED ITEMS RECOVERY
625 Fortune Street, Le Sud-Ouest, Montréal, QC, H3K 2R9
514 933-5599     Fax: 514 933-7270
Website: www.sharethewarmth.ca
Email: info@sharethewarmth.ca
Services: * Donation pick-ups at-home: food, clothing, household items, books, toys.* On-site recovery.
Coverage area: Montréal, Le Sud-Ouest, Verdun
Hours: Monday to Saturday 8h30 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE PAUL - SAINT-LÉONARD - BOUTIQUE D’AMÉLIE
5077 Couture Boulevard, Saint-Léonard, Montréal, QC, H1R 3B9
514 323-5609
Services: Thrift store. * Recovery and selling of used clothes and household items.* Donations in case of sinister.
Coverage area: Saint-Léonard
Hours: Monday, Wednesday and Friday 10h00 to 12h00 and 13h00 to 16h00
Fees: thrift store: low prices
Financing: donations, self-financing
Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE DE VERDUN - USED ITEMS RECOVERY
284 de l'Église Street, Verdun, Montréal, QC, H4G 2M4
514 768-2093
Services: * Used items recovery: clothes, non-perishable food, household items, toys, sport equipment, books, school supplies.* Collected on site or at-home.
Coverage area: Marguerite-Bourgeoys, Notre-Dame-de-la-Garde, Notre-Dame-de-la-Paix, Notre-Dame-de-Lourdes, Notre-Dame-des-Sept-Douleurs, Notre-Dame-des-Auxiliatrices parishes and l'Île-des-Soeurs
Financing: donations, self-financing
Legal status: non-profit organization

11985 Victoria Street, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2R2
514 645-0452
Email: grenierozanam@ssvp-mtl.org
Services: * Used items recovery: food, clothes, furniture, appliances, household items, toys, books and school supplies.* Donation pick-up: appliances and furniture.
Coverage area: Pointe-aux-Trembles, Rivière-des-Prairies, Anjou, Montréal-Nord, Montréal-Est
Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-ANTOINE-MARIE-CLARET - USED ITEMS RECYCLING
10630 Larose Avenue, Ahuntsic-Cartierville, Montréal, QC, H2B 2Z3
514 321-2002
Services: Used items recovery: clothing, small household items, toys, sports equipment, books and school supplies. * Home pick-up.
Coverage area: Saint-Antoine-Marie-Claret Parish
Hours: store: Tuesday 9h00 to 13h00
Financing: fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL DE MONTRÉAL - COMPTOIR 1930
1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8
514 526-5937 ext. 603 Fax: 514 526-5930
Website: www.ssvp-mtl.org
Email: ateliermeubles@ssvp-mtl.org
Services: Sale of used household items and clothing at low prices. * Recovery of clothing, home furniture, appliances less than 20 years old, small household items, toys and leisure equipment.* Home pick-up.
Coverage area: Montréal and South Shore
Hours: Tuesday to Saturday 8h30 to 16h30
Financing: donations, self-financing
Legal status: non-profit organization

SOS VÉLO
2085 Bennett Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2T2
514 251-8803 Fax: 514 251-9542
Website: www.sosvelo.ca
Email: info@sosvelo.ca
Eligibility: men and women from 18 to 55 years old
Coverage area: Montréal Island
Hours: administration: Monday to Thursday 6h30 to 12h00 and 12h30 to 15h00, factory: Monday to Thursday 7h00 to 12h00 and 13h00 to 16h30, shop: Wednesday to Friday 9h00 to 18h00, Saturday and Sunday 9h00 to 17h00, open on appointment during winter
Financing: provincial
Legal status: non-profit organization

SYRIAN CANADIAN COUNCIL - USED ITEMS RECOVERY
5605 de la Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4M 1V2
438 994-6293
Website: www.syriancanadiancouncil.ca
Email: montreal@syriancanadiancouncil.ca
Services: Collection of clothing donations. * Home pick-up available for large quantities.
Coverage area: Province of Québec
Hours: Saturday and Sunday 12h00 to 15h00
Financing: donations
Legal status: non-profit organization

THRIFT SHOPS FOR NOVA - BEACONSFIELD
449 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2
514 694-8417
Website: www.thriftshopsfornova.com
Email: info@novawi.org
Services: * Sale of second hand furniture and various items.* Used items recycling: clothes, furniture, small household items, toys, sport equipment, books.* Collected at-home: furniture only.
Coverage area: West Island
Hours: Tuesday to Sunday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

THRIFT SHOPS FOR NOVA - KIRKLAND
2750 Saint-Charles Boulevard, Kirkland, Montréal, QC, H9H 3B6
514 697-6692
Website: www.novawi.org
Email: info@novawi.org
Services: Recovery and sale of second hand clothing, books and household items.
 coverage area: West Island
Hours: Tuesday to Sunday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

THRIFT SHOPS FOR NOVA - SAINTE-ANNE
43 and 41-5 Sainte-Anne Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1L4
514 457-1642
Website: www.thriftshopsfornova.com
Email: info@novawi.org
Services: Recovery and sale of second hand clothing, books and household items.
Coverage area: West Island
Hours: Tuesday to Sunday 10h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization
Material Assistance and Housing

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

UNION CHURCH - BOUTIQUE 24
24 Maple Street, Basement, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 2E6
514 713-5054
Website: www.unionchurch.ca/in-the-community/boutique-24
Email: june5054@videotron.ca
Services: Sale of used clothing, shoes, small household items, dishes, small appliances, books or games.
Coverage area: Montréal
Hours: Thursday 11h30 to 15h30, last Friday evening of the month, one Saturday a month, summer: closed
Financing: self-financing, donations
Legal status: non-profit organization

WELCOME HALL MISSION
606 De Courcelle Street, Le Sud-Ouest, Montréal, QC, H4C 3L5
514 523-5288  Fax: 514 523-6456
Website: www.welcomehallmission.com
Email: info@missionba.com
Eligibility: men, women, children, youth, families, homeless people, newcomers, general public
Coverage area: Greater Montréal
Hours: variable
Fees: most services are free
Financing: donations
Legal status: non-profit organization

WELCOME HALL MISSION - LA BOUTIQUE
4755 Acorn Street, Door B, Le Sud-Ouest, Montréal, QC, H4C 3L6
514 523-5288 ext. 152  Fax: 514 937-4703
Website: www.missionbonaccueil.com
Email: info@missionba.com
Services: * Recovery of used clothing and items.* Thrift shop.* Training environment for participants in the Education and Employability program.
Eligibility: general public
Coverage area: Greater Montréal
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 15h00, Thursday 13h00 to 19h00
Financing: self-financing
Legal status: non-profit organization
WEST ISLAND ASSISTANCE FUND - USED ITEMS RECOVERY
9 Centre-Commerce Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 2N9
514 683-0456  Fax: 514 683-8589
Website: www.fdoi.org
Email: info@fdoi.org
Services: * Recovery of furniture, clothing and household items.* Pick-up.
Coverage area: West Island
Hours: thrift store: Monday to Friday 9h30 to 16h30, Saturday 10h00 to 16h00, Bric-à-Brac: Tuesday to Friday 13h30 to 16h00, Saturday 12h30 to 15h30
Financing: grant, provincial
Legal status: non-profit organization

YWCA MONTREAL
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941  Fax: 514 866-4866
Website: www.ydesfemmesmtl.org
Email: info@ydesfemmesmtl.org
Eligibility: women and girls, Hôtel Y: women and men
Coverage area: Greater Montréal
Hours: variable
Fees: variable, many free services
Financing: self-financing, grants, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

Used articles donation

ALTERNATIVE NAISSANCE
6006 de Bordeaux Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2R7
514 274-1727  Fax: 514 274-2432
Website: www.alternative-naissance.ca
Email: info@alternative-naissance.ca
Services: Perinatal care services. * Information and referrals by phone.* Support at birth: 3 prenatal meetings, telephone follow-up, presence during childbirth, 2 postnatal visits.* Prenatal information meetings.* Massage courses adapted to babies.* Training for birth.* Clothing counter.
Eligibility: expecting women and couples
Coverage area: Montréal
Hours: office: Monday to Thursday 9h30 to 15h30, clothing counter: Wednesday 9h30 to 12h00 on appointment only
Fees: prenatal information meetings: $150 per couple, clothing counter: $2 per bag of clothes
Financing: grants, donations
Legal status: non-profit organization

CENTRE FOR AIDS SERVICES OF MONTRÉAL (WOMEN)
1750 Saint-André Street, 3rd floor, Ville-Marie, Montréal, QC, H2L 3T8
1 877 847-3636  Fax: 514 495-8087
Website: www.casm-mtl.org
Email: info@casm-mtl.org
Material Assistance and Housing

**Services:** * Education and prevention of HIV/AIDS: information sessions, workshop on sexuality, self-esteem, HIV/AIDS and STDs, booths, short-term projects.* Weekly support group: telephone support and information line, individual counselling and referral, accompaniment, coffee meetings, social activities and workshops.* Christmas baskets.

**Eligibility:** women infected or affected by HIV/AIDS and their relatives

**Coverage area:** Greater Montréal

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

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**COMMUNITY SERVICES FOR REFUGEES AND MIGRANTS**

1600 Henri-Bourassa Boulevard West, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H2C 1T9

514 387-4477  Fax: 514 387-7733

**Website:** www.scalabrinimontreal.org

**Email:** info@scalabrinimontreal.org


**Eligibility:** migrants and refugees, Ahuntsic-Cartierville residents in priority

**Capacity:** 10 rooms for single women

**Coverage area:** Ahuntsic-Cartierville

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

**Financing:** donations

**Legal status:** non-profit organization

**EXEKO**

5445 de Gaspé Avenue, Suite 405, Le Plateau-Mont-Royal, Montréal, QC, H2T 3B2

514 528-9706

**Website:** www.exeko.org

**Email:** info@exeko.org

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

**Eligibility:** people at the edge or coping with exclusion

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 18h00

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

**Legal status:** non-profit organization

**FONDATION MON NOUVEAU BERCAIL (LA)**

8356 Labarre Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4P 2E7

438 933-7660

**Website:** www.monnouveaubercail.com

**Email:** info@monnouveaubercail.com

**Services:** * Accompaniment of newcomers by providing them first necessity goods. * Fundraising campaigns and networking.

**Eligibility:** newcomers in financial need

**Coverage area:** Côte-des-Neiges, Saint-Laurent, Ville Mont-Royal

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

**Fees:** free

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization
Mental Health and addictions

ADDITION PREVENTION

ADDITION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

PSYCHIATRIC SERVICES

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES
Addiction prevention

AMIS DU MONDE
6665 Bombardier Street, Saint-Léonard, Montréal, QC, H1P 2W2
438 870-8267
Website: www.amisdumonde.ca
Email: admin@amisdumonde.ca
Services: * Delinquency prevention.* Fight against drug addiction.* Awareness of healthy lifestyles.
Eligibility: youth 9 to 15 years
Coverage area: Saint-Léonard
Legal status: non-profit organization

CENTRE QUÉBÉCOIS DE DOCUMENTATION EN TOXICOMANIE
950 de Louvain Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2E8
514 385-3490 ext. 1153     Fax: 514 385-2462
Website: cqdt.dependancemontreal.ca
Email: cqdt.cdc@ssss.gouv.qc.ca
Services: Specialized documentation centre. * On-site and online consultation.* Loan for students, social workers and organizations.
Coverage area: Montréal
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday by appointment
Fees: free for consultation on the spot, variable for other services
Financing: provincial
Legal status: parapublic organization

EDUC’ALCOOL
606 Cathcart Street, Suite 1000, Ville-Marie, Montréal, QC, H3B 1K9
1 888 252-6651     Fax: 514 875-5990
Website: educalcool.qc.ca
Email: info@educalcool.qc.ca
Services: Grouping of parapublic institutions, alcoholic beverage industry associations and individuals from various sectors (public health, education, journalism). * Implement prevention, education and information programs designed to help young people and adults make enlightened, responsible decisions about drinking and the circumstances in which they drink.
Eligibility: people searching for information on the rules concerning alcohol and the consequence of their consumption
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h30
Fees: free
Financing: through the public sale of alcoholic beverages distributed by their members
Legal status: non-profit organization

GÉNÉRATION ELLES
615 Provost Street, Suite 1, Lachine, Montréal, QC, H8S 1M5
514 538-0984
Website: www.generationelles.ca
Email: info@generationelles.ca
Services: Educational, mentoring and networking program aiming to reinforce personal and social skills. * Mother-daughter component.* Au bout des doigts: sewing program, making accessories from recycled clothing.* Workshops about prevention of conflicts, violence, bullying and substance abuse.* Activities: self-defense and arts.
Eligibility: girls and women from 6 to 21 years old
**Coverage area:** province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** provincial, fundraising campaigns  
**Legal status:** non-profit organization

**GROUPE D'INTERVENTION ALTERNATIVE PAR LES PAIRS**
1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7  
514 847-0067 ext. 301  
Website: www.giap.ca  
Email: pairs-aidants@cactusmontreal.org  
**Services:** Partnership of community organizations requesting caregivers' services in order to prevent transmission of HIV, VHC and other STBBI and to reduce harm related to drug consumption and life on the streets.  
* Proximity intervention in the partners resources.*  
* Group intervention to raise awareness about life on the streets, unsafe practices and their impacts.*  
* Organizing of the Festival d'Expression de rue (FER).*  
**Eligibility:** youth 14 to 30 years old in very precarious situations  
**Capacity:** 5 member organizations  
**Coverage area:** Montréal Island  
**Financing:** grants  
**Legal status:** non-profit organization

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

**INTERNATIONAL CENTRE FOR YOUTH GAMBLING PROBLEMS & HIGH-RISK BEHAVIORS**
3724 McTavish Street, Ville-Marie, Montréal, QC, H3A 1Y2  
514 398-1391  
Fax: 514 398-3401  
Website: www.youthgambling.com  
Email: ygi.educ@mcgill.ca  
**Services:**  
* Research on youth gambling problems and co-occurring disorders.*  
* Information dissemination, knowledge transfer and conferences.*  
* Prevention workshops and trainings.*  
* Policy development.*  
* Interactive games and movies.*  
**Eligibility:** youth having gambling problems and co-occurring disorders, their parents, professionals, organizations, young adults  
**Coverage area:** province of Québec  
**Legal status:** parapublic organization

**OPÉRATION JEUNESSE VILLE-ÉMARD-CÔTE-SAINT-PAUL**
5785 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H2  
514 303-8900  
Fax: 514 544-0800  
Website: www.mdjradoactif.com  
Email: coordo@mdjradoactif.com
Mental Health and Addictions

**Services:** Organization of social, educational and recreational activities by and with young people. * Prevention activities related to issues specific to young people: violence, drug abuse.* Organized outings.

**Eligibility:** youth 12 to 17 years

**Coverage area:** Montréal: Ville-Émard, Côte Saint-Paul

**Hours:** Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday 15h00 to 20h30

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**OPERATION RED NOSE**

255 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1X6

1 866 337-5273     Fax: 514 982-3419

Website: www.operationnezrouge.montreal.com

Email: montreal@operationnezrouge.com

**Services:** Drive-home service during the holidays. * Prevention of impaired driving.

**Eligibility:** impaired drivers

**Coverage area:** Province of Québec

**Hours:** December 1st to 31st, closed December 3rd to 5th, hours available on the website

**Fees:** voluntary contribution

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**PROJET DE PRÉVENTION DES TOXICOMANIES: CUMULUS**

Confidential Address

514 634-5774     Fax: 514 634-5777

Website: www.projetcumulus.ca

Email: cumulus@qc.aira.com

**Services:** Drug prevention. * Workshops in primary and secondary schools.* Information, documentation.* Training for school and community workers.* Feminist approach and training for women’s centres and shelters.

**Eligibility:** youth 12 to 30 years old, school and community workers

**Coverage area:** Greater Montréal

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

**Financing:** donations, provincial

**Legal status:** non-profit organization

**Addiction treatment**

**ADDICTIONS UNIT - GRIFFITH EDWARDS CENTRE**

1547 des Pins Avenue West, Ville-Marie, Montréal, QC, H3G 1B3

514 934-8311     Fax: 514 934-8262

Website: cusm.ca/addictions_unit

**Services:** In-hospital addiction service that provides care for adults with drug or alcohol and mental health disorders. * Inpatient and outpatient services.* Programs: short-term individual counseling, integrated psychiatric treatment, day program, group therapy, pharmacotherapy intervention, prevocational consultation, stress management sessions, relapse prevention sessions, life management skills sessions, hospitalization for detoxification, dual diagnosis group.* Women group.* 50 years and over group.

**Eligibility:** adults 18 years old and over with mental health disorders and drug and alcohol addictions, group for 50 years old and over, groups for women

**Coverage area:** Province of Québec

**Fees:** all fees for eligible clients are covered by Québec Health Insurance

**Financing:** provincial

**Legal status:** parapublic organization
AL-ANON AND ALATEEN FAMILY GROUPS
Confidential Address
514 866-9803
Website: www.al-anon-montreal.org
Email: information@al-anon-montreal.org
Services: Support for individuals and families affected by the alcohol use of a relative. * Program based on the 12 steps.* List of meetings on the website.* Phone support.
Eligibility: family and friends (adults, teenagers and children) of people with an alcohol drinking problem
Coverage area: Greater Montréal
Hours: helpline: 7 days, 10h00 to 22h00, support groups: variable
Fees: none
Financing: donations
Legal status: non-profit organization

ALCOHOLICS ANONYMOUS
3920 Rachel Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1Z3
514 350-3444 Fax: 514 374-2250
Website: www.aa-quebec.org
Email: area@aa87.org
Services: * Phone support.* Weekly self-help groups, self-moderated or moderated by a peer.* Online list of meetings: www.aa-quebec.org/aaqc_wp.* Some meetings are accessible to people with an hearing impairment.
Eligibility: men and women of all ages with an alcohol addiction problem
Capacity: 10 participants and more per meeting
Coverage area: Province of Québec
Hours: Monday and Friday 10h00 to 16h00, Tuesday to Thursday 10h00 à 19h00
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

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

CACTUS MONTRÉAL - SUPERVISED INJECTION SERVICE
1244 Berger Street, Ville-Marie, Montréal, QC, H2X 2Y1
514 847-0067 Fax: 514 847-0038
Website: cactusmontreal.org
Email: info@cactusmontreal.org
Eligibility: people using injection drugs
Coverage area: Centre-Ville
Hours: Sunday to Thursday 16h00 to 4h00, Friday and Saturday 16h00 to 6h00
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

CENTRE D’AIDE DE BORDEAUX
6777 de Bordeaux Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2S3
514 374-3445
Website: www.centredaidedebordeaux.com
Services: One on one and couple psychotherapy offered by psychologists, psychotherapists and interns in psychology. * Treated issues: depression, anxiety, phobia, adaptation difficulties, burnout, relationship difficulties, grief, post-traumatic stress disorder, power abuse, lack of self-esteem and self-confidence, addictions and journey to personal growth and self-awareness.
Eligibility: people on a low-income 16 years old and over
Coverage area: Montréal
Hours: depending on the psychologist in service
Fees: one on one therapy: adjusted price, couple therapy: regular price
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - POINTE-DE-L'ÎLE
13926 Notre-Dame Street East, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1T5
514 385-1232
Website: www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-de-readaptation-en-dependance/centre-de-readaptation-en-dependance-de-montreal-institut-universitaire
Services: Youth and adult program available at the CSSS de la Pointe-de-l'Île. * Medical and non-medical detoxification.* Gambling program.* Assessment and orientation.* Social rehabilitation and post-treatment follow-up.* Support to relatives.
Eligibility: youth aged 12 and above, anyone living with an addiction issue, their relatives
Coverage area: Montréal
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - PROGRAMME JEUNESSE
3530 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N7
514 982-1232 Fax: 514 982-6770
Website: www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-de-readaptation-en-dependance/centre-de-readaptation-en-dependance-de-montreal-institut-universitaire
Email: info.crdm@ssss.gouv.qc.ca
Services: * Reception, assessment and guidance.* Detoxification with and without medical assistance.* Group and individual therapy.* Rehabilitation with housing (if needed).* Follow-up, individual, group and family meetings.* Support to relatives: groups meeting, information.
Eligibility: youth aged 24 or less, coping with an addiction issue, their relatives
Coverage area: Montréal
Fees: free
Financing: provincial
Legal status: parapublic organization
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - SIÈGE SOCIAL
950 de Louvain Street East, Ahuntsic-Cartierville, Montréal, QC, H2M 2E8
514 385-1232  Fax: 514 385-6587
Website: www.ciusss-centresudmtl.gouv.qc.ca/nos-installations/centre-de-readaptation-en-dependance/centre-de-readaptation-en-dependance-de-montreal-institut-universitaire/
Email: info.crdm@ssss.gouv.qc.ca

Services: Internal and external detoxification. * Referrals to other service offered by the rehabilitation centre.* Support to relatives.* Adult, gambling and internal rehabilitation for adults and youth programs.* At-risk drivers assessment.
Eligibility: youth aged 12 and more, adults coping with an addiction issue, their relatives
Coverage area: Montréal
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE MONTRÉAL - SITE PALAIS DE JUSTICE
1, rue Notre-Dame Est, Ville-Marie, Montréal, QC, H2Y 1B6
514 392-1232
Website: http://dependancemontreal.ca
Email: info.cdc@ssss.gouv.qc.ca

Services: Network services and court evaluation. * Programme de traitement de la toxicomanie de la Cour du Québec (PTTCQ).
Eligibility: people coping with addiction, their relatives
Coverage area: Montreal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

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

Services: Crisis intervention and treatment of addictions. * Emergency intervention over the phone or on site for people coping with drug addiction: assessment and support from nurses and counselors.* Addictions-emergency: immediate help and short stay.* Detoxification internal program: medical and psychosocial withdrawal. * Referrals to other CRD’s services. * Gambling: one-time support, individual or groups intervention, budget consultation, internal rehabilitation and follow-up.* Coaching, in partnership with Louis-H Lafontaine Hospital aiming to reduce relapses related to mental health and addictive habits.* Social integration: partnership with non-institutional, familial, professional or community resources in a perspective of proficiency maintenance.
Eligibility: users from all ages coping with a drug addiction and requiring an immediate intervention, pregnant women, people with criminal record or on a substitution program accepted
Capacity: 10 mixted
Coverage area: Montréal
Hours: emergency: 24/7, detoxication admission: Monday to Friday 7h00 to 16h30, Saturday and Sunday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: parapublic organization
CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L’ÎLE-DE-MONTRÉAL - CRAN PROGRAM
110 Prince-Arthur Street West, Le Plateau-Mont-Royal, Montréal, QC, H2X 1S7
514 527-6939     Fax: 514 527-0031
Website: www.cran.qc.ca
Email: info.cran@ssss.gouv.qc.ca
Services: Specialized centre for the treatment of opioid addiction (methadone and buprenorphine). * Listening, assistance and guidance.* Medical, nursing and psychosocial services.* Regular treatment for opioid addiction.* Relais program: treatment of opioid addiction for people with low requirements living in an instable biopsychosocial situation.* Support services for professionals working in the opioid addiction field. * Counselling and training for community organizations and the institutions of the health and social services network.* Prenatal services.* Services to relatives.
Eligibility: men and women addicted to opioids, pregnant women, people in prisons and youth handled by health services and people with multiple pathologies (VIH/SIDA, hepatitis, mental health, social and economic marginalization)
Coverage area: Greater Montréal
Hours: regular services: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, services Relais: Monday to Friday 9h30 to 12h00 and 13h00 to 17h30
Financing: provincial
Legal status: non-profit organization

CENTRE QUÉBÉCOIS DE LUTTE AUX DÉPENDANCES
105 Normand Street, Ville-Marie, Montréal, QC, H2Y 2K6
514 389-6336     Fax: 514 389-1830
Website: www.cqld.ca
Email: info@cqld.ca
Services: * Support the fight against addictions: alcohol, illegal drugs, medical drugs, tobacco, gambling, Internet addiction, etc.* Research, consultation and advocacy of organizations and the public.* Knowledge-sharing activities.* Apte program: academic program to raise awareness relatively to alcohol and drug consumption for youth.
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Legal status: non-profit organization

CHABAD LIFELINE
4615 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 738-7700     Fax: 514 738-6166
Website: www.chabadlifeline.com
Eligibility: people who are in distress due to addiction and their families
Coverage area: Montréal
Hours: Monday to Thursday 9h30 to 17h00, Friday 9h30 to 14h00
Legal status: non-profit organization

DOPAMINE - SUPERVISED INJECTION SERVICE
4205 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-8872     Fax: 514 253-8968
Website: www.dopamine.ca
Email: info@dopamine.ca
Mental Health and addictions

**Services:** Confidential supervised injection service for people using injection drugs. * Supervision of injections and follow-up in the respite room.* * Treatment room: infection detection, evaluation and treatment.

**Eligibility:** people using injection drugs

**Coverage area:** Hochelaga-Maisonneuve

**Hours:** Monday to Sunday 20h00 to 1h00

**Fees:** free

**Financing:** provincial, federal

**Legal status:** non-profit organization

**ESCALE NOTRE-DAME (L’)**

1475 Morgan Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2P6

514 251-0805     Fax: 514 251-4655

Website: www.escalenotredame.com

Email: lendinc@cooptel.qc.ca

**Services:** Rehabilitation center. * Internal addiction treatment therapy using the cognitive behavioral approach.* Social reintegration.

**Eligibility:** men aged 18 years old and over with alcohol or drugs problems and other addictions

**Capacity:** 15 beds in single or double rooms

**Coverage area:** Greater Montréal

**Hours:** 24 hours, 7 days

**Fees:** from $500 to $837 per month (meals included) based on income, free for people living on social welfare

**Financing:** donations

**Legal status:** non-profit organization

**FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - NOTRE-DAME-DE-GRÂCE**

3285 Cavendish Boulevard, Suite 100, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 2L9

514 486-1304     Fax: 514 486-2831

Website: www.crdfoster.org

**Services:** * Internal et external detoxification.* Consultation and treatment for compulsive gamblers.* Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives.* Social rehabilitation.

**Eligibility:** youth 12 years and older, adults dealing with addictions, relatives

**Coverage area:** Montréal

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

**FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - POINTE-CLAIRE**

175 Stillview Avenue, Suite 310, Pointe-Claire, Montréal, QC, H9R 4S3

514 486-1304     Fax: 514 630-5184

Website: www.crdfoster.org

**Services:** * Internal et external detoxification.* Consultation and treatment for compulsive gamblers.* Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives.* Social rehabilitation.

**Eligibility:** youth 12 years and older, adults dealing with addictions, support to relatives

**Coverage area:** Pointe-Claire and surroundings

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

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization
FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - POINTE-CLAIRE

CLSC de Saint-Léonard, 5540 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1T9
514 486-1304  Fax: 514 328-1468
Website: www.crdfoster.org

Services: * Internal et external detoxification.* Consultation and treatment for compulsive gamblers.* Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives.* Social rehabilitation.

Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Coverage area: Saint-Léonard and surroundings

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: parapublic organization

GRAND CHEMIN MONTRÉAL (LE)

7070 Perras Boulevard, Rivièreme-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 1A4
514 381-1218  Fax: 514 381-1247
Website: www.legrandchemin.qc.ca
Email: info@legrandchemin.qc.ca


Eligibility: youth 12 to 17 years old having or in the process of developing a drug, alcohol, gambling or computer addiction

Capacity: 12

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, housing: 24 hours, 7 days

Fees: free

Financing: provincial, foundation

Legal status: non-profit organization

I QUIT NOW

5151 de l’Assomption Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4A9
1 866 527-7383  Fax: 514 259-9856
Website: www.jarrete.qc.ca
Email: ligne_jarrete@quebec.cancer.ca

Services: Helpline to quit smoking. * Information and referral.* Phone follow-up and online help.

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 21h00, Friday 8h00 to 20h00

Fees: free

Financing: provincial

Legal status: non-profit organization

JEU: AIDE ET RÉFÉRENCE - TÉLÉCOUNSELING

Confidential Address
514 527-0140  Fax: 514 527-9712
Website: www.jeu-aidereference.qc.ca
Email: jar@info-reference.qc.ca

Services: Telecounselling service for excessive gamblers.

Eligibility: excessive gamblers

Coverage area: province of Québec
Mental Health and addictions

**JEWISH GENERAL HOSPITAL - METHADONE PROGRAM**
3755 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1E2
514 340-8253 ext. 2     Fax: 514 340-8298
Website: www.jgh.ca

- **Services:** * Long-term outpatient drug substitution (methadone or suboxone) maintenance treatment for opiate dependence.
- **Eligibility:** people aged 16 years old and up who live with an opiate dependence, priority to: pregnant women and youth
- **Capacity:** over 200 persons
- **Coverage area:** Province of Québec
- **Hours:** admission on weekdays: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h00
- **Fees:** free
- **Financing:** provincial
- **Legal status:** non-profit organization

**MAISON DU PHARILLON**
4901 Adam Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1W2
514 254-8560     Fax: 514 899-7658
Website: www.pharillon.org
Email: administration@pharillon.org

- **Services:** 12-week residential therapy including meals and amenities. * Social reintegration: extension of stay for up to 6 weeks.* Personal growth and self-awareness workshops.* Therapeutic program for people on substitution treatment.* Weekly individual meetings.* Sports and recreational activities.* Anonymous group meetings: 2 to 3 meetings per week.* Treatment summary or court report if needed.* Supervised weekend requests.* Post-treatment follow-up: weekly or monthly meeting for a year.
- **Eligibility:** men and women 18 years and over with alcohol or drug addictions, people on substitution treatment using methadone or suboxone, people with serious psychiatric problems are not accepted
- **Capacity:** 18 residents
- **Coverage area:** Province of Québec
- **Hours:** 24/7, admission: Monday to Thursday 9h00 or 13h00
- **Fees:** welfare beneficiaries: none, others: $60 per day, financial arrangements possible, treatment summary or court report with fees
- **Financing:** provincial, fundraising campaign, donations
- **Legal status:** non-profit organization

**MAISON JEAN LAPOINTE**
111 Normand Street, Ville-Marie, Montréal, QC, H2Y 2K6
514 288-2611     Fax: 514 288-2919
Website: www.maisonjeanlapointe.org
Email: info@maisonjeanlapointe.org
Services: Private Addiction Treatment Centre. * Substance Abuse Program: support for detoxification under medical supervision, in-house intensive treatment program, individualized treatment plan, weekly aftercare for 12 weeks and monthly meetings for a year.* Pathological Gambling Program: evaluation, internal and external intervention program, intensive and personalized, external 8-week support program and monthly meetings.* Family assistance Program (intensive weekends and monthly meetings).* Assistance to employers and employee programs.* My Independence Matters to Me!: Alcohol and drug risk awareness program for youth who are in Secondary 1 www.monindependance.ca* It's a Matter of Chance: Gambling risk awareness workshops related to for youth (15 to 25 years) in Montréal area www.facebook.com/projetath* La face cachée des écrans: Workshops to raise awareness of the risks associated with the use of online games, the Internet, computers and mobile phones for youth who are in secondary 2 (13 to 14 years) in Montréal area.

Eligibility: adults 18 years and over, with an addiction to alcohol, drugs (except opiates), prescription drugs or gambling, their families and relatives

Coverage area: Province of Québec, Pathological Gambling Program: Island of Montréal

Hours: informations: 7 days, 8h30 to 18h30, admission: on appointment

Fees: variable for drug and alcohol, free for gambling

Financing: provincial, self-financing, Fondation Jean Lapointe

Legal status: non-profit organization

MAISON L'EXODE (LA) - PAVILLON ALPHA
6400 Clark Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3E6
514 508-6900   Fax: 514 508-6910
Website: www.maison-exode.org
Email: info@maison-exode.org

Services: Center for sobering up and respite. * Assistance and support with recovering from intoxication.

Eligibility: adults who are homeless or at risk of homelessness and showing signs of intoxication or problematic behaviour

Capacity: 12 beds

Coverage area: Montréal

Hours: 24 hours, 7 days

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

MAISON L'EXODE (LA) - PAVILLON ANDRÉ-DUMONT
2590 Letourneux Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2P4
514 255-7727   Fax: 514 255-7728
Website: www.maison-exode.org
Email: info@maison-exode.org

Services: Social rehabilitation program with accommodation. * Includes therapeutic services and meals.

Eligibility: men and women 18 years and over with substance abuse, alcoholism or pathological gambling problems and having completed inpatient rehab in the 6 months prior to their application

Capacity: 17 places

Coverage area: Province of Québec

Hours: administration: 9h00 to 16h00

Fees: none

Financing: provincial, donations, self-financing

Legal status: non-profit organization

MAISON L'EXODE (LA) - PAVILLON ÉMILIE-GAMELIN
4290 Sainte-Émilie Street, Le Sud-Ouest, Montréal, QC, H4C 2A5
514 255-3468   Fax: 514 255-5378
Website: www.maison-exode.org
Email: info@maison-exode.org
Mental Health and addictions

Eligibility: men and women 18 years and over with alcohol, drug or gambling addiction
Capacity: emergency housing: 17 places, transitional housing: 2 places
Coverage area: Province of Québec
Hours: administration: 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

PORTAGE - PROGRAMME MÈRE-ENFANT
Confidential Address
514 935-3152   Fax: 514 935-6550
Website: www.portage.ca
Email: web@portage.ca

Eligibility: pregnant women, women with children 0 to 6 years old with a drug addiction
Capacity: 25 mothers, 25 children
Coverage area: Province of Québec
Hours: administration: Monday to Friday 8h30 to 16h30, residential centre: 24 hours, 7 days
Financing: provincial, grants, donations
Legal status: non-profit organization

PORTAGE'S PROGRAM FOR MENTALLY ILL CHEMICAL ABUSERS (MICA)
2455 Lionel-Groulx Avenue, 2nd Floor, Le Sud-Ouest, Montréal, QC, H3J 1J6
514 935-3431   Fax: 514 932-0597
Website: www.portage.ca
Email: web@portage.ca

Services: Rehabilitation centre. * Addictions treated: alcohol, drugs, pills, opiates.* 6-month group therapy.* Aftercare follow-up with possibility of supervised housing.
Eligibility: men 18 years and over with a drug or alcohol addiction and chronic psychotic disorder
Capacity: 20
Coverage area: Province of Québec
Hours: administration: Monday to Friday 9h00 to 16h00, residential centre: 24 hours, 7 days
Fees: accommodation: $569 per month
Financing: provincial, grants, donations
Legal status: non-profit organization

PORTAGE, PROGRAMME DE RÉADAPTATION EN TOXICOMANIE
865 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V8
514 939-0202   Fax: 514 939-3929
Website: www.portage.ca
Email: web@portage.ca

Eligibility: people with an alcohol or drug addiction
Coverage area: Province of Québec, Ontario and Atlantic provinces
Hours: administration: Monday to Friday 9h00 to 17h00, residential centres: 24 hours
Fees: variable
Financing: provincial, grants, donations
Legal status: non-profit organization
PROGRAMME ADDICTION OUTREACH
Confidential Address
514 731-8000
Website: www.addictionoutreach.ca
Email: addictionoutreach@hotmail.com


Eligibility: people with drug, alcohol and gambling problems
Capacity: 50
Coverage area: province of Québec
Hours: by appointment only
Financing: donations, self-financing
Legal status: non-profit organization

SALVATION ARMY - BOOTH CENTER - L'ANCRAGE
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 932-2214 ext. 311 Fax: 514 932-1741
Website: www.centreboothmtl.ca
Email: centreboothmtl@bellnet.ca

Services: Rehabilitation program with gradual outings for alcoholics and drug addicts, providing the necessary tools for a full recovery over a period of 6 months or more. * 21 first days are closed, progressive outings with and without accompaniment after. * Assessment, guidance and therapeutic support. * Individual and group intervention. * Self-help groups (AA, NA, CA). * Therapeutic workshops, social and professional skills, art therapy, spiritual classes. * Sports and access to computers.

Eligibility: men 18 years old and over who are alcoholics or drug users and wish to be abstinent
Capacity: 30 single rooms
Coverage area: Montréal
Hours: services: 24/7, self-help groups in the evenings: Monday for AA and Thursday evening NA, CA
Fees: fees typically paid by the government (free for social assistance beneficiaries)
Financing: donations
Legal status: non-profit organization

SPECTRE DE RUE - SUPERVISED INJECTION SERVICE
1278 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6
514 528-1700 ext. 300
Website: www.spectrederue.org
Email: administration@spectrederue.org


Eligibility: people who use injection drugs
Coverage area: Centre-Sud
Hours: Monday to Friday 9h30 to 16h00, Saturday and Sunday 10h00 to 16h00
Fees: free
Financing: provincial, federal
Legal status: non-profit organization

TOXICO-STOP
4858 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A2
514 327-6017 Fax: 514 327-7494
Website: www.toxico-stop.com
Email: info@toxico-stop.com
Mental Health and addictions

**Services:** Residential detoxification support. * Duration of 15 to 21 days.* Social reintegration for up to 6 months.* Group therapy.* Thematic or educational workshops.* 12-step meetings.* Substitution treatment for opioid addiction.

**Eligibility:** men and women 18 years and over with addiction problems

**Coverage area:** Province of Québec

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

**Fees:** social assistance beneficiaries: covered, other: $60 per day

**Legal status:** non-profit organization

**UNITÉ D'INTERVENTION MOBILE L'ANONYME (L') - SUPERVISED INJECTION SERVICE**

5600 Hochelaga Street, Suite 160, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3L7

1 844 381-2455

Website: www.anonyme.ca

Email: administration@anonyme.ca

**Services:** Mobile injection site for people using injection drugs. * Confidential supervised injection service.

**Eligibility:** people using injection drugs

**Coverage area:** Centre-Ville, Centre-Sud, Hochelaga-Maisonneuve, Centre-Ouest and Sud-Ouest

**Hours:** 7 days, 0h30 to 6h30

**Fees:** free

**Financing:** provincial, fédéral

**Legal status:** non-profit organization

**WELCOME HALL MISSION - WELCOME HALL RESIDENCES**

4755-A Acorn Street, Le Sud-Ouest, Montréal, QC, H4C 3L6

514 523-5288     Fax: 514 906-0235

Website: www.welcomehallmission.com

Email: info@missionba.com

**Services:** 12 to 15 months 12-step housing program. * Individual support.* Workshops and group meetings.* Integration activities.* Meals.

**Eligibility:** men 18 years and over, alcoholics, addicts and with psychosocial needs

**Capacity:** 50

**Coverage area:** Greater Montréal

**Hours:** 24 hours, 7 days

**Fees:** refunded by social welfare if applicable

**Financing:** donations

**Legal status:** non-profit organization

**Community support in mental health**

**CENTRE D'ENTRAIDE LE PIVOT**

3158-3164 Langelier Boulevard, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3A6

514 251-1869

Email: celp@videotron.ca

**Services:** * Listening and referral.* Coffee-meeting.* Community meals.* Outings and recreational activities.* Living environment and support in the community.* Support and training activities for the animation of self-help mental health groups for volunteers.

**Eligibility:** people with psychological disorders, addiction issues, mental health disorders and severe or persistent mental health disorders

**Capacity:** small groups

**Coverage area:** Montréal

**Hours:** Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** members: $2 per year
Financing: provincial
Legal status: non-profit organization

CLUB AMI
6767 Côte-des-Neiges Road, Suite 596, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T6
514 739-7931
Website: www.clubami.qc.ca
Email: club.ami@hotmail.com
Services: Day centre. * Educational services, recreational activities, support and listening services.* Various social and leisure activities, workshops and group outings.
Eligibility: people with lasting mental health problems
Capacity: 30 to 35 people
Coverage area: West-Center of Montréal (in priority)
Hours: Monday 13h00 to 17h00, Tuesday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial, grants
Legal status: non-profit organization

COMPEER MONTRÉAL
5461 Décarie Boulevard, Suite 101, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C6
514 489-1007 Fax: 514 489-6784
Website: www.compeermontreal.ca
Email: info@compeermontreal.ca
Services: Pairing of a volunteer with a person living with mental health problems in order to promote social and community reintegration. * Social, recreational and educational activities.
Eligibility: people 18 years and older living with mental health problems
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce, Ville-Marie
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - EAST END MONTRÉAL
Confidential Address
1 866 532-2822
Website: www.cavacmontreal.qc.ca
Email: communication@cavacmontreal.qc.ca
Services: Confidential frontline services, adapted to every step of the legal process. * Needs assessment.* Post-traumatic, psycho and socio-legal intervention.* Information about rights and remedies and referral to specialized services.* Assistance and technical help with various forms.* Greeting of witnesses and accompaniment to court.* Information about the legal process and preparation for testifying.* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse.* Police intervention and referral.
Eligibility: victims of crimes, whether or not the perpetrator of the crime is identified, arrested, charged or found guilty, their families, and witnesses of crime
Coverage area: East of Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization
Mental Health and addictions

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL CENTRE

Confidential Address
1 866 532-2822  Fax: 514 277-5780
Website: www.cavacmontreal.qc.ca
Email: communication@cavacmontreal.qc.ca

Services: Confidential frontline services, adapted to every step of the legal process. * Needs assessment.* Post-traumatic, psycho and socio-legal intervention.* Information about rights and remedies and referral to specialized services.* Assistance and technical help with various forms.* Greeting of witnesses and accompaniment to court.* Information about the legal process and preparation for testifying.* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse.* Police intervention and referral.

Eligibility: victims of crimes, whether or not the perpetrator of the crime is identified, arrested, charged or found guilty, their families, and witnesses of crime

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE

1 Notre-Dame Street East, Suite 5.10, Ville-Marie, Montréal, QC, H2Y 1B6
1 866 532-2822
Website: www.cavacmontreal.qc.ca
Email: communication@cavacmontreal.qc.ca

Services: Confidential frontline services, adapted to every step of the legal process. * Needs assessment.* Post-traumatic, psycho and socio-legal intervention.* Information about rights and remedies and referral to specialized services.* Assistance and technical help with various forms.* Greeting of witnesses and accompaniment to court.* Information about the legal process and preparation for testifying.* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse.* Police intervention and referral.

Eligibility: victims of crimes, whether or not the perpetrator of the crime is identified, arrested, charged or found guilty, their families, and witnesses of crime

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8
1 866 532-2822
Website: www.cavacmontreal.qc.ca
Email: communication@cavacmontreal.qc.ca

Services: Confidential frontline services, adapted to every step of the legal process. * Needs assessment.* Post-traumatic, psycho and socio-legal intervention.* Information about rights and remedies and referral to specialized services.* Assistance and technical help with various forms.* Greeting of witnesses and accompaniment to court.* Information about the legal process and preparation for testifying.* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse.* Police intervention and referral.

Eligibility: victims of crimes, whether or not the perpetrator of the crime is identified, arrested, charged or found guilty, their families, and witnesses of crime

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - WEST END MONTRÉAL
Confidential Address
1 866 532-2822
Website: www.cavacmontreal.qc.ca
Email: communication@cavacmontreal.qc.ca
Services: Confidential frontline services, adapted to every step of the legal process. * Needs assessment.* Post-traumatic, psycho and socio-legal intervention.* Information about rights and remedies and referral to specialized services.* Assistance and technical help with various forms.* Greeting of witnesses and accompaniment to court.* Information about the legal process and preparation for testifying.* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse.* Police intervention and referral.
Eligibility: victims of crimes, whether or not the perpetrator of the crime is identified, arrested, charged or found guilty, their families, and witnesses of crime
Coverage area: West Island
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - YOUTH DIVISION
410 de Bellechasse Street East, Suite 1.045, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1X3
1 866 532-2822
Website: www.cavacmontreal.qc.ca
Email: communication@cavacmontreal.qc.ca
Services: Confidential frontline services, adapted to every step of the legal process. * Needs assessment.* Post-traumatic, psycho and socio-legal intervention.* Information about rights and remedies and referral to specialized services.* Assistance and technical help with various forms.* Greeting of witnesses and accompaniment to court.* Information about the legal process and preparation for testifying.* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse.* Police intervention and referral.
Eligibility: victims of crime, whether or not the perpetrator of the crime is identified, arrested, charged or found guilty, their families, and witnesses of crime
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE - REHABILITATION CENTRE - WELLINGTON CENTRE
4932 Wellington Street, Verdun, Montréal, QC, H4G 1X6
514 768-2668 ext. 328 Fax: 514 768-6960
Website: www.douglas.qc.ca
Services: Recovery and support services. * Welcoming and consultation committee.* Wellness services.* Work integration services.* Therapeutic and personal growth groups.* Peer helper service.
Eligibility: people with mental health disorders
Capacity: 50 people
Coverage area: Montréal, particularly Verdun, LaSalle, Côte-Saint-Paul, Pointe-Saint-Charles and Ville-Émard
Hours: Monday to Friday 8h00 to 16h00
**ÉTINCELLE DE L’AMITIÉ (L’)**

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

514 351-6473

Website: www.etincelleamitie.org

Email: 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

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**IMPATIENTS (LES)**

100 Sherbrooke Street East, Suite 4000, Ville-Marie, Montréal, QC, H2X 1C3

514 842-1043  Fax: 514 842-2372

Website: impatients.ca

Email: info@impatients.ca

**Services:** * Artistic expression workshops.* On-site, gallery and traveling exhibitions.* Concerts, love letter reading.* Conferences, releases.* Shop.* Art rental for individuals and businesses.

**Eligibility:** people with mental health issues

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal, Joliette, Sorel, Drummondville

**Hours:** Monday to Friday 10h00 to 17h00, exhibitions: Saturday 13h00 to 17h00

**Fees:** workshops: free, art rental: variable

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

**Legal status:** non-profit organization

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**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

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**PROJET SUIVI COMMUNAUTAIRE**

1751 Richardson Street, Suite 4.120, Le Sud-Ouest, Montréal, QC, H3K 1G6

514 366-0891  Fax: 514 366-5008

Website: www.projetsuivicommunautaire.com

Email: psc.suivicommunautaire@videotron.ca

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**Mental Health and addictions**

**Financing:** provincial

**Legal status:** parapublic organization
**Mental Health and addictions**

**Services:** Promotion of the well-being and quality of life of people with mental health problems. * Housing integration support.* Community support: listening and accompaniment.

**Eligibility:** adults living with mental health problems

**Coverage area:** Verdun, LaSalle, Ville-Émard, Côte-Saint-Paul, Pointe-Saint-Charles, Lachine, Saint-Henri, Little Burgundy

**Hours:** Monday to Friday 9h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

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**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

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**RELAX-ACTION MONTRÉAL**

10780 Laverdure Street, Suite 213, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9

514 385-4868  Fax: 514 385-9735

Website: www.relaxactionmtl.com

Email: info@relaxactionmtl.com

**Services:** Alternative community monitoring. * Helping relationship in the person's environment.* Complementary group intervention.* Reception, referral and information.

**Eligibility:** adults living with mental health problems

**Capacity:** 100

**Coverage area:** north of Montréal

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

**Fees:** free, except for special activities

**Financing:** provincial

**Legal status:** non-profit organization

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**ROYAL VICTORIA HOSPITAL - SEX AND COUPLE THERAPY SERVICE CENTRE**

Allan Memorial Institute, 1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1

514 934-1934 ext. 34285

Website: www.sexandcouples.com

**Services:** Therapy offered by students. * Sex therapy: women and men sexual issues.* Couple therapy.* Group therapy: women experiencing pain during sexual intercourses, men addicted to porn, tokophobia.

**Eligibility:** adults

**Coverage area:** Montréal

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

**Fees:** variable, covered by medicare

**Financing:** provincial

**Legal status:** parapublic 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
Email: 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

SUIVI COMMUNAUTAIRE LE FIL
755 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W8
514 525-0504   Fax: 514 525-9123
Website: www.suivilefil.org
Email: lefil@videotron.ca
Services: Assistance and long-term support to individuals with mental health problems. * Meeting in the living environment.* Individual counseling.* Support, assistance and referrals to help people towards their recovery.
Eligibility: adults with mental health problems
Coverage area: Centre-Sud, Plateau Mont-Royal, Saint-Louis, La Petite-Patrie, Villeray, South of Saint-Michel
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE
455 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4Y2
514 987-3000 ext. 4453
Website: www.sexologie.uqam.ca/clinique
Email: lavoye.janick@uqam.ca
Services: Sexological assessments and consultations offered by students of clinical master's program. * Individual and couple consultations.* Consultations regarding sexual dysfunctions, not judicialized paraphilias and gender identity disorders.
Coverage area: Greater Montreal
Hours: by appointment
Fees: variables
Legal status: parapublic organization

VERS L’ÉQUILIBRE
4217 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1K2
514 251-1200   Fax: 514 251-8489
Website: www.verslequilibre.ca
Email: infovl@verslequilibre.ca
Services: * Reception and referral.* Group personal and relational development.* Individual psychosocial counselling.
Eligibility: people 18 years and over with mental health problems
Capacity: 140 people per semester
Coverage area: Montréal
Hours: Monday to Thursday 9h00 to 12h00 and 12h45 to 16h30, Friday 9h00 to 12h00 and 12h45 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization
Crisis centres and suicide prevention

ASSOCIATION IRIS
2430 Henri-Bourassa Boulevard East, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H2B 1T7
514 388-9233 Fax: 514 388-8053
Website: www.associationiris.ca
Email: hl@associationiris.ca

Services: * Crisis intervention.* Péloquin shelter for man in distress up to 45 days (for people aged 18 and over).* Assessment and crisis intervention without shelter (for people aged 14 and over).* Intervention done over the phone and in person.* Support for third parties.* Post-crisis follow-up.* Supervised rehabilitation and support aiming to develop interpersonal and social skills (without shelter).* Supervised apartments.* Housing life support program.

Eligibility: adults with severe or persistent mental health problems, either with or without medical referral, people 14 years old and over, in crisis situations

Capacity: room for 162 people in the supervised apartments, 12 beds for emergencies

Coverage area: rehabilitation services: North of Montréal and Laval, crisis interventions: North of Montréal

Hours: 24 hours, 7 days

Financing: self-financing, donations, provincial

Legal status: non-profit organization

ASSOCIATION IRIS - BORDEAUX-CARTIERVILLE-SAINT-LAURENT
1900 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 2K2
514 293-1009
Website: associationiris.ca
Email: bcv@associationiris.ca

Services: * Crisis intervention.* Individual or family meetings.* Community monitoring.

Eligibility: adults with severe or persistent mental health problems, either with or without medical referral, people 14 years old and over, in crisis situations

Coverage area: Bordeaux-Cartierville, Saint-Laurent

Hours: 10h00 to 18h30

Financing: self-financing, donations, provincial

Legal status: non-profit organization

AUTRE MAISON (L') - MONTREAL SOUTH WEST CRISIS INTERVENTION CENTRE
Confidential Address
514 768-7225 Fax: 514 768-6462
Website: www.centredecrise.ca
Email: iferland@centreautremaison.ca

Services: * Crisis helpline and follow-up.* Short-term housing.* Individual, family and community intervention.* Post-traumatic intervention.* Guidance and referral.

Eligibility: adults in crisis with or without a psychiatric history, their relatives

Capacity: housing: 7 beds

Coverage area: Pointe-Saint-Charles, Verdun, Ville-Émard, Côte-Saint-Paul, LaSalle, Lachine, Saint-Henri, Petite-Bourgogne, Ville Saint-Pierre, CIUSSS de l'Ouest-de-l'Île-de-Montréal, CIUSSS du Centre-Sud-de-l'Île-de-Montréal

Hours: 24 hours, 7 days

Financing: none

Legal status: non-profit organization
CENTRE D'ÉCOUTE LE HAVRE
1260 Sainte-Catherine Street East, Suite 209, Ville-Marie, Montréal, QC, H2L 2H2
514 982-0333     Fax: 514 982-0253
Website: www.le-havre.qc.ca
Email: le.havre@videotron.ca

Services: * Confidential telephone and peer to peer listening, provided by volunteers with an active listening training.
Capacity: 15
Coverage area: Greater Montréal
Hours: calls: Monday to Friday 9h00 to 17h00, visits: Monday to Friday 9h00 to 16h00
Fees: free
Financing: donations, fundraising campaigns, provincial
Legal status: non-profit organization

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

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

CENTRE DE CRISE LE TRANSIT
Confidential Address
514 282-7753     Fax: 514 282-9163
Email: cictransit@hotmail.com

Services: Crisis intervention and assessment, crisis monitoring and follow-up after the crisis. * Intervention on crisis site.* Support to organizations and counsellor.* No referral needed.* Services for compulsive gamblers in crisis.* Short-term accommodation centre.* Psychosocial assessment.* Follow-up in the community and in the centre.
Eligibility: women and men aged 18 years and over in crisis
Coverage area: areas covered by thr following CLSC's: Plateau Mont-Royal, Villeray, Saint-Louis du Parc, Saint-Michel, Petite Patrie and Les Faubourgs
Hours: 24 hours, 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DE CRISE TRACOM
Confidential Address
514 483-3033     Fax: 514 483-2516
Website: www.tracom.ca
Email: info@tracom.ca

Services: * Crisis intervention by phone and in person.* Short-term follow-up.* Temporary housing.* Individual, family and community intervention.* Support for suicidal people.
Eligibility: adults going through a psychiatric or psychosocial crisis
Capacity: 7 emergency beds
Coverage area: priority to area served by the CIUSSS Central West Montreal
ÉQUIPE MOBILE DE CRISE RÉSOLUTION
Confidential Address
514 351-9592    Fax: 514 251-4122
Website: www.ciusss-estmtl.gouv.qc.ca
Services: Crisis intervention. * Phone intervention.* Follow-up crisis in the environment.* Organization of crisis housing.* Affiliated to the CIUSSS of Est de Montréal.
Eligibility: people 18 and older living with a psychosocial crisis associated or not with a mental health problem
Coverage area: East of Montréal, areas covered by these CLSC's: Rivière-des-Prairies, Pointe-aux-trembles, Olivier Guimont, Hochelaga-Maisonneuve, Mercier-Est, Anjou, Saint-Léonard, Rosemont and Saint-Michel
Hours: Helpline: 24 hours, 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

HEALTH CANADA - MENTAL WELLNESS HELP LINE FOR INDIGENOUS PEOPLES
Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, East Tower, Suite 202, Ville-Marie, Montréal, QC, H2Z 1X4
1 855 242-3310
Website: www.hc-sc.gc.ca/fniah-spnia/promotion/mental/index-fra.php
Services: Crisis phone line. * Support and referral.
Eligibility: people from First Nations and Inuit communities
Coverage area: Canada
Hours: 24 hours, 7 days
Fees: free
Financing: federal
Legal status: federal government agency

LIGNE DE PRÉVENTION DU SUICIDE 1 866 APPELLE
Confidential Address
1 866 277-3553
Services: Province-wide suicide prevention line: calls are distributed to regional suicide prevention centers.
Eligibility: suicidal persons and their relatives, mourning people
Coverage area: Québec
Hours: 24 hours, 7 days
Fees: free
Legal status: provincial government agency

PSYASSISTANCE
Confidential Address
Website: www.psyassistance.org
Email: info@psyassistance.org
Coverage area: Province of Québec
Fees: free
Financing: provincial
Legal status: provincial government agency
SUICIDE ACTION MONTRÉAL
Confidential Address
1 866 277-3553 Fax: 514 723-3605
Website: www.suicideactionmontreal.org
Email: info@suicideactionmontreal.qc.ca
Services: * Confidential 24 hour telephone counselling and follow-up for people at a high risk for suicide.* Information sessions and counselling for family and friends of a suicidal person.* Individual, couple, family counselling and support groups for those who are bereaved by suicide.* Training services for professionals.* Support to organizations where an employee has committed suicide (postvention).
Eligibility: suicidal people, their friends and families, people who are bereaved by suicide, professionals
Coverage area: Montréal Island
Hours: 24 hours, 7 days
Fees: free, except for training and postvention
Financing: provincial, Centraide of Greater Montréal, donations
Legal status: non-profit organization

TEL-AIDE
Confidential Address
514 935-1101 Fax: 514 935-6265
Website: www.telaide.org
Email: info@telaide.org
Services: * Anonymous and confidential helpline for all needs: mental health, addiction, couple crisis, domestic violence, work-related stress, abuse and bullying, loneliness, strained relationships.
Eligibility: any person in need to talk
Coverage area: Greater Montréal
Hours: 24/7
Fees: free
Financing: donations, fundraising campaign, grants
Legal status: non-profit organization

URGENCE PSYCHOSOCIALE-JUSTICE
Confidential Address
514 861-9331 ext. 8163 Fax: 514 847-9194
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: * Crisis intervention for situations involving people with an altered mental state.* Telephone counselling on avenues of intervention that can prevent the deterioration of a person’s mental state.
Eligibility: community partners
Coverage area: Island of Montréal
Hours: 24 hours, 7 days
Legal status: parapublic organization

WEST ISLAND CRISIS CENTRE
Confidential Address
514 684-6160 Fax: 514 421-1587
Website: www.wicrisiscenter.com
Services: * Crisis intervention phoneline.* Short-term psychosocial intervention within the community.* Short-term housing.* Assessment.
Eligibility: adults in psychosocial crisis, with or without mental health issues
Capacity: 8 beds
Coverage area: CIUSSS de l’Ouest-de-l’Île
Hours: administration: Monday to Thursday 9h00 to 17h00, crisis intervention line and assessment: 24 hours, 7 days
Fees: free
Mental health advocacy groups

CENTRE DE COMMUNICATION EN SANTÉ MENTALE
7070 Perras Boulevard, Rivièr-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 1A4
514 328-3503 Fax: 514 323-4163
Website: www.cecom.qc.ca
Email: cecom.hrdp@ssss.gouv.qc.ca
Services: Coproducer, distributor and diffuser in the mental health field of more than 400 documents. * Videos, CD-Roms, animation guides, books and board games.* Contribute to skills acquisition, practices renewal and teaching support.
Coverage area: Montréal
Financing: provincial
Legal status: non-profit organization

FONDATION JEUNES EN TÊTE
55 Mont-Royal Avenue West, Suite 804, Le Plateau-Mont-Royal, Montréal, QC, H2T 2S6
514 529-5354 Fax: 514 529-9877
Website: www.fondationjeunesentete.org
Email: info@fondationjeunesentete.org
Eligibility: youth 11 to 18 years old, their family and close ones, school teachers and workers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MAISON MONBOURQUETTE
185 Bloomfield Street, Outremont, Montréal, QC, H2V 3R5
1 888 533-3845 Fax: 514 787-0063
Website: www.maisonmonbourquette.com
Email: infos@maisonmonbourquette.com
Eligibility: people who are bereaved and their relatives
Capacity: support group: 6 to 10 participants
Coverage area: helpline: Province of Québec, other services: Montréal and surroundings
Hours: helpline: Monday to Friday 10h00 to 22h00, Saturday and Sunday 10h00 to 14h00, administration: Monday to Friday 9h00 to 16h00, support groups: during the week, day or evening
Fees: helpline and individual meetings: none, support groups: $5 per meeting
Financing: donations, self-financing
Legal status: non-profit organization
Mental health housing

ABRI EN VILLE (L')
2352 Duvernay Street, Le Sud-Ouest, Montréal, QC, H3J 2X1
514 932-2199  Fax: 514 932-2676
Website: www.labrienville.org
Email: info@labrienville.org

Services: Stable housing. * Assistance with daily management skills.* Social and recreational activities.* Weekly follow-up or upon request.
Eligibility: adults with a major mental illness
Capacity: 30 residents
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, grants, fundraising campaigns, donations
Legal status: non-profit organization

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

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

COMMUNAUTÉ THÉRAPEUTIQUE LA CHRYSALIDE
Confidential Address
514 843-2015 ext. 2953  Fax: 514 843-2160
Website: www.ctlachrysalide.org
Email: bessa.elena@teluq.ca

Services: Group home or supervised accommodation apartments. * Living environment and place of psychosocial and psychoanalytic treatment.* Therapeutic support.
Eligibility: adults 18 and over living with psychosis use disorder and having an external monitoring in psychiatry
Capacity: 10 places
Coverage area: Montréal
Hours: administration: Monday to Friday 9h00 to 17h00, housing: 7 days, 24 hours
Financing: provincial
Legal status: non-profit organization

LOGI-P.A.L.
Confidential Address
514 761-1351
Email: cap@projetpal.com

Services: Affordable housing with follow-up if needed and punctual support.
Eligibility: people living with a mental health challenge
Capacity: 6 units
Coverage area: Montréal Island
Hours: Monday to Friday 10h00 to 17h30
Fees: 25% of income
Financing: self-financing, grants
Legal status: non-profit organization

MAISON L’ÉCLAIRCIE DE MONTRÉAL
10375 Papineau Street, Ahuntsic-Cartierville, Montréal, QC, H2B 2A3
514 382-2760    Fax: 514 382-0489
Website: www.leclaircie.com
Email: leclaircie@videotron.ca
Services: Alternative and community housing for mental illness with a psychanalytic approach, maximum of 2 years. * Clinical and psychosocial follow-ups.* Support for studies, employment and apartment hunting.* Activities and art workshops.* Post-housing follow-up.* Tax clinic for people followed by the organization.
Eligibility: people living with difficulties related to psychosis or with severe personality disorders
Capacity: 10 places
Coverage area: Montréal
Hours: request for admission: Monday to Friday 10h00 to 15h00
Financing: provincial
Legal status: non-profit organization

MAISON LE PARCOURS
6899 Papineau Avenue, Apartment 227, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2X6
514 276-6299    Fax: 514 507-5895
Website: www.maisonleparcours.ca
Email: maisonleparcours@videotron.ca
Eligibility: adults with mental health problems
Capacity: supervised apartments: 24, group home: 9 persons, rooming house: 28 rooms
Coverage area: Montréal
Hours: 24 hours, 7 days
Fees: variable
Financing: donations, provincial, municipal
Legal status: non-profit organization

MAISON LUCIEN-L’ALLIER
720 Lucien-L’Allier Street, Suite 106, Le Sud-Ouest, Montréal, QC, H3C 1Z8
514 932-1898    Fax: 514 932-5098
Website: www.maisonlucienlallier.org
Email: maison-lucienlallier@videotron.ca
Services: Permanent social housing with community support. * Community activities and outings.
Eligibility: people living with a mental health problem, stabilized and followed by a psychiatrist or a social worker
Capacity: 21 rooms, 6 apartments
Coverage area: Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, municipal
Legal status: non-profit organization
OMEGA COMMUNITY SERVICES
600 de l'Église Avenue, Dorval, Montréal, QC, H9S 1R3
514 631-2760   Fax: 514 631-1930
Website: www.omegacenter.org
Email: info@omegacenter.org
Eligibility: adults with mental health problems with possibility of social reinsertion, primary psychiatric diagnosis is necessary for residential resources, group homes and apartments
Capacity: 28 units of 3 1/2 fully furnished and 8 individual rooms
Coverage area: Montreal
Hours: administration and drop-in centre: Monday to Saturday 9h00 to 16h00
Financing: fundraising campaigns, provincial, federal, donations
Legal status: non-profit organization

RÉSIDENCE BIENVENUE
5003 Perron Street, Pierrefonds-Roxboro, Montréal, QC, H8Z 3J2
514 542-0889
Email: info@centrebienvenue.org
Services: Supervised social housing.
Eligibility: adults with mental health problems
Coverage area: West Island
Financing: donations
Legal status: non-profit organization

SALVATION ARMY - BOOTH CENTER - LE RIVAGE
880 Guy Street, Le Sud-Ouest, Montréal, QC, H3J 1T4
514 932-2214 ext. 227   Fax: 514 932-1741
Website: www.centreboothmtl.ca
Email: centreboothmtl@bellnet.ca
Services: * Supervised housing adapted to the specific needs of men living with persistent and severe mental health problems.
Eligibility: men 18 years old and over, with mental health problems, homeless or at risk of homelessness, referred by social services (no emergencies)
Capacity: 44 rooms
Coverage area: Montréal
Hours: 24 hours, 7 days
Fees: 75 % of monthly income: minimum $490, maximum $710 (including 3 meals per day)
Financing: donations
Legal status: non-profit organization

SOUS LE TOIT DE P.A.L.
4075 de Verdun Street, Verdun, Montréal, QC, H4G 1L1
514 508-1873   Fax: 514 508-1874
Website: www.projetpal.com
Email: sltdepal@gmail.com
Services: Social housing offering community services to people with mental health challenges. * Long term action plan.* Workers from Projet P.A.L.
Eligibility: adults with mental health troubles
Coverage area: Montréal
Financing: self-financing, grants
Legal status: non-profit organization
Psychiatric services

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

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE (THE)
6875 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1R3
514 761-6131     Fax: 514 888-4067
Website: www.douglas.qc.ca
Services: Psychiatric institution affiliated to McGill University. Provides specialized and superspecialized care in mental health. * Psychiatric emergencies.* Child and adolescent psychiatry program and geriatric psychiatry program.* Eating disorders psychiatry program.* Psychotic disorders program, with a specialized component for adults with heavy and persistent troubles.
Eligibility: except emergencies, a referral from a physician or a frontline health service is required
Financing: provincial
Legal status: parapublic organization

EXTERNAL SERVICES - INSTITUT PHILIPPE-PINEL DE MONTRÉAL
10 905 Henri-Bourassa Boulevard East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1C 1H1
514 648-8461 ext. 797     Fax: 514 328-9108
Website: www.pinel.qc.ca
Services: External services of assessment and expertise for the court and specialized treatments for users presenting a legal psychiatry profile. * Program for an adult psychiatric clientele, program for adult sex offenders, program for teenage sex offenders and dangerousness clinic.* Risk assessment.
Eligibility: teenagers and adults with dangerous psychiatric issues, sexual assaults authors
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

HÔPITAL EN SANTÉ MENTALE ALBERT-PRÉVOST
6555, Gouin West Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 1B3
514 338-3227
Website: www.hcsm.ca
Coverage area: Montréal
Hours: Emergency: 24 hours, 7 days, anxiety and relational troubles clinics: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization
Mental Health and addictions

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

INSTITUT PHILIPPE-PINEL DE MONTRÉAL

10905 Henri-Bourassa Boulevard East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1C 1H1
514 648-8461 Fax: 514 494-4406
Website: www.pinel.qc.ca

Services: Hospital centre specialized in psychiatric cares. * Treatment units, an outpatient clinic for the diagnosis, treatment and social rehabilitation of psychiatric patients.* Services for psychiatric cases of the legal system, by request of the Court.

Eligibility: people coping with a potentially dangerous psychiatric problem, sexual abusers or referred by legal services

Capacity: 295 psychiatric care beds

Coverage area: Montréal

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE DE MONTRÉAL

7401, rue Hochelaga, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3M5
514 251-4000
Website: www.iusmm.ca

Services: Specialized and superspecialized care and services in mental health. * Psychiatric emergency.* Specific programs: short evaluation and intervention, intellectual disability and psychiatry, addictions and mental health, geriatric psychiatry, anxiety and mood disorders, relational and personality disorders, psychotic disorders.* Teaching, evaluation of intervention methods and training of workers.* Research and dissemination of knowledge.

Eligibility: adults

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

Self-help groups for addiction issues

COCAINE ANONYMOUS

Confidential Address
1 877 806-0581
Website: www.cocainomanes-anonymes.org
Email: appelalaide@cocainomanes-anonymes.org
**DEBTORS ANONYMOUS**
CLSC Saint-Henri, 3833 Notre-Dame Street West, Suite Gabrielle-Roy, Le Sud-Ouest, Montréal, QC, H4C 1P8
1 888 241-7970
Website: [www.debtorsanonymous.net](http://www.debtorsanonymous.net)

*Services:* Self-help program following the suggested 12 steps adapted from Alcoholics Anonymous, to help people recover from compulsive debt.

*Eligibility:* people with money problems resulting from compulsive buying

*Coverage area:* province of Québec

*Hours:* Monday 19h30 to 20h30, no appointment

*Financing:* voluntary contributions

*Legal status:* non-profit organization

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**GAM-ANON**
Confidential Address
450 678-0897
Website: [www.gam-anon.org](http://www.gam-anon.org)
Email: gamanonoffice@gam-anon.org

*Services:* Self-help groups for relatives and friends of compulsive gamblers. *Help and information by phone.*

*Eligibility:* relatives and friends of compulsive gamblers

*Coverage area:* province of Québec

*Hours:* administration: Tuesday and Thursday, hotline: Monday to Sunday

*Financing:* voluntary contributions

*Legal status:* non-profit organization

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**GAMBLERS ANONYMOUS**
3300 Rosemont Boulevard, Suite 224, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1K2
1 866 484-6664
Website: [www.gaquebec.org](http://www.gaquebec.org)
Email: info@gaquebec.org

*Services:* Self-help groups for compulsive gamblers with an adapted approach based on the 12 steps of the Alcoholics Anonymous organization. *List of meetings on the website.

*Eligibility:* people with a compulsive gambling problem

*Coverage area:* province of Québec

*Fees:* free

*Financing:* donations

*Legal status:* non-profit organization

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**MARIJUANA ANONYMOUS**
4615 Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
514 298-3508
Email: vaglat@sympatico.ca
Mental Health and addictions

**Services:** Self-help group. *12 step program for people addicted to marijuana.
**Eligibility:** people who have a desire to quit smoking marijuana
**Coverage area:** province of Québec
**Hours:** 24 hours (answering machine)
**Financing:** self-financing
**Legal status:** non-profit organization

**MOTHERS AGAINST DRUNK DRIVING - MONTRÉAL CHAPTER**
Confidential Address
514 729-6233
Website: maddsections.ca/montreal
Email: info@maddmontreal.ca
**Services:** * Helpline.* Support for victims of impaired driving.* Madd@school: awareness campaigns.* Information and prevention campaigns: Campaign 911, Project Red Ribbon.* Referral and documentation.* Informal support in court.
**Eligibility:** victims and survivors of impaired driving due to alcohol or drugs, general public, students
**Coverage area:** Montréal Island
**Financing:** self-financing, donations
**Legal status:** non-profit organization

**NARCOTICS ANONYMOUS**
5496 Notre-Dame Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 2C4
1 855 544-6362
Website: www.naquebec.org
Email: info@naquebec.org
**Services:** Twelve-step recovery program. * Weekly self-help group.* Teaching of basic spiritual principles such as honesty, openness and good will.* Non-religious.
**Eligibility:** people with a drug use problem
**Coverage area:** Province of Québec
**Fees:** none
**Financing:** donations
**Legal status:** non-profit organization

**PROGRAMME ALCOCHOIX +**
Confidential Address
8-1-1
Website: www.alcochoixplus.gouv.qc.ca
**Services:** Program offering 3 formulas adapted to prevent over-consumption or alcohol dependence. * Standalone formula using the Alcochoix+ guide.* Guided formula with the guide and meetings with a counselor.* Group formula involving six weekly meetings in a support group.
**Eligibility:** women and men over 18, concerned about their alcohol consumption and wishing to change their habits
**Coverage area:** Province of Québec
**Legal status:** provincial government agency

Self-help groups for mental health issues

**ADULT CHILDREN OF ALCOHOLICS**
Confidential Address
514 990-0901
Website: www.eada.qc.ca
Email: info@eada.qc.ca
Mental Health and Addictions

**Services:** Self-help group for adults who grew up in an alcoholic or otherwise dysfunctional home to exchange and share experiences in order to feel better with oneself. *Program following the suggested 12 steps from Alcoholics Anonymous.* *Online list of meetings: www.eadaqcca.blogspot.ca/p/reunions.html.*

**Eligibility:** adults who grew up in an alcoholic or otherwise dysfunctional home

**Coverage area:** Greater Montréal

**Financing:** self-financing

**Legal status:** non-profit organization

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**ALLAN MEMORIAL INSTITUTE**

1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1

514 934-1934 ext. 35683

Website: www.cusm.ca

**Services:** External psychological services of MUHC and day centre. *Social and psychologic services, occupational therapist, individual, family and group therapies, cognitive behaviour therapy.*

**Capacity:** 31 beds

**Coverage area:** Montréal

**Financing:** provincial

**Legal status:** parapublic organization

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**ALTERNATIVE (L’), CENTRE DE JOUR EN SANTÉ MENTALE**

11813 Notre-Dame Street East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1B 2Y1

514 640-1200     Fax: 514 640-1242

Website: lalternativecentredejour.org

Email: lalternative@videotron.ca

**Services:** Day center offering 3 sessions annually. *Daily activities on recovery in 4 categories: education, mutual support, creativity and entertainment.* *Art-therapy.* *Celebrations and outings.* *Free lectures in the community.* *Individual counseling, by phone and face to face.* *Open houses* *Information and referral.* *Sur la bonne voix: support group for voice hearers aged 18 years and older.*

**Eligibility:** adults aged 18 years old and older having mental health issues

**Capacity:** 125 people

**Coverage area:** Montréal

**Hours:** Monday, Wednesday and Thursday 8h30 to 16h00, Tuesday 9h00 to 16h00

**Fees:** membership: $5 per year, variable costs depending on services

**Financing:** provincial

**Legal status:** non-profit organization

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**ANEB - ANOREXIA AND BULIMIA QUÉBEC**

5500 TransCanada Highway, Pointe-Claire, Montréal, QC, H9R 1B6

1 800 630-0907     Fax: 514 630-0599

Website: www.anebquebec.com

Email: info@anebquebec.com

**Services:** *Help and referral phoneline.* *Open support group for the persons and their relatives.* *15-week closed support group.* *Forum and chat sessions.* *Conferences, information booths and training.* *Website and chat for teenagers: anebados.com/en.*

**Eligibility:** adults and teenagers with eating disorders, their relatives, support groups: people 17 years old and over

**Coverage area:** Province of Québec

**Hours:** help and referral phoneline: everyday 8h00 to 3h00

**Fees:** open support group: free, closed support group: $150, conferences, information booths and training: variable

**Financing:** membership fees, fundraising campaigns, donations, provincial, self-financing

**Legal status:** non-profit organization
ART-RIVÉ (L') - CENTRE DE JOUR DE RIVIÈRE-DES-PRAIRIES
8178 Maurice-Duplessis Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 2Y5
514 648-4888 Fax: 514 648-4333
Website: www.art-rive.qc.ca
Email: info@art-rive.qc.ca

**Services:** Welcoming meetings.* Information and guidance.* Occasional listening, follow-up.* Welcoming for lunch at noon.* Support and self-help groups.* Creativity and art workshops.* Educational, relaxation and recreational activities.

**Eligibility:** autonomous people 18 years and over with transitional or persistent mental health problems

**Capacity:** 60

**Coverage area:** Montréal

**Hours:** Tuesday to Friday 9h00 to 16h00, lunch: Tuesday to Sunday 12h00 to 13h30

**Fees:** membership: $5 per year

**Financing:** provincial

**Legal status:** non-profit organization

ASSOCIATION DE PARENTS POUR LA SANTÉ MENTALE DE SAINT-LAURENT-BORDEAUX-CARTIERVILLE
1900 Thimens Boulevard, Suite 210, Saint-Laurent, Montréal, QC, H4R 2K2
514 744-5218
Website: aidemaladiementale.com
Email: apsm@videotron.ca

**Services:** Reception, listening.* Telephone support.* Individual meetings and follow-ups.* Training on borderline personality disorder (BPD).* Self-help group for the relatives of those coping with borderline personality disorder.* Various psychosocial workshops.* Teleconferences.* Writing of request for a psychiatric assessment. * Christmas dinner.* Weekend respite for members.* Art-therapy workshops.* Yoga workshops.

**Eligibility:** families or relatives of people living with mental health issues

**Capacity:** training and self-help groups: 8 to 10 participants

**Coverage area:** Montréal: Saint-Laurent, Bordeaux-Cartierville

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** free

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

**Legal status:** non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE
1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2
514 524-7131
Website: www.aqpmmm.ca
Email: accueil@aqpmmm.ca

**Services:** Support parents, friends and relatives of the person with a mental illness. * Hotline and referral.* Self-help groups.* One on one, couple and family counseling.* Conferences and training.* Special projects.

**Eligibility:** parents, friends and relatives of the person with a mental illness

**Capacity:** support group: 5 to 12 people

**Coverage area:** Montréal

**Hours:** Monday and Friday 9h00 to 17h00, Tuesday to Thursday 9h00 to 21h00

**Fees:** annual membership: individual $15, couple $20, family $25

**Financing:** provincial, Centraide, Appui Montréal and donations

**Legal status:** non-profit organization
CENTRA MI
6387 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H8
514 761-1509 Fax: 514 761-7604
Website: www.centrami.ca
Email: centrami@bellnet.ca
Services: Mental health support. * Self-help group.* Day centre: autonomization activities.* Discussion, sharing, support and information.
Eligibility: adults with mental health problems
Capacity: 40 people
Coverage area: Montréal and surroundings
Hours: 7 days, variable
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTIVITÉS POUR LE MAINTIEN DE L’ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD
11700 l’Archevêque Avenue, Montréal-Nord, Montréal, QC, H1H 3B6
514 327-3035 Fax: 514 327-8322
Website: camee.ca
Email: info@camee.ca
Services: * Phone and individual listening.* Self-help and sharing group on recovery, weekly support groups for an autonomous management of medication.* Apprivoiser les voix: support group for people with auditory hallucinations.* Apartment-based community support.* Conferences, coffee-meeting, community dinner.* Creative and expression, daily stress and daily management workshops.
Eligibility: adults with mental health issues
Coverage area: Montréal-Nord
Hours: Monday to Friday 13h00 to 22h00, Saturday 13h00 to 17h00, support group in the afternoon, leisures on evenings
Fees: annual contribution: $7
Financing: Centraide of Greater Montreal, provincial
Legal status: non-profit organization

CLÉ DES CHAMPS, RÉSEAU D’ENTRAIDE POUR PERSONNES SOUFFRANT DE TROUBLES ANXIEUX (LA)
95 Henri-Bourassa Boulevard West, Suite 101, Ahuntsic-Cartierville, Montréal, QC, H3L 1M8
514 334-1587 Fax: 514 461-1351
Website: www.lacledeschamps.org/english
Email: lacle@lacledeschamps.org
Services: Community-based support organization for people suffering from anxiety disorders including 10 meetings. * Information and tools to manage anxiety.* List of organizations working in anxiety disorders field. * Resources online store.
Eligibility: people of 16 years old and over suffering from anxiety disorders
Capacity: 3 new self-help groups per trimester, maximum of 12 participants per group, activity in french only
Coverage area: Greater Montréal and surroundings
Hours: office hours: Monday to Thursday 9h00 to 16h30, day self-help group: 13h30 to 15h30, evening self-help group: 19h00 to 21h00
Fees: membership fees, accompaniment book and 10 meetings: $100
Financing: self-financing, provincial, federal
Legal status: non-profit organization
DÉPENDANTS AFFECTIFS ANONYMES
Confidential Address
514 990-4744
Website: www.daa-quebec.org
Email: info-web@daa-quebec.org
Services: Open support group, part of the movement CODA (Codependents Anonymous) of Canada, based on the Alcoholics Anonymous program, allowing to share experience in order to learn how to maintain healthy and satisfying emotional relationships. * List of meetings on the website.* Active listening.
Eligibility: people coping with affective dependence
Coverage area: Province of Québec
Hours: phone service available 24/7
Fees: voluntary contributions
Financing: voluntary contributions
Legal status: non-profit organization

ÉCOUTE ENTRAIDE
Confidential Address
514 278-2130  Fax: 514 278-5677
Website: www.ecoute-entraide.org
Email: direction@ecoute-entraide.org
Services: * Active listening and referral by phone.* Support groups.
Eligibility: any person preoccupied with their mental health, with depression or heavier mental health problems
Coverage area: Province of Québec
Hours: 8h00 to 0h00, 7 days
Fees: free
Financing: provincial, self-financing
Legal status: non-profit organization

ÉMOTIFS ANONYMES
Confidential Address
Website: www.emotifs-anonymes.org
Email: information@emotifs-anonymes.org
Services: Open support groups based on the 12 steps of Alcoholics Anonymous, offering weekly sharing meetings to resolve emotional problems and discover a way to live at peace with unsolved problems. * List of meetings located in Montréal, Montérégie and Estrie on the web site.
Eligibility: men and women who have difficulty living with their emotions (behavior problem, esteem, affirmation, depression, bereavement), including a mixed gay group
Capacity: 25 people per group
Coverage area: Province of Québec
Fees: voluntary contributions
Financing: voluntary contributions
Legal status: non-profit organization

EXPRESSION LASALLE, COMMUNITY MENTAL HEALTH CENTRE
405 Newman Terrace, Suite 210, LaSalle, Montréal, QC, H8R 2Y9
514 368-3736  Fax: 514 368-9742
Website: www.expressionlasalletherapies.ca
Email: expressionlasalle@yahoo.ca
Services: Professionally-led weekly therapeutic mental health services. * Individual sessions: art therapy, counseling and drama therapy.* Regular groups: art therapy, art therapy on the theme of sexual abuse, discussion, relaxation, drama therapy and music therapy.* Groups offered on an intermittent basis: dance and movement therapy, discussion and writing workshops.
Eligibility: adults aged 18 to 65 years old, living with mental health problems
Mental Health and addictions

Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00, therapeutic services: mainly during the day, by appointment only
Fees: membership card: $15 per year, free therapeutic services
Financing: provincial, donations, fundraising campaign
Legal status: non-profit organization

FRIENDS FOR MENTAL HEALTH, WEST ISLAND
186 Sutton Place, Suite 121, Beaconsfield, Montréal, QC, H9W 5S3
514 636-6885
Website: www.asmfmh.org
Email: info@asmfmh.org
Eligibility: families and friends of people with mental health problems, youth section: youth 7 to 18 years old
Capacity: 7 support groups of about 10 people
Coverage area: West Island
Hours: office: Monday to Friday 9h00 to 16h30, various activities and support groups in the evening
Fees: membership: $30 per year
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

IMPACT, MENTAL HEALTH SUPPORT GROUP
2460 Saint-Antoine Street West, Suite 107, Le Sud-Ouest, Montréal, QC, H3J 1B1
514 939-3132     Fax: 514 939-3695
Website: www.impactsantementale.org
Email: impact@bellnet.ca
Services: * Welcoming and referral.* Day centre: social, cultural, educational and therapeutic activities.* Supervised apartments for medium and long-term stay.* Les Sans Voix: groups for people who hear voices.
Eligibility: adults with mental health problems
Capacity: supervised apartments: 65 people
Coverage area: Saint-Henri, Little Burgundy, Le Sud-Ouest and surroundings
Hours: Monday and Friday 9h00 to 17h00, Tuesday to Thursday: variable, Les Sans Voix: Tuesday 16h30 to 18h15
Fees: free or minimal
Financing: provincial, donations
Legal status: non-profit organization

MAISON L’ÉCHELON
8777 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2N1
514 355-4223     Fax: 514 355-7352
Website: www.maisonechelon.ca
Email: 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
OUTREMANGEURS ANONYMES - INTERGROUPE FRANÇAIS DE MONTRÉAL

312 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1R8
1 877 509-1939     Fax: 514 490-1724
Website: www.outremangeurs.org
Email: reunions@outremangeurs.org

Services: Recovery and mutual support for compulsive overeaters. * Support groups based on the 12 steps.
Eligibility: people who wish to stop eating compulsively
Coverage area: Greater Montréal and surroundings
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

OVEREATERS ANONYMOUS - MONTREAL ENGLISH INTERGROUP

Confidential Address
514 488-1812
Website: www.oa.org

Services: Recovery and support program for compulsive overeaters. * Peer groups based on the 12 steps approach.* Telephone and online meetings.
Eligibility: compulsive overeaters
Coverage area: Province of Québec and Eastern Ontario
Fees: voluntary contribution
Legal status: non-profit organization

PARENTRIE DU NORD DE MONTRÉAL (LA)

10780 Laverdure Street, Suite 203, Ahuntsic-Cartierville, Montréal, QC, H3L 2L9
514 385-6786     Fax: 514 385-9513
Website: www.laparentrie.org
Email: entraide@bellnet.ca

Services: Information, conferences, references and interventions related to schizophrenia, bipolar disorder and borderline personality disorder. * Telephone interventions.* Individual or family meetings.* Psychoeducational training for members of the entourage.* Respite Program: Monthly recreational outings and summer camps for people with serious mental health.* Monthly open support group with a speaker, bringing together the relatives of people suffering from various mental illnesses.
Eligibility: relatives of people with serious mental health illness
Capacity: support group: 15 persons
Coverage area: support group: Ahuntsic, Montréal-Nord, respite: Ahuntsic, Montréal-Nord, Bordeaux-Cartierville, Saint-Laurent
Hours: Monday to Friday 9h30 to 12h30 and 13h30 to 16h30, meetings in the evening
Fees: monthly conferences: $3
Financing: provincial
Legal status: non-profit organization

REVIVRE - J’AVANCE !

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

Services: Five types of workshops developing self-management capacity for anxiety, depression and bipolar disorders. * 10 to 12 week workshops to limit impact of symptoms on day-to-day life, improve quality of life and minimize the likelyhood of relapses.* Self-esteem management and work environment workshops.
Eligibility: people with anxiety, bipolar disorder or depression
Capacity: 15 persons per workshop, 20 workshops per year
Coverage area: Greater Montreal for workshops directly provided by Revivre, all the province in partnership with other organizations
Mental Health and addictions

REVIVRE, QUÉBEC ANXIETY, DEPRESSIVE AND BIPOLAR DISORDER SUPPORT ASSOCIATION
5140 Saint-Hubert Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2Y3
514 738-4873  Fax: 514 529-3081
Website: www.revivre.org
Email: revivre@revivre.org

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

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

Coverage area: province of Québec
Hours: phone counselling: Monday to Friday 9h00 to 17h00, support groups: morning, afternoon or evening, workshops: afternoon or evening

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

Financing: fundraising campaigns, self-financing, provincial

Legal status: non-profit organization

SEX AND LOVE ADDICTS ANONYMOUS
Confidential Address
514 983-0671
Website: dasa-slaa-mtl.cblt.net
Email: mtldasaslaa@gmail.com

Services: Weekly self-help groups based on the 12 steps program of Alcoholics Anonymous, for the cessation of addictive emotional and sexual behaviors. * List of meetings on the website.

Eligibility: men and women suffering from sex or love addiction and who want to put an end to their sexual or affective addiction behavior

Coverage area: Greater Montréal

Fees: voluntary contributions

Financing: voluntary contributions

Legal status: non-profit organization
Physical Disability

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

DEAF AND HEARING IMPAIRED

MOBILITY AIDS

PARATRANSIT

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES
Advocacy for people with a physical disability

KÉROUL
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3N7
514 252-3104    Fax: 514 254-0766
Website: www.keroul.qc.ca
Email: infos@keroul.qc.ca

Services: Promotion of accessible tourism for people with restricted mobility. * Database of accessible tourist areas in Québec.* Awareness of the public and major players.* Training of stakeholders and students in the tourism industry.* Online travel guide: www.quebecforall.com
Eligibility: people with restricted physical ability
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: membership fees, grants
Legal status: non-profit organization

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

RÉSEAU QUÉBÉCOIS POUR L’INCLUSION SOCIALE DES PERSONNES SOURDES ET MALENTENDANTES
2494 Henri-Bourassa Boulevard East, Suite 202, Ahuntsic-Cartierville, Montréal, QC, H2B 1T9
514 278-8703    Fax: 514 278-6886    TTY: 514 278-8703
Website: www.reqis.org
Email: administration@reqis.org

Eligibility: people living with hearing impairment, their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 15h00
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
Deaf and hearing impaired

CSSS JEANNE-MANCE - CLSC DES FAUBOURGS - SERVICES PRÉVENTION ET DÉPISTAGE DES ITSS
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C1
514 527-9565 ext. 1511 Fax: 514 598-7754
Website: https://jeannemance.ciusss-centresudmtl.gouv.qc.ca/soins-et-services/sante-sexuelle/infections-transmissibles-sexuellement-et-par-le-sang-itss/

Services: Multidisciplinary team specialized in bloodborne or sexually transmitted infection (STI). * Total anonymity and individual counselling.* Screening and referral.* Information, prevention and education.* Psychosocial support.* Meetings with nutritionists, nurses and social workers.* Self-help groups and workshops for people with HIV of Hepatite C.

Eligibility: Men and women who cope with STD or who have sexual or drugs injection risked behaviors and their relatives

Coverage area: Montréal

Hours: variable schedules

Financing: provincial

Legal status: parapublic organization

MCGILL REPRODUCTIVE CENTRE (THE)
888 De Maisonneuve Boulevard East, Suite 200, Ville-Marie, Montréal, QC, H2L 4S8
514 843-1650
Website: www.mcgillivf.com
Email: info@mcgillivf.com

Services: Medical treatment for infertility. * In vitro and basic fertility treatment.* Fertility preservation.* Specialized treatments.* Counselling and support.

Eligibility: infertile persons

Hours: Monday to Friday 7h00 to 16h30

Financing: provincial, self-financing

Legal status: parapublic organization
SERVICE D’INTERPRÉTATION VISUELLE ET TACTILE
5000 d’Iberville Street, Suite B-243, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6
Website: www.sivet.ca Email: info@sivet.ca
Services: Interpretation for various sectors: health and social services, government services, legal services, labor and trade unions, parenting support, consumer good and services, associations, conferences and symposia. Interpretation service. Video Relay Service: telecommunication system enabling people using a Sign Language to communicate with speaking telephone users.
Eligibility: people who are deaf or hearing impaired
Coverage area: Montréal, Laval, Montérégie
Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 16h00
Fees: $55 per hour, minimum of 2 hours
Financing: provincial
Legal status: non-profit organization

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@SRVCana daVRS.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/id108608 0169? 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/SRVCana daVRS.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

UNITÉ HOSPITALIÈRE DE RECHERCHE, D’ENSEIGNEMENT ET DE SOINS SUR LE SIDA
UHRESS Notre-Dame, 1560 Sherbrooke Street East, Wing Louis-Charles Simard, Suite Z-10904, Ville-Marie, Montréal, QC, H2L 4M1
514 890-8000 ext. 24720
Website: www.chumontreal.qc.ca/patients-et-soins/departements-et-services/uhress
Services: Medical follow-up for people with HIV. Nutritionists, psychologists, social workers. Adapted vaccinations. HIV testing. Two sites: Notre-Dame and Hôtel-Dieu.
Eligibility: people with HIV
Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic 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

Mobility aids

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

Eligibility: adults with physical, motor or neurological disabilities
Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization

CONSTANCE-LETHBRIDGE REHABILITATION CENTRE
7005 De Maisononneuve Boulevard West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1T3
514 487-1770
Website: www.constance-lethbridge.com

Eligibility: adults with motor skills disabilities
Coverage area: Montreal, other regions for ultraspecialized programs and services
Hours: Monday to Friday 8h30 to 4h30
Financing: provincial
Legal status: parapublic organization
FONDATION D’AIDE AUX HANDICAPÉS DU QUÉBEC
4058 Monselet Street, Suite 106, Montréal-Nord, Montréal, QC, H1H 2C5
514 328-2992 Fax: 514 328-6141
Website: www.fahquebec.org
Email: info@fahquebec.org
Services: * Donation program for wheelchairs, as well as medical equipment.
Eligibility: people with disabilities
Coverage area: Province of Québec
Financing: self-financing, donations
Legal status: non-profit organization

INSTITUT DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON GINGRAS
6300 Darlington Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2J4
514 340-2085 Fax: 514 340-2091
Website: www.irglm.qc.ca
Services: Hospital specialized in rehabilitation of people with a physical disability. * External and internal patients.* Client programs: traumatic and non-traumatic spinal cord injuries, orthopedics and sub-acute care, neurology (strokes, brain trauma and others), amputees and severe orthopedic injuries.* Outpatient clinics: general and specialized follow-ups, assessment and treatment of spasticity and pain, vestibular rehabilitation, sexology, dysphagia, foot clinic, Dupuytren technique, follow-up for people of small stature, nursing, specific nursing care for patients with a neurogenic bladder.
Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances
Coverage area: Province of Québec
Financing: provincial
Legal status: parapublic organization

INSTITUT DE RÉADAPTATION GINGRAS-LINDSAY-DE-MONTRÉAL - PAVILLON LINDSAY
6363 Hudson Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3S 1M9
514 737-3661 Fax: 514 737-0592
Website: www.irglm.qc.ca
Services: Hospital specialized in rehabilitation of people with a physical disability. * External and internal patients.* Client programs: traumatic and non-traumatic spinal cord injuries, orthopedics and sub-acute care, neurology (strokes, brain trauma and others), amputees and severe orthopedic injuries.* Technical aids: allocation of orthosis, prosthesis, wheelchairs or any technical aids.
Eligibility: adult with a permanent or temporary physical disability resulting from illness, trauma or other circumstances
Coverage area: Province of Québec
Hours: technical aids: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic 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
Recreation and camps

ADMI
4960 7th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2M9
514 527-7671    Fax: 514 527-7811
Email: ldjadmi@hotmail.com

Services: * Recreational, physical and sports, social and cultural activities.* Summer day camps.* Open air days.* Week-end activities.* Bowling league.* Week-end respite assistance.* Information, support and guidance to parents.

Eligibility: people with intellectual disabilities aged 6 years old and more

Legal status: parapublic organization

ALTERGO
525 Dominion Street, Suite 340, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-2739    Fax: 514 933-9384    TTY: 514 933-2739
Website: www.altergo.ca
Email: info@altergo.ca

Services: * Recreational activities for people with a disability.* Ease universal access to recreation, culture and sports.* Training courses to equip individuals and organizations in welcoming people with disabilities.* Défi AlterGo: a sporting competition for athletes with a disability.* Leisure accompaniment program of the Island of Montréal (PALÎM).* Tourist and leisure vignette for attendants of people with disability (VATL).

Eligibility: organizations or recreational services for people with a disability, people with a disability

Legal status: non-profit organization

AMIS DE L’EST POUR LA DÉFICIENCE INTELLECTUELLE (LES)
12230 6th Avenue, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 1S2
514 648-0254    Fax: 514 648-0252
Website: www.lesamisdelest.com
Email: lesamisdelest@hotmail.com


Eligibility: people with intellectual disability, with or without other disabilities associated

Legal status: non-profit organization
ASSOCIATION SPORTIVE DES SOURDS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3049
Website: www.assq.org
Email: info@assq.org
Services: Promotion of sport and physical activity for deaf and hearing impaired people. * Financial support for athletes.* Sport and physical activity programs.
Eligibility: deaf and hearing impaired people
Capacity: unlimited
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00
Fees: membership: $5, students: $1
Financing: donations
Legal status: non-profit organization

C.A.R.E., (CENTRE D'ACTIVITÉS RÉCRÉATIVES ET ÉDUCATIVES)
5785 Parkhaven Avenue, Côte-Saint-Luc, Montréal, QC, H4W 1X8
514 483-7200 ext. 6205     Fax: 514 488-8458
Website: www.carecentre.org
Email: centre.dactivites@gmail.com
Services: Day-centre. * Program of recreational and educational activities.* Outings once a week. * Information and referral.* Individual meetings.
Eligibility: adults aged over 21 years old with physical disabilities
Capacity: 23 people
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 15h00
Fees: annual client fees: $300
Financing: grants, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RADISSON
3800 Radisson Street, Suite 105, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1M 1X6
514 252-1671     Fax: 514 252-1291
Website: www.centreradisson.org
Email: infoccr@videotron.ca
Services: * Community centre.* Development of citizen involvement for people with one or more physical disabilities. * Educational, social, cultural and recreational activities.* Support to participants in the discovery and development of their abilities.* Youth (18 to 30 years old): network of youth with physical limitations.* Various classes.* Computers workshops.
Eligibility: adults and young adults with physical disabilities
Capacity: 225 members
Coverage area: Metropolitan Montréal
Hours: Monday to Friday 8h30 to 16h30, youth 18 to 15 years old: Saturday 13h00 to 20h00
Fees: membership card: $15, minimal fees for activities per session
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE D'INTÉGRATION À LA VIE ACTIVE
525 Dominion Street, Suite 330, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 935-1109     Fax: 514 935-8597
Website: www.civa.qc.ca
Email: info@civa.qc.ca
Services: * Sports, recreational, social and cultural activities centre for people with disabilities.* Integration support.* Youth program.
Eligibility: people with physical disabilities
Capacity: variable depending on the activities
Coverage area: Montréal
Hours: administration: Monday to Friday 9h00 to 16h30
Fees: variable depending on the activities
Financing: Centraide of Greater Montreal, self-financing
Legal status: non-profit organization

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

CLUB DU BONHEUR DE SAINT-LÉONARD
8180 Collerette Street, Saint-Léonard, Montréal, QC, H1R 2A3
514 329-3178
Eligibility: adults with medium to slight functional limitations or physical limitations
Capacity: 30 people
Coverage area: Saint-Léonard
Hours: September to May, Sunday 13h30 to 17h00
Fees: membership: $20 per year, outings: variable, activities at the centre: free
Financing: municipal, grants, donations
Legal status: non-profit organization

COMPANION CARD OF STM
800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6
514 786-4636
Website: www.stm.info/en/access/accessibility-visual-or-intellectually-disabled
Services: * Companion card provides free travel for the person who accompanies the cardholder while he or she uses the STM's bus and métro transit system.
Eligibility: accompanist of people with intellectual or visual disabilities
Coverage area: Montréal
Hours: Monday to Friday 7h00 to 20h30, Saturday, Sunday and Holidays 8h30 to 16h30
Fees: free
Financing: self-financing, provincial
Legal status: non-profit organization

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

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

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

**Coverage area:** Montréal

**Hours:** variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**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

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**FONDATION COCCINELLE POUR LES ENFANTS HANDICAPÉS (LA)**

6630-A Papineau Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2X2

514 725-0009  Fax: 514 725-0009

Email: fondationcoccinelle@hotmail.ca

**Services:** * Day Activity Centre.* Respite.* Summer camp.* Holiday camp.

**Eligibility:** children and adults with intellectual or physical disabilities

**Capacity:** Day Centre: 40 people

**Coverage area:** Montréal

**Hours:** Monday to Friday 7h00 to 18h00, Saturday 8h00 to 17h00

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

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**HANDICAPÉS DE SAINT-LAURENT**

1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3

514 855-6110 ext. 4937

**Services:** Social club for disabled people. * Community meals.* Christmas meal.* Cultural outings in summer.

**Eligibility:** independant disabled people

**Coverage area:** Saint-Laurent and surroundings

**Hours:** Wednesday 9h30 to 15h00, cultural outings in summer

**Fees:** membership: $7 per year, meals: $1, variables for outings

**Financing:** financing campaigns, provincial, municipal, contributions

**Legal status:** non-profit organization

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**JUNI-SPORT**

12630 Gouin Boulevard East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1C 1B9

514 498-4808

Website: www.juni-sport.org

Email: junisport2004@gmail.com
**Services:** Regular sports programs.

**Eligibility:** Youth 6 years and over with a physical disability

**Capacity:** 25

**Coverage area:** Greater Montréal

**Hours:** Friday 19h00 to 22h00

**Fees:** Variable

**Financing:** Donations

**Legal status:** Non-profit organization

**MONTRÉAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED**

633 Crémazie Boulevard East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2M 1L9

514 381-2300  Fax: 514 381-0454

Website: www.amdi.info

Email: info@amdi.info

**Services:** * Reception, follow-up.* Referral, sitter-companion directory.* Family outings.* Conferences.* Coffee-chats.* Abilities and skills, social participation workshops.* Summer camps, outdoor weekends and spring break camp.* Integration and raising awareness.* Association culture.

**Eligibility:** Adults with intellectual disabilities and their families

**Coverage area:** Greater Montréal

**Hours:** Working hours: Monday to Friday 9h00 to 17h00, activities: week or week-end

**Fees:** Annual subscription: $22 for people with intellectual disabilities, $28 for families, rates for some activities

**Financing:** Centraide of Greater Montréal, grants, self-financing, membership fees

**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

**ORCHESTRE SYMPHONIQUE DE MONTRÉAL**

1600 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 0S1

514 842-9951  Fax: 514 842-0728

Website: www.osm.ca

**Services:** Artistic organization contributing to the promotion of worldwide symphonic music repertory and international level artists. * Concerts and musical events.* Development of classical and symphonic music.

**Coverage area:** Montréal

**Hours:** Phone service: Monday to Friday 9h00 to 19h00, Saturday 10h00 to 16h00, counter service: Monday to Friday 9h00 à 17h00

**Financing:** Self-financing

**Legal status:** Non-profit organization

**PETITS SOLEILS DE LA POINTE-DE-L’ÎLE (LES)**

Confidential Address

514 498-3962 ext. 372  Fax: 514 872-7087

Email: lespetitssoleils@relaisdubout.org
Physical Disability

**Services:** Day camp for young people with intellectual disabilities.
**Eligibility:** young people 8 to 17 years old with mild to moderate intellectual disabilities
**Coverage area:** Rivière-des-Prairies-Pointe-aux-Trembles
**Financing:** Programme d’accompagnement en loisir de l’Île de Montréal, municipal, Programme carrière été
**Legal status:** non-profit organization

**PROLONGEMENT À LA FAMILLE DE MONTRÉAL (UN)**
1691 Pie-IX Boulevard, Suite S-21, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C3
514 504-7989    Fax: 514 750-6798
Website: www.upfm.ca
Email: info@upfm.ca
**Services:** * Community education.* Outdoor holidays.* Integration into community recreation and cultural outings.* Summer day camp.
**Eligibility:** people with mild or moderate intellectual disabilities
**Coverage area:** Montréal Island
**Hours:** Monday to Friday 9h00 to 16h30
**Financing:** grants, contributions, donations, provincial
**Legal status:** non-profit organization

**QUEBEC SOCIETY FOR DISABLED CHILDREN**
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 937-6171    Fax: 514 937-0082
Website: www.enfantshandicapes.com
Email: sehq@enfantshandicapes.com
**Capacity:** 2000 children per year
**Coverage area:** Province of Québec
**Hours:** depending on the services
**Fees:** depending on services
**Financing:** fundraising campaigns, grants
**Legal status:** non-profit organization

**SANS OUBLIER LE SOURIRE**
1700 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L5
514 524-6626    Fax: 514 524-6756
Website: www.sansoublierlesourire.org
Email: sansoublierlesourire@hotmail.com
**Services:** Services for adults with an intellectual disability promoting their social role. * Centre with daily activities.* Sports activities in the community.* Senior club.* Awareness in schools and in the community sector.* Public awareness through social inclusion promotion.* Consultation.
**Eligibility:** adults with moderate to severe intellectual disabilities or associated disorder
**Coverage area:** Montréal
**Hours:** Monday to Friday 9h00 to 17h00
**Financing:** grants, donations
**Legal status:** non-profit organization
SPECIAL OLYMPICS QUÉBEC  
1274 Jean-Talon Street East, Suite 200, Rosemont-La Petite-Patrie, Montréal, QC, H2R 1W3  
1 877 743-8778     Fax: 514 843-8223  
Website: www.olympiquesspeciaux.qc.ca  
Email: info@olympiquesspeciaux.qc.ca  
Services: * Recreational or competition programs designed for people living with an intellectual disability.*  
Technical training and professional development opportunities.  
Eligibility: people of all ages living with an intellectual disability  
Coverage area: province of Québec  
Hours: Monday to Friday 9h00 to 17h00  
Financing: provincial, self-financing  
Legal status: non-profit organization

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

Respite services and housing

ACTION CENTRE  
2214 Dollard Avenue, LaSalle, Montréal, QC, H8N 1S6  
514 366-6868     Fax: 514 367-0880  
Website: www.centreaction.org  
Email: info@centatreaction.org  
Services: * Activities and outings.* Program of 21 workshops structured around 4 subjects: education, art and  
creativity, health and wellness, community participation.  
Eligibility: adults aged 21 years old and over with light physical or cognitive disability  
Coverage area: Montréal  
Hours: Monday to Friday 8h00 to 16h30  
Fees: $25 per year  
Financing: donations, self-financing  
Legal status: non-profit organization

ARCHE-MONTRÉAL ( L’)  
6105 Jogues Street, Le Sud-Ouest, Montréal, QC, H4E 2W2  
514 761-7307     Fax: 514 761-0823  
Website: www.larche-montreal.org  
Email: info@larche-montreal.org
**Services:** Services and housing for adults with an intellectual disability. * Group homes: l'Arc-en-ciel, l'Esquif, la Colombe, le Rameau, la Passerelle.* Day center: artistic, sports, cooking activities and outings.* Activities: meetings with high school students, Seniors club, community meals.* Christmas baskets for people already benefiting from a service offered by the organization.

**Eligibility:** people 18 years and over with an intellectual disability

**Capacity:** 5 group homes, 25 persons

**Coverage area:** Montréal

**Hours:** group homes: 24/7, office and workshops: Monday to Friday 8h30 to 17h00

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

**Legal status:** non-profit organization

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**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](http://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

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**CHESHIRE FOUNDATION (QUEBEC) (THE) - PAT KHAL SUNSHINE RESIDENCE**

19 Sunshine Drive, Dollard-Des Ormeaux, Montréal, QC, H9B 1G1

514 683-3400

Website: [www.westislandphysicallydisabled.ca](http://www.westislandphysicallydisabled.ca)

Email: cheshirequebec@live.com

**Services:** Low-cost permanent or transitional housing. * Assistance with community integration.* Respite.

**Eligibility:** people 18 to 65 years old with physical disabilities, in need of 1 to 4 hours of care per day

**Coverage area:** Province of Québec

**Hours:** 24 hours, 7 days

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

**Legal status:** non-profit organization

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**CHESHIRE FOUNDATION (QUEBEC) (THE) - STEWART BROWN RESIDENCE**

20 Place David, Dollard-Des Ormeaux, Montréal, QC, H9B 1Y7

514 472-0133

Website: [www.westislandphysicallydisabled.ca](http://www.westislandphysicallydisabled.ca)

Email: cheshirequebec@live.com

**Services:** Low-cost permanent or transitional housing. * Assistance with community integration.* Respite.

**Eligibility:** people 18 to 65 years old with physical disabilities, in need of 1 to 4 hours of care per day

**Coverage area:** Province of Québec

**Hours:** 24 hours, 7 days

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

**Legal status:** non-profit organization

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**HABITATIONS ADAPTÉES ET ACCESSIBLES TANGO (LES)**

4235 Prince-of-Wales Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 0A2

514 487-5080

Email: habitation.tango@gmail.com
Physical Disability

Services: Adapted and accessible residential buildings. * Personal and home care.* Social integration services.* Cultural and social activities.* Collective kitchen.
Eligibility: people with physical disabilities and reduced mobility
Capacity: 15
Coverage area: Montréal
Hours: Monday to Friday 10h00 to 17h00
Financing: grants, provincial
Legal status: non-profit organization

HABITATIONS HABITOŒIL ROSEMONT
5112, rue De Bellechasse, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2A4
514 259-9470 ext. 26 Fax: 514 254-5079
Website: www.fondationdesaveugles.org
Email: info@aveugles.org

Services: Apartments for blinds and partially sighted people.
Eligibility: blinds and partially sighted people
Capacity: 14 apartments
Coverage area: Montréal Island
Hours: Monday to Thursday 8h00 to 16h30
Fees: 25% of income based on provincial notice of assessment
Financing: donation, fundraising campaigns, provincial
Legal status: non-profit organization

REGROUPEMENT DE SERVICES INTÉGRÉS PROPULSION (LE)
2075 Théodore Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3C1
514 251-2525 Fax: 514 251-8816
Website: rsipropulsion.ca
Email: info@rsipropulsion.ca

Services: Management of adapted units. * Assistance for daily and domestic activities.* Community and social integration.
Eligibility: adults with severe physical or mild cognitive disabilities
Capacity: 15 persons
Coverage area: Greater Montréal
Hours: Monday to Friday 9h30 to 17h30
Fees: housing: 25% of income
Financing: grants, donations, fundraising campaign
Legal status: non-profit organization
REHABILITATION FOUNDATION FOR DISABLED PERSONS, CANADA - MONTRÉAL STROKE CLUB CHAPTER
395 Elm Avenue, Westmount, Montréal, QC, H3Z 1Z4
514 931-6942
Website: www.marchofdimes.ca
Services: * Peer support groups: sharing of personal experience and knowledge.* Network of support and social activities.* Club for recovering stroke patients where the members participate in their rehabilitation.* Respite for caregivers.* Speech therapy.* Arts and crafts.* Weekly meetings.
Eligibility: stroke survivors, family members, caregivers, health care providers, volunteers, friends
Capacity: 20 to 25 people per meeting
Coverage area: Greater Montréal
Hours: phone: Monday to Friday 9h00 to 17h00, meetings, speech therapy and arts and crafts: Wednesday 9h00 to 13h00
Fees: $4 per meeting
Legal status: non-profit organization

RÉSIDENCE HABITOŒIL MONTRÉAL
2805 Aubry Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 6P6
514 259-9470 ext. 26 Fax: 514 254-5079
Website: www.fondationdesaveugles.org
Email: 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

RÊVANOUS
9870 Laverdure Street, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H3L 0A7
514 528-8833
Website: www.revanous.org
Email: directiongenerale@revanous.org
Services: * Preparatory workshops to residential autonomy.* Individual support in housing facilities for people with a mild intellectual impairment.* Community support for people with an intellectual impairment and seniors over 55 with a functional limitation living in the Habitations Rêvanous.* Recreational activities for people with a mild intellectual disability.
Eligibility: people with mild intellectual disability and their families
Coverage area: Montreal Island
Hours: variable according to services, Monday to Saturday 9h00 to 17h00, activites: 17h00 to 21h00
Fees: variables
Financing: municipal, provincial, grants, donations
Legal status: non-profit organization

Support Associations

AIDE AUX PERSONNES OBÈSES HANDICAPÉES DU QUÉBEC
12716 Industriel Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 3V2
514 254-8415 Fax: 514 256-6627
Email: cdat@qc.aira.com
Services: * Advocacy of rights.* Sale or loan of specialized equipment for walking.* Documentation.
Eligibility: pathologically obese people
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ALLERGY QUEBEC
500 Beaudoin Street, Le Sud-Ouest, Montréal, QC, H4C 2Y4
514 990-2575 ext. 204 Fax: 514 255-4180
Website: allergiesquebec.ca
Email: info@allergiesquebec.ca
Services: * Support phoneline.* Information, information kits.* Recipes related to food allergies.* Training.
Eligibility: people with allergies, their relatives
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

AMICALE DES DIABÉTIQUES DE L'HÔPITAL NOTRE-DAME ET MAISONNEUVE-ROSEMONT
3840 Saint-Urbain Street, Suite 7-547, Le Plateau-Mont-Royal, Montréal, QC, H2W 1T8
514 890-8000 ext. 25358
Website: www.amicaledesdiabetiques.ca
Email: amicale.diabetique.chum@ssss.gouv.qc.ca
Eligibility: people with diabetes
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership: $20 per year, including subscription to Diabète Québec, first year is free
Financing: fundraising campaigns, grants
Legal status: non-profit organization

ARTHRITIS SOCIETY - QUÉBEC DIVISION
380 Saint-Antoine Street West, Suite 3120, Ville-Marie, Montréal, QC, H2Y 3X7
514 846-8840 Fax: 514 846-8999
Website: www.arthritis.ca
Email: info@qc.arthritis.ca
Services: * Support and information program.* Referral to support groups.* Forums and conferences.* Phone information.* Online videos, courses, workshops and advice from a rheumatologist.* Publications and information kits.* Summer and week-end camps for kids with arthritis.
Eligibility: people of all ages living with arthritis, summer camp: children from 8 to 16 years old
Capacity: less than 40 people per support group
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, support groups and conferences in the evening
Financing: fundraising campaigns
Legal status: non-profit organization
ARTHRITIS WEST ISLAND SELF-HELP ASSOCIATION OF MONTRÉAL
640 Lakeshore Road, Suite 103, Dorval, Montréal, QC, H9S 1X1
514 631-3288 Fax: 514 631-9484
Website: www.awishmontreal.org
Email: arthritis@awishmontreal.org
Services: * Information on all the types of arthritis and emotional support.* Emotional support.* Caring and Sharing: support groups for people who are coping with arthritis and their caregivers.* Support groups for people coping with scleroderma.* Information sessions, pain management workshops.* Exercise classes.
Eligibility: people with fibromyalgia, scleroderma, and other types of arthritis (osteoarthritis, rheumatoid, lupus)
Coverage area: Montréal: West Island and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: membership: $25 per individual per year, $30 per family per year, no charges for support groups
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

ASSOCIATION D’ENTRAIDE DES PERSONNES HANDICAPÉES PHYSIQUES DE MONTRÉAL
14115 Prince-Arthur Street, Suite 163, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1A8
514 352-5119 Fax: 514 352-6242
Website: www.alpha-montreal.com
Email: alpha@mainbourg.org
Services: Recreational activities for people with physical disabilities. * Promotion of social integration and accessibility of recreational activities.* Advocay of rights for people with physical disabilities.* Moral support and follow-up.* Tax clinic.
Eligibility: people with mobility impairments 18 to 65 years old
Capacity: 300 members
Coverage area: Island of Montréal
Hours: Monday to Thursday 8h30 to 17h00
Fees: free
Financing: Centraide of Greater Montréal, provincial, municipal
Legal status: non-profit organization

ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL
Confidential Address
438 496-7448
Website: www.afim.qc.ca
Email: info@afim.qc.ca
Services: Advocacy and promotion of the interests of people with fibromyalgia. * Support members in their search for a better quality of life, reference to available resources.* Information about the syndrome.* Awareness of the entourage of people, health and social services professionals, as well as the general public to the needs of people with fibromyalgia.* Member of the Société québécoise de la fibromyalgie and the National ME/FM Action Network.
Eligibility: people with fibromyalgia and their families
Coverage area: Island of Montréal
Hours: Monday to Thursday 8h30 to 15h30, Friday 8h30 to 12h00
Fees: membership: $25 per year
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC
2, Complexe Desjardins, porte 3000, Ville-Marie, Montréal, QC, H5B 1B4
514 350-5101 Fax: 514 350-5146
Website: www.allerg.qc.ca
Email: aaiq@fmsq.org
ASSOCIATION DES BÈGUES DU CANADA
6970 Christophe-Colomb Street, Suite 203, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H5
1 877 353-1042
Website: www.abcbegaiement.com
Email: abc begaiement@bellnet.ca
Eligibility: adults with stuttering-related speech difficulties
Capacity: 8 to 10 persons per meeting
Coverage area: Canada
Hours: meetings: 2nd and 4th Wednesday of the month
Financing: donations and subsidies
Legal status: non-profit organization

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

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX
4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1
1 888 852-9297 Fax: 514 323-1231
Website: www.agir.ca
Email: reins@agir.ca
Services: Information, support and referral over the phone or on site. * Monthly self-help and support groups for people and their relatives.* New patients assistance committee.* Hospital visits.* Social activities.* Annual holiday camp.* Monthly meetings.* Seminars.* Annual dinner.
Eligibility: people with a kidney failure, on dialysis or transplant recipients, their sympathisers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month
Fees: annual membership: $10, monthly meeting: free
Financing: donations, grants, fundraising campaigns, membership fees
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DE LA DÉGÉNÉRÉSCENCE MACULAIRE

400 Laurier Avenue West, Suite 403, Le Plateau-Mont-Royal, Montréal, QC, H2V 2K7
1 866 867-9389
Website: www.aqdm.org
Email: info@aqdm.org
Services: Grouping people with macular degeneration. * Phone support network.* Information and referral to existing medical, technological and socio-cultural resources.* Information sessions led by knowledgeable people.* Prevention and awareness to the public, health professionals and government agencies on the disease.
Eligibility: people with macular degeneration, their relatives, health professionals and the general public
Coverage area: Province of Québec
Fees: free
Financing: donations, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DOULEUR CHRONIQUE

2030 Pie-IX Boulevard, Suite 403, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
1 855 368-5387     Fax: 514 355-4159
Website: www.chronicpainquebec.org
Email: aqdc@douleurchronique.org
Services: Information on chronic pain. * Peer support group led by an animator or conferences followed by support groups.* Peer support group online calendar: www.douleurchronique.org/content_new.asp?node=312*
Awareness, representation at the political level.
Eligibility: people with chronic pain
Capacity: approximately 15 people per support group
Coverage area: province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: membership: free, meetings: usually free
Financing: donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PERSONNES DE PETITE TAILLE

6300 Parc Avenue, Suite 430, Rosemont-La Petite-Patrie, Montréal, QC, H2V 4H8
514 521-9671     Fax: 514 521-3369
Website: www.aqppt.org
Email: info@aqppt.org
Eligibility: short-statured people with dwarfism, their family, supporting members
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: $25 for households with one short-statured person and for support members, $50 for organizations and for households with two ore more short-statured people
Financing: provincial, membership fees, donations
Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES - EST DE MONTRÉAL

Centre communautaire Roussin, 12125 Notre-Dame Street East, Suite 309, Riviére-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 2Y9
514 640-5472     Fax: 514 640-4141
Website: scleroseenplaques.ca/qc
Email: info.estdemontreal@scleroseenplaques.ca
Physical Disability

**Services:** Association aiming to help people with multiple sclerosis and their relatives. *Member of the Multiple Sclerosis Society of Canada. *Information, documentation and referral.* Telephone listening.* Awareness among the population.* Social and cultural activities.* Adapted exercises.* Monthly self-help group.

**Eligibility:** people with multiple sclerosis and their relatives

**Capacity:** 250 members

**Coverage area:** East of Montreal

**Hours:** variable schedule

**Fees:** membership: $10 per year

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

**Legal status:** non-profit organization

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**ATAXIA CANADA - CLAUDE ST-JEAN FOUNDATION**

1751 Richardson Street, Suite 5400, Le Sud-Ouest, Montréal, QC, H3K 1G6

1 855 321-8684

Website: www.lacaf.org

Email: ataxie@lacaf.org

**Services:** *Information and referral.* *Advancement of research.*

**Eligibility:** people suffering from ataxia, their relatives, health caregivers, public

**Coverage area:** Canada

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

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

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**AUDITION QUÉBEC**

1951 De Maisonneuve Boulevard East, Suite 001, Ville-Marie, Montréal, QC, H2K 2C9

514 278-9633     Fax: 514 278-9075     TTY: 514 278-9636

Email: auditionquebec@videotron.ca

**Services:** *Weekly self-help groups led by a member (10-week sessions).* *Conferences given by a field worker or a specialist.* *10-week communication workshop on lip reading.* *Information on various hearing aids and technical assistance.* *Distribution of directories in movie theaters, shows and theaters fitted with a hearing assistance system.* *Brunches and social meetings.* *Promotes interest and public awareness to the situation of its members.* *Sport and recreational activities: healthy dance, Tai Chi, games, etc.*

**Eligibility:** deaf and hard-of-hearing aged 18 and over

**Capacity:** self-help group: 25 persons

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 12h00 to 15h00

**Fees:** annual membership: $30 per person, $40 per organization

**Financing:** contributions, provincial, donations

**Legal status:** non-profit organization

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**CANADIAN CANCER SOCIETY - MONTREAL REGIONAL OFFICE**

5151 de l'Assomption Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4A9

1 888 939-3333     Fax: 514 255-2808     TTY: 1 866 786-3934

Website: www.cancer.ca

Email: asalah@quebec.cancer.ca

**Services:** *Documentation.* *Loan of wigs, turbans and scarves.* *Donation of temporary breast prosthesis.*

**Eligibility:** cancer patients, general public

**Coverage area:** Montréal

**Hours:** Monday to Friday, by appointment

**Fees:** $20 non refundable loan fee is requested for wigs

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization
CANADIAN CANCER SOCIETY - QUÉBEC DIVISION
5151 de l'Assomption Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4A9
514 255-5151    Fax: 514 255-2808
Website: www.cancer.ca
Email: info@sic.cancer.ca
Services: Public awareness and support to people victims of cancer and their relatives. * Specialized information service and referrals to resources.* Psychosocial support.* Online community at www.cancerconnection.ca where people touched by cancer can discuss and get support.* Peer support service: visualization and art expression workshops.* Phone twinning with a person who has gone through a similar experience.* Help to quit smoking.* Wigs loan and temporary breast prostheses donations.* Financial help for transportation and rehabilitation for people with low-income.* Education and prevention.
Eligibility: people living with cancer and their relatives, public, health professionals, caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 18h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CANADIAN HEMOPHILIA SOCIETY - QUÉBEC CHAPTER
2120 Sherbrooke Street East, Suite 514, Ville-Marie, Montréal, QC, H2K 1C3
514 848-0666    Fax: 514 904-2253
Website: www.hemophilia.ca
Email: info@schq.org
Services: * Research and information.* Education.* Counselling.* Advocacy for people with hemophilia.* Special service for persons infected with HIV following a blood transfusion.
Eligibility: sufferers of hemophilia and associated coagulation disorders and their families, persons living with the consequences of a blood transfusion (HIV-AIDS, hepatitis) or Von Willebrand sickness, relatives
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, fundraising campaigns, donations
Legal status: non-profit organization

CANADIAN LIVER FOUNDATION - MONTRÉAL CHAPTER
Confidential Address
1 800 563-5483
Website: www.liver.ca
Email: abrisson@liver.ca
Services: * Educational programs on liver disease.* Documentation.* Support groups for people affected and their families: monthly meetings.* Awareness activities.* Financial support to research.
Eligibility: people with liver disease, liver transplant recipients, families, caregivers and people who want to learn about liver health
Coverage area: Greater Montréal, Northern Québec, Québec City, Sherbrooke
Financing: grants, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

CENTER FOR ADVANCED RESEARCH IN SLEEP MEDICINE
Hôpital du Sacré-Coeur de Montréal, 5400 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4J 1C5
514 338-2692    Fax: 514 338-7662
Website: www.ceams-carsm.ca
Email: m-charron@crhsc.rtss.qc.ca
Eligibility: medical staff, people living with sleep disorders referred by a doctor, general public
Coverage area: Province of Québec
CENTRE ASSOCIATIF POLYVALENT D’AIDE HÉPATITE C

Confidential Address
1 866 522-0444 Fax: 514 521-5795
Website: www.capahc.com
Email: info@capahc.com

Services: * Hotline with active listening and information on HIV, Hepatitis B and C and co-infection.* Publication of brochures.* Training, education, symposium.* Monthly support and self-help groups.

Eligibility: people infected or co-infected with Hepatitis C and HIV, homeless or not, people affected by Hepatitis C

Coverage area: Province of Québec

Hours: 7 days, 9h30 to 22h00

Fees: none

Financial status: federal, provincial

Legal status: non-profit organization

CLSC MÉTRO - SCREENING AND PREVENTION FOR SEXUALLY TRANSMITTED AND BLOOD-BORNE INFECTIONS - STBI

1801 De Maisonneuve Boulevard West, 4th floor, Ville-Marie, Montréal, QC, H3H 1J9
514 934-0354 Fax: 514 934-3776
Website: www.csssdelamontagne.qc.ca

Services: Screening for STD and vaccination for Hepatitis A and B. * Outreach team providing onsite prevention and education and screening clinics for Hepatitis C (514-934-0505 poste 7406).* Referrals, accompaniment and support for patients with Hepatitis C requiring treatment.

Coverage area: province of Québec

Hours: Screening for STD (including HIV) and vaccination for Hepatitis A, B and C on appointment. Walk-in clinic for HIV, Mondays and Wednesdays from 14h00 to 17h00.

Fees: RAMQ card required for screening and vaccination (exception for the free HIV screening walk-in clinic)

Financing: provincial

Legal status: parapublic organization

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)

3044 Delisle Street, Le Sud-Ouest, Montréal, QC, H4C 1M9
1 800 465-4622 Fax: 514 934-2131
Website: www.cnib.ca
Email: quebec@cnib.ca

Services: * Information and guidance.* Psychosocial support: support groups for clients and caregivers, distance peer groups, pairing program with volunteers.* Online and distance computer training using screen magnifying software.* Library with adapted books.* Advocacy.* Promotion of visual health.* Adapted products store.* Funds for guide dogs.

Eligibility: blind or visually-impaired people

Capacity: support and peer groups: about 5 to 6 people

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

Financing: fundraising campaigns

Legal status: non-profit organization
COMMUNICAID FOR HEARING-IMPAIRED PERSONS
7000 Sherbrooke Street West, Suite B-133, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1R3
514 488-5552 ext. 4500  Fax: 514 489-3477  TTY: 514 482-0487
Website: www.hearhear.org
Email: info@hearhear.org
Services:  * Speech reading courses.* Information sessions.* Workshops.* Outreach program.* Referral.
Eligibility:  hard-of-hearing community
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees:  membership: $15 per year
Financing:  grants, donations
Legal status:  non-profit organization

CROHN'S AND COLITIS CANADA
500 Sherbrooke Street West, Suite 420, Ville-Marie, Montréal, QC, H3A 3C6
514 342-0666
Website: www.crohnetcolite.ca
Email: info@crohnsandcolitis.ca
Services:  * Research into the cause and curative treatment of Crohn's disease and ulcerative colitis.* Symposiums and educational webinars.
Eligibility:  people diagnosed with Crohn's disease or ulcerative colitis and their relatives
Coverage area:  Canada
Hours: Monday to Friday 9h00 to 17h00
Fees:  free
Financing:  donations, fundraising campaign
Legal status:  non-profit organization

DES PAROLES DANS LE VENT
5550 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4H1
514 288-8201 ext. 4868
Website: www.theatreaphasique.org
Email: theatreaphasique@hotmail.com
Services:  Visual arts and dancing workshops. * Shows and exhibitions.* Awareness and information on aphasia.
Eligibility:  people with aphasia interested in arts
Coverage area:  Montréal Island
Hours:  variable
Financing:  donations
Legal status:  non-profit organization

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
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
DIABÉTIQUES DU NORD DE MONTRÉAL (LES)
11800 Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
438 828-3565
Email: diabetenordmontreal@gmail.com
Eligibility: people with diabetes, their relatives
Capacity: around 100 people per conference
Coverage area: North of Montréal (North of the Metropolitan Highway)
Fees: membership: $20 per year
Financing: 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

ÉTOILE DE PACHO (L’) - RÉSEAU D’ENTRAIDE POUR PARENTS D’ENFANTS HANDICAPÉS
Confidential Address
514 464-7939
Website: www.etoiledepacho.ca
Email: info@etoiledepacho.ca
Services: Self-help network for parents of children with a disability. * In-home visits.* Twinning with a specialized caretaker for in-home respite.* Twinning between parents.* Monthly support groups.* Familial activities.* Support and accompaniment through procedures.
Eligibility: families living with a child with an important physical disability or illness with or without intellectual disability
Coverage area: Montréal
Fees: annual membership: minimum $10
Financing: self-financing, grants
Legal status: non-profit organization

FONDATION SOMMEIL
1600 De Lorimier Avenue, Suite 380, Ville-Marie, Montréal, QC, H2K 3W5
514 522-3901
Website: www.fondationsommeil.com
Email: info@fondationsommeil.com
Services: * Information, listening and reference line.* Support groups.* Workshop and lectures to the public and professionals.* Directory of resources on sleep disorders.* Documentation centre.* Consolidation of knowledge about sleep issues and promotion of the development of a medicine specialty.* Pairing between people wishing to give or receive a VPPC respiratory device.
Eligibility: people and organizations concerned with sleep and sleep disorders
Coverage area: Province of Québec
Hours: Monday to Friday 9h30 to 17h00
Financing: donations, provincial
Legal status: non-profit organization

FONDATION VIRAGE POUR LE SOUTIEN AU CANCER
Centre intégré de cancérologie du CHUM, 1051 Sanguinet Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 3E4
514 890-8000 ext. 28139 Fax: 514 412-7513
Website: www.viragecancer.org
Email: virage@viragecancer.org
Services: * Listening, information and documentation.* Support groups.* Capillary and breast prosthesis, scarfs and hats.* Documentation centre.* Workshops: yoga, relaxation, massotherapy, literary expression, kinesiology, nutrition.
Eligibility: people with cancer
Capacity: self-help groups: 10 people, support groups: 15 to 20 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

GROUPE DE SOUTIEN DU CANCER DE LA PROSTATE DU CHUM
Hôtel Notre-Dame du CHUM, 1560 Sherbrooke Street East, Pavilion Mailloux North, 1st Floor, Door K1253-11, Ville-Marie, Montréal, QC, H2L 4M1
514 890-8000 ext. 24619
Website: www.soutienprostatechum.org
Email: prostatechum@gmail.com
Services: Support to people living with prostate cancer. * Phone support.* Personalized support by trained volunteers who have had the same experience.* Conferences, monthly information and discussion workshop, led by a specialist doctor and followed by a discussion between participants.
Eligibility: people with prostate cancer, their relatives, their caregivers, patients from any hospitals are accepted
Capacity: information and discussion workshop: about 15 participants per meeting
Coverage area: Montréal Island
Hours: support group: taking messages on the voice mail from Monday to Friday 9h00 to 17h00, break in July and August, reservation required for workshops and conferences
ILEOSTOMY AND COLOSTOMY ASSOCIATION OF MONTRÉAL
5151 de l’Assomption Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1T 4A9
514 255-3041    Fax: 514 645-5464
Website: www.aicm-montreal.org  
Email: info@aicm-montreal.org
Services: Education and rehabilitation to a normal life after a stoma. * Technical and psychological assistance.
Eligibility: people living with a stoma and their relatives
Capacity: 150 members
Coverage area: Greater Montréal
Hours: 24 hours a day, 7 days a week
Fees: membership: $20 per year
Financing: donations, membership fees
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

Physical Disability
Fees: free
Financing: donations
Legal status: non-profit organization
LEUKEMIA AND LYMPHOMA SOCIETY OF CANADA (THE)
740 Saint-Maurice Street, Suite 602, Ville-Marie, Montréal, QC, H3C 1L5
514 875-1000  Fax: 514 875-2657
Website: www.llscanada.org
Email: patientquebec@lls.org
Services: * Financing research on blood cancers and information centre on blood cancer.* Pairing program.*
Online support group with facilitators and health professionals in different locations.* Informative coffee chat with a doctor.
Eligibility: men and women suffering from leukemia, lymphoma, Hodgkin’s disease, myeloma and any other
type of blood cancer and their families
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, fundraising campaign
Legal status: non-profit organization

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

LOW VISION SELF-HELP ASSOCIATION
Church of Saint John the Baptist, 233 Sainte-Claire Avenue, Pointe-Claire, Montréal, QC, H9S 4E3
514 694-2965
Website: www.lowvisionselfhelpassociation.weebly.com
Email: lowvisionselfhelpassociation@gmail.com
Services: * Monthly meetings.* Guest speakers and entertainment.* Information on support services and
resources.* Outings.
Eligibility: people coping with vision loss, friends and family members
Coverage area: Lachine to Sainte-Anne-de-Bellevue, Gouin Boulevard to Lakeshore Road
Hours: meetings: 2nd Wednesday of every month September to May, except December, outings: 3rd Thursday
of June
Fees: membership: $10 per year
Financing: donations
Legal status: non-profit organization

LYMPHEDEMA ASSOCIATION OF QUÉBEC
Confidential Address
514 979-2463
Website: www.infolympho.ca
Email: aql@infolympho.ca
Services: Education and support group meetings with lymphedema specialist guests (alternating month in
French and in English). * Awareness, education, information on lymphedema for people with lymphedema and
health professionals. * Annual Resource guide.* Bilingual educational pamphlets on risk reduction, treatments
and self-management.
Eligibility: people living with the lymphedema and their family, health professionals
Coverage area: province of Québec
Physical Disability

**LYMPHOMA CANADA**
6500 Trans-Canada Highway, Suite 446, Pointe-Claire, Montréal, QC, H9R 0A5
1 866 659-5556
Website: www.lymphoma.ca
Email: info@lymphoma.ca

- **Services:** Educational activities and support services. Monthly support groups. Information sessions, webinars and conferences for patients and caregivers. Contribution to research.
- **Eligibility:** Lymphoma patients, anybody 18 years and over concerned by lymphoma
- **Coverage area:** Province of Québec
- **Hours:** Monday to Friday 9h00 to 17h00
- **Fees:** None
- **Financing:** Donations, fundraising campaigns, grants
- **Legal status:** Non-profit organization

**MAISON DES FEMMES SOURDES DE MONTRÉAL (LA)**
4855 Boyer Street, Suite 105, Le Plateau-Mont-Royal, Montréal, QC, H2J 3E6
514 255-5680 Fax: 514 255-3770 TTY: 514 255-6376
Website: www.mfsm.org
Email: femnessourdes@mfsm.ca

- **Services:** Help for deaf or hearing impaired women living difficulties. Welcoming, intervention, communication and community life. Individual meetings. Help, support and referrals. Information. Guidance and support (lawyer, court, police station, follow-up during and after housing, etc.). Awareness and information in the deaf and hard of hearing community (conferences, trainings). Popular education workshops for deaf and hearing impaired women. Special events (Christmas, International Women’s Day, etc.). Participation in mobilization activities.
- **Eligibility:** Deaf and hearing impaired women
- **Coverage area:** Montréal, Laval, Longueuil
- **Hours:** Monday to Friday 9h00 to 16h30
- **Fees:** Free
- **Financing:** Provincial, donations
- **Legal status:** Non-profit organization

**MIGRAINE-QUÉBEC**
Confidential Address
Website: migrainequebec.com
Email: info@migrainequebec.com

- **Services:** Information on migraines and headaches. Support and self-help. Conferences and workshops.
- **Eligibility:** People living with migraines or headaches
- **Coverage area:** Province of Québec
- **Financing:** Donations
- **Legal status:** Non-profit organization

**MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION**
550 Sherbrooke Street West, Tower East, Suite 1010, Ville-Marie, Montréal, QC, H3A 1B9
1 800 268-7582 Fax: 514 849-8914
Website: www.scleroseenplaques.ca/qc
Email: info.qc@mssociety.ca
Services: * Information and education concerning the different aspects of multiple sclerosis.* Referral to services that can improve living conditions of people living with multiple sclerosis.* Support and advocacy.* Promote and fund medical research.* Creating local sections in most regions of Québec.* Phone listening service.* Leisure activities.* Educational and training sessions for professionals and volunteers.

Eligibility: patients with multiple sclerosis and family, caregivers

Coverage area: province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION

1425 René-Lévesque Boulevard West, Suite 506, Ville-Marie, Montréal, QC, H3G 1T7

1 800 567-2236    Fax: 514 393-8113

Website: www.muscle.ca

Email: infoquebec@muscle.ca

Services: * Information and documentation.* Loan of technical equipment or aids.* Monthly support groups.* Financing of scientific and medical research.* Symposia, conferences and advocacy.

Eligibility: people with a neuromuscular disease, their family

Capacity: support groups: 12 to 15 people

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

MYALGIC ENCEPHALOMYELITIS ASSOCIATION OF QUÉBEC

2030 Pie-IX Boulevard, Suite 403, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8

1 855 369-0386

Website: www.aqem.org

Email: info@aqem.org

Services: * Information and awareness-raising among the public and healthcare professionals.* Promotion of medical research.* Self-help group.

Eligibility: people with myalgic encephalomyelitis or chronic fatigue syndrome, their relatives

Coverage area: Province of Québec

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

Fees: membership: $35 a year, friend member: $15 a year, associate member: $55 a year, NPO: $30 a year, Tandem program: $20, financial agreement possible for people with financial difficulties

Financing: fundraising campaigns, membership fees, grants, donations

Legal status: non-profit organization

NEURO-PATIENT RESOURCE CENTRE

3801 University Street, Suite 354, Ville-Marie, Montréal, QC, H3A 2B4

514 398-5358    Fax: 514 398-5275

Website: infoneuro.mcgill.ca

Email: infoneuro@muhc.mcgill.ca

Services: * Specialized library, loan and on-site consultation.* Research assistance and referral, on site or by phone.* Online database.* Publication of informative documents.

Eligibility: adult neurology patients, their families and caregivers

Coverage area: Greater Montréal

Hours: Monday to Saturday 9h00 to 16h00

Fees: free

Financing: donations, grants

Legal status: non-profit organization
PARKINSON CANADA
10138 Lajeunesse Street, Suite 300, Ahuntsic-Cartierville, Montréal, QC, H3L 2E2
1 800 565-3000
Website: parkinson.ca
Email: infoqc@parkinson.ca
Services: * Support and information by phone, e-mail or in person.* Awareness-raising and education.* Advocacy.* Research support.
Eligibility: people with Parkinson's disease, caregivers, health professionals
Coverage area: Province of Québec
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PARKINSON QUÉBEC
560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6
514 861-4422     Fax: 514 861-4510
Website: www.parkinsonquebec.ca
Email: info@parkinsonquebec.ca
Services: Information, support and referral telephone line for people living with Parkinson's disease and their caregivers. * Support and exercise groups throughout the province of Québec.* Documentation and conference on Parkinson's disease.* Advocacy.* Research funding.
Eligibility: people living with a Parkinson's diagnosis, their caregivers and family, health care professionals
Coverage area: Canada
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: fundraising campaigns, donations, federal, provincial
Legal status: non-profit organization

QUÉBEC BREAST CANCER FOUNDATION
279 Sherbrooke Street West, Suite 305, Le Plateau-Mont-Royal, Montréal, QC, H2X 1Y1
1 877 990-7171     Fax: 514 871-9797
Website: www.rubanrose.org
Email: info@rubanrose.org
Services: Support for people living with breast cancer. * Phone listening, referral and information.* Financial support for people living with the illness.* Conferences for women with the illness, survivors and their relatives.* Educational conferences and distribution of material in health centres.* Educational website on breast health: breastsobservation.org.* Funding of scientific and research projects.
Eligibility: support: people with breast cancer, education and awareness: general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION
2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063     Fax: 514 527-1943
Website: www.cancerquebec.com
Email: cancerquebec.mtl@fqc.qc.ca
Eligibility: people with cancer and their relatives
Capacity: 130 beds in total
Coverage area: Province of Québec
Hours: 7 days, 9h00 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

QUÉBEC CANCER FOUNDATION - PROGRAMME À FÉLIX
2075 Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1
1 800 363-0063
Website: www.cancer15-39.com
Email: cancer15-39@fqc.qc.ca
Eligibility: people between 15 and 39 years, their relatives
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU QUÉBEC
3958 Dandurand Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
1 800 363-0389
Website: www.raaq.qc.ca
Email: info@raaq.qc.ca
Eligibility: people with visual disabilities
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, foundation
Legal status: non-profit organization

REGROUPEMENT LANGAGE QUÉBEC
3958 Dandurand Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1P7
1 800 495-4118  Fax: 514 495-8637
Website: www.dysphasie.qc.ca
Email: info@langagequebec.ca
Services: * Promotion of a better knowledge of dysphasia and language disorders among support organizations and public. * Defense of rights of people with dysphasia or language disorders. * Implementation of assistance services and promotional tools to member organizations.
Eligibility: people with dysphasia and other language disorders, their close relatives as well as education and health professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

SICKLE CELL ANEMIA ASSOCIATION OF QUÉBEC
7333 Saint-Denis Street, Suite 3, Saint-Léonard, Montréal, QC, H1R 2E5
514 830-4782
Website: www.anemie-falciforme.org
Email: wscanon@aafq.org
Eligibility: people affected by sickle cell anemia and their families
Capacity: 10 to 15 people for each support group
Coverage area: Province of Québec
Hours: support groups: Saturdays
Fees: membership fees, support group: free
Financing: self-financing, donations
Legal status: non-profit organization

SJÖGREN'S SYNDROME ASSOCIATION
3155 Hochelaga Street, Suite 001, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
1 877 934-3666     Fax: 514 934-1241
Website: www.sjogrens.ca
Email: sjogren.montreal@qc.aira.com
Services: * Support group for people with Sjögren's Syndrome.* Information for patients and their families.
Eligibility: people with the Sjögren's syndrome and their families
Coverage area: Province of Québec
Hours: 2 days per week, voice mail: 24/7
Fees: membership: $30 per year
Financing: contributions, provincial grant
Legal status: non-profit organization

THÉÂTRE APHASIQUE
225 Sherbrooke Street East, Le Plateau-Mont-Royal, Montréal, QC, H2X 1C9
514 288-8201 ext. 4868     Fax: 514 288-7076
Website: www.theatreaphasique.org
Email: theatreaphasique@hotmail.com
Services: * Theatre workshops.* Video workshop.* Theatre presentations.* Awareness through plays for the general public.
Eligibility: people with aphasia
Capacity: 125 people
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: provincial, self-financing, donations, foundations, grants
Legal status: non-profit organization

WAR AMPS (THE)
606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9
1 800 265-0494     Fax: 514 398-0699
Website: waramps.ca
Email: customerservice@waramps.ca
Services: Financial help and moral support.
Eligibility: children, adults and veterans amputees
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: donations
Legal status: non-profit organization
The Blind

ACCESSIBILITÉ MÉDIA INC.
625 René-Lévesque Boulevard West, Suite 1500, Ville-Marie, Montréal, QC, H3B 1R2
1 844 398-0947  Fax: 514 904-1109
Website: www.amitele.ca
Email: amitele@ami.ca

Services: * French-language station broadcasting all described video content.
Eligibility: people who are blind or partially sighted
Coverage area: Canada
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE VOILE ADAPTÉE
1 Cartier Avenue, Pointe-Claire, Montréal, QC, H9S 4R3
514 846-2171
Website: www.aqva.org
Email: info@aqva.org

Services: Promote autonomy of people living with a physical or sensorial disability. * Accompanied adapted sailing outing, individual or in group.* Adapted sailing theoretical and practical classes.* Racing sailing classes.* Youths program: accompanied outing for youths aged 10 to 18 years old.* Thematic events for members.
Eligibility: people living with a physical or sensorial disability
Coverage area: Greater Montreal and Sherbrooke
Hours: Monday 13h00 to 21h00, Tuesday to Friday 10h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Fees: adapted sailing outing: $15, membership card: $15 per year
Financing: federal, provincial, municipal, fundraising campaign and self-financing
Legal status: non-profit organization

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ
Grande Bibliothèque, 475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4
1 866 410-0844
Website: www.banq.qc.ca/sqla/services
Email: sqla@banq.qc.ca

Services: * Loan service for adapted books: Braille books, audio books, digital documents and cross-media works.* Computer workstations adapted locally.* Sending books by mail upon request.
Eligibility: people with visual impairments
Coverage area: Province of Québec
Hours: Tuesday to Friday 10h00 to 22h00, Saturday and Sunday 10h00 to 18h00
Financing: provincial
Legal status: provincial government agency

CERCLE DES HANDICAPÉS VISUELS DE VILLE-MARIE
3200 de la Pépinière Avenue, Apartment 225, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3R3
514 255-3434

Services: * Social, recreational, sports and cultural activities for members and their guests.* Social club.
Eligibility: people with a visual impairment
Coverage area: Greater Montréal
Fees: membership card: $8, variable for activities
Financing: self-financing
Legal status: non-profit organization
MCGILL ACADEMIC EYE CENTRE
5252 De Maisonneuve Boulevard West, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 3J1
514 843-1613
Website: www.cusm.ca
Services: Includes all external ophthalmology clinics for adults of the Department of Ophthalmology at McGill University. * Examinations, diagnostics and minor surgery for those with complex eye problems.* Educational institution.
Eligibility: patients with ophthalmologic problems
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

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

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

Therapy and rehabilitation centres

ASSOCIATION DES PARENTS DE L'HÔPITAL RIVIÈRE-DES-PRAIRIES
7070 Perras Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 1A4
514 323-7260
Services: Informs parents on care and services available at the hôpital Rivière-des-Prairies and rehabilitation centres for intellectual disability. * Support to parents and relatives.
Eligibility: parents with sick or disabled children
CATHERINE BOOTH HOSPITAL
4375 Montclair Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2J5
514 484-7878
Website: www.ciusss-centreouestmtl.gouv.qc.ca
Services: Hospital of rehabilitation specialized in short term care and recovery. * Orthopedic, cardiologic, neurological cares and physiotherapy.
Coverage area: province of Québec
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization

CÉGEP MARIE-VICTORIN - CLINIQUE DE PHYSIOTHÉRAPIE
7000 Marie-Victorin Street, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1G 2J6
514 328-3833
Website: www.collegemv.qc.ca
Services: * Physiotherapy clinic offering treatments at a low price by students of the physical rehabilitation program, under the supervision of a member of the Ordre professionnel de la physiothérapie du Québec.* A physiotherapy assessment is required.
Eligibility: anyone with a musculoskeletal problem, whether covered by private insurance or not
Coverage area: province of Québec
Hours: by appointment
Fees: physiotherapy assessment and opening of file: $75, treatment: $25, $15 for students
Financing: self-financing
Legal status: parapublic organization

CENTRE D’AUTONOMIE FONCTIONNELLE
5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696     Fax: 514 766-3472
Website: www.physergo.com
Services: Adapted fitness centre. * Various classes.
Eligibility: people with reduced mobility and seniors
Coverage area: Montréal
Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday and Friday 7h00 to 17h00
Fees: variable depending on the class
Financing: self-financing
Legal status: non-profit organization

CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE
3175 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1C5
514 345-4931
Website: www.chu-sainte-justine.org
Services: Pediatric and obstetric health centre affiliated with the Université de Montréal. * General, specialized and ultraspécialized care.* Pediatric emergency.* Designated centre for children and teenagers victims of sexual assault: specialized health and psychosocial services.* Specializations: perinatal care, cardiac sciences, oncology, neurodevelopment, musculoskeletal diseases, movement sciences.* Centre de réadaptation Marie Enfant: rehabilitation and social integration in various living environments and in the CHUM network.
Eligibility: mothers and children
Capacity: 450 beds
CENTRE PHILOU
2450 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1B1
514 739-4861   Fax: 514 739-6019
Website: www.centrephilou.com
Email: info@centrephilou.com
Services: * Respite for 24-48 hours minimum with adapted activities such as arts, music and communication.* Stimulation workshops to develop motor skills, communication and socialization.
Eligibility: severely or poly-handicapped children 0 to 15 years old
Capacity: 7 children

CLINIQUE MÉDICALE PHYSERGO - VERDUN
5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 766-1696
Website: www.physergo.com
Email: info@physergo.com
Services: Medical clinic offering physical rehabilitation programs. * Preventative health, travel health, fibromyalgia, occupational therapy, physiotherapy, kinesiology, osteopathy, massotherapy, psychology and home care.* Individual counseling for mental health issues concerning physical pain.* Specialized gym.* Blood samples.

HÔPITAL DU SACRÉ-COEUR DE MONTRÉAL - PAVILLON PRINCIPAL
5400 Gouin Ouest Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4J 1C5
514 338-2222
Website: www.hscm.ca

Coverage area: Province of Québec
Hours: 24 hours, 7 days
Financing: provincial
Legal status: parapublic organization
HÔPITAL MARIE-CLARAC
3530 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1B7
514 321-8800
Website: www.hopitalmarie-clarac.qc.ca
Services: Short-term rehabilitation care. * Orthopedics, subacute care, physiotherapy, occupational therapy, social work, psychology.* Medical imaging, clinical nutrition, pharmacy.* Oasis de paix: palliative care.
Eligibility: adults with a loss of functional autonomy following an illness or chirurgy and in need of rehabilitation care, people at the end of life
Hours: admission: Monday to Friday 7h30 to 15h30
Financing: provincial, foundation
Legal status: parapublic organization

ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC
2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9
514 844-5778 Fax: 514 844-0478
Website: www.oeq.org
Email: ergo@oeq.org
Eligibility: public, occupational therapist
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

ORDRE DES ORTHOPHONISTES ET AUDIOLOGISTES DU QUÉBEC
235 René-Lévesque Boulevard East, Suite 601, Ville-Marie, Montréal, QC, H2X 1N8
514 282-9123 Fax: 514 282-9541
Website: www.ooaq.qc.ca
Email: info@ooaq.qc.ca
Services: Professional order. * Protection of the public in the area of practice of the members: hearing, language, voice, speech, communication and related disorders.* Admission control to pathologist and audiologist titles.* Supporting maintenance and development of the abilities of the members.* Monitoring the quality and integrity of their professional practice.* Online directory of speech therapist and audiologist in private practice: www.ooaq.qc.ca/ou-consulter/repertoire
Eligibility: public, pathologists and audiologists
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h30 to 16h30
Financing: membership fees, self-financing
Legal status: non-profit organization

RICHARDSON HOSPITAL
5425 Bessborough Street, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4V 2S7
514 484-7878
Website: www.ciusss-centreuuestmlt.gouv.qc.ca
Services: Subacute care, geriatric and neurologic rehabilitation.
Coverage area: province of Québec
Financing: provincial
Legal status: parapublic organization
Psychosocial support

CAREGIVERS

CRIME AND VIOLENCE PREVENTION

DOMESTIC VIOLENCE

HELPLINES

SEXUAL ASSAULT AND INCEST

SUPPORT FOR VICTIMS

THERAPY AND COUNSELLING
Caregivers

ALZHEIMER GROUPE
5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 485-7233 Fax: 514 485-7946
Website: www.agiteam.org
Email: info@agiteam.org


Eligibility: people and families affected by dementia, such as Alzheimer's or related disorders, caregivers, friends, health care professionals and students, public

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable fees according to services, day center: $20 per day

Financing: donations, grants, provincial

Legal status: non-profit organization

ALZHEIMER SOCIETY OF MONTRÉAL
4505 Notre-Dame West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 369-0800 Fax: 514 369-4103
Website: www.alzheimer.ca/en/montreal
Email: info@alzheimermontreal.ca


Eligibility: people with Alzheimer's disease or related disorders, caregivers, health professionals, anyone wishing to obtain information

Capacity: support group: 15 participants

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00

Financing: donations, membership fees, fundraising campaigns

Legal status: non-profit organization

AMI QUÉBEC - ACTION ON MENTAL ILLNESS
5800 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 2J5
1 877 303-0264
Website: www.amiquebec.org
Email: info@amiquebec.org

Services: * Thematic support groups with a facilitator for people with psychiatric problems and their relatives, caregivers.* Education, guidance, support and information to families: conferences, newsletter, consultation.* Documentation centre about mental health.

Eligibility: people with mental illness, their relatives, caregivers and friends

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUÉBEC
5415 Paré Street, Suite 200, Mont-Royal, Montréal, QC, H4P 1P7
1 877 725-7725 Fax: 514 725-6184
Website: www.sla-quebec.ca
Email: info@sla-quebec.ca

Services: Active communications with health and social service institutions and health professionals to raise public awareness on ALS. * Monthly open support group: one for patients and another for families.* Helpline and referral services.* Social activities.* Fundraising for research.

Eligibility: people with amyotrophic lateral sclerosis, their caregivers and family

Capacity: approximately 4 or 5 people per support group meetings

Coverage area: province of Québec

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: membership card: $25

Financing: membership fees, grants, fundraising campaign

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MERCIER
6070 Sherbrooke Street East, Suite 104, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
1 888 768-6669 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca


Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers

Coverage area: Island of Montréal

Hours: 3rd Monday of each month: 13h30 to 15h30

Fees: free

Financing: fundraising, donations

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MONTRÉAL - APNÉE DU SOMMEIL
6070 Sherbrooke Street East, Suite 104, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca

Services: Self-help group on sleep apnea. * Coffee-meetings, lectures with health professionals.

Eligibility: people with sleep apnea, their spouse and caregivers

Coverage area: Montreal Island

Hours: the 2nd Tuesday of the month 13h30 to 15h30

Fees: free

Financing: fundraising, donations

Legal status: non-profit organization
ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MONTRÉAL-AHUNTSIC
CLSC d’Ahuntsic, 1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 287-7400 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca
Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers
Coverage area: Montreal Island
Hours: last Wednesday of the month 13h30 to 15h00
Fees: free
Financing: fundraising, donations
Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE VERDUN
4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A2
1 888 768-6669 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca
Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers
Coverage area: Montreal Island
Hours: 1st Monday of each month: 1330 to 16h00
Fees: free
Financing: fundraising, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES LARYNGECTOMISÉS
5565 Sherbrooke Street East, 5th Floor, Rosemont-La Petite-Patrie, Montréal, QC, H1N 1A2
1 844 285-2335 Fax: 514 259-8946
Website: www.fqlar.qc.ca
Email: fqlar@fqlar.qc.ca
Services: * Information by phone, online or in person.* Visits in hospitals for people who are about to be operated.* Self-help and social meetings.* Documentation.* Symposums.
Eligibility: laryngectomized people, their relatives, health professionnals
Coverage area: Province of Québec
Hours: Monday to Thursday 9h30 to 15h00, monthly meeting: 3rd Wednesday of the month
Financing: provincial, donations, contributions
Legal status: non-profit organization

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

**CARREFOUR DES FEMMES DE SAINT-LÉONARD**
8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5
514 325-4910    Fax: 514 325-4977
Website: www.cfsl-femmes.com
Email: cfsl@bellnet.ca
**Services:** * Reception, active listening and helping relationship.* Referral, information and documentation.* Classes, workshops, conferences.* Special activities.* Weekly open therapeutic support groups for women coping with psychological or relationship difficulties.* Services for caregivers: support groups, training and residence visits.
**Eligibility:** women
**Capacity:** support group: 5 to 8 persons per meeting
**Coverage area:** Saint-Léonard, Greater Montréal
**Hours:** Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30
**Fees:** annual membership: $5, conferences and support group meetings: free
**Financing:** donations, grants, membership fees
**Legal status:** non-profit organization

**CLSC BORDEAUX-CARTIERVILLE - SUPPORT GROUP FOR CAREGIVERS**
CLSC Bordeaux-Cartierville, 11822 Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572    Fax: 514 331-6185
Website: www.csssbcstl.qc.ca
Email: jennifer.warwick.bcstl@ssss.gouv.qc.ca
**Services:** Groups on different topics to help caregivers and prevent exhaustion, in french.
**Eligibility:** caregivers of people followed by the home support services of the CLSC Bordeaux-Cartierville
**Capacity:** closed group: average of 10 participants
**Coverage area:** CLSC Bordeaux-Cartierville
**Hours:** 10 afternoon weekly meetings
**Financing:** provincial
**Legal status:** parapublic organization

**CLSC DE VERDUN - GROUPES DE SOUTIEN POUR LES AIDANTS NATURELS**
400 de l’Église Avenue, Verdun, Montréal, QC, H4G 2M4
514 766-0546 ext. 52308
Website: www.sov.qc.ca
**Services:** * Support group with themed workshops.* Open discussion groups in partnership with the Groupe des Aidants du Sud-Ouest.* The groups are held at the CLSC de Verdun.
**Eligibility:** caregivers of people served by the CSSS de Verdun home support services
**Capacity:** 2 groups per year
**Coverage area:** Montréal: Verdun and Southwest
**Hours:** Monday to Friday 8h00 to 20h00, meetings during the day
**Fees:** no charge
**Financing:** provincial
**Legal status:** parapublic organization
CLSC SAINT-LAURENT - SUPPORT GROUP FOR CAREGIVERS
CLSC Saint-Laurent, 1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 331-2572  Fax: 514 331-6185
Website: www.csssbcstl.qc.ca
Email: jennifer.warwick.bcstl@ssss.gouv.qc.ca
Services: Groups on different topics to help caregivers and prevent exhaustion, in english.
Eligibility: caregivers taking care of people followed by the home support services of the CLSC Saint-Laurent
Capacity: closed group: average of 10 participants
Coverage area: CLSC Saint-Laurent
Hours: 10 meetings weekly in the afternoon
Financing: provincial
Legal status: parapublic organization

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

FEDERATION OF QUÉBEC ALZHEIMER SOCIETIES
5165 Sherbrooke Street West, Suite 200, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
1 888 636-6473  Fax: 514 369-7900
Website: www.alzheimerquebec.ca
Email: info@alzheimerquebec.ca
Services: * Advocacy and awareness.* Public information and training of health care professionals.* Support, counselling workshops, follow-up.* Housing support.* Respite and stimulation.* MedicAlert and Secu-retour programs.* Provincial research funds.
Eligibility: people with Alzheimer's disease, their family and caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: membership fees, donations, grants
Legal status: non-profit organization

GROUPE DES AIDANTS DU SUD-OUEST
8564 Newman Boulevard, Suite 206, Lasalle, Montréal, QC, H8N 1Y5
514 564-3061  Fax: 514 564-3081
Website: www.aidantssudouest.org
Email: groupedesaidantsdusudouest@videotron.ca
Services: * Active listening by phone or on site.* Information and referral.* Psychosocial support.* Relaxation, health, writing and art-therapy workshops.* French and English support groups.* Monthly conference.
Eligibility: caregivers of people 50 years and over
Capacity: support groups: about 10 people per group
Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine and Dorval
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 21h00, workshops: view calendar
**HUNTINGTON SOCIETY OF QUÉBEC**

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

1 877 282-2444     Fax: 514 937-0082

Website: www.huntingtonqc.org

Email: shq@huntingtonqc.org

**Services:**
* Weekly workshops on sensorimotor stimulation for the affected people.*
* Open support group for caregivers and families.*
* Public awareness.*
* Family support and training.*
* Conference day.*
* Summer camp for affected people.*
* Healing stay for caregivers.

**Eligibility:** people with Huntington disease, their families and caregivers (adults and teenagers)

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** membership: $10 per year (phone and psychosocial support, workshops and conferences are free for members)

**Financing:** provincial

**Legal status:** non-profit organization

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**MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - MONTRÉAL SECTION**

550 Sherbrooke Street West, East Tower, Suite 1010, Ville-Marie, Montréal, QC, H3A 1B9

514 849-7591     Fax: 514 849-8914

Website: www.mssociety.ca

Email: info.montreal@mssociety.ca

**Services:**
* Information on the different aspect of the illness.*
* Educational and training sessions for professionals and volunteers.*
* Referrals to services.*
* Right advocacy.*
* Promote and fund medical research on the cause and cure of the disease.*
* Listening service.*
* Support groups.*
* Wheelchair loan.*
* Leisure activities.

**Eligibility:** patients with multiple sclerosis and their family

**Capacity:** depends on the activity

**Coverage area:** Montréal Island

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

**Fees:** membership card: $10 per year, activitie: free or at low cost

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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

881 de l'Église Street, Verdun, Montréal, QC, H4G 2N4

514 368-4824

Website: www.pabemsom.org

Email: informations@pabemsom.org

**Services:**
* Information, hotline, individual meetings, awareness.*
* Respite program for families.*
* Self-help group and weekly open discussion between caregivers, with a moderator.*
* Individual meetings for young people 14 to 17 years old with a relative who is suffering from a mental health problem.*
* Training and workshops.

**Eligibility:** immediate relative of a person with mental illness

**Coverage area:** South West of Montréal and surroundings

**Hours:** Monday to Thursday 10h00 to 20h00, meetings during the evening

**Fees:** membership card: $20 per year

**Financing:** provincial, foundation

**Legal status:** non-profit organization
PARKINSON MONTREAL-LAVAL
550 Sherbrooke Street West, West Tour, Suite 471, Ville-Marie, Montréal, QC, H3A 1B9
514 868-0597     Fax: 514 861-4510
Website: www.parkinsonmontreal-laval.ca
Email: montreal-laval@parkinsonquebec.ca
Services: * Referral and information line.* Meeting for people recently diagnosed and their families.* Support group.* Caregiver support group.* Referrals for adapted exercises: singing, dancing, boxing, personalized training.* Conferences.
Eligibility: people with a diagnosis of Parkinson's, their friends and families
Coverage area: Montréal and Laval
Hours: Tuesday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

POLIO QUÉBEC ASSOCIATION
3500 Décarie Boulevard, Suite 219A, Montréal, Montréal, QC, H4A 3J5
1 877 765-4672
Website: www.polioquebec.org
Email: association@polioquebec.org
Services: * Providing support and information to those who had polio.* Raising public awareness on all aspects of polio, including prevention.
Eligibility: public, people who have had Polio or Post-Polio Syndrome
Capacity: 360 members
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

QUÉBEC LUNG ASSOCIATION
6070 Sherbrooke Street East, Suite 104, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 232     Fax: 514 287-1978
Website: www.pq.lung.ca
Email: info@pq.poumon.ca
Services: Prevention of respiratory diseases. * Scientific research and education.* Helpline about pulmonary health.* One English support group in Montréal for respiratory diseases (COPD, asthma, sleep apnea, fibrosis, sarcoidosis, pulmonary cancer) for patients and caregivers.* Lung education and rehabilitation center Inspir’er.* Annual day on COPD.* Biennial educational day in sleep apnea.
Eligibility: people and families of people with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD)
Coverage area: Province of Québec, help groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Lévis, Québec and Rimouski
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

REGROUPEMENT DES AIDANTES ET AIDANTS NATURELS DE MONTRÉAL
1030 Beaubien Street East, Suite 204, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1T4
514 374-1056     Fax: 514 374-3040
Website: www.raanm.net
Email: info@raanm.net
Services: * Reception, active listening and referral.* Awareness and promotion.* Lectures on the realities faced by caregivers.* Balancing work and caregiving responsibilities.
Eligibility: caregivers, health care providers of a relative with loss of autonomy, a degenerative disease or nearing the end of life
Coverage area: Montréal Island
Hours: administration: Monday to Thursday 9h00 to 12h30 and 13h30 to 17h00
Fees: annual membership: individual membership $10, corporatif membership $20
Financing: self-financing, provincial, grants
Legal status: non-profit organization

RÉSEAU D'ACTION POUR LES AIDANTS DE JEANNE-MANCHE
1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2
514 972-1752
Email: projetraaj@gmail.com
Eligibility: caregivers of seniors
Coverage area: CSSS Jeanne-Mance: Le Plateau Mont-Royal, Ville-Marie
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h00
Fees: free
Financing: grants
Legal status: non-profit organization

SERVICES PLUS DES TROIS PIGNONS
1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2
514 524-3015 Fax: 514 524-2086
Website: www.toursfrontenac.com
Email: mhgauthier@g3p.ca
Services: * Services to residents of Frontenac Towers: meals-on-wheels, medical accompaniment, foot care.* Psychological support: support group for caregivers. * Educational, social and cultural activities. * Intervention.
Eligibility: residents of Frontenac towers
Coverage area: Sainte-Marie district
Hours: Monday to Friday 7h00 to 12h00 and 13h00 to 16h30
Fees: variables for the activities
Financing: self-financing
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
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
WEST ISLAND CANCER WELLNESS CENTRE
115 Barry Street, Beaconsfield, Montréal, QC, H9H 0C4
514 695-9355  Fax: 514 695-9315
Website: www.wicwc.org
Email: info@wicwc.org

Services: Complementary services and programs adapted to emotional, physical and and spiritual needs of people living with cancer. * Psychosocial, psychological, and spiritual accompaniment.* Support groups such as: Newly diagnosed, Healing your life and On the Road to health.* Programs and workshops: Reiki, Yoga, nutritional cooking, art therapy, therapeutic touch.

Eligibility: anyone coping with cancer, either having it themselves or supporting someone with cancer
Coverage area: West Island and surroundings
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h00, Wednesday 8h30 to 20h00, most programs are offered during the day
Fees: free
Financing: donations
Legal status: non-profit organization

WEST ISLAND MULTIPLE SCLEROSIS SELF-HELP GROUP
3869 des Sources Boulevard, Suite 204, Dollard-Des Ormeaux, Montréal, QC, H9B 2A2
514 676-1588  Fax: 514 676-1589
Website: www.scleroseenplaques.ca/qc
Email: grpsspbo@videotron.ca


Eligibility: persons with multiple sclerosis, caregivers
Capacity: 40 to 50 people per meeting
Coverage area: West Island
Hours: people with multiple sclerosis: group during the day, caregivers: group during the evening
Financing: provincial
Legal status: non-profit organization

Crime and violence prevention

CENTRE DE RESSOURCES SUR LA NON-VIOLENCE
Maison St-Charles, 1945 Mullins Street, Suite 160, Le Sud-Ouest, Montréal, QC, H3K 1N9
514 272-5012
Website: www.nonviolence.ca
Email: cmnv@nonviolence.ca


Eligibility: organizations, institutions
Coverage area: province of Québec
Hours: Monday to Thursday 9h00 to 17h00, Friday 12h00 to 17h00
Fees: pricing adapted to the reality of communities
Financing: self-financing, donations, grants
Legal status: non-profit organization
CENTRE FOR THE PREVENTION OF RADICALISATION LEADING TO VIOLENCE
800 De Maisonneuve Boulevard East, Suite 602, Ville-Marie, Montréal, QC, H2L 4L8
514 687-7141 Fax: 514 687-7229
Website: www.info-radical.org
Email: info@info-radical.org
Coverage area: Province of Québec
Hours: helpline: 24 hours, 7 days
Fees: free
Financing: municipal, provincial
Legal status: non-profit organization

ÉCHEC AU CRIME
P.O. Box 7, Anjou Station, Anjou, Montréal, QC, H1K 4G5
1 800 711-1800
Website: www.echecaucrime.com
Email: administration@echecaucrime.com
Services: Anonymous reporting and transmission of crime related information. * Anonymous and free reporting online or by phone.* List of wanted suspects.
Coverage area: Province of Québec
Hours: reporting: 24 hours, 7 days
Fees: free
Financing: grants
Legal status: non-profit organization

FONDATION JASMIN ROY
555 René-Lévesque Boulevard West, Suite 1200, Ville-Marie, Montréal, QC, H2Z 1B1
514 393-8772 Fax: 514 393-9843
Website: fondationjasminroy.com
Email: info@fondationjasminroy.com
Services: * Assistance to organizations helping young bullying victims.* School support program, practical guides.* Anti-bullying campaigns, contests.* Grandes Rencontre: teaching staff training tour.
Eligibility: organizations, schools and school workers
Coverage area: Province of Québec
Financing: donations, fundraising campaigns, provincial
Legal status: non-profit organization

INFO-CRIME MONTRÉAL
Confidential Address
514 393-1133
Website: www.infocrimemontreal.ca
Services: Anonymous reporting of criminal activities by phone or online.
Coverage area: Montréal
Financing: municipal
Legal status: non-profit organization

PRÉVENTION SUD-OUEST
6000 Notre-Dame Street West, West Entrance, 2nd Floor, Le Sud-Ouest, Montréal, QC, H4C 3K5
514 761-4151 Fax: 514 761-7451
Website: www.prevention-sud-ouest.com
Email: info@psotm.org
Services: Reduction of all forms of crime and violence. * Workshops and information on safety at home and in public places.* Targeted information and advice on youth and seniors’ safety.* Tandem-Montréal program: improvement of the sense of security in streets, alleys, parks, businesses and homes.* BUMP Project: Burgundy Urban Mediation Project.* Participation in various roundtables.
Coverage area: Côte-Saint-Paul, Griffintown, Little Burgundy, Pointe-Saint-Charles, Saint-Henri and Ville-Émard
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Legal status: non-profit organization

Domestic violence

AUERGHE SHALOM POUR FEMMES
Confidential Address
514 731-0833 Fax: 514 731-8337
Website: www.aubergeshalom.org
Email: infoaspf@videotron.ca
Services: Shelter. * Crisis intervention and counselling.* Referral and representation within social services.* Assistance with medical and legal procedures.* Counselling for ex-residents.* Support and information hotline.
Eligibility: women victims of domestic violence of all origins, their children, specialized services for the Jewish community
Capacity: 12 women with their children
Coverage area: Montréal
Hours: 24 hours, 7 days
Fees: free
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

AUERGHE TRANSITION
Confidential Address
514 481-0495 Fax: 514 481-8926
Website: www.aubergertransition.org
Email: aubtrans@qc.aira.com
Services: * Free housing and consultation centre.* Support, accompaniment, referral and post-housing follow-up.* Group support. * Emergency helpline service, 24/7.* Free and confidential service.
Eligibility: women with or without children victims of domestic violence
Capacity: 15 beds
Coverage area: Montréal
Hours: 24/7
Fees: free
Financing: provincial, fundraising campaign
Legal status: non-profit organization

CENTRE DE FORMATION SOCIALE MARIE-GÉRIN-LAJOIE
5070 Berri Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2R9
514 276-4853
Website: www.formationnonviolence.org
Email: info@formationnonviolence.org
Services: Violence prevention in living and work environments. * Non-violent communication and conflict management training.* Conflict resolution and mediation assistance.* Creation of meeting spaces to encourage dialogue.
Eligibility: citizens, community, cooperative and institutional organizations
Coverage area: Greater Montréal
GCC LA VIOLENCE
545 Joliette Street, Suite 3, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3E3
514 257-9028
Website: www.gcclaviolence.com
Email: gcclaviolence@qc.aira.com
Services: Prevention of violence and crime. * Intervention in elementary, secondary schools and business.*
L'Apparte and Studio Jeunesse: intervention center for children and families living in HLM in Hochelaga-Maisonneuve and activities for youth.
Eligibility: youth in primary and secondary schools, teenagers from Hochelaga-Maisonneuve, families living in the neighborhood's HLM
Coverage area: Montréal: Hochelaga-Maisonneuve
Hours: variable
Financing: provincial, donations
Legal status: non-profit organization

MAISON DALAUZE
Confidential Address
1 866 619-4222  Fax: 514 640-0865
Website: www.maisondalauze.com
Email: maisondalauze@videotron.ca
Individual and group activities.* Youth counselling.* External follow-up for formerly or non-housed women.*
Telephone listening.
Eligibility: women and children victims of violence
Capacity: 12 people
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: provincial
Legal status: non-profit organization

MAISON FLORA TRISTAN
Confidential Address
514 939-3463  Fax: 514 939-3465
Website: www.maisonfloratristan.com
Email: aide@maisonfloratristan.com
Services: 1st and 2nd stage housing and support for women victims of domestic violence.
Eligibility: women victims of domestic violence with or without children and from all cultural communities
Capacity: 16 places and 9 apartments
Coverage area: Montréal
Hours: 24 hours, 7 days
Financing: donations, provincial
Legal status: non-profit organization
MAISON SECOURS AUX FEMMES DE MONTRÉAL

Confidential Address
514 593-6353  Fax: 514 593-7241
Email: maisonsecours@videotron.ca

Services: Support to women victims of domestic violence. * Shelter.* Information and referral.* Listening, phone or external counselling.* Post-housing follow-up, accompaniment.* Interpretation.* Awareness and prevention.

Eligibility: women victims of domestic violence with or without children
Capacity: 15 people
Coverage area: Montréal and surroundings
Hours: 24 hours, 7 days
Financing: provincial
Legal status: non-profit organization

NOUVELLE ÉTAPE

Confidential Address
514 328-0705  Fax: 514 328-2047
Email: nouvelle-etape@hotmail.com

Services: Transition apartments for women and their children victims of domestic violence.

Eligibility: women victims of domestic violence, with or without children
Capacity: 8 4 1/2 apartments
Coverage area: Greater Montréal and surroundings
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: low cost
Financing: federal, provincial
Legal status: non-profit organization

OPTION - UNE ALTERNATIVE À LA VIOLENCE CONJUGALE ET FAMILIALE

1150 Saint-Joseph Boulevard East, Suite 104, Le Plateau-Mont-Royal, Montréal, QC, H2J 1L5
514 527-1657  Fax: 514 527-2088
Website: www.optionalternative.ca
Email: option@cooptel.qc.ca

Services: * Follow-up groups for violent people in conjugal and family context.* Group monitoring (minimum of 21 meetings) prerequisite for individual, conjugal and familial follow-up.* Follow-up groups for violent women and men.* Training or supervision for stakeholders and institutions.* Observation internship.* Needs assessment.* Conferences and custom workshops.

Eligibility: violent spouses, their families
Capacity: 6 groups per week, 2 groups for women, 4 groups for men
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: according to income, minimum $10 per meeting
Financing: provincial, self-financing
Legal status: non-profit organization

PARADOS INC. (LE)

Confidential Address
514 637-3529  Fax: 514 637-3345
Website: www.leparados.com
Email: parados@videotron.ca

Services: Housing for women victims of domestic violence. * Information and referral.* Phone listening.* Counselling.* Psychosocial and crisis intervention.* Assistance with procedures.* Accompaniment, post-shelter and external follow-up for women and children.* Animation and intervention for children.* Awareness and information in the community.
Eligibility: women victims of domestic violence with or without children
Capacity: 16 places
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

PASSERELLE
Confidential Address
514 939-0512  Fax: 514 939-2887
Website: www.passerelle2e.ca
Email: info@passerelle2e.ca

Services: Second stage housing for women victims of conjugal violence. * Personalized and professional counselling.* Support in social and legal matters.* General support and help including orientation and referrals for specialized resources.* Safe and confidential transitional housing fostering a better emotional and social rehabilitation.* Workshops, social and cultural group activities for women and their children.* Post-shelter follow up.* Prevention, awareness and education in the community.
Eligibility: women victims of conjugal violence 18 years and older with or without children, who have been staying in an emergency shelter
Capacity: 11 apartments
Coverage area: province of Québec
Hours: variable
Financing: provincial, federal, donations, grants
Legal status: non-profit organization

PRO-GAM - CENTRE D'INTERVENTION ET DE RECHERCHE EN VIOLENCE CONJUGALE ET FAMILIALE
1453 Beaubien Street East, Suite 205, Rosemont-La Petite-Patrie, Montréal, QC, H2G 3C6
514 270-8462  Fax: 514 270-8849
Website: www.pro-gam.ca
Email: info@pro-gam.ca

Services: Group psychotherapy for men with abusive or violent behaviours. * Individual meetings.* Crisis intervention.* Information and referral for spouses.* Professional training and conferences.
Eligibility: adult men with abusive or violent behaviours
Capacity: 6 groups per week
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: according to the income
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

Helplines

MCGILL STUDENTS’ NIGHTLINE
Confidential Address
514 398-6246
Website: www.ssmu.mcgill.ca/nightline
Email: nightlineexternal@gmail.com

Services: Anonymous and confidential active listening service during the evening and at night. * Information and referral.* Crisis intervention.
Eligibility: general public
Coverage area: le Québec
Psychosocial support

**Hours:** 7 days a week, evening between 18h00 and 3h00 during the fall and winter semesters, closed during the summer, the holidays and for study week
**Legal status:** non-profit organization

**SOS VIOLENCE CONJUGALE**
Confidential Address
1 800 363-9010  Fax: 514 728-4247  **TTY:** 1 800 363-9010
**Website:** www.sosviolenceconjugale.ca
**Email:** sos@sosviolenceconjugale.ca
**Services:** Bilingual, anonymous and confidential assessment, information, awareness, support and referral. * Available by phone, by TTY for deaf people and by email.
**Eligibility:** victims of domestic violence, people affected by the issue
**Coverage area:** Province of Québec
**Hours:** 24/7
**Fees:** free
**Financing:** provincial, donations
**Legal status:** non-profit organization

**TEL-ÉCOUTE**
6665 de Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1M2
514 493-4484
**Website:** www.tel-ecoute.org
**Email:** info@tel-ecoute.org
**Services:** * Active listening over the phone and follow-up.* Individual meetings.* Conferences.* Referrals.* Training for volunteers.
**Eligibility:** people 18 years old and over
**Coverage area:** Greater Montréal
**Hours:** 7 days, 10h00 to 22h00
**Fees:** free
**Financing:** donations, provincial
**Legal status:** non-profit organization

**Sexual assault and incest**

**CALACS TRÈVE POUR ELLES**
Confidential Address
514 251-0323  Fax: 514 251-2433
**Website:** www.trevepourelles.org
**Email:** trevepourelles@gmail.com
**Services:** * Information, referral, assessment.* Individual meetings for teenagers 14 to 17 years old.* Support groups for women 18 years and over.* Accompaniment with legal procedures.* Thematic and awareness workshops in various environments.* Training.
**Eligibility:** women 14 years and over victims of sexual assault
**Coverage area:** Montréal
**Hours:** Monday to Thursday 9h00 to 17h00, some services in evenings
**Fees:** free
**Financing:** provincial, self-financing, donations
**Legal status:** non-profit organization
CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - WEST ISLAND
Confidential Address
514 684-2198  Fax: 514 684-4703
Website: www.calacsdelouest.ca
Email: info@calacsdelouest.ca
Services: * Individual sessions, information, phone support for survivors and relatives.* Public awareness and education, prevention and advocacy to eradicate sexual violence.* Weekly support groups of 15 meetings for the survivors, thematic groups.* Accompaniment through legal process.
Eligibility: women and teens 14 years and more, victims of sexual assault
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00, support group at night
Financing: provincial, donations, grants
Legal status: non-profit organization

INFO LINE FOR VICTIMS OF SEXUAL ASSAULT
Confidential Address
514 270-2900  Fax: 514 274-7591
Website: shieldofathena.com
Email: bouclierdathena@bellnet.ca
Services: Multilingual information and help on resources available for women and children victims of sexual assault.
Eligibility: women and children from multicultural communities
Coverage area: Montréal and Laval
Hours: 24/7, answering machine
Financing: federal
Legal status: non-profit organization

MONTRÉAL ASSAULT PREVENTION CENTRE
4617 Saint-Denis Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 2L4
514 284-1212
Website: www.cpamapc.org
Email: centre@cpamapc.org
Services: Assault prevention program for children aged 3 to 12, teens, girls, women with physical disabilities and people with intellectual disabilities. * Information and referral workshops.* Self-defence course for teenage girls and women.
Eligibility: individuals, organizations
Coverage area: Greater Montreal
Hours: Monday to Thursday from 9h30 to 16h30
Financing: membership fees, foundations, provincial
Legal status: non-profit organization

MONTREAL SEXUAL ASSAULT CENTRE
Confidential Address
514 933-9007  Fax: 514 933-4377
Website: www.cvasm.org
Email: info@cvasm.ca
Eligibility: medical care and clinical follow-up: people 18 years and over, survivors of sexual assault crimes and incest, their relatives, helplines: people of all ages, survivors of sexual assault crimes and incest, their relatives
Coverage area: Montréal, helplines: province of Québec
Hours: 24/7 for medical services and helplines
Financing: provincial, fund-raising campaigns
Legal status: non-profit organization

RESSOURCE AND INTERVENTION CENTER FOR MEN SEXUALLY ABUSED IN THEIR CHILDHOOD (THE)

Confidential Address
514 529-5567  Fax: 514 529-0571
Website: www.criphase.org
Email: info@criphase.org
Eligibility: men 18 years and over sexually abused in their childhood, their relatives, counsellors
Capacity: 1 or 2 English speaking groups per year, groups of 10 people
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, day and evening groups
Fees: variable
Legal status: non-profit organization

SHIELD OF ATHENA (THE), FAMILY SERVICES

Confidential Address
1 877 274-8117  Fax: 514 274-7591
Website: www.shieldofathena.com
Email: bouclierdathena@bellnet.ca
Services: Intervention, awareness and prevention of domestic violence with a cultural and linguistic approach designed for ethnocultural communities. * Services for women: accommodation (Athena's House), consultation, legal clinic, home visits, economic assistance, advocacy and accompaniment, follow-up for former residents of Athena's House, daycare.* Support groups for women victims of conjugal violence and women victims of sexual abuse within the couple.* Youth Services: activities and workshops, support groups.* French language courses.* Information sessions.* Multilingual telephone referral lines.
Eligibility: women victims of family violence and their children, especially people from cultural communities
Coverage area: Greater Montreal
Hours: Monday to Friday 9h00 to 17h00
Financing: federal, provincial, fundraising campaigns, donations
Legal status: non-profit organization

SURVIVORS OF INCEST ANONYMOUS

Chabad Lifeline, 4615 Côte-Sainte-Catherine Road, Basement, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M1
Website: www.siawso.org
Email: sia@innocent.com
Services: Self-help support group guided by a set of 12 Steps and 12 Traditions, adapted from AA, along with Serenity Prayer. * Confidential group discussions and step meetings.
Eligibility: victims of child sexual abuse
Coverage area: Montréal
Hours: Sunday 13h30 to 15h00
Fees: free
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

FONDATION SOUTENIR LES VICTIMES
2118 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 927-8400 Fax: 514 903-8402
Email: foundation.soutenir.victimes@gmail.com
Services: Support for victims of criminal acts. * Information and referrals.* Individual service of needs assessment, psychological support and psychosocial support.* Accompaniment to medical, social or legal appointments.* Assistance in completing forms to obtain compensation.* Financial assistance to cover medical and legal costs for people on a low income.* Raising awareness among relatives and employers of victims of crime in order to facilitate social and professional reintegration.
Eligibility: victims of criminal acts
Coverage area: Province of Québec
Financing: grants, donations
Legal status: non-profit organization

THE WAY OUT
Confidential Address
514 923-7255
Website: www.lasortie.org
Email: info@lasortie.org
Services: Support and assistance for victims of sexual exploitation. * Support in the community for women wishing to leave the sex trade.* Social reintegration.* Development of an intervention model in terms of housing.* Awareness.
Eligibility: people victim of sexual exploitation
Capacity: 30
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: donations, federal, fundraising campaigns
Legal status: non-profit organization

WOMEN AWARE
Confidential Address
514 489-1110 Fax: 514 484-9013
Website: www.womenaware.ca
Email: womenaware@bellnet.ca
Psychosocial support

**Services:** *Listening and support line for women who are or have been victims of domestic violence.*
*Individual and group support sessions.* *Weekly self-help group.* *Conferences.* *Accompaniment to court.*
*Awareness and prevention in schools.*

**Eligibility:** women victims of domestic violence

**Coverage area:** support group: Montréal and surroundings, phoneline: Canada

**Hours:** office: Monday to Friday 9h00 to 16h00, support line: Monday to Friday 10h00 to 15h00, week-end upon request

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

**Legal status:** non-profit organization

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**Therapy and counselling**

**ASSOCIATION QUÉBÉCOISE DE MUSICOTHÉRAPIE**

Confidential Address
514 264-6335

Website: www.musicotherapieaqm.org
Email: info@musicotherapieaqm.org

**Services:** Grouping of music therapists. *Information.* Promotion: lectures, interviews, etc.* Continuing education: improvement workshops and research stimulation.

**Eligibility:** music therapists, students and people interested in music therapy

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

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**CORPORATION DES ZOOTHÉRAPEUTES DU QUÉBEC**

2030 Pie-IX Boulevard, Suite 403, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 355-8001 Fax: 514 355-4159

Website: www.corpozootherapeute.com
Email: info@corpozootherapeute.com

**Services:** Grouping of independent professional zootherapists. *Promotion of zootherapy.* Members: training, insurance, discounts, etc.* Directory of members: corpozootherapeute.com/pages/bottin.php.

**Eligibility:** zootherapists, general public

**Coverage area:** Province of Québec

**Fees:** regular member: $180 per year, newly graduated member: $90 per year

**Financing:** membership fees

**Legal status:** non-profit organization

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**ISMART**

Confidential Address
Website: www.ismartstress.wordpress.com

**Services:** Mobile application for stress management. *Establishment of the chronicity of stress.* *Offer of adapted solutions.*

**Coverage area:** Province of Québec

**Fees:** free

**Financing:** provincial

**Legal status:** provincial government agency

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**LEVIER (LE) - SERVICES DE PSYCHOTHÉRAPIE ACCESSIBLES**

435 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1S4
514 273-7365

Website: www.lelevier.ca
Email: lelevier@lelevier.ca
Services: Psychotherapy.
Eligibility: people on a low income
Capacity: 15 professionals
Coverage area: Greater Montréal
Hours: Monday to Saturday 9h00 to 17h00, availabilities in the evening
Fees: subscription: $10, meeting: depending on the income, minimum of $30
Financing: self-financing, donations
Legal status: non-profit organization

REGROUPEMENT DES SÉPARÉ(E)S ET DIVORCÉ(E)S DE L'OUEST
Centre communautaire Marcel Morin, 14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
438 390-7736
Website: www.rsdo.org
Email: rsdo@videotron.ca

Services: * Information, referrals, mutual aid.* Workshops on self-development.* Coffee chats.* Conferences by professionals on various social issues.* Fitness: yoga, exercises.* Classes to deal with anxiety.
Eligibility: men and women who want to break out of isolation: separated, widows, divorced, single or civil partners
Coverage area: West Island
Hours: variable, conferences: Thursday 19h30 to 22h00
Fees: annual membership: $30 per year
Financing: provincial
Legal status: non-profit organization

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

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

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

SENIORS’ ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

699
ALZHEIMER GROUPE
5555 Westminster Avenue, Suite 304, Côte-Saint-Luc, Montréal, QC, H4W 2J2
514 485-7233     Fax: 514 485-7946
Website: www.agiteam.org
Email: info@agiteam.org


Eligibility: people and families affected by dementia, such as Alzheimer's or related disorders, caregivers, friends, health care professionals and students, public

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: variable fees according to services, day center: $20 per day

Financing: donations, grants, provincial

Legal status: non-profit organization

ALZHEIMER SOCIETY OF MONTRÉAL
4505 Notre-Dame West, Le Sud-Ouest, Montréal, QC, H4C 1S3
514 369-0800     Fax: 514 369-4103
Website: www.alzheimer.ca/en/montreal
Email: info@alzheimermontreal.ca


Eligibility: people with Alzheimer's disease or related disorders, caregivers, health professionals, anyone wishing to obtain information

Capacity: support group: 15 participants

Coverage area: Montréal Island

Hours: office: Monday to Friday 9h00 to 17h00, support groups: depending on location, 13h30 to 15h30 or 19h00 to 21h00

Financing: donations, membership fees, fundraising campaigns

Legal status: non-profit organization

AMI QUÉBEC - ACTION ON MENTAL ILLNESS
5800 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 2J5
1 877 303-0264
Website: www.amiquebec.org
Email: info@amiquebec.org

Services: * Thematic support groups with a facilitator for people with psychiatric problems and their relatives, caregivers.* Education, guidance, support and information to families: conferences, newsletter, consultation.* Documentation centre about mental health.

Eligibility: people with mental illness, their relatives, caregivers and friends

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce
Seniors

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00
**Fees:** membership card: $25
**Financing:** membership fees, grants, fundraising campaign
**Legal status:** non-profit organization

**AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUÉBEC**

5415 Paré Street, Suite 200, Mont-Royal, Montréal, QC, H4P 1P7
1 877 725-7725 Fax: 514 725-6184
**Website:** www.sla-quebec.ca
**Email:** info@sla-quebec.ca

**Services:** Active communications with health and social service institutions and health professionals to raise public awareness on ALS. * Monthly open support group: one for patients and another for families.* Helpline and referral services. * Social activities.* Fundraising for research.

**Eligibility:** people with amyotrophic lateral sclerosis, their caregivers and family
**Capacity:** approximately 4 or 5 people per support group meetings
**Coverage area:** province of Québec
**Hours:** Monday to Friday 8h30 to 16h30
**Fees:** free
**Financing:** donations, fundraising campaigns
**Legal status:** non-profit organization

**ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MERCIER**

6070 Sherbrooke Street East, Suite 104, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
1 888 768-6669 ext. 241
**Website:** www.pq.poumon.ca
**Email:** info@pq.poumon.ca

**Services:** Self-help group on respiratory diseases. * Coffee-meetings, lectures with health professionals.

**Eligibility:** people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers
**Coverage area:** Island of Montréal
**Hours:** 3rd Monday of each month: 13h30 to 15h30
**Fees:** free
**Financing:** fundraising, donations
**Legal status:** non-profit organization

**ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D'ENTRAIDE MONTRÉAL - APNÉE DU SOMMEIL**

6070 Sherbrooke Street East, Suite 104, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 241
**Website:** www.pq.poumon.ca
**Email:** info@pq.poumon.ca

**Services:** Self-help group on sleep apnea. * Coffee-meetings, lectures with health professionals.

**Eligibility:** people with sleep apnea, their spouse and caregivers
**Coverage area:** Montreal Island
**Hours:** the 2nd Tuesday of the month 13h30 to 15h30
**Fees:** free
**Financing:** fundraising, donations
**Legal status:** non-profit organization
ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE MONTRÉAL-AHUNTSIC
CLSC d’Ahunstic, 1165 Henri-Bourassa Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3K2
514 287-7400 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca
Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers
Coverage area: Montreal Island
Hours: last Wednesday of the month 13h30 to 15h00
Fees: free
Financing: fundraising, donations
Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - GROUPE D’ENTRAIDE VERDUN
4000 LaSalle Boulevard, Verdun, Montréal, QC, H4G 2A2
1 888 768-6669 ext. 241
Website: www.pq.poumon.ca
Email: info@pq.poumon.ca
Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers
Coverage area: Montreal Island
Hours: 1st Monday of each month: 13h30 to 16h00
Fees: free
Financing: fundraising, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES LARYNGECTOMISÉS
5565 Sherbrooke Street East, 5th Floor, Rosemont-La Petite-Patrie, Montréal, QC, H1N 1A2
1 844 285-2335     Fax: 514 259-8946
Website: www.fqlar.qc.ca
Email: fqlar@fqlar.qc.ca
Services: * Information by phone, online or in person.* Visits in hospitals for people who are about to be operated.* Self-help and social meetings.* Documentation.* Symposia.
Eligibility: laryngectomized people, their relatives, health professionals
Coverage area: Province of Québec
Hours: Monday to Thursday 9h30 to 15h00, monthly meeting: 3rd Wednesday of the month
Financing: provincial, donations, contributions
Legal status: non-profit organization

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
CARREFOUR DES FEMMES DE SAINT-LÉONARD
8180 Collerette Street, Suite 3, Saint-Léonard, Montréal, QC, H1P 2V5
514 325-4910     Fax: 514 325-4977
Website: www.cfsl-femmes.com
Email: cfsl@bellnet.ca
Services: * Reception, active listening and helping relationship.* Referral, information and documentation.* Classes, workshops, conferences.* Special activities.* Weekly open therapeutic support groups for women coping with psychological or relationship difficulties.* Services for caregivers: support groups, training and residence visits.
Eligibility: women
Capacity: support group: 5 to 8 persons per meeting
Coverage area: Saint-Léonard, Greater Montréal
Hours: Monday to Thursday 8h30 to 16h00, support group for women: Thursday 9h30 to 12h00, support group for caregivers: Tuesday 9h30 to 11h30
Fees: annual membership: $5, conferences and support group meetings: free
Financing: donations, grants, membership fees
Legal status: non-profit organization

CLSC BORDEAUX-CARTIERVILLE - SUPPORT GROUP FOR CAREGIVERS
CLSC Bordeaux-Cartierville, 11822 Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 331-2572     Fax: 514 331-6185
Website: www.csssbcstl.qc.ca
Email: jennifer.warwick.bcstl@ssss.gouv.qc.ca
Services: Groups on different topics to help caregivers and prevent exhaustion, in french.
Eligibility: caregivers of people followed by the home support services of the CLSC Bordeaux-Cartierville
Capacity: closed group: average of 10 participants
Coverage area: CLSC Bordeaux-Cartierville
Hours: 10 afternoon weekly meetings
Financing: provincial
Legal status: parapublic organization

CLSC DE VERDUN - GROUPES DE SOUTIEN POUR LES AIDANTS NATURELS
400 de l’Église Avenue, Verdun, Montréal, QC, H4G 2M4
514 766-0546 ext. 52308
Website: www.sov.qc.ca
Services: * Support group with themed workshops.* Open discussion groups in partnership with the Groupe des Aidants du Sud-Ouest.* The groups are held at the CLSC de Verdun.
Eligibility: caregivers of people served by the CSSS de Verdun home support services
Capacity: 2 groups per year
Coverage area: Montréal: Verdun and Southwest
Hours: Monday to Friday 8h00 to 20h00, meetings during the day
Fees: no charge
Financing: provincial
Legal status: parapublic organization
CLSC SAINT-LAURENT - SUPPORT GROUP FOR CAREGIVERS
CLSC Saint-Laurent, 1055 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 331-2572 Fax: 514 331-6185
Website: www.csssbstl.qc.ca
Email: jennifer.warwick.bcstl@ssss.gouv.qc.ca
Services: Groups on different topics to help caregivers and prevent exhaustion, in english.
Eligibility: caregivers taking care of people followed by the home support services of the CLSC Saint-Laurent
Capacity: closed group: average of 10 participants
Coverage area: CLSC Saint-Laurent
Hours: 10 meetings weekly in the afternoon
Financing: provincial
Legal status: parapublic organization

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

FEDERATION OF QUÉBEC ALZHEIMER SOCIETIES
5165 Sherbrooke Street West, Suite 200, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1T6
1 888 636-6473 Fax: 514 369-7900
Website: www.alzheimerquebec.ca
Email: info@alzheimerquebec.ca
Services: * Advocacy and awareness.* Public information and training of health care professionals.* Support, counselling workshops, follow-up.* Housing support.* Respite and stimulation.* MedicAlert and Secu-retour programs.* Provincial research funds.
Eligibility: people with Alzheimer's disease, their family and caregivers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: membership fees, donations, grants
Legal status: non-profit organization

GROUPE DES AIDANTS DU SUD-OUEST
8564 Newman Boulevard, Suite 206, Lasalle, Montréal, QC, H8N 1Y5
514 564-3061 Fax: 514 564-3081
Website: www.aidantssudouest.org
Email: groupedesaidantsdusudouest@videotron.ca
Services: * Active listening by phone or on site.* Information and referral.* Psychosocial support.* Relaxation, health, writing and art-therapy workshops.* French and English support groups.* Monthly conference.
Eligibility: caregivers of people 50 years and over
Capacity: support groups: about 10 people per group
Coverage area: Le Sud-Ouest, Verdun, LaSalle, Lachine and Dorval
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 17h00, Wednesday 9h00 to 21h00, workshops: view calendar
Fees: membership: $10 per year (phone and psychosocial support, workshops and conferences are free for members)
Financing: provincial
Legal status: non-profit organization

HUNTINGTON SOCIETY OF QUÉBEC
2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5
1 877 282-2444  Fax: 514 937-0082
Website: www.huntingtonqc.org
Email: shq@huntingtonqc.org
Services: * Weekly workshops on sensorimotor stimulation for the affected people.* Open support group for caregivers and families.* Public awareness.* Family support and training.* Conference day.* Summer camp for affected people.* Healing stay for caregivers.
Eligibility: people with Huntington disease, their families and caregivers (adults and teenagers)
Capacity: self-help groups: 5 to 20 people per meeting
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - MONTRÉAL SECTION
550 Sherbrooke Street West, East Tower, Suite 1010, Ville-Marie, Montréal, QC, H3A 1B9
514 849-7591  Fax: 514 849-8914
Website: www.mssociety.ca
Email: info.montreal@mssociety.ca
Services: * Information on the different aspect of the illness.* Educational and training sessions for professionals and volunteers.* Referrals to services.* Right advocacy.* Promote and fund medical research on the cause and cure of the disease.* Listening service.* Support groups.* Wheelchair loan.* Leisure activities.
Eligibility: patients with multiple sclerosis and their family
Capacity: depends on the activity
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year, activity: free or at low cost
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PARENTS ET AMIS DU BIEN-ÊTRE MENTAL DU SUD-OUEST DE MONTRÉAL
881 de l’Église Street, Verdun, Montréal, QC, H4G 2N4
514 368-4824
Website: www.pabemsom.org
Email: informations@pabemsom.org
Services: * Information, hotline, individual meetings, awareness.* Respite program for families.* Self-help group and weekly open discussion between caregivers, with a moderator.* Individual meetings for young people 14 to 17 years old with a relative who is suffering from a mental health problem.* Training and workshops.
Eligibility: immediate relative of a person with mental illness
Coverage area: South West of Montréal and surroundings
Hours: Monday to Thursday 10h00 to 20h00, meetings during the evening
Fees: membership card: $20 per year
Financing: provincial, foundation
Legal status: non-profit organization
PARKINSON MONTREAL-LAVAL
550 Sherbrooke Street West, West Tour, Suite 471, Ville-Marie, Montréal, QC, H3A 1B9
514 868-0597 Fax: 514 861-4510
Website: www.parkinsonmontreal-laval.ca
Email: montreal-laval@parkinsonquebec.ca
Services: * Referral and information line.* Meeting for people recently diagnosed and their families.* Support group.* Caregiver support group.* Referrals for adapted exercises: singing, dancing, boxing, personalized training.* Conferences.
Eligibility: people with a diagnosis of Parkinson’s, their friends and families
Coverage area: Montréal and Laval
Hours: Tuesday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

POLIO QUÉBEC ASSOCIATION
3500 Décarie Boulevard, Suite 219A, Montréal, Montréal, QC, H4A 3J5
1 877 765-4672
Website: www.polioquebec.org
Email: association@polioquebec.org
Services: * Providing support and information to those who had polio.* Raising public awareness on all aspects of polio, including prevention.
Eligibility: public, people who have had Polio or Post-Polio Syndrome
Capacity: 360 members
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

QUÉBEC LUNG ASSOCIATION
6070 Sherbrooke Street East, Suite 104, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C1
514 287-7400 ext. 232 Fax: 514 287-1978
Website: www.pq.lung.ca
Email: info@pq.poumon.ca
Services: Prevention of respiratory diseases. * Scientific research and education.* Helpline about pulmonary health.* One English support group in Montréal for respiratory diseases (COPD, asthma, sleep apnea, fibrosis, sarcoidosis, pulmonary cancer) for patients and caregivers.* Lung education and rehabilitation center Inspir’er.* Annual day on COPD.* Biennial educationnal day in sleep apnea.
Eligibility: people and families of people with chronic respiratory failure (CKD) including asthma, bronchitis, emphysema, pneumonia, tuberculosis, lung cancer, sleep apnea and chronic obstructive pulmonary disease (COPD)
Coverage area: Province of Québec, help groups: in several regions of Québec, including Montréal, Laval, Repentigny, Brossard, Sherbrooke, Trois-Rivières, Drummondville, Granby, Cowansville, Lévis, Québec and Rimouski
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

REGROUPEMENT DES AIDANTES ET AIDANTS NATURELS DE MONTRÉAL
1030 Beaubien Street East, Suite 204, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1T4
514 374-1056 Fax: 514 374-3040
Website: www.raanm.net
Email: info@raanm.net
Services: * Reception, active listening and referral.* Awareness and promotion.* Lectures on the realities faced by caregivers.* Balancing work and caregiving responsibilities.
Eligibility: caregivers, health care providers of a relative with loss of autonomy, a degenerative disease or nearing the end of life

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 9h00 to 12h30 and 13h30 to 17h00

Fees: annual membership: individual membership $10, corporatif membership $20

Financing: self-financing, provincial, grants

Legal status: non-profit organization

RÉSEAU D’ACTION POUR LES AIDANTS DE JEANNE-MANCHE

1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2

514 972-1752

Email: projetraaj@gmail.com


Eligibility: caregivers of seniors

Coverage area: CSSS Jeanne-Mance: Le Plateau Mont-Royal, Ville-Marie

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h00

Fees: free

Financing: grants

Legal status: non-profit organization

SERVICES PLUS DES TROIS PIGNONS

1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2

514 524-3015     Fax: 514 524-2086

Website: www.toursfrontenac.com

Email: mhgauthier@g3p.ca

Services: * Services to residents of Frontenac Towers: meals-on-wheels, medical accompaniment, foot care.* Psychological support: support group for caregivers.* Educational, social and cultural activities.* Intervention.

Eligibility: residents of Frontenac towers

Coverage area: Sainte-Marie district

Hours: Monday to Friday 7h00 to 12h00 and 13h00 to 16h30

Fees: variables for the activities

Financing: self-financing

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


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
WEST ISLAND CANCER WELLNESS CENTRE
115 Barry Street, Beaconsfield, Montréal, QC, H9H 0C4
514 695-9355    Fax: 514 695-9315
Website: www.wicwc.org
Email: info@wicwc.org
Services: Complementary services and programs adapted to emotional, physical and spiritual needs of people living with cancer. * Psychosocial, psychological, and spiritual accompaniment.* Support groups such as: Newly diagnosed, Healing your life and On the Road to health.* Programs and workshops: Reiki, Yoga, nutritional cooking, art therapy, therapeutic touch.
Eligibility: anyone coping with cancer, either having it themselves or supporting someone with cancer
Coverage area: West Island and surroundings
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h00, Wednesday 8h30 to 20h00, most programs are offered during the day
Fees: free
Financing: donations
Legal status: non-profit organization

WEST ISLAND MULTIPLE SCLEROSIS SELF-HELP GROUP
3869 des Sources Boulevard, Suite 204, Dollard-Des Ormeaux, Montréal, QC, H9B 2A2
514 676-1588    Fax: 514 676-1589
Website: www.scleroseenplaques.ca/qc
Email: grpspbo@videotron.ca
Eligibility: persons with multiple sclerosis, caregivers
Capacity: 40 to 50 people per meeting
Coverage area: West Island
Hours: people with multiple sclerosis: group during the day, caregivers: group during the evening
Financing: provincial
Legal status: non-profit organization

Community and Recreation Centres

ACTION CENTRE-VILLE
105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9
514 878-0847    Fax: 514 878-0452
Website: www.acv-montreal.com
Email: info@acv-montreal.com
Services: * Information.* Recreational workshops and classes.* Friendly visits.* Community meals.* Meal delivery.* Foot care.* Outreach work.
Eligibility: retired and pre-retired people 50 years and over
Capacity: 90
Coverage area: Greater Montréal, meal delivery: between Sanguinet and Saint-Laurent streets and between Sherbrooke and Sainte-Catherine
Hours: Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45
Fees: annual membership: $10, community and take-out meal: $5 member or $6.50 non-member
Financing: Centraide of Greater Montréal, contributions, provincial
Legal status: non-profit organization
**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

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**ÂGE D'OR DU NOUVEAU-ROSEMONT**
6761 Beaubien Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1M 3B2
514 256-0984

**Services:** Social and recreational activities for seniors. * Gymnastic.* Bingo.* Card games.

**Eligibility:** seniors 55 years and over

**Coverage area:** East of Rosemont

**Fees:** membership card: $10 for men, $7 for women

**Financing:** self-financing

**Legal status:** non-profit organization

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**ÂGE D'OR LES TROUBADOURS DE SAINT-DONAT**
6547 Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 251-2636
Email: lestroubadours@outlook.com

**Services:** Social and recreational activities for seniors. * Games: bingo, scrabble, bean bags, 500, cribbage, etc.* Dance classes.* Choir.* Monthly dance and dinner.

**Eligibility:** seniors

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

**Hours:** Monday, Tuesday, Wednesday and Friday, dance and dinner: 3rd Saturday of the month

**Fees:** membership: $8 per year, activities: $2 to $5

**Financing:** self-financing

**Legal status:** non-profit organization

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**ÂGE D'OR NOTRE-DAME-DES-VICTOIRES**
5900 Pierre-de-Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1R8
514 254-9728 Fax: 514 524-9666

Email: centre@loisirsndv.org

**Services:** Social and recreational activities for seniors. * Dance classes.* Bingo, bridge, pool and cards games.

**Eligibility:** seniors

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

**Hours:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

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**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
**Seniors**

- **Coverage area:** Villeray, Saint-Michel, Parc-Extension
- **Hours:** variable
- **Financing:** self-financing
- **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:** Tétreaultville

**Hours:** Thursday 13h00

**Fees:** membership: $5

**Financing:** self-financing

**Legal status:** non-profit organization

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**ÂGE D’OR SAINT-HENRI**

Centre Saint-Henri, 530 du Couvent Street, Le Sud-Ouest, Montréal, QC, H4C 2R4

514 872-3828

**Services:** Social and recreational activities for seniors. * Country dance.* Bingo.* Diners.* Choir.

**Eligibility:** seniors

**Coverage area:** Le Sud-Ouest

**Hours:** Monday, Wednesday and Friday: variable hours

**Fees:** membership: $7 per year

**Financing:** self-financing

**Legal status:** non-profit organization

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**ÂGE D’OR SAINT-TÉLESPHORE DE LASALLE**

8811 Centrale Street, LaSalle, Montréal, QC, H8P 1P1

514 367-4665

**Services:** * Card games.* Dance lessons and dances.* Petanque.* Holiday dinners and seasonal outings.

**Eligibility:** seniors 50 years and over

**Coverage area:** LaSalle

**Hours:** cards: Monday, dance lesson: Wednesday, dance: Thursday evening

**Fees:** membership: $7, dance: $7

**Financing:** contributions

**Legal status:** non-profit organization

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**ÂGE D’OR SAINT-VITAL**

12069 Lamoureux Street, Montréal-Nord, Montréal, QC, H1G 5N3

514 326-4477

**Services:** * Themed dinners.* Bingo and snack.

**Eligibility:** people 50 years and over

**Coverage area:** Montréal-Nord

**Hours:** variable

**Fees:** membership card: $10

**Financing:** self-financing

**Legal status:** non-profit organization
AIDE AUX VILLAGEOIS DU VILLAGE OLYMPIQUE
5199 Sherbrooke Street East, Suite 3439, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3X2
514 254-9953   Fax: 514 254-9953
Website: aideauxvillageois.wix.com/aide-aux-villageois
Email: aideauxvillageois@gmail.com
Eligibility: residents of the Olympic Village, seniors, people who are disabled, sick or isolated
Coverage area: Olympic Village
Hours: Monday and Tuesday 8h30 to 16h00, Wednesday and Friday 9h00 to 15h00, Friday 9h00 to 12h00
Financing: grants, provincial, donations
Legal status: non-profit organization

ALLIANCE CULTURELLE
1474 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S1
514 382-5716
Website: www.allianceculturelle.qc.ca
Email: allianceculturelle@presages.org
Services: * Cultural and educational activities.* Weekly group talks.* Music mornings.* Cultural visits.
Eligibility: people 50 years and over
Coverage area: Montréal
Hours: administration: Monday and Thursday 11h00 to 15h00
Fees: membership: $40 per year, activities: variable
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
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

ALTERNATIVES COMMUNAUTAIRES D'HABITATION ET D'INTERVENTION DE MILIEU
2381 de Biencourt Street, Le Sud-Ouest, Montréal, QC, H4E 1V2
514 362-7221   Fax: 514 362-7076
Website: www.achim.ca
Email: direction@achim.ca
Services: * Meals-on-wheels.* Cooked meals for take-out.* Residences for autonomous seniors and seniors with a slight loss of autonomy.* Community activities.* Computer centre with Internet access.* Outreach work with seniors.
Eligibility: services and community activities: seniors 50 years and over, residences: seniors 60 years and over
Coverage area: Montréal, meal delivery: Pointe-Saint-Charles, Petite-Bourgogne, Saint-Henri, Ville-Émard, Côte Saint-Paul, Verdun
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, delivery: Thursday and Friday afternoon
Fees: cooked meals: $4 and more, delivery: $2.50
Financing: provincial, foundations
Legal status: non-profit organization

ARMENIAN COMMUNITY CENTRE
3401 Olivar-Asselin Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1L5
514 331-4880 Fax: 514 331-8552
Email: eglise58@sourphagop.com
Eligibility: armenian community
Coverage area: Montréal
Legal status: non-profit organization

ASSOCIATION AU FIL DU TEMPS D’ANJOU
7500 Goncourt Street, Basement, Anjou, Montréal, QC, H1K 3X9
514 524-9443
Eligibility: elders 50 years old and over
Coverage area: Montréal
Fees: membership: $5 per year
Financing: provincial, 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 DES RETRAITÉS D’AHUNTSIC
10 770 Chambord Street, Ahuntsic-Cartierville, Montréal, QC, H2C 1S1
514 381-4555 ext. 200
Website: www.aramontreal.org
Email: info@aramontreal.org
Eligibility: retired people aged 55 and over
Coverage area: Montréal: Ahuntsic
Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 15h30, Friday 9h30 to 12h00
Fees: annual membership: $17 for Ahuntsic residents and $20 for outside residents
Financing: self-financing
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

ASSOCIATION HAITIANO-CANADO-QUÉBÉCOISE D'AIDE AUX DÉMUNIS
4869 Jarry Street East, Suite 214, Saint-Léonard, Montréal, QC, H1R 1Y1
514 852-1011 Fax: 514 852-1019
Email: fjoseph98@hotmail.com


Eligibility: people of Haitian origin in particular, people on a low income from all ethnic backgrounds
Coverage area: Saint-Léonard

Hours: Monday to Friday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION ITALIENNE D'AIDE AUX PERSONNES ÂGÉES DE RIVIÈRE-DES-PRAIRIES
7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7R8
514 924-5941
Email: m.sorella@videotron.ca

Services: Social activities: bocce, bingo, gymnastics, line dancing, outings.

Eligibility: people 50 years and older
Capacity: 160

Coverage area: Montréal, Laval

Hours: dance: Wednesday 13h00 to 16h00, gymnastics: Thursday 13h00 to 14h00, bingo: Thursday 14h00 to 16h00, Saturday 18h00 to 22h30, bocce: Monday 13h00 to 16h00

Fees: membership: $7 per year, dance: $2, variable fees for other activities

Financing: provincial, self-financing

Legal status: non-profit organization

AU JARDIN DES AÎNÉS ET AÎNÉES
1115 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1G8
514 872-4672
Email: centrelaurier@bell.net

Services: Recreational activities for seniors. * Bridge, free games, painting, scrabble.

Eligibility: seniors
Capacity: 80

Coverage area: Le Plateau-Mont-Royal

Hours: bridge: Monday, Thursday and Saturday 12h30 to 16h00, bridge classes and other activities: variable, scrabble: Tuesday 13h00

Fees: membership card: $5, bridge: $5, scrabble $3
BEL ÂGE D’ANJOU (LE)
7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9
514 355-9385
Email: belageanjou@gmail.com
Eligibility: seniors 50 years old and over
Capacity: more than 500 members
Coverage area: Montréal: Anjou mainly
Fees: annual membership: $5 for residents of merged municipalities and $8 for non-residents
Financing: municipal, self-financing
Legal status: non-profit organization

BUREAU DE LA COMMUNAUTÉ HAÏTIENNE DE MONTRÉAL
6970 Marquette Street, Rosemont-La Petite-Patrie, Montréal, QC, H2E 2C7
514 725-9508 Fax: 514 725-9830
Website: www.bchm.ca
Email: info@bchm.ca
Eligibility: immigrant families, including grand-parents
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 18h30
Financing: provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE MONTROSE
5350 Lafond Street, Suite R-170, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 521-7757 Fax: 514 524-9813
Website: www.carrefourmontrose.org
Email: responsibledemilieu@carrefourmontrose.org
Eligibility: activities: seniors 50 years and over, accompaniment, transportation and friendly phonecalls: seniors 60 years and over
Coverage area: Rosemont
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: classes: variable, transportation and accompaniment: voluntary contribution
Financing: provincial
Legal status: non-profit organization
CARREFOUR COMMUNAUTAIRE MONTROSE - POINT DE SERVICE 6060
6060 29th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3G9
514 903-4231
Website: www.carrefourmontrose.org
Email: responsabledemilieu@carrefourmontrose.org
Services: Meeting place. * Various activities.
Eligibility: seniors 50 years and over
Coverage area: Rosemont
Hours: Monday, Tuesday and Thursday 13h30 to 16h00
Fees: free
Financing: municipal
Legal status: non-profit organization

CARREFOUR DES AÎNÉS DE PIERREFONDS
14068 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Z 1Y1
514 624-1449
Website: www.sites.google.com/site/carrefourdesainesdepierrefonds
Email: carrefourdesaines@videotron.ca
Eligibility: autonomous people 50 years old and over
Coverage area: Montréal and its surroundings
Hours: Monday to Friday 8h30 to 16h00, office: Monday to Friday 9h00 to 12h00, Tuesday and Thursday 13h00 to 15h00
Fees: annual membership fees: $25 for residents of Montréal and its boroughs, $35 for residents of surrounding municipalities
Financing: membership fees, self-financing
Legal status: non-profit organization

CARREFOUR DES AÎNÉS DE SAINT-LAURENT
1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 748-0943 Fax: 514 748-2264
Email: carrefouraines@hotmail.com
Services: * Recreational activities for seniors.
Eligibility: seniors 50 years and over
Capacity: 1000 people
Coverage area: Saint-Laurent
Hours: Monday to Thursday 9h00 to 17h00
Financing: municipal
Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD
11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3
514 326-1223
Email: carrefourdesretraites@hotmail.com
Services: * Meals-on-wheels, frozen meals.* PIED program: prevention of fall related injuries.* Luncheons with conferences, social and cultural activities, outings.
Eligibility: people aged 55 years and over
Coverage area: Montréal-Nord
Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00
Fees: meals-on-wheels and frozen meals: $5.50, variable for other activities
Financing: provincial, self-financing
Legal status: non-profit organization
Seniors

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

CARREFOUR SAINT-EUSÈBE
2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8
514 525-5212
Website: www.carrefoursteusebe.com
Email: petitbedon@carrefoursteusebe.com
Eligibility: seniors 50 years old and up, particularly seniors with diminished autonomy
Capacity: dining room: 59 people
Coverage area: Centre-Sud
Hours: administration: Monday to Friday 9h00 to 16h30, meals: Wednesday and Friday 12h00, meals-on-wheels: Monday to Friday
Fees: membership: $10 per year, meals: $5 for members and $5.75 for non-members, meals-on-wheels: $4.50, free activities for members only
Financing: donations, provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DES AÎNÉS
2030 Pie-IX Boulevard, Suite 209, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 597-2882     Fax: 514 509-3165
Email: centre.aines@videotron.ca
Services: * Emergency food and clothing aid. * Recreational, educational and cultural activities.* Community meals.* Coffee-chats.* In-home support and mutual aid for the ill: clothing and food assistance, support in case of bereavement, etc.* Assistance and visits for ill or hospitalized seniors.
Eligibility: people from Congo and other cultural minorities 50 years old and over
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 16h00
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE POUR AÎNÉS DE VERDUN
4501 Bannantyne Street, Suite 125, Verdun, Montréal, QC, H4G 1E3
514 765-7213     Fax: 514 765-9632
Website: www.ccav-ainesverdun.com
Email: aines125@hotmail.com
Eligibility: people 50 years and over
Capacity: up to 800 members
Coverage area: Verdun and surroundings
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: $12 per year
Financing: self-financing, grants, municipal
Legal status: non-profit organization

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 D’ACTION SOCIO-COMMUNAUTAIRE DE MONTRÉAL
32 Saint-Joseph Boulevard West, Le Plateau-Mont-Royal, Montréal, QC, H2T 2P3
514 842-8045  Fax: 514 842-2356
Website: www.cascmontreal.ca
Email: cascm@bellnet.ca

Services: Reception, information, social guidance and advocacy.* Social and cultural activities for seniors.* Information sessions and training workshops.* Socio-pedagogical support for children 6 to 12 years old with learning difficulties or mild behavior disorders.* Parenting skills development.* Settlement and integration of newcomers.* Employability and job placement.
Eligibility: new immigrants, refugees and people from a migrant background
Coverage area: Greater Montréal
Hours: Monday 13h30 to 17h00, Tuesday to Friday 9h00 to 12h30 and 13h30 to 17h00
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE LE RAMEAU D’OLIVIER
6547 de Marseille Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1M1
514 254-6035  Fax: 514 251-4606
Website: www.rameaudolivier.com
Email: info@rameaudolivier.com

Services: * Home support.* Friendly and safety phone calls, friendly visits.* Accompaniment-transportation to medical appointments, help with shopping.* Meals-on-wheels, community luncheons, Christmas party.* Group outings.* Internet access.
Eligibility: seniors 65 years old and over with loss of autonomy
Coverage area: Montréal: Mercier-Ouest
Hours: Monday to Friday 8h30 to 16h00
Fees: annual contribution: $5
Financing: provincial, donations
Legal status: non-profit organization
CENTRE DES AÎNÉS CÔTE-DES-NEIGES
6600 Victoria Avenue, Suite 101, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 3G7
514 344-1210     Fax: 514 344-9679
Website: www.ainecdn.org
Email: direction@ainecdn.org
Services: * Classes and conferences.* Spanish classes.* Community meals.* Referral and guidance.* Physical activities: tai-chi, line dancing, yoga, aquafitness.* Social and cultural activities, outings.* Outreach intervention with seniors living in HLM.
Eligibility: seniors 50 years and over
Coverage area: Côte-des-Neiges and surroundings
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $15 per year
Financing: provincial, foundations, donations
Legal status: non-profit organization

CENTRE DES AÎNÉS DE POINTE-SAINT-CHARLES
2431 Saint-Charles Street, Basement, Le Sud-Ouest, Montréal, QC, H3K 1E6
514 933-5826     Fax: 514 507-6540
Website: capstcharles.org
Email: info@capstcharles.org
Services: Services to seniors. * Referral.* Accompaniment for medical appointments and shopping.* Social activities.* Friendly visits and phonecalls.* Reading and writing service, assistance with forms.
Eligibility: seniors 50 years and over
Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial
Legal status: non-profit organization

CENTRE DES AÎNÉS DU RÉSEAU D'ENTRAIDE DE SAINT-LÉONARD
5555 Jean-Talon Street East, Saint-Léonard, Montréal, QC, H1S 1L8
514 326-4116     Fax: 514 326-5884
Email: johannepitt@gmail.com
Eligibility: seniors 55 years and over
Coverage area: services: Saint-Léonard, activities: Saint-Léonard and surroundings
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, café Oasis: every 2nd Thursday morning, respite: Tuesday and Friday, community meal: Wednesday, intercultural Thursday: Thursday afternoon
Fees: annual membership, medical transportation: voluntary contribution, activities: variable
Financing: self-financing, municipal, Centraide of Greater Montréal, provincial
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
Eligibility: members only: seniors 50 years and over
Coverage area: Villeray
Seniors

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

CENTRE DES FEMMES DE MONTRÉAL-EST/ POINTE-AUX-TREMBLES

12125 Notre-Dame Street East, Suite 164, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 2Y9
514 645-6068   Fax: 514 645-3009
Website: www.cdfmepat.org
Email: info@cdfmepat.org

Services: Meeting and support place for women. * Popular education and workshops.* Psychosocial support.* Legal consultation by appointment.* Court accompaniment.* Computer stations.* Espace des aînées: senior women's meetings in the form of activities or conferences.* Counseling and guidance.* Amitié Génération’Elle: mentoring between girls 14 years and over and women 50 years and over.* Coffee-chats, lunch talks and various dinners.* Outdoor activities,* Documentation centre.* Fundraising activities.* Drop-in respite.

Eligibility: women aged 18 years and over who are in need
Coverage area: Pointe-aux-Trembles and Montréal-Est
Hours: Monday to Thursday 9h00 to 11h45 and 13h00 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, municipal, fundraising campaigns, membership
Legal status: non-profit organization

CENTRE DU VIEUX MOULIN DE LASALLE

7644 Édouard Street, Suite 210, LaSalle, Montréal, QC, H8P 1T3
514 364-1541   Fax: 514 364-6565
Website: www.cvmlasalle.org
Email: reception@cvmlasalle.org


Eligibility: seniors 50 years and over
Coverage area: LaSalle, PAIR program: West Island
Hours: Monday to Friday 8h30 to 17h00
Fees: member: $10
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE RÉCRÉATIF DES AÎNÉS HAÏTIENS DE MONTRÉAL-NORD

12375 Edger Avenue, Montréal-Nord, Montréal, QC, H1G 5A8
514 583-1478
Email: crahmn@gmail.com

Services: * Recreational, social and cultural activities.
Eligibility: people 55 years and over
Coverage area: Montréal-Nord
Hours: variable
Fees: annual membership card: $10
Financing: self-financing, municipal
Legal status: non-profit organization
CERCLE AMITIÉ ANJOU
Centre Communautaire d’Anjou, 7800 Métropolitan Boulevard East, Anjou, Montréal, QC, H1K 1A1
514 352-8497


Eligibility: seniors 50 years and over

Coverage area: Anjou, Montréal

Hours: variable, line dancing classes Tuesday 9h00 to 12h00

Fees: membership card: $5 per year for Anjou resident and $8 for Montréal, cribble: $3 per week, scrabble: $5 per year, pool: $10 per year, transport: free

Financing: self-financing

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

CERCLE DES AÎNÉS D’OUTREMONT
Intergenerational Community Centre, 999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
514 495-6211

Services: * Social and cultural activities.* Card games.* Theme dinners two times a year.* Donations to charitable organizations.

Eligibility: people 50 years and over

Coverage area: Greater Montréal

Hours: Monday and Thursday 12h00 to 16h00

Fees: bridge sessions: $5

Financing: self-financing

Legal status: non-profit organization

CERCLE DES AÎNÉS ST-JOSEPH DE MONT-ROYAL (LE)
100 Thornton Avenue, Mont-Royal, Montréal, QC, H3P 1H5
514 739-1886

Services: Social club for seniors. * Recreational and social activities: Bridge, outings, etc.

Eligibility: seniors 50 years old and over

Coverage area: Town of Mount-Royal

Hours: on call

Fees: membership: $25 per year

Financing: self-financing

Legal status: non-profit organization

CERCLE DU 3E ÂGE DE SAINTE-ANGÈLE
Parc Giuseppe-Garibaldi, 7125 Liénart Street, Saint-Léonard, Montréal, QC, H1S 2X9
514 327-6645

Eligibility: people 50 years and over

Coverage area: Saint-Léonard

Hours: indoor activities: from September to May, outdoor activities: from May to September, variable schedule

Fees: membership: $7 per year, dance class: $3 for 2h30, activities: variable

Financing: self-financing, donations, municipal, provincial

Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)

11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3

514 327-1050

Website: pages.videotron.com/cercle3a

Services: Centre for seniors. * Social and recreational activities: relaxation, mini-bingo, military whist, bocce, bocce with asset, bridge, pocket baseball, table tennis and shuffleboard.* Sports activities: ViActive program, gymnastics, badminton and dance.* Dancing dinners and trips.

Eligibility: seniors 50 years old and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 10h00 to 16h00

Fees: membership card: $8 per year

Financing: municipal, 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.lechezvous.org

Email: lechezvous@lechezvous.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

CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

987 Côté Street, 4th floor, Ville-Marie, Montréal, QC, H2Z 1L1

514 861-5244     Fax: 514 861-9008

Website: www.famillechinoise.qc.ca

Email: famille.chinoise@qc.aibn.com

Services: Services to asian and chinese community members. * Help settling in for newcomers.* Full-time and part-time French classes.* Employability programs.* Individual and family psychosocial support.* Assistance and guidance program on gambling addiction.* Man Sau Centre for Chinese elders.* Interpretation during medical appointments for elders.* Friendly visits for seniors.* Program for the prevention of domestic violence.* Women's committee.* Information sessions and social activities.
Eligibility: Chinese and Asian communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00
Fees: charge for non-eligible customers (established for 5 years and more)
Financing: provincial, self-financing, federal
Legal status: non-profit organization

CLUB 55+ DE KIRKLAND
16950 Hymus Boulevard, Kirkland, Montréal, QC, H9H 5J5
514 630-2744
Eligibility: seniors 55 years and over
Capacity: 300 members
Coverage area: Kirkland and surroundings
Hours: variable, welcoming: Monday 13h30 to 15h00
Fees: membership: $25 per year
Financing: self-financing
Legal status: non-profit organization

CLUB ÂGE D'OR BUTTERFLY DE R.D.P.
9140 Perras Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7E4
438 382-0828
Services: * Line dancing classes.* Dinners.
Eligibility: people 50 years and over
Coverage area: Rivière-des-Prairies
Hours: Thursday afternoon
Fees: membership: $7
Legal status: non-profit organization

CLUB D'ÂGE D'OR FALCHI DE LASALLE
8181 Robert Street, LaSalle, Montréal, QC, H8N
514 366-0577
Services: Recreational activities for seniors. * Community dinners.
Eligibility: men 50 years and over
Coverage area: LaSalle
Hours: 7 days, 13h00 to 16h00 and 19h00 to 22h00
Legal status: non-profit organization

CLUB D'ÂGE D'OR MILLE FIORI
7935 Lefebvre Street, LaSalle, Montréal, QC, H8N 2A9
514 364-2587
Eligibility: seniors 55 years and over
Coverage area: LaSalle and surroundings
Hours: Thursday 12h30 to 15h30
Fees: annual membership: $6
Financing: contributions
Legal status: non-profit organization
CLUB DE L’ÂGE D’OR CHRISTOPHE-COLOMB
9000 Hamel Street, Ahuntsic-Cartierville, Montréal, QC, H2C 2L9
514 387-8683
Email: arturo10575@hotmail.com
Services: * Social and recreational activities: bocce, cards.* Outings.
Eligibility: seniors 55 years and over, mostly Italian
Coverage area: Ahuntsic
Fees: membership: $15
Financing: contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE MONTRÉAL-EST
11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7
514 640-4946
Email: cadieux.c@videotron.ca
Eligibility: people 50 years and over
Coverage area: Montréal-Est
Fees: membership: $8 per year
Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE SAINT-SIXTE
1895 de l’Église Street, Saint-Laurent, Montréal, QC, H4M 1E6
514 339-1948
Eligibility: people 50 years and over
Capacity: 70 members
Coverage area: Saint-Laurent
Hours: September to April
Fees: membership: $8 per year
Financing: contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE ST-HERMÉNÉGILDE
1905 de Cadillac Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 2T4
514 256-4592     Fax: 514 252-4740
Services: * Social and recreational activities: dancing dinners, bingo, cards, beanbags.* Trips, outings.
Eligibility: people 50 years and over
Coverage area: Mercier
Hours: cards: Monday 13h00 to 15h00, bingo: Wednesday 12h45, beanbags: Thursday 13h00 to 15h30
Fees: membership: $8 per year, cards: $3, bingo and beanbags: $1
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR L’HARMONIE
Saint-Simon-Apôtre Church, 8900 de Reims Street, Ahuntsic-Cartierville, Montréal, QC, H2N 1T3
514 389-1708
Eligibility: seniors 50 years and over
Coverage area: Ahuntsic-Cartierville
Hours: Tuesday and Thursday 13h30 to 16h30
Fees: membership card: $8 per year, additional fees for the bingo
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR LE SOLEIL DE MONTRÉAL-NORD
11479 Favier Avenue, Montréal-Nord, Montréal, QC, H1G 3X9
514 326-7435
Services: * Social and recreational activities: card games, celebrations, outings, etc.
Eligibility: retired people, particularly Italian
Coverage area: Montréal-Nord
Hours: Tuesday and Wednesday
Fees: $1 per activity
Financing: self-financing, municipal
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR MARGHERITE D’ORO
Chalet, 8181 Robert Street, LaSalle, Montréal, QC, H8R 4A2
514 363-0978
Eligibility: seniors 55 years and over, mostly Italian
Coverage area: LaSalle and surroundings
Fees: membership: $10 per year
Financing: contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR PARC OTTAWA
Parc Ottawa Pavilion, 10341 Lausanne Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7
514 324-2241
Services: Social and recreational activities for seniors. * Cards, television and bingo.
Eligibility: seniors
Coverage area: Montréal-Nord
Hours: women: Tuesday and Thursday afternoon, men: Monday to Friday 18h00 to 20h30
Fees: membership card: $15 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-BENOÎT MIRABEL
9175 Dumouchel Street, Anjou, Montréal, QC, H1K 2B3
514 464-9070
Services: * Card games, billiards, dance.
Eligibility: people 50 years and over
Coverage area: Mirabel
Hours: variable
Fees: membership card: $5
Financing: self-financing
Legal status: non-profit organization
CLUB DE L’ÂGE D’OR SAINT-LUC
Parish Hall of Saint-Luc Church, 49 Westpark Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9A 1N8
514 683-7789
Services: Social and recreational activities for seniors. * Cards and board games.* Restaurant outings.
Eligibility: seniors
Coverage area: Dollard-Des Ormeaux
Hours: Thursday 13h30 to 16h30
Fees: membership card: $10
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINT-ZOTIQUE
75 du Square-Sir-George-Étienne-Cartier Street, Le Sud-Ouest, Montréal, QC, H4C 3A1
450 632-5446
Eligibility: seniors 50 years and over
Coverage area: Saint-Henri
Hours: dance classes: three times a week 19h30 to 22h30, pool: Monday to Friday 9h00 to 17h00
Fees: membership card: $10 per year
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR SAINTE-MARIA-GORETTI DE MONTRÉAL
15912 Notre-Dame Street East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1X6
514 498-8306
Email: gigi_omer@hotmail.com
Services: * Recreational and social activities: bingo, card games, line dancing classes, outings.* English classes.
Eligibility: people 50 years and over
Coverage area: Pointe-aux-Trembles and surroundings
Hours: Tuesday and Thursday 11h15 to 16h00, closed May to September
Fees: membership: $5 per year
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR ST-HIPPOLYTE (VILLE ST-LAURENT)
1415 Filion Street, Saint-Laurent, Montréal, QC, H4L 4E7
514 747-4300
Services: * Physical exercise.* Community meals.* Outings.* Conferences.
Eligibility: people 50 years and over
Coverage area: Saint-Laurent and surroundings
Hours: physical activity: Tuesday and Thursday morning
Fees: membership: $8
Financing: provincial, municipal, donations, contributions
Legal status: non-profit organization

CLUB L’ACCUEIL DORÉ
387 Beaubien Street East, Suite 100, Rosemont-La Petite-Patrie, Montréal, QC, H2S 1S2
514 961-9833
Services: * Social and recreational activities: cards, bingo, etc.* Outings.
Eligibility: seniors, adults
Coverage area: Rosemont-La Petite-Patrie and surroundings
Hours: Wednesday
Fees: variable
Financing: self-financing
Legal status: non-profit organization

CLUB LES AÎNÉS DE LASALLE
7651 Jean-Chevalier Street, LaSalle, Montréal, QC, H8N 2K8
514 365-5904
Services: * Physical activities: skating, walking and cycling.* Social and cultural activities.
Eligibility: seniors 55 years and over
Capacity: 200 members
Coverage area: LaSalle
Hours: variable
Fees: annual membership: $15
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

CLUB LES ULTRAMONTAIS
999 McEachran Avenue, Outremont, Montréal, QC, H2V 3E6
514 278-7493
Email: info.ultramontais@gmail.com
Eligibility: people 50 years and over
Coverage area: Outremont and surroundings
Hours: Tuesday 13h00, by appointment
Fees: membership: $20
Financing: contributions, self-financing
Legal status: non-profit organization

CLUB RENAISSANCE - NOTRE-DAME-DU-SACRÉ-COEUR
7675 Édouard Street, LaSalle, Montréal, QC, H8P 1T5
514 366-0174     Fax: 514 366-0834
Email: liserou2009@gmail.com
Services: * Social and recreational activities: dancing, bowling.* Outings.* Dancing dinners.
Eligibility: retired people
Coverage area: LaSalle and surroundings
Fees: membership: $25
Financing: contributions
Legal status: non-profit organization

CLUB SOCIAL HENRI-JULIEN
9300 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P1
514 389-5932
Website: www.loisirshenrijulien.ca
Email: dufault.lucille@videotron.ca
Services: * Recreational courses: dramatic arts, painting, knitting and theater.* Physical conditioning classes: Qi Gong, yogalates and stretching, chair yoga (movements), meditation and line dancing.* English course.* Computer literacy: Internet, tablet computer and Android.* Community meals.* Group trips and cultural outings.
Eligibility: everyone, priority to seniors aged 50 years old and over
Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 16h00, variable on weekends
CŒURS JOYEUX DE PIERREFONDS (LES)
Marie-Reine-de-la-Paix Church, 11075 Gouin Boulevard West, Pierrefonds-Roxboro, Montréal, QC, H8Y 1X6
514 696-4413
Services: * Social and recreational activities.
Eligibility: people 50 years and over
Coverage area: Pierrefonds
Financing: self-financing
Legal status: non-profit organization

CONTACTIVITY CENTRE
4695 De Maisonneuve Boulevard West, Westmount, Montréal, QC, H3Z 1L9
514 932-2326     Fax: 514 937-4087
Website: www.contactivitycentre.org
Email: contactivity@bellnet.ca
Services: Senior community centre. * Tele-Check: daily telephone check-up.* Information and referral, support.* Activities, classes, special outings and trips.* Community meals.* Grocery shopping assistance.* Transportation and accompaniment to medical appointments.* Friendly visits.
Eligibility: isolated seniors, mainly English-speaking
Coverage area: Westmount and surroundings, home support: Westmount
Hours: Monday to Friday 9h00 to 16h00
Financing: Centraide of Greater Montréal, municipal, donations, provincial
Legal status: non-profit organization

CÔTE SAINT-LUC MEN’S CLUB
Aquatic and Community Centre, 5794 Parkhaven Avenue, Suite B, Côte-Saint-Luc, Montréal, QC, H4W 1Z4
514 485-6819
Website: www.cotesaintluc.org/cslmensclub
Email: cslmen2010@gmail.com
Services: * Fitness.* Bowling, bridge, golf.* Discussion groups.* Choir, painting and photography classes and writers group.* Recreational drone group.* Computer class.* Conferences.* Evening events and outings with spouses or partners.
Eligibility: people 55 years and over
Coverage area: Côte-Saint-Luc
Hours: conferences: Thursday 9h30
Legal status: non-profit organization

CÔTE SAINT-LUC SENIOR WOMEN’S CLUB
5794 Parkhaven Avenue, 2nd Floor, Côte-Saint-Luc, Montréal, QC, H4W 0A4
514 485-6806 ext. 2213
Services: * Recreational activities: canasta, mah-jong, bridge, chess.* Physical fitness.* Conferences and entertainment.* Summer day trips and outings.
Eligibility: women 55 years and over
Coverage area: Côte Saint-Luc and surroundings
Hours: meetings: Wednesday afternoon, fitness: Monday, Wednesday and Friday 9h30 to 10h30, additional hours according to activities
Fees: membership: 35$ per year, fitness: 70$ per year
Legal status: non-profit organization
COUNCIL FOR BLACK AGING COMMUNITY OF MONTRÉAL
7401 Newman Boulevard, Suite 6, Lasalle, Montréal, QC, H8N 1X3
514 935-4951  Fax: 514 935-8466
Email: counb@bellnet.ca

Monthly information sessions, conferences every two years.* Assistance for groceries, laundry and cleaning.*
Accompaniment for medical appointments.* Community lunch once a month.* Birthday brunches every three
months.
Eligibility: seniors aged 50 years old and over
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Financing: donations, provincial
Legal status: non-profit organization

COURRIER BLANC (LE)
6497 Azilda Avenue, Anjou, Montréal, QC, H1K 2Z8
514 354-4299 ext. 211  Fax: 514 354-2023
Website: www.sacanjou.org
Email: info@sacanjou.org

Services: Program intended to break the isolation, support seniors' autonomy and prevent deterioration of their
physical and mental health. * Community meals.* Telephone calls.* Discussions, social activities.* Knitting
Eligibility: seniors 55 years and over
Capacity: variable according to the activity
Coverage area: Anjou
Hours: Monday to Thursday 9h00 to 17h00
Fees: contribution: $25 per year
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CUMMINGS JEWISH CENTRE FOR SENIORS
5700 Westbury Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3E8
514 342-1234  Fax: 514 739-6899
Website: www.cummingscentre.org
Email: info@cummingscentre.org

Services: Services for seniors, mainly from the Jewish community. * Information and referral.* Individual
counselling and follow-up.* Cultural and social activities.* Transportation-accompaniment.* Meals-on-wheels.*
Support network.* Financial subsidies.* Tax clinic.* Kosher cafeteria.* Weekly support group for Holocaust
survivors.
Eligibility: people with reduced mobility, people 50 years and over, mainly from the Jewish community
Coverage area: Greater Montréal
Hours: Monday to Thursday 7h30 to 17h00, Friday 7h30 to 15h00
Fees: membership: $45 per year, services and activities: variable
Financing: provincial, Centraide of Greater Montréal, donations, fundraising campaigns
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX SENIORS CLUB
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1012 ext. 209
Website: www.ddoclub55.org

Services: * Leisure activities adapted to the needs and interests of seniors.* Courses, social activities.*
Information sessions.
Eligibility: seniors 55 years and over
Coverage area: Dollard-des-Ormeaux
Hours: information office: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00, Friday 10h00 to 12h00
Fees: membership: $25 for residents of Dollard-des-Ormeaux, $40 for non-residents
Financing: municipal, self-financing
Legal status: non-profit organization

DORVAL FIRST CITIZENS CLUBS
Confidential Address
514 633-4000 Fax: 514 633-4016
Website: www.loisirs.ville.dorval.qc.ca
Email: lc@ville.dorval.qc.ca
Services: Local clubs for seniors. * Recreational activities: woodwork, knitting, cribbage, card and board games, billiards, carpet bowling.* Trips and outings.
Eligibility: seniors 55 years and over
Coverage area: Dorval
Hours: variable depending on the club
Fees: variable depending on the club
Financing: municipal, self-financing
Legal status: non-profit organization

DOWNTOWN YMCA
1440 Stanley Street, Ville-Marie, Montréal, QC, H3A 1P7
514 849-8393 Fax: 514 849-7821
Website: www.ymcaquebec.org
Services: YMCA centre offering services and activities to different groups. * Children and youth: daycare centre, day camp, drop-in child care, youth zone.* Health, fitness and recreation: aquatics, martial arts, cardio cycle, mind and body, dance, racquetball/squash, team sports and activities.* Physical, social and recreational activities for seniors: table tennis, billiards, foosball, discussion groups, board games, special events, arts and crafts, computer classes, etc.
Eligibility: children, youth, adults, seniors
Coverage area: Montréal: Downtown
Hours: Monday to Friday 6h00 to 22h45, weekend and holidays 7h15 to 19h45
Legal status: non-profit organization

DOYENS DE RIVIÈRE-DES-PRAIRIES (LES)
Église Sainte-Marthe, 12750 Fernand-Gauthier Avenue, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 2X2
514 648-2195
Website: www.lesdoyensderdp.blogspot.ca
Email: doyensrdp.2195@hotmail.com
Eligibility: seniors 50 years and over
Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles, Montréal-Nord, Anjou
Hours: permanence: Monday to Friday 9h00 to 11h30 and 13h00 to 15h30
Fees: variable depending on activities
Financing: municipal, provincial, self-financing
Legal status: non-profit organization
**DYNAMIQUES DU VILLAGE OLYMPIQUE (LES)**

5199 Sherbrooke Street East, Suite B3440, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3X2

514 257-0678

Website: lesdynamiques.org

Email: dvo@videotron.ca

**Services:** Leisure for elders. * Bingo.* Musical evenings, dancing.* Lunch and dinners.* Choir.* Outings.

**Eligibility:** people 50 years and over

**Capacity:** 90

**Coverage area:** Village Olympique residents

**Hours:** Monday and Wednesday 10h00 to 15h00, closed on June, July and August

**Fees:** membership card: $8, variable for activities

**Financing:** self-financing

**Legal status:** non-profit organization

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**ÉCHANGE DE SERVICES DE LASALLE**

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5

514 363-2202     Fax: 514 363-2207

Website: www.lecadre.ca/organizations/echange-de-services-de-lasalle/?lang=en

Email: fouzia@lecadre.ca

**Services:** * Accompaniment and transportation to medical appointments.* Community luncheons and recreational activities for seniors.* Meals-on-wheel service (hot meals) and home delivery of frozen meals.* Rooms for meetings and events with on-site catering.

**Eligibility:** seniors and adults with temporary or permanent loss of autonomy and with low income

**Coverage area:** Lachine, LaSalle, Dorval, Verdun, Saint-Henri, Côte-Saint-Paul, Ville-Émard, Saint-Henri and Pointe-Saint-Charles, hot meals of meals-on-wheel: LaSalle only

**Hours:** Monday to Friday 8h30 to 16h30, meals-on-wheels and community luncheons: Tuesdays and Thursdays

**Fees:** Membership card: $5 per year, meals-on-wheels: $5.50, community luncheons: $6.50 ($9.50 with transportation), frozen meal: $5.50

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**FONDATION BERTHIAUME-DU-TREMBLAY (LA) - CENTRE DE JOUR BERTHIAUME-DU TREMBLAY**

1635 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2

514 381-1841 ext. 287     Fax: 514 381-9504

Website: www.berthiaume-dutremblay.com

Email: anna-maria.bruno.rbdt@ssss.gouv.qc.ca

**Services:** Therapeutic and preventive activities for seniors. * Transportation.* Meals.

**Eligibility:** seniors 65 years and over with a loss of autonomy and living in their home

**Capacity:** around 200 people

**Coverage area:** Ahuntsic, Villeray

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** meal: $6.75, transportation back and forth: $7

**Financing:** provincial

**Legal status:** non-profit organization

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**FORUM ÉCONOMIQUE DE VERDUN**

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1

514 765-7315 ext. 404     Fax: 514 766-3472

Website: www.forumeconomiqueverdun.com

Email: glafontaine@forumeconomiqueverdun.com
Coverage area: Verdun
Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h00
Financing: grants
Legal status: non-profit organization

INTERGÉNÉRATIONS QUÉBEC
1474 Fleury Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1S1
514 382-0310 ext. 209 Fax: 514 381-3462
Website: intergenerationsquebec.org
Email: info@intergenerationsquebec.org
Services: Encourages closer relationships between the generations for the development of an open, inclusive and supportive society. * Promotes intergenerational activities in the province: Semaine québécoise intergénérationnelle, etc.* Offers awareness about the importance of intergenerational relationships.* Teaches members and organizations to develop intergenerational activities.* Works in partnership with various organizations conducting research on the subject.
Eligibility: seniors, students of primary and secondary schools, CEGEP students, all those interested in intergenerational
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

ITALIAN-CANADIAN COMMUNITY SERVICES OF QUÉBEC
8370 Lacordaire Boulevard, Suite 303, Saint-Léonard, Montréal, QC, H1R 3Y6
514 274-9461 Fax: 514 274-1325
Website: www.scciq.com
Email: info@scciq.com
Eligibility: Italian community and others
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

LITTLE BROTHERS- WEST ISLAND
204 Lakeview Avenue, Pointe-Claire, Montréal, QC, H9S 4C5
514 247-1282
Website: www.littlebrothers.ca
Email: info@littlebrothers.ca
Services: Welcome and provide support to lonely elders in order to counter their isolation. * Matching with volunteers.* Home visits and accompaniment during special outings and celebrations of traditional holidays and birthdays.* Vacation stays at The Juliette Huot Home in Oka.
Eligibility: lonely elders (75 years and over) and without any significant or positive social contact
Coverage area: West Island
Hours: Monday to Friday, 9h00 to 17h00
Fees: free
Financing: fundraising campaigns, 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
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

MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)
688 Sherbrooke Street West, Suite 229, Ville-Marie, Montréal, QC, H3A 3R1
514 398-8234     Fax: 514 398-2757
Website: www.mcgill.ca/continuingstudies/fr/programmes-et-cours/communaute-apprentissage-continue/
Email: mcll.scs@mcgill.ca
Services: Program for retired people wishing to continue learning for the joy of it and also share their knowledge, ideas and experiences with others. * Study groups on a wide range of topics: art, music, culture, literature, history, politics, health and science.* Computer workshops.* Conferences in senior residencies of Montréal by members.* Outings.
Eligibility: retired people
Coverage area: Montréal
Hours: Monday to Thursday 9h00 to 16h00, summer: Monday to Thursday 9h00 to 15h00
Legal status: non-profit organization

NEW HOPE SENIOR CITIZENS' CENTRE
6225 Godfrey Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1K3
514 484-0425     Fax: 514 484-3469
Website: www.newhopendg.com
Email: newhope@videotron.ca
Services: * Community meals.* Recreational activities.* Fitness.* Meals-on-wheels.* Clothing bank: recovery and sale of used clothes and household items.
Eligibility: seniors 65 years and over
Coverage area: Notre-Dame-de-Grâce
Hours: Monday to Friday 9h00 to 16h00, community meals: Monday, Wednesday and Thursday 12h30, clothing bank: Monday, Wednesday and Thursday 10h00 to 12h00
Fees: membership: $24 per year
Financing: provincial
Legal status: non-profit organization

NEW HORIZONS WORKSHOP OF MOUNT ROYAL
210 Dunbar Street, Mont-Royal, Montréal, QC, H3P 2H5
514 734-2951
Website: ateliernouveauxhorizons.webs.com
Services: * Full range of hand and power tools for wood processing.* Meeting place and mutual aid.
Eligibility: retired people 55 years old and over
Coverage area: Mount Royal
Hours: Monday to Thursday 9h00 to 12h00
Legal status: non-profit organization
NOTRE-DAME-DE-GRÂCE YMCA
4335 Hampton Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 2L3
514 486-7315     Fax: 514 486-6574
Website: www.ymcaquebec.org

Services: YMCA centre offering activities and services for different groups. * Children and youth: pedagogical days, Kindergarten, Youth zone for adolescents.* Health, sports and recreational activities: specialized programs for people with arthritis and the elderly, water activities, martial arts, cardio cycle, fitness, body and mind, dances, team sports and activities.* Seniors intervention programs.* Day camps open to children with special needs.

Eligibility: children, youth, adults, seniors

Coverage area: Notre-Dame-de-Grâce, Westmount, Côte Saint-Luc, Hampstead, Montréal West and Lasalle

Hours: Monday to Friday 5h30 to 22h00, Saturday 7h00 to 19h00, Sunday and holidays 8h00 to 18h00

Legal status: non-profit organization

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

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

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

Coverage area: Montréal

Hours: Monday to Sunday 9h00 to 17h00

Fees: free

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

PETITS FRÈRES (LES) - SUD-OUEST
410 Lafleur Avenue, Suite 13, LaSalle, Montréal, QC, H8R 3H6
514 379-4979
Website: www.petitsfreres.ca/sudouest
Email: sudouestmontreal@petitsfreres.ca

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

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

Coverage area: South-West

Fees: free

Financing: donations, fundraising campaigns

Legal status: non-profit organization

PLACE VERMEIL
2600 Ontario Street East, Suite 206, Ville-Marie, Montréal, QC, H2K 4K4
514 527-7822
Website: www.placevermeil.org
Email: info@placevermeil.org


Eligibility: people 50 years and over

Capacity: 30
Coverage area: Centre-Sud  
Hours: Monday to Friday 9h00 to 15h30  
Fees: membership: $10 per year  
Financing: provincial, self-financing, foundations  
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  
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

RÉSOLIDAIRE - CENTRE DE SERVICES ET D'ACTIVITÉS POUR AÎNÉS  
1625 Desjardins Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2G7  
514 598-9670 Fax: 514 598-9262  
Email: resobhm@cooptel.qc.ca  
Services: * Accompaniment and transportation for medical appointments, groceries and to shopping malls.* Community meals, meals-on-wheels.* Outings, cultural and recreational activities.* Assistance and referral.  
Eligibility: seniors 50 years old and over, either referred or not by the CLSC  
Coverage area: Hochelaga-Maisonneuve  
Hours: Monday to Friday 9h00 to 16h30  
Fees: annual membership: $10 per year  
Financing: provincial, self-financing, municipal  
Legal status: non-profit organization

SAINT-ANTOINE COMMUNITY CENTRE 50+  
850 Dominion Street, Le Sud-Ouest, Montréal, QC, H3J 0A1  
514 933-7351 ext. 102 Fax: 514 933-4617  
Website: centrestantoine50plus.com  
Email: info@centrestantoine.com  
Services: * Friendly visits and phonecalls.* Daily security phonecalls.* Accompaniment and transportation to medical appointments.* Translation and assistance with filling out forms.* Information and referral.* Intergenerational program.* Community meals.* Social, educational and recreational activities.* Computer classes.  
Eligibility: seniors 50 years and over  
Coverage area: Le Sud-Ouest  
Hours: Monday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h00  
Fees: membership: $15 per year  
Financing: provincial, self-financing, Centraide of Greater Montréal  
Legal status: non-profit organization
Seniors

SERVICE D’AIDE ET DE RÉFÉRENCEMENT AÎNÉ D’ANJOU
7800 Châteauneuf Boulevard, Suite 107, Anjou, Montréal, QC, H1K 4J4
514 351-2517  Fax: 514 351-4004
Website: www.sara-anjou.com
Email: info@sara-anjou.com
Eligibility: people 55 years and over, independent or with a slight or moderate loss of autonomy
Coverage area: Anjou
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: membership: $25
Financing: grant
Legal status: non-profit organization

STATION (LA), CENTRE INTERGÉNÉRATIONNEL DE L’ÎLE-DES-SOEURS
201 Berlioz Street, Verdun, Montréal, QC, H3E 1C1
514 766-4301
Website: www.actionpreventionverdun.org
Email: station@actionpreventionverdun.org
Services: Intergeneration recreational centre.* Recreational, community, sports and cultural activities.* Workshops and conferences.
Eligibility: youth aged 12 to 17, seniors aged 50 and older
Coverage area: Montréal: Verdun, Île-des-Soeurs
Hours: Monday to Friday 10h00 to 20h00, Saturday 15h00 to 20h00, subject to change, see programming
Fees: membership: $20 per year, additional fees for the activities
Financing: donations, membership fees, grants
Legal status: non-profit organization

SUN YOUTH ORGANIZATION
4251 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1V6
514 842-6822  Fax: 514 842-5241
Website: www.sunyouthorg.com
Email: communications@sunyouthorg.com
Eligibility: food and material assistance: people on a low income
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Fees: none, clothing bank: $3
Financing: donations, federal, provincial, grants
Legal status: non-profit organization

TEAPOT (THE) - LACHINE SENIOR CITIZENS RESOURCES
2901 Saint-Joseph Boulevard, Lachine, Montréal, QC, H8S 4B7
514 637-5627  Fax: 514 637-6444
Website: www.theteapot.org
Email: teapot@theteapot.org
Seniors

**Services:** Community centre. * Support.* Social, recreational and educational activities.* Prevention programs.* Collective kitchen.* Transportation and accompaniment for groceries and medical appointments, groceries delivery.* Computer classes.* Tax clinic.* Foot care clinic.* Student placements.* Thrift shop.

**Eligibility:** people 50 years and over with a loss of autonomy

**Coverage area:** Lachine and surroundings

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, thrift shop: Monday and Wednesday 9h00 to 12h00

**Fees:** membership: $25 per year, foot care clinic: $35 for the first visit for members, $30 for each following visit

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

**Legal status:** non-profit organization

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**TYNDALE ST-GEORGES COMMUNITY CENTRE**

870 Richmond Square, Le Sud-Ouest, Montréal, QC, H3J 1V7

514 931-6265  Fax: 514 931-1343

*Website:* www.tyndalestgeorges.com

*Email:* info@tyndalestgeorges.com

**Services:** Programs designed to promote self-reliance, mutual aid and fulfillment through educational, cultural, social, employment and recreational programs. * Parenting and life skills workshops.* Discussion between parents.* Play groups, child literacy and stimulation programs.* Library for children.* Summer day camp.* Help with homework.* After-school activities.* Pre-employability and employability programs.* French classes.* Access to computers.* Free legal clinic.* Personal development programs for all ages.* Seniors programs.

**Eligibility:** multicultural communities

**Coverage area:** Montréal: Little Burgundy

**Hours:** Monday to Friday 8h30 to 21h00, special events on Saturday and Sunday

**Fees:** variable, depending on the programs

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

**Legal status:** non-profit organization

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**UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - AHUNTSIC-BORDEAUX-CARTIERVILLE**

10120 d’Auteuil Avenue, Ahuntsic-Cartierville, Montréal, QC, H3L 2K1

514 331-3334  Fax: 819 821-8044

*Website:* www.usherbrooke.ca/uta/prog/mtl/abc/

*Email:* utaahuntsic@outlook.fr

**Services:** Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.

**Eligibility:** people 50 and over, no prior degree is required

**Coverage area:** Montréal

**Fees:** variable tuition according to the activity, compulsory student fee, donations are optional

**Financing:** donations, grants

**Legal status:** non-profit organization

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**UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - LASALLE**

55 Dupras Street, Suite 504, LaSalle, Montréal, QC, H8R 4A8

514 366-7509  Fax: 819 821-8044

*Website:* www.usherbrooke.ca/uta/prog/mtl/lsl

**Services:** Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.

**Eligibility:** people 50 and over, no prior degree is required

**Coverage area:** Montréal

**Fees:** variable tuition according to the activity, compulsory student fee, donations are optional

**Financing:** donations, grants

**Legal status:** non-profit organization

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UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - MARGUERITE-BOURGEOYS NORD
Centre des loisirs de Saint-Laurent, 1375 Grenet Street, Saint-Laurent, Montréal, QC, H4L 5K3
514 366-7509   Fax: 819 821-8044
Website: www.usherbrooke.ca/uta/prog/mlt/mbn
Email: a.c.belliveau@sympatico.ca
Services: Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.
Eligibility: people 50 and over, no prior degree is required
Coverage area: Montréal
Fees: variable tuition according to the activity, compulsory student fee, donations are optional
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - OUEST-DE-L’ÎLE
Beaconsfield recreational centre, 1974 City Lane, Beaconsfield, Montréal, QC, H9W 6B1
514 426-9866   Fax: 819 821-8044
Website: www.usherbrooke.ca/uta/prog/mlt/oim
Services: Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.
Eligibility: people 50 and over, no prior degree is required
Coverage area: Montréal
Fees: variable tuition according to the activity, compulsory student fee, donations are optional
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - POINTE-DE-L’ÎLE
14 001 Notre-Dame Street East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1T9
514 872-2264   Fax: 819 821-8044
Website: www.utapi.ca
Email: ageautapi@hotmail.fr
Services: Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops.* Student associations promoting integration in cultural and social life.
Eligibility: people 50 and over, no prior degree is required
Coverage area: Montréal
Fees: variable tuition according to the activity, compulsory student fee, donations are optional
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - SAINT-LÉONARD-ANJOU
Bibliothèque de Saint-Léonard, 8420 Lacordaire Boulevard, Saint-Léonard, Montréal, QC, H1R 3G5
514 354-2330   Fax: 819 821-8044
Website: www.usherbrooke.ca/uta/prog/mlt/sla/
Services: Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.
Eligibility: people 50 and over, no prior degree is required
Coverage area: Montréal
Fees: variable tuition according to the activity, compulsory student fee, donations are optional
Financing: donations, grants
Legal status: non-profit organization
Seniors

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - VERDUN
Confidential Address
1 888 463-1835 ext. 61747 Fax: 819 821-8044
Website: www.usherbrooke.ca/uta/prog/mlt/vrd/
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 29 university branches for people aged 50 years and over.* Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.
Eligibility: people 50 and over, no prior degree is required
Coverage area: Montréal
Fees: variable tuition according to the activity, compulsory student fee, donations are optional
Financing: donations, grants
Legal status: non-profit organization

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

VILLE DE POINTE-CLAIRE - AID FOR SENIORS
94 Douglas-Shand Avenue, Pointe-Claire, Montréal, QC, H9R 2A8
514 630-1214 ext. 1644
Website: www.ville.pointe-claire.qc.ca/en/seniors-activities/about-seniors
Email: recreation@pointe-claire.ca
Eligibility: recreational activities, friendly phone calls and senior centre: seniors 60 years and over, house cleaning: people on a low income 65 years and over
Coverage area: Pointe-Claire
Hours: October to April: Monday to Friday 8h30 to 16h30, May to September: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, cleaning: Monday to Friday 9h00 to 16h00, senior centre: Wednesday 10h00 to 14h00 and Friday 13h00 to 15h00, closed in July and August
Fees: senior centre: $25 for residents, $30 for non-residents
Legal status: municipal agency

WESTMOUNT YMCA
4585 Sherbrooke Street West, Westmount, Montréal, QC, H3Z 1E9
514 931-8046 Fax: 514 931-9219
Website: www.ymcaquebec.org
Services: YMCA centre offering services and activities to different groups. * Children and youth: After school programs, pedagogical days, family gym, Prescogym, kindergarten, children's birthday parties, Youth zone for adolescents. * Health, fitness and recreation: specialized programs for seniors and people with arthritis, aquatics, martial arts, fitness, cardio cycle, mind and body, dance, team sports and activities. * Intervention programs for seniors. * Day camp open to children with special needs

Eligibility: children, youth, seniors and families

Coverage area: Westmount, Notre-Dame-de-Grâce, Saint-Henri, Little Burgundy and Pointe-Saint-Charles

Hours: Monday to Friday 6h00 to 22h00, Saturday and Sunday 7h00 to 19h00, holidays 10h00 to 17h00

Legal status: non-profit organization

ZORNICA CANADIAN-BULGARIAN CULTURAL CENTRE


Eligibility: people of all ages from the Bulgarian community, newcomers, Bulgarian language classes, contests and cultural events: open to all

Coverage area: Greater Montréal

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

Day centres and respite

SOCIÉTÉ DE RECHERCHE EN ORIENTATION HUMAINE


Eligibility: young adults

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, by appointment

Financing: contributions, donations, provincial

Legal status: non-profit organization

WIAIH

Services:

Eligibility:

Coverage area:

Hours:

Fees:

Financing:

Legal status:

WIAIH

111 Donegani Street, Pointe-Claire, Montréal, QC, H9R 2W3

514 694-7090     Fax: 514 694-5839

Website: www.wiaih.qc.ca

Email: info@wiaih.qc.ca
Seniors

**Services:** * Seniors day program.* Respite at Angelman.* Infant stimulation.* Preschool and home group.* Recreational and summer camp for adolescents and adults.* After school program for adolescents 12 to 21 years old.* Information and referral.* Documentation and educational resource centre.* Monthly parents and caregivers self-help groups, led by both parents and professionals.

**Eligibility:** children and adults with intellectual disabilities or autism spectrum disorders, as well as their families

**Capacity:** 2 monthly self-help groups (bilingual) with 20 to 25 participants

**Coverage area:** West Island

**Hours:** Monday to Friday 8h30 to 16h30, self-help groups during the day and evening

**Fees:** annual membership: $25, no fees for support and self-help groups

**Financing:** Centraide of Greater Montréal, fundraising campaign, self-financing

**Legal status:** non-profit organization

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**ZENITUD’ART**

20 des Soeurs Grises Street, Ville-Marie, Montréal, QC, H3C 5M1

438 385-0646

Website: www.celixia.ca/fr/celixia-obnl

Email: info@celixia.ca

**Services:** Developing and facilitating workshops for personal expression through painting.* Workshops aiming different goals: freeing emotions, letting go, countering social isolation, encourage exchanges, sharing and enhancing self-esteem.* No need to know how to paint.* Equipment provided.

**Eligibility:** community organizations, residences, people at home, seniors, caregivers

**Capacity:** 8 people per workshop

**Coverage area:** Montréal

**Hours:** Office: 9h00 to 17h00, workshop (3-hour): evenings and weekends

**Fees:** $60

**Financing:** self-financing

**Legal status:** non-profit organization

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**Home support**

**ACCORDAILLES (LES)**

465 Gilford Street, Suite 101, Le Plateau-Mont-Royal, Montréal, QC, H2J 1N5

514 282-1553 Fax: 514 282-1429

Website: accordailles.org

Email: info@accordailles.org

**Services:** * Accompaniment to medical appointments.* Friendly phone calls and visits.* Community meals.* Groceries project: transportation groups and accompaniment for groceries, collective snacks.

**Eligibility:** seniors 50 years old and over, referred by their CLSC

**Coverage area:** CLSC Plateau Mont-Royal and CLSC Saint-Louis-du-Parc

**Hours:** office: Monday to Friday 8h00 to 16h00, community meal: Tuesday 12h00 to 15h00

**Fees:** community meal: $4 for members, $5 for non-members

**Financing:** provincial

**Legal status:** non-profit organization

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**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

ASSOCIATION CANADIENNE DES CHRÉTIENS D'ORIGINE HAITIENNE 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

ASSOCIÉS DE L'ENTRETIEN MÉNAGER (LES)

7491 Cordner Street, LaSalle, Montréal, QC, H8N 2R5
514 363-8686   Fax: 514 367-3043
Website: lecadre.ca

Services: * Homekeeping services: regular home cleaning and heavy interior cleaning.

Eligibility: seniors, people with health issues, low-income families

Coverage area: LaSalle, Lachine, Dorval

Hours: Monday to Friday 8h30 to 16h00

Fees: hourly rate established according to family income, government assistance available through the Financial Assistance Program for Domestic Help Services)

Financing: self-financing, provincial

Legal status: non-profit organization

BAIE-D'URFÉ - SERVICES FOR SENIORS

20410 chemin Lakeshore, Baie-D'Urfé, Montréal, QC, H9X 1P7
514 457-5324   Fax: 514 457-5671
Website: baie-durfe.qc.ca
Email: info@baie-durfe.qc.ca

Services: * List of people with reduced mobility in the event of emergencies.* Driveway snow removal.* STM transport fare reimbursement.

Eligibility: transport reimbursement: seniors receiving the federal Guaranteed Income Supplement

Coverage area: Baie-D'Urfé

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 13h00

Fees: snow removal: $60, free of charge for seniors receiving the federal Guaranteed Income Supplement and for people with disabilities
CENTRE DE BÉNÉVOLAT SARPAD - OUTREMONT
999 McEachran Avenue, Suite 136.8, Outremont, Montréal, QC, H2V 3E6
514 271-8869 Fax: 514 271-8950
Website: www.sarpad.com
Email: sarpadou@sarpad.com
Services: * Accompaniment for medical appointments.* Assistance with errands, transportation for grocery shopping.* Friendly visits and walks.* Home respite.
Eligibility: people 55 years and over with a loss of autonomy, caregivers
Coverage area: Outremont
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

CENTRE DE FORMATION DU JARDIN DU CITOYEN
5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 765-7315 ext. 404 Fax: 514 766-3472
Website: www.forumeconomiqueverdun.com
Email: glafontaine@csasov.com
Services: Training activities aimed at developing the employability and social inclusion. * Outreach work: accompaniment service at-home for vulnerable seniors.* Affordable house maintenance works for seniors.
Eligibility: seniors
Coverage area: Verdun
Hours: lundi au jeudi 9h00 à 12h00 et 13h30 à 16h00
Financing: grants
Legal status: Select Legal Status

CHIC RESTO-POP (LE)
1500 d’Orléans Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3R1
514 521-4089 Fax: 514 521-8774
Website: www.chicrestopop.com
Email: jouellette@chicrestopop.com
Services: * Training and skills development program according to a fellow apprentices formula.* Three semi-skilled professions: assistant-cook, shipping and receiving clerk, customer service clerk at Le Jubé school restaurant.* Meals at affordable prices.* Pop mobile: meals in primary schools, animation and supervision, workplace training.* Local produce: frozen meals for home delivery.
Eligibility: people on a low income, isolated, seniors, neighbourhood children
Capacity: meals: 300 seats
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 19h00, meals: 11h45 to 13h30 and 16h45 to 18h15
Fees: meals: $4
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CHINESE CHRISTIAN MISSION OF CANADA
1012 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J9
514 878-3113
Website: www.ccmcanada.org
Email: montreal@ccmcanada.org
Seniors


**Eligibility:** Chinese community, self-help groups: people living with cancer, cancer survivors, caregivers and relatives

**Capacity:** 40

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h00, Saturday 10h00 to 16h00, Mandarin group: 1st Saturday morning of the month, self-help group: 3rd Saturday morning of the month

**Fees:** variable

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

**Legal status:** non-profit organization

COFORCE

11301 Mirabeau Street, Anjou, Montréal, QC, H1J 2S2

514 354-3430  Fax: 514 354-5887

Website: www.coforce.ca

Email: info@coforce.ca

**Services:** Adapted enterprise. * Services to the people and companies: maintenance, logistic support and minor repairs.

**Eligibility:** people with mental health issues

**Capacity:** 325 people

**Coverage area:** Montréal Island

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

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

CONCIERGERIE LES DÉPANNEURS

Confidential Address

514 949-6309

Website: www.conciergerielesdepanneurs.com

Email: info@conciergerielesdepanneurs.com

**Services:** In-home or at-work support services. * Home surveillance during, taking care of pets, cleaning of short time units.* Moving of small and big objects, errands, medical appointment accompaniment, cooking.* Seasonal maintenance: indoor and outdoor cleaning, carwash, snow removal, gardening, leaves collecting.* Clothes: touch-up, reparation, cleaning, ironing, etc.* Regular cleaning and minor repairs.* Computer support, solution research, administrative support.* Possibility of personalized services.

**Coverage area:** Saint-Léonard

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

**Fees:** variables

**Financing:** self-financing

**Legal status:** non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF

7333 des Roseraies Place, Suite 501, Anjou, Montréal, QC, H1M 2X6

514 352-1121 ext. 258

Website: www.cqcm.coop

Email: info@cqcm.coop

**Services:** Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

**Eligibility:** youth in secondary school

**Coverage area:** Province of Québec
Seniors

**Hours:** variable depending on each cooperative, services are mostly offered during the summer  
**Fees:** none  
**Legal status:** cooperative

**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

**DAILY HELLO PROGRAM**  
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4  
**514 734-2941**  
**Fax:** 514 734-3083  
**Website:** www.town.mount-royal.qc.ca  
**Services:** Confidential security and reassurance phone calls.  
**Eligibility:** elderly, ill or isolated people, caregivers  
**Coverage area:** Town of Mount-Royal  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** free  
**Financing:** municipal  
**Legal status:** municipal agency

**ENTRAIDE BÉNÉVOLE MÉTRO**  
1801 De Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9  
**514 939-9575**  
**Fax:** 514 934-3776  
**Website:** www.ebm.cam.org  
**Email:** ebmmetro@vif.com  
**Services:** * Accompaniment for shopping and medical appointments.* * Friendly visits and walks.* * Daily security phonecalls.* * Tax clinic.*  
**Eligibility:** seniors 65 years and over with a loss of autonomy  
**Coverage area:** West downtown and Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** provincial, donations, federal  
**Legal status:** non-profit organization

**ENTRAIDE BOIS-DE-BOULOGNE**  
1405 Henri-Bourassa Boulevard West, Suite 207, Ahuntsic-Cartierville, Montréal, QC, H3M 3B2  
**514 332-4222**  
**Fax:** 514 332-2891  
**Website:** www.entraideboisdeboulogne.org  
**Email:** entraidebdb@bellnet.ca
**ENTRAIDE SAINT-ESPRIT**
5415 5th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2S8
514 376-3920 ext. 110
Email: upsfl@bellnet.ca
**Services:** * Distribution of food vouchers.* * Christmas baskets.* * School supplies.* * Bazaar.* * Meals-on-wheels.* * Room rental.*
**Eligibility:** people on a low income
**Coverage area:** Saint-Esprit, Sainte-Bibiane and Sainte-Gemma parishes
**Hours:** assistance: 3rd Thursday of the month 10h00 to 12h00 and 13h00 to 15h00, closed during Christmas holidays, bazaar: Tuesday and Wednesday 10h00 to 15h00, meals-on-wheels: Tuesday and Thursday 10h30 to 13h00
**Financing:** donations

**ÉVATION, CENTRE DE JOUR ALTERNATIF**
5701 Décarie Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3C8
514 738-5151 Fax: 514 738-5155
Website: www.centreevasion.com
Email: centre-evasion@videotron.ca
**Services:** Respite services provided on site, in homes or in residences. * Group stimulating activities in residences.* * Physical, cognitive, sensory, social and cultural activities.*
**Eligibility:** seniors 50 years and over, autonomous or with loss of autonomy, caregivers, seniors with mental and physical disabilities, Alzheimer’s and other related dementia
**Capacity:** day centre: 25 people per day
**Coverage area:** Island of Montréal
**Hours:** office: Monday to Friday 9h00 to 16h00, day centre stimulation and respite program: Monday to Saturday 9h00 to 15h00, in-home stimulation and respite program: 7 days 9h00 to 20h00, group animation in residence program: Monday to Saturday 9h00 to 18h00
**Fees:** variable
**Financing:** Appui Montréal

**FOURCHETTES DE L'ESPOIR (LES)**
12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492 Fax: 514 852-6220
Email: lesfourchettesdelespoir@hotmail.com
**Services:** * Meals on site.* * Take-out meals.* * Meals-on-wheels.* * Cooking classes for children 5 to 12 years old.* * Lunch boxes with discounts for non-profits.* * Christmas sharing store.* * Back-to-school sharing store.* * Food assistance.*
**Eligibility:** people on a low income
**Coverage area:** Montréal-Nord and surroundings
**Hours:** cafeteria: Monday to Thursday 11h30 to 14h30, food assistance: once a week, by appointment
**Fees:** full meal: $4, frozen meal: $4 to $5, food assistance: free
**Financing:** provincial, foundations
**Legal status:** non-profit organization
GRANDE VADROUILLE (LA)
4450 Saint-Hubert Street, Suite 411, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 341-0443  Fax: 514 523-7908
Website: www.grandevadrouille.com
Email: info@grandevadrouille.com
Services: Domestic assistance. * Housekeeping, spring cleaning, handy work.* Respite.
Coverage area: Côte-des-Neiges, Mont-Royal, Notre-Dame-de-Grâce, Montreal West and Côte-Saint-Luc (H4V only)
Hours: Monday to Friday 9h00 to 17h00
Fees: RAMQ financial assistance program
Financing: provincial
Legal status: non-profit organization

GROUPE L'ENTRE-GENS (LE)
6240 Christophe-Colomb Avenue, Suite 100, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2G7
514 273-0560  Fax: 514 273-0713
Website: www.groupeentre-gens.ca
Email: groupeentre-gens@bellnet.ca
Services: * Meals-on-wheels.* Assistance with shopping.* Accompaniment to medical appointments.* Listening, help and referral.* Tax clinic.* Social work within social housing and in various places frequented by seniors.* Special events, outings, sugar shack and apple picking outings.
Eligibility: people 18 years and over who are in convalescence, disabled or with a permanent or temporary loss of autonomy
Capacity: meals-on-wheels: 25 meals per day
Coverage area: Petite-Patrie, meals-on-wheels: territory bordered by Saint-Hubert Street to the East, by Clark Street to the West, by des Carrières Street to the South and by Jean-Talon Street to the North
Hours: Monday to Thursday 9h00 to 16h30
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization

GROUPE PART (PROGRAMME D'APPRENTISSAGE RETOUR AU TRAVAIL)
4100 André-Laurendeau Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3N6
514 526-7278  Fax: 514 526-7569
Website: www.groupepart.ca
Email: mthomas@groupepart.ca
Services: Job reintegration. * PART du Chef: integration enterprise with paid employment, institutional cooking training.* PART projects: integration group with possibility to pursue secondary school studies in French and math, computer workshop, cultural and physical activities, individual psychosocial follow-up.* Delivery of healthy frozen meals.* Catering and cafeterias.* Individual psychosocial support.* Job search assistance and internships.* Assistant cook certificate.
Eligibility: people 18 years and over with psychosocial or mental health problems, receiving medical or psychosocial care, frozen meals, cafeteria and catering: all
Capacity: part du chef: 34 people, part projects: 32 people
Coverage area: Greater Montréal
Hours: Monday to Friday 6h30 to 15h00, PART projects: 20 hours per week, PART du Chef: 35 hours per week
Financing: provincial
Legal status: non-profit organization

HAY DOUN - FAMILY SUPPORT SERVICES
615 Stuart Avenue, Outremont, Montréal, QC, H2V 3H2
514 276-9479 ext. 4  Fax: 514 276-9960
Website: www.haydoun.ca
Email: service@haydoun.ca
MAISONNETTE SUD-OUEST
75 Sir-Georges-Étienne-Cartier Square, Suite 22, Le Sud-Ouest, Montréal, QC, H4C 3A1
514 932-2433    Fax: 514 932-2909
Website: www.lecadre.ca/organizations/la-maisonnette-sud-ouest/?lang=en
Email: maisonnette_coord@lecadre.ca
Services: * Housekeeping services: regular and heavy home cleaning.
Eligibility: seniors, priority to people with reduced mobility, low-income families
Coverage area: Le Sud-Ouest (Pointe-Saint-Charles, Saint-Henri, Little Burgundy, Saint-Paul-Émard) and Verdun
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: Hourly rate established according to family income. government assistance available through the Financial Assistance Program for Domestic Help Services
Financing: self-financing, provincial
Legal status: non-profit organization

MAMIES IMMIGRANTES POUR LE DÉVELOPPEMENT ET L’INTÉGRATION
5616 Briand Street, Le Sud-Ouest, Montréal, QC, H4E 1A8
514 903-1380
Email: lesmamies2002@gmail.com
Eligibility: immigrant women 50 years and over, caregivers
Coverage area: Montréal
Hours: Monday to Friday 9h30 to 16h30
Fees: annual membership: $10, respite: $15 per hour
Financing: contributions, grants
Legal status: non-profit organization

MARYSE (LA)
5080 Dudemaine Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1N6
514 856-5371
Website: lamaryse.ca
Email: info@lamaryse.ca
Services: Home delivery of frozen meals at an affordable price.
Coverage area: Laval, Longueuil et Montréal, the following postal code: H1G-H1H-H2B-H1R-H1P-H7E-H7C-
H3L-H3M-H2M-H2G-H1M-H2C
Hours: phone service: Monday to Friday 8h00 to 16h00, delivery: variable according to the sector
Fees: complete meal: soup, meal and dessert $9, à la carte meal: variable
Seniors

**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

**MISSIONARIES OF CHARITY**  
2467 Champagne Street, Ville-Marie, Montréal, QC, H2K 2G9  
514 524-6372  
**Services:** * Soup kitchen.* Home visits for families and seniors.  
**Eligibility:** deprived people  
**Coverage area:** Montréal Island  
**Hours:** office: everyday, except on Thursday, 15h30 to 18h30, soup kitchen: everyday at 16h30, except on Thursday  
**Fees:** free  
**Financing:** donations  
**Legal status:** non-profit organization

**MOUNT-ROYAL - COMMUNITY SUPPORT SERVICE**  
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4  
514 734-2937  
Website: www.ville.mont-royal.qc.ca/fr/services-residents/assistance-communautaire  
**Services:** * Community social counselling: assessment, referral, long-term home care planning on site or at home.* Wellness clinic: consultation and promotion of physical, emotional and social well-being.* Foot care clinic.* Home assistance: baths, outings, meal preparation, etc.* Shopping assistance.* Blood pressure clinic.* Annual flu shot clinic.  
**Eligibility:** seniors with a loss of autonomy, people in convalescence, people with disabilities  
**Coverage area:** Town of Mount Royal  
**Hours:** wellness clinic and foot care: by appointment, blood pressure clinic: twice a month  
**Fees:** foot care clinic: $35 for the 1st visit, $40 per additional visit  
**Legal status:** municipal agency

**MOUNT-ROYAL - COMMUNITY SUPPORT SERVICE - MEALS-ON-WHEELS**  
60 Roosevelt Avenue, Mont-Royal, Montréal, QC, H3R 1Z4  
514 734-2937  
**Services:** Coordination of meals-on-wheels. * Health promotion.* Prevention and fostering of self-help and collaboration within the community.  
**Eligibility:** elderly, ill or disabled people
**MULTI CAF - COMMUNITY FOOD RESOURCE**

3591 Appleton Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 1L7

514 733-0554     Fax: 514 733-2760

Website: www.multicaf.org

Email: info@multicaf.org

**Services:** * Breakfasts and lunches.* Food baskets.* Social activities: outings and special events.* Christmas and back-to-school sharing stores.* Individual support for members.* Information booths.* Meals-on-wheels.

**Eligibility:** individuals and families in vulnerable situations financially, legally or residentially or living with addiction problems

**Capacity:** 250 meals per day, 800 food baskets per month

**Coverage area:** Côte-des-Neiges and Snowdon, food baskets: residents of the neighbourhood only

**Hours:** reception: Monday to Thursday 9h00 to 16h00, Friday 11h00 to 16h00, breakfast: Monday to Thursday 9h30 to 10h30, lunch: Monday to Friday 11h45 to 13h00, food baskets: Tuesday, Wednesday, Thursday 9h00 to 10h30, meals-on-wheels: 5 days a week

**Fees:** breakfast: free, lunch: $2, food basket: $2, sharing store: 10% of the actual cost of groceries

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

**Legal status:** non-profit organization

**MULTI-ETHNIC ASSOCIATION FOR THE INTEGRATION OF PERSONS WITH DISABILITIES**

6462 Saint-Laurent Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H2S 3C4

1 866 318-0680     Fax: 514 272-8530

Website: www.ameiph.com

Email: secretariat@ameiph.com

**Services:** * Aid for the integration: information and referral about public services, assistance with forms, moral support, follow-up, interpreting, mediation, administering of oaths.* French courses.* Art workshop.* Women’ s group.* Monthly coffee meeting.* Information sessions. * Social events.* Promotion and advocacy of social integration.

**Eligibility:** people with disabilities from ethno-cultural communities and their families

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 9h00 to 13h00

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

**Legal status:** non-profit organization

**NOVA MONTRÉAL**

310 Victoria Avenue, Suite 403, Westmount, Montréal, QC, H3Z 2M9

514 866-6801     Fax: 514 866-4902

Website: www.novamontreal.com

Email: info@novamontreal.com

**Services:** At home respite program for adults and children. * Assistance for basic personal care and other therapeutic activities.* At home nursing care including specialized palliative care.* Respite for parents with a children having a chronic disease or a disability.* Respite for seniors and people with a loss of autonomy.

**Eligibility:** individuals and families

**Coverage area:** marked off in the east by Saint-Denis street until 32nd avenue in the west, marked off in the north by the metropolitain Boulevard until the Saint-Laurent river in the south

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

**Fees:** variable
Financing: fundraising campaigns, donations, self-financing  
Legal status: non-profit organization  

NOVA WEST ISLAND  
447 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4C2  
514 695-8335 Fax: 514 695-8432  
Website: www.novawi.org  
Email: info@novawi.org  
Services: Palliative and oncology home care program, home visits by experienced nurses and volunteers. * Weekly adult bereavement support groups.* Monthly ALS caregivers support group and weekly Alzheimer’s caregivers support group.* Support program for children dealing with on-going family illness.* Day centre program for elderly with cognitive disorders.* Personal support services, assistance with personal care and companionship.  
Eligibility: adults living with cancer, ALS or at the end of life, seniors in loss of autonomy, bereaved young people and adults, caregivers  
Capacity: bereavement support groups: 12  
Coverage area: West Island: Baie-D’Urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, L’Île-Bizard, L’Île-Perrot, Kirkland, Lachine, Pierrefonds, Pincourt, Pointe-Claire, Roxboro, Senneville, Sainte-Anne-de-Bellevue, Sainte-Geneviève, Terrasse-Vaudreuil  
Hours: Monday to Friday 8h30 to 16h30  
Fees: cancer and bereavement services: free, day centre, foot care and home care: minimal cost  
Financing: grants, donations, self-financing, fundraising campaigns  
Legal status: non-profit organization

PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTRÉAL  
1110 Jean-Talon Street East, Suite 301, Rosemont-La Petite-Patrie, Montréal, QC, H2R 1V9  
514 272-7200 Fax: 514 272-0134  
Website: www.palliativecaresociety.com  
Email: info@societedesoinspalliatifs.com  
Services: Clinical follow-ups of the patients done by specialized nurses.* Pain management.* Nursing care.* Volunteer support to the patients and families.* Hygienic care of the patients.* Home respite for caregivers (day, evening, night).* Family support services.* Transportation service for medical appointments.* Medical supplies and equipment available.* Professional psychological support at home and bereavement services.  
Eligibility: patients in pre-terminal or terminal phases, people who are bereaved and their families  
Coverage area: Montréal Island  
Hours: administration: Monday to Friday 8h00 to 16h00, home care services: 7 days, 8h00 to 00h00  
Fees: free, except for transport  
Financing: foundation, grants, donations  
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  
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
Seniors

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

PLUMEAU, CHIFFON ET COMPAGNIE
4450 Saint-Hubert Street, Suite 416, Le Plateau-Mont-Royal, Montréal, QC, H2J 2W9
514 523-6626 ext. 4162   Fax: 514 523-7908
Website: www.plumeau.qc.ca
Email: info@plumeau.qc.ca

Services: At home assistance. * Housekeeping: regular light house cleaning, spring cleaning and light handy work.* Respite for caregivers.

Eligibility: residents of the territory covered
Coverage area: Plateau Mont-Royal, Centre-Sud, Ville-Marie, Westmount, Outremont
Hours: Monday to Friday 9h00 to 17h00
Fees: housekeeping: eligible to RAMQ financial assistance program, respite: $4 per hour
Financing: self-financing, provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC
500 Ash Avenue, Le Sud-Ouest, Montréal, QC, H3K 2R4
514 937-9251   Fax: 514 937-3492
Website: ccpsc.qc.ca/en
Email: genevieve.lambertpiolote@ssss.gouv.qc.ca

Services: * Walk-in or with appointment consultations with a doctor, nurse or social worker.* Family doctor follow-up.* Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test.* Mental health cares: assessment, multidisciplinary medium and long-term follow-up.* Needle exchange and support for people with addictions.* Support for people with intellectual disabilities and autism spectrum disorders and their families.* Support for parents, children and families experiencing mental health problems and for families of children with disabilities.* Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings.* Follow-up with a doctor, a nurse or another specialist for children 0 to 5 years old, youth clinic.* In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program).* Vaccination.

Coverage area: Pointe-Saint-Charles
Hours: Monday to Friday 8h00 to 20h00
Fees: free for Pointe-Saint-Charles residents
Financing: provincial
Legal status: non-profit organization

POINTE-SAINT-CHARLES COMMUNITY CLINIC - CENTRE STREET
1955 Centre Street, Le Sud-Ouest, Montréal, QC, H3K 1J1
514 937-9251   Fax: 514 937-3492
Website: ccpsc.qc.ca
Email: genevieve.lambertpiolote@ssss.gouv.qc.ca
Services: * Walk-in or with appointment consultations with a doctor, nurse or social worker.* Family doctor follow-up.* Sexual health: contraception, emergency contraception, gynecological exam, PAP test, screening for blood-borne and sexually transmitted infections, pregnancy test.* Mental health cares: assessment, multidisciplinary medium and long-term follow-up.* Needle exchange and support for people with addictions.* Support for people with intellectual disabilities and autism spectrum disorders and their families.* Support for parents, children and families experiencing mental health problems and for families of children with disabilities.* Support for pregnant women: prenatal classes, pregnancy follow-up, nutritional meetings, assistance for pregnant women who haven't finished high school or who are living in impoverished circumstances (SIPPE program), food aid (OLO program), breastfeeding meetings.* Follow-up with a doctor, a nurse or another specialist for children 0 to 5 years old, youth clinic.* In-home support for people with reduced mobility and their caregivers: in-home medical and nursing care, respite for family caregivers, transportation, fall prevention exercises for seniors (PIED program).* Vaccination. * Walk-in youth clinic on Tuesdays 13h00 to 17h00 and Wednesdays 14h00 to 18h00.

Coverage area: Pointe-Saint-Charles

Hours: Monday to Friday 8h00 to 20h00

Fees: free for Pointe-Saint-Charles residents

Financing: provincial

Legal status: non-profit organization

POPOTE ROULANTE ANJOU

Confidential Address

514 770-2112

Email: popoteroulanteanjou@outlook.com

Services: Hot meals home delivery.

Eligibility: registration via CLSC Mercier-Est-Anjou

Coverage area: Anjou

Hours: Tuesday and Thursday, delivery departure at 10h30

Fees: $5 per meal

Legal status: non-profit organization

POPOTE ROULANTE LES BONS MANGEURS

12125 Notre-Dame Street East, Suite R-48, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 2Y9

514 913-5955  Fax: 514 645-7754

Website: popoteroulantelbm.blogspot.com

Email: louise.cote12190@videotron.ca

Services: Preparation and delivery of meals.

Eligibility: seniors with a loss of mobility

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

Hours: Monday and Thursday 6h30 to 11h00

Fees: delivery: $5

Financing: self-financing, donations

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
Seniors

**Réseau d'Entraide de Verdun**

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

**Services:** * Emergency and self-serve food assistance.* Community convenience store: low-cost non-perishable or frozen food.* Milk and diapers accessibility program.* Collective kitchen.* Composting.* Listening and referral for seniors.* Food baskets and delivery for seniors.* Underwear program for seniors.

**Eligibility:** people in need or in difficulty

**Coverage area:** Verdun and Le Sud-Ouest

**Hours:** variable

**Fees:** community kitchen: $2, self-serve or seniors’ food basket: $5

**Financial:** municipal, provincial, federal, self-financing

**Legal status:** non-profit organization

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**Services Bénévoles aux Aînés de Ville Émard - Saint-Paul**

5995 Drake Street, Le Sud-Ouest, Montréal, QC, H4E 4G8
514 769-3544   Fax: 514 769-9584
Email: info@sbainess.org

**Services:** * Accompaniment and transportation for medical appointments and shopping.* Friendly phone calls and visits.* Information and referral.

**Eligibility:** seniors, people living alone or with disabilities

**Coverage area:** CLSC Côte-Saint-Paul, Ville-Émard

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

**Fees:** accompaniment and transportation: cost of gas

**Financial:** grants, donations

**Legal status:** non-profit organization
SERVICES CDB À DOMICILE
5465 Queen-Mary Road, Suite 430, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3X 1V5
514 484-4266   Fax: 514 484-4750
Website: www.coupdebalai.com
Email: info@coupdebalai.com
Services: * Domestic assistance: housekeeping, laundry, meal preparation.* Supply: grocery, pharmacy, bank.* Accompaniment to medical appointments or other outings.* Personal care: personal hygiene, bathing, dressing, medication reminder.* In-home respite.* Home maintenance: carpet cleaning, washing windows and walls, decluttering.
Eligibility: elderly people, people in need
Coverage area: Côte-Saint-Luc, Hampstead, Snowdon West, Notre-Dame-de-Grâce, Montréal West
Hours: office: Monday to Friday 8h30 to 17h00, services: 7 days, 9h00 to 20h00
Fees: according to the income, some services are subsidized
Financing: grants, self-financing
Legal status: non-profit organization

SERVICES DE SANTÉ COMMUNAUTAIRE SAINTE-ÉLISABETH
5165 Sherbrooke Street West, Suite 301, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4A 1T6
514 486-4600   Fax: 514 486-0988
Website: www.ste-elisabeth.org
Services: * Home care and nursing staff.* Specialized training in areas such as Alzheimer’s disease, geriatric care, CPR, palliative care, etc. * Management of the Employment-Service Check program.
Eligibility: seniors, people who are recovering, with loss of autonomy or at the end of life
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Fees: variable
Legal status: non-profit organization

SERVICES WEST-NETTE
271 Labrosse Avenue, Suite B, Pointe-Claire, Montréal, QC, H9R 1A3
514 626-1296   Fax: 514 505-6664
Website: www.services-west-nette.org
Email: westnette@westnette.org
Services: Heavy and light housekeeping. * Various tasks of everyday life: laundry, emptying garbage cans, cleaning the kitchen, washing dishes, etc.* Heavy work: preparation of moving boxes, removing weeds, cleaning walls and ceilings, cleaning windows, etc.
Eligibility: residents of West Island
Coverage area: West Island: Baie-d’Urfé, Beaconsfield, Dollard-Des Ormeaux, Pierrefonds, Roxboro, Senneville, L’Île-Bizard-Sainte-Geneviève, Sainte-Anne-de-Bellevue, Kirkland and Pointe-Claire
Hours: administration: Monday to Friday 8h00 to 17h00
Fees: RAMQ financial assistance program
Financing: self-financing, provincial
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - NOTRE-DAME-DU-FOYER
5999 40th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2V6
514 259-8019
Services: * Home visits and distribution of food vouchers.* Christmas baskets.
Eligibility: people on a low income
Coverage area: Notre-Dame-du-Foyer Parish
Hours: by appointment
Financing: donations
Legal status: non-profit organization
TABLE RONDE DE SAINT-LÉONARD (LA)
8180 Collerette Street, Suite 1234, Saint-Léonard, Montréal, QC, H1P 2V5
514 955-6464 Fax: 514 955-7261
Email: trsl@bellnet.ca
Services: * Community restaurant.* Collective kitchen.* Cooking workshops for preschoolers to young parents 16 to 20 years old.* Frozen meals for take-out or delivery upon request.
Capacity: restaurant: 90 people, other activities: 15 people
Coverage area: Montréal
Hours: administration: Monday to Friday 9h00 to 16h00
Fees: restaurant: $4 per adult, $3 per child, frozen meals: $3.50
Financing: Centraide of Greater Montréal, municipal, provincial
Legal status: non-profit organization

TELLEMENT BIEN CHEZ SOI
1687 Fleury Street East, Suite 100, Ahuntsic-Cartierville, Montréal, QC, H2C 1T1
514 383-1222
Website: www.tellementbienchezsoi.com
Email: info@tellementbienchezsoi.com
Services: * Light, heavy and seasonal housekeeping.* Shopping assistance.* Assistance in the preparation of meals.* Personal assistance services: bath, hair washing, foot bath, mobility aids (walking, transfers, getting up, lying down).* Respite banks for elders' caregivers.* Hair and nail care.
Eligibility: seniors
Coverage area: Montréal: Ahuntsic, Bordeau-Cartierville, Saint-Laurent, Montréal-Nord
Hours: personal assistance: Sunday to Saturday 6h00 to 22h00, housekeeping services: Monday to Friday 8h00 to 17h00
Fees: maintenance services: RAMQ financial assistance program
Financing: provincial
Legal status: non-profit organization

UKRAINIAN MUTUAL AID OF MONTRÉAL
3244 Beaubien Street East, Suite 201, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 1H7
514 729-9540 Fax: 514 729-2745
Email: entraid1@bellnet.ca
Services: * Help with job or housing search.* Information and referrals.* Translation services and help in filling out forms.* Pairing of volunteers with seniors: visits during holidays, friendly calls.* Meals-on-wheels.
Eligibility: Ukrainians, newcomers, seniors, especially people who are ill or on a low income
Coverage area: Greater Montréal
Hours: Monday to Friday 10h00 to 16h00
Financing: provincial
Legal status: non-profit organization

YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM
1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3
514 866-9941 ext. 226
Website: www.ydesfemmesmtl.org/aidantes
Email: prochesaidantes@ydesfemmesmtl.org
Services: * Information and referral.* Individual counselling.* Individual and group art therapy.* Therapeutic workshops.* Free social and relaxation activities: yoga, reiki, dance, etc.* Legal clinic.* Respite provided at home during activities.* Conferences on relevant topics.
Eligibility: services: women caregivers of seniors, conferences and business services: open to both men and women
Coverage area: Montreal Island
Hours: intervention: Monday to Friday 9h00 to 17h00 or 19h00 (variable), activities and services: variable according to participants’ needs
Seniors

Fees: free
Financing: provincial
Legal status: non-profit organization

Housing for seniors

APPARTEMENTS DU VIEUX-PORT (LES)
605 Wolfe Street, Ville-Marie, Montréal, QC, H2L 0A2
514 297-4767
Email: cyrvoie@yahoo.ca
Services: Housing for autonomous seniors or with a slight loss of autonomy.
Eligibility: autonomous seniors over 75 years old and seniors with slight loss of independence over 65 years old
Coverage area: Montreal
Hours: 9h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

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

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

CALDWELL RESIDENCES - 5725 DE WESTBURY AVENUE
5725 de Westbury Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 3E6
514 737-7774     Fax: 514 737-6365
Email: info@caldwellresidences.com
Services: Housing for autonomous seniors. * Common area recreation room and a recreation program.* Hot lunch delivered by the MADA Community Centre and served all weekdays.
Eligibility: autonomous seniors of 50 years old and over
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Fees: Studio: $683 per month
Legal status: non-profit organization

Caldwell Residences - 5750 Lemieux Avenue
5750 Lemieux Avenue, Suite 116, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 3G1
514 737-7774 Fax: 514 737-6365
Email: info@caldwellresidences.com
Services: Subsidized housing for autonomous seniors. * Common area recreation room and a recreation program.* Hot lunch delivered by the MADA Community Centre and served all weekdays.
Eligibility: autonomous seniors of 60 years old and over with a maximum income of $65,950
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Fees: subsidized housing: 25% of income as per provincial tax assessment, studio for a maximum of $625 per month
Legal status: non-profit organization

Caldwell Residences - 5757 Lemieux Avenue
5757 Lemieux Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 3H1
514 737-7774 Fax: 514 737-6365
Email: info@caldwellresidences.com
Services: Subsidized housing for autonomous seniors. * Common area recreation room and a recreation program.* Hot lunch delivered by the MADA Community Centre and served all weekdays.
Eligibility: autonomous seniors of 65 years old and over with a maximum income of $54,986
Coverage area: Côte-des-Neiges-Notre-Dame-de-Grâce
Fees: subsidized housing: 25% of income as per provincial tax assessment, studio for a maximum of $780 per month
Legal status: non-profit organization

Caldwell Residences - 5789 Caldwell Avenue
5789 Caldwell Avenue, Côte-Saint-Luc, Montréal, QC, H4W 1W2
514 737-7774 Fax: 514 737-6365
Email: info@caldwellresidences.com
Services: Housing for autonomous seniors. * Common area recreation room and a recreation program.* Hot lunch delivered by the MADA Community Centre and served all weekdays.
Eligibility: autonomous seniors of 50 years old and over
Coverage area: Côte-Saint-Luc
Fees: Studio: $583 per month
Legal status: non-profit organization

Canada Mortgage and Housing Corporation
Quebec Business Centre, 1100 René-Lévesque Boulevard West, 1st floor, Ville-Marie, Montréal, QC, H3B 5J7
1 888 772-0772 TTY: 1 800 309-3388
Website: www.schl.ca
Email: centrecontact@schl.ca
Services: Canada’s authority on housing. * Helps Canadians meet their housing needs.* Contributes to the stability of the housing market and financial system and offers objective housing research and advice to Canadian governments, consumers and the housing industry.
Coverage area: Canada
Legal status: federal government agency
CEDARS HOME FOR ELDERLY PEOPLE
1275 de la Côte-Vertu Boulevard, Suite 200, Saint-Laurent, Montréal, QC, H4L 4V2
514 389-1023    Fax: 514 389-0581
Website: www.centrelescedres.ca
Email: info@centrelescedres.ca
Services: * Residential long-term care centre.* Meals-on-wheels with Lebanese and Oriental meals.* Day centre: external respite, social and recreational activities.
Eligibility: seniors of the Middle East Christian community, meals-on-wheels: seniors 65 years and over, housing: people in need of over 3 hours care per day
Capacity: housing: 32 beds
Coverage area: Montréal
Hours: 9h00 to 16h30
Legal status: non-profit organization

CEDARS HOME FOR ELDERLY PEOPLE - INTERMEDIATE CARE FACILITY
11033 Drouart Street, Ahuntsic-Cartierville, Montréal, QC, H3M 2S4
514 332-4040    Fax: 514 332-2083
Website: www.centrelescedres.ca
Email: info@centrelescedres.ca
Services: Semi-autonomous housing.
Eligibility: seniors in need of under 3 hours care per day
Capacity: 32 beds
Coverage area: Montréal
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT ARMAND-LAVERGNE
3500 Chapleau Street, Ville-Marie, Montréal, QC, H2K 4N3
514 527-8921
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.* Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 185
Coverage area: Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT AUCLAIR
6910 Boyer Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2J7
514 272-3011
Website: www.ciusss-nordmtl.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: La Petite-Patrie, Villeray
Financing: provincial
Legal status: parapublic 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
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 BRUCHÉSI
2225 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1R4
514 526-4981
Website: www.csssjeanemance.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Capacity: 83 people
Coverage area: Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT CHAMPLAIN
1325 Crawford Street, Verdun, Montréal, QC, H4H 2N6
514 766-8513
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.*
Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.* Intensive functional rehabilitation and intellectual impairment unit.
Eligibility: elderly people or in loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE CARTIERVILLE
12235 Grenet Street, Ahuntsic-Cartierville, Montréal, QC, H4J 2N9
514 337-7300 Fax: 514 337-4188
Website: www.ciusss-nordmtl.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, day centre: deaf people of the Greater Montreal
Capacity: 285 beds
Coverage area: North-West of Montreal, day centre: deaf people of Greater Montreal
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE DORVAL
225 de la Présentation Street, Dorval, Montréal, QC, H9S 3L7
514 631-9094 Fax: 514 631-0095
Website: www.ciusss-ouestmtl.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: West Island
Financing: provincial
Legal status: parapublic organization
Seniors

CENTRE D'HÉBERGEMENT DE LA MAISON-NEUVE
2300 Nicolet Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 3L4
514 527-2161
Website: www.ciusss-estmtl.gouv.qc.ca
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier-Hochelaga-Maisonneuve
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE LOUVAIN
9600 Saint-Denis Street, Ahuntsic-Cartierville, Montréal, QC, H2M 1P2
514 384-2000
Website: www.ciusss-nordmtl.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Ahuntsic-Cartierville, Montréal-Nord
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-HENRI
5205 Notre-Dame Street East, Le Sud-Ouest, Montréal, QC, H4C 3L2
514 931-0851
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.*
Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT 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

CENTRE D'HÉBERGEMENT DENIS-BENJAMIN-VIGER
3292 Cherrier Street, L’Île-Bizard-Sainte-Geneviève, Montréal, QC, H9C 1E4
514 620-6310 Fax: 514 620-6553
Website: www.ciusss-ouestmtl.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: West Island
Financing: provincial
Legal status: parapublic organization
CENTRE D'HÉBERGEMENT DES SEIGNEURS
1800 Saint-Jacques Street, Le Sud-Ouest, Montréal, QC, H3J 2R5
514 935-4681     Fax: 514 935-6189
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Long-term housing for seniors and people with a loss of autonomy.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU MANOIR-DE-L'ÂGE-D'OR
3430 Jeanne-Mance Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2J9
514 842-1147     Fax: 514 842-1146
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.*
Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 189 people
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU MANOIR-DE-VERDUN
5500 LaSalle Boulevard, Verdun, Montréal, QC, H4H 1N9
514 769-8801     Fax: 514 767-8882
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.*
Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU ROUSSELOT
5655 Sherbrooke Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1N 1A4
514 254-9421
Website: www.ciusss-estmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ÉLORIA-LEPAGE
3090 de la Pépinière Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3N4
514 252-1710
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: Mercier-Est, Rosemont
Financing: provincial
Legal status: parapublic organization
CENTRE D'HÉBERGEMENT ÉMILIE-GAMELIN
1440 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J3
514 527-8921 Fax: 450 527-3587
Website: www.ciusss-centresudmtl.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.*
Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 185 people
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ERNEST-ROUTHIER
2110 Wolfe Street, Ville-Marie, Montréal, QC, H2L 4V4
514 842-7180 Fax: 514 523-2085
Website: www.ciusss-centresudmtl.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Capacity: 96 people
Coverage area: Le Plateau-Mont-Royal, Ville-Marie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT FATHER-DOWD
6565 Hudson Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2T7
514 932-3630
Website: www.ciusss-ouestmtl.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: West Island
Financing: provincial
Legal status: provincial government agency

CENTRE D'HÉBERGEMENT FRANÇOIS-SÉGUENOT
13950 Notre-Dame Street East, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1T5
514 642-4050 Fax: 514 642-0125
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: Rivière-Des-Prairies-Pointe-Aux-Trembles
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT HENRI-BRADET
6465 de Chester Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 2Z8
514 484-7878
Website: www.ciusss-ouestmtl.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: West Island
Financing: provincial  
Legal status: parapublic organization

**CENTRE D'HÉBERGEMENT J.-HENRI-CHARBONNEAU**
3095 Sherbrooke Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1W 1B2  
514 523-1173  
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 Hospital offering therapeutic services to maintain the autonomy of seniors living at home. * Intensive rehabilitation unit.  
Eligibility: seniors and people with a loss of autonomy  
Coverage area: Mercier-Hochelaga-Maisonneuve, Rosemont-La Petite-Patrie  
Financing: provincial  
Legal status: parapublic organization

**CENTRE D'HÉBERGEMENT JEAN-DE LA LANDE**
4255 Papineau Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2H 2P6  
514 526-4981  
Website: www.ciusss-centresudmtl.gouv.qc.ca  
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.  
Capacity: 276 peoples  
Coverage area: Le Plateau-Mont-Royal, Ville-Marie  
Financing: provincial  
Legal status: parapublic organization

**CENTRE D'HÉBERGEMENT JEANNE-LE BER**
7445 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 3V2  
514 251-6000  
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  
Coverage area: Mercier, Anjou  
Financing: provincial  
Legal status: parapublic organization

**CENTRE D'HÉBERGEMENT JUDITH-JASMIN**
8850 Bisaillon Street, Anjou, Montréal, QC, H1K 4N2  
514 354-5990  
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: 75 lits  
Coverage area: Anjou, Mercier  
Financing: provincial  
Legal status: parapublic organization

**CENTRE D'HÉBERGEMENT LACHINE**
650 Place d'Accueil, Lachine, Montréal, QC, H8S 3Z5  
514 634-7161  
Fax: 514 875-5141  
Website: www.ciusss-ouestmtl.gouv.qc.ca
Seniors

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: West Island, Lachine

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LASALLE
8686 Centrale Street, LaSalle, Montréal, QC, H8P 3N4
514 364-6700   Fax: 514 364-0484
Website: www.ciusss-ouestmtl.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: West Island, Lasalle

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LAURENDEAU
1725 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 3H6
514 384-2000
Website: www.ciusss-nordmtl.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Ahuntsic-Cartierville, Montréal-Nord

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LÉGARÉ
1615 Émile-Journault Street, Ahuntsic-Cartierville, Montréal, QC, H2M 2G3
514 384-2000 ext. 4224
Website: www.ciusss-nordmtl.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: Ahuntsic-Cartierville, Montréal-Nord

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LES QUATRE-SAISONS
6767 Cartier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 3G2
514 722-3000
Website: www.ciusss-nordmtl.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: La Petite-Patrie, Villeray

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LOUIS-RIEL
2120 Augustin-Cantin Street, Le Sud-Ouest, Montréal, QC, H3K 3G3
514 931-2263   Fax: 514 931-2299
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Le Sud-Ouest

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT MARIE-ROLLET
5003 Saint-Zotique Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1T 1N6
514 729-5281
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

Coverage area: Rosemont, Saint-Léonard

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT NAZaire-PICHÉ
150 15th Avenue, Lachine, Montréal, QC, H8S 3L9
514 637-2326
Website: www.ciusss-ouestmtl.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: West Island, Lachine

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT NOTRE-DAME-DE-LA-MERCI
555 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H3L 1K5
514 331-3020 Fax: 514 331-0874
Website: www.ciusss-nordmtl.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: seniors and people with a loss of autonomy

Capacity: 472 beds

Coverage area: North-West of Montreal

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT PAUL-ÉMILE-LÉGER
66 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2X 1N3
514 861-9331 Fax: 514 861-8385
Website: www.ciusss-centresudmtl.gouv.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors and people with a loss of autonomy

Capacity: 204 people

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

Financing: provincial

Legal status: parapublic organization
CENTRE D'HÉBERGEMENT PAUL-GOUIN
5900 Saint-Vallier Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2P3
514 273-3681
Website: www.ciusss-nordmtl.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: Rosemont-La Petite-Patrie, Villeray
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT PAUL-LIZOTTE
6850 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 6L7
514 384-2000
Website: www.ciusss-nordmtl.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: Montréal-Nord
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
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

CENTRE D'HÉBERGEMENT RÉAL-MOREL
3500 Wellington Street, Verdun, Montréal, QC, H4G 1T3
514 761-5874 Fax: 514 761-7264
Website: www.ciusss-centreouestmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ROBERT-CLICHE
3730 Bellechasse Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 3E5
514 374-8660
Website: www.ciusss-nordmtl.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: Rosemont-La Petite-Patrie
Financing: provincial
Legal status: parapublic organization
CENTRE D'HÉBERGEMENT SAINT- MARGARET
50 Hillside Avenue, Westmount, Montréal, QC, H3Z 1V9
514 932-3630
Website: www.ciusss-ouestmtl.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: West Island
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINT-ANDREW
3350 Cavendish Boulevard, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 2M7
514 932-3630
Website: www.ciusss-ouestmtl.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: West Island
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINT-LAURENT
1275 Côte-Vertu Road, Saint-Laurent, Montréal, QC, H4L 4V2
514 744-4981     Fax: 514 744-0895
Website: www.ciusss-nordmtl.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-Laurent
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT YVON-BRUNET
6250 Newman Avenue, Le Sud-Ouest, Montréal, QC, H4E 4K4
514 765-8000
Website: www.ciusss-centresudmtl.gouv.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Le Sud-Ouest, Verdun
Financing: provincial
Legal status: parapublic organization

CHEMIN DE LA CÔTE
5295 de la Côte-Sainte-Catherine Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 0A1
514 527-5720
Services: Subsidized housing for seniors. * Studio, 3½, 4½.* Adapted housing for disabled people.
Eligibility: people 55 years and over, autonomous or with a slight loss of autonomy, on a low income
Capacity: 46 apartments
Coverage area: Montréal Island
Fees: 25% of income
Financing: municipal, provincial
Legal status: non-profit organization
CHEZ-NOUS DES ARTISTES (LE)

6055 Beaubien Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1M 3M5
514 255-0117 Fax: 514 255-5787
Website: www.cheznousdesartistes.com
Email: cheznousartistes@videotron.ca

Services: Subsidized residence for autonomous retired artists. * 3½ and 4½ apartments.* Adapted housing for people with reduced mobility.* Exercise room.* Recreational activities.

Eligibility: autonomous people 50 years and over, priority to retired artists and artisans

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 10h00 to 14h00

Fees: vary depending on income

Financing: provincial, federal

Legal status: non-profit organization

CHSLD DES BÂTISSEURS

11810 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6
514 334-4817 Fax: 514 331-5074
Website: www.ciusss-nordmtl.qc.ca


Eligibility: men and women affected by Alzheimer's disease

Capacity: 20 residents

Coverage area: Ahuntsic-Cartierville, Montréal-Nord, Saint-Laurent

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

CITÉ DES BÂTISSEURS (LA)

1130 de la Sucrerie Street, Le Sud-Ouest, Montréal, QC, H3K 0A6
438 383-3711
Website: www.citedesbatisseurs.org

Services: Community housing with universally accessible apartment for people 65 years and over. * Weekday meal service.* Community spaces: animation and activities.* Tenants' committee.* Elevators.

Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy, subsidized housing: maximal income of $28 000 for a single person or a couple, of $32 500 for 2 people that aren't a couple

Coverage area: Pointe-Saint-Charles

Fees: studio: $668 per month, 3½: $845 per month, 4½: $962 per month, extra service fees of $223 for a single person or $420 for 2 people, dinners are included, subsidized housing: 25% of income based on provincial notice of assessment

Financing: provincial

Legal status: non-profit organization
CITÉ DES RETRAITÉS N.D.F.
6555 Pontoise Street, Rosemont-La Petite-Patrie, Montréal, QC, H1T 3S9
514 254-3551
Website: citedesretraites.com
Eligibility: people 55 years and over, autonomous, on a low or modest income
Capacity: 323 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: from $550 to $1,150 per month
Legal status: non-profit organization

COMPLEXE DU DOMAINE SAINT-SULPICE
1777 Émilie-Journault Street, Ahuntsic-Cartierville, Montréal, QC, H2M 2G1
514 388-0902    Fax: 438 383-3888
Email: residence.st-sulpice@qc.aira.com
Services: Private autonomous residence for seniors. * Studio, 3½ and 4½.* Presence of a nursing auxiliary 17 hours per week.* Hairdressing for residents 2 days per week.* Leisure activities, computers access.
Eligibility: people aged 55 years and over, autonomous, on a low or modest income
Capacity: 165 apartments
Coverage area: Montréal
Hours: Monday to Thursday 7h30 to 15h30
Fees: studio: $641 per month, 3½: $751 per month, 4½: $915.50 per month
Financing: self-financing
Legal status: non-profit organization

CORPORATION MAINBOURG
14115 Prince-Arthur Street, Suite 255, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1A8
514 498-1677    Fax: 514 498-9697
Website: www.mainbourg.org
Email: info@mainbourg.org
Services: Subsidized and non-subsidized housing with services for seniors. * 3½ and 4½.* Habitations communautaires Mainbourg at 3650 52nd Avenue.* Habitations Sainte-Germaine-Cousin at 553 55th Avenue.* Adapted housing for disabled people.* Community room.* Recreational activities and exercise room.* 5 meals per week included.
Eligibility: people aged 60 years and over, autonomous or with a slight loss of autonomy, on a low or modest income
Capacity: 119 subsidized apartments
Coverage area: Montréal Island
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: subsidized apartments: 25% on income based on provincial notice assessment, other apartments: from $984 per month for a 3½, all included
Financing: municipal, provincial
Legal status: non-profit organization

CSSS BORDEAUX-CARTIERVILLE-SAINT-LAURENT - CENTRE D’HÉBERGEMENT SAINT-JOSEPH-DE-LA-PROVIDENCE
11844 du Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X7
514 334-3120    Fax: 514 334-5881
Website: www.ciusss-nordmtl.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.* Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 140 beds
Coverage area: North West of Montréal
Financing: provincial
Legal status: parapublic organization

DEMEURES SAINTE-CROIX
1225 Sainte-Croix Avenue, Saint-Laurent, Montréal, QC, H4L 3Z2
514 744-0591 Fax: 514 744-2653
Email: dsc1@videotron.ca
Services: Subsidized and non-subsidized housing for seniors. * Studio, 3½, 4½.* Phase I at 1125 Sainte-Croix Avenue.* Phase II at 1175 Sainte-Croix Avenue.* Phase III at 1165 Sainte-Croix Avenue.* Adapted housing for disabled people.* Tax clinic for residents.
Eligibility: people 65 years and over, autonomous and on a low income
Capacity: 103 subsidized apartments
Coverage area: Montréal Island
Hours: administration: Tuesday and Thursday 9h00 to 16h00, Wednesday 9h00 to 13h00
Fees: subsidized apartments: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

DOLLARD-DES-ORMEAUX - CITY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1010 Fax: 514 684-6894
Website: www.ville.ddo.qc.ca
Email: ville@ddo.qc.ca
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, cash-counter: Monday to Friday 8h00 to 16h00
Legal status: municipal agency

ÉVEIL DE POINTE SAINT-CHARLES
2365 Coleraine Street, Le Sud-Ouest, Montréal, QC, H3K 1S6
514 527-5720 ext. 59
Services: Subsidized housing for seniors. * Studio, 3½, 4½.* Phase I at 2365 Coleraine Street.* Phase II at 200 Frank-Selke Street.* Adapted housing for disabled people.
Eligibility: people aged 55 years and over, autonomous or with a slight loss of autonomy, on a low income
Coverage area: Montréal Island
Fees: 25% of income
Financing: provincial
Legal status: non-profit organization

FONDATION BERTHIAUME-DU-TREMBLAY (LA) - RÉSIDENCES ROCH-PINARD
1615 Gouin Boulevard East, Ahuntsic-Cartierville, Montréal, QC, H2C 1C2
514 381-1841 ext. 504 Fax: 514 381-1090
Website: www.residencesrochpinard.com
Services: Housing with services for seniors. * Heating, electricity, stove and refrigerator included.* 24-hours surveillance.* Monthly cleaning.* Free transportation for shopping.* Access to a computer.
Eligibility: seniors
Capacity: 65 apartments: 1½ and 2½
Coverage area: Ahuntsic
FOYER PORTUGAIS SANTA CRUZ
4160 Clark Street, Le Plateau-Mont-Royal, Montréal, QC, H2W 1W9
514 982-6786  Fax: 514 982-1954

Services: Subsidized housing for seniors. * Studio and 3½.* Electricity and heating included.
Eligibility: people aged 60 years and over, autonomous or with a slight loss of autonomy, on a low income, from the Portuguese community in priority
Capacity: 31 apartments
Coverage area: Montréal Island
Fees: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

GRACE DART EXTENDED CARE CENTRE
5155 Sainte-Catherine East Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2A5
514-255-2833
Website: www.gracedart.ca
Email: gracedart@ssss.gouv.qc.ca

Services: Permanent or transitory housing for adults with a loss of autonomy from the English speaking community of Montréal.
Eligibility: adults with a loss of autonomy
Coverage area: Greater Montréal
Financing: provincial
Legal status: parapublic organization

GRAND ÂGE (LE)
4660, Saint-Dominique Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 1T5
514 664-5740  Fax: 514 527-7388
Email: legrandage4660@gmail.com

Services: Subsidized housing for seniors. * Studios and 3½.* Adapted housing for disabled people.
Eligibility: people aged 60 years and over, autonomous or with a slight loss of autonomy, on a low income
Capacity: 23 apartments
Coverage area: Montréal Island
Fees: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

GROUPE HPDG - RÉSIDENCE J.- HORMIDAS-DELISLE
201 Saint-Rémi Street, Le Sud-Ouest, Montréal, QC, H4C 3M8
514 276-8717  Fax: 514 276-8797
Website: www.hpdg.ca
Email: info@hpdg.ca

Services: Housing for autonomous seniors.
Eligibility: autonomous seniors over 55 years old
Capacity: 48 apartments: 3 ½, 4 ½
Coverage area: Le Sud-Ouest
Hours: Monday to Friday 8h30 to 17h00
Fees: $625 to $750 per month
Financing: self-financing
Legal status: non-profit organization
HABITATION COMMUNAUTAIRE DE LACHINE
3111 Sherbrooke Street, Lachine, Montréal, QC, H8S 1K3
514 538-3316  Fax: 514 538-3417
Email: habitationcommunautairelachine@hotmail.com
Services: Subsidized and non-subsidized housing for seniors with services. * Apartments 3½ and 4½.* 5 meals per week included. * Community support.
Eligibility: people aged 60 years and over, autonomous or with a slight loss of autonomy, on a low or modest income
Capacity: 91 apartments, 78 are subsidized
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: subsidized apartments: 25% of income based on provincial notice of assessment, other apartments: variable
Financing: municipal, provincial
Legal status: non-profit organization

HABITATION LOGIQUE SAINT-JOSEPH
3210 Rachel Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1W 1A4
514 522-3190
Website: www.societelogique.org
Email: info@shapem.org
Eligibility: families, single people and autonomous seniors, on a low income
Capacity: 166 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: subsidized housing: 25% of income
Financing: provincial, self-financing
Legal status: non-profit organization

HABITATIONS À CIEL OUVERT (LES)
10000 Saint-Laurent Boulevard, Ahuntsic-Cartierville, Montréal, QC, H3L 2N7
514 381-6633
Email: acielouvert@bellnet.ca
Eligibility: seniors 65 years and over with a loss of autonomy
Coverage area: Montréal
Hours: office: 8h00 to 16h00
Seniors

Legal status: non-profit organization

HABITATIONS COMMUNAUTAIRES ENTRE-DEUX-ÂGES
3601 Gaétan-Laberge Boulevard, Verdun, Montréal, QC, H4G 0A5
438 383-4193
Website: www.entre-deux-ages.org
Email: direction@entre-deux-ages.org
Services: Subsidized housing with services. * 3½ apartments.* Adapted housing for people with reduced mobility.* Multifunctional community hall.* Recreational activities.* Roof terrace.
Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy, on a low income
Capacity: 109 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: 25% of income
Financing: provincial
Legal status: non-profit organization

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

HABITATIONS HÉLÈNE-DESPORTES (LES)
1330 Prieur Street East, Ahuntsic-Cartierville, Montréal, QC, H2C 1L1
514 389-7017     Fax: 514 389-6826
Services: Affordable housing.
Eligibility: autonomous people aged 60 years and over with an income under $28 000 per year
Capacity: 56 apartments: 3 1/2
Coverage area: Montréal Island
Hours: rental office: Tuesday and Thursday 8h00 to 16h00, Wednesday 8h00 to 12h00
Financing: grants
Legal status: non-profit organization

HABITATIONS L'ÉCOLE DES SAGES (LES)
2265 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J3
514 596-1555
Services: Subsidized housing for seniors. * 3½ apartments.
Eligibility: people 65 years and over, autonomous, on a low income
Capacity: 26 apartments
Coverage area: Montréal Island
Fees: 25% of income based on provincial notice of assessment
Financing: provincial
Legal status: non-profit 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

HABITATIONS LES DEUX ÂGES
12700 De Montigny Street, Rivièr-Dess-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 0A1
514 498-8000
Email: lesdeuxages@videotron.ca
Services: Subsidized and non-subsidized housing for seniors. * 3½, 4½ apartments.* Adapted housing for disabled people.
Eligibility: people aged 55 years and over, autonomous, on a low income
Capacity: 77 apartments, 50% are subsidized
Coverage area: Montréal Island
Fees: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

HABITATIONS LES DEUX ÂGES - JARDINS DU TRICENTENAIRE
1595 Tricentenaire Boulevard, Rivièr-Dess-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 3A9
514 498-8000
Email: lesdeuxages@videotron.ca
Services: Subsidized housing with services for seniors. * Apartments 3½ and 4½.* Adapted housing for disabled people.* 5 meals per week.* Monitoring service 24/7,* Cable.* Air conditioning.
Eligibility: people 65 years and over, with a slight loss of autonomy and on a low income or people 74 years and over, autonomous
Capacity: 35 subsidized apartments
Coverage area: Montréal Island
Fees: subsidized housing: 25% of income based on provincial notice of assessment
Financing: municipal, provincial
Legal status: non-profit organization

HABITATIONS LES II VOLETS
6001 Christophe-Colomb Avenue, Suite 100, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2G3
514 279-9292
Email: interventionm1@habitations2volets.ca
Services: Subsidized housing for seniors who are autonomous or with a slight loss of autonomy. * Medical alarm.* Community meals.* Recreational activities.* Christmas dinner.
Eligibility: seniors 65 years and over
Capacity: 95 appartments
Coverage area: Montréal Island
Seniors

Hours: Monday to Friday 9h00 to 16h00
Fees: 25% of the income according to the provincial assessment notice, services: $252 per month
Financing: provincial, self-financing
Legal status: non-profit organization

HABITATIONS LOGGIA-PÉLICAN (LES)
2535 Place Pierre-Falardeau, Rosemont-La Petite-Patrie, Montréal, QC, H1Y0B4
514 503-8118
Website: www.loggiapelican.ca
Email: info@loggiapelican.ca
Services: Subsidized and non-subsidized housing for people 50 years and over. * 5 suppers per week.* Recreation committee. * Surveillance and maintenance. * Subsidized component is currently full.
Eligibility: people 50 years and over
Capacity: 179 apartments
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: non-subsidized housing: starting at $831 per month with services
Financing: grants, self-financing
Legal status: non-profit organization

HABITATIONS NOUVELLES AVENUES
3950 Beaubien Street East, Suite 101, Rosemont-La Petite-Patrie, Montréal, QC, H1X 3M8
514 376-9141 ext. 100 Fax: 514 376-7305
Website: www.habitations-nouvelles-avenues.com
Email: hna@bellnet.ca
Services: Subsidized and non-subsidized housing for seniors. * 3½ et 4½ apartments.* Service package: lunches provided during the week, surveillance, janitorial services, community support. * Bingo, gymnastics, painting, etc.
Eligibility: seniors 60 years and over, autonomous or with slight loss of autonomy
Capacity: 130 apartments
Coverage area: Montréal, priority to Rosemont-La-Petite-Patrie, subsidized units: postal codes H1T, H1X, H1Y, H2S, H2G, H2A
Hours: Monday to Friday 9h00 to 12h30 and 13h00 to 16h00
Fees: subsidized units: 25% of income, other units: $643 per month, mandatory service package: $262 per year
Financing: contributions, municipal, self-financing, grants
Legal status: non-profit organization

HABITATIONS SAINTE-GERMAINE-COUSIN
553 53th Avenue, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 2T8
514 642-4713
Website: www.mainbourg.org
Email: infosgc@mainbourg.org
Services: Subsidized and non-subsidized housing for seniors with services. * 3½ and 4½.* Community room.* Recreational activities and exercise room.* 5 meals per week included.
Eligibility: people aged 60 years and over, autonomous or with a slight loss of autonomy, on a low or modest income
Coverage area: Montréal
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 15h30
Fees: subsidized apartments: 25% of income based on provincial notice assessment, other apartments: from $1021 per month for a 3½, all included
Financing: municipal, provincial
Legal status: non-profit organization
HÉBERGEMENT HUMANO
Confidential Address
514 527-2614
Services: Subsidized and non-subsidized housing. * Studios, 3½ and 4½.
Eligibility: people 65 years old and over, autonomous or with a slight loss of autonomy, families and people living alone on a low income
Capacity: 19 subsidized apartments
Coverage area: Montréal Island
Fees: subsidized apartments: 25% of income
Financing: provincial
Legal status: non-profit organization

HELLENIC SENIOR CITIZENS RESIDENCE
5775 Wilderton Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 112
Website: www.hcgm.org
Services: Housing for seniors. * Studios, 3 ½ and 4 ½.* Adapted housing for people with reduced mobility.
Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy, on a low income, priority to Hellenic community
Coverage area: Montréal Island
Legal status: non-profit organization

HÔPITAL SANTA CABRINI
5655 Saint-Zotique Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1T 1P7
514 252-6000
Website: ciusss-estmtl.gouv.qc.ca/installations/centres-hospitaliers/hopital-santa-cabrini
Email: santacabrini@ssss.gouv.qc.ca
Services: Hospital for general and specialized care. * General and internal medicine.* Surgery.* Gynecology.* Centre d'accueil Dante: residential and long-term care and day centre.
Eligibility: centre d'accueil Dante: seniors and people with a loss of autonomy from the Italian community
Financing: provincial
Legal status: parapublic organization

INSTITUT CANADIEN-POLONAIS DU BIEN-ÊTRE
5655 Bélanger Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1T 1G2
514 259-2551 Fax: 514 259-9948
Website: www.instpolo.org
Email: mgkielczewska@gmail.com
Services: Residential and long-term care centre.
Eligibility: seniors and people with a loss of autonomy from Polish and Slavic communities
Capacity: 126 beds
Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization

JEWISH ELDERCARE CENTRE
5725 Victoria Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 3H6
514 738-4500
Website: www.chsldjuif.ca
Services: Residential and long term care centre. * Medical and nursing services, social services, physiotherapy and occupational therapy, recreational activities, all within a Jewish environment.* Operates also a geriatric day centre.
Eligibility: men and women with a loss of autonomy  
Capacity: 320 beds  
Coverage area: Montreal  
Financing: provincial  
Legal status: parapublic organization

JEWISH ELDERCARE CENTRE - PAVILLON DAVID ET SYLVIA KASTNER  
5750 Lavoie Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 3H6  
514 738-4500  Fax: 514 735-9094  
Website: www.chsldjuif.ca  
Services: Residential and long term care centre. * Medical and nursing services, social services, physiotherapy and occupational therapy, recreational activities, all within a Jewish environment.* Geriatric day centre.  
Eligibility: seniors  
Capacity: 160  
Coverage area: Greater Montréal  
Financing: Federation C.J.A., provincial  
Legal status: parapublic organization

LOGEMENT COMMUNAUTAIRE CHINOIS PHASE II  
1070 De l'Hôtel-de-Ville Avenue, Ville-Marie, Montréal, QC, H2X 3A6  
514 879-1325  
Eligibility: people aged 65 years and over, autonomous or with a slight loss of autonomy, on a low income, from the Chinese community in priority  
Capacity: 30 apartments  
Coverage area: Montréal Island  
Fees: 25% of income based on provincial notice of assessment, heat and meal service not included  
Financing: municipal, provincial  
Legal status: non-profit organization

MAIMONIDES GERIATRIC HOSPITAL CENTRE  
5795 Caldwell Avenue, Côte-Saint-Luc, Montréal, QC, H4W 1W3  
514 483-2121  Fax: 514 483-1561  
Website: www.donaldbermanmaimonides.net  
Eligibility: seniors and people with a loss of autonomy  
Coverage area: province of Québec  
Hours: 24 heures, 7 jours, day centre: Monday to Friday 8h00 to 16h00  
Financing: provincial  
Legal status: parapublic organization

MAISON AURÉLIE-CADOTTE  
56 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2X 1C3  
514 282-9860  
Services: Subsidized and non-subsidized housing for seniors. * Studio, 3½ and 4½.* Adapted units for people with reduced mobility.  
Eligibility: people 55 years and over, autonomous and on a modest income  
Capacity: 38 units including 9 subsidized units  
Coverage area: Montréal Island  
Hours: Tuesday and Friday 9h00 to 12h00  
Fees: subsidized apartments: 25% of income
MAISON DES AÎNÉS HOCELAGA-MAISONNEUVE
1620 de La Salle Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2J8
514 598-9999
Website: www.vieillireheureux.ca/lamaisondesaines.php
Email: mahm@videotron.ca
Services: Subsidized and non-subsidized housing for seniors. * Studio, 3½ and 4½.
Eligibility: people aged 65 years old and over, autonomous or with a slight loss of autonomy
Capacity: 32 apartments, 22 are subsidized
Coverage area: Montréal Island
Hours: Monday to Friday 9h30 to 16h00
Fees: subsidized housing: 25% of income, excluding electricity and services charges
Financing: provincial
Legal status: non-profit organization

MAISON DU PÈRE (LA) - LA RÉSIDENCE J.-A. DE SÈVE
545 De la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1
514 843-3739     Fax: 514 843-6964
Website: www.maisondupere.org
Email: jads@maisondupere.org
Services: Permanent housing for homeless seniors. * Private room with psychosocial follow-up.* Meals.*
Budget and medication management.* Personal care and accompaniment to medical appointments.* Social
tivities.* Regular attendance of health workers.* Tax clinic.* Assistance with testament and funeral
arrangements.
Eligibility: men 55 years and over who have been homeless, have suffered or are suffering from addictions or
mental health issues and want to get off the street
Capacity: 82 rooms
Coverage area: Greater Montréal
Hours: 24 hours, 7 days
Fees: monthly cost: $513 for welfare recipients, $566 for those receiving more than welfare but less than the
retirement pension, $635 for retirement pension recipients
Financing: donations, grants
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
MONTRÉAL CHINESE HOSPITAL
189 Viger Avenue East, Ville-Marie, Montréal, QC, H2X 3Y9
514 871-0961
Website: www.montrealchinesehospital.ca
Email: info.hcm@ssss.gouv.qc.ca
Services: Medical cares and long-term housing. * Day centre: cares complementary to home services, activities, preventive and therapeutic cares.* Outpatient clinic.
Eligibility: accommodation: adults and elderly, particularly from China or Southeast Asia coping with a permanent disability or who have lost, in part or fully, their mobility and independence, day center: elderly members of the Chinese and Southeast Asia communities
Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE
Confidential Address
1 844 364-2766
Website: www.residencesenharmonie.qc.ca
Email: info.enh@omhm.qc.ca
Services: Residences with services at affordable rates for seniors.
Eligibility: seniors 60 years and over on a low income (less than $28,000 for an individual or a couple and less than $33,000 for two people not living as a couple)
Capacity: 1259
Coverage area: Greater Montreal
Hours: visits: 7 days, 9h00 to 17h00
Financing: provincial, federal, municipal
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
Seniors

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE -
RESIDENCE CÔTE-SAINT-PAUL
5400 de la Côte-Saint-Paul Road, Le Sud-Ouest, Montréal, QC, H4C 0A4
514 933-2940
Website: www.residencesenharmonie.qc.ca/residences/residence-cote-saint-paul
Email: info.csp@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, hair salon.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, sitting rooms.

Eligibility: seniors 60 years and over on a low income (less than $28,000 for an individual or a couple and less than $33,000 for two people not living as a couple)
Capacity: 138 apartments
Coverage area: Greater Montréal
Hours: 7 days, 9h00 to 17h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE -
RESIDENCE DES SOURCES
4200 des Sources Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 3M6
514 683-2323
Website: www.residencesenharmonie.qc.ca/residences/residence-des-sources
Email: info.ds@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 and outdoor parking, hall rental.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, sitting rooms.

Eligibility: seniors 60 years and over on a low income (less than $28,000 for an individual or a couple and less than $33,000 for two people not living as a couple)
Capacity: 131 apartments
Coverage area: Greater Montréal
Hours: 7 days, 9h00 to 17h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE -
RESIDENCE JEAN-PLACIDE-DESROSIERS
55 Ouellette Avenue, Lachine, Montréal, QC, H8R 1L4
514 363-5353
Website: www.residencesenharmonie.qc.ca/residences/residence-jean-placide-desrosiers
Email: info.jpd@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: parking, hall rental.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, sitting rooms.

Eligibility: seniors 60 years and over on a low income (less than $28,000 for an individual or a couple and less than $33,000 for two people not living as a couple)
Capacity: 83 apartments
OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE -
RESIDENCE LE MILE-END
225 Maguire Street, Le Plateau-Mont-Royal, Montréal, QC, H2T 0A2
514 278-2870
Website: www.residencesenharmonie.qc.ca/residences/residence-le-mile-end
Email: info.me@omhm.qc.ca

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

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

Capacity: 181 apartments
Coverage area: Greater Montréal
Hours: 7 days, 9h00 to 17h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE -
RESIDENCE LIONEL-BOURDON
12100 Rodolphe-Forget Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 7S2
514 648-9505
Website: www.residencesenharmonie.qc.ca/residences/residence-lionel-bourdon
Email: info.lb@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, common room, various community activities, free use of laundry room.* Additional services: indoor and outdoor parking, hall rental.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, pool table, petanque, patio with gazebo, swings, barbecue.

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

Capacity: 103 apartments
Coverage area: Greater Montréal
Hours: 7 days, 9h00 to 17h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE -
RESIDENCE MAYWOOD
33 Maywood Avenue, Pointe-Claire, Montréal, QC, H9R 6B9
514 693-1754
Website: www.residencesenharmonie.qc.ca/residences/residence-maywood
Email: info.may@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.* Additional services: indoor and outdoor parking, hall rental, laundry room.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema.

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

Capacity: 135 apartments

Coverage area: Greater Montréal

Hours: 7 days, 9h00 to 17h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE PIERO-CORTI

3131 Sherbrooke Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1W 1B2

514 277-9141

Website: www.residencesenharmonie.qc.ca/residences/residence-piero-corti

Email: info.pc@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: parking, hall rental, Internet access in the apartment, hair salon.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema.

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

Capacity: 97 apartments

Coverage area: Greater Montréal

Hours: 7 days, 9h00 to 17h00

Financing: federal, provincial, municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE ROSALIE-CADRON

12260 Laurentien Boulevard, Ahuntsic-Cartierville, Montréal, QC, H4K 2Z4

514 956-7422

Website: www.residencesenharmonie.qc.ca/residences/residence-rosalie-cadron

Email: info.rc@omhm.qc.ca

Services: Affordable housing: studio, 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 and outdoor parking, hall rental.* Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, library, pool table.

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

Capacity: 133 apartments

Coverage area: Greater Montréal

Hours: 7 days, 9h00 to 17h00

Financing: federal, provincial, municipal

Legal status: non-profit organization
Seniors

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RESIDENCES ENHARMONIE - RESIDENCE SAINT-EUGÈNE
3500 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1G7
514 376-7373
Website: www.residencesenharmonie.qc.ca/residences/residence-saint-eugene
Email: info.se@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: outdoor parking, hall rental, Internet access in the apartment.*
Common areas: air-conditioned dining hall, computer stations with free Internet access, home cinema.
Eligibility: seniors 60 years and over on a low income (less than $28,000 for an individual or a couple and less than $33,000 for two people not living as a couple)
Capacity: 163 apartments
Coverage area: Greater Montréal
Hours: 7 days, 9h00 to 17h00
Financing: federal, provincial, municipal
Legal status: non-profit organization

ONROULE.ORG
Confidential Address
450 419-2168
Website: www.onroule.org
Email: info@onroule.org

Eligibility: people with reduced mobility, young families, seniors, people living with limitations, people living with an handicap
Coverage area: province of Québec
Fees: free
Financing: donations
Legal status: non-profit organization

PHARE PROVIDENCE (LE)
5605 Beaubien Street, Rosemont-La Petite-Patrie, Montréal, QC, H1T1X4
514 254-4991
Website: www.lesresidencesprovidence.com
Email: location@providencendg.com

Services: Senior housing group belonging to the Soeurs de la Providence.
Eligibility: seniors 55 years and over
Coverage area: Montréal
Financing: self-financing
Legal status: non-profit organization

PHARE PROVIDENCE (LE) - LES APPARTEMENTS PROVIDENCE
5605 Beaubien Street East, Rosemont-La Petite-Patrie, Montréal, QC, H1T1X4
514 254-4991
Website: www.lesresidencesprovidence.com

Services: Housing for autonomous seniors. * 3 meals a day, 7 days.* Recreational activities.* Available on place: laundry, hair salon and foot care, parking.* Daily mass.* Security 24 hours, 7 days.
Eligibility: seniors of 55 years old over, fully autonomous
Capacity: 19
Seniors

**PHARE PROVIDENCE (LE) - PROVIDENCE NOTRE-DAME-DE-GRÂCE**
5240 Côte-Saint-Luc Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 2G9
514 487-6050
Website: lesresidencesprovidence.com
Email: location@providencendg.com
Services: Housing for seniors with services. * 3 meals a day, 7 days.* Medication management.* Bath assistance and laundry service.* Recreational activities.
Eligibility: seniors 55 years old and over, fully autonomous or with a slight loss of autonomy
Coverage area: Montréal
Fees: from $1074 per month
Financing: self-financing
Legal status: non-profit organization

**PHARE PROVIDENCE (LE) - PROVIDENCE SAINT-DOMINIQUE**
95 Saint-Joseph Boulevard East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1H2
514 274-7611
Website: lesresidencesprovidence.com
Email: location@providencendg.com
Services: Housing for autonomous seniors or eldery with a slight loss of autonomy with services. * 3 meals a day, 7 days.* Medication management.* Bath assistance and laundry service.* Recreational activities.
Eligibility: seniors 55 years old and over, fully autonomous or with a slight loss of autonomy
Coverage area: Montréal
Fees: starting at $1,074 per month
Financing: self-financing
Legal status: non-profit organization

**PLACE POUR RESTER (UNE)**
4820 Saint-Michel Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3G3
514 527-5720 ext. 32
Services: Subsidized housing for seniors. * Studios.* Adapted housing for disabled people.
Eligibility: people aged 65 years and over, autonomous or with a slight loss of autonomy, on a low-income
Capacity: 22 studios
Coverage area: Montréal Island
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: 25% of income based on provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

**QUEBEC ASSOCIATION OF CONSULTANTS FOR SERVICES TO SENIORS**
10521 Rancourt Street, Ahuntsic-Cartierville, Montréal, QC, H2B 2P4
514 418-0927
Website: www.acsaq.com
Email: renelevesque@acsaq.com
Services: Accompaniment for seniors and their families throughout the steps involved in finding a private residence, which responds to their level of autonomy. *Personal visit at home, hospital or rehabilitation centre to determine the needs of the senior.* Consultation with the appropriate professionals and immediate family.* Research and recommendation of certified residences.* Accompanied visits to select residences.* Continuous support until admission to the chosen residence.* Follow-up after move-in.* Information on government assistance programs.

Eligibility: seniors and their families

Coverage area: Montréal and Québec city

Fees: free, except in specific cases

Financing: membership fees

Legal status: non-profit organization

REGISTRE DES RÉSIDENCES PRIVÉES POUR AÎNÉS

Confidential Address

Website: wpp01.msss.gouv.qc.ca/appl/K10/K10accueil.asp

Services: Database of the Ministry of Health and Social Services (Ministère de la Santé et des Services Sociaux) listing information on all seniors' private residences which are certified in accordance with the Règlement sur les conditions d'obtention d'un certificat de conformité et les normes d'exploitation d'une résidence privée pour aînés.

Coverage area: province of Québec

Financing: provincial

Legal status: provincial government agency

RÉSIDENCE ALBERT-BENOÎT

725 Henri-Bourassa East Boulevard, Ahuntsic-Cartierville, Montréal, QC, H2C 1E4

514 276-8717     Fax: 514 276-8797

Website: www.hpdg.ca

Email: info@hpdg.ca

Services: Housing for autonomous seniors.

Eligibility: autonomous seniors over 55 years old

Capacity: 47 apartments: 3 ½, 4 ½

Coverage area: Montreal: Ahuntsic

Hours: Monday to Friday 8h30 to 17h00

Fees: $625 to $750 per month

Financing: self-financing

Legal status: non-profit organization

RÉSIDENCE ERNEST-MICHAUD

6500 Montmagny Avenue, Le Sud-Ouest, Montréal, QC, H4E 4K5

514 276-8717     Fax: 514 276-8797

Website: www.hpdg.ca

Email: info@hpdg.ca

Services: Housing for autonomous seniors.

Eligibility: autonomous seniors over 55 years old

Capacity: 52 apartments: 3 ½ and 4 ½

Coverage area: Ville-Émard, Côte-Saint-Paul

Hours: Monday to Friday 8h30 to 17h00

Fees: $625 to $750 per month

Financing: self-financing

Legal status: non-profit organization
RÉSIDENCE L'AMITIÉ
9167 Gouin Boulevard West, Ahuntsic-Cartierville, Montréal, QC, H4K 2E2
514 336-3180 Fax: 438 380-6094
Website: www.amitie.marcelline.qc.ca
Services: Housing for seniors with services. * Studio, 2½, 3½ et 4½.* Heating, electricity and cable included.* Presence of a nurse 24/7 and of a doctor 2 days per week.* Surveillance service 24/7.* Chapel and catholic priest.* Leisure activities: painting, card games, movie projection, fitness, pool, library and computers access.* Organized outings.* Dining room.* Convenience store.* Hairdressing salon.* Caisse populaire services 2 days per week.
Eligibility: people aged 65 years and over, autonomous or with a slight loss of autonomy, on a low or modest income
Capacity: 240 apartments
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: from $749 to $1590 per month, vary depending on size and floor
Legal status: non-profit organization

RESIDENCE NORMA MICALISTER
5100 des Maçons Street, Pierrefonds-Roxboro, Montréal, QC, H8Z 2X8
514 620-9695
Email: res.n.mcalister@videotron.ca
Services: Semi-subsidized building that provides housing for autonomous seniors with low income.* Computers, Internet access.* 3 meals in the week.* Income tax clinic for residents.
Eligibility: autonomous seniors with low income
Capacity: 34 units
Coverage area: Pierrefonds
Hours: Monday, Wednesday and Friday 8h00 to 15h00
Fees: 25% of income including electricity and meals
Financing: provincial
Legal status: non-profit organization

RESIDENCE UKRAINIENNE DE MONTRÉAL
6300 8th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3E6
514 374-6300 Fax: 514 374-7299
Email: ukresidence@bellnet.ca
Services: Subsidized housing for seniors autonomous.* Two elevators.* Laundry room.* Community Hall, garden and terrace.
Eligibility: autonomous seniors
Capacity: 55 subsidized units, 28 units at regular price
Coverage area: Rosemont-La Petite-Patrie
Hours: Monday to Friday 10h00 to 16h00
Legal status: non-profit organization

REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM
Confidential Address
1 855 291-6467 TTY: 514 873-4455 / 1 800 361-3795
Website: www.revenuquebec.ca/en/citizens/your-situation/students/shelter-allowance-program
Services: Monthly allowance up to $80 per month for individuals or families on a low-income spending a large amount of their budget on rent.
Eligibility: individuals aged 50 and older living alone, couples in which one member is aged 50 or older, low-income household with at least one dependent child, homeowners, tenants, rooming house occupants as well as any individual who shares a dwelling with more than one occupant
Coverage area: Province of Québec
**Hours:** by phone: Monday to Friday 8h30 to 16h30
**Financing:** Société d'habitation du Québec, Société canadienne d'hypothèques et de logement
**Legal status:** provincial government agency

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**SALVATION ARMY - MONTCLAIR RESIDENCE**

4413 Montclair Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H4B 2J4
514 481-5638   Fax: 514 481-0029
**Website:** www.salvationarmy.ca/quebec
**Services:** * Centre for autonomous and semi-autonomous seniors.
**Eligibility:** autonomous and semi-autonomous seniors
**Capacity:** 50
**Coverage area:** Montréal Island
**Hours:** 24 hours
**Financing:** donations
**Legal status:** non-profit organization

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**SOCIÉTÉ D'HABITATION DU QUÉBEC**

500 René-Lévesque Boulevard West, 5th floor, Ville-Marie, Montréal, QC, H2Z 1W7
1 800 463-4315   Fax: 514 873-8340
**Website:** www.habitation.gouv.qc.ca
**Email:** infoshq@shq.gouv.qc.ca

**Services:** Improving housing conditions. * Housing assistance programs.* List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec: www.habitation.gouv.qc.ca/repertoire.
**Eligibility:** low or moderate-income households, including families, seniors, people with disabilities, Native people living off-reserve and the Inuit, people with special housing needs, the homeless, women and children victims of violence
**Coverage area:** Province of Québec
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial
**Legal status:** provincial government agency

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**SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL**

800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8
514 380-7436   Fax: 514 380-2100
**Website:** www.shdm.org
**Email:** info@shdm.org

**Services:** Managing and maintaining housing and rooms at affordable prices. * Interactive map of housing units currently for rent: www.shdm.org/en/renters/housing-for-rent* Structuring property development projects in collaboration with public, private and non-profit organizations.* Accès Condos program: support to individuals wishing to acquire property in Montréal.
**Eligibility:** families or single people on a low to moderate-income, retired or pre-retired people aged 55 and over
**Coverage area:** Island of Montréal
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, for tenants: emergency line 24 hours
**Fees:** variable
**Financing:** municipal, provincial, federal
**Legal status:** non-profit 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
Email: toitsdemercier@outlook.com


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

UKRAINIAN VILLA OF MONTREAL
6400 8th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 3H4
514 374-6400   Fax: 514 374-7299
Email: ukvilla@qc.aibn.com

Services: Housing with services for seniors who are autonomous or with a slight loss of autonomy. * 3 meals per day, heating and electricity included.* Auxiliary nurse, caregivers and doctor, medical visit once a month.* Security, 24-hour surveillance, automatic sprinklers, smoke and heat detectors, elevator and parking.* Laundry room, housekeeping.* Garden, patio.* Shrine and library.* Community, dining and gaming halls.* Activities.

Eligibility: autonomous or semi-autonomous seniors
Capacity: 54 studios
Coverage area: Rosemont-La Petite-Patrie
Hours: information: 10h00 to 15h00

VILLA BEAUREPAIRE
23 Fieldfare Avenue, Beaconsfield, Montréal, QC, H9W 4W4
514 697-0123   Fax: 514 697-9047
Website: www.villabeaurepaire.com
Email: info@villabeaurepaire.com

Services: Housing for seniors with services. * 5 meals a week.* Heating, electricity and cable included.* Social activities.* Maintenance.

Eligibility: seniors autonomous or with a slight loss of autonomy
Capacity: 50 apartments
Coverage area: Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: studio: $1147 per month, 3½: $1345 per month, 4 1/2: $1467 per month
Financing: self-financing
Legal status: non-profit organization

VILLA RAIMBAULT
12430 de la Miséricorde Avenue, Ahuntsic-Cartierville, Montréal, QC, H4J 2G2
514 303-3841   Fax: 514 335-3917
Website: www.villaraimbault.com
Email: villaraimbault@videotron.ca

Services: Subsidized apartments for autonomous and semi-autonomous seniors.
Eligibility: seniors on a low or moderate income
Capacity: 63 apartments
**YEE-KANG CENTER FOR SENIORS**

1075 de Bullion Street, Ville-Marie, Montréal, QC, H2X 0A1  
514 875-8988  
Email: yeekangcenter@hotmail.com  
Services: Subsidized housing for autonomous seniors.  
Eligibility: seniors over 65 years from an Asian community  
Capacity: 84 apartments  
Coverage area: Greater Montréal  
Hours: Monday to Friday 9h30 to 17h00  
Fees: 25% of the income, service fees  
Financing: provincial  
Legal status: non-profit organization

**Intergenerational activities**

**CARREFOUR FAMILIAL L’INTERMÈDE**

Centre communautaire Marcel-et-Gabrielle-Lapalme, 5350 Lafond Street, Suite R-150, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2  
514 527-5188  
Fax: 514 524-9813  
Website: www.intermede.ca  
Email: cfi@videotron.ca  
Services: * Active listening, referral and information.*  
* Drop-in respite.*  
* Bazaar.*  
* Collective kitchens, thematic lunches.*  
* Summer family camp, events, intergenerational and family outings.*  
* Educational outings.*  
Eligibility: children from 0 to 5 years old and their families, seniors  
Coverage area: Rosemont-La Petite-Patrie and the surroundings  
Hours: drop-in respite: Monday 8h30 to 11h30 or 16h00, Tuesday and Wednesday 8h30 to 16h00, Thursday 9h00 to 12h00  
Fees: members: $10 per year, drop-in respite: variable depending on the family income  
Financing: provincial, Centraide, federal, grants, donations  
Legal status: non-profit organization

**CENTRE DE LA FAMILLE HAITIENNE ET INTERCULTUREL DE RIVIÈRE-DES-PRAIRIES**

7650 Maurice-Duplessis Boulevard, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 5Y6  
514 643-1333  
Fax: 514 643-1124  
Email: ldirectioncfhi@hotmail.com  
Services: * Reception, information and referral.*  
* Active listening.*  
* Support to families and youth in difficulty.*  
* Workshops and conferences.*  
* Social and cultural activities.*  
* Food assistance for newcomers.*  
* Assistance for filling out forms for newcomers.*  
* Homework assistance for children in primary schools.*  
* Literacy workshops for seniors.*  
* Self-help group for mothers.*  
* Home respite for children 0 to 5 years old.*  
* Summer day camp for teenagers.*  
Eligibility: families of all origins  
Coverage area: Rivière-des-Prairies and surroundings  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, food assistance: Thursday morning, homework assistance: Monday and Thursday 16h00 to 18h00, self-help group for mothers: Thursday 10h30 to 12h00  
Financing: provincial, federal  
Legal status: non-profit organization
SERVICES:

* Homework help and academic support for children aged 6 to 12 in 13 primary schools of the CSDM. This project is managed by parents and grandparents.

Eligibility: all generations

Coverage area: Rosemont, La Petite-Patrie, Villeray

Hours: Monday to Thursday 10h00 to 17h00, Friday 9h00 to 13h00 (no on site services, services are provided only in partner schools)

Fees: membership card: $5 per year

Financing: donations, provincial

Legal status: non-profit organization

COLLECTIVE COMMUNITY SERVICES

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

Services: Reducing isolation and supporting those living in poverty, primarily within the English speaking community of Greater Montréal. Early Head Start program: age-appropriate activities based on the developmental needs of each child for children under 5 years old with healthy snacks and workshops for parents. Little Learners program: preschool program focusing on developing socialization and motor skills for children aged 2 to 5 years old. Tender Loving Care preschool (TLC): bilingual preschool classes. Youth: Social Emotional Learning programs, Anti-bullying programs, Girl’s Empowerment programs, Transition programs, Fair Play sports programs, Intergenerational Video project. Trail’s End Camp: annual summer camp for underprivileged children. Other community focused programs for all age groups.

Eligibility: English Speaking community and immigrant populations, Early Head Start program: children 0 to 5 years old and their parents, Little Learners program: children 2 to 5 years old

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 17h00

Fees: variables

Financing: Centraide of Greater Montréal, provincial, federal, Generations Foundation, donations

Legal status: non-profit organization

COMBO 2 GÉNÉRATIONS

Confidential Address
438 387-3777
Website: www.combo2generations.com
Email: info@combo2generations.com

Services: Connects seniors who have a free room with students who, in exchange for housing, provide a presence or small services.

Eligibility: seniors 60 years and over, students aged 18 to 30 years old

Coverage area: Province of Québec

Fees: subscription fees: between $10 and $25, membership fees: between $225 and $350 per year, housing for students: between $0 and $350 per month

Financing: self-financing

Legal status: non-profit organization

COMITÉ INTERNATIONAL POUR LA PROMOTION DU CRÉOLE ET DE L’ALPHABÉTISATION

2000 Saint-Joseph Boulevard East, Door B, Le Plateau-Mont-Royal, Montréal, QC, H2H 1E4
514 750-8800 Fax: 514 303-1558
Website: www.kepkaa.com
Email: librairie.kepkaa@videotron.ca

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

Coverage area: Canada

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

Fees: membership: $5 per year

Financing: self-financing

Legal status: non-profit organization

COUP DE POUCHE JEUNESSE DE MONTRÉAL-NORD

11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3
514 321-8054 Fax: 514 321-6550
Website: www.coupdepouchejeunesse.com
Email: info@coupdepouchejeunesse.com

Services: * Voluntary commitment providing support to a vulnerable segment of the community.* Recreational activities and outings.* Annual Bazaar.* Peer helpers in the Henri-Bourassa and Calixa-Lavallée high schools.* Place à l'entraide!: project for the citizen involvement of the Place Normandie's families.* J'arrive!: support for the social and academic integration of students enrolled in reception classes and newcomers.

Eligibility: teenagers from 12 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

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

MAISON DES FAMILLES DU CENTRE-SUD (LA)

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4
514 564-3063
Website: www.assofamillescentresud.com
Email: info@associationdesfamillescentresud.com

Services: Place for families with children of all ages to meet, share, network, work in committees and create projects. * Jeudi Manu'Elle: meetings allowing mothers and their children to take advantage of the materials available to them to do sewing, knitting, cooking, jewelry, natural products, etc..* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season.* Vendredi de création: family activities such as cooking or art.* Vendredi festif: evening wine and cheese, music, karaoke, dancing, games, etc.* Vendredi réflexion: lunch-share on social, family and ethical issues.* Family holidays (Halloween, Christmas, Egg hunting).* Particular project: Jardins des géants, Emprntes maternelles.* Donations of school supplies in partnership with the Regroupement des magasins-partage.
Eligibility: families with children 0 to 12 years old
Capacity: 20
Coverage area: Montréal: Centre-Sud
Hours: Wednesday (on appointment) 14h30 to 17h30, Thursday 11h00 to 17h30, Friday 15h00 to 18h00 or 20h30, variable according to the programming
Fees: family membership: $2 from September to September
Financing: self-financing, provincial
Legal status: non-profit organization

NDG FOOD DEPOT
6450 Somerled Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4V 1S5
514 483-4680 ext. 0    Fax: 514 313-7017
Website: www.depotndg.org
Email: office@depotndg.org
Services: * Distribution of free diapers and baby food when available.* Emergency food assistance.* Good Food Market: sale of fresh fruit and vegetables at low prices.* Cooking classes.* Free community meals on opening days.* Housing information.* Collective gardens.* Intergenerational collective kitchen workshops.
Eligibility: people on a low income
Capacity: 200 meals per day
Coverage area: Notre-Dame-de-Grâce, Côte-Saint-Luc, part of Lachine (Saint-Pierre), Snowdon, Montréal West, Westmount, Hampstead
Hours: office: Monday 9h00 to 16h00, Tuesday 9h00 to 19h00, Wednesday to Friday 9h00 to 16h00, food distribution and meals: Tuesday 14h00 to 19h00, Friday 10h00 to 14h00
Fees: community meal: free
Financing: Centraide of Greater Montréal, donations, provincial, foundations
Legal status: non-profit organization

Intervention with seniors subjected to abuse

AÎNÉ-AVISÉ
4545 Pierre-de-Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3017
Website: www.aineavise.fadoq.ca
Email: aineavise@fadoq.ca
Services: * Information sessions regarding fraud and abuse against the elderly, led by volunteers and police officers.
Eligibility: the elderly and the organizations working with them
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, federal
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC
5777 Wilderton Avenue, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3S 2V7
514 738-2421 ext. 121    Fax: 514 738-5466
Email: efakotakis@hcgm.org
Services: * Information and referral.* Active listening.* Accompaniment, interpretation and translation.* Help filling out documents and forms.* Occasional clinics and workshops in collaboration with the CLSC.* Assistance to senior citizens, families and youth.* Advocacy.* Assistance to abused seniors.* Computer and French classes.* Programme intégré d'équilibre dynamique (PIED) for the elderly.* Recreational and bonding activities for the elderly.* Food banks in Park-extension and Laval.
Eligibility: people of diverse origins, particularly Greek
**Coverage area:** Greater Montréal  
**Hours:** Monday to Friday 9h00 to 17h00, food bank: Tuesday 10h00 to 12h00 in Park-extension and Thursday 10h00 to 12h00 in Laval  
**Fees:** annual membership: $10 for services and less than $5 for food bank  
**Financing:** donations, grants, provincial  
**Legal status:** non-profit organization

**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.*  
Assistant 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

**RÉSEAU D’INTERVENTION AUPRÈS DES PERSONNES AYANT SUBI LA VIOLENCE ORGANISÉE**  
6865, Christophe-Colomb Avenue, Suite 300-309, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2H3  
514 282-0661  
**Fax:** 514 282-0661  
**Website:** www.rivo-resilience.org  
**Email:** info@rivo-resilience.org  
**Services:** * Individual psychotherapy.* * Counselling.* * Massage therapy.* * Training.  
**Eligibility:** refugees, or anyone affected by organized violence, ideally referred by a qualified professional  
**Coverage area:** Greater Montréal  
**Hours:** administration: Monday to Friday 9h00 to 17h00, therapy and counselling: variable  
**Fees:** free  
**Financing:** donations, provincial  
**Legal status:** non-profit organization

**RESPECTING ELDERS COMMUNITIES AGAINST ABUSE**  
1590 Docteur-Penfield Avenue, Suite 411, Ville-Marie, Montréal, QC, H3G 1C5  
514 746-5960  
**Email:** recaa.montreal@gmail.com  
**Services:** Awareness and prevention of mistreatment and abuse against seniors. * Popular education through theater workshop: sketches aiming to establish a dialogue on abuse in ethnocultural communities and to recognize the signs of elder mistreatment.  
**Eligibility:** seniors and their relatives  
**Coverage area:** Montréal Island, Estrie and Montérégie  
**Hours:** Thursday 10h00 to 15h00, by appointment only  
**Financing:** grants, self-financing, provincial  
**Legal status:** non-profit organization
Seniors' Advocacy and Assistance Associations

ASSOCIATION DE LOISIRS POUR PERSONNES À AUTONOMIE RÉDUITE
5350 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 524-7328     Fax: 514 524-9813
Website: www.alpar.ca
Email: info@alpar.ca
Services: * Social, recreational, cultural and sporting activities.* Education: aging and gerontology.* Program that promotes closer intercultural bonds.* Support groups and support for seniors and their caregivers.
Eligibility: seniors aged 55 and older with physical limitations due to age, illness or disability, their caregivers
Coverage area: Greater Montréal
Hours: activities: Wednesday and Friday 13h00 to 16h00
Fees: members: regular $12, associations $50, citizens support $20, supporters $50, honor support $100
Financing: provincial, membership fees, fundraising campaigns, municipal, donations
Legal status: non-profit organization

ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP
1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9
514 906-1845     Fax: 514 937-5548
Website: www.curabec.org
Email: curabec@outlook.com
Services: * Legal information and referral.* Help filling out forms and writing letters.* Accompaniment to court.* Monitoring of public curator.
Eligibility: people coping with disabilities, protection regimes and public curatorship
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, meetings by appointment
Fees: none
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES
7105 Saint-Hubert Street, Suite 304, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2N1
1 877 935-1551
Website: www.aqdr.org
Email: info@aqdr.org
Services: Advocacy of rights for retired and pre-retired people: income, housing, home care, transportation and health.
Eligibility: pre-retired and retired people 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: $20 per person per year
Financing: provincial, contributions
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - AHUNTSIC-SAINT-LAURENT
4770 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H6
514 856-3511 ext. 222     Fax: 514 856-3511
Website: www.aqdr-astl.org
Email: aqdr.astl@gmail.com
Services: Advocacy for elders to improve their living conditions on matters such as income, housing, home care, transportation and health.
Eligibility: pre-retired and retired people aged 50 and over
Coverage area: Montréal: Ahuntsic, Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: annual membership: $20
Financing: donations, self-financing, provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD
11121 Salk Street, Suite 5, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-2333
Website: www.aqdr.org
Email: aqdr.mtnord@videotron.ca
Eligibility: seniors
Coverage area: Montréal-Nord
Hours: Tuesday and Thursday 9h30 to 11h30, Wednesday 13h30 to 15h30
Fees: annual contribution: $15
Financing: members contributions, donations, sponsorships
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - POINTE-DE-L’ÎLE
9140 Perras Boulevard, Suite B 2.6, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7E4
514 643-0930
Website: www.aqdr-pointedelile.org
Email: aqdr-pdi@videotron.ca
Services: Advocacy and interests. * Representation before municipal and governmental authorities about transportation.* Community dinners and activities.
Eligibility: seniors, retired and pre-retired workers
Coverage area: Montréal: East of Highway 25
Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 16h00
Fees: membership: $20 per year
Financing: grants, provincial
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - ROSEMONT
5350 Lafond Street, Suite 1.320, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 725-0183
Website: www.aqdr.org
Email: info@aqdrrosemont.com
Services: Collective advocacy in terms of housing, health, ill-treatment, abuse, transportation and other issues regarding seniors.
Eligibility: preretired and retired people 50 years old and over
Coverage area: Rosemont and surrounding areas
Hours: Tuesday, Wednesday, Thursday 10h00 to 12h30 and 13h30 to 16h30
Fees: annual contribution: $20
Financing: contributions, provincial, self-financing
Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRERETRAITÉES - 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

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
Email: rolandleger@bell.net
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

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
Seniors

CENTRE DE PROMOTION DE LA SANTÉ AVANTÂGE
4545 Queen-Mary Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 1W5
514 340-2800 ext. 3139
Website: www.iugm.qc.ca/avantage
Email: avantage@criugm.qc.ca

Services: Center promoting health for the elderly. * Training and workshops: yoga on chair and adapted yoga chair/mat, pelvic floor exercise program, MEMO workshop to understand the memory.* Public conferences for the elderly and their relatives: physical and psychological health, pain, sleep, caregiver, nutrition, incontinence, end-of-life care, memory, new technologies.

Eligibility: elderly 55 years and over and their relatives
Coverage area: Montréal
Hours: Monday to Thursday 10h00 to 17h00
Legal status: parapublic organization

CENTRE DE SANTÉ DES AÎNÉS SUD-OUEST VERDUN
5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1
514 419-2929 ext. 404
Website: www.csasov.com
Email: glafontaine@csasov.com

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

Coverage area: territory of the CSSS Sud-Ouest Verdun
Financing: grants
Legal status: non-profit organization

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE
360 Saint-Jacques Street, 2nd Floor, Ville-Marie, Montréal, QC, H2Y 1P5
1 800 361-6477     Fax: 514 873-6032
Website: www.cdpdj.qc.ca
Email: information@cdpdj.qc.ca

Services: Application of the Charter of Human Rights and Freedoms. * Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons.* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated.* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

Eligibility: people of all ages
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

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

Services: Promotion and advocacy for the rights of health and social services users. * Information line on users' rights.* Counselling services.* Conference, training and public awareness.* Legal notice and initiation of class action proceedings.
ELDER ABUSE HELPLINE
Confidential Address
514 489-2287  Fax: 514 489-6249
Website: www.aideabusaines.ca
Email: ligneaideabusaines@ssss.gouv.qc.ca
Services: Free of charge, confidential and bilingual provincial telephone line. * Listening and support, information, telephone assessments, crisis or specific interventions, telephone follow-up, if needed, referral to the appropriate resource, professional consultation service for practitioners.* Services to care providers and community to promote prevention and intervention in case of elderly abuses.
Eligibility: abused and mistreated seniors, field workers and anybody concerned by elderly issues
Coverage area: province of Québec
Hours: 7 days, 8h00 to 20h00
Financing: provincial
Legal status: non-profit organization

ESPACES 50+
1620 La Salle Avenue, Suite 007, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2J8
514 419-7750
Website: espaces50plus.com
Email: communications@espaces50plus.com
Eligibility: people 50 years and over
Coverage area: Greater Montreal
Fees: membership: $25 per year
Financing: contributions, self-financing
Legal status: non-profit organization

FEDERATION FOR AGING IN DIGNITY AND OVERALL QUALITY
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 554-9058  Fax: 514 252-3154
Website: www.fadoq.ca
Email: info@fadoq.ca
Services: Promotion of the well-being and advocacy of rights for seniors. * Information.* Promotion of sports and educational, cultural, humanitarian and community activities.* Sports, recreational and spiritual activities.* Members’ benefits: insurance plan, travelling, financial services, etc.* Privilege program: discounts on various products and services.* Main d’oeuvre 50+: website connecting job seekers 50 years and over with employers: www.maindoeuvre50plus.com.
Eligibility: seniors 50 years and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees, grants
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: asklpios@hotmail.com
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

GROUPE DE TÂCHES ET D’ENTRAIDE DE CENTRE-SUD
1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3
514 523-3843
Email: lucienlandry@gmail.com
Eligibility: seniors 60 years and over
Capacity: 150
Coverage area: Centre-Sud and surroundings
Hours: office: Monday to Friday 10h30 to 13h00, community hall: Monday to Friday 8h30 to 15h00
Financing: provincial, grants, donations
Legal status: non-profit organization

INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL
4565 Queen-Mary Road, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 1W5
514 340-2800     Fax: 514 340-2802
Website: www.iugm.qc.ca
Email: communication.iugm@ssss.gouv.qc.ca
Services: Geriatric hospital, affiliated to Université de Montréal. * Short-term geriatric unit.* Intensive functional rehabilitation unit.* In patient program for assessment with geriatric recovery.* Housing and long-term care.* Outpatient centre: day centre and specialized clinics.* Specialized research centre.
Eligibility: seniors
Capacity: short and long-term care: 452 beds, rehabilitation: 45 beds, accommodation for assessment: 43 beds
INSTITUT UNIVERSITAIRE DE GÉRIATRIE DE MONTRÉAL - PAVILLON ALFRED-DESROCHERS
5325 Victoria Avenue, Côte-Des-Neiges-Notre-Dame-De-Grâce, Montréal, QC, H3W 2P2
514 340-2800   Fax: 514 731-2136
Website: www.iugm.qc.ca/centre-ambulatoire/centre-jour.html
Services: Geriatric hospital, affiliated to Université de Montréal. * Short-term geriatric unit.* Intensive functional rehabilitation unit.* In patient program for assessment with geriatric recovery.* Housing and long-term care.* Outpatient centre: day centre and specialized clinics.* Specialized research centre.
Eligibility: seniors

JURISTES À DOMICILE
338 Saint-Antoine East, Suite 400, Ville-Marie, Montréal, QC, H2Y 1A3
514 944-9929   Fax: 514 903-9504
Website: www.juristesadomicile.com
Email: info@juristesadomicile.com
Services: Low cost lawyers and legal services offered at home. * Accompaniment, information and legal information.* Labor law (CNESST, etc.).* Administrative law (SAAQ, etc.).* Criminal and penal law.* Family law, protection, power of attorney and will mandate.* Immigration.* Relationship between landlords and tenants, civil liability, mediation and alternative conflict resolution modes.* Preparation of formal notice and complaints against institution and organizations.* Preparation of a case before the Small Claims Court.
Eligibility: vulnerable or deprived people or on a difficult personal or legal situation

MONTRÉAL CITY MISSION
1435 City Councillors Street, Ville-Marie, Montréal, QC, H3A 2E4
514 844-9128   Fax: 514 844-0067
Website: www.montrealcitymission.org
Email: info@montrealcitymission.org
Services: * Summer day camp for children 5 to 10 years old.* Legal information clinic and support for refugees and newcomers with a precarious immigration status.* Mobile legal clinic for seniors: information and accompaniment for the elderly from cultural communities.* Student internships: law and social work.
Eligibility: isolated or homeless people, immigrant or refugee families or individuals of all ages, low income families

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Coverage area: Montréal
Financing: provincial
Legal status: parapublic organization
MUTUALITÉ DES IMMIGRANTS DU QUÉBEC
3455 Notre-Dame Street West, Suite 203, Le Sud-Ouest, Montréal, QC, H4C 1P3
438 558-1900   Fax: 514 507-5473
Email: info.miquebec@gmail.com


Eligibility: visible minorities, people from Central Africa in particular, newcomers

Coverage area: Montréal

Hours: Monday to Wednesday 9h00 to 15h00, Thursday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS

Confidential Address
514 436-3744   Fax: 514 439-1658
Website: www.rpcu.qc.ca
Email: info@rpcu.qc.ca

Services: Advocacy for health and social services users' rights through support to residents and users committees.  * Information and documentation.* Training.

Eligibility: users and residents committees, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: membership fees, self-financing, grants

Legal status: non-profit organization

SENIORS ACTION QUÉBEC
781 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3L3
438 386-1944
Website: www.seniorsactionquebec.ca
Email: info@seniorsactionquebec.ca

Services: Promotion of English-speaking seniors' priorities.  * Information and referral.* Promotion of access to information.* Promotion and development of seniors' leadership.* Advocacy.

Eligibility: English-speaking seniors

Coverage area: Province of Québec

Fees: membership: $20

Financing: donations, contributions, federal

Legal status: non-profit organization

SOUTIEN AUX AÎNÉS VICTIMES D'ABUS
5350 Lafond Street, Suite R1.430, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 885-6757
Email: sava@carrefourmontrose.org

Services: Accompaniment and assistance for seniors victims of violence, abuse or ill treatment through denunciation, mediation or legal procedures.  * Carrefour communauté Montrose pilot project.

Eligibility: seniors victims of physical or psychological violence, abuse or neglect, their relatives

Coverage area: Island of Montréal

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization
Volunteer Transportation

BON PILOTE (LE)
5112 de Bellechasse Street, Rosemont-La Petite-Patrie, Montréal, QC, H1T 2A4
514 593-5454  Fax: 514 419-6954
Website: www.lebonpilote.com
Email: lebonpilote@videotron.ca

Services: * Accompaniment and transportation to medical appointments.* Referral.* Assistance with daily activities: by shopping, groceries, bank, pharmacy, reading the mail.

Eligibility: priority to people with visual impairment, seniors and people with reduced mobility who are referred

Coverage area: Montréal, Longueuil, Boucherville, Brossard, Saint-Bruno-de-Montarville, Saint-Lambert

Hours: appointments, at least 48 hours in advance: Monday to Friday 9h00 to 17h00, accompaniment: Monday to Friday 8h00 to 17h00, priority to medical appointments

Fees: people with visual impairments: $20 per year, $10 for transportation, othes: $50 per year, $15 for transportation, accompaniment for people with a visual disability: $12 per hour, the first half-hour is free, accompaniment for others: $15 per hour, the first half-hour is free

Financing: self-financing, provincial, fund-raising campaigns, membership fees

Legal status: non-profit organization

MAISON PLEIN COEUR
1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5
514 597-0554  Fax: 514 597-2788
Website: www.maisonpleincoeur.org
Email: info@maisonpleincoeur.org

Services: * In-home support for HIV-positive mothers.* Accompaniment and transportation to medical and legal appointments.* Food bank.* Entraide Positive Project: workshops, discussion group, individual support and pairing for men.* Supervised transitional housing.* Relaxation massage.* Day centre: recreational and social activities.* Monthly dinner.* HIV and arts: access to cultural events.* Women +: independence support workshops.* Youth +: support group for men 18 to 35 years old.* Tax clinic for users.

Eligibility: people living with HIV/AIDS

Capacity: supervised housing: 4 apartments divided into 2 studios

Coverage area: Montréal

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

Financing: federal, provincial, grants

Legal status: non-profit organization

NUTRI-CENTRE LASALLE
408-A Lafleur Street, LaSalle, Montréal, QC, H8R 3H6
514 365-3670
Email: administration@nutricentrelasalle.com

Services: * Healthy eating educational workshops: lunch box, legumes, whole grains, anti-waste, squash, etc.* Visits to the grocery store. * Group cooking workshops for families, single people, teenagers, parent-children, pregnant women and young mothers. * Workshops on the introduction of solid foods and baby food.* Collective garden and gardening workshops.* Coffee-chats and group discussions.* Local fresh fruits and vegetables baskets at reasonable price.* Neighbourhood markets.

Eligibility: people preoccupied or affected by the fight against poverty and food security

Coverage area: LaSalle

Hours: Monday to Friday 9h00 to 16h30, variable for the evenings and Saturday

Fees: variable

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

Legal status: non-profit organization
PROMOTION INTERVENTION EN MILIEU OUVERT
2030 Pie-IX Boulevard, Suite 215, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2C8
514 288-9775
Website: www.pimo.qc.ca
Email: accueil@pimo.qc.ca
Services: Accompaniment service for adults with physical disabilities and reduced mobility. * All types of outings: medical, utility, leisure.
Eligibility: people who are physically handicapped and aged 18 years and over
Coverage area: Montréal Island
Hours: 7 days 7h00 to 23h00
Fees: membership: $20 per year
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

WEST-ISLAND VOLUNTEER ACCOMPANIMENT SERVICE
Confidential Address
514 694-3838
Website: www.abovas.com
Email: info@abovas.com
Services: Accompaniment and transportation for medical appointments.
Coverage area: West Island of Montréal: Dorval, Baie-D’Urfé, Beaconsfield, Dollard-des-Ormeaux, Kirkland, L’Île-Bizard-Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville
Hours: office: Monday to Friday 8h30 to 16h00, accompaniment: Monday to Friday 7h00 to 16h00, by appointment with 7 to 10 days notice
Fees: predetermined fixed rate
Financing: provincial, donations
Legal status: non-profit organization

YELLOW DOOR (THE)
3625 Aylmer Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2C3
514 845-2600 ext. 1     Fax: 514 845-9097
Website: www.yellowdoor.org
Email: admin@yellowdoor.org
Services: * Accompaniment for downtown seniors.* Music and poetry outlet.* Food bank for McGill students.* Community café.* Intergenerational wellness groups.* Community meeting room rentals.
Eligibility: people interested in volunteering, McGill students, elderly people, artistic outlet: amateur authors, composers and poets, community members
Coverage area: downtown Montréal
Hours: Monday to Friday 9h30 to 17h30
Fees: free, except room rental and community café
Financing: provincial
Legal status: non-profit organization
Sex and gender

LGBTQ ASSOCIATIONS

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS
LGBTQ associations

AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ
Confidential Address
514 730-8870
Website: arc.algi.qc.ca
Email: arcsssc2@gmail.com

Services: * Community, social, sports, cultural and recreational activities aiming to reduce social isolation and improve physical and psychological wellbeing.* Members representation.
Eligibility: gay seniors who are either retired or preretired
Capacity: 250 members
Coverage area: Greater Montréal
Hours: variable, no permanence
Fees: annual contribution: $25
Financial status: self-financing
Legal status: non-profit organization

ASSOCIATION DES PÈRES GAIS DE MONTRÉAL
2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y4
514 598-7084
Website: www.algi.qc.ca/asso/apgm/
Email: peresgais@gmail.com

Services: * Help line.* Information and referral.* Social activities.* Support groups.* Discussion on Tuesday: first Tuesday of the month, testimonies on a topic announced in advance.* Accompaniment: confidential individual meeting with a peer, accompaniment to an activity of the Association.* Transit: 8 conferences led by 2 volunteer gay fathers about several dimensions related to homosexuality, to homosexual parenthood and transition to gay life.
Eligibility: gay fathers
Coverage area: province of Québec
Hours: variable according to activities
Fees: $20 per year
Financial status: membership fees, donations
Legal status: non-profit organization

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

Services: * Intervention and follow-up for various issues: break-ups, mourning, coming out.* Intervention and follow-up for victims and perpetrators of domestic violence.* Discussion groups.* Workshops on sexuality.* Training and research.
Eligibility: lesbian, bisexual or trans women
Coverage area: Montréal
Hours: office: Monday to Thursday 9h00 to 16h00, activities: Tuesday to Thursday 19h00 to 21h00
Fees: annual membership: $10
Financial status: provincial
Legal status: non-profit organization
LGBT FAMILY COALITION - SUPPORT GROUPS
3155 Hochelaga Street, Suite 201, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 1G4
514 878-7600
Website: www.familleslgbt.org
Email: info@familleslgbt.org
Services: Support group for lesbian, gay, bisexual and trans parents and parents-to-be to. * Meeting place to share resources and have fun together with their children several times a month.* Exchange information and discussion.
Eligibility: lesbians, gays, bisexuals and trans
Capacity: unlimited
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: $40 a year per family, voluntary contributions
Financing: provincial
Legal status: non-profit organization

Women's centres

CENTRE DES FEMMES DE ROSEMONT
5350 Lafond Street, Suite R110, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X2
514 525-3138 Fax: 514 525-2386
Website: www.centredesfemmesderosemont.org
Email: c.femmes.rsmt@videotron.ca
Services: * Living environment providing educational activities to help women break out of isolation while promoting their autonomy and improving their living conditions.* Intervention.* Support group for women who have been victims of sexual and other types of assaults, for women with violent behaviors and women having survived sexual abuse.
Eligibility: women 18 years and over
Coverage area: Rosemont and surroundings
Hours: Monday to Thursday 8h30 to 16h00
Fees: membership card: $10
Financing: provincial
Legal status: non-profit organization

PAVILLON MARIE HERMINE
80 Laurier Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2T 1E6
514 279-7311 ext. 230
Email: pavillon.hebergement@yahoo.com
Services: International residence under the direction of the Soeurs Franciscaines Missionnaires de Marie. * Occasional hospitality service for nuns, ladies or girls visiting Montréal.* Pension for ladies and girls.
Eligibility: women 18 to 75 years old
Capacity: 26 individual rooms
Coverage area: Province of Québec
Hours: admission: Monday to Friday 9h00 to 20h00, Saturday 9h00 to 11h00
Fees: occasional hospitality service: $40 per night including breakfast, pension: $825 per month including 3 meals a day
Financing: self-financing
Legal status: non-profit organization
WOMEN’S CENTRE OF MONTREAL
3585 Saint-Urbain Street, Le Plateau-Mont-Royal, Montréal, QC, H2X 2N6
514 842-4780   Fax: 514 842-1067
Website: www.centredesfemmesdemtl.org
Email: cfmwcm@centredesfemmesdemtl.org

Services: * Frontline services: support, information and referral. * Crisis intervention and psychosocial services.* Food and clothing assistance.* Christmas baskets.* Collective kitchens.* Legal information.* Accompaniment to court for domestic violence victims.* Support groups for incest victims.* Weekly support group for women victims of domestic violence.* Integration support for newcomers.* French classes and conversation workshops, language classes for newcomers.* Computer courses, English courses and recreational activities.* Support for Native women living in urban areas.* Support for mothers-to-be and new mothers, mother-child intervention program.* Coffee-meetings, sociocultural activities, summer outings.* Certification of documents.* Volunteering and internship opportunities.* Employment services: career exploration, skills assessment, training and career information, job search techniques and tools, interview simulation, internship for non-traditional sectors, various workshops, job search assistance, meetings with employers, community Internet access centre, business clothing depot.
Eligibility: Native, immigrant and non-immigrant women 18 years and over
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 17h00, support groups and workshops, courses: Tuesday 9h00 to 21h00
Financing: membership fees, donations, grants, Centraide of Greater Montréal
Legal status: non-profit organization

Women’s associations

BEACONSFIELD NEWCOMERS CLUB
288 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
438 886-7035
Website: beaconsfieldnewcomersclub.weebly.com
Email: bncmembers@gmail.com

Eligibility: women newcomers, retirees, stay-at-home moms, their families
Coverage area: Beaconsfield, Pointe-Claire, Kirkland and surroundings
Hours: monthly meeting: 2nd Thursday of the month 19h30
Fees: membership: $40 for Beaconsfield residents, $45 for non-residents
Financing: contributions, self-financing
Legal status: non-profit organization

BEACONSFIELD WOMEN’S CLUB
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 637-0798
Email: marylouwatters@hotmail.com

Services: * Social club: bridge, mah-jong, book club, movie nights, dinner and breakfast outings.
Eligibility: women
Coverage area: Beaconsfield
Hours: meeting: 1st Monday of the month
Fees: membership: $25 per year
Financing: self-financing
Legal status: non-profit organization
Sports and Recreation

ARTS AND CULTURE

COMMUNITY RECREATION CENTRES

LIBRARIES
Arts and culture

ALLIANCE DES CHORALES DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 888 924-6387     Fax: 514 252-3222
Website: www.chorales.ca
Email: info@chorales.ca
Services: Representation of the choral world. * Seminars, training.* Concerts.* Youth activities.* Chanter magazine.* Services to members: insurance, networking, information, documentation, etc.* Sale of scores.
Eligibility: children and adult choirs, students or adults wanting to be part of a choir
Capacity: over 240 choirs
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h30 and 13h30 to 16h30
Fees: annuel fees, adults choir: $275, choir of people under 18 or full-time students: $100, liturgical choir: $85, NPO member: $100, grouping of choirs: $125, choir outside of Québec: $125, small choirs (less than 12 members): $175, individual: $45, student $25, business member: $220
Financing: membership fees, provincial, self-financing
Legal status: non-profit organization

ARTOTHÈQUE
5720 Saint-André Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2K1
514 278-8181     Fax: 514 278-3044
Website: www.artotheque.ca
Email: info@artotheque.ca
Services: Works of art library, member of the Société des musées québécois (SMQ). * Rentals of original works of art.* Rental of exhibition room.* Exhibitions.
Eligibility: general public, companies, institutions and audiovisual production companies
Capacity: over 3000 works of art
Coverage area: Montréal Island
Hours: Wednesday, Thursday and Saturday 11h00 to 17h00, Friday 11h00 to 19h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

BISTRO LE STE-CATH
4264 Sainte-Catherine Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1X6
514 223-8116
Website: www.stecath.com
Email: bistro@le-ste-cath.com
Services: Restaurant whose profits are used to finance other organizations. * Free shows all year long: music, poetry, humor, improvisation, etc.* Art gallery.* Christmas baskets for youth in need attending the bistro.
Eligibility: adults, families
Capacity: 80 people
Coverage area: Montréal Island
Hours: Monday to Friday 11h30 to 22h00, Saturday and Sunday 9h00 to 22h00
Fees: shows: free
Financing: self-financing
Legal status: non-profit organization
CINÉMATHÈQUE QUÉBÉCOISE (THE)
335 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2X 1K1
514 842-9763 Fax: 514 842-1816
Website: www.cinematheque.qc.ca
Email: info@cinematheque.qc.ca
Services: Acquisition, documentation and preservation of Québec's audiovisual heritage as well as international animated film. * Collection and promotion of significant works of Canadian and world cinema.* Art exhibitions.* Room rental.
Coverage area: Province of Québec
Hours: ticket office: Monday to Friday starting from 10h00, Saturday and Sunday starting from 14h00
Fees: projection: $10 per adult, $9 per student or senior, annual membership: $120, exhibition: free
Financing: provincial, federal, municipal, self-financing
Legal status: non-profit organization

FESTIVAL NOËL DANS LE PARC
Place Émilie-Gamelin, 1500 Berri Street, Ville-Marie, Montréal, QC, H2L 2C4
514 281-8942
Website: www.noeldansleparc.com
Email: info@noeldansleparc.com
Services: Event productions. * Christmas village in the city in 3 different parks: Place Émilie-Gamelin, Parc des Compagnons de Saint-Laurent and Parc Lahaie.* Activities and shows.* Christmas tree sale.
Eligibility: open to everyone
Coverage area: Province of Québec
Hours: December 1st to 25nd 2017 9h00 to 23h00
Fees: free
Financing: self-financing, grant
Legal status: non-profit organization

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

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

NATIONAL FILM BOARD OF CANADA
3155 Côte-de-Liesse Road, Saint-Laurent, Montréal, QC, H4N 2N4
1 800 267-7710     Fax: 514 283-7564
Website: www.nfb.ca
Email: webmaster@nfb.ca
Services: * Production and distribution of documentary, animation, and interactive works.* Educational content and activities linked to cinema.* Online store.
Eligibility: general public, education sector, arts and culture sector, film and television sector, digital sector, public libraries
Coverage area: Canada
Hours: Monday to Friday 9h00 to 19h00
Financing: federal
Legal status: federal government agency

PRODUCTIONS BONSAÏ
6679 Drolet Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2S9
514 495-4024
Website: www.productionsbonsai.com
Email: prod.bonsai@gmail.com
Services: * Film production for community organizations.
Eligibility: community organizations, community-based groups, public institutions, unions
Coverage area: Greater Montréal
Fees: variable
Financing: self-financing
Legal status: non-profit organization

SOCIÉTÉ DES MUSÉES DU QUÉBEC
209 Sainte-Catherine Street East, Sainte-Catherine Pavilion, 5th floor, Suite V5205, Ville-Marie, Montréal, QC, H2X 1L2
514 987-3264     Fax: 514 987-3379
Website: www.musees.qc.ca/en/museums
Email: info@smq.qc.ca
Services: Promoting museums in Québec. * Training and professional development.* General and specific information pertaining to various disciplines related to museology.* Online directory of museums:
www.musees.qc.ca/en/museums/guide
Eligibility: museums, museum workers and students in museology or related fields
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: variable for the workshops
Financing: membership fees, grants, donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ RADIO-CANADA
Maison de Radio-Canada, 1400 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2M2
1 866 306-4636     Fax: 514 597-5253     TTY: 1 866 220-6045
Website: ici.radio-canada.ca
Coverage area: Canada
Legal status: federal government agency
**TÉLÉ-QUÉBEC**

1000 Fullum Street, Ville-Marie, Montréal, QC, H2K 3L7  
514 521-2424 Fax: 514 873-7464  
Website: www.telequebec.tv  
Email: info@telequebec.tv  
**Services:** Educational and cultural television broadcasting service.  
**Coverage area:** Province of Québec  
**Legal status:** non-profit organization

**VIDÉOGRAPHE**

4550 Garnier Street, Le Plateau-Mont-Royal, Montréal, QC, H2J 3S7  
514 521-2116 ext. 221 Fax: 514 521-1676  
Website: www.videographe.org  
Email: info@videographe.org  
**Services:** Artists centre. * Technical and material support related to video production and training.* Video equipment rental.* Creation support.* Distribution and broadcasting.* Development.* Vithèque: video broadcasting platform.  
**Eligibility:** schools and colleges, arts centres, community groups and centres, artists, curators, researchers, students  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** grants, membership fees, self-financing  
**Legal status:** non-profit organization

**WAPIKONI MOBILE**

400 Atlantic Avenue, Suite 101, Outremont, Montréal, QC, H2V 1A5  
514 276-9274  
Website: www.wapikoni.ca  
Email: info@wapikoni.ca  
**Services:** Mobile studios aiming to introduce youth from Aboriginal communities in documentary filmmaking and music recording. * Educational workshops on film and musical techniques.* Active listening by social workers.* Pairing between a participant and a senior filmmaker.* Awareness workshops in schools on Aboriginal realities.  
**Eligibility:** audio-visual services: Aboriginal youth, awareness workshops: general public  
**Coverage area:** province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Financing:** federal, provincial, municipal, grants, donations  
**Legal status:** non-profit organization

**Community recreation centres**

**ACCÈS-CIBLE JEUNESSE ROSEMONT**

5365 1st Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2Z8  
514 723-6723  
Website: www.acjr.ca  
Email: nicoleacjr@hotmail.com  
**Services:** * Free recreational activities: sports, games.* Directed activities: improvisation, thematic evenings, outings.  
**Eligibility:** teenagers aged 12 to 17 years old  
**Capacity:** 45  
**Coverage area:** Rosemont
ASSOCIATION DES AINÉS ACTIFS DU SUD-OUEST
Centre récréatif Gadbois, 5485 Chemin de la Côte-Saint-Paul, Le Sud-Ouest, Montréal, QC, H4C 1X3
514 872-3459
Services: Recreational and fitness activities for seniors.
Eligibility: people aged 50 and over
Coverage area: Montréal: Sud-Ouest
Hours: variable
Fees: membership: $10 per year, courses: $30 per session
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DES CAMPS DU QUÉBEC
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 361-3586     Fax: 514 252-1650
Website: www.camps.qc.ca
Email: info@camps.qc.ca
Services: * Maintaining standards of quality in residential camps, day camps, nature classes, family camps and in welcoming groups in camps.* Training, camp certification program.* Promotion, representation and consultation.* Search engine to find a camp according to specific criteria.* List of camps with a financial accessibility program.
Eligibility: camp directors, general public
Capacity: 291 member organizations
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: grants, donations, provincial, contributions
Legal status: non-profit organization

BEACONSFIELD - SERVICES TO SENIORS
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4520
Website: www.beaconsfield.ca/en/services-to-seniors.html
Services: * Free bus tickets for low-income seniors.* Recreational services for seniors.
Eligibility: OPUS card fare reimbursement: seniors receiving the federal Guaranteed Income Supplement
Coverage area: Beaconsfield
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Legal status: municipal agency

CARREFOUR COMMUNAUTAIRE DE ROSEMONT - MAISON DE JEUNES LE BUNKER
5675 Lafond Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2X6
514 722-1851 ext. 403     Fax: 514 722-7384
Website: www.ccreg.org
Email: bunker@ccreg.org
Services: Youth centre. * Meeting place.* Cultural, social and sports activities.* Recording studio.
Eligibility: boys and girls 12 to 17 years old
Coverage area: Rosemont
Hours: Tuesday 15h30 to 19h30, Wednesday 15h30 to 20h30, Thursday and Friday 15h30 to 21h00
Financing: municipal, Centraide of Greater Montreal, provincial, grants, foundations
Legal status: non-profit organization
Sports and Recreation

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


**Eligibility:** children, teenagers, young adults

**Coverage area:** Montréal

**Hours:** Monday to Friday 15h30 to 18h30, JM Court skatepark: Monday, Thursday and Friday 16h00 to 21h00, Saturday and Sunday 12h00 to 17h00

**Fees:** free or variable

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

**Legal status:** non-profit organization

JOVIALE ACTION SOCIALE ET SPORTIVE
Confidential Address
514 388-8727
Website: www.norja.net/jass
Email: jass@norja.net

**Services:** Social and sporting club for single adults. *Social, recreational and sporting activities.* Outings and trips. *Weekly walk.* *Weekly dinner.*

**Eligibility:** single or lonely adults

**Coverage area:** Montréal

**Hours:** walk: Saturday 14h00, dinner: Saturday evening, badminton: Friday 19h00, other activities: variable

**Fees:** membership: $30, walk: $3, badminton: $7

**Financing:** self-financing

**Legal status:** non-profit organization

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

MAISON DE JEUNES LE CHEMIN FAISANT
6937 Baldwin Street, Anjou, Montréal, QC, H1K 3C6
514 351-0063
Email: info.mdjanjou@gmail.com

**Services:** Supervised meeting place. *Cultural, sports and educational activities.* Cooking workshops.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** Anjou

**Hours:** Tuesday 15h30 to 20h30, Wednesday to Friday 15h30 to 21h00

**Fees:** free

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

**Legal status:** non-profit organization
MAISON DES JEUNES DE PIERREFONDS (LA)
4855 des Sources Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3C8
514 683-4164
Website: maisondj.wix.com/mdj-pierrefonds
Email: maisondj@videotron.ca
Services: Supervised meeting place. * Information and referral.* Prevention and education activities.* Sports, recreational and social activities.* Outings.
Eligibility: youth 12 to 18 years old
Capacity: 40
Coverage area: Roxboro, Pierrefonds, Pointe-Claire, Dollard-des-Ormeaux, Sainte-Geneviève, L’Île-Bizard
Hours: school year: Tuesday to Thursday 14h30 to 21h00, Friday 14h30 to 22h00, Saturday 13h00 to 22h00, summer: Monday to Friday 11h00 to 21h00
Fees: free
Financing: provincial, self-financing, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES L’OUVERTURE
6425 Léger Boulevard, Suite SS04, Montréal-Nord, Montréal, QC, H1G 6J7
514 327-0446   Fax: 514 327-0447
Email: mjo31ans@gmail.com
Services: Socioeducational, educational, recreational and sporting activities.
Eligibility: youth 12 to 17 years old
Coverage area: Montréal-Nord and surroundings
Hours: Monday to Friday 12h00 to 20h00
Financing: federal, provincial, municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES LA GALERIE
3643 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1P6
514 933-7290
Website: mdjlagalerie.com
Email: lagalerie@bellnet.ca
Services: Place for meeting and discussion promoting individual and collective expression. * Social, cultural, sporting and informative activities matching the interests and needs of the youth.
Eligibility: youth 11 to 18 years old
Coverage area: Saint-Henri and surroundings
Hours: Tuesday to Friday, occasionally on weekends and Mondays
Fees: free, some activities are charged but at reduced price
Financing: grants, self-financing, donations
Legal status: non-profit organization

MAISON DES JEUNES QUINKABUZZ (LA)
2102 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7
514 524-3008
Website: mjquinkabuzz.com
Email: mjquinkabuzz@hotmail.com
Services: Animated meeting place. * Information and referral.* Prevention and intervention activities.* Social, recreational and sports activities, outings.* Cooking workshops.
Eligibility: youth 11 to 18 years old
Coverage area: Centre-Sud
Hours: Monday to Friday 15h30 to 20h30
Financing: grants, donations, self-financing
Legal status: non-profit organization
MOUVEMENT QUÉBÉCOIS DES VACANCES FAMILIALES
4545 Pierre-De Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
1 800 361-3586
Website: www.vacancesfamiliales.qc.ca
Email: info@camps.qc.ca
Services: Support to family holiday centres and groups of families in achieving their vacation plans. * Defense and promotion of general accessibility to family holidays.* Promotion, recognition and valuation of community alternatives.
Eligibility: families on a low income
Capacity: 46 centres and family associations
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

REPÈRE DES JEUNES ÎLE-DES-SOEURS (LE)
260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 769-4835
Services: Gathering and recreational place established to meet the needs of teenagers. * Community Recreation: indoor and outdoor sports.* Training.* Support for citizen initiatives.* Community animation.* Recreational activities: videogames, pool, ping pong and baby foot.
Eligibility: youth 10 to 17 years
Capacity: 18 people
Coverage area: Nun's Island and Verdun
Hours: Monday to Friday 15h00 to 21h00
Financing: provincial, municipal
Legal status: non-profit organization

YMCAS OF QUÉBEC (THE)
1435 Drummond Street, 4th floor, Ville-Marie, Montréal, QC, H3G 1W4
514 849-5331     Fax: 514 849-5863
Website: www.ymcaquebec.org
Services: Regroups YMCA centres in the province of Québec. * Community centres.* Activities and programs divided into 6 sections: children and youth, health, fitness and recreation, community initiatives, international initiatives, education and training, donations and volunteering.* Summer camps.
Coverage area: province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: Centraide of Greater Montréal, grants, fees
Legal status: non-profit organization

Libraries

BAIE-D'URFÉ PUBLIC LIBRARY
20551 chemin Lakeshore, Baie-d'Urfé, Montréal, QC, H9X 1R3
514 457-3274
Website: www.bibliobaiedurfe.com
Email: biblio@baie-durfe.qc.ca
Services: * Loan and renewal: access to books and audio-visual documents for children and adults.* Home loan.* On-site consultation.* Internet access.* Databases.* Animations and reading activities for any ages.
Eligibility: children, youth and adults
Coverage area: Baie-d'Urfé
BEACONSFIELD PUBLIC LIBRARY
303 Beaconsfield Boulevard, Beaconsfield, Montréal, QC, H9W 4A7
514 428-4460   Fax: 514 428-4477
Website: www.beaconsfield.ca/en/living-in-beaconsfield/library
Email: bibliothèque@beaconsfield.ca
Services: * Loan and renewal: access to books and audio-visual documents for children and adults.* On-site consultation.* Internet access.* Databases.* Animations and reading activities for any ages.
Coverage area: Beaconsfield, Kirkland
Hours: Monday 13h00 to 21h00, Tuesday to Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00, summer schedule: Monday 13h00 to 21h00, Tuesday to Friday 10h00 to 21h00
Financing: municipal
Legal status: municipal agency
BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - ROSEMONT-LA PETITE-PATRIE
2275 Holt Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 3H1
1 800 363-9028 Fax: 514 873-7168
Website: www.banq.qc.ca/a_propos_banq/informations_pratiques/centre_conservation/
Email: collectionsspeciale@banq.qc.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 17h30, reading room: Tuesday to Friday 9h00 to 17h00
Fees: variable costs for photocopies, telecopies and other services
Financing: provincial
Legal status: provincial government agency

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - VIEUX-MONTRÉAL
Gilles-Hocquart Building, 535 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P3
1 800 363-9028 Fax: 514 873-2980
Website: www.banq.qc.ca/archives
Email: archives.montreal@banq.qc.ca
Services: * Public and private archival collections (civilian, judicial, private and governmental records): images, reference works, periodicals, microfilms.* Reading and reproduction devices available for all users.
Coverage area: Province of Québec
Hours: Tuesday, Friday and Saturday 9h00 to 17h00, Wednesday and Thursday 9h00 to 21h00, iconographic, cartographic, architectural and audio material (by appointment): Tuesday to Friday 10h00 to 12h00 and 13h00 to 17h00
Fees: variable costs for photocopies, telecopies and other services
Financing: provincial
Legal status: provincial government agency

CÔTE SAINT-LUC PUBLIC LIBRARY
5851 Cavendish Boulevard, Côte-Saint-Luc, Montréal, QC, H4W 2X8
514 485-6900 Fax: 514 485-6966
Website: cslibrary.org
Email: reference@colesaintluc.org
Services: * Loan and consultation of books and audiovisual documents.* Home loan for people with reduced mobility.* Computers and Internet access.* Exam invigilation service.* Tools and collection for newcomers.* Story time.* Book clubs for children and teenagers.* Animation and activities.* Art gallery and community art space.
Eligibility: children, youth and adults
Coverage area: Côte Saint-Luc
Hours: Sunday to Thursday 10h00 to 22h00, Friday and Saturday 10h00 to 18h00, statutory holidays: 12h00 to 17h00
Fees: residents: free
Financing: municipal
Legal status: municipal agency

DOLLARD-DES-ORMEAUX PUBLIC LIBRARY
12001 De Salaberry Boulevard, Dollard-Des Ormeaux, Montréal, QC, H9B 2A7
514 684-1496 Fax: 514 684-9569
Website: www.ville.ddo.qc.ca/fr/default.asp?contentID=42
Email: bibliothque@ddo.qc.ca
Services: Loan and consultation of books and audiovisual documents. * Home delivery for people with reduced mobility.* Computers, Internet access and printing devices.* Story time.* Reading activities for toddlers.* Book club for children.* Homework assistance.* Activities, events.
Eligibility: children, youth and adults
Coverage area: Dollard-des-Ormeaux
Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: residents: free
Financing: municipal, provincial
Legal status: municipal agency

DORVAL PUBLIC LIBRARY
1401 Lakeshore Road, Dorval, Montréal, QC, H9S 2E5
514 633-4170  Fax: 514 633-4177
Website: biblioweb.ville.dorval.qc.ca
Email: biblio@ville.dorval.qc.ca
Eligibility: children, youth and adults
Coverage area: Dorval
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 17h00
Fees: residents: free
Financing: municipal, provincial
Legal status: municipal agency

JEWEISH PUBLIC LIBRARY
5151 de la Côte-Sainte-Catherine Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3W 1M6
514 345-2627  Fax: 514 345-6477
Website: www.jewishpubliclibrary.org
Email: info@jplmontreal.org
Services: Library and research centre focusing on Canadian Jewish history, the Holocaust, Israel and Bible studies, as well as documents of general interest. * Loan and consultation of books, periodicals, films, music, archives.* Multimedia centre, Internet access.* Cultural and educational programs for adults: lectures, films, courses, theatre, genealogical workshops, etc.* Children's library.
Capacity: 70
Coverage area: Greater Montréal
Hours: Monday to Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 13h00, Sunday 10h00 to 17h00, summer: closed on Sunday
Financing: foundations, membership fees, donations
Legal status: non-profit organization

KIRKLAND PUBLIC LIBRARY
17100 Hymus Boulevard, Kirkland, Montréal, QC, H9J 2W2
514 630-2726  Fax: 514 630-2716
Website: www.ville.kirkland.qc.ca
Email: sdjevalikian@ville.kirkland.qc.ca
Eligibility: children, youth and adults
Coverage area: Kirkland
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: residents: free
Financing: municipal
Legal status: municipal agency
MONT ROYAL PUBLIC LIBRARY
1967 Graham Boulevard, Mont-Royal, Montréal, QC, H3R 1G9
514 734-2967 Fax: 514 734-3089
Website: www.ville.mont-royal.qc.ca
Email: bibliothèque@ville.mont-royal.qc.ca

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

Eligibility: children and adults
Coverage area: Town of Mount Royal
Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

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


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

MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY
10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7
514 328-4000 ext. 4140 Fax: 514 328-4256
Website: www.bibliomontreal.com


Eligibility: children, youth and adults
Coverage area: Montréal-Nord
Hours: Monday to Thursday 10h00 to 21h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE DE LA MAISON CULTURELLE ET COMMUNAUTAIRE
12002 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5626
Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Workshops, conferences and exhibitions.
Eligibility: children, youth and adults
Coverage area: Montréal-Nord
Hours: Monday to Thursday 10h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Saturday and Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - CÔTE-DES-NEIGES LIBRARY
5290 de la Côte-des-Neiges Road, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H3T 1Y2
514 872-6603
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce
Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - DU BOISÉ LIBRARY
2727 Thimens Boulevard, Saint-Laurent, Montréal, QC, H4R 1T4
514 855-6130
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Saint-Laurent
Hours: Monday to Wednesday 11h00 to 21h00, Thursday and Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 11h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - GEORGES-VANIER LIBRARY
2450 Workman Street, Le Sud-Ouest, Montréal, QC, H3J 1L8
514 872-2001
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Le Sud-Ouest
Hours: Monday 12h00 to 18h00, Tuesday 10h00 to 20h00, Wednesday 13h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency
MONTRÉAL PUBLIC LIBRARIES NETWORK - HENRI-BOURASSA LIBRARY
5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9
514 328-4000 ext. 4125
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Montréal-Nord
Hours: adults: Monday to Thursday 10h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, youth: Monday to Thursday 10h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: adults: Monday to Thursday 10h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, youth: Monday to Thursday 10h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - HOCHELAGA LIBRARY
1870 Davidson Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2Y6
514 872-3666
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.
Eligibility: children and youth
Coverage area: Mercier, Hochelaga-Maisonneuve
Hours: Monday, Thursday and Friday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 13h00 to 18h00, Saturday 10h00 to 16h00, Sunday 12h00 to 16h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ÎLE-DES-SOURS LIBRARY
260 Elgar Street, Verdun, Montréal, QC, H3E 1C9
514 765-7266
Website: www.bibliomontreal.com
Eligibility: children, youth and adults
Coverage area: Verdun
Hours: Monday, Wednesday and Thursday 13h00 to 21h00, Tuesday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - L’ÎLE BIZARD LIBRARY
500 Montée de l’Église, L’Île-Bizard-Sainte-Geneviève, Montréal, QC, H9C 1G9
514 620-6257
Website: www.bibliomontreal.com
**Services:** * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Workshops, conferences and exhibitions.

**Eligibility:** children, youth and adults

**Coverage area:** L’Île-Bizard, Sainte-Geneviève

**Hours:** Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 11h00 to 17h00, summer: Monday to Thursday 10h00 to 19h00, Friday 10h00 to 18h00, Saturday and Sunday 11h00 to 16h00

**Fees:** variable

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - L’OCTOGONE LIBRARY**

1080 Dollard Avenue, LaSalle, Montréal, QC, H8N 2T9

514 367-6376

**Website:** www.octogone.ville.lasalle.qc.ca

**Email:** adultesoctogone@ville.montreal.qc.ca

**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.* Workshops, conferences and exhibitions.* Les mots partagés: intercultural coffee-meeting.

**Eligibility:** children, youth and adults

**Coverage area:** LaSalle

**Hours:** Monday to Thursday 10h00 to 21h00, Friday to Sunday 10h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 17h00, Saturday and Sunday 12h00 to 17h00

**Fees:** variable

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - LA PETITE-PATRIE LIBRARY**

6707 De Lorimier Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H2G 2P8

514 872-1733

**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.

**Eligibility:** children, youth and adults

**Coverage area:** Montréal: Rosemont, La Petite-Patrie

**Hours:** Monday 13h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Thursday 10h00 to 19h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

**Fees:** variable

**Financing:** municipal, provincial

**Legal status:** municipal agency

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**MONTRÉAL PUBLIC LIBRARIES NETWORK - LANGELIER LIBRARY**

6473 Sherbrooke Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 1C5

514 872-2640

**Website:** www.bibliomontreal.com

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

**Eligibility:** children, youth and adults

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

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

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823
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MAISONNEUVE LIBRARY
4120 Ontario Street East, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 1J9
514 872-4213
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.
Eligibility: children, youth and adults
Coverage area: Mercier, Hochelaga-Maisonneuve
Hours: Monday, Thursday and Friday 10h00 to 19h00, Tuesday and Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MARC-FAVREAU LIBRARY
500 Rosemont Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H2S 0C4
514 872-7272
Website: www.bibliomontreal.com
Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Workshops, conferences and exhibitions.
Eligibility: children, youth and adults
Coverage area: Rosemont, La Petite-Patrie
Hours: Monday 10h00 to 19h00, Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 19h00, Saturday and Sunday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MERCIER LIBRARY
8105 Hochelaga Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1L 2K9
514 872-8738
Website: www.bibliomontreal.com
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

MONTRÉAL PUBLIC LIBRARIES NETWORK - MORDECAI-RICHLER LIBRARY
5434 du Parc Avenue, Le Plateau-Mont-Royal, Montréal, QC, H2V 4G7
514 872-2141
Website: www.bibliomontreal.com

Eligibility: children, youth and adults

Coverage area: Le Plateau-Mont-Royal

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

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - NOTRE-DAME-DE-GRÂÇE LIBRARY

3755 Botrel Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3G8

514 872-2398

Website: www.bibliomontreal.com


Eligibility: children, youth and adults

Coverage area: Côte-des-Neiges, Notre-Dame-de-Grâce

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 12h00 to 19h30, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PLATEAU-MONT-ROYAL LIBRARY

465 Mont-Royal Avenue East, Le Plateau-Mont-Royal, Montréal, QC, H2J 1W3

514 872-2270

Website: www.bibliomontreal.com


Eligibility: children, youth and adults

Coverage area: Le Plateau-Mont-Royal

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

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - POINTE-AUX-TREMBLES LIBRARY

14001 Notre-Dame Street East, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1T9

514 872-6987

Website: www.bibliomontreal.com

Email: biblio_pt@ville.montreal.qc.ca


Eligibility: children, youth and adults

Coverage area: Rivière-des-Prairies, Pointe-aux-Trembles

Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
MONTRÉAL PUBLIC LIBRARIES NETWORK - RIVIÈRE-DES-PRAIRIES LIBRARY
9001 Perras Boulevard, Rivières-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 3J7
514 872-9425
Website: www.bibliomontreal.com
Email: biblio_rp@ville.montreal.qc.ca
Eligibility: children, youth and adults
Coverage area: Rivières-des-Prairies, Pointe-aux-Trembles
Hours: Monday and Sunday 12h00 to 17h00, Tuesday and Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ROSEMONT LIBRARY
3131 Rosemont Boulevard, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 1M4
514 872-4701
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.
Eligibility: children, youth and adults
Coverage area: Rosemont, La Petite-Patrie
Hours: Monday and Tuesday 13h00 to 20h00, Wednesday and Friday 10h00 to 18h00, Thursday 10h00 to 19h00, Saturday and Sunday 10h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - ROXBORO LIBRARY
110 Cartier Street, Pierrefonds-Roxboro, Montréal, QC, H8Y 1G8
514 684-8247
Website: www.bibliomontreal.com
Email: pierrefonds-roxboro@ville.montreal.qc.ca
Eligibility: children, youth and adults
Coverage area: Pierrefonds-Roxboro
Hours: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Monday and Tuesday 10h00 to 20h00, Wednesday and Thursday 11h00 to 20h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: variable
Financing: municipal, provincial
Legal status: municipal agency
Sports and Recreation

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-CHARLES LIBRARY
2333 Mullins Street, Le Sud-Ouest, Montréal, QC, H3K 3E3
514 872-3092
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.* Youth sector at 1050 Hibernia Street.

Eligibility: children, youth and adults
Coverage area: Le Sud-Ouest

Hours: Monday, Thursday and Friday 9h00 to 18h00, Tuesday and Wednesday 13h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-HENRI LIBRARY
4707 Notre-Dame Street West, Le Sud-Ouest, Montréal, QC, H4C 1S9
514 872-2879
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.

Eligibility: children, youth and adults
Coverage area: Le Sud-Ouest

Hours: Monday, Thursday and Friday 10h00 to 18h00, Tuesday 13h00 to 20h00, Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-PIERRE LIBRARY
183 des Érables Street, Lachine, Montréal, QC, H8R 1B1
514 634-3471 ext. 826
Website: www.bibliomontreal.com

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Workshops, conferences and exhibitions.

Eligibility: children, youth and adults
Coverage area: Lachine

Hours: Monday to Wednesday 13h00 to 21h00, Thursday to Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, summer: closed on Sunday

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SALABERRY LIBRARY
4170 De Salaberry Street, Ahuntsic-Cartierville, Montréal, QC, H4J 1H1
514 872-1521
Website: www.bibliomontreal.com


Eligibility: children and youth
Coverage area: Ahuntsic-Cartierville
Sports and Recreation

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAUL-BELLOWS LIBRARY
3100 Saint-Antoine Street, Lachine, Montréal, QC, H8S 4B8
514 872-5080

Website: www.bibliomontreal.com
Email: reference.biblio.lachine@ville.montreal.qc.ca


Eligibility: children, youth and adults
Coverage area: Lachine

Hours: Monday to Thursday 10h00 to 21h00, Friday to Sunday 10h00 to 17h00, summer: Monday, Friday to Sunday 10h00 to 17h00, Tuesday to Thursday 10h00 to 21h00

Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - VIEUX-SAINT-LAURENT LIBRARY
1380 de l’Église Street, Saint-Laurent, Montréal, QC, H4L 2H2
514 855-6130

Website: www.bibliomontreal.com


Eligibility: children, youth and adults
Coverage area: Saint-Laurent

Hours: Monday to Wednesday 10h00 to 21h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Wednesday 10h00 to 19h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00

Fees: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - VILLE DE MONTRÉAL
801 Brennan Street, Ville-Marie, Montréal, QC, H3C 0G4

Website: www.bibliomontreal.com


Coverage area: Montréal

Hours: variable
Financing: municipal, provincial
Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY
4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2
514 328-4000 ext. 4135

Website: www.bibliomontreal.com

Eligibility: children, youth and adults

Coverage area: Montréal-Nord

Hours: adults: Monday to Thursday 10h00 to 21h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, youth: Monday to Thursday 10h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed on Saturday and Sunday

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTREAL WEST PUBLIC LIBRARY (THE)

45 Westminster Street South, Montréal-Ouest, Montréal, QC, H4X 1Y6

514 481-7441    Fax: 514 481-4661

Website: www.montreal-ouest.ca

Email: mwlib@bellnet.ca

Services: * Loan and consultation of books and audiovisual documents.* Book clubs.* Lectures.* Writers groups.

Eligibility: adults and teenagers

Coverage area: Montréal West

Hours: Monday to Thursday 10h00 to 16h00 and 19h00 to 21h00, Saturday 12h00 to 16h00

Fees: annual membership: $30 for residents, $40 for non-residents

Legal status: municipal agency

MONTRÉAL-EST PUBLIC LIBRARY - MICHELINE-GAGNON

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

514 905-2145    Fax: 514 905-2150

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

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

Eligibility: children and adults

Coverage area: Montréal-Est

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DE-BELLEVUE PUBLIC LIBRARY

40 Saint-Pierre Street, Sainte-Anne-de-Bellevue, Montréal, QC, H9X 1Y6

514 457-1940    Fax: 514 457-7146

Website: www.ville.sainte-anne-de-bellevue.qc.ca/fr/173/informations-generales-et-abonnement

Email: bibli@sadb.qc.ca


Coverage area: Sainte-Anne-de-Bellevue

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday 10h00 to 13h30, Thursday 10h00 to 20h00, Friday 15h00 to 20h00, Saturday and Sunday 11h00 to 16h00, summer: Monday, Tuesday and Thursday 10h00 to 20h00, Wednesday 10h00 to 17h00, Friday 15h00 to 20h00

Fees: free for residents
Financing: municipal
Legal status: municipal agency

THE MONTREAL WEST CHILDREN'S LIBRARY
314 Northview Street, Montréal-Ouest, Montréal, QC, H4X 1E2
514 484-7194
Website: www.mwcl.ca
Email: mwcl@videotron.ca

Services: Loan and consultation of books and audiovisual documents. * Internet access.* Book club for children.* Entertainment and literacy activities.

Eligibility: children and families
Coverage area: Montreal West and surroundings
Hours: Monday, Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 20h00, Saturday and Sunday 10h00 to 15h00
Fees: annual membership: $20 per family for residents

Financing: municipal
Legal status: municipal agency
Youth

JUVENILE DELINQUENCY

YOUTH CENTRES AND SUPPORT
Juvenile Delinquency

TRAJET INC.
3566 Bélanger Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1A7
514 521-2000 Fax: 514 521-1166
Website: www.trajetoja.org
Email: info@trajetoja.org

Services: Development and application of alternative judicial practices. * Citizen mediation and management of conflict situations by the community.* Workshops for the presentation of the Youth Criminal Justice Act (YCJA) in schools and community organizations.

Eligibility: young offenders 12 to 17 years, citizens living a conflict
Coverage area: Montréal, except for West Island and Notre-Dame-de-Grâce
Hours: Monday to Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 17h00, summer time: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

Youth Centres and Support

ADVENTURERS ASSOCIATION OF BADEN POWELL
750 16th Avenue, Suite 9, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 3M7
514 316-9543
Website: www.aventuriersdebadenpowell.org
Email: aabp@videotron.ca

Services: Scouting and guiding association. * Outdoor activities.* Social and educational activities aiming to develop character and mutual aid.

Eligibility: 4 groups: 7 to 8 years old, 9 to 11 years old, 12 to 16 years old, 17 years and older
Coverage area: Québec, New Brunswick, Ontario
Hours: Tuesday 12h00 to 16h30 and 17h30 to 20h00, Wednesday, Thursday and Friday 10h00 to 12h30 and 13h30 to 18h00
Financing: self-financing, membership fees, donations
Legal status: non-profit organization

B’NAI B’RITH HILLEL FOUNDATION OF MONTRÉAL
3460 Stanley Street, Ville-Marie, Montréal, QC, H3A 1R8
514 845-9171 Fax: 514 842-6405
Website: www.hillel.ca
Email: office@hillel.ca

Services: Cultural, religious and social programs. * Financial and logistical support to member campus associations.

Eligibility: Jewish students attending university or CEGEP
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: foundations
Legal status: non-profit organization

CERCLES DES JEUNES NATURALISTES (LES)
4101 Sherbrooke Street East, Suite 132, Rosemont-La Petite-Patrie, Montréal, QC, H1X 2B2
514 252-3023 Fax: 514 254-8744
Website: www.jeunesnaturalistes.org
Email: jeunesnaturalistes@gmail.com
Eligibility: boys and girls 5 to 17 years old, adult facilitators and members of family circles, individual members
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

GIRL GUIDES OF CANADA - QUÉBEC COUNCIL
100 Alexis-Nihon Boulevard, Suite 270, Saint-Laurent, Montréal, QC, H4M 2N7
1 800 565-8111  Fax: 514 933-7591
Website: www.girlguides.ca/qc-en/
Email: info@guidesquebec.ca
Services: * Promotion of girls' confidence, responsability, initiative and courage through an age-appropriate program.* Recognition-based activities.* Ecological projects.
Eligibility: girls 5 to 18 years old
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: membership fees, self-financing
Legal status: non-profit organization

IMAGERIE, LOCAL DES JEUNES
949 Marie-Anne Street East, Le Plateau-Mont-Royal, Montréal, QC, H2J 2B2
514 598-8651
Website: www.mdj-imagerie.blogspot.com
Email: mdj_imagerie@yahoo.ca
Services: * Preventive activities and social services.* Social, communication and educational activities.* Support and introduction to decision-making and democratic life.* Communication, improvisation, cinema and other projects.
Eligibility: teenagers 12 to 18 years old
Capacity: 63 people
Coverage area: Greater Montréal, mainly Saint-Louis and Plateau Mont-Royal neighbourhoods
Hours: Monday to Thursday 11h30 to 21h30, youth welcoming from 15h30
Fees: free
Financing: provincial, federal, self-financing, municipal
Legal status: non-profit organization

JEUNESSE OUVRIÈRE CHRÉTIENNE - MONTRÉAL AREA
3119 Monsabré Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1N 2L3
438 764-5626
Email: jocmontreal@hotmail.com
Services: Improvement of youth's living and working conditions. * Activities, training and action.
Eligibility: youth 16 to 30 years old
Coverage area: Montréal
Hours: variable
Fees: free
Financing: donations, provincial
Legal status: non-profit organization
KATIMAVIK SERVICE JEUNESSE CANADA
1001 Lenoir Street, Suite A-313, Le Sud-Ouest, Montréal, QC, H4C 2Z6
514 868-0898
Website: www.katimavik.org
Email: vthibeault@katimavik.org

Services: Organization that offers young adults opportunities to gain life skills and work experience while contributing to community development through volunteerism. * National experience: six-month program in two different communities in Canada.* Indigenous youth in transition.* Eco-internship: skills development classes for the protection of environment.* Socio-internship: social skills development classes.

Eligibility: young people aged 18 to 30, partner organizations
Coverage area: Canada
Fees: variable
Financing: provincial, federal
Legal status: non-profit organization

MAISON DE JEUNES D'OUTREMONT (LA)
530 Querbes Avenue, Outremont, Montréal, QC, H2V 3W5
514 270-2367 Fax: 514 270-2059
Website: mdjespacetemps.wordpress.com
Email: espace.temps@qc.aira.com

Services: Meeting place for discussion and activities.
Eligibility: youth aged 12 to 18 years old
Coverage area: Outremont
Hours: Tuesday to Thursday 15h30 to 21h00, Friday 15h30 to 22h00, Saturday 13h00 to 22h00
Financing: grants, donations
Legal status: non-profit organization

MAISON DE JEUNES LE ZÉNITH DE SAINT-LÉONARD
6185 Jarry Street East, Saint-Léonard, Montréal, QC, H1P 1W1
514 327-0185
Website: www.mdjz.org
Email: contact@mdjz.org

Services: * Activities organized by and for young people.* Social intervention.* Listening, help and referrals.
Eligibility: youth aged 12 to 17 years old
Coverage area: Saint-Léonard
Hours: Tuesday to Friday 15h45 to 21h00
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES D'AHUNTSIC
1239 Gouin Boulevard East, Suite A, Ahuntsic-Cartierville, Montréal, QC, H2C 3B1
514 383-6193
Email: lesquatt@gmail.com

Services: Place for meeting, discussion and information.
Eligibility: youth 12 to 18 years old
Coverage area: Ahuntsic
Hours: Monday to Thursday 11h15 to 12h15 and 15h30 to 19h00, variable according to special activities
Financing: provincial, municipal
Legal status: non-profit organization
MAISON DES JEUNES DE POINTE SAINT-CHARLES - L'ADO ZONE
1850 Grand Trunk Street, Le Sud-Ouest, Montréal, QC, H3K 1M3
514 937-9655
Email: adozonepsc@videotron.ca

Services: Meeting place. * Awareness and self-development activities.* Popular education.* Listening, assistance and referral.
Eligibility: youth 11 to 18 years old
Capacity: 50
Coverage area: Pointe-Saint-Charles and surroundings
Hours: Monday to Thursday 15h30 to 21h00
Financing: provincial, self-financing, municipal, donations, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES DE POINTE-AUX-TREMBLES
13701 Forsyth Street, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 3W6
514 872-9963
Email: admin@mdjpat.org

Services: Supervised meeting place for youth. * Referral, listening, support and prevention.* Recreational and social activities.
Eligibility: youth 12 to 17 years old
Coverage area: Pointe-aux-Trembles
Hours: Sunday to Friday evenings, variable hours
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES L'ESCALIER DE LACHINE
560 5th Avenue, Lachine, Montréal, QC, H8S 2V9
514 637-0934  Fax: 514 637-5312
Website: www.mdjescalier.com
Email: mdjescalier@videotron.ca

Services: Meeting place. * Sociocultural activities.* Information and referral.
Eligibility: youth 11 to 17 years old
Coverage area: Lachine and surroundings
Hours: Sunday to Thursday, variable
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES L'ESCAMPETTE
525 Dominion Street, Suite 100, Le Sud-Ouest, Montréal, QC, H3J 2B4
514 933-9943
Email: mdjescampette@gmail.com

Services: Educational, cultural and recreational activities. * Support to parents.* Individual follow-up for youth in difficulty or in crisis.
Eligibility: youth 12 to 17 years old
Coverage area: Little Burgundy
Hours: Monday to Friday 15h15 to 20h00
Financing: provincial, municipal
Legal status: non-profit organization
OFFICES JEUNESSE INTERNATIONAUX DU QUÉBEC (LES)
934 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2E9
1 800 465 4255    Fax: 514 873-0067
Website: www.lojiq.org
Email: info@lojiq.org
Services: Grouping and single window for international youth mobility organizations. * Support to professional and personal development efforts in an international context.
Eligibility: young Canadian citizens 18 to 35 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, foundation, grants, donations
Legal status: provincial government agency

REBOND (LE)
Confidential Address
514 868-5000 ext. 24139
Website: www.lerebondomhm.ca
Email: lerebond@omhm.qc.ca
Services: Website about youth living in HLM news and blog by and for youth of 14 to 25 years old. * Information about jobs, internships, social mobilization.* Repertory of youth organizations.* Tips and advices.
Eligibility: teenager and young adults
Coverage area: Montréal
Fees: none
Financing: OMHM
Legal status: parapublic organization

RÉSEAU TECHNOSCIENCE
4545 Pierre-De-Coubertin Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 0B2
514 252-3027    Fax: 514 252-3152
Website: www.cdls.qc.ca
Email: info@cdls.qc.ca
Eligibility: youth aged 4 to 20 years
Capacity: variable
Coverage area: province of Quebec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 17h00
Fees: according to the program and activities
Financing: provincial, sponsorships
Legal status: non-profit organization

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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