



Grand Montréal

**Directory of Community and
Social Services**

MONTREAL ISLAND



2-1-1



www.211qc.ca

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Child and Family

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

Services: Shelter house for women victims of domestic violence. * Counseling and follow-up.* Phone consultation and accompaniment.* Intervention and follow-up with children.* External services without lodging.

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: * Individual counselling.* Accompaniment to court, to immigration procedures and more.* Telephone support and referral.* English support group.* Community education and information on domestic violence.* 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

Services: Youth protection. * Psychosocial services.* Rehabilitation.* Adjustment and social integration services.* Housing.* Expertise in the Superior Court.* Family mediation.* Child fostering, adoption, search for birth parents and reunion services.

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

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

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

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: escalem@videotron.ca

Services: Shelter. * Hotline, information and referral.* Domestic violence intervention.* Advocacy of rights.* Assistance with procedures.* Intervention for children, assistance with the mother-child relationship.* Post sheltering follow-up and counselling.* Social and legal support.* Prevention, awareness.

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

Services: * Shelter.* Individual and group counseling. * Support and accompaniment.* Telephone support line.* Information, referral.* Prevention.* Empowerment groups.* Post-residential follow-up.* External follow-up for non-residential women and children.

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.org

Email: info@reseauenfantsretour.org

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

Eligibility: parents, children and professionals

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: fundraising campaigns, donations

Legal status: non-profit organization

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 ODYSÉE

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

Services: Social rehabilitation and reintegration of female teenagers with behaviour problems. * Residential group home.

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

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

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

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

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.cpehaltereplit.com

Email: halte-repit@bellnet.ca

Services: Part-time respite or daycare. * Coffee-meetings.* Parent-child workshops.

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.inclusionservedegarde.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: mcriche@premierpasquebec.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: cpsoleils@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

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 HOCHELAGA

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

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

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

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

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: wlramy@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: famillesenaction@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

Coverage area: Bordeaux-Cartierville, Dorval, Hochelaga-Maisonneuve, Montréal-Nord, Notre-Dame-de-Grâce, Côte-Saint-Luc, Lachine, Saint-Pierre, Côte-des-Neiges

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

Services: * Individual, couple and family therapy.* Psychodrama.* Parental coaching.* Schools: intervention with students, professional development programs for teachers and non-teaching staff, supervision, evaluation.* Services for youth centres.* Training and workshops for community organizations.* Psychotherapy training.* Clinical supervision with counsellors.* Conferences, training.

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 HOCHELAGA-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

Services: Place for meeting, sharing and information. * Drop-in respite. * Breakfast get-togethers. * Art and painting workshops. * Family outings. * Winter and summer camps.

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

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

Eligibility: vulnerable pregnant women and their family

Coverage area: Parc-Extension

Hours: Monday to Friday from 9h00 to 17h00

Fees: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

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

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

514 379-3539 Fax: 514 507-7950

Website: www.maisonbleue.info

Email: info@maisonbleue.info

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

Eligibility: vulnerable pregnant women and their family

Coverage area: Saint-Michel

Hours: Monday to Friday from 9h00 to 17h00

Fees: free

Financing: municipal, provincial, donations

Legal status: non-profit organization

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 between 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)

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 group 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

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

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

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

Capacity: 1 to 15 participants

Coverage area: Greater Montréal

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

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization

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

Services: * Coffee meetings. * Conferences. * Childcare. * Information and referral. * Stimulation for children. * Parenting skills workshops. * Story time.

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.lgbtqyouthcentre.ca

Email: info@lgbtq2centre.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

Services: Professional association. * Promotes its members' interests.* Continuing education.* Gynecologists repertory: <http://gynecoquebec.com/en/find-a-specialist.html>

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-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: 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-centreouestmtl.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

Services: * Telephone pairing of mothers with breastfeeding godmothers: support, information.* Training.* Breastfeeding drop-in.* Neighbourhood meetings.* Outreach activities, promotion of breastfeeding.

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

Services: Information on maternal and childhood health care: associations, support groups, health care organizations, audiovisual and written documents. * Guide, organized by topic: enseignement.chusj.org/fr/Les-bibliotheques/Guide-Info-famille.

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: laligneparents@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, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1B 3M7

514 640-6030

Website: www.uneheurepourmoi.com

Email: info@uneheurepourmoi.com

Services: * Home respite.* Accompaniment respite.* Activity group.* Parenting support: intervention meetings aiming to target difficulties experienced in everyday life.

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, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1X6

514 787-0140 Fax: 514 787-0139

Website: www.123gopdi.org

Email: pointe123go@videotron.ca

Services: Mobilization of citizens and organizations ensuring the full development and well-being of children and their families. * Grouping of early childhood resources from Pointe-aux-Trembles and Montréal-Est.

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

Services: Intersectoral concertation related to early childhood. * Child development intervention.* Parent-child programs and activities.* Parental support.* Training for professionals.* Information and referral.

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, choregraphic ensembles and drumlines. * Training of educators and evaluators.* Provincial events.

Eligibility: musical groups, choregraphic 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 HUMANITAIRE ET COMMUNAUTAIRE 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. * Integrana 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

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

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

Legal status: non-profit organization

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 ADDICQ: 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

Services: Grouping of the Marché solidaire Frontenac and Rencontres-Cuisine. * Collective gardens.* Collective kitchens.* Culinary and horticultural workshops.* Seasonal fixed and mobile markets.*

LunchBox workshops.* Dépanneurs fraîcheur program: fresh produces in corner stores.* Christmas sharing-store.* Citizen involvement.* Mobilization around social, environmental and political issues related to food.

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

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

Eligibility: newcomers, people from cultural communities

Coverage area: Greater Montréal

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

Fees: free

Financing: grants, donations, self-financing

Legal status: non-profit organization

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

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 MONTRÉLAISE 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 URBAINE INTÉGRÉE DU QUARTIER SAINT-PIERRE

183 des Érables Street, Lachine, Montréal, QC, H8R 1B1

514 365-7000

Website: www.revitalisationsaintpierre.ca

Email: info@revitalisationsaintpierre.ca

Services: * Coordination with citizens and organizations.* Citizen mobilization and work committees: main street, Marché Saint-Pierre, leisure and urban safety.* Jardin du triangle-fleuri: collective garden.* Neighbourhood parties.* Marché Saint-Pierre.* Neighbourhood paper, activity calendar.

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

COMITÉ 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

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, provincial, municipal

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. * Advices 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

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

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

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

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

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

DÉPHY MONTRÉAL

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

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

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Legal status: non-profit organization

ÉCO 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.* Éco-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

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. * Collective composting. * Pets licenses. * L'Escale verte - ecological and responsible shop: social economy enterprise offering ecological products. * Loan of bikes. * Greening and landscaping. * Green alleys development. * Workshops about healthy eating, biodiversity, urban farming and wastes management. * Community gardens management.

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

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. * Collective composting. * Pets licenses. * L'Escale verte - ecological and responsible shop: social economy enterprise offering ecological products. * Loan of bikes. * Greening and landscaping. * Green alleys development. * Workshops about healthy eating, biodiversity, urban farming and wastes management. * Community gardens management.

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

Services: * Greening and embellishment: planting activities, tree sales. * Waste reduction: information and awareness. * Cleaning of public spaces: annual chores. * Eco-boutique: sale of green products. * Development and management of collective gardens.

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

Services: Awareness, information and citizen committees about various ecological aspects of the community. * Actions and information about 3R: at source reduction, reuse, recycling and valorization. * Cleaning and embellishment. * Promotes citizen's environmental involvement. * Collective composting.

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

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

Coverage area: 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

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

Coverage area: Mercier-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

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

Coverage area: Mercier-Est

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

Financing: self-financing, grants

Legal status: non-profit organization

ÉCO-QUARTIER MONTRÉAL-NORD

10861 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4A9

514 326-5447

Website: ecoquartier-mtl nord.ca

Email: coordination@ecoquartier-mtl nord.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.* Collection of batteries and electronic material.* Workshops for schools and organizations, information booths.* Sale of composting material.* Loan of tools for cleaning chores.

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.preventioncdndng.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

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 beautifying.* Promotes citizens action in environment.* Formation about waste collections and distribution of recycling materials.* Workshops and awareness tools.* Community composting.* Grants for washable diapers.

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

Services: * Wastes management information.* Community-based composting by registration.* Sale of composting and vermicomposting bins.* Processing of complaints regarding the immediate environment.* Drop-off site: batteries, ink cartridges and writing instruments.* Recycling: rolling bins deployment and distribution of recycling bags.* Planning of cleanup activities and awareness-raising about canine cleanliness.* Greening and urban agriculture: flowers distributions, green alleys, community projects, ragweed control, etc.* Environmental workshops: 3R, green gardening, urban farming, wastes management, biodiversity, etc.

Coverage area: Saint-Jacques district: from Sherbrooke Street to Saint-Laurent River, from Champlain Street to Robert-Bourassa Street

Hours: Monday 12h00 to 17h00, Tuesday to Thursday 10h00 to 18h00, Friday 10h00 to 16h00

Fees: variables

Financing: grants, municipal

Legal status: non-profit organization

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: 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 - 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: summer schedule: Tuesday 9h00 to 16h00, Thursday 16h00 to 19h00, Saturday 11h00 to 14h00, winter schedule: Tuesday 9h00 to 16h00, Thursday 16h00 to 19h00, other availabilities on appointment

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.* Green alleys development.* 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

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

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

EFFET QUARTIER (L')

Confidential Address

514 777-1259

Website: leffetquartier.ca

Email: leffetquartier@leffetquartier.ca

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

Coverage area: Montreal

Financing: grants

Legal status: non-profit organization

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

FAMILLEPOINTQUÉBEC

4 Cours des Primevères, Verdun, Montréal, QC, H3E 1W9

514 527-8435 Fax: 514 527-8816

Website: www.famillepointquebec.com

Email: famillepointquebec@gmail.com

Services: Grouping of community organizations in the field of family issues. * Networking facilitation between organizations.* Research, dissemination of information and organization of conferences in collaboration with member organizations.* Promotion of the family to the general public and public authorities.* Publication of the Familleduc 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

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

Eligibility: single-parent and step-families' organizations

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial, contributions

Legal status: non-profit organization

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 QUÉBÉCOISE 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

Services: Grouping of French-speaking scrabble clubs. * Information and referral.* Tournaments.
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

Services: Promote sustainable development and environmental protection. * Research work and publications.* Participate to public consultation.* Community action: Éco-Quartier Lachine.

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

Services: Environment and natural sciences education. * Specialized day camps.* Nature interpretation activities.* Room rental.* Creation of educational tools.* Outdoor equipment rental.

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, Rivière-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

Services: Improvement of the wellbeing of toddlers and their families. * Creation of an environment favouring children's development.

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: Rivière-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

Services: Affordable housing. * Development of affordable housing projects.* Contribution to neighbourhoods' socioeconomic revitalization.* List of affordable housing.

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

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

Coverage area: Verdun

Hours: Monday, Tuesday and Thursday 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

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, indigenous, women, men

Coverage area: Montréal

Legal status: municipal agency

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

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

Hours: Monday to Thursday 9h00 to 17h00

Legal status: non-profit organization

MOUVEMENT SANTÉ MENTALE QUÉBEC

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

514 849-3291 Fax: 514 849-8372

Website: www.mouvementsmq.ca

Email: info@mouvementsmq.ca

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

Eligibility: youth, adults, seniors, workplaces

Coverage area: Province of Québec

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

Fees: fees for promotional material orders

Financing: grants, donations, self-financing

Legal status: non-profit organization

NDG SENIOR CITIZENS' COUNCIL

88 Ballantyne Street North, Montréal-Ouest, Montréal, QC, H4X 2B8

514 487-1311

Website: www.ndgsc.ca

Email: info@ndgsc.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

Coverage 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: Prêscogym 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.preventioncdndng.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.aqis-iqdi.qc.ca

Email: info@aqis-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 newsletters, 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@rcentres.qc.ca

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

Eligibility: women's centres

Coverage area: province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, women's centre

Legal status: non-profit organization

REGROUPEMENT 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

Services: Promotion of the academic and social success of youth from ethnic minority communities. * Academic support.* Listening and support.* Recreational and artistic activities.* School guidance.* Reflexion, debate.* Social integration.* Consultation.

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: rocqtr@hotmail.com

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

Eligibility: community organizations working in the streets

Coverage area: province of Québec

Fees: variable

Financing: members contributions

Legal status: non-profit organization

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 AÎNÉS ET AÎNÉES 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.rasmq.com

Email: rasmq@rasmq.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

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

Eligibility: immigrant or troubled women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

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

Services: Consolidation, support and representation of regional federations of housing NPOs. * Advocacy of the right to housing, promotion of accessible social housing.* Complete insurance program.* Financial benefits program.* Group purchasing.* Training, publication and national conferences.* Consulting services.* Regional meetings.* Energy efficiency program.

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

Services: Promotion of social greening. * Forest school.* Socioprofessional integration.* Jardins circuit.* Becs et Jardins interpretation centre.

Eligibility: residents, community organizations beneficiaries, schools

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h30

Financing: Centraide 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

Services: Provincial planning and coordination of programs fighting HIV-AIDS, Hepatitis C and sexually-transmitted diseases. * Collaboration with Programme national de santé public.* Support of the health network in developing awareness, prevention, protection and screening programs.* Promotion of accessibility of care for infected people.

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-DES-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

Services: Information, coordination, consultations and training for immigrants and refugees serving organizations. * Welcome and Integration section.* Réseau national des organismes spécialisés dans l'intégration en emploi des nouveaux immigrants (ROSINI): management of employment issues related to new immigrants and labor market.* Women's section.* Continuous training in intervention for members.* Youth and Childhood section (ENJEU).* Protection section.* Regionalization of immigration section(RORIQ).

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.faubourgstlaurent.ca

Email: info@faubourgstlaurent.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.* Symposiums and representation.

Eligibility: community organizations involved with food security

Coverage area: Greater Montréal and surroundings

Hours: Monday to Friday 9h00 to 17h00

Fees: free

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

Legal status: non-profit organization

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.rrondissement.com/blogue/montreal_nord_en_sante

Email: direction@tqmns.org

Services: Roundtable. * Promotion of residents' involvement and mobilization.* Promotion of the development of a healthy community.* Promotion of interculturality.

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-Genève, 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-Genève, Dollard-des-Ormeaux

Hours: variable

Fees: free

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

TABLE DE QUARTIER HOCHELAGA-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

Hours: Monday to Friday 8h00 to 15h30

Financing: Centraide, municipal, provincial

Legal status: non-profit organization

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

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

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, ethic 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

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

Services: Coordination of a network of 70 meals-on-wheels groups and lunch clubs. * Implementation of new group.* Support for groups and volunteers.* Training activities.* Liaison with CLSCs and hospitals.

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

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

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

514 529-2023 ext. 222

Website: www.info-yqq.com

Email: admin@info-yqq.com

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

Coverage area: Mercier-Hochelaga-Maisonneuve

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

Fees: by project or workshop

Financing: self-financing, grants,

Legal status: non-profit organization

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

Hours: Monday to Thursday 7h00 to 21h00, Friday 7h00 to 16h00, variable depending on activities

Financing: fundraising campaign

Legal status: non-profit organization

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@pediatriesociale.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

Fees: free

Financing: foundation, provincial, donations

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 accommodation for people with HIV/Aids.
Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

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 8h00 to 16h30

Financing: self-financing, donations

Legal status: non-profit organization

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

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

Services: * Physical activities: aerobics, basketball, fitness, soccer, swimming, walking club, taekwondo.* Recreational activities: crafts, calligraphy, sewing, cooking, chess, singing.* Christmas baskets.* Arabic language school.* Homework assistance, help with French and mathematics.* English classes.* Computer workshops.* Summer day camp.* Family outings.* Parent-child workshops.* School supplies.* Donation of furniture.* Tax clinic.

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

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

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

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@csgm.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

CARREFOUR D'ENTRAIDE LACHINE

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

514 634-3686 Fax: 514 634-2554

Website: www.carrefourentraide.org

Email: info@carrefourentraide.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

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

CARREFOUR POPULAIRE DE SAINT-MICHEL

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

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

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

Eligibility: families

Capacity: self-help group: 17 people

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

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

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

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

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

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

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

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

Coverage area: Montréal Island

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

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

Financing: self-financing

Legal status: non-profit organization

CENTRE 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 HOCHELAGA

1884 Saint-Germain Street, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1W 2T6

514 527-1898

Website: www.cchochelaga.org

Email: cch@cchochelaga.org

Services: * After-school activities for youth: dance, circus, arts, theatre, cooking, soccer, basketball, volleyball, arcade games.* Shack'Ados: recreational and sports activities.* Social and recreational activities for seniors.* Community meals.* Motor skill workshops for children.* Summer day camp.* Christmas baskets.* Children's Christmas party.* Semi-annual bazaar.* Opération sous zéro: distribution of winter clothing.* Live animation in parks.* Tax clinic.

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

Services: * Arts classes and workshops: dance, ukulele, drawing, theater, knitting, scrapbooking, etc.* Well-being classes and workshops: yoga, tai-chi, pilates, meditation, stress management, etc.* Classes for children: arts and crafts, choir, gymnastics, magic, sciences, theater.* Classes for parents and children: pilates, dance, choir.* Computer classes.* Language classes: English, Spanish, Italian, Mandarin.* Various fitness classes.* Babysitting and first aid classes.* Community events, various shows and events.* Grand Sault Theater, shows.* Les Trois C art gallery.* Event organization services.* Room rental.

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-GOUPIL

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

514 872-5602 Fax: 514 872-5602

Website: www.centreloisirsrenégoupil.ca

Email: centredeloisir.rg@videotron.ca

Services: * Recreational and sporting activities for the whole family.* Club des Îles Goupil: day camp, daycare.* La 42e Rue: supervised meeting place for youth, school support, social, sporting, recreational and cultural activities, outings.* SORACOM program: individual coaching, lectures, workshops, site visits, outings, cultural activities and projects.* Room rental.

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

Coverage area: Saint-Michel

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

Fees: variable according to activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

CENTRE 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

Services: * Community grocery store.* Food bank and emergency food assistance.* Collective kitchens.* Back-to-school sharing store.* Tax clinic.* Educational workshops.* Christmas baskets.* Food recovery.

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

Services: Centre grouping many community services and organizations. * Reception and referral.* Room rental.

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 HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villerey-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

Services: * Recreational centre: sports, arts, relaxation.* Computer workshops.* Holiday camp.* Recreational and cultural activities.* Food bank and emergency baskets.* Community meals.

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

Services: Neighbourhood centre. * Sports and recreational activities for children, teenagers and adults.* 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

Services: * Living environment, reception, active listening, accompaniment, referral.* Individual, group and family psychosocial interventions.* Monthly self-help and discussion groups for men on personal identity, well-being, assertiveness and social networking.* Nutrition conferences.* Community dinners.* Christmas party with gift distribution.* Christmas baskets.* Popular education workshops.* Teenagers-parents project.* Youth projects.* Sociocultural activities, creativity workshops.* Women's evenings.* Relève ton défi: sports for 15-25 year olds.

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

Services: * Popular education.* Literacy and reading workshops.* Assistance with filling out forms.* Alpha-francization workshops for allophone women.* Language classes: part-time French courses, English and French conversation.* Food assistance.* Collective kitchen.* Frozen meals.* Healthy breakfasts, members' lunches and tasting breaks.* Christmas and yearlong sharing stores.* Intercultural exchanges and coffee-meetings.* Thematic outings.* Recreational activities: ceramics, painting and tai-chi.* Computer classes.* Tax clinic.* Clothing depot.* Room rental.

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

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-DES-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, Villeraie-Saint-Michel-Parc-Extension, Montréal, QC, H3N 1K2

514 948-3631 Fax: 514 948-1254

Website: www.cuisinesetviecollectives.com

Email: info@cuisinesetviecollectives.com

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

Coverage area: Parc-Extension

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

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

Legal status: non-profit organization

DAWSON COMMUNITY CENTRE

666 Woodland Avenue, Verdun, Montréal, QC, H4H 1V8

514 767-9967 Fax: 514 767-7336

Website: dawson.bgccan.com

Email: info-regISTRATION@centredawson.ca

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

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

Coverage area: Verdun and surroundings

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

Fees: membership: \$15, activities: variable

Financing: Centraide of Greater Montréal, grants, donations

Legal status: non-profit organization

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

Services: * Parent-child activities.* Activities for children.* Subsidized daycare.* Children's birthday parties.* Day and Spring Break Camps.* Training room.* Group classes.* Sports at the gym.* Free baths for adults and families.* Swimming lessons (in group or private).* Swimming Club and Triathlon Club.* Café Rendez-Vous Y (socialization activities for the 55+).* Youth Zone for 12 to 17 years old.* Summer and annual Youth Services Cooperative (CJS Mile-End/Outremont).* Tax clinic.* Alternative suspension: school dropout prevention program.

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

Services: Organization working for the integration of cultural communities. * Recreational, cultural and sports activities.* Preventing the marginalization and isolation of young people and adults in vulnerable situations: intervention and reflection activities.* Advocacy, education, consultation and mobilization.

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

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts.* French and English courses.* Taxes and budgeting workshops.* Sewing workshops.* Cooking workshops.* Monthly bazar: distribution and swapping of clothes, toys and household items.* Coffee chats.* Youth sector.

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: 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: maisondu monde1@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

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

Eligibility: people on a low income

Capacity: 500 families

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

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

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

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

Legal status: non-profit organization

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

Hours: Monday to Friday 9h00 to 21h00

Fees: English classes: \$115 for 42 hours, Spanish classes: \$115 for 36 hours, French classes: \$155 for 60 hours, Mohawk classes: \$110 for 20 hours

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

PAVILLON D'ÉDUCATION COMMUNAUTAIRE HOCHELAGA-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

Services: * Language workshops: English, Spanish.* Creative workshops: pottery, sewing, theatre, painting and jewellery making.* Physical workshops: fitness, tai chi.* Computer workshops.* Individual computer workshop for people 50 years and over.* Socioeducational activities: indoor and outdoor petanque, pocket club, cribbage, scrabble, chess.* Fab Lab: creative manufacturing with computer-assisted tools.* Legal advice.* Cafeteria.* Room rental.* Community computer room.* Library, museum.* Thrift shop: sale of clothing and household items.* Daycare.

Capacity: 1000 members

Coverage area: Hochelaga-Maisonneuve

Hours: 8h00 to 21h00

Fees: membership: \$5, activities: variable

Financing: provincial, self-financing

Legal status: non-profit organization

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

Services: * Academic success and popular education youth programs.* Childhood program.* Seniors program.* Community meals.* Community kitchen.* Occasional buying groups.* Food bank.* Christmas baskets for members.* Neighbourhood committee.* Community radio.* Furniture and household items donation pairing for newcomers.* Tax clinic.

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

Services: * Integration committee for newcomers in Québec.* Early stimulation for children aged 3 to 5 years.* Parent-child activities.* Citizens' committee.* Neighborhood parties.* Collective kitchen.

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

RESSOURCE ACTION-ALIMENTATION PARC EXTENSION

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

514 948-3246 Fax: 514 278-0900

Email: ressource.parcex@gmail.com

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

Eligibility: families on a low income

Coverage area: Parc-Extension (H3N)

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

Fees: 15% of the actual cost of groceries

Financing: self-financing, municipal, provincial, foundation

Legal status: non-profit organization

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, laido, 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

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

Eligibility: children, adults, seniors

Coverage area: Montréal-Est and surroundings

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

Fees: depending on the activity

Financing: municipal, self-financing, federal, provincial

Legal status: non-profit organization

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

Services: * Neighbourhood workshops and meetings.* Sports and recreational activities.* Day camp.

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.associationquebecoiseepilepsie.com

Email: aqe@cooptel.qc.ca

Services: Support volunteer organizations that help people with epilepsy. * Development of new organizations.* Support to communications and informative written documentation.* Raise awareness by diffusing web information.* Inform people affected by epilepsy: phone listening an individual meetings.* Work integration service for epileptic adults.

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.ledeclick.org

Email: ledeclickobnl@gmail.com

Services: Work training and integration. * Psychosocial rehabilitation.* Digitization of books.* Audiovisual and web production and creation.* Reception, classification, data entry and sale of hockey and baseball cards.* Driving cars.* Housekeeping.

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-PRAIRIES

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

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

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

Financing: municipal, Centraide, provincial

Legal status: non-profit organization

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

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

MONTRÉAL 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, Rivière-des-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@cldwi.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

Services: Development, support and promotion of English-speaking community organizations. * Expertise and mobilization on issues affecting English-speaking minorities in Québec.

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, programming.* 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@lappui.com

Services: * Info-aïdant: 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

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

Services: Free conference calls. * Information and reference line. * Support conferences on the web.

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.*

French social network: www.francosourd.com* Resource Directory: www.sourd411.com* On-site and online

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 Boulevard 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

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 MARCHÉ

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: 514 572-9712

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

Email: ventes@info-reference.qc.ca

Services: Directory of food resources 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

Services: Directory of self-help and support groups in the Greater Montréal area, published by Information and Referral Centre of Greater Montréal and answering to various problems. * Addictions.* Bereavement.*

Caregivers.* Family, personal relationships.* Intellectual, physical and learning disabilities.* Men.* Mental health.* Physical health.* Sexual abuse.* Sexuality.* Violence.* Women.* Youth.

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

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

Services: Directory that contains contact data, useful information and detailed description of nearly 4,000 social and community organizations in Greater Montréal. * Community action.* Education.* Employment and income.* Food.* Governments.* Health.* Homelessness.* Immigration and cultural communities.* Intellectual disability.* Justice and advocacy.* Material assistance and housing.* Mental health.* Physical disability.* Psychosocial support.* Seniors.* Sex and gender.* Sports and recreation.* Youth and family.

Coverage area: Greater Montréal

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

Fees: \$50, postal fees: \$11

Financing: sponsor, 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 questioning

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

Legal status: non-profit organization

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

Fees: free

Financing: provincial, grants, donations

Legal status: non-profit organization

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

Coverage area: East from Saint-Laurent Boulevard, except Montréal-Nord: Pointe-Aux-Trembles, Montréal-Est, Mercier-Hochelaga-Maisonneuve, Anjou, Saint-Léonard, Rosemont-La Petite-Patrie, Villeray, Saint-Michel, Le Plateau-Mont-Royal

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-travaux: geolocated information about infrastructure works.* Info-

collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/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

Services: * Reception and referral.* Community cafeteria.* Collective kitchen.* Baby food kitchen.* Daycare for children 6 months to 5 years old.* Child development workshops.* Toy library and thrift store.* Computer courses and computer lab.* English and Spanish classes.* Arts workshops: ceramic, sewing, painting, drawing, theatre, guitar and piano.* Physical activities: yoga and dancing.* Volunteering.* Summer and spring break day camps.* Knitting club.* Board games.* Therapeutic hypnosis.* Cultural outings and parties.

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@cclcdn.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

Services: Multiservice centre for Mountain Sights residents and families. * Assistance, information and referral. * Kindergarden, daycare. * Sports and recreational activities for children and youth. * Summer school for young children. * Homework help. * Summer camp. * French conversation activity for adults. * Thematic meetings, coffee-chats. * Cooking workshops. * Community garden. * Parental skills support for parents of children 0 to 5 years old. * Mountain Sights residents committee. * Christmas baskets. * Food assistance. * Volunteering and internship opportunities. * Additional service point: 5111 Paré Street.

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

Services: * Development and promotion of volunteerism, support for volunteers.* Friendly visits.* Security phonecalls.* Collective groceries.* Accompaniment for newcomers.* Canadian citizenship application assistance.* Support for organizations.* Tax clinic.

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

Services: * Reception, referral, information.* Listening, helping relationship.* Documentation, education, workshops, classes.* Intermediate Internet course.* Collective action, involvement committees.* Community soup, coffee-meeting. * Free legal information.* Exchange of services and items.* Internet access.* Collective garden.* Recreational activities.* Christmas party. * Daycare during activities.

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.cecrq.info

Email: cecrg.informations@csgm.qc.ca

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

Eligibility: youth 6 months to 17 years old, adults

Capacity: 200 people

Coverage area: Saint-Michel and surroundings

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

Fees: membership: \$5

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

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

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

CENTRE SOCIAL D'AIDE AUX IMMIGRANTS - VERDUN

3782 Wellington Street, Verdun, Montréal, QC, H4G 1V2

514 761-3333 Fax: 514 761-1463

Website: www.centrecsai.org

Email: csai@centrecsai.org

Services: * Reception and integration, information and guidance.* Counselling and individual support.* Assistance with immigration forms and citizenship application.* Certification of documents.* Tax clinic.* Sociocultural activities.* Volunteering.* Francization, part-time French classes, French and English conversation workshops.* Day care.

Eligibility: permanent residents for less than 5 years, government-assisted refugees

Capacity: 4000

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: certification: \$5, certified copies: \$2, other services: free

Financing: provincial, donations, Centraide of Greater Montréal

Legal status: non-profit organization

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: centredebenevolatc.d.n@bellnet.ca

Services: Volunteering for the elderly.* Safety and friendly telephone calls.* Accompaniment.* Friendly visits.* 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: acommunautaire@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 phonecalls 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 phonecalls: 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.entraidennord.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.escalefamilletriolet.org

Email: info@escalefamilletriolet.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

Fees: membership: \$5 per year, childcare and activities: variable
Financing: Centraide of Greater Montréal, provincial, foundations
Legal status: non-profit organization

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

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

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

Coverage area: Greater Montréal

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

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

Financing: donations, self-financing

Legal status: non-profit organization

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

Services: Empowerment of adults through improved literacy. * Tutoring: reading, writing, document use, numeracy, computer and digital technology. * Continuing Education support. * Volunteer Support: training and orientation, workshops. * Community development partnerships and events. * Library and resource centre.

Eligibility: adults

Coverage area: Baie-D'Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L'île-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

Fees: free

Financing: donations, sponsorships

Legal status: non-profit organization

MAISON D'HAÏTI

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

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

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

Eligibility: Haitian people and people from other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

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

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

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

514 272-4589 Fax: 514 272-5930

Website: www.mqv.qc.ca

Email: mqv@bellnet.ca

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

Eligibility: people on a low income

Capacity: 130 people per week

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial, municipal, Centraide of Greater Montréal

Legal status: non-profit organization

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@optimist.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'EST 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

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

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

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

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

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

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

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 visits.* Meals-on-wheels.* Collective kitchens.* Food aid.* Christmas baskets.

Eligibility: people 60 years and over or with a loss of autonomy

Coverage area: Verdun, Nuns' Island

Hours: Monday to Friday 6h00 to 14h00

Fees: meals-on-wheels: \$5 per meal, transportation: variable, collective kitchen: \$10 to \$15 (for about 20 meals)

Financing: provincial, fundraising campaigns, self-financing

Legal status: non-profit organization

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

Services: * Reception and referral.* Community meals.* Community refrigerator.* Food aid.* Popular education workshops.* Literacy program.* French conversation.* School drop-out prevention.* Family life improvement activities.* Support for seniors' autonomy.* Support for various volunteers committees.* Christmas baskets.* Tax clinic.* Daycare for parents participating to activities.

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

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

Financing: Université de Montréal

Legal status: non-profit organization

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

Services: Promotion of volunteerism. * Support for volunteer organizations. * Recruitment and referral of volunteers for organizations. * Training for volunteer coordinators in organizations. * Resource library and presentations on volunteerism. * Support to a network of approximately 70 meals-on-wheels and community meal services.

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

Services: * Volunteers recruitment, guidance and orientation (support for organizations, youth in action, corporate volunteering). * Meals-on-wheels. * Frozen meals. * Baby food workshop. * Friendly phonecalls. * Minor repair services. * Tax clinic. * Zootherapy. * PAIR program: automated calling program for seniors. * Seniors community centre: recreational activities and coffee-chats. * Computer classes for seniors.

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

Services: Recruitment, training and follow-up of 400 Sponsors in contact with individuals with disabilities and elders. * Daily telephone service for seniors or people with disabilities living alone and for people living with mental health problems. * Role of the Sponsor: friendship, assistance in everyday problems, spokesperson, social, emotional and practical support. * Special Projects: Youth Commitment, Arts Rendez-vous, Seniors Liaisons. * Church Apartment Program (CAP): permanent community housing with daily support for adults living with long-term mental illness. * Advocacy for elders.

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

Fees: free

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

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

Services: Association of private colleges offering college-level education. * Pedagogical workshops.* Financial support for research and international activities.

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.*

Directory: www.annuairefeep.com.

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

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

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

Eligibility: women of all origins

Coverage area: Montréal

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

Fees: free

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

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-artistiques-culturelles/activites-pour-retraites-et-preretraites/

Email: communaute@cmaisonneuve.qc.ca

Services: Grouping of retired and semi-retired people. * Cultural, educational, artistic and sporting activities.* Conferences.* Coffee chats, tours, meetings, celebrations.* Introduction to technologies.

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

Fees: 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

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

Coverage area: Montreal: Cartierville, Ahuntsic-Bordeaux, Saint-Michel, Villieray, Parc-Extension, Petite-Patrie, Rosemont, Tétreaultville, Mercier-Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Ville-Marie, Saint-Henri, Petite-Bourgogne, Pointe-St-Charles, Côte-Saint-Paul, Notre-Dame-de-Grâce, Côte-des-Neiges, Westmount

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

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: communaute.viet.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

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

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

Services: * Arts, recreational and sports activities.* STBBI prevention workshops.* Bullying prevention workshops.* Drug abuse prevention workshops.* New techs workshops: radio, recording.* Volunteering.* Homework assistance.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Language learning stations.* Workshops, conferences and exhibitions.* Story time.* Book club for children.* Youth activities.* Grainothèque: seed library.* Computer workshops.* Internet café.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Language learning centres.

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

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

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

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.* Computer workshops.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Les mots partagés: intercultural coffee-meeting.

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

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.* Computer workshops.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.

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

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

Eligibility: children, youth and adults

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

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

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - MARIE-UGUAY LIBRARY

6052 Monk Boulevard, Le Sud-Ouest, Montréal, QC, H4E 3H6

514 872-4097

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.* Computer workshops.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Les mots partagés: intercultural coffee-meeting.* Biblio-dépôt: mobile library in seniors residences.

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.a

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.* Workshops, conferences and exhibitions.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Language learning stations.* Music listening stations.* Toys and educative games.* Story time.* Book club for children.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Computer workshops.* Les mots partagés: intercultural coffee-meeting.

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

Website: www.sq.gouv.qc.ca/wp-content/uploads/2016/11/prudence-sur-le-net.pdf

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 Réseautés 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

Coverage area: Province of Québec

Hours: telephone and text services: Monday to Thursday 17h00 to 20h00, email: 24 hours

Fees: free

Financing: federal, provincial, municipal

Legal status: non-profit organization

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

Coverage area: Anjou, Saint-Léonard, Hochelaga-Maisonneuve

Hours: Monday to Thursday 9h00 to 16h30, by appointment

Fees: membership card

Financing: membership fees, fundraising campaigns, grants

Legal status: non-profit organization

CENTER 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

Services: Support the development of English therapeutic and recreational activities. * Speech therapy and occupational therapy. * Respite program on weekends.* Education program for English speaking youth and young adults with special needs.* Social skill training. * Early intervention program. * Integrated summer camp and leisure activities.

Eligibility: youth and young adults aged 5 to 35 with intellectual or physical disabilities, including autism spectrum disorder

Coverage area: Greater Montréal

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

Fees: membership: \$50 per year, variable depending on the activities

Financing: foundation, grants, membership fees, fundraising campaign

Legal status: non-profit organization

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

Coverage area: Montréal region

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Fees: \$250

Financing: provincial, grants

Legal status: non-profit organization

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 work force 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 PSYCHOÉDUCTRICES 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

Services: Professional order. * Protection of the public.* Skills assessment for new members of the Order.* Monitoring of the practice of the profession.* Support to members in maintaining and developing their professional skills.* Find a professional: <http://www.ordrepsed.qc.ca/fr/grand-public/repertoire-des-psychoeducateurs-en-pratique-privee/>

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

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

Services: Private school with adapted programs. * Preschool.* Modified primary.* Modified secondary cycle 1.* Social integration program.* Challenges program.* Work oriented training program.* Support services: occupational therapy, physiotherapy, speech therapy.

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

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

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.laubergercommunautaire.org

Email: charlemagne@laubergercommunautaire.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.bbbsowfi.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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, self-financing

Legal status: non-profit organization

BLACK COALITION OF QUEBEC (THE)

5201 Décarie 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

Hours: Monday to Friday 9h00 to 17h00

Fees: \$20 for individual membership, \$30 for group membership

Financing: membership fees, voluntary contributions, self-financing

Legal status: non-profit organization

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.bccrmontreal.com

Email: info@bccrmontreal.com

Services: * Information and referral on employment, health, rights education and intervention, professional and social services.* Resource Guide of English-language services within the Black community.* Scholarship Guide for visible-minority youth.* African-Canadian historical and heritage information.* Annual blood drive.* Support to, and advocacy within English-language community networks.* School support: self-development workshops and interactive activities designed for students.* Youth-focused legal education workshops.* Computers for public use.* Access to conference or meeting space with partners.

Eligibility: individuals from English speaking community and visible minorities, organizations and individuals in need

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD

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

514 729-9777 Fax: 438 333-0584

Website: www.cje-centrenord.com

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

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

Eligibility: youth aged 16 to 35 years old

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

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

Financing: provincial

Legal status: non-profit organization

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

Services: Employability assistance. * Job search assistance.* Entrepreneurship.* Information on courses and careers.* School drop-out prevention.* Passeport pour ma réussite program.

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.saeen.net/cje

Email: info.cje@saeen-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.cjrosemontpetitepatrie.ca

Email: accueil@gcsd.qc.ca

Services: * Job research tools, placement support.* Guidance.* Voltige: school for drop-outs.* Diversité: workshops and paid internship for newcomers.* Technical resources and documentation centres.* Entrepreneurship initiation and start-up coaching.* Financial literacy program.* Referral and follow-up.

Eligibility: people 16 to 35 years old

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CENTRE ACCROCHE

1775 Édouard-Laurin Boulevard, 2nd floor, Saint-Laurent, Montréal, QC, H4L 2B9

514 334-7081

Website: www.centreaccroche.ca

Email: centreaccroche@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

CENTRE DE DÉVELOPPEMENT DES COMPÉTENCES ÉDUCATIVES ET DES HABILITÉS SOCIALES

7650 Maurice-Duplessis Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 7R8

514 705-3735

Email: cdcehs@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

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

CHANTIER D'APPRENTISSAGE OPTIMAL

4740 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1X3

514 849-9993 Fax: 514 766-9354

Website: chapop.ca/en

Email: info@chapop.ca

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

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

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

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

Services: Dropout prevention. * School retention program.* School family support.* Accompaniment in school suspension.* Homework assistance.

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

514 685-2989

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

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, Rivière-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, Villerey-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

Coverage area: Rosemont-La Petite Patrie, Villeray-Saint-Michel-Parc-Extension, Le Plateau Mont-Royal, Mercier-Hochelaga-Maisonneuve

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.rocl.d.org

Email: info@rocl.d.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 or 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.scoutsmm.qc.ca

Email: info@scoutsmm.qc.ca

Services: Sports, cultural and educational activities, aimed at developing values, abilities 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: aeelhq@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 week-end, 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 Lalonde Boulevard, Pierrefonds-Roxboro, Montréal, QC, H8Y 3H4
514 685-9598
Email: carfour612@gmail.com

Services: * Educational part, animation and support to children.* Academic accompaniment program and homework help: Accompagne-moi dans mes travaux, Accompagne-moi à la maison, Accompagne-moi à l'école.* Culinary, musical and artistic program.* Awareness part and information to parents, teachers and field workers.* Family outings.* Winter camp.* Summer camp.

Eligibility: children aged 6 to 12 years old, their families

Coverage area: Pierrefonds-East, Roxboro, Dollard-des-Ormeaux East

Hours: Monday to Friday 9h00 to 17h00

Fees: variable fees

Financing: self-financing, provincial, municipal, Partage Action de l'Ouest-de-l'Île

Legal status: non-profit organization

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.isséri01@gmail.com

Services: Job assistance services. * Reception, information and referral.* Career guidance and development.* Academic and vocational information.* Job search assistance.* Youth entrepreneurship.* Placement opportunities.* Back-to-school assistance.* Financial education program.* Homework assistance.

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

CARREFOUR PARENFANTS

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

CENTRE COMMUNAUTAIRE JEUNESSE UNIE DE PARC-EXTENSION

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

514 872-0294 Fax: 514 510-9159

Website: www.jupx.org

Email: mdj-ju-info@videotron.ca

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

Eligibility: youth 12 to 17 years old

Coverage area: priority to youth from Park-Extension

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

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

CLUB ZONE DE LACHINE

5050 Sherbrooke Street, Lachine, Montréal, QC, H8T 1H8

514 634-3471 ext. 229 Fax: 866-260-2257

Email: clubzonedelachine@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: ylctheo@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

Services: Saturday school. * Tutoring: mathematics, French, English, sciences, preparation for secondary school exams.* Arts and recreational activities: chess, plastic arts, quilling, creativity, music, choir.* Preparation for local, national and international contests: mathematics, chess.

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@pediatriesociale.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@pediatriesociale.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

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.lamdpc-c.org

Email: info@lamdpc-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 et 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.*

Éconogroupe: cooking workshops.

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

Email: 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

Email: sacli201@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

Financing: Centraide of Greater Montréal, municipal

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

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

Services: * Assistance for newcomers' settling: information and referral.* Assistance with filling out forms.* Certification of documents.* French and English courses.* Information sessions.* Cultural activities.* Preparation course for the citizenship test.* Tax clinic.

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.multiecouete.org

Email: information@multiecouete.org

Services: * Anonymous and confidential active listening over the phone or in person.* Psychosocial counselling, short or medium term.* Information and referral.* Assistance with filling out forms.* 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

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 auditive 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

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

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

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

Services: * MIDI Program: part time French classes.* B2 Program: francization for immigrant status applicants in Québec.* Multicultural activities.

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.ccomtl@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

Services: * Religious and social services. * Mandarin and Cantonese language courses. * English and French courses for seniors. * Community centre: Tai Chi, Wushu, piano, singing, painting.

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-ccfsa.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

ATELIER DES 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

Services: * Reading, writing, calculation and computers workshops.* Activities and projects.* Public speaking.* Newsletter from participants.* Meetings.* Community life: parties, community luncheons, outings.

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

Services: * Bienvenue-Bébé: workshops, conferences, daycare.* Matinée Bouge-Rigole: parents-children activities, Pirouette and Cabriole psychomotor program, animation for children with parents in the room next door.* Outings and parties.* Nobody's perfect courses.* Parenting skills development: YAPP and Triple P programs.* Jouons avec les mots: workshops for 3-5 years old to stimulate reading and writing.

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

Services: * Literacy workshops: French, writing and reading, mathematics.* Computer courses.* Community kitchen.* Social and artistic activities.* Alpha-tactile program for deaf and blind people.

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 PUIITS

3505 Bagot Street, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1C4

514 843-5004

Website: www.centreaupuits.org

Email: aupuits@videotron.ca

Services: * Reading and writing workshops.* Artistic workshops: dance, choir, theatre.* Arts and crafts, sewing and knitting workshops.* Mathematics workshop.* Computer workshop.* Nutrition workshop.* Discussion workshop on press articles and information.* Self-knowledge and relaxation workshops.* Social meetings.* Autonomization group.* Voluntary cooperation project.

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: 514 273-6668

Website: www.jarnigoine.com

Email: lajarnigoine@hotmail.com

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

Eligibility: adults

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

Hours: Monday to Thursday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

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, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1A 1A8

514 640-8521

Website: www.clerc-qc.ca

Email: clerc@mainbourg.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 RESSOURCES 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 enterprises, 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.lecllem.weebly.com

Email: lecllem@gmx.com

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

Eligibility: adults with poor literacy

Capacity: groups of 4 to 8 people

Coverage area: Mercier

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

Financing: provincial

Legal status: non-profit organization

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.decllic.ca

Email: info@decllic.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

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'OEUVRE

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

Coverage area: Verdun, Île-des-Sours, Saint-Laurent, Lachine, Saint-Pierre, LaSalle, Ville-Émard, Côte Saint-Paul, Pointe-Saint-Charles, Saint-Henri, Petite-Bourgogne

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

Fees: free

Financing: Centraide, municipal, foundations, donations

Legal status: non-profit organization

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

Coverage area: Montréal: Verdun, Île-des-Sours, Saint-Laurent, Lachine, Saint-Pierre, LaSalle, Ville-Émard, Côte Saint-Paul, Pointe-Saint-Charles, Saint-Henri, Petite Bourgogne

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. * Francization 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-BOURGEOYS 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-Genève, 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

Hours: Monday to Thursday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

MONTRÉAL HOOKED ON SCHOOL

1100 5th Avenue, Suite 209, Verdun, Montréal, QC, H4G 2Z6

514 286-2346 ext. 207 Fax: 514 286-2347

Website: www.researeussitemontreal.ca

Email: directiongenerale@researeussitemontreal.ca

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

Eligibility: youth, parents, counsellors and business community

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: municipal, provincial, grants

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - FRONTENAC LIBRARY

2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7

514 872-7888

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.* Early literacy workshops.* Les mots partagés: intercultural coffee-meeting.

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

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - JACQUELINE-DE REPENTIGNY LIBRARY

5955 Bannantyne Street, Verdun, Montréal, QC, H4H 1H6

514 765-7172

Website: www.bibliomontreal.com

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

Eligibility: children, youth and adults

Coverage area: Verdun

Hours: Monday, Wednesday and Thursday 13h00 to 21h00, Tuesday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARC-EXTENSION LIBRARY

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

514 872-6071

Website: www.bibliomontreal.com

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

Eligibility: children, youth and adults

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

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

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - 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

Hours: Monday to Wednesday 10h00 to 21h00, Thursday 10h00 to 18h00, Friday 10h00 to 13h00, Sunday 10h00 to 17h00, closed in July and August

Fees: membership: \$15

Financing: foundation

Legal status: non-profit organization

PAUSE PARENTS-ENFANTS DE VERDUN

4901 Wellington Street, Verdun, Montréal, QC, H4G 1X8

514 768-7773 ext. 114 Fax: 514 762-6048

Website: www.centreppe.com/hjbnkj

Email: activitesppe@gmail.com

Services: * Information, listening and referral.* Individual meetings.* Week-end respite.* Child development workshops.* Parental skills workshops.* Parent-child activity programs.* Baby massage workshops.* Coffee-meeting for parents.* Early literacy workshops.* Family library.* Story time.

Eligibility: families with children 0 to 6 years old

Coverage area: Verdun, Le Sud-Ouest

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

Fees: membership: \$3 per year

Financing: donations, self-financing

Legal status: non-profit organization

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

Services: Loan and consultation of books, audiovisual and electronic documents.* Computers and Internet access.* Home loan for people with reduced mobility.* Computer classes for seniors.* Book club for children.* Story time.* Early literacy workshops.* Youth volunteering.* Conferences, projections and activities.

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

Services: Loan and consultation of books and audiovisual documents.* Computers and Internet access.* Home loan for people with reduced mobility.* Computer classes for seniors.* Book club for children.* Story time.* Early literacy workshops.* Youth volunteering.* Conferences, projections and activities.

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

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access.* Home loan for people with reduced mobility.* Story time.* Early literacy workshops.* Book clubs for adults in English and French.* Book clubs for children in English and French.* Movie screenings.* Homework assistance.* Seed library.* Youth volunteering.* Author meetings, conferences and events.

Coverage area: Westmount

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday

Fees: free for residents

Financing: municipal

Legal status: municipal agency

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

Services: Grouping of organizations providing services to people who have or have had issues with justice. * Research.* Public awareness.* Crime prevention.* Training.* Information on the impacts of having a criminal record and on pardon application: <http://www.casierjudiciaire.ca>.

Eligibility: private, community and parapublic organizations, people seeking information about criminal records application

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: federal, provincial

Legal status: non-profit organization

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

Services: * Promotion and defense of rights and interests of victims of crime.* Information, support and guidance for victims.* Production and dissemination of information tools.* Training programs.* Public awareness activities.* Research activities in collaboration with university researchers.* Partnership and consultation with organizations within the community.

Eligibility: victims of crime, field workers, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable according to products or services

Financing: contributions, self-financing, grants

Legal status: non-profit organization

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

Services: Popular education program on human rights, citizenship and democracy in schools. * Training, facilitation and consultation. * Parents en action pour l'éducation.

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

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.clarendeau.qc.ca

Email: secretaire.dg@clarendeau.qc.ca

Services: Public higher education institution at a college level. * Pre-university and technical programs (DEC), attestation of collegial studies (AEC). * Ongoing training.* Francization for immigrants.* Student residences.* Early childhood centre (CPE).

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

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.

Coverage area: province of Québec

Hours: Monday to Friday 7h00 to 23h00, Saturday 8h30 to 17h00

Legal status: parapublic organization

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

Services: * Public higher education institution at a college level.* Pre-university and technical programs (DEC), attestation of collegial studies (AEC).* Ongoing training.* Francization for immigrants.

Coverage area: province of Québec

Legal status: parapublic organization

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@cscdm.qc.ca

Services: Training offered to individuals, organizations and integration companies. * Social integration* Project i.S. 2.0.* Socioprofessionnel integration.* Francization.* Popular education.

Eligibility: community organizations, schools, companies, institutions, individuals

Coverage area: Montréal

Fees: variable

Legal status: parapublic organization

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

Hours: Monday to Thursday 8h30 to 15h10

Financing: municipal, provincial, donations

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.cspi.qc.ca/distance

Email: formation-distance@cspi.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

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

Financing: provincial

Legal status: provincial government agency

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

Financing: donations

Legal status: non-profit organization

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

Financing: provincial

Legal status: non-profit organization

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

Services: Public university institution of education and research in engineering. * Undergraduate engineering programs created specifically for technical college graduates.* Postgraduate programs.* Continuing education and business services.* Student residences.

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 clientele, 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

Services: * Job assistance and placement.* Paid internships.* Specific services for newcomers.* Work-study vocational training programs.* Training to become a lifeguard.* Training for video game tester.* Support and guidance in some adult education centres.* Institut de Quincaillerie du Québec: improvement training for hardware stores and construction materials centres' sales advisors www.institutquincaillerie.com.

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.

Coverage area: province of Québec

Legal status: non-profit organization

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

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

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

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

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

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

Services: Promotion of equality and fight against racism. * Assistance and representation of victims of discrimination.* Seminars, public interventions, education.* Mobilization.* Action-oriented research, training and development advice.

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

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 MONTRÉLAISE FEMMES ET EMPLOIS MAJORITAIREMENT MASCULINS

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

514 768-7233

Website: www.cmfemm.org

Email: coordination@cmfemm.org

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

Eligibility: industries, school boards, community organizations

Coverage area: Montréal

Hours: 9h00 to 17h00

Fees: free

Legal status: non-profit organization

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.lecnc.com

Email: cnc@lecnc.com

Services: Grouping of rights advocacy. * Rights advocacy and promotion.* Action, education and awareness.

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

Services: Last-instance court specialized in health and security in the workplace. * Hears disputes of decisions of the Commission des normes, de l'équité, de la santé et de la sécurité du travail.

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

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

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

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

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

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

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

Legal status: non-profit organization

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.

Coverage area: South-West of Montréal Island: Baie d'Urfé, Beaconsfield, Côte-des-Neiges-Notre-Dame-de-Grâce, Côte Saint-Luc, Dorval, Hampstead, Kirkland, Lachine-Saint-Pierre, LaSalle, Montréal West, Ville Mont-Royal, Little Burgundy, Pointe-Claire, Pointe-Saint-Charles, Saint-Henri, Saint-Laurent, Sainte-Anne-de-Bellevue, Senneville, Verdun, Ville-Émard, Côte-Saint-Paul, Ville-Marie, Westmount

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

Financing: provincial

Legal status: non-profit organization

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.ciussss-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 detoxification, 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

Financing: provincial

Legal status: parapublic organization

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

Financing: self-financing, fundraising campaign, donations

Legal status: non-profit organization

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

Financing: 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. *

Online repertory of Licensed Insolvency Trustee: www.ic.gc.ca/app/osb/tds/search.html?lang=eng* Research of bankruptcy and insolvency records.

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 RÉTABLISSMENT 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

Services: Trust service for people with financial management difficulties. * Financial recovery and accounting for individuals and self-employed workers.

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-estmtl.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.

Coverage area: Côte-Des-Neiges-Notre-Dame-De-Grâce, Côte-Saint-Luc, Le Plateau-Mont-Royal, Mont-Royal, Montréal-Ouest, Outremont, Ville-Marie, Villeray-Saint-Michel-Parc-Extension, Westmount

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 Coeur-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/

Services: * Finder of local employment centres: <https://www.mess.gouv.qc.ca/services-en-ligne/centres-locaux-emploi/localisateur/services.asp>* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Management support for enterprises.* Financial assistance for enterprises.* Processing of applications for social solidarity with severe employment constraint.* Processing of applications for financing of health and social services for people with occupational disabilities.* Administration of claims for welfare from sponsored immigrants,* Billing for the sponsors of welfare funds received by sponsored immigrants.* Encouragement to sponsors to assume responsibilities toward sponsored immigrants.

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: www.cdrq.coop

Email: mtl-laval@cdrq.coop

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

Eligibility: people or groups interested in starting a cooperative business

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable, services are partly subsidized

Financing: provincial

Legal status: cooperative

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

Services: Start-up assistance. * Entrepreneurial follow-up.* Self-employment support program: technical and financial support for start-ups.* Training on starting a business and on sales.* Consulting.* Specialized workshops.* École des entrepreneurs du Québec.

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

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

Services: * Information and referral.* Individual career counselling.* Newcomer's employment program.* Mentorship, coaching.* Weekly job search workshops.* Computers, printer, Internet, email, copier, fax machine.* CV preparation and translation.* Business French classes.* Entrepreneurship.* Conferences, workshops and seminars.* Individual coaching and counselling for artists.

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

Services: Network of practice firms. * Directory.* Tools.* Representation.

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

Services: Job preparatory program. * Self-awareness workshops and career choice exploration.* Dynamic job seeking methods, individualized follow-up during job search.

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

Services: Employability assistance. * Group workshops. * Dynamic job search technique. * Resume writing. * Interview preparation.

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

MIRE: MOUVEMENT POUR L'INTÉGRATION ET LA RÉTENTION EN EMPLOI

2187 Larivière 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

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

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@propret.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

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

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

Eligibility: immigrant women and families

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

Hours: Monday to Thursday 9h00 to 16h00

Financing: Centraide of Greater Montréal, provincial, municipal

Legal status: non-profit organization

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: * Agrippez-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

Services: Employment services. * Individual follow-up.* Action plan: assessment, knowledge transfert, job goals, referrals to trainings.* CV and presentation letters preparation.* Practice for job interviews.

Eligibility: newcomers and citizens from immigration

Capacity: 40

Coverage area: Montréal

Fees: free

Financing: provincial

Legal status: non-profit organization

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 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 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

Services: Job searching club. * Vocational guidance.* Specialized workshops for new immigrants.* Services to people: resumes, interview, skills assessment, tailored accompaniment. * Group sessions spread on 3 weeks and focusing on job search techniques: resumes and interview simulations. * Career transition program for graduated healthcare professionals outside Canada and United States.

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

Services: * Projects and activities aimed at integration in the labor market and employability of job seekers. * Emploi 360: two-week program combining group training and individual coaching.* Individual meetings with an employment counselor.* Workshops and conferences.* Objectif Intégration: sessions for newcomers who speak French.* Services adapted for holders of a temporary work visa or study visa.* Computer stations.

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

Services: * Guidance.* Academic and career information.* Skills assessment.* Job search coaching.* Support and follow-up.* Business services.

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

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

Eligibility: people 15 years and over

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

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial, federal

Legal status: non-profit organization

HORIZON CARRIÈRE - 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.horizoncarriere.ca

Email: info@horizoncarriere.ca

Services: * Job search assistance and counselling.* Career and school guidance and back-to-school support.* Projects for young adults 16 to 35 years old.* Specialized services for new immigrants.* Pairing between employers and job seekers.

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@cmm.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

Services: * Assistance and support: help and emergency financial assistance.* Promotion of African culture and intercultural rapprochement.* Information and referral: job search, social assistance.* Donations collect: referral to organization offering the service.

Eligibility: low-income population in general, people of African origin in particular

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h30

Fees: vary depending the show

Financing: donations, self-financing

Legal status: non-profit organization

PETITES-MAINS

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

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

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

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

Capacity: 700 to 750 participants per year

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 17h00

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

Financing: grants, donations, self-financing

Legal status: non-profit organization

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

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

Coverage area: 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

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

Coverage area: Montréal

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

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

Coverage area: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

SERVICE 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

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

Coverage area: 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

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

Coverage area: Pointe-Claire

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-LÉONARD (MONTRÉAL)

6020 Jean-Talon Steet East, Suite 500, Saint-Léonard, Montréal, QC, H1S 3A9

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

Website: www.canada.ca

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

Coverage area: 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

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

Coverage area: Montréal: Verdun

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL PAR OBJECTIFS

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

514 277-6776 Fax: 514 277-6566

Website: simo-emplois.com

Email: info@simo-emplois.com

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

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

Capacity: 300

Coverage area: Greater Montréal

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

Fees: free

Financing: provincial

Legal status: non-profit organization

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

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

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.saeen.net

Email: info.hochelaga@saeen.net

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

Eligibility: adults 35 years and over

Coverage area: East of Montréal

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

Financing: provincial

Legal status: non-profit organization

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, Villeraie-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

Fees: free

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

Legal status: non-profit organization

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

Coverage area: Greater Montréal

Hours: Monday to Thursday 7h30 to 16h00, Friday 8h00 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

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 enterprise. * 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: ww.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

Services: * Employability and socioprofessional integration procedures.* School and vocational information.* Guidance.* Entrepreneurship: business pre-startup.

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

Services: * Socioprofessional integration: reception, needs assessment, referral, monitoring, follow-up.* Job search.* Returning to school.* Business start-up.* Information on the labor market and training programs.* Bank of employers.* Dropout prevention.

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

Services: Employability assistance. * Reception, information, accompaniment and referral.* Job search assistance.* Guidance.* Information on education and professions.* Documentation centre.* Entrepreneurship.* Intervention for current or potential drop-outs.

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

Services: * Job search assistance.* Back-to-school assistance.* Artistic entrepreneurship assistance.* Multi-services room with computers, wi-fi, fax, telephone and reference tools.

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

Services: Employability assistance.* Job search assistance.* Academic and professional information.* School perseverance and motivation.* Business start-up advice.* Paid job search group.* Job search room.

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

Services: * Welcoming and needs assessment.* Action plan and definition of objectives.* Individual meetings with a counselor.* Continued and personalized support throughout the process.* Dynamic job search method.* Preparation of resume and cover letters.* Access to the center: computers, documentation and job offers.* Interview preparation.* Career guidance: psychometric tests, socio-professional assessment, etc.* Exploration of trades, professions and training programs.* Workshops : job search, short trainings, others.* Business and learning center visits.* Career exploration internships.* Development of entrepreneurial and volunteer projects in the community.* Personalized reference, if required.* Post-participation support.

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

Édifce Hôtel de Ville, 10950 Perras Boulevard East, Rivière-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

Services: Professional integration enterprise specializing in the sale and distribution of fine foods from Québec. * Training workshops.* Psychosocial support.

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

Services: * Community, cultural and sports activities.* Aquatic centres and swimming pools, arenas and skating rinks, community centres, sports centre, bike paths, parks and playgrounds.* Museum of local history and heritage, cultural centre.* Coordination with community organizations.* Summer day camp.* Youth job co-op.* Teen zone: youth centre.* Activities and events.* Room rental.

Coverage area: Dorval

Hours: Monday to Thursday 8h30 to 23h00, Friday 8h30 to 13h00, Saturday 9h00 to 13h00, Sunday 13h00 to 23h00, administrative office: Monday to Friday 8h30 to 16h30, Surrey Aquatic and Community Centre: Monday to Friday 8h30 to 21h00, administrative office: Monday to Friday 8h30 to 16h30

Fees: variable

Legal status: municipal agency

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

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

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

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

FUTURPRENEUR 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

Services: Support for youth entrepreneurship. * Pre-startup assistance.* Mentoring.* Online resource centre.* Financing.

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

Services: Supervised meeting place. * Cooking workshops.* Sporting activities: boxing, cosom hockey, free indoor sports.* Improvisation.* Outings.* Ado-O-Boulot: youth-run summer work cooperative.

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

Services: Supervised meeting place. * Cooking workshops.* Sporting activities: boxing, cosom hockey, free indoor sports.* Improvisation.* Outings.* Ado-O-Boulot: youth-run summer work cooperative.

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

514 356-3226 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

Services: Assume governmental responsibilities relatively to employment, income security and social development. * Manage social programs of federal jurisdiction, in particular Old Age Security.* Job bank.* Work field regulation.

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

Services: Compensation for victims of crime and their rescuers * Medical assistance: hospital care, medication, prosthesis, etc.* Compensation for temporary and permanent total disability.* Compensation and psychotherapeutic rehabilitation service in case of death. * Social and professional rehabilitation services: psychotherapy, moving fees, protection fees, help at home, etc.* Online form for compensation for people 18 years and over victims of crime: www.ivac.qc.ca/Documents/212F.pdf* Online form for compensation for minor victims of crime: www.ivac.qc.ca/Documents/211F.pdf

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, 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

Services: Administrates the public health and prescription drug insurance plans and other programs entrusted to it. * Customers phone services: information, registration, renewal or other requests.* Manages the eligibility of individuals.* Remunerates health professionals and protects of personal information.* Online form to register on the Registre des consentements au don d'organes et de

tissus: www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation.aspx* Advance medical directives

online form: <http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form.aspx>

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

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.accoham@gmail.com

Services: Tax clinic by appointment.

Eligibility: people on a low income

Coverage area: Montréal

Hours: March 13 to April 25 2018

Fees: \$5 voluntary contribution

Financing: self-financing, donations, provincial

Legal status: non-profit organization

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, Rivière-des-Prairies

Hours: registration: starting February 28 2018, clinic: Fridays in March and April 2018

Fees: free

Financing: Centraide du Grand Montréal, provincial

Legal status: non-profit organization

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

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.ccav-ainesverdun.com

Email: aines125@hotmail.com

Services: Tax clinic.

Eligibility: people 50 years and over

Coverage area: Montréal

Hours: Wednesdays March 7 to April 25 2018

Fees: \$12

Financing: self-financing, grants, municipal

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50 + - TAX CLINIC

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

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

Website: www.ccrv50.org

Email: administration@ccrv50.org

Services: Tax clinic by appointment.

Eligibility: people on a low income, newcomers, seniors

Coverage area: Montréal

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

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

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

Legal status: non-profit organization

CENTRE 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.cabbc.org

Email: cabbc@cabbc.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.multiecouete.org
Email: information@multiecouete.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
Services: Tax clinic. * Home service.
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 HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES - TAX CLINIC

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

514 271-7563 Fax: 514 271-3629

Website: www.chais.qc.ca

Email: mail@chais.qc.ca

Services: Tax clinic offered all year.

Eligibility: immigrants and general population

Coverage area: Montréal

Hours: 9h00 to 16h30

Fees: \$5

Financing: provincial, federal

Legal status: non-profit organization

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

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

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 COMMUNAUTAIRE - TAX CLINIC

1335 Lakeshore Drive, Suite S-020, Dorval, Montréal, QC, H9S 2E5

514 633-4100 Fax: 514 633-4105

Email: acommunautaire@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 until 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: entraideléotheoret@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

Services: Tax clinic by appointment.

Eligibility: people on a low income, newcomers

Coverage area: Montréal

Hours: registration and clinic: from now till April 30 2018

Fees: voluntary contribution: \$15

Financing: provincial, federal

Legal status: non-profit organization

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 RÉFÉRENCIEMENT 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

Fees: free

Legal status: non-profit organization

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 techniques.* 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

Services: Job market integration for people living with mental health problems. * Reception, assessment.* Information, counselling, guidance.* Job search techniques.* Placement and integration into adapted businesses.* Job retention and follow-up.

Eligibility: people with a mental health problem diagnosis

Coverage area: Montréal

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

Financing: provincial

Legal status: non-profit organization

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

Services: Employability and training program through arts and crafts workshops. * Regart program: social insertion through arts and crafts training.* Action program: employability development for people who participated to the Regart program.* Transart vers l'emploi program: labor market reintegration.* Boutique and exhibitions.

Eligibility: adults dealing with mental health problems

Capacity: 150 people a week

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

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: atelierlefieldariane.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.arsenault@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.centrebienvenue.org

Email: bvallee@centrebienvenue.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+net, 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'OEUVRE 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

Services: Specialized manpower service aimed towards the reintegration of ex-offenders in the labor market. * Employment orientation.* Training workshops.* Self-exploration and self-awareness.* Job-search preparatory training program.* Contact with businesses.

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

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

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

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

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE

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 Independant 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

Services: Promotion of the autonomy of people with spinal cord injuries or physical or neurological disabilities. * Reception and referral. * Social integration support. * Advocacy of rights and interests. * Employability and job integration. * Information and awareness.

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

Services: Assistance for ex-offenders. * Place for human and spiritual renewal. * Individual meetings. * Phoneline, correspondence. * Group activities. * Accompaniment to court. * Referral to employment resources and lawyers. * Spiritual celebrations and sponsorship.

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

Services: * Job placement for people with a minor disability. * Specialized building maintenance division.

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

Services: * Alternative treatment. * Support and guidance for college and university studies. * Employment assistance. * Medication self-management, anxiety management. * Personalized follow-up and activities aiming recovery. * Mieux vivre avec les voix: support group for people who hear voices. * Food assistance for members.

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'oeuvre 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'oeuvre 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.sae.net

Email: info.marseille@sae.net

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

Eligibility: people with a criminal record

Coverage area: East of Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

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.* Internship 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

Services: * Reception, information and guidance.* Psychosocial accompaniment and support, counselling.* Housing search assistance.* Legal information and counselling.* Tax clinic.* Assistance with immigration procedures.* Interpretation.* Certification of documents.* Assistance with writing resumes.* Job search workshops, paid internships and job placement.* French classes for all levels.* English classes.* Computer classes.* Social and cultural activities.* Intercultural pairing.* Daycare.* Summer camp.* Christmas baskets.

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

Services: * Educational activities: tutoring, scholarships, library.* Recreational activities: after-school activities, day camp, trips.* Sporting activities.* Fight against poverty: school lunches.* Christmas baskets.* Passport for Success program: prevention of dropout among high school students.

Eligibility: youth 9 to 17 years old

Coverage area: Verdun

Hours: Monday to Friday 9h00 to 21h00

Fees: contribution: \$25 per year

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

Legal status: non-profit organization

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

Services: Support to parents-students for conciliating studies and parental responsibilities. * Listening.* Coffee-meetings.* Clothing depot.* Breastfeeding corner.* Workplace.* Collective kitchen.* Buying group.* Family outings and parent-child activities.* Tax clinic.

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-DES-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

Services: * Reception, listening, referral and support.* Homework assistance.* Drop-off daycare.* In-Home respite.* Sewing workshops.* Baobouge: musical and body awareness program for children 2 to 12 years.* Baobouge for moms.* Social and cultural activities: collective kitchens, community breakfasts and dinners, outings.

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

CENTRE DES JEUNES BOYCE-VIAU

2625 Théodore Street, Suite 1, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 3C7

514 252-4219

Website: 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

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

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 chosen option

Financing: provincial, municipal

Legal status: non-profit organization

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.projetrousselet.org

Email: rousselet@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

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

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: entraideléotheoret@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

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.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

Services: * Day centre.* Individual counselling.* Community dinners.* Collective kitchens.* Personal development workshops.* Recreational activities, outings.* Les Habitations Normand Bergeron: supervised apartments.* Support groups.* Summer camp.

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

Services: * Reception and referrals.* Parent-child activities.* Sociocultural activities.* Sewing workshops.* Drop-in respite.* Collective kitchen.* Exchange and reflection activities.* Support group for single parents.

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

Services: * Reception, referral, information and guidance.* Certification of documents.* Assistance with filling out forms.* Francization, French classes and conversation workshops.* Employment: job search workshops, resume writing, individual monitoring, placement, networking, etc.* English classes.* Computer classes.* Citizenship course.* Collective kitchens.* Individual and group support for immigrant women, discussion workshops.* Social, physical and educational activities for families.* Manual, crafts and sewing workshops.* Pairing between Québec families and newcomers.* Summer camp.* Family holiday camp.* Daycare during activities.* Tax clinic.

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

Services: Educational, personal development and professional programs. * Connexions: high school diploma.* Summer urban agriculture employability program.* Community kitchen.* Donnez au suivant: youth cooking workshop.* Children's library.

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

Services: Welcome, listening and help for children. * Various activities: crafts, dress up, board games.* Help with homework.* Cooking with the children.* Drop-in daycare.* Daily healthy snacks.* Parent groups.* Drop-in daycare.* Summer day camps.

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 campaigns, 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

Services: Activities and services for families. * Cooking workshop.* Arts workshop.* Entertainment and socialization activities.* Trainings.* Annual Bazaar.* Babysitting classes.

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

Services: Reception, listening, referral and support. * Clothing donations and loans of articles for babies, children and pregnant women.* Parent-child awakening and stimulation workshops.* Preschool developmental activities.* Educational drop-in respite.* Coffee meetings.* Stimulation activities through play.* Prenatal classes.* Community kitchen.

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

Services: * Community meals.* Community kitchens.* Preschool program.* Motive-Action: homework assistance.* Anges de la cour: anti-violence school programs.* Visits and self-help for young mothers.* Support for parents and integration assistance.* Summer camps.

Eligibility: children 0 to 12 years old and their families, newcomers

Coverage area: Pierrefonds, Dollard-des-Ormeaux, Roxboro, Sainte-Genève 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

Services: * Community gardens.* Seniors lunches.* Community dinners.* Community kitchens.* Window marché: low-cost meals to go.

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

Services: * Information and referral.* Parenting skills workshops.* Self-esteem and self-development workshops.* Collective kitchen.* Learning skills programs.* Social and motor skills development program for children.* Christmas baskets for members.

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.aucoeurdelenfance.ca

Email: cps@aucoeurdelenfance.ca

Services: Reception, clinical assessment and support for children and families. * Social perinatality: pregnancy care, multidisciplinary preventive services and pediatric follow-up.* Language development support and stimulation workshops.* Kindergarden preparation camps.* Motor skills development.* Parent-children workshops.* Support group for parents of children with special needs.* Social and leisure activities.* Community garden.

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).* 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.

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 3 ½ or 4 ½

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, Rivière-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: Rivière-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, Rivière-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

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

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

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

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

Legal status: non-profit organization

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 Bioloaux 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

Services: * Day centre: sharing, listening and meeting place, referral.* Computers available for job and housing search.* Coffee, breakfast and snacks.* Monthly frozen meals food assistance.* Thrift store: affordable clothing.* Community grocery store: food at low prices.* Nutritional support, information, seminars and workshops.* Room rental.* Psychosocial follow-up.* Christmas and back-to-school sharing stores coordination.

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

Services: Guidance, information and assistance. * Job search assistance.* Assistance with government forms.* Emergency food assistance.* Christmas baskets for usual clients.* Collective kitchens.* Baby food.* Community meals.* Information on immigration laws.* Cultural activities.* Language classes: French and Spanish.* Daycare.* Workshops for parents.* Workshops on rights and on resources.

Eligibility: immigrants and people from cultural minorities

Coverage area: Verdun

Hours: Monday to Friday 10h00 to 17h00

Financing: fundraising campaigns, self-financing, provincial, municipal

Legal status: non-profit organization

CENTRE AFRICAÏN DE DÉVELOPPEMENT ET D'ENTRAÏDE

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: centreafricaindeveloppement@gmail.com

Services: * Food assistance.* Small appliance donations.* Information and referral.* Assistance with filling out forms and for accessing government services.* Homework assistance in primary schools.* Culture-bridging program in schools and in the neighbourhood.* Fight against racial profiling in housing search, fight against racism.* Addiction and school dropout awareness for youth.* Sociocultural activities for youth.* Christmas baskets.* Tax clinic.

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

Services: * Emergency food assistance upon referral.* Food bank.* Christmas baskets.

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

CENTRE COMMUNAUTAIRE LA PATIENCE

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

514 326-4766 Fax: 514 326-0103

Website: www.lapatience.org

Email: cclp@videotron.ca

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

Eligibility: people on a low income

Coverage area: Saint-Michel

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

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

Financing: self-financing

Legal status: non-profit organization

CENTRE D'AIDE À LA FAMILLE

Confidential Address

514 982-0804

Website: www.centreaidefamille.com

Email: centreaidefamille@centreaidefamille.com

Services: * Intervention, active listening.* Information, accompaniment, awareness.* Support in case of violence.* Self-help and support groups.* Food bank.* Christmas baskets.* Collective kitchen.* Trainings.* Recreational outings.* Conferences.* French classes.

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

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

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

Services: * Information, referral.* Trainings: head of family child care, hairdressing sales consulting.* Guidance and follow-up.* Social and friendship networks.* Promotion and public awareness.* Language courses.* Computer courses.* Food and clothing assistance.* Employability services.* Psychosocial support.* Legal assistance.

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

Services: * Monthly and emergency food assistance.* Youth cooking workshop.* Christmas baskets.* Thrift store.* School supplies.* Popular education.* Tax clinic.

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 workshops (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

Services: * Assistance for immigrants' integration: welcoming, settlement, accompaniment, information sessions, lunch meetings.* Interpretation.* Food bags, emergency food aid.* Collective kitchens.* Petits pots d'ailleurs: fruit and vegetable mixing workshop for mothers.* Donation of clothes, shoes, toys, household items, etc.* Civic involvement workshops.* Social activities for women.* Parenting support program.* Daycare.* Christmas baskets and children's Christmas party.* Tax clinic.

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

Fees: variable

Financing: grants

Legal status: non-profit organization

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 DÉTENUÉS

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 their 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

Services: Management and development of main public markets in Montréal. * Regroups Jean-Talon, Atwater, Maisonneuve, Saint-Jacques and Lachine public markets.

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

Services: * Food bank.* Community groceries.* Collective kitchen.* Community meals.* Nutritional training and education, community nutritionist.* Christmas baskets.* Information and referral.* Assistance with filling out forms.* Tax clinic.* Seniors' program for breaking the isolation.* Assistance for people with disabilities' integration.

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.mtl nord@gmail.com

Services: Afterschool educational, cultural and recreational services. * Cooking workshops.* Community garden.* Sports, cultural and recreational activities.* Conferences on various themes.* Sharing store: low-price food for newcomers.* Day camp for teenagers.

Eligibility: youth 11 to 25 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 15h30 to 20h30

Financing: provincial

Legal status: non-profit organization

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.* Meat, 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, Villeroy-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: montrealfb@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

Coverage area: all services including delivery: Ahuntsic-Cartierville, Côte-des-Neiges-Notre-Dame-de-Grâce, Lachine, LaSalle, Ville-Marie, Mercier-Hochelaga-Maisonneuve, Le Plateau Mont-Royal, Saint-Michel, Le Sud-Ouest, Rosemont-La Petite-Patrie, Saint-Laurent, Saint-Léonard, Verdun, Villeray-Saint-Michel-Parc-Extension

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: Thursday 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, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 7E4

514 494-6555

Email: accueil@coeurariviere.org

Services: * Support and referral.* Meetings for parents and future parents.* Breastfeeding drop-in.* Trade committee: clothing for children 0-5 years old and for maternity.* Parent-child workshops and activities for children.* Sésame low-cost fruit and vegetable boxes drop-off point.* Conferences.

Eligibility: families with children 0 to 12 years old

Coverage area: Rivière-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

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

Services: * Crime prevention and educational intervention.* Listening, support and referral.* Sociocultural, recreational, community, thematic, sporting and outdoor activities.* Bi-monthly food bank.* Homework assistance.* Cooking workshops and canteen.* Espoir en mouvement: dance classes for girls.* Recording studio.* Babysitting training.* Computer training.* Job search and business start-up training.* Christmas baskets.

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 - INTÉGRATION - 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@maisonnettedesparents.org

Services: * Support for families: reception, mutual help.* Relaxation training for parents.* Parent-child activities.* Daycare.* Recreational and sports activities.* Food assistance.* Collective kitchen.* Meals in schools.* Cooking workshops for parents, teenagers and children.* Events and activities.

Eligibility: people on a low income, people from the area

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

Services: Community food centre.* Community grocery store.* Collective kitchens.* Exchange of volunteering hours for food.* P'tit marché Saint-Pierre: summer travelling outdoor market.* Marché à ma porte: seniors residences.* Catering.* Supply for outdoor markets.

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-AMÉRICAINÉ

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

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

Services: * Food bank.* Low-cost summer camps.* Sports and socioeducational activities.* Computer centre.* Room rental.* Christmas baskets.

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: soupemaison@videotron.ca

Services: * Full hot meals.* Food baskets.* Clothing depot.

Eligibility: people on a low income

Coverage area: Lachine and Saint-Pierre

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

Services: * Reception and integration.* Francization: free French classes.* Job search assistance.* Assistance with relocating to rural areas.* Academic tutoring upon referral.* Support for families.* Bread counter.* Urban agriculture (community garden).* Practical cooking workshops.* Affordable fruits and vegetables boxes of Le Sésame drop point.* Nutrition workshops.* Monthly public conferences on immigration themes.* Maria-Goretti guest house: housing for women.

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 Personalities 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

Services: Emergency food bank. * Christmas baskets.

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

Services: * Cité + membership: computerized consultation on taxation and evaluation.* Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Recycling and compost bins.* Application for authorization to occupy public domain.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Registration of complaints and requests and suggestions.* Accident report.* Permits animal (cats and dogs).* Permits to use fire hydrant.* Parking vignettes.* Info-travaux: geolocated information about infrastructure works.* Info-collectes:

www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

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

Legal status: municipal agency

SALVATION 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

SALVATION 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

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

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

Services: * Food bank.* Food delivery for disabled people.* Cooking workshops.* Community café.* Food distribution in schools.* Second-hand shop.* Work training programs.* Tutoring and mentoring.* Elaborate music program.* Summer camp.* Scholarships.

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: stantoincath@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 campaigns, 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-Coeurs 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

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

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 Rivière-des-Prairies Boulevard, Rivière-des-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

Capacity: according to our resources
Coverage area: Saint-Sixte Parish
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

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

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

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

Email: dutilly.lelievre@videotron.ca

Services: * Food vouchers and food baskets.* Christmas baskets.* School supplies.* Thrift shop at 2905 Baldwin Street (same church, side entrance).
Eligibility: people on a low income
Coverage area: Sainte-Claire Parish, part of Saint-Victor Parish
Hours: variable
Financing: self-financing
Legal status: non-profit organization

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

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

Services: * Food vouchers.* Christmas baskets.* Vouchers for school supplies.
Eligibility: people on a low income
Coverage area: Sainte-Louise-de-Marillac Parish
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

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

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: fabriquem@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

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

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

Hours: by appointment only

Fees: free

Financing: donations

Legal status: non-profit organization

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

Services: * Food distribution.* Christmas sharing store.* School supplies.* Tax clinic.* Community information sessions.* Referral.

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-Commercial 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, 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

Fees: food bank: \$5 per month per family

Financing: grant, donations

Legal status: non-profit organization

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, 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

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.mdjparlagrandeporte.qc.ca

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

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

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 22h00

Financing: provincial, federal, municipal, donations, grants

Legal status: non-profit organization

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

RELAIS 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

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 and 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

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

Hours: Monday to Friday, variable during daytime: 12h00 to 18h00, evening: 18h00 to 21h00

Financing: 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

Financing: 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

Financing: 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

Services: Day centre. * Support and referral.* Daily meals: breakfast, lunch and dinner.* Clothing donation, showers.* Social reintegration program.* Computer room.* Reconnect: archiving of important documents, including identity and health insurance cards.

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

Financing: 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@bellnet.ca

Services: Meeting place to break isolation, relieve poverty and contribute to women's education. * Community luncheons.* Conferences and discussions.* Board games.* Knitting and crafts workshops.* Cooking workshops.* Computer classes.* Neighborhood parties.

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

Services: Welcoming and integration of newcomers. * PRINT program: reception and support, accompaniment, assistance with forms, house search assistance and more.* Group employability program with workshops and internships.* Individual job search assistance.* Networking between employers and immigrant people.* Part-time French learning program.* French classes in businesses.* Homework assistance.* Nobody's Perfect program: training for parents with children under 5 years old.* Community meals.* Social outings.

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

Services: Welcoming and integration of newcomers. * PRINT program: reception and support, accompaniment, assistance with forms, house search assistance and more.* Group employability program with workshops and internships.* Individual job search assistance.* Networking between employers and immigrant people.* Part-time French learning program.* French classes in businesses.* Homework assistance.* Nobody's Perfect program: training for parents with children under 5 years old.* Community meals.* Social outings.

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

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

Eligibility: adults living with mental health problems

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 21h00

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

Financing: grants, donations, contributions, provincial

Legal status: non-profit organization

CENTRE DES FEMMES DE VERDUN

4080 Wellington Street, Suite 203, Verdun, Montréal, QC, H4G 1V4

514 767-0384

Website: www.centredesfemmesdeverdun.org

Email: info@centredesfemmesdeverdun.org

Services: Support place for women. * Reception, listening and reference.* Thematic workshops on integration to Québec society, among others.* French practical courses by twinning.* Coffee Chat.* Individual listening for lesbians.* Outings to break isolation.* Computer access.* Library.* Weekly lunch.

Eligibility: women

Coverage area: Verdun and surroundings

Hours: Monday 9h00 to 12h00 and 13h00 to 16h30, Tuesday 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, Thursday 13h00 to 16h30 and 18h00 to 21h00, two evenings per month according to activities

Fees: membership: \$2 per year

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

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.

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

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

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

514 277-7445 Fax: 514 277-1689

Website: echodesfemmesdelapetitepatrie.org

Email: echo@echodesfemmesdelapetitepatrie.org

Services: Reception, listening and referral. * Workshops. * Monthly soup. * Documentation centre. * Choir. * Involvement and volunteering committees. * Les Dames de Coeur: intervention and self-help group for mental health. * Collective actions to improve the living conditions of women. * Special events. * Committee for lesbians and women questioning their sexual orientation. * Workshops and meetings: violence, poverty, sexuality, mental health, isolation, grief and break-ups, etc.

Eligibility: women

Capacity: about 15 people per group for Les Dames de coeur and workshops

Coverage area: Montréal

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.* Dalhia 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, Dalhia 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

Services: Drop-in centre for street youth and youth with substance abuse problems. * Prevention of blood-borne and sexually transmitted infections (STI), in collaboration with the CSSS Jeanne-Mance.* Meals.* Individual help and referral.* Cultural, educational and informative activities.* Thematic discussions and conferences.* Phone available for procedures.* Music rehearsal space.* Distribution of sterile equipment.* Shower and laundry.

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

Services: Job integration for Inuit and Indigenous people. * Meal vouchers and meals for homeless people.

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 Émilie-Gamelin on Thursday, Verdun 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

UNITARIAN CHURCH OF MONTRÉAL

5035 De Maisonneuve Boulevard West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 1Y5

514 485-9933 Fax: 514 485-7999

Website: www.ucmtl.ca

Email: office@ucmtl.ca

Services: * Community lunch followed by a concert.* Holiday dinner.

Eligibility: seniors

Coverage area: Greater Montréal

Hours: administration: Monday to Thursday 9h30 to 16h30, Friday 9h30 to 13h30, meal: 3rd Wednesday of the month by reservation

Fees: meal: \$5

Financing: self-financing

Legal status: non-profit organization

WELCOME HALL MISSION - EMERGENCY SHELTER FOR MEN

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

514 935-6396 Fax: 514 935-3165

Website: www.welcomehallmission.com

Services: * 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.

Eligibility: men 18 years and over homeless or in need, with or without addiction issues, soup kitchen: people in need

Capacity: 187 beds, 5 beds for people with reduced mobility, cafeteria: 200 seats

Coverage area: Greater Montréal

Hours: 24 hours, 7 days, meal: everyday at 17h00

Fees: emergency shelter and meals: free

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

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES

1448 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E5

514 904-1346 Fax: 514 904-2638

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: * 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.

Eligibility: youth 15 to 25 years old, young women 15 to 30 years old

Coverage area: Greater Montréal

Hours: 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

Fees: free

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

WOMEN IN ACTION

1700 Amherst Street, Ville-Marie, Montréal, QC, H2L 3L5

514 524-6626 Fax: 514 524-6756

Website: www.cclsca.qc.ca

Email: cclscafemmes@gmail.com

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.gc.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

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

MONTRÉAL 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

Services: Promoting and protecting the health of Canadians. * Preparation and implementation of prevention or emergency measures.* Broadcast of information about Infectious Diseases, Chronic Diseases, Travel Health, Food Safety, Immunization and Vaccines, Emergency Preparedness and Response, Injury Prevention, Lab Biosafety and Biosecurity, Surveillance.* Grants to community organizations.

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

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

Services: Municipal services management. * Garbage and recycling collection schedule: www.baie-durfe.qc.ca/media/197763/calendrier-des-collectes-2017.pdf * Informations about permit issuance and obtention: excavation, construction, repair, demolition, modification, installation, tree felling.* Citizens on Patrol: neighborhood patrol, security, first aid.

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

Services: Municipal services management. * Garbage and recycling collection schedule: www.beaconsfield.ca/images/stories/environmental-fields/calendrier2017_collectes_collections_w.pdf* Urban planning.* Municipal patrol: enforcing regulations, animal control.

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

Services: Municipal service management. * Municipal tax management and payment.* Garbage collection.* Public safety department.* Fire department.* Parking licences.* Pet licences.* Urban development department: construction permits.* Public works department: infrastructure maintenance.

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

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

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, sping: 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

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 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Legal status: municipal agency

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: mklaiman@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

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

Coverage area: Lasalle

Hours: Monday to Tuesday 8h00 to 16h45, Wednesday and Thursday 8h00 to 19h00, Friday 8h00 to 12h00

Legal status: municipal agency

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

Coverage area: Mercier-Hochelaga-Maisonneuve

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

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@mamrot.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-municipalites* 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

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

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 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 - 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.ombudsmantemontreal.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

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

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

Legal status: municipal agency

MONTRÉAL-EST - LOISIRS ET CULTURE

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

514 905-2105 Fax: 514 905-2130

Website: ville.montreal-est.qc.ca

Email: loisirs@montreal-est.ca

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

Eligibility: children, teenagers, adults and seniors

Coverage area: Montréal-Est

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

Fees: variable

Legal status: municipal agency

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.mount-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.mount-royal.qc.ca

Services: Municipal services management. * Collection: food, domestic and recyclable wastes.* Construction works licenses.* Online property assessment.

Hours: Monday to Friday 8h30 to 16h30

Legal status: municipal agency

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.* 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 and Friday 8h00 to 13h00

Legal status: municipal agency

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.* INFO-travaux: geolocated information about infrastructure works.* Info-collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

Hours: Monday to Friday 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

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 8h00 to 16h30, Friday 8h00 to 12h00

Legal status: municipal agency

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

3-1-1 Fax: 514 328-7006

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

514 457-1605 Fax: 514 457-1129

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

514 457-6020 ext. 120

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

514 280-2222 Fax: 514 280-3399

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

Services: Responding to citizens' needs for safety. * Protection of the lives and property of citizens.* Maintenance of peace and public safety.* Prevention and fight against crime.* Enforcement of the laws and regulations in effect.* Specialized units: 911 Emergency centre, Administrative integrity (EPIM), Antiterrorism and emergency measures, Arson, Brigade Urbaine, Business services, Canine Unit, Cavalry, Community Relations, Forensic Identification Section, Groupe tactique d'intervention (GTI), Homelessness (EMRII), International Missions, Operational planning, Psychosocial Emergency (ESUP), Public Order Services - Gendarmerie, Investigations, Research, Sexual Exploitation of Children, Specialized Investigations.

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, responsible 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, responsible 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, responsible 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

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 15 - SAINT-PAUL, PETITE-BOURGOGNE, POINTE-SAINT-CHARLES, SAINT-HENRI, VILLE-ÉMARD

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, responsible 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, responsible 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

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: Centre-Sud

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

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

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, responsable 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, responsible 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, responsible 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-GENEVIÈVE, 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

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

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

514 280-0130 Fax: 514 280-0630

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

Email: pdq30@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Michel

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

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

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

514 280-0131 Fax: 514 280-0631

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

Email: pdq31@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Villeray

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

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

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

514 280-0133 Fax: 514 280-0633

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

Email: pdq33@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Parc-Extension

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

SERVICE 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 intrafamiliale, 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

SERVICE 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

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

SERVICE DE POLICE DE LA VILLE DE MONTREAL - POLICE STATION 4 - 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

Legal status: municipal agency

SERVICE 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

SERVICE 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, responsible for seniors.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Rosemont-La Petite-Patrie

Hours: Monday to Sunday 9h00 to 19h00

Legal status: municipal agency

SERVICE 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

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, responsible 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, responsible VCI - violence conjugale et intrafamiliale, officer assigned to the youth intervention and prevention.

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-HOCHELAGA-MAISONNEUVE

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 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: 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

SERVICE DE POLICE DE LA VILLE DE MONTREAL - 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

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

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-Elliott-Trudeau International Airport

Hours: airport hours

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTREAL - 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

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: 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, responsible 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

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 protestations regarding social security or revenue, compensations plans, pension plan, welfare and family allowances and health, social, education, road security or immigration services.

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

Hours: Monday to Friday 7h00 to 17h00

Legal status: provincial government agency

VERDUN - BOROUGH

4555 Verdun Street, Suite 104, Verdun, Montréal, QC, H4G 1M4

3-1-1 Fax: 514 765-7006

Website: ville.montreal.qc.ca/verdun

Email: verdun@ville.montreal.qc.ca

Services: * Carte Access Montreal membership: privileges program for residents and owners in Montreal.* Consultation of public opinion.* Information and documentation.* Taking of an oath.* Property assessment.* Property taxes (explanations and payment).* Statement of offense (information and payment).* Permits animal (cats and dogs).* Folders creation for intervention requests for municipal services.* Housing application form at low cost (HLM).* Issuance or renewal of parking vignettes.* Claims forms, complaint and petition.* Info-travaux: geolocated information about infrastructure works.* Info-

collectes: www.servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/?lang=eng

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 19h00, Friday 8h30 to 12h30

Legal status: municipal agency

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

514 989-5353 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

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.

Coverage area: province of Québec

Financing: provincial

Legal status: provincial government agency

MINISTÈRE DE L'ÉNERGIE ET DES RESSOURCES NATURELLES

Confidential Address

1 866 248-6936

Website: mern.gouv.qc.ca

Email: 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

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

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-mentioned field.

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

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

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

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

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

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

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

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

Services: Assume governmental responsibilities relatively to road, rail and maritime infrastructures, and regulation of modes of transport. * Roads regulation, security and signs.* Counseling to transportation businesses.* Maintain and improve existing transportation networks.* Electrification projects.

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.

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

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

Fees: variable

Financing: provincial

Legal status: provincial government agency

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

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 car

poolers: 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

Services: Access to alternative medicine. * Therapeutic massages on chair or table.* Reflexology.* Foot care.* Counselling.* Tips and trainings for a healthy diet.* Massage workshops.* Animation with seniors.

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: pmanly@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-Maisonneuve, 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

JEWISH 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

Pavillon 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, endodontology, 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: jl dental@missionba.com

Services: Basic dental care by professionals and dentistry students from McGill University. * Complete dental examination, regular and deep cleaning, simple fillings, 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

Financing: donations, foundations
Legal status: non-profit organization

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 ergonomics.* 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: cusc.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 medicine: 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

Hours: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

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

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 Laurendeau 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

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

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

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

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 LAKESHORE

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

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

Coverage area: Montréal

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

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: Accommodation 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

JEWISH 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

JEWISH 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

Services: General and specialized care. * Long-term accommodation.

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

Services: Integrated university health centre. * Royal Victoria Hospital.* Montréal General Hospital.* Montréal Neurological Hospital.* Lachine hospital.* Montréal Chest Institute.* Montréal Children's Hospital.* Research Institute of the McGill University Health Centre.* Cedars Cancer Centre.* McGill Academic Eye Centre.

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

Services: Ultraspecialized hospital in cardiology: care, research, teaching, prevention, rehabilitation, and assessment of new technologies.

Eligibility: patients with cardiac problems

Capacity: 153 beds

Financing: provincial

Legal status: non-profit organization

MOUNT SINAI 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

Services: Accommodation for people undergoing cancer treatments in Montréal hospitals. * Accompaniment.* Art therapy.* Massage therapy and kinesiology.

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

Services: Teaching hospital affiliated with McGill University Health Centre. * Emergency.* Short and long term care.* Out-patient clinics.

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

Pavillon 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

Services: Assessment and follow-up regarding nutrition by a student supervised by a professional nutritionist. * Nutritional counseling and clinical assessment for eating habits.* Nutrition clinic for athletes.* Preventive treatment of diabetes.* Nutrition clinic for people with gastrointestinal disorders or food allergies.* Business services: floating nutritionist, lectures and group sessions.

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

Pavillon 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

Services: Affordable assessment and consultation services offered by PhD students under the supervision of experienced psychologists. * Individual psychological assessment.* Neuropsychological assessment. * Individual counseling.* Satellite neuropsychology clinic on Laval campus.

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

Services: Palliative care house for children. * Respite stays.* Transitional stays following acute hospital care.* Symptom management stays: an alternative to hospitalization during critical medical situations when comfort care is chosen as an orientation until end of life.* End of life stays: symptom management stays until end of life.* Emergency psychosocial stays after a family has gone through a crisis.* Psychosocial support care all the way through the illness trajectory, including the mourning period.* Volunteer home respite program.* Bereavement follow-up.* Decision-making support and workshops.

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

Services: Palliative care. * Support groups for relatives.* Support calls: support during the illness and and grief.

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

Financing: provincial

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

8-1-1

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

8-1-1

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

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-centreouestmtl.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

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

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 health 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

Services: * External clinic.* Biomedical research.* Training.* Core facilities.

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 CANSUPPORT

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@colorectalcanada.ca

Services: Support to people affected by the disease and their relatives. * Information and support over 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

Services: Hair collects donations and gives free wigs to cancer patients.

Eligibility: children with cancer

Coverage area: Province of Québec

Hours: Monday to Friday 11h00 to 16h00

Fees: free

Financing: donations

Legal status: non-profit organization

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

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: moniquehuguet@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

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

MONTRÉAL GENERAL HOSPITAL

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

514 934-1934

Website: www.cusm.ca

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

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

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

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.arena@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.ciuss-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

Hours: Monday to Friday 9h30 to 17h30, showers: Monday to Friday 7h30 to 8h30
Financing: Société de développement commercial, Destination Centre-Ville, municipal
Legal status: non-profit organization

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 MARGE 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

Services: Psychosocial assessment and referral. * Preventing mental health problems.* Nursing: wound care, STI screening and birth control, distribution and recovery of needles, vaccination.

Eligibility: homeless men or women 18 to 30 years old

Coverage area: Hochelaga-Maisonneuve

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.csssdelamontagne.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: maisonloceane@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 SUPERVISÉS 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

Capacity: 15 places in the shelter and 14 apartments

Coverage area: Montréal and surroundings

Hours: 24 hours, 7 days

Fees: free

Financing: provincial, self-financing

Legal status: non-profit organization

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 trans-masculin/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

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

Services: Prevention of drug addiction and violence, sex education and promotion of citizenship. * Fieldwork. * Listening. * Counseling and referrals. * Local for youth. * Class presentations. * Outdoor clubs. * Youth projects. * Kiosks and themed events.

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

Services: Support for sex workers. * Information and referral.* Support line.* Accompaniment.* Street workers.* Social work with incarcerated.* Distribution of safe injection and inhalation drug kits and condoms.* Bad client list and support in case of violence.* Socio-cultural and educational activities.* Group action.* Advocacy.* Medical clinic for women working in the sex industry.* Workshop on self-defense and self-esteem.

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.

Coverage area: Le Sud-Ouest, Ville-Émard, Côte-Saint-Paul, Saint-Henri, Pointe-Saint-Charles, Verdun, Saint-Pierre, Lachine

Hours: Tuesday to Friday 16h00 to 21h00

Financing: provincial, Centraide of Greater Montréal, federal

Legal status: non-profit organization

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

Services: * Listening, information, counselling, referral and accompaniment for people experiencing difficulties.* AIDS prevention, needle exchange, distribution of condoms.* First aid.* Educational and awareness workshops.* Communication and Creativity Program: reinforcement of the self-esteem of young people from 14 to 30 years old through the accomplishment of creative and mobilizing projects.* Prop'Âges program: support in the adoption of safe sexual behavior for people 55 years and over.* Tandem Mercier-Hochelaga-Maisonneuve Program: crime prevention and urban security promotion.

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

Services: * Housing (indefinitely). * Referral.* Accompaniment.* Community living empowerment.* Conflict resolution.* Nutritional activities: collective kitchens, occasional community meals.

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

Services: Studios. * Reception, referral.* Support, intervention.* Community activities.* Collective kitchen.

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

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

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 a 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.laubergercommunautaire.org

Email: lauberge@laubergercommunautaire.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 apartments

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

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 Leclair 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 with 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-Maisonneuve, Montréal, QC, H1W 2Z2

514 522-3198 Fax: 514 522-6256

Website: www.fjttm.org

Email: info@fjttm.org

Services: Social rehabilitation with housing. * Affordable housing.* Job search assistance.* Support for budget planning.* Individual follow-up.* Christmas activities and baskets.* Training activities: cooking classes and preparation for home life.

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.distributionsescalier.com

Email: habitationsescalier@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

Services: Short and medium term housing with psychosocial support. * Accueil et intégration: 3-month stay in open units.* Transit: 3 to 18-month stay in private rooms, following Accueil et intégration.* 50/55: maximum stay of 5 years in a private room.* Physical and mental health assessment.* Budget management.* Employability and school support programs.* Legal and administrative support.* Permanent housing search assistance.

Eligibility: homeless men 25 years and over

Capacity: 42 units or private rooms

Coverage area: Greater Montréal

Hours: 24 hours, 7 days

Financing: donations, grants, self-financing

Legal status: non-profit organization

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

Services: Housing with meals. * Maximum stay of one year. * Listening, support and referral. * Accompaniment and supervision of social reintegration procedures. * Teaching of autonomy. * Social and cultural activities. * Post-housing follow-up.

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

Financing: donations

Legal status: non-profit organization

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

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

Eligibility: parents 16 to 22 years old and their children

Capacity: 39 apartments

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: rent: 25% of family income

Financing: provincial, municipal

Legal status: non-profit organization

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: women 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 women 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 3 ½ 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.rjssl.ca

Email: info@rjssl1410.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'Ancre 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

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

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.* Amarillys: 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 Amarillys: 19 individual rooms, Habitations Jean-Pierre Valiquette: 19 apartments of variable size

Coverage area: Greater Montréal

Hours: 24/7

Fees: Sida secours and Amarillys: 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 4 ½ 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

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

Services: Assume governmental responsibilities relatively to employment, income security and social development. * Manage social programs of federal jurisdiction, in particular Old Age Security.* Job bank.* Work field regulation.

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

Services: Compensation for victims of crime and their rescuers * Medical assistance: hospital care, medication, prosthesis, etc.* Compensation for temporary and permanent total disability.* Compensation and psychotherapeutic rehabilitation service in case of death. * Social and professional rehabilitation services: psychotherapy, moving fees, protection fees, help at home, etc.* Online form for compensation for people 18 years and over victims of crime: www.ivac.qc.ca/Documents/212F.pdf* Online form for compensation for minor victims of crime: www.ivac.qc.ca/Documents/211F.pdf

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, 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

Services: Administrators the public health and prescription drug insurance plans and other programs entrusted to it. * Customers phone services: information, registration, renewal or other requests.* Manages the eligibility of individuals.* Remunerates health professionals and protects of personal information.* Online form to register on the Registre des consentements au don d'organes et de

tissus: www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation.aspx* Advance medical directives

online form: <http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form.aspx>

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

Multicultural centres and associations

ALLIANCE SOCIOCULTURELLE ET AIDE PÉDAGOGIQUE

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

514 376-1581 Fax: 514 376-7642

Website: monasap.org

Email: allianceth@hotmail.com

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

Eligibility: youth 12 to 30 years old, seniors

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

AMAL-CENTER FOR WOMEN

903 Décarie Boulevard, Suite 204, Saint-Laurent, Montréal, QC, H4L 3N3

514 855-0330 Fax: 514 360-4105

Website: www.amalwomenscenter.ca

Email: info@amalwomenscenter.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

Services: Promotion of respect for differences, awareness and prevention of discrimination and bullying. * Tolerance Caravan: interactive awareness workshops.* Project Imprint: mobilization program in secondary schools.* Elementary Program: training of primary school professionals and students.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Toys and educative games.* Fab Lab: creative manufacturing with computer-assisted tools.* Story time.* Book club for children.* Les mots partagés: intercultural coffee-meeting.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Book club for adults.* Les mots partagés: intercultural coffee-meeting.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Reading devices for people with a visual disability.

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 IGBO 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: centrekeyan@bellnet.ca

Services: * Cultural activities: theater, arts, literature, traditional dance.* Social activities.* Summer day camps.* Armenian books library.* Abaka weekly newspaper.* Vision Créative Tekeyan: variety shows with cultural themes.* Hay Pem theater company.* Annual bazaar.* Weekly community dinners.* Operation of the Tekeyan Center.* Hall rental.

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

Services: Integration assistance. * Soirées CRI: professional and social networking.

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

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$35

Financing: contributions, self-financing

Legal status: non-profit organization

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 HAÏTIEN D'ACTION FAMILIALE

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

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

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

Eligibility: families in difficulty, mainly Haitians

Capacity: support groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

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

Fees: free for most activities

Financing: provincial, donations

Legal status: non-profit organization

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.legit-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

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

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

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

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

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

Services: * Individual counselling.* Crisis intervention and short or medium-term follow-up.* Guidance through legal or asylum application procedures.* Documentation centre.* 15-week support group.* Bi-monthly self-help discussion workshops.* Awareness in schools.* Struggle against trafficking for sexual exploitation purposes.

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@cwj-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/>

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

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

Services: Assume governmental responsibilities relatively to employment, income security and social development. * Manage social programs of federal jurisdiction, in particular Old Age Security.* Job bank.* Work field regulation.

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

Services: Compensation for victims of crime and their rescuers * Medical assistance: hospital care, medication, prosthesis, etc.* Compensation for temporary and permanent total disability.* Compensation and psychotherapeutic rehabilitation service in case of death. * Social and professional rehabilitation services: psychotherapy, moving fees, protection fees, help at home, etc.* Online form for compensation for people 18 years and over victims of crime: www.ivac.qc.ca/Documents/212F.pdf* Online form for compensation for minor victims of crime: www.ivac.qc.ca/Documents/211F.pdf

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.

Indigenous Peoples

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, 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

Services: Administrates the public health and prescription drug insurance plans and other programs entrusted to it. * Customers phone services: information, registration, renewal or other requests.* Manages the eligibility of individuals.* Remunerates health professionals and protects of personal information.* Online form to register on the Registre des consentements au don d'organes et de

tissus: www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation.aspx* Advance medical directives

online form: <http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form.aspx>

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

Indigenous Peoples

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

RESPIRE 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: centrelibreexpressions@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

Services: Pairing of people with intellectual disabilities with volunteers. * Social skills development.* Advocacy of rights.* Super rigolos: theatre workshops.* Improvisation workshop.* Arts workshops.* Vivre heureux et en santé: nutritional workshops.* Brin de jasette: support and discussion group.* Saveurs du monde: discovery of cultures in Montréal.

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

REGROUPEMENT DE PARENTS DE PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE DE MONTRÉAL

911 Jean-Talon Street East, Suite 227-A, Villera-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

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

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

Services: * Support for parents.* At-home emergency respite.* Exchange group and information evenings.* Sale of incontinence products.* Awareness.* Advocacy of individual and collective rights.* Portal for respite resources for disabled children: www.portailrepite.com.

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

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

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

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-cuiss

Email: guichet.unique.di-tsa-dp.cemtl@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: Anjou, Mercier-Est, Montréal-Est, Rivière-Des-Prairies-Pointe-Aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve, Rosemont

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-cuiss

Email: ga.ditsadp.cnmtl@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-DE-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-cuiss

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-Genève, 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-tsa-dp/#guichet-cuiss

Email: guichet.ditsadp.ccomtl@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-tsa-dp/#guichet-cuiss

Email: aeo-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.* Alcochoix+: 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

Financing: provincial

Legal status: parapublic organization

CLSC DE POINTE-AUX-TREMBLES-MONTRÉAL-EST

13926 Notre-Dame Street East, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1A 1T5

514 642-4050

Website: www.ciuss-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, Rivière-Des-Prairies-Pointe-Aux-Trembles, Montréal, QC, H1E 4M7

514 494-4924

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

Services: Frontline services for routine health and social services. * Preventive or medical services.*

Rehabilitation and reintegration services.* Public health activities. * Postnatal clinic. * Youth clinic: informations about sexuality, contraception, STI and drugs or alcohol consumption. * Tests centre.* Quit smoking centre.

Coverage area: Rivière-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.ciuss-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-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.ciuss-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

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.* Alcochoix+: 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

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

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 professionals. * 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

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

MAISON RÉPIT OASIS

2015 Holy Cross Street, Le Sud-Ouest, Montréal, QC, H4E 2A4

514 768-7161

Website: www.maisonrepitoasis.org

Email: info@maisonrepitoasis.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

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

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

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

Services: Specialized hospital centre for children under 18 years old. * Emergency, general, specialized and surspecialized care.* Home care.* Social services available 24 hours.* Designated provincial pediatric and adolescent trauma centre.* Neurotrauma centre of expertise.* Designated centre for victims of sexual abuse.* Jeremy Rill Centre: phone counselling for parents whose child deceased of sudden infant death syndrome, referral.* Attention deficit disorder clinic: neurological evaluation and screening for attention deficit disorder and hyperactivity (ADHD) in children. Referral to other specialists for long-term monitoring.* Dental care clinic: complete pediatric dental care, emergency department (24 hours). Emergency anaesthesia clinic and special cases clinic.

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

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

Eligibility: people with autism, organizations, family and relatives

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: donations, grants

Legal status: non-profit organization

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: ciusss-nordmtl.gouv.qc.ca

Services: University psychiatric hospital providing specialized and highly specialized services in child psychiatry and autism spectrum disorders. * Clinical care and services, day hospital or inpatient short and medium terms.* Diagnostic evaluations and treatments.* Autism spectrum disorder program.* Neuropsychiatric troubles program.* Short stay and intervention program.* Sleep disorder evaluation clinic.* Anxiety disorders clinic: pedopsychiatric evaluation. pharmacotherapy, psychoeducation. Individual and group cognitive and behavioral therapy. Multidisciplinary assessment. Parent and family therapy.* Mood disorder clinic: multidisciplinary evaluation and intervention in case of suicidal crisis. Cognitive or behavioral therapy for youth and their family. Psychoeducation. Pharmacotherapy.

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 (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

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

Services: Weekend respite house. * Recreational activities, dance, bowling.* Day camps.

Eligibility: people with intellectual disability, with or without other disabilities associated

Coverage area: Montréal Island

Hours: respite: Friday 18h00 to Sunday 17h00, dance on Friday, recreational activities and bowling on Saturday, day camp during the summer: Monday to Friday 9h00 to 15h30

Fees: registration: \$15 per year, day camp: \$100 per week

Financing: self-financing, grants

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

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

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-visually-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

Hours: variable

Financing: donations, self-financing

Legal status: non-profit organization

ESPACE MULTISOLEIL

7378 Lajeunesse Street, Suite 205, Villerey-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

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

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

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

Services: * Camp Papillon: summer camp, family vacation, group stays, respite stays.* Papillon Rock Café.* Résidence Papillon: short-term respite centres.* Carrefour Papillon: documentation centre.* Jardin des Papillons: early childhood stimulation centre and Snoezelen room for 0 to 5 years old.* Papillon Daycare.* Transportation.* Caravane Papillon: mobile vacation camp for disabled children living in remote areas.* Home babysitting.* Day camps.

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@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

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

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 HABITOEIL 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.marchofdimmes.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

RÉVANOUS

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 Révanous.* 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 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, 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 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

Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday 7h00 to 17h00, Friday 7h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

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

Services: Hospital offering emergency, specialized and superspecialized cares. * Emergency and general medicine.* Surgery specialized clinics: surgery, orthopaedic surgery, ENT, cardiac, bariatric.* Medicine specialized clinics: endocrinology, diabetes, antibiotic therapy, risk factors, arrhythmia, cardiology, vascular, syncope, atrial fibrillation, occupational therapy.* Internal medicine clinics: dermatology, anticoagulation therapy, day hospital.* Pneumonology clinics: sleep troubles, COPD, tuberculosis, asthma, pulmonary rehabilitation, tobacco cessation.* Women specialized clinics: pregnancy, obstetric and gynecology, breast clinic.* Palliative cares external clinic.

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 surgery 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

Services: Professional order. * Public protection and quality control of the professional act.* Supervision of the practice of the profession, support to skills development.* Receive complaints.* Occupational therapists repertory: <http://oeq.org/ordre/repertoire.fr.html>

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-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.arcencielfdafrique.org

Email: info@arcencielfdafrique.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-De-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 questioning
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

Services: Representation and defense of the professional interests of journalists. * Advocacy for press liberty and public's right to honest and complete information.* Professional and ethical guidance.* Directory of members: fpjq.org/repertoires/repertoire-des-membres.

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: fsnelligan@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.

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

Services: Housing for women. * Individual and group counselling. * Support and guidance through procedures. * Telephone counselling. * External follow-up. * Awareness workshops. * Conferences on domestic violence. *

Advocacy of rights. * Information and referral.

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, bispirtual 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

Services: Meeting and support place for people living with a mental health problem. * Individualized reception.* Compulsive Accumulation group.* Les percepteurs sensoriels: support group for people with sensory perceptions, mainly those who hear voices.* À la découverte de soi: support group for people living with a mental health problem.* Group for sharing testimonials.* Art-therapy: creative writing group, community art-action project.* Coffee-meeting.* Samedi d'être ensemble: afternoon of socialization, discussion and sharing.* Newsletter: administration of the newsletter Le Rebond.* Collective advocacy.* Computer room with internet access.

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

Services: Coalition of sexual assault centres. * Sharing network for workers and activists.* Training and information.* Mobilization and awareness-raising to sexual violence towards women.* Support for research.* Social advocacy.

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

Services: Multidisciplinary network. * Promotion and advocacy of the rights and interests of women.* Mobilization and representation.* Production and dissemination of health information.* Training workshops, conferences, seminars, webinars.

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 19h00 meetings: 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 GROUPE 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

Services: University hospital centre offering general, specialized and superspecialized cares. * Emergency and general medicine.* Tests centre.* Gynecological clinics: birth clinic, high-risk pregnancy, fertility and assisted procreation, urology, pregnancy interruption, menopause, familial planification and general gynecology.* Addictions medicine service: medical assistance during withdrawal of alcohol, drugs or medication, treatment during hospitalization or outpatient consultation, short-term psychosocial follow-up.* Pain clinic.* Sleep clinic.* Local complaints commissioner: 514 890-8000 ext. 12761.

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

COMMISSAIRE 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

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

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

Services: Community correctional centre for people in parole coping with mental health issues. * 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

CORRECTIONAL SERVICE CANADA - OGILVY COMMUNITY CORRECTIONAL CENTRE

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

514 273-5246 Fax: 514 273-0628

Website: www.csc-scc.gc.ca

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

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

Coverage area: province of Québec

Legal status: federal government agency

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, Rivière-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

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.

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Legal status: parapublic organization

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

Services: Independent organization dedicated to research, knowledge sharing about taxation and skills development of his members. * Representation of the community with tax authorities.* Participation to public consultations about taxation reforms. * Gather various professionals working in the tax field. * To find a professional: www.apff.org/mrm/fr/bottin-des-membres.aspx

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

Hours: Monday to Friday 8h30 to 16h30

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: addsмм2013@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

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

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

Hours: Monday to Friday 8h30 to 16h30

Fees: first 30 minutes of the consultation with the lawyer identified by the service: \$30

Legal status: non-profit organization

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

Services: Professional association of lawyers of Québec. * Overseeing professional legal practice.* Promote law primacy.* Ensures protection of the public.* Info-Criminal Law: phone line for informations provided by volunteer criminal lawyer.

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, Wednesday 10h00 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

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

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

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

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: aidejuridiquemtl@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 Sauv , 11140 Ethier Street, Montr al-Nord, Montr al, 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'acc s: accompagnement, referral and mediation service with local resources.

Eligibility: youth from 19 to 30 years with minor legal problems

Coverage area: Montr al-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.maisonneuvementier@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: Mercier-Hochelaga-Maisonneuve, Anjou, Montréal-Est, Rivière-Des-Prairies-Pointe-Aux-Trembles, Rosemont-La Petite-Patrie, Saint-Léonard

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

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

Eligibility: welfare recipients

Coverage area: 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: directionmha@videotron.ca

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.opdsrm.com

Email: opds.maisonmjc@videotron.ca

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

Eligibility: welfare recipients

Coverage area: North of Montréal

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

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

Services: General legal information clinic and advocacy. * Walk-in and phone information and referrals.* Just Info program: informative legal session for student groups and organizations.* Commissioner of Oaths.* McGill students: free advocacy concerning disciplinary violations.

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

Services: * Information phoneline.* Counselling, active listening, psychological support and accompaniment.* Monthly self-help group for people facing legal issues.* Advocacy for Duplessis orphans.

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

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

Eligibility: welfare recipients

Coverage area: 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

Hours: Monday to Friday 9h00 to 17h00

Fees: application fees

Legal status: non-profit organization

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.* Symposiums 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

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

Services: Regroups teachers, professional practitioners and students in reflexology. * Promotes reflexology, networking and knowledge sharing.* Professional trainings and information sessions for public.* Therapist repertory: reflexmontreal.org/d/index.php/en/members/our-therapists

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

Services: Professional association. * Promotes acupuncture.* Informs the public.* Directory: www.acupuncture-quebec.com/trouver-un-acupuncteur.html

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 CHIROPRACTIENS DU QUÉBEC

7960, Métropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1

514 355-0557 Fax: 514 355-0070

Website: www.chiropratique.com

Email: acq@chiropratique.com

Services: Professional association. * Professional, social and economical interest advocacy of members.* Neuro-vertebral health promotion towards public.* Directory of member chiropractors.

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

Services: Professional association. * Promotion and advocacy of professional, economical and social interests of its members.* Directory of members denturologists: <http://www.adq-qc.com/pour-le-public/trouver-un-denturologiste-membre-de-l-adq/repertoire-des-membres>

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

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: contributions
Legal status: non-profit organization

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

Services: * Advocacy of rights for daycares.* Promotion of members' interests.* Improvement of standards of quality.* Representation.* Training.

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: * Advocay 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 CLINIENS 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: nutritionnists

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

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-optometriste

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

Services: Representation and advocacy of its members. * Information on skin diseases and their treatments.*

Directory of dermatologists: www.adq.org/p/4779-2/repertoire

Eligibility: dermatologist members, public

Coverage area: province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: annual fees

Financing: membership fees

Legal status: non-profit organization

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: annual 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

Financing: contributions

Legal status: non-profit organization

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

Financing: membership fees

Legal status: non-profit organization

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

Financing: membership fees

Legal status: non-profit organization

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

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Financing: membership fees

Legal status: non-profit organization

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

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 OMNIPRATICIENS 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

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

Services: Promote Reiki health perspective. * Publicize the benefits of Reiki across the Québec.* Trainings and conferences.* Directory: www.fqsr.org/repertoire_carte.php

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: spsymtl@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

ORDER OF PODIATRISTS OF QUÉBEC

7151 Jean-Talon Street East, Suite 1000, Anjou, Montréal, QC, H1M 3N8

514 288-0019 Fax: 514 351-2658

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

ORDRE DES ACUPUNCTEURS DU QUÉBEC

505 René-Lévesque Boulevard West, Suite 1106, Ville-Marie, Montréal, QC, H2Z 1Y7

514 523-2882 Fax: 514 523-9669

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/acces-public/accueil.aspx>

Eligibility: acupuncturists and general public

Coverage area: province of Québec

Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE DES ADMINISTRATEURS AGRÉÉS DU QUÉBEC

1050 du Beaver Hall Côte, Suite 360, Ville-Marie, Montréal, QC, H2Z 0A5

514 499-0880 Fax: 514 499-0892

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

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 audioprothetist profession.* Continuous training.* Find a professional: <http://www.ordreaudio.qc.ca/chercher-un-audioprothesiste/>

Eligibility: public, audioprothetists

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 AGRÉÉS DU QUÉBEC

5 Place Ville Marie, Suite 800, Ville-Marie, Montréal, QC, H3B 2G2

514 288-3256

Website: cpa-quebec.com

Email: info@cpa-quebec.com

Services: Professional order. * Public protection, issuing permits to new members.* Monitoring the practice of the profession, complaints mechanism and detecting illegal practice.* Continuous training.

Eligibility: public, chartered professional accountants

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

ORDRE DES CONSEILLERS EN RESSOURCES HUMAINES AGRÉÉS

1200 McGill College, Suite 1400, Ville-Marie, Montréal, QC, H3B 4G7

514 879-1636 Fax: 514 879-1722

Website: www.portailrh.org

Email: info@portailrh.org

Services: Professional order. * Public protection and issuing permits to new members.* Monitoring the practice of the profession* Continuous training.* Find a

professional: http://www.portailrh.org/repertoire/fiche_repertoire.aspx?f=28466

Eligibility: public, human resources management professionals

Coverage area: province of Québec

Financing: membership fees, self-financing

Legal status: non-profit organization

ORDRE DES DENTISTES DU QUÉBEC

800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, 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 Québec

Hours: Monday to Friday 8h30 to 16h00

Financing: membership fees

Legal status: non-profit organization

ORDRE DES ÉVALUATEURS AGRÉÉS DU QUÉBEC

415 Saint-Antoine Street West, Suite 450, Ville-Marie, Montréal, QC, H2Z 2B9

514 281-9888 Fax: 514 281-0120

Website: www.oeaq.qc.ca

Email: oeaq@oeaq.qc.ca

Services: Professional order. * Protection of the public interest by ensuring the quality of the professional acts of the members.* Monitoring of the profession and professional development.* Receive complaints.* Appraisers repertory: <http://oeaq.qc.ca/pour-le-public/trouver-evaluateur-agree>

Eligibility: public, chartered appraisers

Coverage area: province of Québec

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

Services: Professional order. * Information on dental hygiene and oral diseases.* Protection of the public, information about the profession.* Receive complaints.* Continuous training.

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.oiaq.org

Email: oiaq@oiaq.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: dirgen@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

Services: Professional order. * Protection of the public.* Control of the admission to the practice and regulation, professional inspection.* Continuing training.* Discipline and control of illegal practice and misuse of the title.

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

Services: Professional order. * Public protection.* Implementation of Pharmacy law and regulations.* Information and brochures available to the public.* Complaints reception.* Continuous training.* Find a professional: <http://www.opq.org/fr-CA/grand-public/trouvez-votre-pharmacien/>

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

Services: Professional order. * Public protection regarding the services provided by psychologists in accordance with Québec Professional Code.* Promotion of psychology contribution to improve the condition of the collectivity.* Determination of minimal standards for professional training.* Supervision of the practice of the psychologist profession.* Information to the public on their rights and on the profession.* Promotion of the access to psychological services.* Contribution to the development of services through refresher training, continuing education and information.* Psychologists repertory: ordrepsy.qc.ca/trouver-de-aide.

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

Services: Professional order. * Protection of the public through the monitoring of admission, monitoring of practice quality and a disciplinary process.* Complaints reception.* Continuous training.

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

Services: Ordre professionnel. * Public protection, monitoring the practice of the profession in accordance with the laws and regulations that govern it.* Complaints reception.* Continuous training. * Find a professional: <http://www.ottdq.com/recherche.php>

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

Services: Professional order. * Public protection and monitoring the practice of the members.* Receptions of complaints.* Maintenance and development of competences.

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 8h30 to 12h00 and 13h00 to 16h30

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 8h30 to 12h30 and 13h30 to 16h30, Friday 8h30 to 12h30 and 13h30 to 16h00

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

Services: Professional order. * Protection of the public.* Issue of permits for sexologist titles and monitoring of illegal practice.* Maintaining and developing members' skills through a continuing education program.*

Evaluation, monitoring and surveillance of the members' professional activities.* Publication of a sexologists directory: <http://opsq.org/intranet/membre>

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

Services: Professional order. * Public protection.* Monitoring of the practice of the profession by the members. * Reception and treatments of complaints against medical technologists.* Continuous training.

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

Services: Grouping of building inspectors. * Members directory: www.aibq.qc.ca/eng/membres.php. * Training for members.

Eligibility: building inspectors, general public

Coverage area: Province of Québec

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

Services: Promotion of quality, accessibility and diversity in early childhood centres. * Information and consultation. * Professional development. * Consulting services. * Representation and promotion. * Replacement.

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

Services: * Referral to homeopaths: sphq.org/trouver-un-homeopathe-membre. * General information to the public.* Services for members.* Protection of the population.* Promotion and strengthening of homeopathy in Québec.

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

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

Services: Monitor offenders. * Crime prevention.* Material assistance for house search.* Mutual aid, clinical
support and accompaniment.* Referral and follow-up after internship.

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

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

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. * Maman 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.groupeamorcer.com

Email: groupeamorcer@videotron.ca

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

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

Capacity: 4 groups of maximum 20 people
Coverage area: Greater Montréal
Hours: variable, groups in the evening
Fees: for assessment and meetings, adapted according to income
Financing: provincial
Legal status: non-profit organization

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

Services: * Housing.* Assistance with social reintegration.* Group living environment.* Counselling, accompaniment and collaboration with treating teams.

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

Services: Halfway house. * Community residence for women from Tanguay and Joliette prisons.* Support and structural supervision for residents from the Elizabeth Fry Society of Québec.* Psychological follow-up.* Vocational training and job search.

Eligibility: women (ex-prisoners, probationers, parolees, reprieved)

Capacity: per year: 150 people

Coverage area: Montréal and South-West of Québec

Hours: 7 days, 24 hours

Financing: federal, provincial

Legal status: non-profit organization

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

Services: Adult delinquency centre. * Housing intervention for men on parole.* Community intervention for men on probation.
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.institutpacifique.com

Email: info@institutpacifique.com

Services: * Daily activities with 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

Services: Support local and regional municipalities in the application of the Loi sur la sécurité civile and the Loi sur la sécurité incendie. * Accompaniment of municipalities in the elaboration and application of intervention plans.* Intervention in case of sinister.* Elaboration of local and regional security programs.* Sinister simulation exercises.* Civil security emergency phone line.

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

Services: Municipal service management. * Municipal tax management and payment.* Garbage collection.* Engineering and urban-planning department: construction permits.* Dog licence.* Parking licence.* Automated emergency call system.

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

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

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

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

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

Services: * Interventions in case of fires.* Specialized teams: intervention in the presence of hazardous materials, nautical rescue and high-angle rescue team.* Prevention and awareness activities.

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

Services: Municipal service management. * Municipal tax payment.* Garbage collection.* Public work department: infrastructure maintenance.* Urban-planning department: construction permits.* Emergency notification system.* Parking license.* Dog license.

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 GROUPE 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

Email: 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

Services: Rental housing owners' association. * Advocacy.* Consulting, legal, accounting and taxation services.* ProprioEnquête.* Rebates and privileges with partners and suppliers.* Events and trainings.

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

Fees: annual membership: associations or CCR grouping 100 units or less \$25, association or CCR grouping 100 units or more \$50, tenants or CA of an office \$15, subscription to publications for 2 years: \$15 for individuals, \$30 for corporations

Financing: contributions, self-financing, government subventions

Legal status: non-profit organization

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 clientele. * Social and community support to tenants.

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

Capacity: 375 housing units

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

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

Financing: provincial, municipal

Legal status: non-profit organization

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

Services: Acquisition, construction and management of buildings for housing people on a low income. * Community services.* Buildings: Le 1624, Maison Denis Côté, Maison Gilbert Lafontaine, Maison Hélène Bastien, Maison Mario-Guérette.

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

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

ORGANISATION D'ÉDUCATION ET D'INFORMATION LOGEMENT DE CÔTE-DES-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.oelcdn.org

Email: oelcdn@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

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

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

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

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* 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

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* 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

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

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 its 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

Services: * Welcoming, settlement assistance, information. * Housing search assistance. * French courses. * Intercultural pairing. * Daycare. * Training for parents. * Tax clinic.

Eligibility: immigrants and refugees

Capacity: 24

Coverage area: LaSalle, Lachine, Verdun

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

Fees: daycare: variable

Financing: federal, provincial, municipal

Legal status: non-profit organization

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

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

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

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

Services: Community organization involved in preventing blood-borne and sexually transmitted infections. * On site: listening and support, nurse providing consultation and screening, distribution and recovery centre for injection, inhalation and prevention materials.* PLAISIIRS: meeting place where drug users can build common projects together, focusing on popular education and citizen participation.* Street workers: distribution of injection, inhalation and prevention materials by people with backgrounds in drug use, homelessness and the sex trade.* Outreach work.* ASTTeQ: support and intervention program for trans people by trans people.* Projet Pour Toit: home stability project for homeless drug users.* Projet VHC: support and intervention program for users of drug by injection before, during and after HCV treatment.

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-Genève, 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

Services: Management of Habitations Jeanne-Mance. * Social housing.

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.entrepresents.org

Email: info@entrepresents.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

Services: * Peer twinning 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 activities

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: acoeuroouvert120@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

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

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

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@grandsfreresgrandesseoeurs.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

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

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.

Coverage area: Montréal

Hours: Monday to Friday 9h00 to 18h00, Saturday 12h00 to 19h00

Financing: self-financing, membership fees

Legal status: non-profit organization

CARREFOUR D'ENTRAIDE LACHINE - USED ITEMS RECOVERY

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

514 634-3686 ext. 221

Website: www.carrefourdentraide.org

Email: info@carrefourdentraide.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: cefed04@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: mtlzornica.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

Services: * Reception and referral.* Individual counselling.* Assistance with filling out forms.* Certification of documents.* Preparation for the citizenship exam.* Tax clinic.* Employability: assistance with writing resumes and cover letters, preparation for interviews and job search assistance.* Clothing depot.

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: Cemtraide 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

Services: Book-sharing boxes for children 12 years and under. * Drop-off of books donation.* Free books. *

Croque-livres' location: www.croquelivres.ca/en/network

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, Villeroy-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, mattress, 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: natahalierambrou@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.

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

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

Eligibility: children 5 years and under with their parents

Capacity: 15

Coverage area: Saint-Michel

Hours: variable

Fees: membership: \$5

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

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: mdjlasalle.wix.com/mdjlasalle

Email: mdjlasalle@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

Services: * Housing with social reintegration. * J.-A. De Sève: residence for homeless seniors.* Housing maintenance with social guidance.* Shelter.* Health care with convalescence and palliative care beds.* Social accompaniment: assistance with obtaining identity cards, social welfare, pensions and assistance with searching for a therapy or detoxification centre.* Compensatory work.* Bank counter for exchanging welfare checks for people with no bank account.

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, Villerey-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

MOSAIK 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. * Mosaik 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.oldbrewerymission.ca

Email: nvanelislande@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. * Recovery of computer equipment donations: desktops, laptops and servers, tablets, smart phones, LCD monitors, laser printers, projectors, keyboards and mice.* Pick-up service for businesses that want to hand over 15 computer equipment.

Eligibility: donation and sale of computer equipment: schools, non-profit organization (NPO), early childhood center, home childcare service, library, housing cooperative, computer equipment recovery: private companies, government departments, individuals

Coverage area: province of Québec

Hours: Monday to Friday 8h00 to 16h00

Legal status: non-profit organization

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

Services: Community library. * Recovery of used books.* Donation of children's books.

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/magasin/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

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-ENFANT-JÉSUS DE POINTE-AUX-TREMBLES - USED ITEMS RECOVERY

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

Services: Social and work integration. * Recycling and reconditioning of bikes, under the Écovélo label.* Selling of used bicycles at affordable prices.* Pick-up of bicycles.

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

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

Services: * Shelter for homeless men.* Addictions treatment centre.* Social reintegration.* Transitional housing.* Food bank in the form of a free grocery store.* Youth services.* Assistance for mothers and their baby.* Children's services.* Education and employability: assistance with adults' work reintegration.* Free dental clinic.* Clothing depot.* Tax clinic.

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-Commercial 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

Services: * Multiservice centre.* Fringue & Cie: one clothing store.* Legal information clinic.* Employability programs.* Support for caregivers.* Housing programs.* Youth program.* Family services.* Volunteer centre.* French and English conversation workshops.* Management of Hotel Y Montréal and Auberge YWCA.* Tax clinic.

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

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

Services: * Assistance for the settlement of immigrants and refugees.* Computer centre.* Legal clinic for all.* Material assistance: clothing and furniture.* Language courses: French, English, Spanish and Italian.* Casa Scalabrini: housing places for women. * Christmas baskets.

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

ADDICTION PREVENTION

ADDICTION 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

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.operationnezrougemontreal.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

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: 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 mixed

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

Services: External rehabilitation for people with an addiction. * Treated addictions: drugs, alcohol, eating disorder, sex.* Crisis intervention, individual and group therapy.* Counselling and referrals: screening, assessment, 12-step meetings, referrals to detox and residential treatment centres.* Aftercare and reintegration.* Family support.* Sex addiction treatment.

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

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.crdfooster.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, Rivière-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

Services: Specialized treatment centre for substance abuse, alcoholism, gambling and cyberaddiction. * 2-month stay.* Group or individual therapy.* Aftercare follow-up.* Family counselling.* Evaluation.* School program for residents.* Medical monitoring.* Social reintegration.

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

Hours: variable

Fees: free

Financing: provincial

Legal status: non-profit organization

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: parapublic 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

Services: 14-day short-term rehabilitation program. * Treatment of addiction.

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

Services: Rehabilitation centre promoting a therapeutic community approach. * Addictions treated: alcohol, drugs, pills, opiates.* 6 to 8 months therapeutic treatment.* Group therapy.* Post-residential follow-up.* Daycare.

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

Services: Rehabilitation centre. * Wide range of residential centres.* Employment training program.* Portage Academy: study program for teens.* Social reintegration.* Post-residential follow-up.* Family services.* Addictions treated: alcohol, drugs, medication, opiates.

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

Services: Therapeutic and practical services for people with drug, alcohol and gambling problems. * Intensive therapy externally lasting 3 to 6 months, followed by progressive social reintegration.* Prevention and education component.* Crisis intervention.* Assessment and psychosocial follow-up.* Individual, group or family therapy.* Case management.* Workshops: relapse prevention, anger management, self-esteem, etc.* Legal, administrative, employment or studies, accommodation, etc.

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

Services: Confidential supervised injection service for people who use injection drugs. * Supervision of injections and follow-up in the respite room.* Treatment room: infection detection, evaluation and treatment.

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

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

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

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

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

Financing: provincial

Legal status: parapublic organization

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

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

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

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: pssc.communautaire@videotron.ca

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

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

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

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.sexandcoupletherapy.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: lavoie.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

Fees: none

Financing: provincial

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 the 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

Hours: phoneline: 24 hours, 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

ÉQUIPE MOBILE DE CRISE RÉOLUTION

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

Services: Mobile application aiming at preventing mental illness. * Everyday and crisis mood management.* Resource directory.* Mood calendar.* Exercises improving well-being.* Establishment of a security plan in case of crisis.

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

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

CENTRE DE COMMUNICATION EN SANTÉ MENTALE

7070 Perras Boulevard, Rivière-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: parapublic 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

Services: * Partners for Life: teenage depression outreach and prevention program.* Support to community organizations working with youth in difficulty.* Mental health resources directory: www.fondationjeunesentete.org/en/mental-illness-directory.

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

Services: Support, information and resources for people living bereavement. * Helpline.* Individual meetings.* Monthly open self-help groups.* Support groups with 12 meetings.* Support group for men.* Art therapy and music therapy.* Resource directory available on the website.* Training.

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 psychoanalytic 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

Services: Medium and long term housing. * Group home. * Supervised apartments. * Rooming house with community support as part of Accès-Logis program. * Daily guidance.
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

Services: * Supervised apartments.* Group home.* Drop-in centre.* Educational and recreational activities.*

PASS Action program for employment and socialization.

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

Coverage area: Baie-D'urfé, Beaconsfield, Dollard-Des Ormeaux, Dorval, Kirkland, L'île-Bizard-Sainte-Geneviève, L'île-Dorval, Lachine, Lasalle, Le Sud-Ouest, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-De-Bellevue, Senneville, Verdun

Financing: provincial

Legal status: parapublic organization

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 teenager 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

Services: Consultation and mental health cares. * Psychiatric emergency.* Child psychiatry: 0-5 years, 6-12 years old and teenagers.* Affective illness service: anxiety, affective and relational troubles.* Psychotic illness service: young schizophrenic, psychotic troubles.* Geriatric psychiatry service: geriatric psychiatry, memory clinic.* Psychosomatic medicine.* Psychology.

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

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

Services: Weekly self-help group based on the 12 steps guideline for people wanting to stop using cocaine or another behavior-altering drug. * Online list of meetings: www.cocainomanes-anonymes.org/ca_website_004.htm.

Eligibility: people with a cocaine or drug addiction

Coverage area: Province of Québec

Hours: helpline: 24/7

Fees: voluntary contribution

Financing: self-financing

Legal status: non-profit organization

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

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

GAM-ANON

Confidential Address

450 678-0897

Website: 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.*
Online meeting directory: www.gam-anon.org/index.php/component/mtree/quebec?Itemid=229

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

GAMBLERS ANONYMOUS

3300 Rosemont Boulevard, Suite 224, Rosemont-La Petite-Patrie, Montréal, QC, H1X 1K2
1 866 484-6664

Website: 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

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

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

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

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

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

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.aqpamm.ca

Email: accueil@aqpamm.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

CENTRAMI

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

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

Services: * Reception, information, referral.* Telephone support.* Individual and family counselling.* Monthly support groups.* Training, conferences.* Youth section.* Respite.* Filling of motions for a clinical psychiatric examination.

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.impactasantementale.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 likelihood 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

Hours: Monday, Tuesday, Wednesday or Thursday 13h30 to 16h00 or 18h30 to 21h00, according to the workshop, schedule are updated regularly on the website

Fees: between \$400 and \$470 per workshop (10 to 12 weeks), limited number of low cost places are available for social assistance recipients and those with a net annual income of less than \$25 000

Financing: grants, self-financing

Legal status: non-profit organization

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.cbti.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

RESPIRE 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, Villerey-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

Services: Provincial advocacy organization. * Popular education.* Political representation.* Mobilization, networking and exchange of expertise.

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, Villerey-Saint-Michel-Parc-Extension, Montréal, QC, H2R 2E5

514 938-0002

Website: www.simplicom.org

Email: info@simplicom.org

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

Eligibility: community organizations, municipalities and businesses

Coverage area: Montréal Island

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

Fees: variable depending on income

Financing: self-financing

Legal status: non-profit organization

Deaf and hearing impaired

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.* Psycho-social support.* Meetings with nutritionists, nurses and social workers.* Self-help groups and workshops for people with HIV or 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

PHONE RELAY SERVICE

Confidential Address

1 800 855-0511 TTY: 1 800 855-0511

Services: Phone-message relay service allowing speaking person and non-speaking person to communicate. * From a teletypewriter (TTY) to a standard phone or from a standard phone to a teletypewriter.* During a call using the phone-message relay system by teletypewriter, the operator communicate with the hearing or speaking impaired person using a teletypewriter and speak directly to the discussion partner.

Eligibility: people with an hearing impairment or speech-related disorder, people needing to communicate with them

Coverage area: Province of Québec

Fees: free local calls, long-distance fees

Legal status: non-profit organization

SERVICE D'INTERPRÉTATION VISUELLE ET TACTILE

5000 d'Iberville Street, Suite B-243, Le Plateau-Mont-Royal, Montréal, QC, H2H 2S6

514 285-8877 Fax: 514 285-1443 **TTY:** 514 285-2229

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@SRVCanadaVRS.ca

Services: Downloadable application for telephone, tablet and computer allowing the users to communicate by sign language towards an interpreter who will communicate with the wished person. * Apple application for telephone and tablet: <https://itunes.apple.com/ca/app/canvrs/id1086080169?L=fr&mt=8>* Android application for telephone and tablet: <https://play.google.com/store/apps/details?Id=fr.ives.canvrs&hl=fr>* Web Application for computer Mac: <http://user.srvcanadavrs.ca/>* Web Application for Windows: [http://download.srvcanadavrs.ca/latest/SRVCana daVRS.exe](http://download.srvcanadavrs.ca/latest/SRVCana%20daVRS.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

Services: Specialized, overspecialized and personalized services for adaptation and rehabilitation as well as social, residential and professional reintegration. * Technical and technological assistance device for mobility and posture. * Program for people with a locomotor pathology, a musculoskeletal or orthopedic injury. * Driving assessment clinic: assessment for driving license test or car adaptation. * Chronic pain adaptation clinic. * Parents Plus Clinic: reduce disabilities consequences on parental responsibilities. * Work rehabilitation and transition into active life. * Socioresidential resources program. * Rehabilitation medicine.

Eligibility: adults with physical, motor or neurological disabilities

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

CONSTANCE-LETHBRIDGE REHABILITATION CENTRE

7005 De Maisonneuve Boulevard West, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4B 1T3

514 487-1770

Website: www.constance-lethbridge.com

Services: Individualized rehabilitation providing specialized or ultraspecialized services, focused on social reintegration. * Interpretation services available. * Technical devices program. * Driving capacity evaluation and vehicle adaptation. * Work capacity evaluation and integration support. * Rheumatology, neurology.

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

Coverage area: Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: variable
Financing: municipal, provincial
Legal status: parapublic 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 (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
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

Services: Weekend respite house. * Recreational activities, dance, bowling.* Day camps.

Eligibility: people with intellectual disability, with or without other disabilities associated

Coverage area: Montréal Island
Hours: respite: Friday 18h00 to Sunday 17h00, dance on Friday, recreational activities and bowling on Saturday, day camp during the summer: Monday to Friday 9h00 to 15h30
Fees: registration: \$15 per year, day camp: \$100 per week
Financing: self-financing, grants
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 Colletterte 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

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-visually-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

Hours: variable

Financing: donations, self-financing

Legal status: non-profit organization

ESPACE MULTISOLEIL

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

514 759-6522 Fax: 514 303-2202

Website: www.espacemultisoleil.org

Email: info@espacemultisoleil.org

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

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

Coverage area: priority to residents of Montréal

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

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

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

Legal status: non-profit organization

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

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

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

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

Services: * Camp Papillon: summer camp, family vacation, group stays, respite stays.* Papillon Rock Café.* Résidence Papillon: short-term respite centres.* Carrefour Papillon: documentation centre.* Jardin des Papillons: early childhood stimulation centre and Snoezelen room for 0 to 5 years old.* Papillon Daycare.* Transportation.* Caravane Papillon: mobile vacation camp for disabled children living in remote areas.* Home babysitting.* Day camps.

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@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

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

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 HABITOEIL 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.marchofdimers.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 Révanous.* 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 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

Services: Education, information and support for people living with diabetes. * Recreational and sports activities: aquafitness, fitness and swimming.* Support group on demand.* Cooking classes.* Grocery store support.* Nutritional education.* Annual events: girls' night, Christmas event and conference.

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.* Advocacy 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

Services: * Represents its members.* Information available online on all types of allergies. * Repertory of allergists on the website.

Coverage area: province of Québec

Financing: contributions

Legal status: non-profit organization

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.abcbegaielement.com

Email: abcbegaielement@bellnet.ca

Services: Support for people who stutter. * Self-help group held twice a month.* Referrals.* Helping relationship.* Conferences.* Publications.

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 DÉGÉNÉRESCENCE 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

Services: * Information and support for short-statured people (dwarfism), their parents.* Self-help group.* Advice for adaptation and technical aids.* Advocacy.* Social activities.* Visual and written publications.* Training.

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 or 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, Rivière-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

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

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

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

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: visualisation 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

Services: Clinical consultation on non-respiratory sleep disorders. * Research and creation of tools. * Medical teaching. * Public awareness and education: conferences, information articles.

Eligibility: medical staff, people living with sleep disorders referred by a doctor, general public

Coverage area: Province of Québec

Financing: provincial

Legal status: non-profit organization

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

Financing: 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

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

Eligibility: people with diabetes, their families, healthcare professionals

Coverage area: Province of Québec

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

Financing: membership fees, donations, fundraising campaigns

Legal status: non-profit organization

DIABÉTIQUES DU NORD DE MONTRÉAL (LES)

11800 Bois-de-Boulogne Avenue, Ahuntsic-Cartierville, Montréal, QC, H3M 2X6

438 828-3565

Email: diabetenordmontreal@gmail.com

Services: Self-help group. * Conferences, workshops, information sessions.* Outings.* Foot care.* Nutritional education.

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 speciality.* 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

Hôpital Notre-Dame du CHUM, 1560 Sherbrooke Street East, Pavillon 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

Fees: free

Financing: donations

Legal status: non-profit organization

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

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.infolympo.ca

Email: aql@infolympo.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

Hours: variable, reservation required

Fees: annual membership of \$35: Friend of the LAQ, no fees for the self-help group

Financing: donations, self-financing

Legal status: non-profit organization

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: femmessourdes@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.* Symposiums, 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

Services: Support for people affected by cancer. * Information: Info-Cancer hotline, Info-Cancer Library.* Telephone peer matching.* Support activities and groups.* Art therapy.* Physical wellness: massage therapy and kinesiology.* Housing centres.* Programme à Félix: support for 15-39 year olds affected by cancer and their relatives.

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

Services: A Website for people with cancer aged 15-39 and their loved ones: www.cancer15-39.com * Information about the disease.* Tools, resources and services to give them the practical help they need.

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

Services: * Information and referral.* Advocacy of rights and interests for people with visual disabilities.

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: wsanon@aafq.org

Services: * Monthly open support group, alternating between parents and young adults' groups with sickle cell anemia.* Family respite camp.* Information workshops and conferences. * Social activities. * Support for research. * Scholarships.

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.* Youth 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/sqia/services

Email: sqia@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.* Publiphone (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

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, 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 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

Hours: Monday, Tuesday and Thursday 7h00 to 19h00, Wednesday 7h00 to 17h00, Friday 7h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

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

Services: Hospital offering emergency, specialized and superspecialized cares. * Emergency and general medicine.* Surgery specialized clinics: surgery, orthopedic surgery, ENT, cardiac, bariatric.* Medicine specialized clinics: endocrinology, diabetes, antibiotic therapy, risk factors, arrhythmia, cardiology, vascular, syncope, atrial fibrillation, occupational therapy.* Internal medicine clinics: dermatology, anticoagulation therapy, day hospital.* Pneumology clinics: sleep troubles, COPD, tuberculosis, asthma, pulmonary rehabilitation, tobacco cessation.* Women specialized clinics: pregnancy, obstetric and gynecology, breast clinic.* Palliative cares external clinic.

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 surgery 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

Services: Professional order. * Public protection and quality control of the professional act.* Supervision of the practice of the profession, support to skills development.* Receive complaints.* Occupational therapists repertory: <http://oeq.org/ordre/repertoire.fr.html>

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-centreouestmtl.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

Services: Alzheimer awareness and support to people with Alzheimer and their relatives. * Helpline.* Individual and family counseling.* Respite for family caregivers: 3 to 4 hours at home stimulation and assessment of the person.* Day center: socializing activities for those diagnosed.* Support groups for spouses caregivers.* Socialization group for people with young onset dementia.* Support group for relatives of people with young onset dementia.* Safety Net mentorship program for caregivers.* Men in the Kitchen program for male caregivers.* Education conferences and training for family caregivers, health care professionals and the public in French and English: Alzheimer 101 and various half-day workshops.* Ditkofsky professional training: training in the workplace.* Intergenerational activities.* Collaboration with Montreal Museum of Fine Arts: visit of the museum and artistic activities for people with Alzheimer and their caregiver.

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

Services: * Free and confidential counseling.* Support and information groups for people living with Alzheimer and their caregivers.* Monthly support groups for people with dementia and for caregivers.* Weekly activities for people with dementia.* Conferences for the general public.* Webinars and teleconferences.* Training for health care professionals.* Alzheimer cafés.* Respite for caregivers: in-home stimulation and Saturday Activity Centres.* Art therapy for people with dementia.

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

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'Ahunatic, 1165 Henri-Bourassa Boulevard East, Ahunatic-Cartierville, Montréal, QC, H2C 3K2

514 287-7400 ext. 241

Website: www.pq.poumon.ca

Email: info@pq.poumon.ca

Services: Self-help group on respiratory diseases. * Coffee-meetings, lectures with health professionals.

Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers

Coverage area: Montreal Island

Hours: 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

Services: Self-help group on respiratory diseases. * Coffee-meetings, lectures with health professionals.

Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers

Coverage area: Montreal Island

Hours: 1st Monday of each month: 13h30 to 16h00

Fees: free

Financing: fundraising, donations

Legal status: non-profit organization

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.* Symposiums.

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

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.famille nouvelle.org

Email: famille nouvelle@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: groupe des aidants du sud ouest@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, activitie: 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-MANCE

1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2

514 972-1752

Email: projetraaj@gmail.com

Services: Support for seniors' caregivers. * Support workshops.* Individual follow-up.* Listening and referral.

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 related diseases, their families and close ones

Capacity: day centres: 12 people

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

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

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

Financing: provincial, Appui Montréal

Legal status: non-profit organization

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: grpsbo@videotron.ca

Services: Open bilingual self-help group for people with multiple sclerosis. * Group for caregivers: weekly meetings.

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: crnv@nonviolence.ca

Services: Promote non-violence through education. * Training sessions on peaceful resolution of conflict and active non-violence.* Support meetings.* Specialized documentation centre.* Consultation on violence prevention in schools.

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

Services: Radicalization prevention. * Psychosocial intervention. * Social reintegration. * Research and knowledge dissemination on the subject. * Training.

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 Rencontres: 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, L'Île-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

AUBERGE 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

AUBERGE TRANSITION

Confidential Address

514 481-0495 Fax: 514 481-8926

Website: www.aubergetransition.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

Hours: Monday to Thursday 9h00 to 17h00

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

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: fundraising, provincial, municipal

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

Services: Safe housing. * Listening, helping relationship, support, counselling.* Information and referral.* 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

Fees: none

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

Fees: 2nd stage: rent

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 extrnal 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

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 TRÊVE POUR ELLES

Confidential Address

514 251-0323 Fax: 514 251-2433

Website: www.trelepourelles.org

Email: trelepourelles@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

Fees: free

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

Fees: variable

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

Services: * Medical assessment and treatments.* Information, accompaniment and referrals through police and legal procedures.* Provincial toll-free helpline for victims of sexual assault: listening, support, information and referrals.* Individual therapy.* Directory of resources on website:

www.agressionssexuelles.gouv.qc.ca/en/resources/index.php

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

Services: Support for men survivors of incest. * Weekly open support groups.* Recovery groups.* Individual support.* Coffee-meetings.* Awareness and training workshops.* Groups for relatives.

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.siaawso.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: fondation.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

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

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

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.corpozootheapeute.com

Email: info@corpozootheapeute.com

Services: Grouping of independent professional zootherapists. * Promotion of zotherapy.* Members: training, insurance, discounts, etc.* Directory of members: corpozootheapeute.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

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

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

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

Services: Alzheimer awareness and support to people with Alzheimer and their relatives. * Helpline.* Individual and family counseling.* Respite for family caregivers: 3 to 4 hours at home stimulation and assessment of the person.* Day center: socializing activities for those diagnosed.* Support groups for spouses caregivers.* Socialization group for people with young onset dementia.* Support group for relatives of people with young onset dementia.* Safety Net mentorship program for caregivers.* Men in the Kitchen program for male caregivers.* Education conferences and training for family caregivers, health care professionals and the public in French and English: Alzheimer 101 and various half-day workshops.* Ditkofsky professional training: training in the workplace.* Intergenerational activities.* Collaboration with Montreal Museum of Fine Arts: visit of the museum and artistic activities for people with Alzheimer and their caregiver.

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

Services: * Free and confidential counseling.* Support and information groups for people living with Alzheimer and their caregivers.* Monthly support groups for people with dementia and for caregivers.* Weekly activities for people with dementia.* Conferences for the general public.* Webinars and teleconferences.* Training for health care professionals.* Alzheimer cafés.* Respite for caregivers: in-home stimulation and Saturday Activity Centres.* Art therapy for people with dementia.

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

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'Ahunatic, 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

Services: Self-help group on respiratory diseases. * Coffee-meetings, lectures with health professionals.

Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers

Coverage area: Montreal Island

Hours: 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

Services: Self-help group on respiratory diseases. * Coffee-meetings, lectures with health professionals.

Eligibility: people with chronic respiratory failure including chronic obstructive pulmonary disease (COPD) or other respiratory disease, their caregivers

Coverage area: Montreal Island

Hours: 1st Monday of each month: 13h30 to 16h00

Fees: free

Financing: fundraising, donations

Legal status: non-profit organization

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.* Symposiums.

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

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.famille nouvelle.org

Email: famille nouvelle@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: groupe des aidants du sud ouest@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, activitie: 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-MANCE

1850 Bercy Street, Suite 201B, Ville-Marie, Montréal, QC, H2K 2V2

514 972-1752

Email: projetraaj@gmail.com

Services: Support for seniors' caregivers. * Support workshops.* Individual follow-up.* Listening and referral.

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 related diseases, their families and close ones

Capacity: day centres: 12 people

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

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

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

Financing: provincial, Appui Montréal

Legal status: non-profit organization

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: grpsbo@videotron.ca

Services: Open bilingual self-help group for people with multiple sclerosis. * Group for caregivers: weekly meetings.

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

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

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

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

ÂGE D'OR RAYONS DE SOLEIL

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

514 322-0428

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

Eligibility: people 50 years and over

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

Hours: variable

Financing: self-financing

Legal status: non-profit organization

ÂGE D'OR SAINT-BERNARD

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

514 353-2265

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

Eligibility: seniors 50 years and over

Coverage area: Tétéreaultville

Hours: Thursday 13h00

Fees: membership: \$5

Financing: self-financing

Legal status: non-profit organization

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

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

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

Services: Services for senior people. * Home assistance for various light house work.* Accompaniment and transportation for medical appointments, shopping and outings.* Loans of crutches, walking sticks, wheelchairs.* Conferences,* Recreational and sports activities.* Community luncheons.

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

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

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

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

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

Legal status: non-profit organization

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

Services: Services to the Armenian community. * Activities for seniors.* Armenian Croix de Secours of Canada.* Services to the refugees: help with the forms, accompaniment through governmental process.* Daycare.* Cultural activities.
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

Services: * Sociocultural activities, outings and trips.* Physical activities: aquafitness, stretching, line dancing, yoga, soft gymnastics.* Painting.
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

Services: Promoting autonomy and social reintegration of the retired. * Maintaining members' interests.* Recreational, social and sports activities.* Trips.
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 HAÏTIANO-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

Services: * Intercultural dialogue.* Assistance with Haitians' integration.* Housekeeping services.* Food bank.* Community kitchens.* Christmas party at Pavillon Luigi-Pirandello.* Recreational activities for youth and seniors.* Cultural activities.

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

Financing: self-financing

Legal status: non-profit organization

BEL ÂGE D'ANJOU (LE)

7500 Goncourt Avenue, Anjou, Montréal, QC, H1K 3X9

514 355-9385

Email: belageanjou@gmail.com

Services: Social club for seniors. * Social activities: dance classes and evening, pocket baseball and bingo.* Outings and trips. * Community meal.

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

Services: * Reception and assistance.* Accompaniment with public and parapublic services.* Parental support.* Mediation and intervention in schools.* Sharing and mutual aid network.* Family and community kitchen.* Educational, sociocultural, recreational and sporting activities for youth.* Summer camps.* Seniors drop-in centre.* Sharing and information network for seniors.* Community meals.* Physical and intellectual stimulation activities for seniors.* Respite for caregivers of seniors.* Information and support for single mothers.* Self-esteem workshops for women.* Self-help group for women.

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: responsabilidemilieu@carrefourmontrose.org

Services: * Telephone listening.* Medical transportation.* Accompaniment for groceries and shopping.* Intergenerational activities.* Collective kitchens.* Community parties.* Friendly visits and phonecalls.* Support for elders victims of abuse.* Physical activities.* Various conferences and trainings.

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

Services: Bilingual place for meetings and recreational activities. * Language workshops.* Various games.* Dance classes.* Drawing classes.* Fitness.* Cooking and knitting/crochet workshops.* Computer classes.* Special events.

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

CARREFOUR MARGUERITE-BOURGEOYS

1855 Rachel Street East, Le Plateau-Mont-Royal, Montréal, QC, H2H 1P5

514 527-1871

Website: carrefourmargueritebourgeois.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

Services: * Meals-on-wheels.* Community meals.* Various workshops for the elderly.* Friendly calls.* Recreational and social activities.* Keep-in-shape activities.* Community intervention.

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

Services: * Reception and information.* Biblio-aînés.* Social, educational and recreational activities.* Snack bar.* Community transportation.* Ticket office, trips and outings.* Dance and fitness.* Painting.* Spanish conversation.* Coffee-chats.* Tax clinic.

Eligibility: people 50 years and over
Capacity: up to 800 members
Coverage area: Verdun and surroundings
Hours: Monday to Friday 9h00 to 15h30
Fees: membership: \$12 per year
Financing: self-financing, grants, municipal
Legal status: non-profit organization

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

Services: * Transportation: medical and social.* Accompaniment: medical appointments and shopping.* Safety phonecalls.* Respite days.* Monday meetings: light exercise, arts and crafts, board games, group activities.* Community meal.* Café Oasis: conferences.* Inter-âge program: intergenerational computer initiation.* Intercultural Thursday.* Incontinence products.* Assistance with filling out forms.* Intervention.* Tax clinic.

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

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

Eligibility: members only: seniors 50 years and over

Coverage area: Villeray

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

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

Financing: provincial, grants, donations

Legal status: non-profit organization

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 aînés: 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

Services: * Meals-on-wheels. * Friendly visits. * Transportation and accompaniment to medical appointments, shopping and social activities. * PAIR program: computerized safety and medication reminder phonecalls. * Well-being and creative workshops. * Thematic lunches, conferences, coffee-meetings and social activities. * Information hub for seniors: documentation, information, referral. * Assistance with filling out forms. * Individual meetings, community outreach. * Support and socialization groups: mourning, ageing, coupledness, memory loss, men's group. * Living and mutual aid environment. * Tax clinic.

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 Métropolitain Boulevard East, Anjou, Montréal, QC, H1K 1A1
514 352-8497

Services: Social club for seniors. *Meetings and recreational activities: pool, pocket baseball, cribbage, cards, bingo, scrabble, petanque.* Transport by bus for residents of Anjou* Line dancing classes at 7501 Rondeau Avenue.* Dinner dance.* Outings.

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

Services: Social and recreational activities for elders. * Physical activities: dance classes, fitness, bocce, petanque, Tai Chi and yoga.* Card games, bridge, pucks and board games.* Bowling league.* Indoor and outdoor dances.* Thematic outings: sugar shack, apple picking, etc.* Thematic meals: mechoui, corn roast, etc.* L'Info de Sainte-Angèle newsletter: dissemination of the offered activities.

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

Email: cercle3a@videotron.ca

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.lecheznous.org

Email: lecheznous@lecheznous.org

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

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

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

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

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

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

Services: * Recreational and social activities: bridge, card games, bingo.* Line dancing.* Dinners and dances.* Movie projections.* Outings.

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

Services: Recreational activities for seniors. * Bingo.* Community lunches.* Outings and parties.

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

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

Eligibility: people 50 years and over

Coverage area: Montréal-Est

Fees: membership: \$8 per year

Financing: membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE SAINT-SIXTE

1895 de l'Église Street, Saint-Laurent, Montréal, QC, H4M 1E6

514 339-1948

Services: Social and recreational activities for seniors. * Organized trips.* Thematic meal: Christmas, Valentine's Day, etc.* Card games and bridge.

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

Services: Social and recreational activities for seniors. * Games: shuffleboard, bean bags, darts.* Bingo.* Walking.

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

Services: * Social and recreational activities: bingo, bocce.* Outings.* Monthly dancing dinner.
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

Services: Social and recreational activities for seniors. * Dance classes.* Pool games. * Monthly supper.

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
Services: * Social and recreational activities: card games, bridge, scrabble.* Monthly coffee-meeting.* Conferences.* Outings.
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, yagalates 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

Fees: annual membership: \$10, 10-week courses: variable

Financing: self-financing, provincial

Legal status: non-profit organization

COEURS 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/csllmensclub

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

Services: Services and activities for seniors. * Volunteering.* Support group.* Friendly visits.* Group activities.* 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 group.* Computer classes.* Book club.* Walking club.* Newsletter, conferences.

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

Services: Social club for seniors. * Social and recreational activities: card games, painting, line dancing, etc.* Physical activity.

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

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

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.rbd@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

FORUM ÉCONOMIQUE DE VERDUN

5260 de Verdun Street, Verdun, Montréal, QC, H4H 1K1

514 765-7315 ext. 404 Fax: 514 766-3472

Website: www.forumeconomiqueverdun.com

Email: glafontaine@forumeconomiqueverdun.com

Services: Animation, mobilization and support to Verdun citizens in their projects. * La Société culturelle Jardin Notre-Dame-de-Lourdes: free concerts and exhibitions.* Infographics.* Tech Net Verdun: IT consulting.* Park and activities for seniors.

Coverage area: Verdun

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

Financing: grants

Legal status: non-profit organization

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

Services: * Information, referral.* Counselling.* Translation.* Collaboration with other groups and government agencies.* Social and cultural programs, services for seniors.* Health-related conferences.* Flu vaccination clinic.* Tax clinic.* Association Diabète Italo-Canadienne du Québec: information, referral, conferences, awareness and prevention related to diabetes and the treatment of diabetes.

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

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

Eligibility: people of all generations

Coverage area: Villeray

Hours: Monday to Friday 10h00 to 16h00

Fees: community kitchen: around \$1.50 per serving

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

Legal status: non-profit organization

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 residences 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.newhopenhg.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, Kindergarden, 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

Services: * Intervention in public and private residences.* Friendly phonecalls and visits.* Recreational activities: arts and crafts, singing, computer, photography, language classes.* Tax clinic.* Assistance with filling out forms.* Information and referral.

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

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

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

Coverage area: Greater Montréal
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: \$5, variable according to the services
Financing: provincial, foundations, Centraide of Greater Montréal
Legal status: non-profit organization

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

SERVICE D'AIDE ET DE RÉFÉRENCIEMENT 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

Services: * Transportation and accompaniment: medical appointments, shopping, socializing.* Birthday wishes.* Assistance with filling out forms.* Guidance and referral.* Tax clinic.* Influenza vaccination clinic.* Information meetings.

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

Services: * Food assistance, monthly food supplement.* Material assistance for students: food, clothes and household items.* Christmas and Hanukkah baskets.* Kosher food.* Possibility of home delivery.* Collective kitchen.* Clothing bank, used toys, books, CDs and DVDs.* Distribution of school supplies.* Distribution of new clothes two days per year.* Distribution of new and used bicycles.* Financial assistance for medication.*

Financial assistance for heating.* Low-cost eyeglasses.* Loan of bedwetting alarm systems.* Urban agriculture.* Assistance to crime victims.* Dental clinic.* Sports and recreational activities: football, basketball and more.* Day camp.* Seniors club.* Crime prevention programs.

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

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

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

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

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

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/mtl/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/mtl/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/mtl/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

UNIVERSITÉ DU TROISIÈME ÂGE - MONTRÉAL - VERDUN

Confidential Address

1 888 463-1835 ext. 61747 Fax: 819 821-8044

Website: www.usherbrooke.ca/uta/prog/mtl/vrd/

Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.

Eligibility: people 50 and over, no prior degree is required

Coverage area: Montréal

Fees: variable tuition according to the activity, compulsory student fee, donations are optional

Financing: donations, grants

Legal status: non-profit organization

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

Services: Services for seniors. * Friendly Hello: friendly phonecalls.* Indoor and outdoor cleaning services.* Snow shovelling service.* Activities, annual events, outings, discussion groups.* Senior centre at Arthur-Séguin Chalet, 365 Saint-Louis Avenue.* Sports and recreational activities: knitting club, walking, bridge, fitness, dance, conferences, etc.* Nutrition workshops.

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

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: mtlzornica.com

Email: zornica.info@gmail.com

Services: * Reception and accompaniment for newcomers. * French, English and Bulgarian classes. * Assistance with housing search. * Job search workshops. * Resume writing assistance. * Translation: Bulgarian, English, French. * Sports, recreational and cultural activities for children and adults: music, theatre, martial arts, yoga, dance, soccer, etc. * Meetings for seniors. * Meetings for women and young mothers. * Meetings for teenagers. * Cultural events: children shows, concerts, theatre, etc. * Spring break camp. * Library with books in Bulgarian, French and English. * Bulgarian newsletter and program. * Business directory. * Donation or sale of used items according to availability and income. * Markets and garage sales. * Tax clinic.

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

2120 Sherbrooke Street East, Suite 212, Ville-Marie, Montréal, QC, H2K 1C3

514 523-5677

Website: www.sroh.org

Email: info@sroh.org

Services: * Education, prevention and advocacy. * Intergenerational program. * Workshops and round tables for young people to improve self-knowledge. * Parenting workshops to ease the learning process of their children. * Youth Leadership Program to promote academic and professional success. * Mentoring for youth by seniors and mentoring for seniors by youth. * Publication of the revue Psychologie. * Support for poor people. * Video capsules.

Eligibility: young adults

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: variable, free access for people on a low-income

Financing: contributions, donations, provincial

Legal status: non-profit organization

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

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

Home support

ACCORDAILLES (LES)

465 Gifford 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

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 HAÏTIENNE DE MONTRÉAL

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

514 645-0320 Fax: 514 645-0320

Email: centre.accoham@gmail.com

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

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

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

Hours: Monday to Friday 9h00 to 16h00

Fees: voluntary contribution, Christmas basket: \$7

Financing: self-financing, donations, provincial

Legal status: non-profit organization

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

Legal status: municipal agency

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

Services: * Information and referral.* Assistance with filling out forms.* Interpretation and translation.*

Language classes: Mandarin.* Chinese painting, singing, piano and mathematics classes.* Friendly visits and security phonecalls for seniors.* Tax clinic.* Youth mentors.* Summer camps.* Bible study.* Monthly self-help group for people coping with cancer.

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

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

Services: Help and support families of newcomers or longtime immigrants from the Middle East. * Homework assistance. * Visits and assistance to seniors. * Coffee-meetings. * Conferences. * Community and intergenerational activities. * Charitable activities.

Eligibility: Middle Eastern immigrants

Coverage area: Montréal

Financing: donations

Legal status: non-profit organization

ENTRAIDE SAINT-ESPRIT

5415 5th Avenue, Rosemont-La Petite-Patrie, Montréal, QC, H1Y 2S8

514 376-3920 ext. 110

Email: upsf@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

Legal status: non-profit organization

ÉVASION, 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

Legal status: non-profit organization

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

Services: * Family, youth and elderly support.* Integration of newcomers and refugees.* Collective sponsorship.* Referral and accompaniment.* Support, referral, information and training for caregivers.* Home respite.* Friendly visits.

Eligibility: families and individuals in need, newcomers and refugees, caregivers for seniors

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00

Fees: for the respite only

Financing: grants, donations

Legal status: non-profit organization

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

Services: * Information, referral, assistance and guidance.* Interpretation.* Food banks directory.* Collective kitchens.* Social development support: story-telling in schools and homes, theatre plays.* Intercultural meetings.* Home respite for caregivers.

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-H1Z-H1S-H2E-H2A-H1E-H4V-H4B-H4C-H4E-H4H-H4G-H3X-H3S-H3T-H3V-H3Y-H3Z-H3K-H3J-H3H-H3G-H3B-H3A-H2V-H2S-H2T-H2W-H2X-H2L-H2J-H2H-H2K-H7E-H7X-H7T-H7W-H7V-H4K-H4J-H4S-H4R-H4L-H4T-H4W-H4P-H4M-H2G-H1Y-H1X-H1T-H1M-H1W-H1V-H1N-J4W-J4S-J4R-J4P-J4K-J4H-J4J-J4G-J4H-H2Y-H7W-H7S-H7N-H4N-H4P-H4R-H4W-H3V-H2T-H2S-H2R-H2P-H2N-H1N-H1T-H1V-H1W-H1X-H7M-H7G-H4M-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

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 Fax: 514 734-3083

Website: www.town.mount-royal.qc.ca

Email: meagan.reinish@ville.mont-royal.qc.ca

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

Capacity: 24 meals

Coverage area: Town of Mount Royal

Hours: administration: Monday to Friday 8h30 to 16h30, meals-on-wheels: Monday and Thursday

Fees: \$5 per meal

Financing: municipal

Legal status: municipal agency

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-wheel: 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 metropolitan 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

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

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

Capacity: 150 people

Coverage area: Parc-Extension

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

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

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

Legal status: non-profit organization

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.lambertpilotte@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.lambertpilotte@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

Hours: Monday to Friday 8h00 to 17h00

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

Financing: provincial

Legal status: non-profit organization

RÉSEAU D'ENTRAIDE DE VERDUN

4350 Quinn Alley, Verdun, Montréal, QC, H4G 1L9

514 762-0705

Website: www.entraideverdun.org

Email: info@entraideverdun.org

Services: * Emergency and self-serve food assistance.* Community convenience store: low-cost non-perishable or frozen food.* Milk and diapers accessibility program.* Collective kitchen.* Composting.* Listening and referral for seniors.* Food baskets and delivery for seniors.* Underwear program 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

Financing: municipal, provincial, federal, self-financing

Legal status: non-profit organization

SANTROPOL ROULANT

111 Roy Street East, Le Plateau-Mont-Royal, Montréal, QC, H2W 1M1

514 284-9335

Website: www.santropolroulant.org

Email: info@santropolroulant.org

Services: * Meals on wheels: delivery of nutritious meals.* Frozen meals.* Cooking workshops.* Bicycle workshops.* Other ecological activities and projects: rooftop gardens, worm composting, apiculture, mycology, urban fruit picking.* Vegetable baskets (part of Équiterre's family farmers network).* Public market selling organic vegetables.* Farming.* Room rental and community events.

Eligibility: meals-on-wheels: for people with a loss of autonomy (referred by a CLSC or a health-care worker), other services for the general public

Coverage area: meals on wheels: call for details or see the map on website, Montréal

Hours: Monday to Wednesday, Friday and Saturday: 9h30 to 17h30

Fees: meals on wheels: \$5.50 per meal, frozen meals: \$6.50

Financing: self-financing, grants, donations

Legal status: non-profit organization

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@sbaines.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

Financing: 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

514 259-9019

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, Bordeaux-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

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.csssjeannemance.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

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

Services: Public care centre for seniors and people with a loss of autonomy. * Long-term housing and care.

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.

Eligibility: seniors and people with a loss of autonomy

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 Bisailon 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

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

Services: Public care centre for people with Alzheimer's disease. * Housing and long term cares.

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 Sucrierie 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

Services: Private autonomous residence for seniors. * Studio, 2½ and 4½ for 2 people.* Adapted housing for disabled people.* Presence of nursing aid 24/7.* Heating and electricity.

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 epr 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.ciuss-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

Services: Municipal service management. * Municipal tax management and payment.* Garbage collection.* Financial assistance for home adaptation for people living with a disability.* Public work department: infrastructure maintenance.

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

Fees: starting at \$830 per month
Financing: foundation, self-financing
Legal status: non-profit organization

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 Portugese 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

GROUPE HPDG - RÉSIDENCE JEAN MARIE-CHABOT

5035 Côte Saint-Paul Road, L'Île-Bizard-Sainte-Genève, Montréal, QC, H9C 2N4

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: 68 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

Services: Universally accessible housing. * Habitations Logique Quesnel, Perras, Saint-Jacques, Saint-Joseph and Regain-de-vie. * Adapted housing for disable people.

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

Services: Residence for seniors with a loss of autonomy. * Tax clinic.

Eligibility: seniors 65 years and over with a loss of autonomy

Coverage area: Montréal

Hours: office: 8h00 to 16h00

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, Rivière-Des-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, Rivière-Des-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 apartments

Coverage area: Montréal Island

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: santacabrinidante@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

Services: Subsidized housing for seniors. * Studio, 3½ and 4½.* Meals.* Maintenance and cleaning.

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.donaldbermanmimonides.net

Services: Establishing long term care. * Accredited homes.* Partnership with residences for semi-autonomous people.* Meals on wheels.* Respite for caregivers.

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

Financing: provincial

Legal status: non-profit organization

MAISON DES AÎNÉS HOCHELAGA-MAISONNEUVE

1620 de La Salle Avenue, Mercier-Hochelaga-Maisonneuve, Montréal, QC, H1V 2J8

514 598-9999

Website: www.vieillirheureux.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 activities.* 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

**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.jp@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

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 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

**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

Services: Web directory of accessible public places and businesses, accessible and adaptable housing, accessible organizations and accessibility resources. * Mobile application coming in June 2019.

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

Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 15h30
Fees: between \$612 and \$638 per month
Financing: self-financing
Legal status: non-profit organization

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 elderly 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 par month, vary depending on size and floor

Legal status: non-profit organization

RESIDENCE NORMA MCALISTER

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

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

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

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

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

Eligibility: autonomous and semi-autonomous seniors

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

Coverage area: Montréal

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

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

Financing: grants, self-financing

Legal status: non-profit organization

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

Legal status: non-profit organization

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.villairaimbault.com

Email: villairaimbault@videotron.ca

Services: Subsidized apartments for autonomous and semi-autonomous seniors.

Eligibility: seniors on a low or moderate income

Capacity: 63 apartments

Coverage area: Montréal

Hours: Monday to Thursday 8h30 to 15h30

Fees: 25% of the income according to the provincial notice of assessment

Financing: municipal

Legal status: non-profit organization

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 HAÏTIENNE 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

CLUB INTERGÉNÉRATION LA PETITE-PATRIE

5718 Saint-André Street, Rosemont-La Petite-Patrie, Montréal, QC, H2S 2K1

514 278-0281 Fax: 514 278-9526

Email: clipp@videotron.ca

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

Services: Promotion of Creole and of Afro-Caribbean and African-American cultures. * Creole language classes in person and online.* Translation of Creole to and from French, English and Spanish.* Kepkaa library: sale of books, edition and literary events.* Mois du créole à Montréal festival.* Painting courses.* History and culture courses.* Intergenerational activities.* Awareness.

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 POUCE JEUNESSE DE MONTRÉAL-NORD

11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3

514 321-8054 Fax: 514 321-6550

Website: www.coupdepoucejeunesse.com

Email: info@coupdepoucejeunesse.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, Empreintes paternelles.* 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.* Assistance with filling out documents and forms.* Occasional clinics and workshops in collaboration with the CLSC.* Assistance to senior citizens, families and youth.* Advocacy.* Assistance for abused seniors.* Computer classes.* French classes.* Programme intégré d'équilibre dynamique (PIED) for the elderly.* Recreational and reaching out activities for the elderly.* Food bank.* Christmas baskets.* Food vouchers.

Eligibility: people of diverse origins, particularly Greek

Coverage area: Greater Montréal

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

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

Financing: donations, Moisson Montréal, Moisson Laval

Legal status: non-profit organization

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.mtl nord@videotron.ca

Services: * Information and referral telephone service.* Advocacy for collective rights in terms of housing, health, abuse and ill treatment, transportation and any situation involving elders.* Friendly information meetings for elders.* Newsletter for members. * Monthly breakfast-meetings.

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-pointedelille.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 PRÉRÉTRAITÉES - 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

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.cdpedj.qc.ca

Email: information@cdpedj.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.

Eligibility: health and social services users
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 16h30, by appointment
Fees: annual fees for Protection Santé: \$49.95
Financing: fundraising campaign, contributions, donations
Legal status: non-profit organization

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

Services: * Mobilization and defense of seniors rights.* Networking.* Valorization of citizen involvement.* Recreational activities for seniors.* Monthly newsletter.* Support with projects development.

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: asklipios@hotmail.com

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

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

Coverage area: Park-Extension and surroundings

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

Financing: provincial, self-financing

Legal status: non-profit organization

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

Services: Community hall. * Reception and referral.* Monthly conferences on health.* Community meals, thematic dinners.* Cultural outings.

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

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

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

Coverage area: Montréal

Financing: provincial

Legal status: parapublic organization

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

Coverage area: province of Québec by phone or email, Greater Montréal for home visits

Hours: Monday to Friday 9h00 to 17h00, except holidays

Fees: membership card: \$30 per year, free first hour of consultation, consultation: \$70 to \$125 per hour, possibility of a fixed price

Financing: self-financing, donations

Legal status: non-profit organization

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

Coverage area: Downtown and Le Plateau Mont-Royal

Hours: Monday to Friday 9h00 to 16h45

Fees: free

Financing: donations, foundations, provincial, federal

Legal status: non-profit 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

Services: Help with the integration of newcomers. * Help with job search and the immigration process.* Information and guidance.* Advocacy for seniors.* Physical activities for seniors.* Listening.* Coffee chats.* Help with homework.* Interpretation services.

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 communautaire 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: arcssc2@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

Financing: 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

Financing: 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

Financing: 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

Services: Social integration club.* Monthly meeting.* Children's and adult social activities.* Cooking, international dining, coffee and wine tasting clubs.* Cycling, walking, exploring and outdoor adventure clubs.* Movie, theatre, craft, book and gardening clubs.

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

CINÉMATHEQUE 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

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

Services: Country's national public broadcaster. * Radio, television and digital platforms including mobiles.

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

Hours: youth center: Monday to Friday 15h30 to 21h00, administration: Tuesday to Friday 13h30 to 16h00
Fees: variable depending on activities
Financing: municipal, provincial
Legal status: non-profit organization

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

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

Services: Place for socialization. * Reception, support and accompaniment.* Activities and events.* Physical activity, skateboard lessons.* Development of self-esteem.* Day camps.* JM Court: skatepark at 4240, de Bordeaux Street.

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@campes.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

Hours: Monday, Tuesday, Thursday and Friday 14h30 to 17h00 and 19h30 to 21h00, Wednesday 10h00 to 12h00 and 14h30 to 21h00, Saturday and Sunday 13h30 to 16h00

Fees: free membership for residents of Baie d'Urfé, subscription fees for non-residents

Financing: municipal

Legal status: municipal agency

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: bibliotheque@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

Grande Bibliothèque, 475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4

1 800 363-9028 Fax: 514 873-9312 **TTY:** 514 873-1100

Website: www.banq.qc.ca

Email: info@banq.qc.ca

Services: * Loans and access to printed and audiovisual documents.* Photocopying, copying, scanning services and Internet access.* Specialized services: exhibitions, workshops and cultural activities.

Eligibility: specialized services: youth 0 to 13 years old, teens, business people, newcomers, members of cultural communities and people with visual impairments

Coverage area: Province of Québec

Hours: Tuesday to Friday 10h00 to 22h00, Saturday and Sunday 10h00 to 18h00, news and new releases section: Tuesday to Sunday 10h00 to 22h00

Fees: variable costs for photocopies, telecopies and other services

Financing: provincial

Legal status: provincial government agency

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - LEGAL DEPOSIT

2275 Holt Street, Rosemont-La Petite-Patrie, Montréal, QC, H2G 3H1

1 800 363-9028 Fax: 514 873-4310

Website: www.banq.qc.ca/services/depot_legal

Email: depot@banq.qc.ca

Services: Section in charge of the legal deposit as required by the Act respecting Bibliothèque et Archives nationales du Québec, which stipulates that publishers must deposit free of charge copies (usually two) of all works published in Quebec within seven days of their publication. * Gathering, preservation and promotion of Quebec's published heritage materials in its entirety.

Eligibility: publishers

Coverage area: Province of Québec

Hours: Tuesday to Friday 9h00 to 17h00

Financing: provincial

Legal status: provincial government 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: collectionspeciale@banq.qc.ca

Services: Head office of Bibliothèques et Archives nationales du Québec. * Technical services (including legal deposit, ISBN and CIP). * Special collections in the reading room.

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: csllibrary.org

Email: reference@cotesaintluc.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: bibliotheque@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

Services: * Loan and consultation of books and audiovisual documents.* Home delivery for people with reduced mobility.* Computers, Internet access and iPads.* Story time.* Book club for children.* Reading clubs in English and French.* Conferences, launches.

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

JEWISH 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

Services: * Loan and consultation of books and audiovisual documents.* Computers and Internet access.* Home loan for people with reduced mobility.* Book club for children.* Book club for adults.* Story time.* Conferences, exhibitions, workshops and meetings.

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: bibliotheque@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

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

Eligibility: children 0 to 12 years old, families

Coverage area: Montréal

Hours: Monday to Friday 10h00 to 18h00

Fees: free

Financing: municipal, fundraising campaigns, donations

Legal status: non-profit organization

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Music listening stations.* 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-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

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.* Book club for adults.* Language learning stations.* Collections for the Russian, Chinese and Hispanic communities.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Music listening stations.* Toys and educative games.* Story time.* Book club for children.* Workshops, conferences and exhibitions.

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

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.* Les mots partagés: intercultural coffee-meeting.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Music listening stations.* Toys and educative games.* Story time.* Book club for children.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Navette-biblio: transportation to libraries for seniors.

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

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

Eligibility: children, youth and adults

Coverage area: Verdun

Hours: Monday, Wednesday and Thursday 13h00 to 21h00, Tuesday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

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

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

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

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

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

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

Eligibility: children, youth and adults

Coverage area: Mercier, Hochelaga-Maisonneuve

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

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Language learning stations.* Toys and educative games.* Story time.* Book club for children.* Book club for adults.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.*
Les mots partagés: intercultural coffee-meeting.* Loan of glasses for on-site consultation.

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-GRÂCE LIBRARY

3755 Botrel Street, Côte-des-Neiges-Notre-Dame-de-Grâce, Montréal, QC, H4A 3G8

514 872-2398

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.*
Workshops, conferences and exhibitions.

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

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.* Loan of reading glasses for on-site consultation.

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

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.

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

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - RIVIÈRE-DES-PRAIRIES LIBRARY

9001 Perras Boulevard, Rivière-des-Prairies-Pointe-aux-Trembles, Montréal, QC, H1E 3J7

514 872-9425

Website: www.bibliomontreal.com

Email: biblio_rp@ville.montreal.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Language learning stations.* Toys and educative games.* Story time.* Book club for children.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Les mots partagés: intercultural coffee-meeting.

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

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

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.* Computer workshop.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.

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

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Music listening stations.* 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: Ahuntsic-Cartierville

Hours: Monday and Friday 9h00 to 17h00, Tuesday 9h00 to 18h00, Wednesday and Thursday 9h00 to 19h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAUL-BELLOW 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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Story time.* Book club for children.* Book club for adults.* Workshops, conferences and exhibitions.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Music listening stations.* Story time.* Book club for children.* Home loan for people with reduced mobility.* Workshops, conferences and exhibitions.* Les mots partagés: intercultural coffee-meeting.

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

Services: Network of 45 municipal public libraries. * Loan of documents and web resources.* Cultural, scientific and literacy activities.* Access to a common catalogue.

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

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Music listening stations.* 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-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: Montreal 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 to 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: biblio@sadb.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices.* Biblio-roulante: home loan for people with reduced mobility.* Book clubs for children.* Book club for adults.* Story time.* Exhibitions, conferences and workshops.

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

Services: Promotion of the discovery and interpretation of nature through natural sciences among youth. * Training for personal research.* Development of observation skills, critical sense, sense of initiative and communication in a group.* Awareness of environmental issues and protection.* Family circles.
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, responsibility, 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

Services: Promoting a scientific culture among young people. * Programs: Science Fairs, Junior Tech Challenge, Défi génie inventif, Club des Débrouillards, Les Innovateurs à l'école.* Science teaching-support kits and activities in primary and secondary schools.

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, Villera-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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