

In need of support?



Greater Montréal

To find the services that can help:
call us!



2-1-1

To speak with a counsellor, 8 am to 6 pm, 7/7



211qc.ca

5000 organizations



Food or material assistance, housing, support to seniors,
families and newcomers or other social needs

NORTH SHORE • SOUTH SHORE • ISLAND OF MONTRÉAL

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