

**When you don't know
where to turn**



Grand Montréal



2-1-1



211qc.ca

Find the appropriate resource

- *Food assistance*
- *Justice and advocacy*
- *Employment and Income*
- *People with disabilities*
- *Resources for seniors*
- *Material assistance*
- *Immigration*
- *Housing*
- *Family services*
- *Psychosocial support*



Grand Montréal

7 days per week, 8 a.m. to 6 p.m.

Free and confidential

Multilingual help (200 languages)