

Community Resources for All

Montreal Region Resource Guide

Open to everyone, regardless of immigration status



A guide developed through the collaboration of the following project participants:

- Dr. Jill Hanley, Ashleigh Delaye, Sarah Huxley, Molly Tenzer and students from the 2016 MSW Migration and Social Work class at the McGill School of Social Work
- Dr. Valéry Ridde, Magalie Benoit, Jessika Huard, Ekta Kumar, Solène Lagrange, Veronica Torres Mazon, and Javier Andres Fuentes Bernal and from the “Santé des Migrants” CIHR research project of the Institute of Public Health of University of Montreal.



This resource guide is also available in French and Spanish.

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Introduction

This resource guide includes community resources that are open to everyone, regardless of immigration status.¹

It is organized by neighbourhood and you can find information about how to access:

- **Activities:** workshops, recreation, social events, computer and internet access, gym, dance and gardening
- **Children and youth services:** drop-in daycares, homework support, after-school programs, access to school, kids activities, help with school registration
- **Clothing and household items:** for free or at low cost
- **Food:** food banks, collective meals, collective kitchens, group buying
- **Health services:** medical, mental health, psychosocial support
- **Housing:** Shelter and tenants' rights
- **Immigration:** Information and help with visa, accompaniment for regularization, detention and deportation
- **Information and referrals:** general information about social and legal rights (labour rights)
- **Language courses:** French and English courses, literacy, writing, conversation
- **Social support:** listening and counselling services, budget and debt support, domestic violence support

While these places may ask that you are a resident of the neighbourhood, a certain age or fit other eligibility criteria, your immigration status will not be a

¹ In order to identify organizations, we called each organization and asked them a series of questions to be sure that the services listed are open to everyone, regardless of immigration status, as well as what documents they might ask for and if there are any fees.

problem. If you have trouble accessing any of these services, you can contact one of the organizations on the page of “Key Resources related to Immigration”. They can offer support in getting access.

Things to remember:

- The information in this guide can change quickly. **It’s always best to phone the organization first** to check if the information is up to date.
- Only the services listed here are open to everyone. Organizations may have other services that require permanent residency, for example.
- This is not a comprehensive list of useful organizations. Our aim was to provide a starting point for useful organizations in your neighbourhood

Key Resources related to Immigration Status

Doctors of the World

Population: Migrants without health insurance (children 0-12 and 24+)
560 boul. Crémazie East, H2P 1E8
(514) 609-4197
www.medecinsdumonde.ca/index.php/nos-interventions/projet-montreal/

Health Services

Free basic health and social services for eligible migrants. Drop-In Clinic, 1-4pm on Thursday. The social work team helps determine if there is any way for you to access public health insurance.

Information and referrals

For patients of the clinic, referrals for help with immigration regularization and social rights in general.

Solidarity across Borders

Population: Open to everyone
(438) 933-7654
solidaritesansfrontieres@gmail.com
www.solidarityacrossborders.org

Activities

Community organizing, mutual aid nights, social activities, training workshops.

Children and youth services

Support and accompaniment for families having difficulty registering their children for school.

Immigration

Information and accompaniment for regularization (refugee claims, humanitarian applications), detention and deportation.

Information and referrals

Referrals and accompaniment for migrants having difficulty accessing social rights in general.

SOS Violence conjugale

1 (800) 363-9010

Population: Anyone experiencing conjugale violence
www.sosviolenceconjugale.ca

Social support

Support and information for people experiencing conjugal violence. Can refer to shelters and help in emergencies. Open 24 hours, 7 days a week.

Immigrant Workers Centre

Population: Open to everyone
4475 boul. Van Horne, office 110, H3W 1H8
(514) 342-2111
www.iwc-cti.org

Activities

Social activities, training workshops.

Children and youth services

Support and accompaniment for families having difficulty registering their children for school.

Immigration

Information and help with work permits, Permanent Residency for temporary foreign workers and regularization (humanitarian applications).

Information and referrals

Individual advocacy and accompaniment for problems with your job (labour standards, health and safety, harassment). Also for informal or cash workers.

Language courses

Free English and French conversation classes.

Legal Aid for Immigration

Population: Low-income migrants
440 boul. Rene-Levesque West, H2Z 1V7
(514) 849-3671
www.aidejuridiquedemontreal.ca/service-de-garde/immigration/

Immigration

Government program that gives access to free or low-cost lawyers for refugee claims, humanitarian applications, complicated family sponsorships and criminal matters.

Head and Hands

Population: Youth 12-25
5833 Sherbrooke St. West, H4A 1X4
(514) 481-0277
www.headandhands.ca

Information and referrals

Free legal information clinic for all ages (donations welcome). Legal support for youth 12-25.

Health services

Doctors, health screening for all youth 12-25. Strong services for sexual health and trans people.

Montreal City Mission

Population: All migrants
1435 City Councillors St., 3rd floor, H3A 2E4
(514) 844-9128
www.montrealcitymission.org

Children and youth services

Child and youth activities, especially for refugees, during the year. Camp Cosmos day camp every summer.

Immigration

Information and referrals on refugee claims and immigration applications. Accompaniment for immigration procedures for particularly vulnerable migrants. Some low-cost fees may apply.

Information and referrals

Information and referrals for seniors 55+ with an immigrant background, homes visits.

South Asian Women's Community Centre

Population: Focus on South Asian women and their families (incl. Iran and Afghanistan)
1035 Rachel St. East, 3rd Floor, H2J 2J5
(514) 528-8812
www.sawcc-ccfsa.ca

Activities

Info sessions, community organizing, mutual aid nights, social activities, outings, training workshops.

Immigration

Free information, settlement services and accompaniment for new immigrants.

Information and referrals

Referrals and accompaniment for migrants having difficulty accessing social rights in general.

Language courses

Free English and French classes.

Social support

Support and accompaniment for families facing difficulties, including for domestic violence.

Action-Réfugiés Montréal

Population: Refugee claimants and people in immigration detention
1439 Ste-Catherine St. West, office 2, H3G 1S6
(514) 935-7799
www.actionr.org

Immigration

Conducts weekly visits to the Laval immigration detention centre. Can link people in detention to good lawyers and other resources. You can contact them to check for a friend you think may be detained and might need support.

Information and support for people looking to privately sponsor refugees who are overseas. Matching of refugees with local residents for exchange, social activities, support in settlement.

Association multiethnique pour l'intégration des personnes handicapées

Population: Adults with a handicap (8\$ membership)
6462 boul. St-Laurent, H2S 3C4
(514) 272-0680
ameiph@ameiph.com

Activities

Monthly coffee reunions to talk on different subjects. Artistic exposition at St. Pierre Centre, social outings.

Children and youth services:

Winter party, visits to Cabane à Sucre.

Housing:

Shelter and tenants' rights.

Language courses

French courses, francisation.

Immigration

Information and help with visa, documents filling.

Information and referrals

Information about current programs and services for handicapped persons, social and legal rights Orientation on public health services.

Social support

Listening and counselling services, budget support. Private meetings for information on specific subjects on health access and services. Social integration, interpretation and translation, advocacy and accompaniment.

Community Resources for All: **Ahuntsic-Cartierville**

La Corbeille Bordeaux-Cartierville

Population: Residents of Ahuntstic-Cartierville
5090 Dudemaine St., H4J 1N6
(514) 856-0838
www.lacorbeillebc.org

Activities

Cooking class for parents and kids.

Food

Low-cost food boxes; Emergency food; OLO program for pregnant women; special back-to-school supplies.

SNAC: Service de nutrition et d'action communautaire

Population: Residents of Ahuntstic-Cartierville, proof of residence and letter from a community organization are required
10780 Laverdure St., office 003, H3L 2L9
(514) 385-6499
www.lesnac.com

Food

Food bank, emergency food and meals.

Cartier-Émilie

Population: Open to everyone
12395 Lachapelle St., H4J 2P7
(514) 658-3126, (514) 658-3127
www.cartieremilie.com

Activities

Free computer and sewing courses with a drop-in daycare while parents are attending courses.

Clothing and household items

Low-cost second-hand clothing store.

Language courses

Free English courses with a drop-in daycare while parents are attending courses.

Scalabrini Centre

Population: Immigrants
655 Sauriol St. East, H2C 1T9
(514) 387-4477
scalabrinimontreal.org

Activities

Computers and internet access. Social activities.

Clothing and household items

Maternity and babies' clothes, furniture.
Free for people who arrived in Canada less than 6 months ago only.

Immigration

Help doing immigration applications (refugee claims, humanitarian, work permits, study visas, sponsorship, etc).

Language courses

English, French, Spanish and Italian at variable costs.

CANA: Assistance Crossroads for Newcomers

Population: Immigrants
10780 Laverdure St., H3L 2L9
(514) 382 0735
www.cana-montreal.com

Immigration

Help doing immigration applications (refugee claims, humanitarian, work permits, study visas, sponsorship, etc...).

Language courses

English and French courses for 45\$.

Concertation-Femmes

Population: Women

(7\$ membership)

1405 boul. Henri-Bourassa West, H3M 3B2

(514) 336-3733

www.concertationfemme.ca

Activities

Workshops and courses, discussions for personal growth, health, etc. Social activities (dinners, parties).

Information and referrals

Telephone support, information, and referrals.

Pause Famille

Population: Ahuntsic families with kids 0-5

10780 Laverdure St., H3L 2L9

(514) 382-3224

info@pausefamille.ca

Activities

Cooking, knitting.

Children and youth services

Drop-in daycares, requires a meeting between the parents and a worker before obtaining access to this service.

Clothing and household items

Food

Emergency food.

Information and referrals

Support, information, referrals.

La Maison des parents de Bordeaux-Cartierville

Population: Families

(10\$ membership)

5680 de Salaberry St., H4J 1J7

(514) 745-1144

www.lamdpc.org

Activities

Workshops and courses. Social activities (dinners, parties, outings).

Children and youth services

Joujouthèque (Toy-sharing): Like a library for toys. You can borrow them and bring them home or just play there with your kids.

Information and referrals

Telephone support, information, referrals.

Community Resources for All:

Anjou

Service d'Aide Communautaire Anjou

Population: Low income
6497 Azilda Ave., H1K 2Z8
(514) 354-4299
www.sacanjou.org

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| Activities Computer skills classes. |
| Food On case-by-case basis. |
| Language courses French classes, reading and writing workshops, conversation workshops. |

Carrefour des Femmes d'Anjou

Population: Women
8664 Chaumont Ave., H1K 1N5
(514) 351-7974
cfanjou@cfanjou.ca

| |
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| Activities Free computer literacy, health and fitness workshops. |
| Food Emergency food and collective kitchen. According to the needs of the family. |
| Languages courses French, English and Spanish language, conversation groups. |
| Information and referrals Social rights in general. |
| Social support Coffee hours, accompaniment, help with various forms and applications. |

Centre Communautaire Chénier

Population: Open to everyone
7800 Boul Métropolitain East, H1K 1A1
(514) 493-8200

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| Activities Recreational, sports, arts for children and adults. |
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Association Au Fil du Temps

Population: Seniors, according to needs
7500 Goncourt Ave, H1X 3X9
(514) 524-9443

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| Activities Exercise, arts, personal development, health, culture, social. |
|---|

Centre Humanitaire d'Organisation de Ressources et de Références Anjou (CHORRA)

Population: Open to everyone
6551 Azilda Ave., H1K 2Z8
(514) 493-8278
chorraorg@yahoo.ca

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|---|
| Food Food bank, collective and community kitchens. |
| Immigration Information and workshops concerning immigration and transitions, help in integration, support for families. Adjusted to individual situations. |

Service Bénévole d'Entraide Anjou

Population: Seniors, 55+. An at-home evaluation by a volunteer is required.
7800 boul. Châteauneuf, H1K 4J4
(514) 351-2517
sbeaab@videotron.ca

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|---|
| Social support At-home care and social support for senior residents, transportation services. |
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Le Carrousel du P'tit Monde d'Anjou

Population: Families
7800 Boul Métropolitain East, H1K 1A1
(514) 351-3095
infocarrousel@cam.org

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|---|
| Activities Social and family activities (children 0-5 and parents). |
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Community Resources for All: Centre-Sud

Centre d'Information Communautaire et de Dépannage (C.I.C.D). Ste-Marie

Population: Open to everyone with a reference letter from a local community organization.
2766 de Rouen St., H2K 1N3
(514) 526-4908
cicdsm@cam.org

Clothing and household items

Winter clothing and other.

Housing

Assistance finding affordable housing.

UQAM Legal Clinic

Population: Open to everyone
209 Ste-Catherine St. East, H2X 1L2
(514) 987-6760
www.cliniquejuridique.uqam.ca

Information and referrals

No procedures or follow-up.

Centre Jean-Claude-Malépart

Population: Open to everyone
2633 Ontario St. East, H2K 1W8
(514) 521-6884
www.cjcm.ca

Activities

Computer literacy courses.

Language courses

Ste-Catherine d'Alexandrie Recreation and Community Centre

Population: Open to everyone, case-by-case basis according to needs.
700 Amherst St., H2L 3L5
(514) 524-6626
www.cclsca.qc.ca/cours-de-langues

Activities

Sport, cultural activities, leisure for all ages, computer literacy.

Food

Food bank: self-serve fridge and pantry.

Language courses

French, English, Arabic, Italian, German, etc.

Centre d'éducation et d'action des femmes de Montréal (CEAF)

Population: Women
2422 boul. de Maisonneuve East, H2K 2E9
(514) 524 3901
www.ceaf-montreal.qc.ca

Activities

Creative workshops.

Language courses

French language workshops.

Social support

Workshops and information on various social topics.

Centre d'écoute et de référence de l'UQAM

Population: Open to everyone
320 Ste-Catherine St. East, DS-3255, H2X 1L7
(514) 987-8509
centre_ecoute@uqam.ca

Information and referrals

For social rights in general, housing, public transportation, leisure. Workshops and accompaniment.

Language courses

Free French conversation groups with volunteers, language exchanges.

Social Support

Listening and referral service.

Entraide Léo-Théorêt

Population: Open to everyone
2000-B Alexandre-de-Sève St., H2L 2W4
(514) 521-0095 poste 6
www.arrondissement.com/montreal/entraideleot
heoret

Clothing and household items

Inexpensive clothing and furniture available at Bazar Sacré-Cœur.

Food

Kitchen collectives and café meet ups.

Atelier des Lettres

Population: Open to everyone
1710 Beaudry St., office 3.9, H2L 3E7
(514) 524-0507
www.atelierdeslettres.alphabetisation.ca

Activities

Computer classes, social activities.

Language courses

Workshops in French.

Information Alimentaire Populaire Centre-Sud

Population: Open to everyone with proof of revenue OR with a letter from a community organization.
1710 Beaudry St., office 1.14, H2L 3E7
(514) 529-2626
info_alimentaire@yahoo.ca

Food

Biweekly food distribution, Christmas baskets, emergency services.

Centre d'écoute Le Havre

Population: Open to everyone
1260 Ste-Catherine St. East, office 209, H2L 2H2
(514) 982-0333
www.le-havre.qc.ca

Heath services

Psychosocial support: in-person or by telephone, for everyone undergoing difficulties of all kinds.

Association Québécoise des Parents et Amis de la Personne Atteinte de Maladie Mentale

Population: Open to everyone
1260 Ste-Catherine St., office 208, H2L 2H2
(514) 524-7131
www.aqpamm.ca

Heath services

Psychosocial support, telephone help line, respite services for family and friends of people with mental health problems.

Community Resources for All: Côte-des-Neiges

Project Genesis

Population: Open to everyone
4735 Côte-Sainte-Catherine, H3W 1M1
(514) 738-2036
www.genese.qc.ca

Information and referrals

Drop-in storefront. Information on social rights
Help filling out housing, welfare, Medicare
forms. Certified copies. Commissioner of oaths.
Action committees on a variety of social issues.

Centre Multi-Écoute

Population: Open to everyone
(5\$ membership)
3600 Barclay Ave., office 460, H3S 1K5
(514) 737-3604
www.multiecoute.org

Information and referrals

Information on social rights. Help filling out
immigration and other forms. Certified copies.
Commissioner of oaths.

Language courses

Multilevel English courses (15\$ per session).
French conversation course (15\$ per session).

Social support

Weekly meetings with a counselor for people
experiencing difficulties. Free, 3-6 months.

Femmes du monde

Population: Women
(2\$ membership)
6767 Côte-des-Neiges, office 597, H3S 2T6
(514) 735-9027
www.femmesdumondecdn.org

Activities

Workshops and social activities (coffee hours,
parties, films).

Information and referrals

Social Support

Mutual support for women who've experienced
difficult or violent relationships.

ROMEL

Population: Open to everyone
6555 Côte-des-Neiges, office 400, H3S 2A6
(514) 341-1057
www.romel-montreal.ca

Housing

Resources on finding and renting apartments.

MultiCaf

Population: Open to everyone
3591 Appleton Ave., H3S 1L7
(514) 733-0554
www.multicaf.org

Activities

Workshops and social activities (arts, poetry
circle, parties, films).

Food

Community cafeteria. Free breakfast, 9:30-
10:30AM Monday to Thursday. Lunch 11:45AM-
13PM, Monday-Friday, 2\$ for adults, 1\$ for
children.

Food bank: For CDN or Snowdon residents only
(proof of address and ID for each family
member). Once a month per family. Offered Tues
to Thurs 9-10:30PM.

My Brother's Keeper

Population: Open to everyone
5150 Queen Mary St., H3W 3H7
(514) 855-1927

Health services

Psychosocial support, including home visits, for
people with difficulties of all kinds. Help with
basic needs and activities.

University of Montreal Legal Clinic

Population: Open to everyone
Centre de formation pratique
Pavillon Jean-Brillant, office B-2202
3200 Jean-Brillant St., H3T 1N8
(514) 343-7851
www.droit.umontreal.ca/ressources-et-services/clinique-juridique/

Information and referrals

Free legal information from law students. No legal
counsel. You must call to make an appointment.

Baobab Familial

Population: Côte-des-Neiges families with kids 0-12.

10780 Laverdure St., H3L 2L9

(514) 382-3224

info@pausefamille.ca

Children and youth services

Homework help for kids 6-12.

Drop-In Daycare: low cost half a day per week of daycare.

Social support

Support related to family issues and social rights
Respite support: volunteers can visit your home to help out.

Centre de pédiatrie sociale en communauté de Côte-des-Neiges

Population: Côte-des-Neiges families with kids 0-12, in difficulty.

6555 Côte-des-Neiges, office 300, H3S 2A6

(514) 341-2220

Health services

Medical services (doctors, nurses, physical and speech therapists) for children at risk of developmental or health problems.

Psychosocial support: social workers for families experiencing difficulties.

Children's and youth services

School support: liaison with schools for children experiencing education difficulties.

Relais Côte-Des-Neiges

Population: Open to everyone

6600 Victoria Ave, office 100, H3W 2T2

(514) 735-3498

relaiscdn@videotron.ca

Children and youth services

Free Homework support. Free child Care (2-4).
Offered Mon-Thurs. 9AM-12PM

Food

Food bank: for the members only. Once a week per family. Offered every Monday pm.

Information and referrals

Language courses

French conversation: offered Mon, Wed and Thurs. 10-11AM.

Service d'Interprète d'Aide et de Référence aux Immigrants : SIARI

Population: Open to everyone

6767 Chemin de la Côte-des-Neiges, H3S 2T6

(514) 738-4763

www.siari.org

Children and youth services

Camps, homework support, activities.

Food

Food bank: for the residents only. Once a week per family.

Information and referrals

Information on social rights. Help filling forms.
Certified copies.

Language courses

Multilevel English et French courses. Translation services.

CONAM : Centre d'Orientation des Nouveaux Arrivants et immigrants de Montréal

Population: Open to everyone

6767 Chemin de la Côte-des-Neiges, H3S 2T6

(514) 733-0738

conamc6@hotmail.ca

Health services

Psychosocial support: individual support Mon-Friday.

Information and referrals

Information on social rights. Help filling forms.
Certified copies.

Oeil : Organisation d'Education et d'Information Logement

Population: Open to everyone

3600 Barclay Ave., H3S 1K5

(514) 738-0101

www.oeilcdn.org

Housing

Workshops and support for housing rights and responsibilities, lease agreements, and notices from landlords.

Community Resources for All: Downtown

Montreal City Mission

Population: All migrants
1435 City Councillors St., 3rd floor, H3A 2E4
(514) 844-9128
www.montrealcitymission.org

Children and youth services

Child and youth activities, especially for refugees, during the year. Camp Cosmos day camp every summer.

Immigration

Information and referrals on refugee claims and immigration applications. Accompaniment for immigration procedures for particularly vulnerable migrants. Some low-cost fees may apply.

Information and referrals

Information and referrals for seniors, 55+ with an immigrant background, homes visits.

McGill Legal Information Clinic

Population: Open to everyone
3480 McTavish St. H3A 0G4
(514) 398-6792
www.licm.mcgill.ca/

Information and referrals

Legal information provided in person or by phone by law students. No legal counsel.

YWCA

Population: Women
1355 boul. René-Lévesque West, H3G 1T3
(514) 866-9941
www.ydesfemmesmtl.org

Activities

Exercise, arts, personal development, varying costs.
Internet's access; computer courses available. 5\$.

Housing

Long-term housing under some conditions with letter of reference from a community organization
Housing right.

Information and referrals

Consultation for immigration, family, criminal, civil, employment and law. 0-10\$.

People's Potato

Population: Open to everyone, especially students, Sept-April only
1455 boul. de Maisonneuve West, H-733, H3G 1M8
514-848-2424 x7590
www.peoplespotato.com

Food

Daily lunch (12:30-2pm), food bank, good food boxes. By donation. No identification required.

Young Bar Montreal

Population: Open to everyone
445 boul. St-Laurent, office RC-03, H2Y 3T8
514.954.3450
www.ajbm.qc.ca

Information and referrals

Legal information on employment, tenant rights, small claims, and hearing preparation.

Women's Centre of Montreal

Population: Women
3585 Saint-Urbain St., H2X 2N6
(514) 842-1066
www.centredesfemmesdmtl.org

Activities

Zumba and fitness classes, Microsoft Word, Excel, and internet classes,
Coffee meetings on various topics, help with applications and filling out forms, etc.

Children and youth services

Groups for new or expecting mothers, distribution of diapers and other maternity accessories.

Food

Emergency food and kitchen collective.

Information and referrals

Legal information on civil, criminal, immigration and other issues.

Languages courses

French, English and Spanish classes.

Social support

Psychosocial support: listening, referral, support groups for victims of incest, accompaniment in court for domestic violence cases.

Community Resources for All: Hochelaga-de-Maisonneuve

Le PEC Hochelaga-Maisonneuve

Population: Open to everyone
(5\$ membership)
1691 boul. Pie-IX, H1V 2C3
(514) 596-4488
www.pechm.org

Activities

Internet's access. Instruction available.
Wide range of courses: exercise, crafts, and art.
Free to 50\$, depending on course.

Clothing and household items

Used clothes store. Prices begin at 0.10\$.

Food

Community meals; collective kitchen.

Information and referrals

Free. No appointments.

Language courses

Free English classes.

La Marie Debout

Population: Women
(5\$ membership)
4001 Ste-Catherine St. East, H1W 2G7
(514) 597-2311
www.lamariedebout.org

Activities

Workshops and courses, discussions for personal growth, health, etc. Social activities (dinners, parties). Free or low-cost. Some reserved for members.
Internet's access Free instruction and courses available.

Information and referrals

Social support

Free psychosocial support.

Carrefour d'alimentation et de partage St-Barnabé

Population: Open to everyone
1475 Bennett Ave., H1V 2S5
(514) 251-2081
www.capstbarnabe.org

Food

Food bank, possibility of hot meals.

Housing

Emergency shelter: possibility of emergency shelter for women who are sex workers.

ACEF de l'Est de Montréal

Population: Residents of Hochelaga with incomes below \$30K/year
2030 boul. Pie IV, H1V 2C8
(514) 257-6622
www.acefest.ca

Social support

Budget and debt advising; courses on personal finances; consumer support; online tools for budgeting.

Entraide Logement Hochelaga- Maisonneuve

Population: Residents of Hochelaga (Proof of residence)
1500 d'Orleans Ave., H1W 3R1
(514) 528-1634

Housing

Advising on tenant rights; support for complaints.

Centre de pédiatrie sociale en communauté d'Hochelaga-Maisonnette

Population: Hochelaga families with kids 0-12, in difficulty. Individual assessment before being accepted.

1600 Aylwin St., H1W 3B8
(514) 528-8488

Children and youth services

Liaison with schools for children experiencing education difficulties.

Health services

Medical services (doctors, nurses, physical and speech therapists) for children at risk of developmental or health problems.
Psychosocial support: social workers for families experiencing difficulties.

Regroupement Entre-mamans

Population: Mothers

(15\$ membership)

3363 de Rouen St., H1W 1L4

(514) 525-8884

www.entremamans.qc.ca

Clothing and household items

Baby and maternity clothing. Free or low-cost.

Food

Collective kitchen.

Information and referral

Social support

Homes visits for parents of newborns: help with information and advice on child care, housecleaning.

Centre NAHA

Population: Open to everyone
(20\$ annual membership)
5995 Hochelaga St., H1N 1X3
(514) 259-9962
www.centrenaha.org

Food

Food bank, 5\$/week.

Clothing and household articles

Used clothes and household items available at 5979 Hochelaga St.

Répit-providence

Population: Hochelaga families with kids, proof of residence (unofficial OK)

1855 Dezery St., H1W2S1

514-523-5747

<http://repitprovidence.com>

Children and youth services

Respite child-care: a few hours or even overnight (overnight requires a referral from a community organization).

Carrefour Parentant

Population: Families

4650 Ontario St. East, H1V 1L2

514-259-6127 poste 221

www.carrefourparentants.org

Children and youth services

Drop-in Daycare: short-term daycare for young children.

Activities

Workshops and courses. Social activities (dinners, parties, outings).

Community Resources for All: Lachine

Carrefour d'entraide Lachine

Population: Lachine residents, proof of residence
(5\$ annual membership)
1176 Provost St., Lachine, H8S 1N5
(514) 634-3686
www.carrefourdentraide.org

Activities

Day camps, family outings and events (apple picking, sugar shack, theatre).

Clothing and household items

Second-hand clothing boutique, back-to-school supplies.

Food

Emergency food, kitchen collectives, bagged lunch workshops.

Comité Logement de Lachine-Lasalle

Population: Residents of Lachine and Lasalle (call to make appointment)
426 St-Jacques St. West, Lachine, H8R 1E8
(514) 544-4294

Housing

Housing advocacy: defense of tenant's rights, workshops on discrimination, rent increase, and other housing rights workshops and information.

La P'tite Maison Saint-Pierre

Population: Residents of St. Pierre and adjacent neighbourhoods.
41 Ouellette Ave., Lachine, H8R 1L4
(514) 544-1319

Children and youth services

2\$ half-day child-care.
Education programming.

Clothing and household items

Second-hand clothing available.

Food

Soup lunches, school lunches, children's food.

Social Support

Resources to break social isolation: drop-in services, potlucks and cafe, social/dinner outings, walking groups, coffee breaks.

Groupe d'entraide Lachine

Population: Lachine residents, Lasalle and Dorval
(\$10 annual membership)
1310 Notre-Dame St., H8S 2C8
(514) 639-4941
www.grentraidelachine.ca

Activities

Day center for activities: community lunch, group outings, personal development, games, and socializing.

Cumulus: Prévention des toxicomanies

Population: School aged youth
C.P. 34054 Galerie Lachine, Lachine, H8S 4H4
(514) 634-5774

Social support

Referral and listening support for school aged youth particularly for substance related problems.
Point of contact through schools or by phone.

The Teapot

Population: Lachine residents, aged 50+
2901 boul. St Joseph, Lachine, H8T 2B7
(514) 637-5627
www.theteapor.org

Activities

Social activities, outings, workshops, classes, discussion groups, computer drop-in (small fees per activity), friendly visiting and phone calls.

Food

Inexpensive dinners at community center, frozen food delivery, collective kitchens, shuttle services to grocery stores.

Community Resources for All:

Lasalle

LaSalle Community Center

Population: Adults, 18+
15 Highlands Ave., H8R 3N2
(514) 363-4506

Activities

Social activities and collective meals every 3rd Thursday of the month.

Boys and Girls Club

Population: Children and Adolescents
8600 Hardy St., H8N 2P5
(514) 364-3907
www.bgclasalle.com/

Activities

Gym and rooms for community and sports activities.
Community internet access center.

Children and youth services

Activities: for newborns, pre-school children, after-school program, teen program, basketball, etc.
Tutoring: help in various school subjects at all levels.

Nutri-centre LaSalle

Population: Residents of LaSalle
408-A Lafleur Ave. H8R 3H6
(514) 365-3670
administration@nutricentrelasalle.com

Food

Workshops, community lunches, accompaniment at the supermarket, cooking workshops for youth, nutrition education, collective gardens.

Maison des Familles de LaSalle

Population: Open to everyone, residents of Montreal
535 Lafleur Ave., H8R 3J3
(514) 364-1332
www.mfamilles.koumbit.org

Children and youth services

Workshops for parents and children, daycare services according to need, 2\$ per hour.

Centre du Vieux Moulin de LaSalle

Population: Seniors, 50+
7644 Édouard St., office 210, H8P 1T3
(514) 364-1541
www.cvmlasalle.org

Activities

Sociocultural and community activities, Senior's coffee meetings, arts, sports classes.

Social support

Home visits, various mutual aid services concerning mourning and loneliness, transportation (Moulin Bus) from home to the center.

Expression Lasalle

Population: Adults, 18+
405 Terrasse Newman, office 210, H8R 1Y9
(514) 368-3736
www.expressionlasalletherapies.ca

Health services

Mental health: group and individual therapy (in English or French). Special therapeutic groups on the theme of sexual abuse. Other forms of therapy offered include drama, art, and music.
Fee: 13-26\$ depending on what services are requested and how long membership is granted.
Can last anywhere between 6-10 months.

Groupe des Aidants du Sud-Ouest

Population: Caregivers
8564 boul. Newman, #200, H8N 1Y5
(514) 564-3061
www.groupeidesaidantsdusudouest.org

Social support

Monthly group support meetings for caregivers.

HOPE Food bank

Population: Residents of LaSalle
(514) 363-4578

Food

Food bank: call in order to set meeting for evaluation in order to determine the level of need. Limited availability.

LaSalle Multicultural Resource Center

Population: Open to everyone
1464 boul. Shevchenko, H8R 2A5
(514) 367-3383
lmrc_community@hotmail.com

Health services

Psychosocial support: individual, couple and family therapy, early drug prevention, preservation of family, seniors mentoring, seniors club, pre-teen and teen leadership program. Free or low-cost.

Phobies-Zéro

Population: Open to everyone
(20\$ annual membership)
(514) 276-3105
www.phobies-zero.qc.ca

Health services

Mental Health: weekly support and mutual assistance group for people suffering from anxiety, panic attacks, phobias and agoraphobia. Also open to families and loved ones. 10\$ for one visit (if not a member). Help line weekdays from 9am to 9pm at 1-866-922-0002.

Action Centre

Population: People with physical or intellectual disabilities aged 21+.
2214 Dollard Ave., H8N 1S6
(514) 366-6868
www.centreaction.org

Activities

Classes (computer, arts and crafts, etc.), meditation, exercise.

Language courses

French.

Council for Black Aging Community of Montreal

Population: Black seniors
3021 Delisle St., H4C 1M8
(514) 935-4951
www.pages.riac.ca/associations/membres/cblack.html

Activities

Discovery program.

Language courses

Social support

Psychosocial support: home visits, volunteering, support group.

Community Resources for All:

Laval

La Coop de Solidarité Saint-François en

Action

Population: Residents of St-Francois
(10\$ membership)
8117 boul. Lévesque East, H7A 1V1
(450) 936-2557
www.facebook.com/coopsfa/

Food

Social enterprise focused on food security and support.

Laval Women's Centre

Population: Women, residents of Laval.
69 8th St., H7N 2C5
(450) 629-1991
www.cflaval.org

Activities

Parent and child activities.

Food

Collective kitchen.

Social Support

Mutual aid, participation in political and feminist action.

Entraide Pont Viau/

Laval-Des-Rapide

Population: Residents of Laval.
664 St-André St., H7G 2J2
(450) 663-8039
www.lentraidelaval.org

Social support

Workshops and information sessions for newcomers, accompaniment, and community building.

Maison de Quartier de Fabreville

Population: Residents of Laval
3031 boul. Dagenais West, H7P 1T7
(450) 625-5453
www.mqfabreville.org

Children and youth services

Daycare, family focused activities and workshops for children and parents. Arts and cooking classes. Every service is free.

Food

Food emergency.

Relais Communautaire de Laval

Population: Residents of Laval, low income.
111 boul. des Laurentides, office 101, H7G 2T2
(450) 668-8727
www.relais-communautaire.org

Activities

Social integration activities.

Clothing and household items and ma

Clothing assistance.

Food

Food assistance.

Social Support

Individual counselling and intervention for people with low income, multi-cultural, and social integration activities.

Travail de Rue Ile de Laval

Population: Youth 12-21
106 boul. de la Concorde East, H7G 2B9
(450) 662-1031
www.trilstation.org

Information and referrals

Social support

Psychosocial support, listening, follow up and accompaniment services.

Acef de L'île-Jésus

Population: Open to everyone
1686 boul. des Laurentides, office 103, H7M 2P4
(450) 662-9428
www.aceflaval.com

Social support

Budget assistance, credit counselling, debt and housing workshops, and emergency funds.

Association pour aînés résidents À Laval

Population: People aged 50+
(15\$ annual membership)
4901 St-Joseph St., H7C 1H6
(450) 661-5252
www.aparl.org/

Activities

Gentle exercise, arts and crafts, internet workshops, etc.

Food

Accompaniment and support for grocery shopping.

Language courses

Conversational language exchanges.

Association De Laval Pour La Déficience Intellectuelle

Population: Residents of Laval with disabilities,
(10\$ membership)
73 boul. St-Elzéar West, H7M 1E7
(450) 972-1010
www.aldi1959.com

Activities

Animated activities for service users.

Food

Emergency food service.

Social support

Home respite services.

Stimul'arts

Population: Residents of Laval
(15\$ membership, 7.50\$ per activity)
201 7th Ave., H7N 4J7
(450) 668-8226
www.stimularts.com

Activities

Adapted events, music, and arts workshops.

Bureau d'aide et d'assistance familiale place Saint-Martin

Population: Residents of Laval, fees for some
activities and classes.
1856 Dumouche Ave., office 101, H7S 1J8
(450) 681-9979
www.baaf-psm.org

Children and youth services

Preschool, French learning center for children aged 2-5.

Food

Collective kitchens.

Social Support

Mutual aid groups.

Community Resources for All: Longueuil

Longueuil Women's Centre

Population: Women
(5\$ annual membership)
1529 boul. Lafayette, J4K 3B6
(450) 670-0111
www.centredefemmeslongueuil.org

Activities

Workshops on various themes.

Social support

Individual and group coaching, accompaniment, support groups for female newcomers, networking for homosexual women.

Croisée de Longueuil

Population: Residents of Longueuil
1230 Green St., J4K 4Z5
(450) 677-8918
www.lacroiseedelongueuil.qc.ca

Activities

Workshops and activities for children and families.

Food

Food distribution, collective gardens, support for families.

Carrefour Le Moutier

Population: Open to everyone.
99 Place Charles-Lemoyne, office 105, J4K 4Y9
Port de Mer Building
(450) 679-7111
www.carrefourmoutier.org

Social support

Listening, integration, and help services for individuals.

Envol Programme D'aide Aux Jeunes Mères

Population: Young mothers of the South Shore (Mothers under 25, with children 0-5). Proof of residence required
1660 de L'Église St., J4P 2C8
(450) 465-2584
www.lenvol.org

Children and youth services

Activities and programming for young mothers and their children
Child-care, family intervention and support.

Association Coopérative D'économie Familiale De La Rive-Sud

Population: Residents of the South Shore, 18+
2010 chemin Chambly, J4J 3Y2
(450) 677-6394
www.acefrsm.com

Social support

Financial support: Debt prevention and counselling, consumer rights education and advocacy, budget planning courses.

Hébergement la Casa Bernard-Hubert

Population: Men 18+

1215 boul. Ste-Foy, J4K 1X4

(450) 442-4777

(phone for intake interview)

www.lacasabernardhubert.org

Housing

Emergency housing for 6 months with psychosocial, addictions, and mental health supports.

Macadam Sud

Population: Youth 12-35

895 Ste-Hélène St., J4K 3R7

(450) 677-9021 x221

www.macadamsud.org

Social support

Street-based outreach, follow-up services, and assistance with youth projects and community building.

Espoir service d'intervention en santé mentale

Population: Open to everyone.

1704 St-Georges St., J4P 0A1

(450) 672-4597

www.serviceespoir.com

Health Services

Psychosocial support.

Social support

Rehabilitation and integration for daily living and home care, community services and follow-up.

Auberge Du Coeur L'antre-Temps

Population: Youth 16-21

950 boul. Roland-Therrien, J4J 5H3

(450) 651-0125

www.antre-temps.org

Housing

Support for youth with family problems or experiencing homelessness, accommodations, follow-up, and family supports.

Community Resources for All:

Montreal-North

Centre Communautaire Multi-Ethnique de Montréal-Nord (CCMEMN)

Population: Open to everyone
11121 Salk Ave., #103, Door 15, H1G 4Y3
(514) 329-5044
www.centremultiethnic-mtl.n.org

Activities

Social events. Low-cost outings. Workshops.

Clothing and household items

Second-hand clothes store. Prices begin at 0.10\$.

Food

Food bank (located at 6343 Pierre St.), 5\$ per week or 20\$ per month.

Immigration

Information on immigration-related issues.

Language courses

Free French conversation workshops.

L'Essentiel Montréal-Nord (St-Vincent-de-Paul)

Population: Open to everyone
11624 l'Archevêque Ave., H1H 3B4
(514) 325-7320

Clothing and household items

Used clothes and household items available at low cost.

Food

Food bank.

Comité Logement de Montréal-Nord CLMN

Population: All tenants
11 379 Garon Ave., H1H 3T7
(514) 852-9253
www.clmn.ca

Housing

Advising on tenant rights; support for complaints.

Halte-femmes Montréal-Nord

Population: Women dealing with conjugal violence
(10\$ membership)
6532 boul. Léger, H1G 1L5
(514) 328-2055
www.haltefemmes.org

Activities

Wide range of courses (free to 5\$): self-defence, exercise, crafts, art. Low-cost outings.

Children and youth services

Daycare available (children 3 months to 13 years) for women using the services. Reservation necessary.

Health services

Psychosocial support related to conjugal violence: Free psychosocial support, information, referrals. Also offer special program for women 55+.

Information and referrals

Family law advising. Referral to lawyers. Legal accompaniment to court or meetings. Appointment necessary. 5\$ deposit, refunded at appointment.

Social support

Parental support: Workshops for mothers. Parenting classes.

Centre Éducatif Le Phare

Population: Open to everyone
4149 d'Amiens St., office 206, H1H 2G3
(514) 326-4112

Activities

Social events. Low-cost outings. Workshops and activities.

Children and youth services

Homework support. Youth activities.

Immigration

Free information and settlement services for new immigrants. Access to an immigration consultant on a fee basis (\$\$).

Language courses

Free French literacy classes.

Centre d'activités pour le maintien de l'équilibre émotionnel de Montréal-Nord (CAMÉE)

Population: Open to anyone with mental health challenges
(10\$ membership)
11 700 L'Archevêque Ave., H1H 3B6
(514) 327-3035
info@camee.ca

Health services

Free psychosocial support related to mental health challenges, information and referrals.

Centre d'Action Bénévole de Montréal Nord - Service d'accompagnement aux nouveaux arrivants

Population: Open to everyone, newcomers
4642 Forest St. (corner Balzac), H1H 2P3
(514) 328-4850
saei@cabmtl-nord.org

Housing

Information and accompaniment for housing search.

Immigration

Free information and settlement services for new immigrants. Individual and group sessions.

Information and referrals

Information sessions and workshops related to settlement and social issues in Montreal.

Social support

Follow-up: phone calls and home visits. Help filling out forms.

The Kangourou House

Population: Parents and children in crisis.
Residents of Montréal-Nord
(514) 524-4141
info@lamaisonkangourou.org

Housing

Emergency shelter for children 0-12, when parents have temporary crisis. No shelter services for parents.

Un Itinéraire pour Tous

Population: Residents of Montréal-Nord
12004 boul. Rolland, office 224, H1G 3W1
(514) 328-4000 # 5579
info@uipt.ca

Activities

Free physical, creative and music activities. Coffee and discussion. Information workshops. Possibility to do volunteer work.

Children and youth services

Daycare available (children 18months – 5 years). Reservation necessary.

Immigration

Free information and settlement services for new immigrants.

Language courses

Free French and English beginner and intermediate level classes.

Entre parents

Population: Parents and children, residents of Montréal-Nord
(7\$ annual membership)
4828 boul. Gouin East, H1H 1G4
(514) 329-1233
info@entrepairs.org

Activities

Free.

Children and youth services

Drop-in Daycare: children from 3 months to 5 years, for parents using the service. Sleep over available from Saturday night to Sunday morning. Educational support for children. Activities. Free.

Food

Collective kitchens 2 times a week, nutrition workshops, preparing food for babies and collective kitchen for fathers.

Community Resources for All: NDG – Notre-Dame-de-Grace

Head and Hands

Population: Youth 12-25
5833 Sherbrooke St. West, H4A 1X4
(514) 481-0277
www.headandhands.ca

Children and youth services

School support, tutoring and school counselling for youth (12-18).

Health services

Doctors and health screening for youth (12-25).
Services for sexual health and trans people.

Information and referrals

Free legal information clinic for all ages (donations welcome).
Legal support for youth (12-25).

Social support

Counselling, street work and social support for youth. Available free and quickly.
Young Parents Program.

NDG Community Council

Population: Open to everyone, but especially NDG residents
5964 Notre-Dame-de-Grâce Ave., H4A 1N1
(514) 484-1471
www.ndg.ca

Information and referrals

Annual tax clinic for low-income NDG individuals and families. Information and support on tenant rights.
Download information on a broad range of social rights www.ndg.ca/en/information-for-ndf-residents/online-resource-center-ndg

NDG Food Depot

Population: Everyone, but especially NDG residents.
2146 Marlowe Ave., H4A 3L5
(514) 483-4680
www.depotndg.org

Activities

Social activities and workshops on nutrition and cooking. Community garden and gardening to support social programs.

Food

Emergency food baskets on Tuesdays (2:00-7:00 PM) and Fridays (10:00AM-2:00PM). (Must be a resident of NDG with proof of address and photo ID for each family member).
Community meals and collective kitchen.
Weekly Farmer's Market (affordable price) with entertainment and information kiosks on Fridays (1:30 PM-6:30 PM).

Saint Monica's Parish

Population: Open to everyone, but especially NDG residents
6405 de Terrebonne St., H4B 1A8
(514) 481-0267
www.stmonica.ca

Activities

For Christians.

Food

Free baskets every 3rd and 4th Tuesday of the month (Proof of low income or letter of reference from community group).

Social support

Support and discussions for Christians.

Women on the Rise

Population: Mothers of children 0-5
6870 Terrebonne St., H4B 1C5
(514) 485-7814
www.womenonrise.com

Activities

Workshops, courses, social activities and outings.

Children and youth services

Daycare on Mondays (10:30 AM-3:30 PM).
Activities for children (0-5). Cost is 2\$ for one child and 3\$ for two children.
Preschool on Tuesday and Thursday (11:00AM-3:30 PM).

Information and referrals

Information and referrals on issues related to family and social rights.

Bienvenue à NDG

Population: Immigrants in NDG
5964 Notre-Dame-de-Grâce Ave., #205, H4A 1N1
514-561-5850
www.ndg.ca/en/bienvenue-a-notre-dame-de-grace

Activities

Social activities and outings.

Information and referrals

Workshops and courses on social rights, life in NDG and Quebec and immigration issues.

ACEF du Sud-Ouest de Montréal

Population: Residents of Montreal's South West and West Island
6734 boul. Monk, 2nd floor, H4E 3J1
514-362-1771
www.consommateur.qc.ca/acef-som/

Activities

Courses on budgeting.

Social support

Financial support: individual consultation services on planning a personal budget, rights and solutions when facing debt.

TRACOM Crisis Centre

Population: Open to everyone.
514-483-3033
www.tracom.ca

Health services

Psychosocial support: 24-hour crisis line. Free and confidential to anyone in a crisis. Emergency intervention where a mobile team can reach out to individuals who are in crisis. Either self-referral or at the request of a friend/family member. The objective is to avoid hospitalization.

Community Resources for All: Parc-Extension

Ressource Action-Alimentation de Parc-Extension

Population: Open to everyone
419 St-Roch St., office SS-05, H3N 1K2
(514) 948-3246
www.ressourcealimentation.org

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| Clothing and household items Very low-cost. |
| Food Emergency food pantry (4 times a year, 15% of regular price). |
| Information and referrals To help people access community resources. |
| Social support Financial support: Workshops on household budgets. |

Afrique au féminin

Population: Women of all origins
419 St-Roch St., Office 106, H3N 1K2
(514) 272-3274
www.afriqueaufeminin.org

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| Activities Computer and sewing courses, outings, and workshops. |
| Children and youth services Drop-in daycare (0-5). Five days a week. (Priority is given to women who take part in the activities or are from the community). |
| Food For women in difficulty. Every Tuesday (1:00 PM-4:00 PM). Must register in advance. |
| Health Services Psychosocial support on issues related to health. |
| Information and referrals Information and referrals on issues related housing and employment. |
| Language courses Free French conversation classes. |

Bharat Bhavan

Population: All newcomers, but especially South Asians
419 St-Roch St., Room 8, H3N 1K2
(514) 904-1675
(N.B. The head office is located in St-Henri, at: 4225 Notre Dame Ave. West, H4C 1R4)

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| Activities Social outings and workshops. |
| Children and youth services Liaison between parents and schools. After-school homework program. |
| Information and referrals Help with forms, orientation, Indian consular services, legal information and referrals on issues related to health, housing and employment. |
| Language courses |

Cuisines et Vie Collective Saint Roch

Population: Open to everyone
419 St-Roch St., H3N 1K2
(514) 948-3631
www.cuisinetviecollectives.com

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| Activities Cooking and nutrition workshops. |
| Food Food bank every Monday (12:00-1:00PM). Must register in advance. Bread distribution every 2 weeks on Fridays (9:00 AM). |

PEYO -Parc-Extension Youth

Organization

Population: Open to everyone, especially Parc-Ex youth and their families.

419 St-Roch St., basement, H3N 1K2

(514) 278-7396

www.peyo.org

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| Activities Art, dance, social activities and movies. |
| Children and youth services Pre-school, sports such as soccer, cricket, skating etc. Day camp during the summer and school holidays. Youth leader program. (To obtain a low fee, must present ID and RAMQ or a letter from a community organization). |
| Food Community cafeteria with very low-cost breakfast and lunch. From Mondays-Fridays (7:30 AM-1: 30 PM). Meals on wheels and school lunches. |
| Social Support Low-cost tax returns for low-income families. |

CAPE - Comité d'action de Parc-Extension

Population: All tenants

419 St-Roch St., Basement 03, H3N 1K2

(514) 278-6028

www.comitedactionparcex.org

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| Activities Workshops on topics such as rights. |
| Housing Information and accompaniment for problems with your lease, rent increases, repairs, landlord, access to social housing. |

CHAIS – Centre haïtien d'animation et intervention sociale

Population: Individuals and families, especially from Parc-Ex

419 St-Roch St., office 22, H3N 2K2

(514) 271-7563

www.chais.qc.ca

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| Activities Computer and internet access, workshops, social events and outings. Parenting classes and workshops. |
| Children and youth services Homework support and tutoring for children (5-12). Support for parents in dealing with schools. Day camp (3-5) in the summer and during school holidays. Activities for parents and their children. |
| Food Holiday baskets for low-income families. |
| Information and referral Telephone support, information and referrals related to issues concerning immigration, health and education. |

Héberjeune de Parc-Extension

Population: Youth in difficulty, 16-25

7004 Hutchison St., #2, H3N 1Y6

(514) 273-2700

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| Activities Social outings. |
| Housing Low-cost temporary apartments for youth seeking to work on their personal goals. |
| Social support Individual support and workshops. Support for youth struggling with addictions. |

Communauté Hellénique

Population: Open to everyone

419 St-Roch St., H3N 1K2

(514) 904-1675

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| Activities Workshops on topics such as rights. |
| Food Food Bank every Tuesday morning. |
| Language courses |

Community Resources for All: Pierrefonds

Cloverdale Multi-Resources

Population: Open to everyone, especially families and children
(10\$ membership)
9540 boul. Gouin West, Pierrefonds, H8Y 1R3
(514) 684-8228

Activities

Coffee gatherings and art workshops and parenting classes.

Children and youth services

Drop-in daycare, preschool, summer camp and toy library.
Support for new parents (0-24 months).

Information and referral

Family services and social rights.

Eglise Saint Barnabas (Mission Congolaise)

Population: Open to everyone
12301 Colin St, Pierrefonds, H9A 1C3
(514) 684-4460
office@st-barnabas.qc.ca

Food

Baskets of food (Suggested to make a donation of 5\$/basket).

CALACS de l'Ouest-de-l'Île

Population: Women, 14+
14068 boul. Gouin West, Pierrefonds, H8Z 1Y1
(514) 624-1449

Social Support

Support services for women who have experienced gender based violence. Groups, emergency support, accompaniment, and individual counselling.

Carrefour des Aînés de Pierrefonds

Population: Seniors, 50+
(max. 35\$ membership)
14068 boul. Gouin West, Pierrefonds, H8Z 1Y1
(514) 624-1449

Activities

Exercise, cultural activity, arts and crafts.

Language courses

English, French, Spanish.

West Island Crisis Center

Population: Open to everyone
First contact must be made by phone:
(514) 684-6160

Health Services

Psychosocial support and counselling. Crisis hotline and home visits for support with mental health related issues.

Housing

Emergency shelter.

Community Resources for All: Plateau Mont-Royal

Mission Communautaire du Mile End

Population: Open to everyone

9 Bernard St. West, H2T 2J9

(514) 274-3401

www.mileendmission.org/nos-services/

Activities

Workshops, yoga, dance, art and outings.
Computer and internet access.

Clothing and household items

Low-cost clothing.

Food

Food bank.

Information and referrals

Legal information, support service and consultation with a law student. Accompaniment.

Comité Logement du Plateau Mont-Royal

Population: Open to everyone

4450 St-Hubert St., H2J 2W9

(514) 527-3495

clplateau@yahoo.ca

Housing

Free tenant rights information and accompaniment (French and English), and workshops on housing issues.

Montreal Women's Centre

Population: Women

3585 St-Urbain St., H2X 2N6

(514) 842-1066

www.centredesfemmesdemtl.org

Activities

Classes on how to use the internet, Microsoft Word and Excel. Exercise classes and groups for new or expecting mothers.

Children and youth services

Distribution of diapers and other maternity accessories.

Food

Food assistance and collective cooking.

Information and referrals

Social rights and legal information on civil, criminal and immigration related cases (2-5\$ fee).

Language courses

French and English conversation classes.

Social support

Listening, referral, support groups for victims of incest, accompaniment in court for domestic violence cases. Help with filling out forms.

Cuisines Collectives du Grand Plateau

Population: Open to everyone

4095 St-André St., H2L 3W4

(514) 523-1752

direction@ccgp-montreal.org

Activities

Groups on cooking healthier and cheaper meals.

South Asian Women's Community Centre

Population: South Asian women and their families (including Iran and Afghanistan)
1035 Rachel St. East, 3rd Floor, H2J 2J5
(514) 528-8812
www.sawcc-ccfsa.ca

Activities

Community organizing, mutual aid nights, social activities, outings and training workshops.

Immigration

Free information and settlement services and accompaniment for new immigrants.

Information and referrals

Referrals and accompaniment for migrants having difficulty accessing social rights in general.
Information sessions.

Language courses

Free English and French classes.

Social support

Support and accompaniment for families facing difficulties, including for domestic violence.

House of Friendship

Population: Open to everyone
120 Duluth St. East, H2W 1H1
(514) 843-4356
www.maisondelamitie.ca

Language Courses

English, French, Spanish – reduced rate for people without status and asylum seekers if they present a letter from a community organization (Volunteers can receive free courses).

Carrefour Marguerite-Bourgeoys

Population: Seniors, 50+
(10\$ annual membership)
1855 Rachel St. East, H2H 1P5
(514) 527-1871
Carrefourmargueritebourgeoys.org

Activities

Educational workshops, social events, dance, yoga and art.

Language Courses

French, English, Spanish.

Centre d'aide à la Famille

Population: Open to everyone
4850 De Lorimier Ave., H2H 2B6
(514) 982 0804
www.centreaidefamille.com

Clothing and household items

Low-cost used clothing store.

Food

Food bank every Wed (2-5pm). Low-cost fees.
Collective Kitchen every 2 weeks (Fri). Christmas baskets.

Language courses

French classes. 60 hours 170\$ membership fee or 195\$.

Social support

Support and accompaniment for women and families facing difficulties, including for domestic violence.
Support and accompaniment to find a job. Coffee meeting.

Community Resources for All: Pointe St. Charles (PSC)

St. Columba House

Population: Open to everyone
2365 Grand Trunk St., H3K 1M8
(514) 932-6202
www.saintcolumbahouse.org

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| Activities Activities and support for parents with young children. Groups on spiritual development for women. |
| Children and youth services After school program with homework and school support for kids (ages 5-12). Leadership development for teens and summer camp. |
| Food Community lunches Monday-Friday (11:30-12:30) for a fee of 2\$. |

L'Ancre Des Jeunes

Population: Youth 9-20.
3565 boul. Lasalle, H4G 1Z5
(514) 769-1654
www.ancredesjeunes.org

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| Children and youth services Homework support for Grade 5, 6 and 7, art and science workshops, social activities. Continued education for youth who have already dropped out of school. |
| Social support Individualized support and referrals for youth facing difficulties. |

Madame Prend Congé Centre de Femmes de Pointe-St-Charles

Population: Women of PSC.
1900 Grand Trunk St., office 20, H3K 1M8
(514) 933-2507
mpc@cooptel.qc.ca

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| Activities Exercise classes (i.e.: Tai-Chi and water fitness), painting and outings. (Some courses might have a fee ~17\$). Access to computers, photocopier and library. |
| Information and referrals Workshops on women's rights and wellbeing. Listening and referral services. |
| Social Support Telephone support and peer support. |

Pointe-St-Charles and Little Burgundy Legal Aid Clinic

Population: Residents of PSC and Little Burgundy (ID and proof of address)
2533 Centre St., office 101, H3K 1J9
(514) 933-8432

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| Information and referrals Commissioner of oaths and certified copies (0.50\$ per document). Legal representation (sliding scale), legal advice, workshops on legal issues and rights. |
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Familles en Action

Population: Young families
(7\$ membership)
1909 and 1915 Centre Rd., H3K 1J1
(514) 932-6373
www.famillesenaction.org

Activities

Workshops and classes for parents and young children.

Children and youth services

Low-cost drop-in daycare. Must reserve from Mondays-Thursdays 3 hour blocks (Must have RAMQ or a letter from a community organization). Clothing exchanges. Summer and winter camps at low cost.

Carrefour d'éducation populaire de Pointe-St-Charles

Population: Open to everyone
(2\$ annual membership)
2356 Centre St., H3K 1J7
(514) 596-4444
www.carrefourpop.org

Activities

Computer courses, pottery, knitting, stained glass (priority for residents of PSC).

Food

Alpha Collective Kitchen. Free for all.

Language courses

For people with strong spoken French, workshops to improve reading and writing. Free.

Club populaire des consommateurs de Pointe-St-Charles

Population: Residents of PSC.
1945 Mullins St., office 30, H3K 1N9
(514) 932-1091
coordination.cpc@gmail.com

Food

Collective kitchens and emergency food services.

Share The Warmth

Population: Residents of South West (PSC, Ville-Émard, St-Henri, Little Burgundy)
2623 Rushbrooke St., H3K 2R9
(514) 933-5599

Food

Collective kitchens (free for all); Food bank (1\$ per adult; must show RAMQ, proof of income and of address OR letter from community group).

Clothing and household items

Low-cost used clothing store; Free bag of clothes for people in particular difficulty (must show letter from community group).

Action Santé Pointe-St-Charles

Population: Anyone with mental health issues and their families and friends
2423 Wellington St., H3K 1X5
(514) 933-5771
actionsante@qc.aira.com

Activities

Computer courses, pottery, knitting, stained glass, outings, collective meals and workshops (Priority given to residents of PSC).

Language courses

For people with strong spoken French, workshops to improve reading and writing. Free

Cade – Centre Africain de Développement et d'Entraide

Population: Newcomers, especially Africans.
2390 de Ryde St., H3K 1R5
(514) 528-6032 ou (514) 262-7981
www.cade-web.org

Immigration

Information, referrals and accompaniment for recent immigrants getting settled in Montreal.

Community Resources for All: Riviere-des-Prairies, Point-aux-Trembles and Montreal Est

Centre de développement des compétences éducatives et des habiletés sociales

Population: Open to everyone
7650 boul. Maurice Duplessis, 1st floor, H1E 5Y6
(514) 705-3735

Information and referrals

Every last Friday of the month. Immigration lawyer is present to answer questions and counsel individuals.

Social support

Parenting support for immigrant families including workshops on navigating the DYP.

Riviere-des-Prairies Women's Center

Population: Women
12017 Alexis-Carrel Ave., H1E 4B8
(514) 648-1030
www.cdfrdp.qc.ca

Activities

Writing club, collective gardens, collective action, education and discussion groups.

Children and youth services

Drop-in daycare.

Information and referrals

Monday evenings. Workshops on specific topics, possibility of individual counselling with a law student. Reservation required. Listening and assistance as well as referrals.

Carrefour Familial les Pitchou

Population: Parents and children
14 115 Prince-Arthur St. East, H1A 1A8
514 640-6200
www.pitchou.org

Activities

Workshops and activities for parents.

Children and youth services

Drop-in daycare (one overnight/month), parent-child activities and groups with animator (ages 0-5).

Information and referrals

Support, accompaniment, referrals for parents.

Centre de Promotion Communautaire le Phare

Population: Parents and youth
12585 Nicolas-Joly Ave., H1E 1V1
514-494-0434
www.aihc.ca/CCRI/lephare.html

Children and youth services

Sports, activities and homework help.
Drop-in daycare.

Social support

Parenting support groups and workshops, information and referrals.

Cuisine Collective à Toute Vapeur

Population: Residents of RDP and PAT
850 boul. St-Jean-Baptiste, H1B 3Z8
(514) 640-6024
atoutevapeur1972@hotmail.com

Activities

Cooking groups.

Food

Weekly for members of the collective kitchen.

Don Bosco Youth Leadership Centre

Population: Youth and adults
11991 Pierre-Baillargeon Ave., H1E 2E5
(514) 648-4348
www.dbylc.com

Children and youth services

Summer camp, sports, dancing and tutoring.

Social support

Soutien psychosocial: help, support and counselling.

Centre de Liaison Pour l'Éducation et les Ressources Culturelles (CLERC)

Population: Open to everyone
14115 Prince-Arthur St., H1A 1A8
(514) 640-8521
www.clerc-qc.ca

Activities

Educational workshops and social events.

Meals on Wheels

Population: Seniors with a letter of reference from a community organization
13765 Forsyth St., basement (entrance between 40th and 47th), H1A 3W6
(514) 913-5955

Food

Collective kitchen on Monday afternoons.
5\$ meals, two times a week.

Centre d'aide et de développement de la famille de l'Est de Montréal (CADFEM)

Population: Open to everyone
1321 boul St-Jean-Baptiste, H1B 4A2
(514) 260-6318 or (514) 658-8891

Activities

Computer classes, parties and social events.

Children and youth services

Sports; homework help.

Food

Food banks, every Friday, from 12:30PM

Language classes

French and Spanish oral and written classes.

Community Resources for All: Rosemont

La Maisonnée

Population: Some services open to everyone
6865 Christophe-Colomb Ave., H2S 2H3
(514) 271-3533
www.lamaisonneeinc.org

Immigration

Legal information concerning immigration with possibility of follow-up with a worker.

Lettres en Main

Population: Open to everyone (French speaking).
5483, 12e Ave., H1X 2Z8
(514) 729-3056
www.lettresenmain.com

Information and referrals

French literacy advocacy, defense of rights for people with low-literacy (does not teach French language).

Vestiaire St-Esprit

Population: Open to everyone (with a letter from a community organization)
Paroisse Ste-Bibiane: 3301 Dandurand St., (Church basement)
Paroisse St-Esprit: 2851 Masson St. (Backdoor of church)
514-376-3920 poste 110

Food

Grocery vouchers.

Action Autonomie

Population: Open to everyone (after evaluation of needs)
3958 Dandurand St., H1X 1P7
(514) 525-5060
www.actionautonomie.qc.ca

Social support

Supports for people living with mental health problems; advocacy, aid and accompaniment.

Écho des Femmes

Population: Women.
6032 St-Hubert St., H2S 2L7
(514) 277-7445
www.echodesfemmesdelapetitepatrie.org

Activities

Information sessions, workshops, collective activities, café meet-ups.

Food

Soup lunches and brunches.

Social Support

Listening services, mutual aid groups.

Bouffe Action

Population: Open to everyone
(5\$ membership)
5350 Lafond St., office R.115, H1X 2X2
(514) 523-2460
www.bouffe-action.org

Food

Kitchen and garden collective, food education activities and programming, programming for pregnant women.

**Carrefour Communautaire de
Rosement L'Entre-Gens**

Population: Open to everyone (no charge)
5675 Lafond St., H1X 2X6
(514) 722-1851
www.ccreg.org

Children and youth services

Services for families with children: toys at location and toy library, winter park, mutual aid groups.

Centre au Puits

Population: Persons with disabilities of all kinds, mental health problems, emotional difficulties, etc.
3505 Bagot St., H1X 1C4
(514) 843-5004
www.centreaupuits.org

Activities

18 different workshops and courses: social cultural outings, painting, knitting, French classes etc. (20\$ per course).

Language courses

French classes (20\$ per course).

Comité Logement Rosemont

Population: Open to everyone
(5\$ membership)
5350 Lafond St., office R-145, H1X 2X2
(514) 597-2581
www.comitelogement.org

Housing

Tenants rights, information workshops, legal information, and referral to housing cooperatives.

**CAFLA: Centre d'aide aux Familles
Latino-Américaines**

Population: Latin-American individuals and families
7075 St-Hubert St., 2nd floor, H2S 2N1
(514) 273-8061
www.cafla.ca

Activities

Social coffee breaks and breakfasts, language exchange, parent-child activities.

Social support

Confidential listening services, organized visits to neighborhood resources, psychosocial support.

Perspectives Jeunesse

Population: Youth, 15- 24 (currently not in school)
6839A Drolet St., office 302, H2S 2T1
(514) 303-0599
www.perspectivesjeunesse.org

Activities

Community involvement, leisure, and volunteer opportunities.

Children and youth services

Help with school registration according to needs, school supports, individual psychosocial counselling, drop-out prevention.

Accès-Cible Jeunesse Rosemont

Population: Youth (13-18)
5365, 1st Ave., H1Y 2Z8
(514) 723-6723
www.acjr.ca

Activities

Community involvement, leisure, and volunteer opportunities.

Children and youth services

Listening services for youth.

Community Resources for All: St-Henri and Little Burgundy

Tyndale St-Georges Community Centre

Population: Open to everyone
870 Richmond place, H3J 1V7
(514) 989-2155
www.tyndalestgeorges.com

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| Activities For children, youth, and seniors. Community computer lab. Tutoring. |
| Information and referrals Legal information clinic. |
| Language courses French conversation classes. |

Comité d'éducation aux Adultes de la Petite-Bourgogne et de Saint-Henri (CEDA)

Population: Open to everyone
2515 Delisle St., H3J 1K8
(514) 596-4422
www.cedast-henri.ca

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| Activities Ceramics, woodworking, pottery, knitting, cultural outings and social events. Community computer lab with internet. Individual and group workshops. |
| Clothing and household items Low-cost clothing (0.50-3\$). |
| Food Emergency food, collective kitchens, frozen meals, community meals, sharing store. |
| Housing Information and support in searching for housing. |
| Language courses Literacy classes, reading and writing workshops. Conversation workshops in English and French. |

Pointe-St-Charles and Little Burgundy Legal Aid Clinic

Population: Open to everyone
2533 Centre St., office 101, H3K 1J9
(514) 933-8432
servjur@bellnet.ca

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| Information and referrals Legal support, legal workshops, commissioners of oaths. |
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Mission Bon Accueil

Population: Open to everyone
606 de Courcelle St., H4C 3L5
(514) 523-5288
www.missionbonaccueil.com

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| Children and youth services After-school programs, summer camps, tutoring, school supplies. |
| Food Food bank, Christmas baskets. |
| Housing Emergency shelter for the homeless. |
| Social support Psychosocial support for addictions, homelessness, youth in difficulty, etc. |

Centre Récréatif, Culturel et Sportif St-Zotique

Population: Open to everyone
75 Sq Sir-G.-Etienne-Cartier St., H4C 3A1
(514) 935-2001
centre@crsstsztotique.ca

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| Activities Recreational, sports, cultural, social activities for adults. |
| Children and youth services After-school programs, summer camps, tutoring, school supplies. |

Impact – Groupe d’Aide en Santé Mentale

Population: Open to everyone
246 St-Antoine St. West, H3J 1B1
(514) 939-3132
impactsantementale.org

Activities

Recreational or therapeutic activities (yoga, collective cooking, movies, etc.), computers and social activities for people with mental health problems.

Food

Meals and snacks for people with mental health issues.

Milieu Éducatif La Source

Population: Open to everyone
75 Sir-G.-Etienne-Cartier St., H4C 3A1
(514) 931-4089
www.milieueducatiflasource.org

Children and youth services

After-school programs, homework help, snacks, activities.

POPIR Comité Logement

Population: Open to everyone
4017 Notre-Dame St. West, H4C 1R3
(514) 935-4649
www.popir.org

Housing

Workshops on low-cost housing, legal information, confidential phone line for inquiries related to housing issues.

Centre Communautaire des Femmes

Actives

Population: Women
4500 St-Antoine St. West, H4C 1E1
(514) 989-7320
www.femmesactives.ca

Activities

Intergenerational activities, outings, workshops.

Food

Social breakfasts, community meals.

Famijeunes

Population: Open to everyone
3904 Notre-Dame St. West, H4C 1R1
(514) 931-5115
www.famijeunes.org

Children and youth services

Workshops and activities, daycare services, and moderated family meetings.

Social support

Workshops and support for parents.

Association des Jeunes de la Petite Bourgogne – Youth in Motion

Population: Open to everyone
852 St-Martin St., H3J 1W5
(514) 931-5510
www.youthinmotion.net

Children and youth services

Activities, sports, arts and theater.

Amitié Soleil

Population: Open to everyone
715 Chatham St., H3J 1Z3
(514) 937-5876
amitiesoleil@qc.aira.com

Children and youth services

After-school programs, story time, workshops as well as educational support for children in school and their parents.

Food

Workshops on nutrition.

Social support

Psychosocial support for families.

Community Resources for All: **Saint Leonard**

BADR: Bureau Associatif pour la Diversité et la Réinsertion

Population: Open to everyone
6000 boul. Métropolitain East, office 200, H1S 1A9
(514) 324-5341
www.badr.ca

Activities

Workshops, courses, social events.

Language courses

Free French courses 3 times a week.

Maison de Jeunes de Saint-Léonard - Le Zénith

Population: Youth ages 12-17
6185 Jarry St. East, H1P 1W1
(514) 327-0185
www.mjstleonard.com

Activities

Educational workshops and social events.

Carrefour des Femmes Saint Léonard

Population: Women
8181 boul. Lacordaire, office 3, H1P 2V5
(514) 325-4910
www.cfsl-femmes.org

Activities

Collective action, Education, discussion groups,
workshops for parents.

Maison de la famille Saint-Léonard

Population: Adults and children
8180 Colletterette St., H1P 2V5
(514) 852-6161
mdfstleonard@bellnet.ca

Children and youth services

Activities for children 0-5 and summer camp for
children 6-9.

Action dignité de Saint-Léonard

Population: Residents of Saint-Léonard
9089A boul. Viau, H1R 2V6
(514) 251-2874
actdigsl@cooptel.qc.ca

Information and referrals

Tenants rights and procedures.

Children Now

Population: Families
5167 Jean-Talon St. East, H1S 1K8
(514) 593-4303
www.avanttoutlesenfants.ca

Children and youth services

Summer camp and social events.

Information and referrals

Possibility of talking to a lawyer for family law.

Community Resources for All: **Saint-Michel**

Mon Resto St-Michel

Population: Open to everyone
4201 boul. Robert, H1Z 1Y9
(514) 376-3218
www.monrestostmichel.org

Clothing and household items

Seasonal low-cost thrift store for back-to-school and Christmas holidays.

Food

Low-cost community lunches; Collective kitchens; Collective gardening; Cooking classes; Collective buying club.

Joujouthèque St-Michel

Population: Families with young children
(5\$ membership)
9480 Irène-Joly St., H1Z 4L2
(514) 381-9974
www.lajoujouthequestmichel.qc.ca

Activities

Workshops and classes for parents and young children. Summer camp at low cost.

Children and youth services

Like a library for toys and baby carriers. You can borrow them and bring them home or just play there with your kids.

Femmes Relais St-Michel

Population: Immigrant women and their families
8640 25th Ave., H1Z 4B2
(514) 759-0663
www.femmesrelais.com

Immigration

Information and referrals; Translation; Accompaniment.

Maison de la famille St-Michel

Population: St-Michel families
(15\$ membership)
8961 12e Ave., 2nd Floor, H1Z 3J5
(514) 955-3717
www.maisondelafamiliedestmichel.com

Activities

Workshops and activities for parents and young children, including just for fathers.

Children and youth services

Drop-in daycare for children 0-5. Must reserve in advance. From Monday-Friday for 3 hour blocks (RAMQ or letter from community organization).
For children 6-12, with homework support. 25\$ per session.

Food

Collective kitchens; meals for special occasions; school meals.

Maison d'Haïti

Population: Mostly Haitians and other immigrant communities
3245 Émilie-Journault Ave., H2M 1K4
(514) 326-3022
www.mhaiti.org

Activities

Support group for young black mothers (15-25); Support (nutrition, health) for pregnant women (15-30); Young parents' network.

Children and youth services

Liaison between parents and schools; after-school homework program; winter and summer camps.

Immigration

Information, orientation and referrals; translation; help with certain forms.

Language courses

Literacy classes who have good spoken French but difficulty reading and writing.

Entraide St-Michel

Population: Adults with mental health challenges, (7\$ membership)
3565 Jarry St. East, office 102, H1Z 4K6
(514) 593-7344
www.entraidesaintmichel.org

Activities

Workshops and courses, discussions for personal growth, health, etc. Social activities (dinners, parties).

Information and referrals

Telephone support, information, referrals.

Language courses

French conversation class on Mondays.

Social support

Counselling and casework support for people having particular difficulties with mental health.

Entraide bénévole Kouzin Kouzin

Population: Multiethnic youth and their families
2651 boul. Crémazie East, office 202, H1Z 2H6
(514) 376-1845
www.kouzinkouzin.ca

Children and youth services

Workshops and recreational activities for parents and young children, including just for fathers.

Day camp and after-school homework program.
Matching children/youth with a young adult who is a positive role model (Big Brother/Sister)
Family support with home visits. Liaison between parents and schools.

Centre éducatif communautaire René-Goupil

Population: Open to everyone
(5\$ membership)
4105 47e St., H1Z 1L6
(514) 596-4420
www.cecrq.info

Activities

Workshops, outings, courses for adults, youth and children.

Children and youth services

Low-cost drop-in daycare. During the day and evenings (for ages 0-5). Must reserve. Monday to Thursday. RAMQ or letter from community organization.

Preschool for 3-5 (RAMQ or letter from community organization).

Activities for young children and their parents; parenting classes and workshops; support.

Day camps: Summertime and school breaks.

Youth leader program. (Low fees, requires ID and RAMQ or letter from community group).

Food

Good food box. 7\$, 10\$ or 16\$; Food support for pregnant women.

Housing

Tenants rights information and support.

Language courses

Beginner level English and French conversation classes (about 20\$ per session).

Community Resources for All: Ville-St-Laurent

Centre Communautaire Bon Courage de Place Benoit

Population: Residents of Ville Saint-Laurent
155 Place Benoît, office 2, St-Laurent, H4N 2H4
(514) 744-0897
centre.boncourage@bellnet.ca

Activities

Recreational events for all ages (movies, parties) as well as workshops on a variety of subjects (taxes, technology, housing).
Special activities for seniors including outings, workshops and volunteering opportunities.

Children and youth services

Day camps, homework support, popular education, activities, school inscription.

Food

Collective kitchen, nutrition workshops, bi-weekly food bank.

Information and referral

Immigration forms, benefits etc.

Language Courses

French, English, Spanish.

Corporation culturelle latino-américaine de l'amitié (COCLA)

Population: Open to everyone
1357 St-Louis St., St-Laurent, H4L 2P4
(514) 748-0796
www.coclamontreal.org/serv-fam.html

Children and youth services

For parents with children who are between the ages of 0-5. Activities (perinatal, development);
Nutritional monitoring for children.

Clothing and household items

Low-cost second hand clothing.

Food

Food bank; Emergency food; Good Food Box pick-up point; Community meal for ages 50+.

Centre d'encadrement pour jeunes femmes immigrantes (CEJFI)

Population: Women
1432 Poirier St., 2nd floor, St-Laurent H4L 1H3
(514) 744-2252
www.cejfi.org

Food

Food bank every Monday.

Immigration

Immigration and labor law.

Social support

Listening and assistance with psychosocial issues for women.

Saint-Laurent Women's Center

Population: Women
685 boul. Décarie, St-Laurent, H4L 5G4
(514) 744-3513
www.cfstl.org

Activities

Education, discussion groups.

Children and youth services

Drop-in daycare.

Information and referrals

Support, information, referrals.

Association de parents pour la santé mentale de Saint-Laurent-Bordeaux-Cartierville (APSM)

Population: Adults, residents of St-Laurent, Bordeaux-Cartierville and Villeray (french speaking)
1055 Ste-Croix Ave., # 114, St-Laurent, H4L 3Z2
(514) 744-5218
apsm@videotron.ca

Social Support

Telephone support, individual in-person support, and group support.

Centre de Pédiatrie Sociale de Saint-Laurent: Au Cœur de l'enfance

Population: St-Laurent children and their families (proof of residence required)
1075 Ste-Croix Ave., St-Laurent, H4L 3Z2
(514) 333-8989
cps@aucoeurdelenfance.ca

Activities

Educational workshops, social events.

Children and youth services

School support, individual assessment and intervention plans for children and their families.

Health services

Medical professionals to assess and treat children.

AMAL Centre for Women

Population: Women, especially Middle Eastern and South Asian
903 boul. Decarie, office 204, St- Laurent, H4L 3M3
(514) 855-0330
info@amalwomencenter.ca

Activities

Educational workshops, social events.

Information and referrals

Support, information, referrals.

Social Support

Psychosocial support: Individual counselling and group support, especially for domestic violence.

Community Resources for All:

Villeray

Comptoir Alimentaire Villeray

Population: Open to everyone
660 Villeray St., H2R 1J1
(514) 279 0117

Food

Emergency food, information on alternatives to food banks.

Social support

For people with economic difficulties.

Centre des femmes d'ici et d'ailleurs

Population: Women
(7\$ membership)
8043 St-Hubert St., H2R 2P4
(514) 495-7728
www.cdfia.net

Activities

Workshops and classes, personal development discussions, health, etc. Social activities (dinners, parties).

Information and referral

Écoute-entraide

Population: Open to everyone
Métro Beaubien
(514) 278-2130
1(844) 294-2130
www.ecoute-entraide.org

Social support

Free and confidential phone line available from 8 am to midnight seven days per week.
Support groups on Thursdays 1:00-3:00 PM and Fridays 3:00-5:00 PM, for people preoccupied with mental health.

Maison de quartier Villeray

Population: Open to everyone
660 Villeray St., H2R 1J1
(514) 658-3126
cartieremilie.com/

Activities

Computer skills and sewing classes with drop-in daycare.

Clothing and household items

Low cost second-hand clothes store.

Language courses

Free English classes with drop-in daycare.

Patro le Prévoist

Population: Open to everyone
7355 Christophe-Colomb Ave., H2R 2S5
(514) 273-8535
www.patroleprevost.qc.ca

Activities

Cooking classes, leisure, sports

Children and youth services

After-school program

Food

Low-cost take-home meals, community dinners, school lunches, meals on wheels.

Information and referral

Support, information, referrals, cafe meetings.

Social support

Tax clinic: must make appointment, during tax season only.

La Maison des Grand-parents de Villeray

Population: Seniors, families

8078 Drolet St., H2R 2C9

(514) 383-9108

www.mgpv.org/contact.html

Activities

Activities by seniors for kids in day camp, transmission of ancient arts, choir, computers.

Children and youth services

Intergenerational exchanges for kids and teenagers, storytime, school support, social and community participation.

Food

Community garden and cooking, clothing counter.

COPATLA

Population: Latin-American community

660 Villeray St., H2R 1J1

(514) 948-6188

copatla.blogspot.ca/

Food

Food bank (Thursday 10AM-6PM), community meals.

Health services

Psychosocial support: emergency intervention, group or individual therapy.

Information and referral

Telephone support, information, referrals.

Social support

Outreach, information, referrals, personal or family support, coffee meetings.

Espace Famille Villeray

Population: Future parents and young kids (0-5)

7378 Lajeunesse St., H2R 2H8

(514) 858-1878

www.espacefamille.ca

Activities

Parent-child activities, sign language classes, CPR, introduction to music, reading club, community breakfasts.

Children and youth services

Drop-in daycare (maximum 24 hours per week for 12 weeks).

Health services

Visits to the home, baby weighing.

Bureau de la communauté haïtienne de Montréal (BCHM)

Population: Open to everyone

6970 Marquette St., H2E 2C7

(514) 725 9508

www.bchm.ca

Activities

Parent-child activities (karate classes)
Computers and internet access, computers classes.

Children and youth services

Homework support. Camps.

Food

Collective gardens. Healthy meals low-cost.

Social support

Support for elders, Support and accompaniment to find a job, Clinic taxes, Listening and counseling.

Community Resources for All: West Island

West Island Women's Centre

Population: Women and children

11 Rodney Ave. (entrance on Vincennes), Pointe-Claire, H9R 4L8

(514) 695-8529

Activities

Courses, fitness, personal development. 2 free seminars a month. Free support groups for women who lost a child.

Children and youth services

Free child-care for members, and participants of programming. Reservation beforehand needed.

West Island Citizen's Advocacy

Population: West Island residents

68 Prince Edward Ave., Pointe Claire, H9R 4C7

(514) 694-5850

Activities

To act as an advocate.

Housing

Housing, tenants' rights, activities, mobility.

Information and referrals

Dedicated seniors' advocates.

Bread Basket

Population: West Island

68 Prince Edward Ave., Pointe Claire, H9R 4C7

(514) 894-5850

Food

Food workshops, food security resources, inexpensive food baskets. Small fee for other services.

West Island Community Resource Centre

Population: West Island residents

114 Donegani Ave., Pointe-Claire, H9R 2V4

(514) 694-6404

info@crcinfo.ca

Information and referrals

Information about living in the West Island.

Nova Thrift Stores

Population: Open to everyone

St. Anne-de-Bellevue: 43 Ste-Anne St., H9X 1L4

(514) 457-1642

Kirkland: 2750 St. Charles Rd., H3K 1E8

(514) 697-6692

Clothing and household items

Second-hand clothing, housewares, books, toys.

West Island Rainbow Seniors

Population: LGBTQ Seniors, 50+

202 Woodside Rd., Beaconsfield, H9W 2P1

(514) 794-5428

www.lgbtqseniorscentre.ca

Activities

Thursday night dinner 6:00 PM and drop in hours 4:00-8:00 PM, groups such as therapeutic drama.

Information and referral

Can answer questions regarding LGBTQ rights and laws in Canada.

LGBTQ Youth Centre

Population: LGBTQ Youth ages 14-21
202 Woodside Rd., Beaconsfield, H9W 2P1
(514) 794-5428
www.lgbtqyouthcentre.ca

Activities

Workshops on anxiety, general discussions, access to community kitchen, internet café and library. Drop in hours Wednesday and Friday 4:00-8:00 PM.

Information and referrals

Can answer questions regarding LGBTQ rights and laws in Canada.

Social Support

Information and support to parents, families and friends of people who self-identify as LGBTQ. Meetings every second Thursday of each month from 7:00-9:00 PM.

Friends for Mental Health West Island

Population: Families
(30\$ annual membership and 10-20\$ on training sessions)
750 Dawson Ave., Dorval, H9S 1X1
514 636-6885
www.asmfmh.org

Activities

Consult online calendar for weekly evening activities.

Health Services

Counselling services, psycho-educational groups, support groups, art therapy, youth groups and workshops for those living with a parent and/or sibling who has a mental illness (ages 7-17) with food supplied.

Social support

Support services for families and friends with a loved one who is struggling with a mental health illness. Open Monday-Friday 8:30-4:30 PM.

Low Vision Self-Help Association

Population: People who are visually impaired, open to all ages
(10\$ annual membership)
233 Ste-Claire Ave., Pointe Claire (Saint John's Baptist Church), H9S 4E3
(514) 626-2649

Activities

Monthly meetings with guest speakers, concerts, information on resources and facilities and discussions.

Social support

Support services and self-help group.

Community Perspectives in Mental Health

Population: Adults, Residents of West-Island
4523 boul. St. Charles, Pierrefonds, H9H 3C7
(514) 696-0972
www.pcs-m-cpmh.org

Housing

Assistance in finding low-cost housing within the West-Island, inform clients of their rights and advocate on their behalf, educate landlords on mental health related issues, and help with moving process.

Social support

Support services geared towards individuals suffering from a mental illness. Home visits, life and coping skills, community support and reintegration.