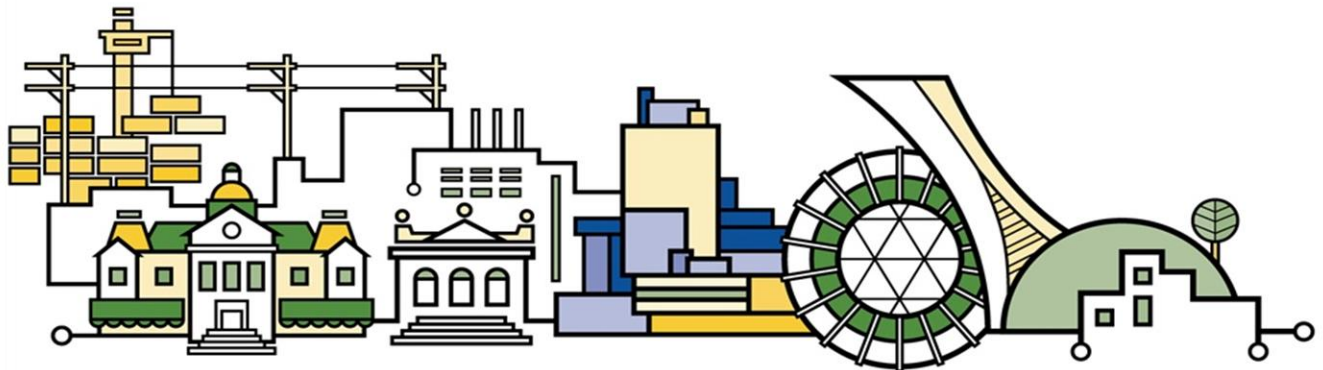




*The East-Island Network for English-Language Services  
Le Réseau de l'Est de l'Île pour les services en anglais*

# Health and Social Service Resources for the English-Speaking Seniors in the East and North of Montreal



# Health and Social Service Resources for the English-Speaking Seniors in the East end of Montreal 2019-2020

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## **Developed by**

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## *Notice of Keeping Information Current:*

Please note that the information contained in this document is subject to change. REISA will not be held responsible for any content that may be out of date. Do not hesitate to contact us if you have any questions or comments.

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## Emergency Numbers

<b>Ambulance - Police - Fire Department</b>	<b>9-1-1</b>
<b>Info-Santé</b>	<b>8-1-1</b>
<b>Municipal information</b>	<b>3-1-1</b>

Elder Abuse	(514) 489 2287
Info-Crime Québec	1 800 811 1800
Gas/Odour Detection	(514) 598 3111
Hydro Québec	1 800 790 2424
Montréal Police	(514) 280 2222
Quebec Poison Control Centre	1 800 463 5060
Suicide Prevention	1 866 277 3553

## **Neighbourhood Police Stations in the East-end of Montreal:**

### **Ahuntsic - PDQ 27**

1805, rue Fleury Est

Montréal, QC, H2B 1H7

Telephone number: 514-280-0127

### **Anjou - PDQ 46**

6850, boul. Joseph-Renaud

Anjou, QC, H1K 3V4

Telephone number: 514-280-0146

### **Arrondissement de Mercier/Hochelaga-Maisonneuve - PDQ 48**

6680, rue Sherbrooke Est

Montréal, QC, H1N 1C9

Telephone number: (514) 280 0148

### **Arrondissement de Montréal-Nord - PDQ 39**

6100, boul. Henri-Bourassa Est

Montréal, QC, H1G 5X3

Telephone number: 514-280-0139

**Hochelaga-Maisonneuve - PDQ 23**

4555, rue Hochelaga

Montréal, QC, H1V 1C2

Telephone number: 514-280-0123

**Montréal Est/Pointe-aux-Trembles - PDQ 49**

1498, boul. Saint-Jean-Baptiste

Montréal, QC, H1B 4A4

Telephone number: 514-280-0149

**Rivière-des-Prairies - PDQ 45**

8200, boul. Maurice-Duplessis

Montréal, QC, H1E 2Y5

Telephone number: 514-280-0145

**Rosemont/La Petite Patrie - PDQ 44**

4807, rue Molson

Montréal, QC, H1Y 0A2

Telephone number: 514-280-0144

**Saint-Léonard - PDQ 42**

8181, boul. Lacordaire

Montréal, QC, H1R 2A3

Telephone number: 514-280-0142

**Saint-Michel - PDQ 30**

8930, boul. Pie-IX  
Montréal, QC, H1Z 4H9  
Telephone number: 514-280-0130

## CUISSS' and Their Respective Services

**CUSSS de l'Est-de-l'Île-de-Montréal**

<http://ciusss-estmtl.gouv.qc.ca/>

### **CLSC de Hochelaga-Maisonneuve**

4201 rue Ontario Est  
Montréal, QC, H1V 1K2  
Telephone number : (514) 253-2181

#### **Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

### **CLSC Olivier-Guimond**

5810 rue SherbrookeEst  
Montréal, QC, H1N 1B2  
Telephone number: (514) 255-2365

#### **Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Rosemont**

2909, rue Rachel Est

Montréal, QC, H1W 0A9

Telephone number: (514) 524-3541

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Mercier-Est—Anjou**

9503 Sherbrooke Street East

Montréal, QC, H1L 6P2

Telephone number: (514) 356-2572

Weekend and holidays: 8:00–12:00 and 13:00-16:00

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Pointe-aux-Trembles—Montréal-Est**

13926 rue Notre-Dame Est



Montréal, QC, H1A 1T5

Telephone number: (514) 642-4050

Weekends and holidays: 8:00-12:00 and 13:00-16:00

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Rivière-des-Prairies**

8655 boul. Perras

Montréal, QC, H1E 4M7

Telephone number: (514) 494-4924

Weekends and holidays: 8:00-12:00 and 13:00-16:00

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Saint-Léonard**

5540 rue Jarry Est

Montréal, QC, H1P 1T9

Telephone number: (514) 722-3000

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Saint-Michel**

3355 rue Jarry Est

Montréal, QC, H1Z 2E5

Telephone number: (514) 722-3000

### **Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

### **Walk-in Clinics**

#### **Clinique médicale Angus**

4101 rue Molson, suite 101

Montréal, QC, H1Y 3L1

Telephone number: (514) 807-2333

Office hours: Monday-Friday 8:00-20:00

Weekend: 8:00-16:00

#### **Clinique médicale 3000**

3000 rue Bélanger

Montréal, QC, H1Y 1A9

Telephone number: (514) 376-7702

Office hours: Monday-Friday 8:00-20:00

Weekend: 8:30-16:00

#### **Polyclinique Cabrini**

5700 rue St-Zotique Est, Suite 200

Montréal, QC, H1T 3Y7

Telephone number: (514) 256-5700

Office hours: Monday-Friday 8:00-20:00

Weekend: 9:00-17:00

**Polyclinique Levasseur**

8000 Boul. Langelier, Suite 601

Montréal, QC, H1P 3K1

Telephone number: (514) 383-0559

Office hours: Monday-Friday 7:30-19:30

Weekend: 10:00- 16:00

**Hôpital Maisonneuve-Rosemont, Unité de médecine  
familiale**

5689 boul. Rosemont, Pavillon Rosemont

Montréal, QC, H1T 3W5

Telephone number: (514) 374-7940

**Clinique réseau intégré Maisonneuve-Rosemont**

5345 boul. l'Assomption

Montréal, QC, H1T 4B3

Telephone number: (514) 360-1435

Office hours: Monday-Sunday 8:00-22:00

**Centre médical Hochelaga**

9080 rue Hochelaga

Montréal, QC, H1L 2N9

Telephone number: (514) 353-8742

Office hours: Monday-Thursday 9:00-21:00, Friday: 8:00-20:00

Weekend: 9:00-17:00

### **Polyclinique-réseau Pointe-aux-Trembles**

12905 rue Sherbrooke Est, Suite 103

Montréal, QC, H1A 1B9

Telephone number: (514) 498-4050

Office hours: Monday-Friday 8:00-20:00

Weekend: 8:00-16:00

### **Clinique médicale Viau**

4750 rue Jarry Est

Montréal, QC, H1R 1X8

Telephone number: (514) 326-7203

Office hours: Monday-Friday 8:00–21:00

Weekend: 8:00-16:00

**CIUSSS du Nord-de-l'Île-de-Montréal**

[www.ciusss-nordmtl.gouv.qc.ca](http://www.ciusss-nordmtl.gouv.qc.ca)

### **CLSC d'Ahuntsic**

1165 boul. Henri-Bourassa Est

Montréal, QC, H2C 3K2

Telephone number: (514) 384-2000

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Montréal-Nord**

11441 boul. Lacordaire

Montréal, QC, H1G 4J9

Telephone number: (514) 384-2000

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de Bordeaux-Cartierville**

11822 avenue du Bois-de-Boulogne

Montréal, QC, H3M 2X6

Telephone number: (514) 331-2572

**Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

**CLSC de La Petite-Patrie**

6520, rue de Saint-Vallier

Montréal, QC, H2S 2P7

Telephone number: (514) 273-4508

## **Services offered**

Psychosocial services for children and families with a physical disability, an intellectual disability (ID) or pervasive developmental disorder (PDD).

## **Walk-in Clinics**

### **Clinique Médical Désy**

5636 boul. Henri-Bourassa Est

Montréal, QC, H1G 4J8

Telephone number: (514) 326-9060

Office hours: Monday–Friday 8:00-20:00

Weekend: 8:00-16:00

To find the health and social services resources available in your area, you can visit the Santé Montréal Portal at [www.santeMontréal.qc.ca/aide-Et-services](http://www.santeMontréal.qc.ca/aide-Et-services)

You can also contact the Information and Referral Center of Greater Montréal at 514-527-1375 or get in touch with your local CLSC.

## Activities and Community Centres

### Leonardo Da Vinci Centre

(Private)

8350-8370 boul. Lacordaire

Saint-Léonard, QC, H1R 3Y6

Telephone number: (514) 955-8370

Email address: [fgiammatteo@centroleonardodavinci.com](mailto:fgiammatteo@centroleonardodavinci.com)

Website: [www.centreleonardodavinci.com](http://www.centreleonardodavinci.com)

### **Services offered**

Cultural, artistic, sporting and social activities for the community.

### **Centre de femmes solidaires et engagées**

1586 Rue Fleury Est

Montréal, QC, H2C 1S6

Telephone number: (514) 388-0980

Email address: [info@cfse.ca](mailto:info@cfse.ca)

Website: [www.cfse.ca](http://www.cfse.ca)

### **Services offered**

Legal consultation, group discussion, support groups, workshops and information sessions, opportunity for volunteering, collective actions, reference centre and library. Open Monday to Thursday, 8:30 am to 5:00 pm.

### **Centre Almage 50+**

8680 Hochelaga Street

Montréal, QC, H1L 2M6

Telephone number: (514) 355-1712

Fax: (514) 355-0806

Email address: [info@almage.org](mailto:info@almage.org)

Website: [www.almage.org](http://www.almage.org)

### **Services offered**



Community meals, income tax clinic, mini bus transport, blood pressure clinic, classes, and recreational activities. Home support services include: medical transport, transport errands, accompaniment, friendly visit, friendly call, information and referral, advocacy.



*Image courtesy of  
Centre Almage*

## **Évasion - Centre de jour alternatif**

5701 Décarie Boulevard

Montréal, QC, H3W 3C8

Telephone number: (514) 738-5151

Email address: [centre-evasion@videotron.ca](mailto:centre-evasion@videotron.ca)

Website: [www.centreevasion.com](http://www.centreevasion.com)

### **Services offered**

Respite and stimulation services at a day centre and in-home, as well as group stimulation activities in residences.

## **Réseau FADOQ**

4545 Pierre-De Coubertin Avenue

Montréal, QC, H1V 0B2

Telephone number: 1 (800) 828-3344 or (514) 252-3017

Email address: [info@fadoq.ca](mailto:info@fadoq.ca)

Website: [www.fadoq.ca](http://www.fadoq.ca)

### **Services offered**

Brings together people aged 50 and over and represents them in instances in which their rights and needs are concerned.

## **Carrefour Populaire de St-Michel inc.**

2651 boul Crémazie Est

Montréal, QC, H1Z 2H6

Telephone number: (514) 722-1211

Email address: [administration@carrefourpopulaire.org](mailto:administration@carrefourpopulaire.org)

Website: [www.carrefourpopulaire.org](http://www.carrefourpopulaire.org)

### **Services offered**

Collective cooking, community garden, income tax clinic, citizen engagement and volunteering, among other activities.

## **Community Services for Refugees and Immigrants**

1600 Henri-Bourassa West, Suite 380

Montréal, QC, H3M 3E2

Telephone number: (514) 387-4477

Email address: [info@migrantmontreal.org](mailto:info@migrantmontreal.org)

Website: <http://www.migrantmontreal.org/>

### **Services offered**

Immigration and legal aid, shelter accommodations, pre-employment, language classes, internet, computer and multimedia, donation centre and other activities.

## **Little Brothers**

Community Centre Le Mainbourg

14 115, Prince-Arthur Street, Suite 422

Pointe-aux-Trembles, QC, H1A 1A8

Telephone number: (514) 498-1677 ext. 485

Email address: [pointedelile@littlebrothers.ca](mailto:pointedelile@littlebrothers.ca)

Website: <http://www.petitsfreres.ca/en/>

## **Services offered**

Pairing program, celebrations and outings, vacation getaways, one-on-one visits, intergenerational activities.

In the spring time, why not take up gardening? There are community gardens specifically reserved for seniors in the East end. You can simply call your municipality (3-1-1) for details or consult the phone numbers below.

### **Arrondissement d'Anjou**

514 493-8200

### **Arrondissement d'Ahuntsic-Cartierville**

514 493-8277

## Adapted Clothing and Clothing Banks

### **Bonhomme à Lunettes**

Telephone number: (514) 303-4315

Website: <http://www.bonhommealunettes.org/english/>

### **Services offered**

Le Bonhomme à lunettes, is a nomadic optician working with community organizations with a great choice of affordable

glasses. Possibility of \$20 glasses for welfare recipients. With every pair sold, \$10 is given back to the community organization of your choice.

### **Création Confort**

Telephone number: 1 (800) 394-1513

Email address: [info@creationconfort.com](mailto:info@creationconfort.com)

Website: [www.creationconfort.com](http://www.creationconfort.com)

### **Services offered**

Facilitates the lives of people with reduced autonomy as well as their caregivers by developing, manufacturing and marketing clothing that is designed specifically to meet their needs.

### **Créa vie**

Email address: [info@creavie.qc.ca](mailto:info@creavie.qc.ca)

Website: [www.creavie.qc.ca](http://www.creavie.qc.ca)

### **Services offered**

Provides adapted clothing in response to the special needs of people who are no longer able to dress themselves.

### **Le Coffre aux trésors du Chaînon**

4375, boulevard St-Laurent

Montréal, QC, H2W 1Z8

Telephone number: (514) 843-4354

Email address: [coffreauxtresorsduchainon@lechainon.org](mailto:coffreauxtresorsduchainon@lechainon.org)

Website: [www.lechainon.org](http://www.lechainon.org)

### **Services offered**

New and used merchandise at a very low price; clothing, furniture and household items are donated by members of the community.

### **Les Boutiques Chic chez vous**

4220 de Rouen, Suite 400

Montréal, QC, H1V 3T2

Telephone number: (450) 923-5933

Website: [www.chicchezvous.com](http://www.chicchezvous.com)

### **Services offered**

Offer a series of adapted clothing that meet the needs of people suffering from a loss of independence.

## **Addiction Services**

### **Toxico-Stop Detoxification Centre**

4858 Gouin East Boulevard

Montréal-Nord, QC, H1G 1A2

Telephone number: (514) 327-6017

Fax: (514) 327-7494

Email address: [info@toxico-stop.com](mailto:info@toxico-stop.com)

Website: [www.toxico-stop.com](http://www.toxico-stop.com)

## **Services offered**

A detoxification centre and residential re-integration program for adults which offers short-term shelter, workshops, education, individual and group therapy.

## **Alcoholics Anonymous**

3920 Rachel E

Montréal, QC, H1X 1Z3

Telephone number: (514) 350-3444 or 1 (888) 424-2875

Email: [aidecourriel@aa87.org](mailto:aidecourriel@aa87.org)

Website: <https://aa87.org/en/>

## **Services offered**

Group meetings for individuals with problems with alcohol.

## **Overeaters Anonymous**

Telephone number: (514) 488-1812

Website: <http://www.aa.org>

## **Services offered**

Group meetings for individuals seeking help with overeating.

## **Cocaine Anonymous**

1945 Papineau Street

Montréal, QC, H2K 4J3

Telephone number: (514) 527-9999 or 1 (877) 806-0581

Website: <http://www.cocainomanes-anonymes.org/>

### **Services Offered**

Group meetings for individuals who want to stop using cocaine.

### **Drugs: Help and Referral**

Telephone number: (514) 527-2626

Email address: [dar@info-reference.qc.ca](mailto:dar@info-reference.qc.ca)

Website: [www.drogue-aidereference.qc.ca](http://www.drogue-aidereference.qc.ca)

### **Services offered**

Referral and information for persons having problems with drugs, peers and family members and community workers.

### **Gambling: Help and Referral**

Telephone number: (514) 527-0140

Email address: [jar@info-reference.qc.ca](mailto:jar@info-reference.qc.ca)

Website: [www.jeu-aidereference.qc.ca](http://www.jeu-aidereference.qc.ca)

### **Services offered**

Information, listening, support and referrals for compulsive gambling.

### **Quit Smoking Line**

Telephone number: 1 (866) 527-7383



Website: [www.iqitnow.qc.ca](http://www.iqitnow.qc.ca)

### **Services Offered**

Provides tools and strategies to help you free yourself from tobacco or help you remain a non-smoker

### **Pavillon Foster**

3285 Cavendish

Montréal, QC H4B 2L7

Telephone number: (514) 486-1304

### **Services Offered**

Treatment and rehabilitation for people suffering from alcoholism, drug addictions or gambling problems.

“The best thing I can do for my brain is to find a person in greater pain than myself and to offer her my hand. If she takes it, I’m inspired to stand strong, so I can pull her out of her funk. And in that process, I am often pulled out of mine.”

- **Therese J. Borchard, World of Psychology**

## Advocacy and Complaints

### **Office de la protection du consommateur**

5199 Sherbrooke Est, Suite 3671

Montréal, QC, H1T 3X2

Telephone number: (514) 253-6556

Website: [www.opc.gouv.qc.ca](http://www.opc.gouv.qc.ca)

#### **Services offered**

Interacts with merchants to make sure that they respect their obligations towards consumers.

### **Le Protecteur du citoyen**

1080, côte du Beaver Hall, 10th Floor, Suite 1000

Montréal, QC, H2Z 1S8

Telephone number: 1 (800) 463-5070

Fax: 1 (866) 902-7130

Email address: [protecteur@protecteurducitoyen.qc.ca](mailto:protecteur@protecteurducitoyen.qc.ca)

Website: [www.protecteurducitoyen.qc.ca](http://www.protecteurducitoyen.qc.ca)

#### **Services offered**

The Québec Ombudsman prevents and corrects errors or injustices committed against any individual or group of individuals in connection with a Québec government ministry or agency, or an establishment in the health and social services network.

## Canadian Anti-Fraud Centre

Telephone number: 1 (888) 495-8501

Email address: [info@antifraudcentre.ca](mailto:info@antifraudcentre.ca)

Website: [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

### Services offered

The CAFC is the central agency in Canada that collects information and criminal intelligence on mass marketing fraud (telemarketing), advance fee fraud letters (e.g. West African), internet fraud and I.D theft complaints.

### Self Advocacy tips:

- ➡ Be clear in your own mind why you're making a complaint and what you want to happen to resolve it.
- ➡ Complain as soon as possible after the event so the details are fresh in your mind.
- ➡ Be assertive, but stay calm and polite. Don't lose your temper as this won't help you put your case across clearly.
- ➡ Keep a record of all correspondence – letters, emails and phone calls, including the name of the person you spoke to. It may help you to keep a complaint diary.
- ➡ Always give your contact details – name, address, phone number and email address – so that you can receive a response promptly.

# Education and Volunteering

## **McGill Centre for Studies in Aging**

6825 Lasalle Boulevard

Verdun, QC, H4H 1R3

Telephone number: (514) 766-2010

Email address: [info.mcsa@mcgill.ca](mailto:info.mcsa@mcgill.ca)

Website: [www.aging.mcgill.ca](http://www.aging.mcgill.ca)

### **Services offered**

Expertise in early diagnosis and management of Alzheimer's disease and cognitive disorders, referral to help and support services, evaluation, treatment, follow-up and clinical trials, an annual symposium, walk-a-thon and regular lectures on various topics of interest to the seniors population.



*Image courtesy of  
bing.com*

## **Seniors Action Québec**

1857 boul. de Maisonneuve Ouest, Suite 304

Montreal, QC, H3H 1J9

Telephone number: (438) 386-1944

Email address: [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca)

Website: [www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca)

### **Services offered**

Identifying and addressing challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

Activities led by seniors for seniors including events, symposiums, bulletins and research articles.

## **Concordia University**

### **Senior Non-Credit Program**

1600 Sainte-Catherine Street West, Suite 201

Montréal, QC, H3H 2S7

Telephone number: (514) 848-2424 #3893

Email address: [seniors@concordia.ca](mailto:seniors@concordia.ca)

Website:

<http://www.concordia.ca/cunews/main/stories/2012/04/05/taking-courses-for-fun-not-grades.html>

### **Services offered**

Program run exclusively by volunteers offers flexible class schedule and openness to part-time study for adults 55 and over. Monday to Friday, 10:00 am to 2:00 pm.

## **McGill University - McGill Community for Lifelong Learning**

688 Sherbrooke Street West, Suite 229

Montréal, QC, H3A 3R1

Telephone number: (514) 398-6200

Email address: [info.conted@mcgill.ca](mailto:info.conted@mcgill.ca)

Website: [www.mcgill.ca/continuingstudies/programs-and-courses/mcll](http://www.mcgill.ca/continuingstudies/programs-and-courses/mcll)

### **Services offered**

Program primarily for people of retirement age who want to continue learning for the joy of it, and share their knowledge, ideas and experience with others. Monday-Thursday, 9:00 am to 4:00 pm.

## **Thomas More Institute**

3405 Atwater Avenue

Montréal, QC, H3H 1Y2

Telephone number: (514) 935-9585

Email address: [kkeen@thomasmore.qc.ca](mailto:kkeen@thomasmore.qc.ca)

Website: [www.thomasmore.qc.ca](http://www.thomasmore.qc.ca)

### **Services offered**

Program of university level studies in the liberal arts offering discussions guided by trained leaders instead of traditional lectures. Students are invited to participate in a shared process of inquiry.

## **English Montreal School Board**

### **Adult and Vocational Centres**

6000 Fielding Avenue

Montréal, QC, H3X 1T4

Telephone (for adult and vocational centres): (514) 488-4636

Website: [www.emsb.qc.ca](http://www.emsb.qc.ca)

#### **Services offered**

Secondary level completion courses, Cegep prerequisites, health, technology, business, culinary, mechanics and hairdressing, among other vocational and career training.

## **Accès Bénévolat**

2544 Rosemont Boulevard

Montréal, QC, H1Y 1K4

Telephone number: (514) 523-6599

Email address: [info@accesbenevolat.org](mailto:info@accesbenevolat.org)

Website: [www.accesbenevolat.org](http://www.accesbenevolat.org)

#### **Services offered**

Identifying community needs, recruiting volunteers and promoting, mobilizing and recognizing volunteer action. Services to volunteers and community organisations and matching the two. Monday to Friday, 9:00 am to 5:00 pm.



## **Volunteer Bureau of Montreal**

2015 Drummond Street, Suite 300

Montréal, QC, H3G 1W7

Telephone number: (514) 842-3351

Email address: [info@cabm.net](mailto:info@cabm.net)

Website: [www.cabm.net](http://www.cabm.net)

### **Services offered**

Recruitment of volunteers for community organizations and helping anyone who wants to volunteer find the appropriate activity.

## Food Delivery

### **Regroupement des popotes roulantes**

1474 Fleury Est

Montréal, QC, H2C 1S1

Telephone number: (514) 382-0310 extension: 206

Email address: [regroupement@prasab.org](mailto:regroupement@prasab.org)

Website: [www.popotes.org](http://www.popotes.org)

### **Services offered**

List of all organizations and institutions offering the 'meals on wheels' program across the province of Québec. Services offered by volunteers to seniors with loss of autonomy.

***East-end groups offering Meals on Wheels (others listed on popotes website):***

#### **POPOTE ROULANTE ANJOU**

6921 Avenue Azilda

Anjou, QC, H1K 3A2

Telephone number: (514) 770-2112

#### **CENTRE COMMUNAUTAIRE RDV 50+**

4122 42e rue

Montréal, QC, H1Z 1R8

Telephone number: (514) 374-3471

#### **CENTRE D'ENTRAIDE LE RAMEAU D'OLIVIER**

3100 Arcand Suite 125

Montréal, QC, H1N 3C7

Telephone number: (514) 254-6035

## **ENTRAIDE UKRAINIENNE**

5655 St-Zotique Est

Montréal, QC, H1T 1P7

Telephone number: (514) 252-6516

## **ALMAGE SENIOR COMMUNITY CENTRE**

8680 Hochelaga

Montréal, QC, H1L 2M6

Telephone number: (514) 355-1712

## **SÉSAME**

8628 Hochelaga

Montréal, QC, H1L 2M5

Telephone number: (514) 493-7656

## **POPOTE ROULANTE BUFFETS INSÈRE-JEUNES**

5188 Beaubien Est

Montréal, QC, H1T 1V9

Telephone number: (514) 842-3351

## **POPOTE ROULANTE ST-JEAN-VIANNEY**

Rosemont/ Pie IX

Telephone number: (514) 937-4798

## **POPOTE ROULANTE SAINT-ESPRIT**

5460 6th Avenue

Montréal, QC, H1Y 2P8

Telephone number: (514) 842-3351

## **POPOTE ROULANTE SAINT-FRANCOIS-SOLANO**

Quartier Rosemont

Telephone number: (514) 937-4798

## **ENTRAIDE AHUNTSIC NORD**

10780 Laverdure

Montréal, QC, H3L 2L9

Telephone number: (514) 382-9171

**POPOTE ROULANTE D'AHUNTSIC**

10000 Boul. Saint-Laurent

Montréal, QC, H3L 2N7

Telephone number: (514) 937-4798

**CENTRE BÉNÉVOLES AHUNTSIC-SUD**

9286 Berri

Montréal, QC, H2M 1P9

Telephone number: (514) 388-0775

**CARREFOUR DES RETRAITÉS**

11323 rue Jean-Meunier

Montréal-Nord, QC, H1G 4T3

**LES FOURCHETTES DE L'ESPOIRE**

12165 boul. Rolland

Montréal-North, QC, H1G 5Y1

## **Salvation Army Discount Store**

(Hochelaga- Maisonneuve)

3444 Ontario Est

Montréal, QC, H1W 1P9

Telephone number: (514) 529-4025

Website: [www.armeedusalut.ca](http://www.armeedusalut.ca)

### **Services offered**

Discount clothing and furniture.

## Government Services

### Canada Revenue Agency

305 René-Lévesque Boulevard West

Montréal, QC, H2Z 1A6

Telephone number: 1 (800) 959-7383

Website: [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

### Services offered

The CRA administers tax laws for the Government of Canada and for most provinces and territories, and administers various social and economic benefit and incentive programs delivered through the tax system.

### FACT:

From Revenu Canada you can get personal and general tax information from the automated Tax Information Phone Service (TIPS). The number to call is: **1-800-267-6999**.

## **Office of the Commissioner of Official Languages**

105 McGill Street, Suite 240

Dominique-Ducharme Building

Montréal, QC, H2Y 2E7

Telephone number: (514) 283-4996 or 1 (800) 363-0628

Website: [www.officiallanguages.gc.ca](http://www.officiallanguages.gc.ca)

### **Filing a Complaint with the Office of the Commissioner of Official Languages**

To ensure that your language rights are respected and to ensure that federal institutions respect the Official Languages Act, you may file a complaint online, by phone or by regular mail. To find out more about the procedure, please visit [www.officiallanguages.gc.ca](http://www.officiallanguages.gc.ca)

## **Régie de l'Assurance-Maladie du Québec**

425 Boul. de Maisonneuve West, suite #300

Montréal, QC, H3A 3G5

Telephone number: (514) 864-3411

Website: [www.ramq.gouv.qc.ca](http://www.ramq.gouv.qc.ca)

### **Services offered**

Health insurance card, prescription drug insurance, registration, eligibility, temporary stays outside Quebec, aid programs.

## **Régie des rentes du Québec**

Telephone number: 1 (800) 463-5185

Website: [www.rrq.gouv.qc.ca](http://www.rrq.gouv.qc.ca)

### **Services offered**

Ensures that the administration and operation of pension plans is in conformity with the *Supplemental Pension Plans Act* and promotes financial planning for retirement.

## **Revenu Québec**

5199 Sherbrooke Est

Montréal, QC, H1T 3X3

Telephone number: (514) 864-6299 or 1 800 267-6299

Website: [www.revenuquebec.ca](http://www.revenuquebec.ca)

### **Services offered**

Collects income taxes and consumption taxes to ensure the financing of public services and to administer various social programs.

## **Quebec - Information for Seniors**

[WWW.SENIORS.GC.CA](http://WWW.SENIORS.GC.CA)

Federal, provincial and some municipal information about the services, benefits, programs and initiatives available to seniors in Quebec.



## Health Services

### **Alzheimer Society Montréal**

4505 Notre-Dame street West

Montréal, QC, H4C 1S3

Telephone number: (514) 369-0800

Fax: (514) 369-4103

Email address: [info@alzheimermontreal.ca](mailto:info@alzheimermontreal.ca)

Website: <http://alzheimer.ca/en/montreal>

#### **Services offered**

Referral, clinical services such as individual and family counselling, support groups and monthly exchange groups, specialized education services at three activity centres, interactive workshops, education and awareness through conferences and training sessions.

### **AMI-Quebec: Action on Mental Illness**

5800 Décarie Boulevard, Suite 300

Montréal, QC, H3X 2J5

Telephone number: (514) 486-1448 or 1 (877) 303-0264

Fax: (514) 486-6157

Email address: [info@amiquebec.org](mailto:info@amiquebec.org)

Website: [www.amiquebec.org](http://www.amiquebec.org)

#### **Services offered**

Tele-workshops over the phone or at home, roundtable discussion, support groups and education programs on issues of mental health, caregivers.

## **Canadian Cancer Society**

5151 de l'Assomption Blvd.

Montréal, QC, H1T 4A9

Telephone number: 1 (800) 939-3333

Email address: [webmestre@quebec.cancer.ca](mailto:webmestre@quebec.cancer.ca)

Website: [www.cancer.ca](http://www.cancer.ca)

### **Services offered**

Information and support for people living with cancer: patients, family, friends and caregivers.

## **Canadian Virtual Hospice**

Email Address: [info@virtualhospice.ca](mailto:info@virtualhospice.ca)

Website: [www.virtualhospice.ca](http://www.virtualhospice.ca)

### **Services offered**

Online information and support on palliative and end of life care, loss and grief.

## **Diabetes Quebec**

8550 boul. Pie-IX, suite # 300

Montréal, QC, H1Z 4G2

Telephone number: (514) 259-3422

Fax: (514) 259-9286

Email address: [info@diabete.qc.ca](mailto:info@diabete.qc.ca)

Website: [www.diabete.qc.ca](http://www.diabete.qc.ca)

### **Services offered**

Phone line where people can ask questions about diabetes and treatment as well as be referred to health care services.

## **Heart and Stroke Foundation**

1434 St. Catherine Street West, Suite 500

Montréal, QC, H3G 1R4

Telephone number: (514) 871-1551 or 1 (888) 473-4636

Fax: (514) 871-9385

Website: [www.heartandstroke.com](http://www.heartandstroke.com)

### **Services Offered**

Helps create healthy lives free of heart disease and stroke.

## **Institut de Cardiologie de Montreal**

5000 rue Bélanger

Montréal, QC, H1T 1C8

Telephone number: (514) 376-3330 or 1 (855) 922-6387

Website: [www.icm-mhi.org](http://www.icm-mhi.org)

## **L'Office des Personnes Handicapées du Québec**

Telephone number: 1 (800) 567-1465

Fax: 1 (819) 475-8753

Email: [info@ophq.gouv.qc.ca](mailto:info@ophq.gouv.qc.ca)

Website: [www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)

### **Services Offered**

Plays a key role in assessment, counseling, coordination and cooperation in order to increase social participation of people with disabilities.

## **The Palliative Home-Care Society of Greater Montreal**

1110 Jean Talon Est, Suite 301

Montréal, QC, H2R 1V9

Telephone number: (514) 272-7200

Email: [info@societedesoinspalliatifs.com](mailto:info@societedesoinspalliatifs.com)

Website: <http://www.societedesoinspalliatifs.com/en/>

### **Services offered**

Provides care, services and support free of charge to patients in advanced stages of cancer or other life-limiting illness so that they may remain at home. Provides support, training and information to caregivers and family members of patients.

## **Quebec Foundation for the Blind**

5112, Bellechasse Street

Montréal, QC, H1T 2A4

Telephone number: (514) 259-9470 or 1 (855) 249-5112

Fax: (514) 254-5079

Email: [info@aveugles.org](mailto:info@aveugles.org)

Website: [www.aveugles.org](http://www.aveugles.org)

### **Services offered**

Programs to diminish the isolation and loneliness that are an inevitable part of the lives of the blind and visually challenged. Offer a wide range of recreational activities and enable them to live as independently as possible.

## **Groupe Forget, Audioprosthétistes**

(Private)

6020, rue Jean-Talon East, Suite 310

Montréal, QC, H1S 3B1

Telephone Number: (514) 355-2442

Website: [www.legroupeforget.com](http://www.legroupeforget.com)

### **Services Offered**

To help those with hearing loss. Other locations listed on the website.

## Home Care Services

### **Au Soin d'une vie**

(Private)

5835 Leger Boulevard, Suite #310

Montréal North, QC, H1G 6E1

Telephone number: (514) 324-8292

Website: [www.ausoindunevie.com](http://www.ausoindunevie.com)

### **Services offered**

Information and conferences, companionship, home-care and other personal or health care services for seniors. Private organization.

### **Comfort Keepers**

(Private)

Telephone number: (514) 695-3198

Website: [www.comfortkeepers.ca](http://www.comfortkeepers.ca)

### **Services offered**

Companionship, homemaking and personal care services for seniors; including light housekeeping, meal preparation and cleanup, transportation, palliative care, bathing and grooming, oral hygiene and more. This is a private organization.

## **Customized Homecare**

6600 TransCanada Hwy, Suite 750

Pointe-Claire, QC, H9R 5N3

Telephone number: (514) 418-0520 or 1 (800) 438-9431

Email address: [info@customizedhomecare.ca](mailto:info@customizedhomecare.ca)

Website: [customizedhomecare.ca](http://customizedhomecare.ca)

**Services Offered:** With a “Your family is ours” approach, Customized Homecare tailors their services to the needs of each individual customer. They provide services for personal care, housekeeping, respite, nursing overnight care, remote patient monitoring. Expertise in Alzheimer’s, physical and intellectual disability, mental illness, and palliative care.

## **Home Care Assistance**

4464 Saint-Catherine Street

Westmount, QC, H3Z 1R7

Telephone number: (514) 907-5065

Email: [infomtl@homecareassistance.com](mailto:infomtl@homecareassistance.com)

Website: <https://www.homecareassistancemontreal.ca>

**Services Offered:** Provides skilled caregivers to help with a persons’ needs in the comfort of their own home. Live-in home care, hourly home care, Alzheimer’s/dementia care, Parkinson’s care, Cognitive therapeutics method, Cancer care, Companion care, Hospital/post-hospital, Palliative care, Stroke care, Family room.

## **NOVaide**

3565 Jarry East, Suite 410

Montréal, QC, H1Z 4K6

Telephone number: (514) 278-6767 ext. 200

Fax: (514) 695-5726

Email Address: [novaide@novaide.com](mailto:novaide@novaide.com)

Website: [www.novaide.com](http://www.novaide.com)

### **Services Offered**

Provides domestic help and services to help maintain the elderly in their homes and improve their quality of life.

## **Paraide International Inc.**

5180 Chemin Queen Mary, Suite 206

Montréal, QC, H3W 3E7

Phone number: (514) 735-1756

Website: [www.paraide.ca](http://www.paraide.ca)

### **Services Offered**

Provides nursing care, post-operative and palliative care, personal hygiene and grooming services, companions at home and for outings, psychological and family-life counselling, domestic help.



# Housing

## **Canada Mortgage and Housing Corporation**

1100 René-Lévesque West 1st Floor

Montréal, Qc, H3B 5J7

Telephone number: (514) 283-2222 or 1 (888) 772-0772

Website: <https://www.cmhc-schl.gc.ca/>

### **Services Offered**

Helps Canadians with their housing needs. Resources on aging in place and adapting your home.

## **La Société d'habitation du Québec**

500 Boul. René Levesque West

Montréal, QC, H2Z 1W7

Telephone number: 1 (800) 463-4315

Website: [www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)

### **Services Offered**

Provides housing services for seniors. The Home Adaptation for Seniors' Independence Program provides financial assistance for people aged 65 or older, on low incomes, who need to make minor adaptations to their house or apartment in order to continue to live there safely and independently.

## Eligibility

You may be eligible for the Program if:

- You are 65 years of age or older
- You find it difficult to perform certain everyday activities in your home
- Your total household income does not exceed certain maximum admissible levels that vary according to the number of people living with you and the municipality in which you live
- Other conditions may apply.

### **ENHARMONIE Residences**

Telephone number: 1 (844) 364-276-6643

Email: [info.enh@omhm.qc.ca](mailto:info.enh@omhm.qc.ca)

Website: <https://www.residencesenharmonie.qc.ca/en>

### **Services offered**

Belonging to the Office municipal d'habitation de Montreal, the Enharmonie network offers 10 residences for independent seniors in Montreal at an affordable price.

## **Office Municipal d'Habitation Montréal**

415, rue Saint-Antoine Ouest

Montréal, QC, H2Z 1H8

Telephone number: (514) 872-6442

Fax number: (514) 872-6965

Website: [www.omhm.qc.ca](http://www.omhm.qc.ca)

### **Services Offered**

Low-rent Housing (HLM), Rent Supplement Program; housing in co-ops and non-profit organizations; Logement abordable Québec program; Referral services.

Individuals aged 60 or older can apply to live in low-rent housing (HLM) for seniors. Tenants pay 25% of their income as rent under the low-rent housing program.

The Logement abordable Québec program (LAQ) is designed for people with moderate incomes. These apartments are offered first to public housing tenants and households on public housing waiting lists.

Two types of households are eligible for affordable housing:

Autonomous individuals

Seniors (60 and over) with a slight loss of independence

## Eligibility

- Must be 60 or older
- Must be a Canadian citizen or permanent resident
- You have lived in Montréal for 12 months in the 24 months preceding your application.
- The assets of all persons listed on the application are worth no more than \$50,000.
- You are capable of providing for your own basic needs and those of your household, or you have provided proof that you are receiving assistance that will ensure such autonomy.
- The previous year's combined gross income for all those listed on the application is no more than:  
Individual: \$28,000  
Couple: \$28,000  
2 people (not living as a couple) or 3 people: \$32,500
- You have filed an application with the OMHM.

To obtain an application form:

- Go to any Accès Montréal office or the offices of other municipalities on the Island of Montréal
- Check the OMHM website ([www.omhm.qc.ca](http://www.omhm.qc.ca)), which also lists the locations of all our housing projects on the Island of Montréal
- Please call 514 872-6442 and they will mail you the form.

## Helping Seniors

Telephone number: (514) 748-7485

Website: [www.helpingseniors.ca](http://www.helpingseniors.ca)

**Services Offered:** Helps evaluate current needs of seniors and arrange for proper adaptations and or referrals to appropriate services. Helps seniors move every step of the way, help determine which retirement residence best suits the present needs, accompany on visits to residences, sell house or condominium (Helping Seniors is a chartered real estate broker), Assist with choosing which furniture and belongings to move, 3 step follow-up program.

## Information and Helplines

### **Arnold Bennett Housing Hotline**

Telephone number: (514) 488-0412

#### **Services Offered**

Legal helpline for tenants of Montreal

### **VisaVie**

1443 Fleury Street East

Montréal, QC, H2C 1R9

Telephone number: (514) 383-3383

Email address: [info@visavie.com](mailto:info@visavie.com)

Website: [www.visavie.com](http://www.visavie.com)

#### **Services offered**

Advisory service for seniors looking for a retirement home; other services include emergency relocation, family mediation and moving assistance.

### **Elder Mistreatment Help Line**

Telephone number: 1 (888) 489-2287

Website: [www.aideabusaines.ca](http://www.aideabusaines.ca)

#### **Services Offered**

Professional service throughout the province for seniors, the public and practitioners. 7 days a week from 8am to 8pm.

## **The East Island Network for English Language Services**

8370 Lacordaire Boulevard, suite 312

Montréal, QC, H1R 3Y6

Telephone number: (514) 995-8370 ext. 2217

Fax: (514) 274-1325

Email address: [info@reisa.ca](mailto:info@reisa.ca)

Website: [www.reisa.ca](http://www.reisa.ca)

### **Services offered**

Provides referral, information and resources for seniors.

Monday to Friday from 9:00 am to 4:00 pm.

## **Italian-Canadian Community Services of Quebec**

8370 Lacordaire Boulevard, suite 303

Montréal, QC, H1R 3Y6

Telephone number: (514) 274-9461

Fax: (514) 274-1325

Email address: [info@scciq.com](mailto:info@scciq.com)

Website: [www.scciq.com](http://www.scciq.com)

### **Services offered**

Offers referral, information on health and social services, legal clinic, tax clinic and seniors resources. Services offered in

English, French and Italian. Monday to Friday from 9:00 am - 4:00 pm.

## **Information and Referral Centre of Greater Montreal**

3155 Hochelaga, bureau 101

Montréal, QC, H1W 1G4

Telephone number: (514) 527-1388

### **Services offered**

Information about services pertaining to social security, welfare, health and recreation. Referral services to the particular organization capable of answering your personal needs.

## **Referral Helpline for Seniors**

Telephone number: (514) 527-0007

Website: [www.info-reference.qc.ca](http://www.info-reference.qc.ca)

### **Services offered**

Referral Helpline for seniors. Provides information and referral on requests concerning consumer's problems, physical and mental health services, housing problems, home nursing services, financial help, legal aid and defense of rights and self-support groups.

## **Multi-ÉcouteCentre**

3600, Avenue Barclay, Suite 460

Montréal, QC, H3S 1K5

Telephone number: (514) 737-3604

Email: [information@multiecoute.org](mailto:information@multiecoute.org)

Website: [www.multiecoute.org](http://www.multiecoute.org)

### **Services offered**



Anonymous helpline, psychological follow-ups, aid with filling out official forms.

## **Tel-Aînés**

Telephone number: (514) 353-2463

Email address: [tel-aines@tel-ecoute.org](mailto:tel-aines@tel-ecoute.org)

Website: [www.tel-ecoute.org](http://www.tel-ecoute.org)

### **Services offered**

Help line, suicide prevention and references for seniors aged 60 and up. 7 days/week, 10:00am – 10:00pm.

## **Tel-Aide**

P.O. Box 205, Station H

Montréal, QC, H3G 2K7

Telephone number: (514) 935-1105

Email address: [info@telaide.org](mailto:info@telaide.org)

Website: [www.telaide.org](http://www.telaide.org)

### **Services offered**

Free and confidential listening service, helping victims of stress, anxiety, addiction and violence, and difficulty with relationships.

## Legal Services

### **Chambres des Notaires du Quebec**

2045 Stanley, Suite 101

Montréal, QC, H3A 2V4

Telephone number: (514) 879-1793 or 1 (800) 263-1793

Website: <http://www.cnq.org/en/home.html>

#### **Services offered**

Legal information.

### **Curateur public du Quebec**

600, boulevard René-Lévesque Ouest

Montréal, QC, H3B 4W9

Telephone number: (514) 873-4074 or 1 (800) 363-9020

Website: [www.curateur.gouv.qc.ca](http://www.curateur.gouv.qc.ca)

#### **Services offered**

The Curator is responsible for protecting incapacitated individuals. It educates the public about the protection needs associated with incapacity, and supports families and close friends who are representing incapacitated individuals, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council.

## **Educaloi**

11 Notre-Dame West

Montréal, QC, H2Y 4A7

Telephone number: 1 (800) 668-2473

Website: [www.educaloi.qc.ca](http://www.educaloi.qc.ca)

### **Services offered**

Offers a website with free legal information, activities and awareness projects for schools, information tools (pamphlets, posters, brochures, etc.), professional consulting and training.

### **Tip from Educaloi:**

Before taking legal action against someone you have a dispute with, you normally have to give them notice. To do this, you have to send them a demand letter.

## **Le Réseau Juridique du Québec**

Telephone number: 1 (877) 683-1815

Email address: [infos@avocat.qc.ca](mailto:infos@avocat.qc.ca)

Website: [www.avocat.qc.ca](http://www.avocat.qc.ca)

### **Services offered**

Provides the general public, companies and other organizations, access to the Quebec legal system.

## **Legal Aid/Aide Juridique Montreal**

425 boul. de Maisonneuve West

Montréal, QC, H3A 3K5

Telephone number: (514) 864-2211

Website: <http://www.aidejuridiquedemontreal.ca/>

### **Services offered**

Civil and family legal aid to eligible persons, either by a permanent or private lawyer or notary, who accepts mandates under legal aid tariffs.

## **McGill Legal Information Clinic**

William Shatner University Centre

3480 McTavish, room 107

Montréal, QC, H3A 0E7

Telephone number: (514) 398-6792

Website: <http://licm.mcgill.ca/legal-information-clinic/>

### **Services offered**

Non-profit, student-run, bilingual and free legal information service.

## **Municipal Court**

775 Rue Gosford

Montréal, QC, H2Y 3B9

Telephone number: (514) 872-2964

### **Services offered**

Legal services.

## **Option Consommateurs**

House of Sustainable Development

50 St. Catherine Street West, suite 440

Montréal, QC, H2X 3V4

Telephone number: (514) 598-7288

Email address: [info@option-consommateurs.org](mailto:info@option-consommateurs.org)

Website: <https://option-consommateurs.org/?lang=en>

### **Services offered**

Provides legal aid while becoming involved in class action suits. Information sessions, budget consultations, legal information sessions, mediation.

## **The Bar of Montreal**

1 Notre-Dame Street E., Suite 9.80

Montréal, QC, H2Y 1B6

Telephone number: (514) 866-2490

Email address: [reference@barreaudemontreal.qc.ca](mailto:reference@barreaudemontreal.qc.ca)

Website: <https://www.barreaudemontreal.qc.ca/en>

### **Services offered**

Referral services, legal information, lawyer directory, mediator directory.

## Religious Institutions

### **THE ENGLISH SPEAKING CATHOLIC COUNCIL**

2005 St. Marc Street

Montréal, QC, H3H 2G8

Telephone number: (514) 937-2301 ext. 252 or 256

Email address: [escs@bellnet.ca](mailto:escs@bellnet.ca)

Website: [www.catholiccentre.ca](http://www.catholiccentre.ca)

#### **Services offered**

Resource center for the English-speaking Catholic community; information and referral to organizations across the island of Montreal.

### **Anglican Churches**

#### **Church of St. Cuthbert, St. Hilda and St. Luke**

6341 ave. de Lorimier

Montréal, QC, H2G 2P6

Telephone number: (514) 722-3061

### **Catholic Churches**

#### **Saint Aloysius**

7901 rue Sainte-Claire

Montréal QC, H1L 1W2

Telephone number: (514) 351-3281

### **Saint Brendan**

3542 Rosemont Boulevard  
Montréal, QC, H1X 1K8  
Telephone number: (514) 376-4537

### **Our Lady of Pompei Church**

2875 Sauvé St. East  
Montréal, QC, H2B 1C6  
Telephone number: (514) 388-9271

### **Maria Ausiliatrice Parish**

8555 Maurice Duplessis  
Montréal, QC, H1E 4C3  
Telephone number: (514) 648-9424

### **Our Lady of Mont-Carmel Church**

7645 du Mans Street  
St. Leonard, QC, H1S 2A1  
Telephone number: (514) 256-3632

### **San Domenico Savio Church**

9190 rue Sainte-Claire  
Montréal, QC, H1L 1Z7  
Telephone number: (514) 351-5646

## **Our Lady of Consolata Church**

1700 rue Jean-Talon East

Montréal, QC, H2E 1T2

Telephone number: (514) 374-0122

## **Christian Brethren Church**

### **Rosemont Bible Church**

6000 – 13<sup>th</sup> Avenue

Montréal, QC, H1X 2Y5

Telephone number: (514) 728-5911

## **Pentecostal Churches**

### **Emmanuel Pentecostal Church**

6550 boul Maurice-Duplessis

Montréal-North, QC, H1G 6K9

Telephone number: (514) 323-3087

### **Church of Pentecost Canada**

8586 – 10<sup>th</sup> Avenue

Montréal, QC, H1Z 3B6

Telephone number: (514) 278-9716

## **Polish Churches**

### **Church of Polish National**

3330 Laurier East

Montréal, QC, H1X 1V2

Telephone number: (514) 524-9564



## **Our Lady of Czestochowa**

2550 Gascon

Montréal, QC, H2K 2W6

Telephone number: (514) 523-6368

## **Presbyterian Church**

### **Maisonneuve St. Chuthbert's Presbyterian**

1606 ave. Letourneux

Montréal, QC, H1V 2M5

Telephone number: (514) 255-4100

## **United Churches**

### **Trinity United Church**

3050 Rosemont Blvd.

Montréal, QC, H1Y 1M2

Telephone number: (514) 721-1830

### **Anjou United Church**

7951 Place Dade

Anjou, QC, H1K 1R4

Telephone: (514) 352-7790

## **Ukrainian Catholic Churches**

### **St. Michael's Ukrainian Church of Montreal**

2388 rue d'Iberville

Montréal, QC, H2K 3C6

Telephone number: (514) 521-2234

## **Ukrainian Catholic**

6185 – 10th Avenue

Montréal, QC, H1Y 2H5

Telephone number: (514) 593-0707

## **Ukrainian Orthodox Church**

### **Ukrainian Orthodox Cathedrale of Ste. Sophie**

6520 boul. Saint-Michel

Montréal, QC, H1Y 2E7

Telephone number: (514) 593-0715

## Support Groups

### **The Better Living Without Smoking Centre**

1165, boulevard Henri-Bourassa Est

Montréal, QC, H2C3K2

Telephone number: (514) 849-3804

#### **Services Offered**

Resources for quitting smoking

### **CALACS – Centre for Relief of Sexual Assaults**

Telephone number: (514) 529-5252

Fax: (514) 529-5255

Email Address: [info@rqcalacs.qc.ca](mailto:info@rqcalacs.qc.ca)

Website: [www.rqcalacs.qc.ca](http://www.rqcalacs.qc.ca)

#### **Services Offered**

Free and confidential resources and services for victims of sexual assault; individual or group support, accompaniment in medical or legal proceedings.

## **Promis**

3333 Chemin de la Côte Ste-Catherine

Montréal, QC, H3T 1C8

Telephone number: (514) 345-1615

Website: <http://promis.qc.ca/?lang=en>

### **Services offered**

Personalized consultation services and group information sessions to newcomers to help them integrate into their new community. Support services are free and include: French courses, employment assistance, assistance in relocation to Quebec regions, school support services, family assistance, and community food action.

# Transport

## **Disabled Parking Permit - Société de l'assurance automobile du Québec (SAAQ)**

Telephone number: (514) 873-7620

Website: <https://saaq.gouv.qc.ca/en/road-safety/clienteles/seniors/parking-permit/>

Office hours: Monday-Friday 8:00-17:00

### **Services Offered**

Parking permit issued for use by either a vehicle driver or passenger who is disabled.

## **Le Bon Pilote**

5112 rue de Bellechasse, suite 511

Montréal, QC, H1T 2A4

Telephone number: (514) 593-5454

Fax: (514) 419-6954

Email address: [info@lebonpilote.org](mailto:info@lebonpilote.org)

Website: [www.lebonpilote.org](http://www.lebonpilote.org)

### **Services Offered**

Personal attendant service to people with a visual impairment or loss of autonomy through assistance in daily activities, such as errands (grocery store, bank, drug store), reading, mail, and so on.

## **Le Regroupement des Usagers du Transport Adapté et accessible de l'Île de Montréal (RUTA)**

6363 Chemin Hudson, Suite 152

Montréal, QC, H3S 1M9

Telephone number: (514) 255-0765

Fax: (514) 255-5747

Email address: [info@rutamtl.com](mailto:info@rutamtl.com)

Website: [www.rutamtl.com](http://www.rutamtl.com)

Office hours: Monday-Friday 8:30-16:30

### **Services Offered**

Represents and defends the rights of individuals with functional limitations to promote and ensure universal accessibility in public and adapted transport.

## **Société de l'assurance automobile de Québec**

7335 Langelier

Montréal, QC, H1S 1V6

Telephone number: 1 (800) 361-7620

Website: [www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

### **Services offered**

Responsible for licensing drivers and vehicles. Administers driver's licenses, vehicle licence plates and seeks to prevent road accidents.

## **Société de Transport de Montréal (STM)**

800, rue de la Gauchetière West

Montréal, QC, H5A 1J6

Telephone number: (514) 486-4636

Adapted Transit telephone number: (514) 280 8211

Website: [www.stm.info](http://www.stm.info)

### **Services offered**

Bus, metro, adapted transit (paratransit), Navette Or, Opus ID card.

## **Société de Transport de Montréal offers adapted transit**

### **Navette Or**

In certain Montreal city boroughs, seniors can now access Navettes Or to respond to the specific needs of seniors. Contrary to the bus itinerary, the Navette Or offers a route that caters to specific districts. The stops are found at senior and community centres as well as the CLSC, public pools, and shopping centres. The cost is the same as the bus or metro. You can find the schedule in your area by internet or by calling 514-288-6287 (514-A-U-T-O-B-U-S)

### **Paratransit**

*Eligibility:* Only handicapped persons whose disabilities seriously compromise their mobility are eligible for the Paratransit service. To apply, you can visit the STM website or call 514 280-8211.



## **Taxi Para-Adapté**

4660 rue Sainte-Catherine Est

Montréal, QC, H1V 1Y9

Telephone number: (514) 277-3344

Email: [info@taxiparaadapte.ca](mailto:info@taxiparaadapte.ca)

Website: [www.taxiparaadapte.ca](http://www.taxiparaadapte.ca)

### **Services Offered**

Available 24 hours/day, 7 days/week in and around the island of Montreal. Clients can track the taxi vehicle fleet in real time.

## **Vehicle Adaptation Program (VAP) for Persons with Disabilities - Société de l'assurance automobile du Québec (SAAQ)**

Telephone number: (514) 873-7620

### **Services Offered**

Financial assistance for the adaptation of a vehicle to enable a person with a disability to drive it or have access to it. Contact the SAAQ to submit a request to receive a form to apply to the VAP.

## Other Helpful Resources

### **Complexe Funéraire Loreto**

4975 boul. Des Grands-Prairies

Montréal, QC H1R 1A5

Telephone number: (514) 325-3535

Email: [info@complexeloreto.ca](mailto:info@complexeloreto.ca)

Website: [www.complexeloreto.com](http://www.complexeloreto.com)

### **DEALHACK**

Website: [www.dealhack.ca/blog/canadian-senior-discounts](http://www.dealhack.ca/blog/canadian-senior-discounts)

#### **Services offered**

Online list of deals and discounts for seniors living in Canada. The list is updated every 3 months, printable version is available on the website.

### **Hawthorn-Dale Cemetery**

15 005 Sherbrooke Street East

Pointe-aux-Trembles, QC, H1A 3X1

Telephone number: (514) 498-7682

### **Magnus Poirier Funeral Home**

6825 Sherbrooke East

Montréal, QC H1N 1C7

Telephone number: 1 (888) 727-2847

Website: [www.magnuspoirier.com](http://www.magnuspoirier.com)

## **White & Sons Funeral Home**

Telephone number: (514) 524-3432

### ***East-end locations:***

Hochelaga Street (Montreal)

Highway 25 (Anjou)

Sherbrooke Street (Pointe-aux-Trembles)



Pointe-de-l'Île

Ahuntsic/Montréal-Nord

Saint-Léonard/Saint-Michel

Lucille-Teasdale



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Health  
Canada

Santé  
Canada



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**[www.reisa.ca](http://www.reisa.ca)**