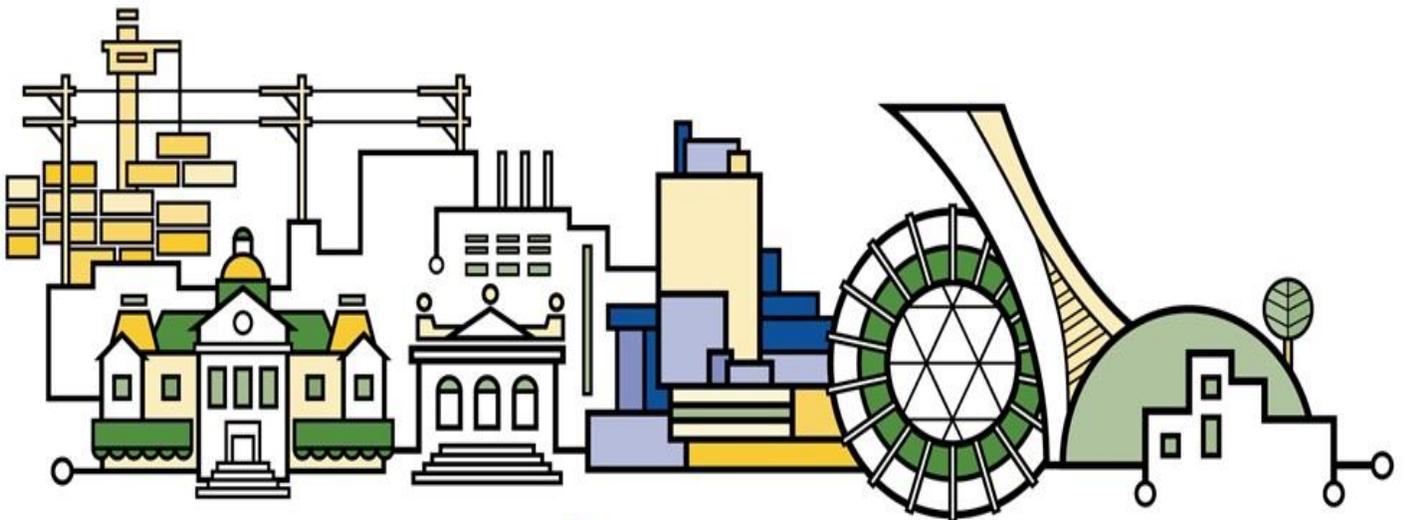




The East Island Network for English Language Services  
Le Réseau de l'Est de l'Île pour les services en anglais

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

2019-2020



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

Updated Fall 2019

## Developed by

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



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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 REISA will not be held responsible for any content that may be out of date.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.*

## **MISSION**

REISA, a community organization, works to increase access to health and social services in English for residents of Montreal's East and North ends, through collaboration with public, private and community stakeholders.

## **PROFILE**

According to a study by the Community Health and Social Services Network (CHSSN) and Pocock (2014), English-speaking communities in the East end of the island represent a significant 14,8% of the area's population. However, it is common that the needs of these communities are overlooked. REISA seeks to promote the English language as a communication tool and not as the language of work, in areas where minority groups are more comfortable receiving services in English than in French. Examples of these groups include Chinese, Latino, Indian, Pakistani, Polish and Italian communities.

## **COMMUNITY DEVELOPMENT AND OUTREACH**

REISA has supported community development in various fields including: addiction services, drug awareness and prevention in schools, family counselling and mediation, integration of student trainees in community projects, mental health information and support groups, prevention and management of diabetes, and seniors activity groups and community development led by seniors.

## OVERALL ENGLISH-SPEAKING POPULATION IN THE EAST AND NORTH OF MONTREAL

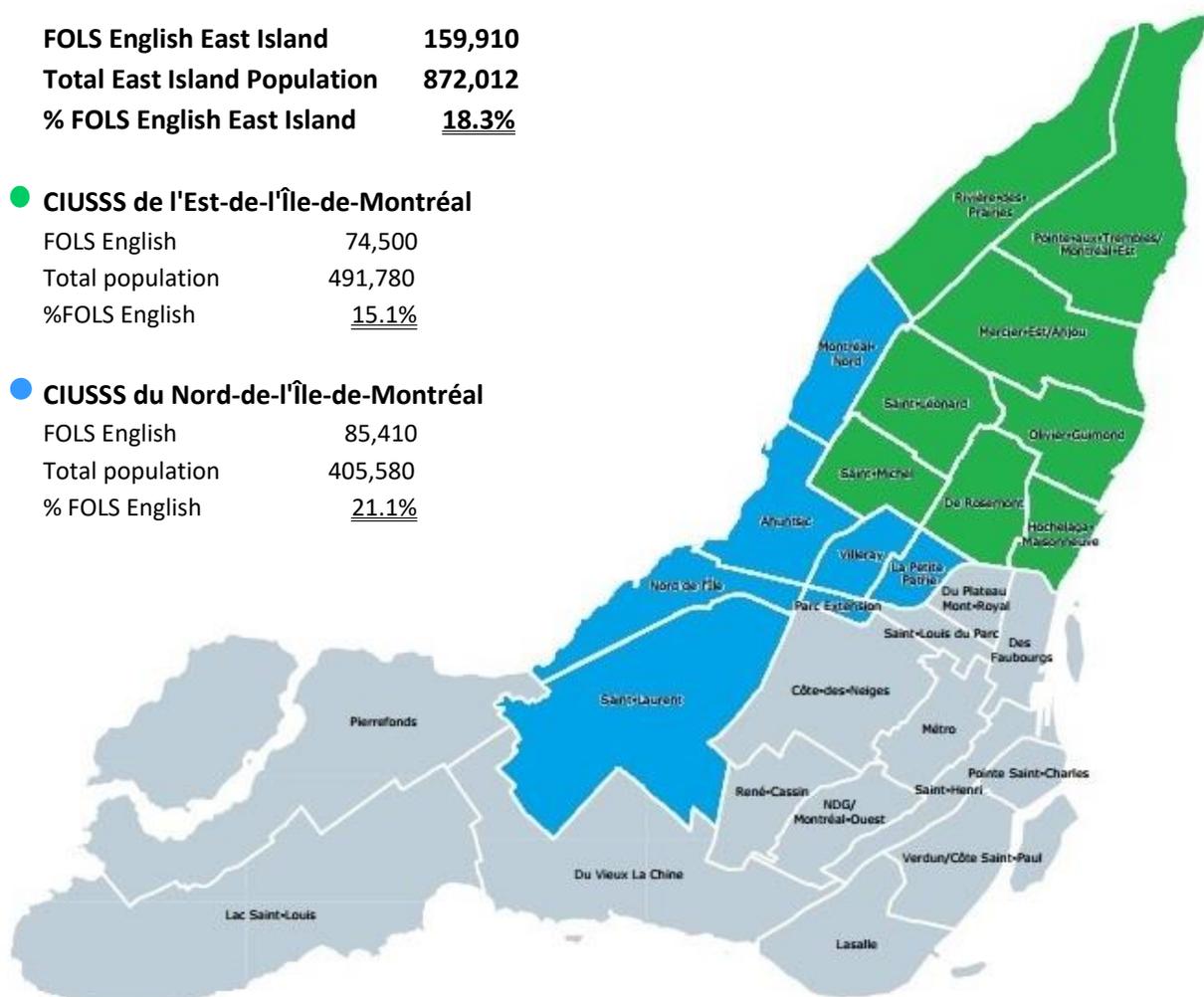
FOLS English East Island	159,910
Total East Island Population	872,012
% FOLS English East Island	<u>18.3%</u>

### ● CIUSSS de l'Est-de-l'Île-de-Montréal

FOLS English	74,500
Total population	491,780
%FOLS English	<u>15.1%</u>

### ● CIUSSS du Nord-de-l'Île-de-Montréal

FOLS English	85,410
Total population	405,580
% FOLS English	<u>21.1%</u>



#### Legend:

*FOLS English: population belonging to the CIUSSS whose first official language spoken is English*

*Total population: Total population of the CIUSSS*

*% FOLS English: Percentage of population living in the CSSS whose first official language spoken is English*

#### Source:

*Community Health and Social Services Network (CHSSN)/Pocock, J. (2016) Profile of English Speakers in RTS de l'Est-de-l'Île-de-Montréal, and (2016) Profile of English Speakers in RTS du Nord-de-l'Île-de-Montréal. Based on data from the 2011 Census of Canada, Statistics Canada.*

*Map: Agencé de la santé et des services sociaux de Montréal*

## REISA PARTNERS

### COMMUNITY ORGANIZATIONS

Contact Information	Description of Services
<b>Accès Bénévolat</b> Tel (514) 523 6599 info@sbem.org <a href="http://www.sbem.org">www.sbem.org</a>	Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers.
<b>Almage Senior Community Center</b> Tel (514) 355 1712 almage@ccs-montreal.org <a href="http://www.almage.org">www.almage.org</a>	Community meals, income tax clinic, mini bus transport, blood pressure clinic, classes, and recreational activities. Home support services such as medical transport, transport errands, accompaniment, friendly visit, information & referral, and advocacy.
<b>AMI-Québec</b> Tel (514) 486 1448 amique@amiquebec.org <a href="http://www.amiquebec.org">www.amiquebec.org</a>	Counselling in person and over the phone, tele-workshops over the phone, roundtable discussion, support groups and education programs on issues of mental health, etc.
<b>Assisted Living Services–ALS</b> Tel (450) 632 7730 vickiecj@kscskahnawake.ca	Therapeutic and recreational activities and services for individuals with special needs.
<b>Black Community Resource Centre–BCRC</b> Tel (514) 342 2247 <a href="http://www.bcrcmontreal.com">www.bcrcmontreal.com</a>	Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools and summer employability.
<b>Collective Community Services–CCS</b> Tel (514) 937 5351 info@ccs-montreal.org <a href="http://www.ccs-montreal.org">www.ccs-montreal.org</a>	The mission of CCS is to understand and alleviate the causes and the consequences of poverty by working directly with individuals, primarily but not exclusively within the Anglophone community, by breaking the isolation of the marginalized and alienated within Greater Montreal.
<b>Center of Dreams and Hopes–CDH</b> Tel (514) 327 6667 extension 200	English therapeutic and recreational activities for youth with physical, intellectual and/or developmental disabilities
<b>Centre Leonardo Da Vinci</b> Tel (514) 955 8370 sandricciola@centreleonardodavinci.com <a href="http://www.centreleonardodavinci.com">www.centreleonardodavinci.com</a>	Cultural, artistic, sporting and social activities enhancing the unity of Montreal's Italian community, nourishing exchanges among people of all ages and strengthening bonds between cultural communities.

<p><b>Collectif Jeunesse de Saint-Léonard</b> Tel (514) 323 1417</p>	<p>A grouping of citizens, community and public groups and institutions working toward the improvement of the well-being and welfare of youth within the Saint-Léonard community.</p>
<p><b>Concertation Saint-Léonard</b> Tel (514) 323 1417</p>	<p>A grouping of citizens, community and public groups and institutions working toward the improvement of the well-being and welfare of the Saint-Léonard community.</p>
<p><b>Consensus Mediation Center</b> Tel (514) 862 0924 consensusmediation@me.com <a href="http://www.consensusmediation.org">www.consensusmediation.org</a></p>	<p>Family mediation, counselling, parenting coordination, seminars, groups and training.</p>
<p><b>Don Bosco Youth Leadership Centre—DBYLC</b> Tel (514) 648 6421 info@dbylc.com <a href="http://www.dbylc.com">www.dbylc.com</a></p>	<p>Pre-kindergarten classes, dance classes, summer camp, after school in-center activities, tutoring, sports, moms and tots, and retreats.</p>
<p><b>East Foundation</b> Tel (514) 323 9950 kids@eastfoundation.ca <a href="http://www.eastfoundation.ca">www.eastfoundation.ca</a></p>	<p>Therapeutic, recreational, social and leisure activities for youth and young adults (aged 0-21) with intellectual and/or physical disabilities including autism spectrum disorder, and support to their parents and caregivers.</p>
<p><b>Gerald McShane Community Learning Centre—CLC</b> Tel (514) 374 6000 <a href="http://www.lauriermacdonald.ca">www.lauriermacdonald.ca</a></p>	<p>Various activities and services for the students, parents and the community at large.</p>
<p><b>Italian-Canadian Community Services of Québec—ICCSQ</b> Tel (514) 274 9461 info@sccliq.com</p>	<p>Free income tax clinic, free legal clinic, free flu vaccination, translation, conferences, referral and support.</p>
<p><b>Laurier Macdonald Community Learning Centre—CLC</b> Tel (514) 374 6000 <a href="http://www.lauriermacdonald.ca">www.lauriermacdonald.ca</a></p>	<p>Various activities and services for the students, parents and the community at large.</p>
<p><b>Quebec Community Groups Network—QCGN</b> Tel (514) 868 9044 <a href="http://www.qcgn.ca">www.qcgn.ca</a></p>	<p>The mission of the QCGN is to identify, explore and address strategic issues affecting the development and vitality of English-speaking Quebec and to encourage dialogue and collaboration among its member organizations, individuals, community groups, institutions and leaders.</p>

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**Services communautaires pour réfugiés et immigrants**

Tel (514) 387 4477  
info@migrantmontreal.org  
[www.migrantmontreal.org](http://www.migrantmontreal.org)

Helps immigrants and refugees of Montreal to adapt, settle and integrate into society. This mission is based upon humane values, cooperation and the mutual respect of the person.

**Table de concertation des aînés de Montréal-Nord–TCAMN**

Tel (514) 384 2000 extension 7636

Citizens, community and public groups and institutions working toward the improvement of the well-being and welfare of the Montreal-North seniors.

**Toxico-Stop**

Tel (514) 327 6017  
info@toxico-stop.com  
[www.toxico-stop.com](http://www.toxico-stop.com)

A charitable organization, certified by the ministry of health and social services that offers housing and treatment for substance abusers. Their programs consist of a detoxification support program and a social reintegration program.

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**HEALTH AND SOCIAL SERVICE INSTITUTIONS**

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**Institution****Contact information**

**Batshaw Youth and Family Centres–BYFC**

Tel (514) 989 1885  
[www.batshaw.qc.ca](http://www.batshaw.qc.ca)

**CIUSSS de l'Est-de-l'Île-de-Montreal**

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

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

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

**Institut national de santé publique du Québec–INSPQ**

Tel (418) 650 5115  
[www.inspq.qc.ca](http://www.inspq.qc.ca)

**Foster Addiction Rehabilitation Centre**

Tel (514) 486 1304  
[www.crdfoster.org](http://www.crdfoster.org)

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**EDUCATIONAL INSTITUTIONS**

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**Institution****Contact information**

**Concordia University**

Tel (514) 848 2424  
[www.concordia.ca](http://www.concordia.ca)

**Dawson College**

Tel (514) 931 8731  
[www.dawsoncollege.qc.ca](http://www.dawsoncollege.qc.ca)

**English Montreal School Board–EMSB**

Tel (514) 483 7200  
[www.emsb.qc.ca](http://www.emsb.qc.ca)

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**John Abbott College**

Tel (514) 457 6610  
[www.johnabbott.qc.ca](http://www.johnabbott.qc.ca)

**McGill Centre for Studies in Aging**

Tel (514) 766 2010  
[www.aging.mcgill.ca](http://www.aging.mcgill.ca)

**McGill University**

Tel (514) 398 3654  
[www.mcgill.ca](http://www.mcgill.ca)

**Vanier College**

Tel (514) 744 7500  
[www.vaniercollege.qc.ca](http://www.vaniercollege.qc.ca)

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## TABLE OF CONTENTS

EMERGENCY NUMBERS .....	10
CIUSSS' AND THEIR RESPECTIVE SERVICES .....	13
ADDICTION .....	27
ADULT AND FAMILY CENTERS .....	33
ADULT AND FAMILY HELPLINES .....	35
DISEASES AND SYNDROMES .....	37
EDUCATION, EMPLOYMENT AND VOLUNTEERING .....	46
EMERGENCY AID AND TEMPORARY HOUSING .....	51
GROUPS, REFERRAL AND COMMUNITY CENTERS.....	54
HEALTH INFORMATION .....	60
LEGAL AID AND INFORMATION .....	62
MENTAL HEALTH .....	66
RELIGIOUS INSTITUTIONS .....	69
SENIORS .....	73
SPECIAL NEEDS .....	80
VIOLENCE AND SEXUAL ASSAULT.....	89
YOUTH CENTERS.....	94
YOUTH HELPLINES .....	97
OTHER HELPFUL RESOURCES .....	98



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

### **AHUNTSIC - PDQ 27**

1805 rue Fleury Est  
Montréal, QC H2B 1H7  
Tel. (514) 280 0127

### **ANJOU - PDQ 46**

6850 boul. Joseph-Renaud  
Anjou, QC H1K 3V4  
Tel. (514) 280 0146

### **ARRONDISSEMENT DE MERCIER/HOCHELAGA-MAISONNEUVE - PDQ 48**

6680 rue Sherbrooke Est  
Montréal, QC H1N 1C9  
Tel. (514) 280 0148

### **ARRONDISSEMENT DE MONTRÉAL-NORD - PDQ 39**

6100 boul. Henri-Bourassa Est  
Montréal, QC H1G 5X3  
Tel. (514) 280 0139

### **HOCHELAGA-MAISONNEUVE - PDQ 23**

4555 rue Hochelaga  
Montréal, QC H1V 1C2  
Tel. (514) 280 0123

**MONTRÉAL EST/POINTE-AUX-TREMBLES - PDQ 49**

1498 boul. Saint-Jean-Baptiste

Montréal, QC H1B 4A4

Tel. (514) 280 0149

**RIVIÈRE-DES-PRAIRIES - PDQ 45**

8200 boul. Maurice-Duplessis

Montréal, QC H1E 2Y5

Tel. (514) 280 0145

**ROSEMONT/LA PETITE PATRIE - PDQ 44**

4807 rue Molson

Montréal, QC H1Y 0A2

Tel. (514) 280 0144

**SAINT-LÉONARD - PDQ 42**

8181 boul. Lacordaire

Montréal, QC H1R 2A3

Tel. (514) 280 0142

**SAINT-MICHEL - PDQ 30**

8930 boul. Pie-IX

Montréal, QC H1Z 4H9

Tel. (514) 280 0130

## CIUSSS' AND THEIR RESPECTIVE SERVICES

### CIUSSS DE L'EST-DE-L'ÎLE-DE-MONTRÉAL

*[www.ciuss-estmtl.gouv.qc.ca](http://www.ciuss-estmtl.gouv.qc.ca)*

#### CSSS DE LA POINTE-DE-L'ÎLE

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

#### **CLSC de Mercier-Est–Anjou**

9503, Sherbrooke Street East

Montréal, QC H1L 6P2

Tel. (514) 356 2572

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

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

#### **CLSC de Pointe-aux-Trembles–Montréal-Est**

13926 Notre-Dame Street East

Montréal, QC H1A 1T5

Tel. (514) 642-4050

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

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

#### **CLSC de Rivière-des-Prairies**

8655 Perras Boulevard

Montréal, QC H1E 4M7

Tel. (514) 494 4924

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

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

## **CHSLD's**

### **Centre d'hébergement Biermans**

7905 Sherbrooke Street East

Montréal, QC H1L 1A4

Tel. (514) 351 9891

### **Centre d'hébergement Judith-Jasmin**

8850 Bisailon Street

Montréal, QC H1K 4N2

Tel. (514) 354 5990

### **Centre d'hébergement François-Séguenot**

13950 Notre-Dame Street East

Montréal, QC H1A 1T5

Tel. (514) 642 4050

### **Centre d'hébergement Pierre-Joseph-Triest**

4900 Lapointe Boulevard

Montréal, QC H1K 4W9

Tel. (514) 353 1227

## **Walk-in Clinics**

### **Centre médical Hochelaga**

9080 Hochelaga Street

Montréal, QC H1L 2N9

Tel. (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 Sherbrooke Street East, Suite 103

Montréal, QC H1A 1B9

Tel. (514) 498 4050

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

Weekend: 8:00-16:00

### **CSSS DE SAINT-LÉONARD ET SAINT-MICHEL**

*[www.csss-stleonardstmichel.qc.ca](http://www.csss-stleonardstmichel.qc.ca)*

### **CLSC de Saint-Léonard**

5540 Jarry Street East

Montréal, QC H1P 1T9

Tel. (514) 722 3000

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

### **CLSC de Saint-Michel**

3355 Jarry Street East

Montréal, QC H1Z 2E5

Tel. (514) 722 3000

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

### **CHSLD's**

### **Centre d'hébergement des Quatre-Saisons**

6767 Cartier Street

Montréal, QC H2G 3G2

Tel. (514) 722 3000

### **Centre d'hébergement de Saint-Michel (Centre administratif)**

3130 Jarry Street East

Montréal, QC H1Z 4N8

Tel. (514) 722 3000

### **Centre d'hébergement des Quatre-Temps**

7400 Saint-Michel Boulevard

Montréal, QC H2A 2Z8

Tel. (514) 722 3000

### **Walk-in Clinics**

#### **Clinique médicale Viau inc.**

4750 Rue Jarry Est

Montréal, QC H1R 1X8

Tel. (514) 326 7203

Office hours: Monday - Friday: 9:00-21:00

Weekend: 8:00-16:00

#### **CLSC de Saint-Michel**

3355 Jarry Street East

Montréal, QC H1Z 2E5

Tel. (514) 722 3000

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

Weekend: 8:00-16:00

## **CSSS LUCILLE-TEASDALE**

***www.cssslucilleteasdale.qc.ca***

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

4201 Ontario Street Est

Montréal, QC H1V 1K2

Tel. (514) 253 2181

Office hours: Monday - Friday 8:00-20:00 and 8:00-16:00 on weekends

### **CLSC Olivier-Guimond**

5810 Sherbrooke Street East

Montréal, QC H1N 1B2

Tel. (514) 255 2365

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

### **CLSC de Rosemont**

2909 Rachel Street East

Montréal, QC H1W 0A9

Tel. (514) 524 3541

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

## **CHSLD's**

### **Centre d'hébergement Éloria-Lepage**

3090 avenue de la Pépinière

Montréal, QC H1N 3N4

Tel. (514) 252 1710

### **Centre d'hébergement Jeanne-Le Ber**

7445 Hochelaga Street  
Montréal, QC H1N 3V2  
Tel. (514) 251 6000

### **Centre d'hébergement Marie-Rollet**

5003 Saint-Zotique Street East  
Montréal, QC H1T 1N6  
Tel. (514) 729 5281

### **Centre d'hébergement Rousselot**

5655 Sherbrooke Street East  
Montréal, QC H1N 1A4  
Tel. (514) 254 9421

### **Centre d'hébergement J.-Henri Charbonneau**

3095 Sherbrooke Street East  
Montréal, QC H1W 1B2  
Tel. (514) 523 1173

### **Centre d'hébergement de la Maison-Neuve**

2300 Nicolet Street  
Montréal, QC H1W 3L4  
Tel. (514) 527 2161

### **Centre d'hébergement Robert-Cliche**

3730 de Bellechasse Street  
Montréal, QC H1X 3E5  
Tel. (514) 374 8660

## **Walk-in Clinics**

### **Clinique médicale 3000**

3000 Bélanger Street

Montréal, QC H1Y 1A9

Tel. (514) 376 7702

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

Weekend: 8:30-16:00

### **Clinique médicale Bélanger**

3871 Bélanger Street, 3e étage

Montréal, QC H1X 3M7

Tel. (514) 722 1166

### **Polyclinique Cabrini**

5700 St-Zotique East, Suite 200

Montréal, QC H1T 3Y7

Tel. (514) 256 5700

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

Weekend: 9:00-17:00

### **Polyclinique Rosemont**

3377 boulevard Rosemont

Montréal, QC H1X 1K4

Tel. (514) 798 8688

### **Pavillon Rosemont, Unité de médecine familiale**

5689 boulevard Rosemont, 3rd floor

Montréal, QC H1T 2H1

Tel. (514) 374 7940

### **Clinique médicale Maisonneuve-Rosemont**

5345 boulevard l'Assomption, Suite 60

Montréal, QC H1T 4B3

Tel. (514) 360 1435

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

### **Polyclinique Masson**

3425 Masson Street, Suite 200

Montréal, QC H1X 1R6

Tel. (514) 376 9961

### **Clinique médicale 3600**

3600 Ontario Street East

Montréal, QC H1W 1R7

Tel. (514) 526 6601

### **Clinique médicale Joliette**

3841 Ontario Street East

Montréal, QC H1W 1S5

Tel. (514) 524 3731

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

Weekend: 8:00 à 16:00

### **Clinique médicale L'Espérance**

4261 Ste-Catherine Street East

Montréal, QC H1V 1X5

Tel. (514) 254 3686

Office hours: Monday - Friday 8:00-16:00

### **Clinique Angus**

4101, Molson Street, suite 101

Montréal, QC H1Y 3L1

Tel. (514) 807 2333

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

Weekend: 8:00-16:00

**CIUSSS DU NORD-DE-L'ÎLE-DE-MONTRÉAL**

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

### **CSSS D'AHUNTSIC ET MONTRÉAL-NORD**

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

### **CLSC d'Ahuntsic**

1165 Henri-Bourassa Boulevard East

Montréal, QC H2C 3K2

Tel. (514) 384 2000

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

### **CLSC de Montréal-Nord**

11441 Lacordaire Boulevard

Montréal, QC H1G 4J9

Tel. (514) 384 2000

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

### **CHSLD's**

### **Centre d'hébergement de Louvain**

9600 Saint-Denis Street

Montréal, QC H2M 1P2

Tel. (514) 384 2000

### **Centre d'hébergement Légaré**

1615 Émile-Journault Street  
Montréal, QC H2M 2G3  
Tel. (514) 384 2000

### **Centre d'hébergement Laurendeau**

1725 Gouin Boulevard East  
Montréal, QC H2C 3H6  
Tel. (514) 384 2000

### **Centre d'hébergement Paul-Lizotte**

6850, Gouin Boulevard East  
Montréal, QC H1G 6L7  
Tel. (514) 384 2000

### **Walk-in Clinics**

#### **Clinique Médical Désy**

5636 Henri-Bourassa East  
Montréal, QC H1G 2T2  
Tel. (514) 326 9060  
Office hours: Monday - Friday 8:00-20:00  
Weekend: 8:00-16:00

### **CSSS DE BORDEAUX-CARTIERVILLE-SAINT-LAURENT**

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

#### **CLSC de Bordeaux-Cartierville**

11822 avenue du Bois-de-Boulogne  
Montréal, QC H3M 2X6  
Tel. (514) 331 2572  
Office hours: Monday - Friday 8:00-20:00

### **CLSC de Saint-Laurent**

1055 avenue Sainte-Croix

Montréal, QC H4L 3Z2

Tel. (514) 748 6381

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

### **CHSLD's**

#### **Centre d'hébergement Saint-Joseph-de-la-Providence**

11844 avenue du Bois-de-Boulogne

Montréal, QC H3M 2X7

Tel. (514) 334 3120

#### **Pavillon des Bâisseurs**

11810 avenue du Bois-de-Boulogne

Montréal, QC H3M 2X6

Tel. (514) 334 4817

#### **Centre d'hébergement de Cartierville**

12235 rue Grenet

Montréal, QC H4J 2N9

Tel. (514) 337 7300

#### **Centre d'hébergement Notre-Dame-de-la-Merci**

555 boulevard Gouin Ouest

Montréal, QC H3L 1K5

Tel. (514) 331 3020

#### **Centre d'hébergement de Saint-Laurent**

1275 boulevard de la Côte-Vertu

Montréal, QC H4L 4V2

Tel. (514) 744 4981

## **CSSS DU COEUR-DE-L'ÎLE**

***www.cssscoeurdelile.ca***

### **CLSC de la Petite-Patrie**

6520 rue de Saint-Vallier

Montréal, QC H2S 2P7

Tel. (514) 273 4508

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

### **CLSC de Villeray**

1425 rue Jarry Est

Montréal, QC H2E 1A7

Tel. (514) 376 4141

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

## **CHSLD's**

### **Centre d'hébergement Paul-Gouin**

5900 rue de Saint-Vallier

Montréal, QC H2S 2P3

Tel. (514) 273 3681

### **Centre d'hébergement Auclair**

6910, rue Boyer

Montréal, QC H2S 2J7

Tel. (514) 272 3011

## **Hospitals**

### **Hôpital Jean-Talon**

1385 rue Jean-Talon Est  
Montréal, QC H2E 1S6  
Tel. (514) 495 6767

### **Pavillon Dorion**

1360 rue Jean-Talon Est  
Montréal, QC H2E 1S1  
Tel. (514) 495 6767

### **Clinique externe de psychiatrie**

7345 rue Garnier  
Montréal, QC H2E 2A1  
Tel. (514) 729 3036

### **Hôpital du Sacré-Coeur de Montréal**

5400 boulevard Gouin Ouest  
Montréal, QC H4J 1C5  
Tel. (514) 338-2222

### **Pavillon Albert-Prévost de l'Hôpital du Sacré-Coeur de Montréal**

6555, boul. Gouin Ouest  
Montréal (Québec) H4K 1B3  
Tel. (514) 338-3227

### **Hôpital Fleury**

2180, rue Fleury Est  
Montréal (Québec) H2B 1K3  
Tel. (514) 384-2000

### **Services ambulatoires de santé mentale de l'Hôpital Fleury**

10345, avenue Papineau  
Montréal (Québec) H2B 2A3  
Tel. (514) 384-2000, p.5077

**Hôpital Rivière-des-Prairies**

7070, boul. Perras

Montréal (Québec) H1E 1A4

Tel. (514) 323-7260

## ADDICTION

### **Andy's House Treatment Centre**

3360 Rue Notre-Dame #25

Lachine, QC, H8T 3E2

Tel. 1 844 689 2639

***info@andyshouse.com***

***http://www.andyshouse.com***

***Services:*** Comprehensive substance abuse recovery program, behavioral health services, and complete rehab centre.

### **AL-ANON/ALATEEN**

Info Service Montréal-English

P.O. Box 661 Pointe-Claire

Dorval, QC H9R 4S8

Tel. 514 866 9803

***www.al-anon-alateen-qc.ca***

***Services:*** Group meetings for adults (Al-Anon) and teenagers (Alateen) dealing with a loved one's alcoholism.

***Bilingual Meetings for Al-Anon (students welcome) in the East Island area:***

Thursdays at 7:30pm

Trinity United Church, 5857 - 7th Avenue, Rosemont, H1Y 1M2

### **Narcotics Anonymous Quebec**

5496 rue Notre-Dame Est

Montréal, QC, H1N 2C4

1 855 544 6362

***WWW.NAQUEBEC.ORG***

***Services:*** Group meetings for individuals who want to stop using drugs.

## **ALCOCHOIX +**

***www.alcochoixplus.gouv.qc.ca***

***Services:*** Independent, mentor and group programs available for individuals suffering from alcohol addiction.

## **ALCOHOLICS ANONYMOUS**

Service Office (*no meetings held here*)

3920 Rachel Street East

Montréal, QC, H1X 1Z3

Tel. 514 350 3444, Toll Free 1 888 424 2975

***region@aa87.org***

***https://aa87.org/en/***

***Services:*** Group meetings for individuals with problems with alcohol.

## **CHABAD LIFELINE**

4615 Chemin de la Côte-S.-Catherine

Montréal, QC H3W 1M1

Tel. 514 738 7700

***www.chabadlifeline.com***

***Services:*** Addiction services (substance addictions, process/behavioural addictions), codependency, crisis intervention, referral services, aftercare and reintegration, family support.

## **COCAINE ANONYMOUS**

1945 Papineau Street

Montréal, QC H2K 4J3

Tel. 514 527 9999, Helpline 1-877-806-0581

***informationpublique@cocainomanes-anonymes.org***

***www.cocainomanes-anonymes.org***

*Services: Group meetings for individuals who want to stop using cocaine.*

### **English Meetings in the Montreal area:**

**ANGELS:** Sundays at 8:00pm

1950 St-Antoine, Westmount

**BACK TO BASICS:** Monday at 8:00pm

140 Nadon St. Room 131, Ste-Rose, Laval

**MONDAY BEGINNERS:** Mondays at 8:00pm

1090 Greene Avenue – Boys Unity Club, Westmount

**GET WELL SOON:** Tuesdays at 7:30pm

12330 Pierrefonds Blvd, Pierrefonds- Transformation Church

**STEP IT UP:** Tuesdays at 8:00pm

4615 Côte Sainte-Catherine, Montréal

**CROSSROADS:** Wednesdays at 8:00pm

5333 Notre-Dame-de-Grâce ave, 2<sup>nd</sup> floor

**ANCHORAGE GROUP:** Thursdays at 6:30pm

880 Guy Street – The Salvation Army, Montréal

**BACK TO BASICS:** Thursdays at 7:30pm

9503 Sherbrooke St. East, Room 143- CLSC Mercier-Est

**END OF THE LINE:** Thursdays at 8:00pm

3400 Connaught, Montréal

**FRIDAY NIGHT STAG** (Men only): Fridays TBA

5333 Notre-Dame-De-Grace, Montreal

**WOW IT WORKS:** Fridays 8:30pm

411 Roslyn, Westmount- Baptist Church

**INSPIRED SPIRITS:** Saturdays at 7:30pm

7141 Sherbrooke st. West, Room 310- Concordia University Loyola Campus

## **CRAN-CENTRE RECHERCHE ET D'AIDE POUR NARCOMANES**

110 Prince-Arthur Street West

Montréal, QC H2X 1S7

Tel. 514 527 6939

***info@cran.qc.ca***

***http://www.cran.qc.ca/en***

***Services:*** Psychosocial, medical and nursing services for people who have become addicted to opioids.

## **DRUGS: HELP AND REFERRAL**

Tel. 514 527 2626 or Toll free 1 800 265 2626

***dar@info-reference.qc.ca***

***www.drogue-aidereference.qc.ca***

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

## **GAMBLING: HELP AND REFERRAL**

Tel. 514 527 0140 or Toll free 1 800 461 0140

***jar@info-reference.qc.ca***

***www.jeu-aidereference.qc.ca***

***Services:*** Information, listening, support, and referrals for compulsive gambling.

## **OVEREATERS ANONYMOUS**

Côte-Saint-Luc, QC, H4W 1S9

Tel. 514 488 1812

***www.oaregion6.org***

***Services:*** Group meetings for individuals seeking help with overeating.

## **CLINIQUE NOUVEAU DÉPART INC.**

1110 Beaumont Avenue

Ville de Mont-Royal, QC H3P 3E5

Tel. 514 521 9023 or Toll free 1 888 488 2611

***reception@cliniquenouveadepart.com***

***www.cliniquenouveadepart.com***

***Services:*** Treatment for persons suffering from alcoholism, cocaine addiction, heroin addiction, drug addiction, pharmacodependency, sexual dependence, eating disorders and compulsive gambling.

## **FOSTER ADDICTION REHABILITATION CENTRE**

3285 Cavendish Boulevard, suite 100

Montréal, QC, H4B 2L9

Tel. 514 486 1304 or 1 866 851 2255

***www.crdfooster.org***

***Services:*** Rehabilitation for those with drug, alcohol, and gambling addictions, youth and adult. Community services include: consultation with community organizations, training for professionals who work in schools, and parent groups. ***Services are also available in the offices of Foster's CSSS partners in St-Léonard and Pointe-Claire***

## **LE PORTAGE**

Day Center

1640 Saint-Antoine Street West

Montréal, QC, H3J 1A1

Tel. 514 939 0202

***info@portage.ca***

***www.portage.ca***

***Services:*** Portage provides substance abuse rehabilitation services to adolescents, adults, pregnant women and mothers with young children, the aboriginal community, mentally ill chemical abusers, and individuals referred by the justice system, from all regions of Canada.

## **MONQYPAA**

Tel. 1 877 790 2526

<https://www.monqypaa.org/>

*Services: Group meetings for young individuals with problems with alcohol.*

### **English Meetings in the Montreal area:**

**THE HELLS GATES / LES PORTES DE L'ENFER:** Fridays 9:00 pm

3590, rue Jeanne-Mance, Montréal

**ONLY NOW EXISTS:** Saturdays 8:00 pm

St- Andrew's & St-Mark's Anglican Church, 865 Bord Du Lac- Lakeshore, Dorval

**HIP, SLICK, YOUNG AND SICK:** Wednesdays 7:00 pm

3535 Park Ave. (corner Milton), Montréal

**YOUNG PEOPLE SATURDAY NIGHT SOBER:** Saturdays 7:00 pm and 9:00 pm

1323 René-Levesque East, Montréal

## **TOXICO-STOP**

4858 Gouin Boulevard East

Montréal-Nord, QC H1H 5L8

Tel. 514 327 6017

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

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

*Services: A charitable organization, certified by the ministry of health and social services, they offer housing and treatment for substance abusers. Their programs consist of a detoxification support program and a social reintegration program.*

## **THE BETTER LIVING WITHOUT SMOKING CENTRE**

Tel. 514 849 3804

*Services: Resources for quitting smoking*

## ADULT AND FAMILY CENTERS

### **CONSENSUS MEDIATION CENTER**

1857 De Maisonneuve Boulevard West, suite 210

Montréal, QC H3H 1J9

Tel. 514 862 0924

***consensusmediation@me.com***

***www.consensusmediation.org***

***Services:*** Family mediation, counselling, seminars, groups and training.

### **REGROUPEMENT DES SERVICES D'INTERVENTION DE CRISE DU QUÉBEC**

***www.centredecrise.ca***

***Services:*** Consultation, evaluation, referrals, orientation, follow-up and, in certain cases, access to shelter to individuals going through a difficult situation or crisis.

### **FAMILY RESOURCE CENTRE**

4855A Boulevard Des Sources

Pierrefonds, QC H8Y 3C8

Tel. 514 685 5912

***www.familyresourcecenter.qc.ca***

***Services:*** enhance the lives of youth who have social, academic, and behavioural difficulties through Social Skills and Study Skills programs, family support services offering counseling, referral services and parent support groups.

## **PREGNANCY COUNSELLING CENTER**

7394 19th Avenue

Montréal, QC, H2A 2L7

Tel. 514 593 1720

***info@pregnancycc.org***

***www.ccgrossesse.org***

***Services:*** Free pregnancy tests, listening service, referrals, information on parent care, maternity and baby clothes, follow-up after birth, information about abortion, etc.

## **SEPARATED FATHERS INC.**

3937 Adam Street

Montréal, QC, H1W 2A1

Tel. 514 254 6120, Skype: peres.separes

***psi@peres-separes.qc.ca***

***http://www.peres-separes.qc.ca/home***

***Services:*** Provides support, supervised child access, supports legal self-representation, temporary shelter, workshops, group meetings, parent/child events.

## **TRACOM CRISIS CENTRE**

Tel. 514 483 3033

***Services:*** Crisis intervention, bilingual 24/7 telephone crisis intervention services, short-term housing, crisis follow-up and evaluation meetings, Intervention for non-voluntary clients.

## **LE TRANSIT CRISIS CENTRE**

Tel. 514 282 7753

***Services:*** consultation, evaluation, referrals, orientation, follow-up and, in certain cases, access to shelter to individuals going through a difficult situation or crisis.

## ADULT AND FAMILY HELPLINES

### ÉDUCATION COUP-DE-FIL

911 Jean Talon Street East, suite 226

Montréal, QC H2R 1V5

Tel. 514 525 2573 or 1 866 329 4223

***consultation@premiereresource.com***

***www.education-coup-de-fil.com***

***Services:*** Free and confidential telephone service providing professional counselling to families about everyday life matters.

### INTERLIGNE

Tel: 514 866 0103 or 1 888 505 1010

***http://interligne.co/en/***

***Services:*** Help line providing support on coming to terms with sexual orientation, coming out to friends and family, handling discrimination and violence, and information about AIDS, chat room and workshops.

### MULTI-ÉCOUTE CENTRE

3600 Barclay Avenue, suite 460

Montréal, QC H3S 1K5

Tel. 514 737 3604

***multiecoute@cooptel.qc.ca***

***www.multiecoute.org***

***Services:*** Anonymous helpline, psychosocial follow-ups, aid with filling out official forms, English language courses.

## **PARENTS LINE**

P.O. Box 186, Station Place d'Armes

Montréal, QC H2Y 3G7

Tel. 1 800 361 5085

*Services: Support for mothers and fathers experiencing problems related to their child. 24 hrs/day, 7 days/week.*

## **SUICIDE ACTION MONTREAL**

Tel. 1 866 277 3553

***www.suicideactionmontreal.org***

*Services: Provides intervention for people contemplating suicide or who have been affected by suicide. 24 hrs/day, 7 days/week.*

## **TEL-AIDE**

P.O. Box 205, Station H

Montréal, QC H3G 2K7

Help line: 514 935 1101

Tel. for administration, donations and volunteering: 514 935 1105 #0

***info@telaide.org***

***www.telaide.org***

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

## **WOMEN AWARE – BE AWARE TELEPHONE SUPPORT LINE**

P.O. Box 135, Station NDG

Montréal, QC, H4A 3P5

Help line 514 489 1110 or 1 866 489 1110

***womenaware@bellnet.ca***

***www.womenaware.ca***

*Services: Support services for women experiencing violence, youth prevention program, workshops and outreach.*

## DISEASES AND SYNDROMES

### **AIDS COMMUNITY CARE MONTREAL**

2075 Plessis

Montréal, QC, H2L 3K4

Tel. 514 527 0928

***info@accmontreal.org***

***www.accmontreal.org***

***Services:*** Provides drop in, social events and activities, workshops, discussions and support groups and treatment information programs for individuals living with HIV/AIDS or hepatitis C.

### **ASSOCIATION DE LA FIBROMYALGIE – RÉGION ÎLE-DE-MONTRÉAL**

C.P 35031 Fleury

Montréal, QC H2C T9

Tel. 438 496 7448

***info@afim.qc.ca***

***www.afim.qc.ca***

***Services:*** Conferences, individual and group support, telephone service and other activities for individuals suffering from fibromyalgia.

### **ALZHEIMER GROUPE INC.**

5555 Westminster Avenue, suite 304

Montréal, QC H4W 2J2

Tel. 514 485 7233

***info@agiteam.org***

***http://agiteam.org***

***Services:*** Information for individuals diagnosed with Alzheimer's and related disorders and their family members.

## **ALZHEIMER AND COGNITIVE DISORDERS CLINIC**

McGill Centre for Studies in Aging

6825 LaSalle Boulevard

Verdun, QC, H4H 1R3

Tel. 514 766 2010

***info.mcsa@mcgill.ca***

***www.aging.mcgill.ca***

***Services:*** 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.

## **ALZHEIMER SOCIETY MONTREAL**

4505 Notre-Dame Street West

Montréal, QC, H4C 1S3

Tel. 514 369 0800

***info@alzheimermontreal.ca***

***www.alzheimer.ca/montreal***

***Services:*** Referral and clinical services. Service points specific to the East end of Montreal are offered.

## **ARTHRITIS SOCIETY**

380 Saint-Antoine Street West, Suite 3120

Montréal, QC H2Y 3X7

Tel. 1 800 321 1433

***info@arthritis.ca***

***www.arthritis.ca***

***Services:*** Education and support for people living with arthritis.

## **CANADIAN DIABETES ASSOCIATION**

Tel. 1-800-BANTING (226 8464)

***www.diabetes.ca***

***Services:*** Provide support to help people living with or affected by diabetes navigate their care and self-management.

## **CANCER CARE**

Tel. 1-800-813-HOPE (4673)

***info@cancercare.org***

***www.cancercare.org***

***Services:*** Free, professional support services to anyone affected by Cancer.

## **CACTUS**

1300 Sanguinet Street

Montréal, QC, H2X 3E7

Tel. 514 847 0067

***commentaires@cactusmontreal.org***

***www.cactusmontreal.org***

***Services:*** Distribution and recuperation of injection and prevention material, information regarding HIV-AIDS, various forms of hepatitis and other diseases transmitted sexually or through the blood, references and psychological support.

## **CANADIAN CANCER SOCIETY**

Tel. 1 888 939 3333

***connect@cancer.ca***

***www.cancer.ca***

*Services: Information and support for people living with cancer.*

### **DIVISIONAL OFFICE:**

5151 de L'Assomption Boulevard

Montréal, QC, H1T 4A9

Tel. 514 255 5151

***sccmontreal@quebec.cancer.ca***

## **INSTITUT DE CARDIOLOGIE DE MONTREAL**

500 rue Bélanger

Montréal, QC, H1T 1C8

Tel. 514 376 3330 Toll free: 1 855 922 6387

***www.icm-mhi.org***

## **GROUP FORGET, AUDIOPROSTHETISTS**

(Private)

***www.legroupeforget.com***

*Services: To help those with hearing loss*

### **Locations in the East Island**

#### ***St-Leonard***

6020, rue Jean-Talon Est, Suite 310. Tel. 514 355 2442

#### ***Iberville***

2348, rue Jean-Talon Est, Suite 209. Tel. 514 905 8227

#### ***Montreal North***

5775 boul. Léger. Tel. 514 328 9229

#### ***Montreal Gouin Est***

3461 boul. Gouin Est, Suite 504. Tel. 514 866 1687

#### ***Mercier-Hochelaga-Maisonneuve***

6772 rue Sherbrooke Est. Tel. 514 256 6565

**Montréal Fleury Est**

2157 rue Fleury Est. Tel. 514 388 9005

**Ahuntsic**

1575 boul. Henri-Bourassa Ouest, Suite 325. Tel. 514 388 9005

**L'OFFICE DES PERSONNES HANDICAPÉS DU QUEBEC**

309 rue Brock

Drummondville, QC, J2B 1C5

Tel. 1 800 567 1465

***aid@ophq.gouv.qc.ca***

***www.ophq.gouv.qc.ca***

***Services:*** Assessments, counseling, coordination, and cooperation in order to increase social participation or people with special needs.

**CANADIAN EPILEPSY ALLIANCE**

Tel. 1 866 374 5377

***www.epilepsymatters.com***

***Services:*** Offers counseling, education, advocacy and public awareness, employment help, children's programs, support groups, lending libraries, conferences and special events.

**EPILEPSY MONTREAL METROPOLITAN**

2406 Rue Levy

Montréal, QC, H3C 5K4

Tel. 514 791 1466

***http://www.epilepsiemontreal.ca/***

***Services:*** Raises awareness against misconceptions and raises funding to those in need of immediate rehab.

## **DIABETES QUEBEC**

8550 boul. Pie-IX, suite # 300

Montréal, QC H1Z 4G2

Tel. 514 259 3422 or 1-800-361-3504

***info@diabete.qc.ca***

***www.diabete.qc.ca***

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

## **CASM-CENTRE FOR AIDS SERVICES OF MONTREAL FOR WOMEN**

1750 St-André Street, 3rd floor

Montréal, QC, H2L 3T8

Tel. 514 495 0990 or 1 877 847 3636

***casm@netrover.com***

***Services:*** Help line, in-home child care, crisis funds, information sessions, workshops, support groups, social and fundraising activities, volunteering programs and more for women living with AIDS.

## **THE HEART AND STROKE FOUNDATION**

1434 Sainte-Catherine Street West, Suite 500

Montréal, QC, H3G 1R4

Tel. 514 871 1551 or 1 800 567 8563

***www.heartandstroke.qc.ca***

***Services:*** Provides free tools and information for people affected by heart disease and stroke, Resuscitation Certification and CPR Courses.

## **THE FONDATION CENTRE DE CANCÉROLOGIE CHARLES-BRUNEAU**

4515 de Rouen Street

Montréal, QC H1V 1H1

Tel. 514 256 0404 or 1 877 256 0404

***fondation@charlesbruneau.qc.ca***

***www.charlesbruneau.qc.ca***

***Services:*** Cancer research centre and hospital, art, music and drama-therapy for children suffering from cancer.

## **THE LIGHTHOUSE CHILDREN & FAMILIES**

2725 Mont-Royal Avenue East

Montréal, QC, H1Y 0A1

Tel. 514 954 4848 Toll Free: 1-866-954-4848

***info@phare-lighthouse.com***

***www.phare-lighthouse.com***

***Services:*** Free support programs for parents who have a child suffering from a terminal, degenerative disease or serious disability, such as in-home visits and palliative care.

## **LA MAISON D'HÉRELLE**

3742 Saint-Hubert Street

Montréal, QC H2L 4A2

Tel. 514 844 4874

***info@maisondherelle.org***

***www.maisondherelle.org***

***Services:*** Treatment and prevention of HIV/AIDS; psychological and socio-economic services. Monday to Friday, 9:00am – 5:00pm; on premise staff 24 hrs/day, 7 days/week.

## **MESOTHELIOMA PROGNOSIS NETWORK, LLC**

200 Continental Drive, suite 401

Newark, DE 19713

Tel. 1 844 807 0913

***webmaster@mesotheliomaprognosis.com***

***www.mesotheliomaprognosis.com***

***Services:*** An advocacy group that is proud to offer free services and information on the dangers of asbestos exposure and Mesothelioma Cancer. Helps find local doctors, treatment centers and support groups.

## **PARKINSON CANADA**

10138 rue Lajeunesse, suite 300

Montréal, QC H3L 2E2

Tel. 514 357 4291, Toll free 1 800 565 3000 extension 3397

***infoQC@parkinson.ca***

***www.parkinson.ca***

***Services:*** Phone and email Information & referral service for persons with Parkinson Disease, members of their family, and/or their caregivers; monthly support groups; education and awareness through conferences and training sessions.

## **QUEBEC FOUNDATION FOR THE BLIND**

5112 Bellechasse Street

Montréal, QC H1T 2A4

Tel. 514 259 9470

***info@aveugles.org***

***http://www.fondationdesaveugles.org/en/***

***Services:*** Day camp and housing for the blind, prevention of blindness and promotion of awareness of blindness.

**SPECTRE DE RUE**

1280 Ontario Street East

Montréal, QC H2L 1R6

Day Center Tel. 514 524 5197

Administration Tel. 514 528 1700

***administration@spectrederue.org***

***www.spectrederue.org***

***Services:*** *Distribution and recuperation of injection and prevention material, day center, and information and resource center.*

## EDUCATION, EMPLOYMENT AND VOLUNTEERING

### **CANADIAN PARENTS FOR FRENCH – QUEBEC**

1104-170 Laurier Avenue West

Ottawa, ON, K1P 5V5

Tel. 613-235-1481

***cpf@cpf.ca***

***www.cpf.ca***

*Services: Information, visits and appointments for the promotion and creation of French Second language learning opportunities for young Canadians.*

### **CENTRE DE DÉVELOPPEMENT DE L'ÉDUCATION DE BASE AU TRAVAIL DÉBAT**

1620 Avenue de la Salle, Suite 9

Montréal, QC, H1V 2J8

Tel. 514 522 8691

***centredebat@videotron.ca***

***www.centredebat.qc.ca***

*Services: Learning to Learn program: cognitive educational workshop for adults composed of ten, two-hour sessions.*

### **EMSB-ENGLISH MONTREAL SCHOOL BOARD**

6000 Fielding Avenue

Montréal, QC H3X 1T4

Tel. 514 483 7200

***www.emsb.qc.ca***

*Services: Elementary, secondary, outreach, social affair, adult education schools, adult vocational schools across Montreal.*

## **LESTER B. PEARSON SCHOOL BOARD**

1925 Brookdale Ave.

Dorval, QC H9P 2Y7

Tel. 514 422 3000

***www.lbpsb.qc.ca***

*Services: Elementary, secondary, outreach, social affair, adult education schools, adult vocational schools across Montreal.*

## **LITERACY FOUNDATION**

4080 Wellington, suite 350

Montréal, QC H4G 1V4

Info-Alpha: 1 800 361 9142

Adult Learnline: 1 888 488 3888

Tel. (514) 289 1178

***info@fondationalphabetsation.org***

***www.fondationalphabetsation.org***

*Services: Info-Alpha and Adult Learnline are free and confidential phone services offering assistance and referrals to individuals wanting to learn how to speak, read and write in French and Adult education.*

## **MONTREAL HOOKED ON SCHOOL**

4255 Wellington Street, Suite 200

Montréal, QC, H4G 1V9

Tel. 514 286 2346

***info@researeussitemontreal.ca***

***http://fondationlds.qc.ca/fondation.htm***

*Services: Information and referral for youth, parents and education professionals, in-school workshops, vocational training and the promotion of school and the value of academic success.*

## **THE SOCIAL JUSTICE COMMITTEE**

Collective Community Services

1857 De Maisonneuve West Boulevard, Suite 319

Montréal, QC H3H 1J9

Tel. 514 933 6797

***info@sjc-cjs.org***

***https://sjc-cjs.org***

***Services:*** Educational resources for teachers and students with regards to migration, human rights, poverty and more, a theatre, presentations and workshops.

## **CARREFOUR JEUNESSE EMPLOI - ANJOU/SAINT-JUSTIN**

480 - 7450, boul. les Galeries d'Anjou

Montréal, QC, H1M 3M3

Tel. 514 353 5400

***info@cjeanjou.com***

***www.cjeanjou.com***

***Services:*** Practice interviews, job postings, access to computer online jobs, help in writing C.V.'s, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35.

## **CARREFOUR JEUNESSE EMPLOI - RIVIÈRE-DES-PRAIRIES**

11965 avenue Rita-Levi-Montalcini

Montréal, QC, H1E 5K7

Tel. 514 648 8008

***info@cje-rdp.org***

***www.cje-rdp.org***

***Services:*** Practice interviews, job postings, access to computer online jobs, help in writing C.V.'s, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35.

## **CENTRE GENERATION EMPLOI**

7000 Park Ave Suite 414

Montréal, QC, H3N 1X1

Tel. 514 948 0000

***info@generationemploi.org***

***www.generationemploi.org***

***Services:*** Employment readiness job search program (18+), workplace integration support program (18-35), employment assistance (18+).

## **CIBPA- CANADIAN-ITALIAN BUSINESS AND PROFESSIONAL ASSOCIATION**

8370 Lacordaire Boulevard, suite 310

Montréal, QC, H1R 3Y6

Tel. 514 254 4929

***info@cibpamontreal.com***

***www.cibpamontreal.com***

***Services:*** Offers business people and professionals of Italian origin a complete range of services and activities to encourage the development and growth of their professional and interpersonal relationships.

## **HORIZON CARRIERE**

5960 Jean-Talon Street East, Suite 308

Montréal, QC, H1S 1M2

Tel. 514 256 1645

***info@horizoncarriere.ca***

***http://www.horizoncarriere.ca/***

***Services:*** Job market exploration, acquisition and application of efficient and dynamic job hunting techniques, networking, job interview preparation and simulation, access to technical resources including a documentation center, computers, internet and fax.

## **YES MONTREAL**

666 Sherbrooke St. W., suite 700

Montréal, QC, H3A 1E7

Tel. 514 878 9788

***info@yesmontreal.ca***

***www.yesmontreal.ca***

***Services:*** Youth Employment Services Montreal enriches the community by providing English-language support services to help Quebecers find employment and start businesses.

## **ACCÈS BÉNÉVOLAT**

2544 Rosemont Boulevard

Montréal, QC, H1Y 1K4

Tel. (514) 523 6599

***info@accesbenevolat.org***

***www.sbem.org***

***Services:*** Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers.

## **VOLUNTEER BUREAU OF MONTREAL**

2015 Drummond Street, Suite 300

Montréal, QC, H3G 1W7

Tel. 514 842 3351

***info@cabm.net***

***www.cabm.net***

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

## EMERGENCY AID AND TEMPORARY HOUSING

### **AUBERGE MADELEINE**

St-Denis

Montréal, QC, H2J 4E1

Tel. 514 597 1303

***administration@aubergemadeleine.org***

***http://www.aubergemadeleine.org/?lang=en***

***Services:*** Individualized support, information and referral, group activities, shelter and follow-up for women in distress.

### **EN MARGE 12-17**

1278 St-Christophe Street

Montréal, QC, H2L 3W6

Tel. 514 849 7117

***info@enmarge1217.ca***

***www.enmarge1217.ca***

***Services:*** Emergency shelter, short-term stay, activities and follow-up for youth between the ages of 12 and 17.

### **HERSTREET FOUNDATION**

1050 Jeanne-Mance Street

Montréal, QC, H2Z 1L7

Tel. (514) 284 9665

***www.laruedesfemmes.org***

***Services:*** Day Center: assistance to homeless women and women in difficulty; community integration, shelter, shared meals, support and social acceptance.

## **MAISON OXYGÈNE / MAISON HARDY**

Carrefour Familial Hochelaga

1611 Orleans Avenue

Montréal, QC, H1W 3R4

Tel. 514 655 6625

***oxygen@maisonoxygen.com***

***http://maisonoxygen.com***

***Services:*** Short and medium term housing, accompaniment, support and activities for men experiencing conjugal difficulty.

## **MAISON SECOURS AUX FEMMES DE MONTRÉAL INC.**

P.O. Box 22150, Station St-Marc

Montréal, QC, H1Y 3K8

Tel. 514 593 6353

***Services:*** Housing, references and information, phone consultations, post-housing follow-up, translation and prevention; services offered in French, English, Spanish and Arabic.

## **THE OLD BREWERY MISSION**

### **Homeless Men**

Webster Pavilion- 915 Clark Street

Montréal, QC, H2Z J8

Tel. 514 798 2244

### **Homeless Women**

Patricia Mackenzie Pavillion- 1301, de Maisonneuve East

Montreal, QC, H2L 2A4

Tel. 514 526 6446

***info@oldbrewerymission.ca***

***www.oldbrewerymission.ca***

***Services:*** Food, shelter, clothing and training programs for homeless men and women.

## **SERVICES COMMUNAUTAIRES POUR RÉFUGIÉS ET IMMIGRANTS**

1600, Henri-Bourassa Ouest, bureau 380

Montréal, QC, H3M 3E2

Tel. 514 387 4477

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

***[info@migrantmontreal.org](mailto:info@migrantmontreal.org)***

***Services:*** *Services for newly-arrived immigrants and refugees include immigration and legal aid, social integration program, accommodation, pre-employment services, language classes, multimedia-internet café and other activities.*

## **WELCOME HALL MISSION**

606 De Courcelle Street

Montréal, QC, H4C 3L5

Tel. 514 523 5288

***[info@missionba.com](mailto:info@missionba.com)***

***[www.missionbonaccueil.com](http://www.missionbonaccueil.com)***

***Services:*** *Food bank, clothing counter, family counselling, overnight stay, rehabilitation and socio-professional integration, sports program for children.*

## GROUPS, REFERRAL AND COMMUNITY CENTERS

### **AIEM-ACCUEIL AUX IMMIGRANTS DE L'EST DE MONTRÉAL**

5960 Jean Talon Street East, suite 110

Montréal, QC, H1S 1M2

Tel. 514 723 4939

***info@aiemont.com***

***www.aiemont.com***

***Services:*** Various services for immigrants including language and computer classes.

### **BCRC-BLACK COMMUNITY RESOURCE CENTRE**

6767 Côte-des-Neiges, suite 497

Montréal, QC, H3S 2T6

Tel. 514 342 2247

***info@bcrcmontreal.com***

***www.bcrcmontreal.com***

***Services:*** Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools, summer employability, and more for English-speaking Black communities.

### **CARREFOUR POPULAIRE DE ST-MICHEL INC.**

2651 boul Crémazie Est

Montréal, QC, H1Z 2H6

Tel. 514 722 1211

***administration@carrefourpopulaire.org***

***www.carrefourpopulaire.org***

***Services:*** Collective cooking, community garden, income tax clinic, citizen engagement and volunteering.

## **CCS-COLLECTIVE COMMUNITY SERVICES**

451 Rue de l'Église

Verdun, QC, H4G 2M6

Tel. 514 937 5351

***info@ccs-montreal.org***

***www.ccs-montreal.org***

***Services:*** Various support services for youth, families, and seniors, community organizations from East to West of the Island.

## **CENTRE DES FEMMES DE RIVIÈRE-DES-PRAIRIES**

12017 avenue Rita-Levi-Montalcini

Montréal, QC, H1E 4B8

Tel. 514 648 1030

***info@cdfrdp.qc.ca***

***www.cdfrdp.qc.ca***

***Services:*** Providing help, information and social aid for women 18 years or older.

## **CENTRE DE FEMMES SOLIDAIRES ET ENGAGÉES**

1586 Fleury Street East, suite 100

Montréal, QC, H2C 1S6

Tel. 514 388 0980

***info@cfse.ca***

***http://cfse.ca/home/***

***Services:*** One-on-one consultation, support, accompaniment, information, legal consultation, library and reference centre, computer classes, conferences and support groups, for women

## **REISA-THE EAST ISLAND NETWORK FOR ENGLISH LANGUAGE SERVICES**

8370 Lacordaire Boulevard, suite 312

Montréal, QC, H1R 3Y6

Tel. (514) 955 8370 ext 2217

***info@reisa.ca***

***www.reisa.ca***

*Services: Networking and partnership with public sector in health and social services for access to English language services.*

## **ENTRAIDE UKRAINIENNE DE MONTRÉAL INC.**

3244 Beaubien Street East, suite 201

Montréal, QC, H1Y 1H7

Tel. 514 729 9540

***entraid1@bellnet.ca***

*Services: Offers support, referrals, information, accompaniments, meals on wheels, distribution of food and clothing, domestic help for semi-autonomous.*

## **ICCSQ-ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC INC.**

8370 Lacordaire Boulevard, suite 303

Montréal, QC, H1R 3Y6

Tel. 514 274 9461 or 514 274 9462

***info@scciq.com***

***www.scciq.com***

*Services: Free income tax clinic, free legal clinic, free flu vaccination, translation, conferences, referral and support.*

## **INFORMATION AND REFERRAL CENTRE OF GREATER MONTREAL**

3155 Hochelaga Street, suite 101

Montréal, QC, H1W 1G4

Tel. 514 527 1375

***crgm@info-reference.qc.ca***

***www.info-reference.qc.ca***

*Services: Free information about community organizations and referral.*

## **LAURIER MACDONALD COMMUNITY LEARNING CENTER**

7355 Viau Boulevard

Montréal, QC, H1S 3C2

Tel. 514 374 6000

***www.lauriermacdonald.ca***

***Services:*** Various activities and services for the community.

## **LEONARDO DA VINCI CENTRE**

8350-8370 Lacordaire Boulevard

Montréal, QC, H1R 2Y6

Tel. (514) 955 8370 or (514) 955 8350

***fgiammatteo@centroleonardodavinci.com***

***www.centroleonardodavinci.com***

***Services:*** Cultural, artistic, sporting and social activities for the community, daycare services and summer camp.

## **MONTREAL CITY MISSION**

1435 rue City Councillors

Montréal, QC, H3A 2E4

Tel. 514 844-9128

***info@montrealcitymission.org***

***www.montrealcitymission.org***

***Services:*** Provide information, free legal help, youth programs, community resources

## **ARNOLD BENNETT HOUSING HOTLINE**

Tel. 514 488 0412

***Services:*** Legal helpline for tenants of Montréal.

## **NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard

Montréal, QC, H2X 2T3

Tel. 514 499 1854

***info@nfcm.org***

***www.nfcm.org***

*Services: Outreach and awareness campaigns, help provided to individuals who have been exposed to violence, who are seeking a job, who are homeless, etc.*

## **SOUTH ASIAN WOMEN'S COMMUNITY CENTRE**

1035 Rachel Street East, 3rd floor

Montréal, QC, H2J 2J5

Tel. 514 528 8812

***sawcc@bellnet.ca***

***www.sawcc-ccfsa.ca***

*Services: Free; settlement program for refugees and new immigrants, French and English classes with daycare facilities, referrals, interpretation and translation services, awareness of rights, group activities, workshops, accompaniments and counselling.*

## **WOMEN'S CENTRE OF MONTREAL/CENTRE DES FEMMES DE MONTREAL**

3585 Saint-Urbain Street

Montréal, QC, H2X 2N6

Tel. 514 842 4780

***spl@centredesfemmesdemtl.org***

***www.centredesfemmesdemtl.org***

*Services: Language classes (English/French), legal information, accompaniment, support, income tax clinic, and emergency food assistance, for women.*

**AMAL CENTER FOR WOMEN**

903 Boul. Decarie, Suite 204

Ville Saint-Laurent, QC, H4L 4V6

Tel. 514 855 0330

***info@amalwomencenter.ca***

***www.amalwomencenter.ca***

*Services: Individual services such as consultation with a social worker, referral, monthly meetings with legal counsellors, accompaniment, food baskets and informative group workshops, and outreach services including consultation with community organizations, workshops and events raising awareness about domestic abuse.*

## HEALTH INFORMATION

### **ACCESSS- ALLIANCES DES COMMUNAUTÉS CULTURELLES POUR L'ÉGALITÉ DANS LA SANTÉ ET LES SERVICES SOCIAUX**

7000 Parc Avenue, suite 408

Montréal, QC, H3N 1X1

Tel. 514 287 1106

***accesss@accesss.net***

***www.accesss.net***

***Services:*** Research projects and studies, educational and awareness-raising activities, conferences, study sessions, resources and information regarding ethno cultural communities and their integration into Quebec society.

### **ACCES SERVICES SANTÉ**

25, boulevard Lafayette, Bureau 200

Longueuil, QC, J4K 5C8

Tel: 514 281-5050, Toll Free: 1 866 830-5050

Fax: 514 281-2077

***www.acces-services-sante.ca***

***Services:*** Home care services, nursing placement, care management, health at work and home assistance personnel.

### **CENTRE ANTI-POISON DU QUÉBEC**

Tel. 1 800 463 5060

***http://capcc.ca/***

***Services:*** Help line offering information about toxicity of products and treatment of poisoning. Line open 24 hrs/day, 7 days/week.

## **RÉGIE DE L'ASSURANCE-MALADIE DU QUÉBEC**

425 Boul. de Maisonneuve West, suite #301

Montréal, QC, H3A 3G5

Tel. 514 864 3411

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

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

## **HEALTH CANADA**

Tel. 1 866 225 0709

**[info@hc-sc.gc.ca](mailto:info@hc-sc.gc.ca)**

**[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)**

*Services: Information and resources regarding health including drugs and medication, diseases, consumer product safety, food and nutrition, the health care system, job opportunities and more.*

## **PUBLIC HEALTH AGENCY OF CANADA**

Quebec Regional Office

Guy-Favreau Complex/East Tower

200 René Lévesque Boulevard West

Montréal, QC, H2Z 1X4

Tel. 1 844 280 5020

**[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)**

*Services: Information and resources regarding public health including infectious diseases, travel health, food safety, vaccines and immunization, health promotion and injury prevention.*

## LEGAL AID AND INFORMATION

### **ADPPPC-ASSOCIATION FOR THE DEFENCE OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP**

1857 De Maisonneuve West, Suite 312

Montréal, QC, H3H 1J9

Tel. 514 906 1845

***curabec@outlook.com***

***http://curabec.org/home/***

***Services:*** Advice, support, information meetings, public conferences, documentation, archives, treatment of complaints, accompaniment and referrals.

### **CURATEUR PUBLIC DU QUEBEC**

600 Boul. René-Lévesque Ouest

Montréal, QC, H3B 4W9

Tel. 1 800 363 9020

***www.curateur.gouv.qc.ca***

***Services:*** Responsible for protecting incapacitated individuals. Educates the public about protection needs and supports families and close friends who are representing incapacitated individuals.

### **ÉDUCALOI**

11 Notre-Dame West

Montréal, QC, H2Y 4A7

***www.educaloi.qc.ca***

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

## **CONSEIL POUR LA PROTECTION DES MALADES**

3565, rue Berri – Bureau 230

Montréal, QC, H2L 4G3

Tel. (514) 861 5922, 1 877 CPM-AIDE

*[info@cpm.qc.ca](mailto:info@cpm.qc.ca)*

*[www.cpm.qc.ca](http://www.cpm.qc.ca)*

*Services: Advisory services, legal advice, paratransit service, class actions, publications and events for the protection of health network users.*

## **MONTREAL MUNICIPAL COURTHOUSE**

775 Gosford Street, room R.710

Montréal, QC, H2Y 3B9

Tel. 514 872 2964

*Services: Legal services offered.*

## **PROGRAMME CÔTÉ COUR**

Montreal Courthouse

10 Saint-Antoine Street, room 6.10

Montréal, QC, H2Y 1B6

Tel. 514 868 9577 extension 0

*Services: Professional aid destined to any person who is required to attend court following a situation involving domestic and/or conjugal violence.*

## **LE RÉSEAU JURIDIQUE DU QUÉBEC**

Tel. 1 877 683 1815

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

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

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

## **LEGAL AID/AIDE JURIDIQUE MONTRÉAL-NORD**

5879 Henri-Bourassa Boulevard East, suite 200

Montréal, QC, H1G 2V1

Tel. 514 864-8833

***[baj.montrealnord@ccjm.qc.ca](mailto:baj.montrealnord@ccjm.qc.ca)***

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

## **LEGAL AID/AIDE JURIDIQUE MAISONNEUVE-MERCIER**

5100 Sherbrooke Street East, suite 850

Montréal, QC, H1V 3R9

Tel. 514 864 6644

***[baj.maisonnevemercier@ccjm.qc.ca](mailto:baj.maisonnevemercier@ccjm.qc.ca)***

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

## **OFFICE DE LA PROTECTION DU CONSOMMATEUR**

5199 Sherbrooke Est, Suite #3671

Montréal, QC, H1T 3X2

Tel. 514 253 6556

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

***Services:*** 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

Tel. 514 873 2032 Toll free: 1 800 463 5070

***protecteur@protecteurducitoyen.qc.ca***

***www.protecteurducitoyen.qc.ca***

***Services:*** *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**

Tel. 1 888 495 8501

***www.antifraudcentre-centreantifraude.ca***

***Services:*** *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.*

## **SERVICE CANADA**

6020 Jean-Talon Street East, Suite 500

Montréal, QC, H1S 3B1

Tel. 1 800 622 6232

***www.servicecanada.gc.ca***

***Services:*** *Apprenticeship grants, Canada pension plan, employer contact centre, employment insurance, old age security, parents of murdered or missing children, passports, social insurance number, training and employment, wage earner protection program.*

## MENTAL HEALTH

### **AMI-QUÉBEC**

5800 Décarie Boulevard

Montréal, QC, H3X 2J5

Tel. 514 486 1448 or 1 877 303 0264 (outside Montreal)

***info@amiquebec.org***

***www.amiquebec.org***

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

### **CANADIAN MENTAL HEALTH ASSOCIATION - MONTREAL DIVISION**

55 avenue du Mont-Royal Ouest, Suite 605

Montréal, QC, H2T 2S6

Tel. 514 521 4993 or 1 866 277 3553

***info@acsmmontreal.qc.ca***

***www.acsmmontreal.qc.ca***

*Services: Mental health aid and resources for individuals of any age, youth campaigning, support for organizations, conferences, lectures, and other activities.*

### **MULTICULTURAL MENTAL HEALTH RESOURCE CENTRE**

4333 Cote Ste Catherine Rd.

Montréal, QC, H3T 1E4

Tel. 514 340 7549

***www.mmhrc.ca***

*Services: Provides information on mental health issues in a multicultural context.*

## **MENTAL HEALTH FIRST AID CANADA**

Toll Free: 1 866 989 3985

***mhfa@mentalhealthcommission.ca***

***www.mentalhealthfirstaid.ca***

***Services:*** Courses on how to recognize the signs and symptoms of mental health problems, provide initial help and guide a person towards appropriate professional help.

## **PARTNERS FOR LIFE**

55 Mont-Royal Avenue West, Suite 804

Montréal, QC, H2T 2S6

Tel. 514 529 1000

***info@fondationjeunesentete.org***

***http://www.fondationjeunesentete.org/en***

***Services:*** Mental health awareness program aimed to educate youth aged 14 to 18, parents, teachers, and health professionals to identify the signs and symptoms of depression during adolescence, as well as to direct those in crisis to the appropriate community resources. Offered for free in French and English throughout Quebec, and in English in the Ottawa area.

## **PROJECT 10**

1575 Amherst

Montréal, QC, H2L 3L4

Tel. 514 989 4585

***questions@p10.qc.ca***

***http://p10.qc.ca/***

***Services:*** Project 10 promotes personal, social, sexual and mental wellbeing of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersexed and questioning youth and adults 14-25

## **QUALAXIA**

***[www.qualaxia.org](http://www.qualaxia.org)***

***Services:*** A virtual network promoting mental health and the prevention and treatment of the most common mental disorders. Information, references, videoconferences, publications and more.

## **REVIVRE**

5140 Saint-Hubert Street,

Montréal, QC, H2J 2Y3

Tel. 1 866 738 4873

***[revivre@revivre.org](mailto:revivre@revivre.org)***

***[www.revivre.org/en/](http://www.revivre.org/en/)***

***Services:*** Non-profit organization whose mission is to help those living with anxiety, depressive or bipolar disorders, and their loved ones. Information, references, workshops and self-management support for mental illness.

## RELIGIOUS INSTITUTIONS

### INFO-SECTE

5655 Parc Avenue, suite 208

Montréal, QC H2V 4H2

Tel. 514 274 2333

**[www.infocult.org](http://www.infocult.org)**

*Services: Information and resources for individuals involved in or enquiring about cults, religious movements and related groups.*

### THE ENGLISH SPEAKING CATHOLIC COUNCIL

2005 St. Marc Street

Montréal, QC, H3H 2G8

Tel. (514) 937 2301 ext. 252 or 256

**[esc@bellnet.ca](mailto:esc@bellnet.ca)**

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

*Services: 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

Tel. 514 722 3061

**[semb@videotron.ca](mailto:semb@videotron.ca)**

## **CATHOLIC CHURCHES**

### **Saint Aloysius**

7901 rue Sainte-Claire  
Montréal, QC, H1L 1W2  
Tel. 514 351 3281

### **Saint Brendan**

3542 Rosemont Boulevard  
Montréal, QC, H1X 1K8  
Tel. 514 376 4537

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

2875 Sauvé St. East  
Montréal, QC, H2B 1C6  
Tel. 514 388 9271

### **Maria Ausiliatrice Parish**

8555 Avenue Joliot Curie  
Montréal, QC, H1E 4H7  
Tel. 514 648 9424

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

7645 du Mans Street  
St. Léonard, QC, H1S 2A1  
Tel. 514 256 3632

### **San Domenico Savio Church**

9190 rue Sainte-Claire  
Montréal, QC, H1L 1Z7  
Tel. 514 351 5646

### **Our Lady of Consolata Church**

1700 rue Jean-Talon East  
Montréal, QC, H2E 1T2  
Tel. 514 374-0122

## **CHRISTIAN BRETHREN CHURCH**

### **Rosemont Bible Church**

6000, 13<sup>th</sup> Avenue

Montréal, QC, H1X 2Y5

Tel. 514 728 5911

## **PENTECOSTAL CHURCHES**

### **Emmanuel Pentecostal Church**

6550 boul. Maurice-Duplessis

Montreal-North, QC, H1G 6K9

Tel. 514 323 3087

### **Church of Pentecost Canada**

8586 – 10<sup>th</sup> Avenue

Montréal, QC, H1Z 3B6

Tel. 514 278 9716

## **POLISH CHURCHES**

### **Church of Polish National**

3330 Laurier East

Montréal, QC, H1X 1V2

Tel. 514 524 9564

### **Our Lady of Czestochowa**

2550 Gascon

Montréal, QC, H2K 2W6

Tel. 514 523 6368

## **PRESBYTERIAN CHURCH**

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

1606 ave. Letourneux

Montréal, QC, H1V 2M5

Tel. 514 255 4100

## **UNITED CHURCHES**

### **Trinity United Church**

3050 Rosemont Blvd.  
Montréal, QC, H1Y 1M2  
Tel. 514 721 1830

### **Anjou United Church**

7951 Place Dade  
Anjou, QC, H1K 1R4  
Tel. 514 352 7790

## **UKRAINIAN CATHOLIC CHURCHES**

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

2388 rue d'Iberville  
Montréal, QC, H2K 3C6  
Tel. 514 521 2234

### **Ukrainian Catholic**

6185, 10th Avenue  
Montréal, QC, H1Y 2H5  
Tel. 514 593 0707

## **UKRAINIAN ORTHODOX CHURCH**

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

6520 boul. Saint-Michel  
Montréal, QC, H1Y 2E7  
Tel. 514 727 2236

## SENIORS

### **ALMAGE SENIOR COMMUNITY CENTRE**

8680 Hochelaga Street

Montréal, QC, H1L 2M6

Tel. 514 355 1712

***almage@ccs-montreal.org***

***www.almage.org***

*Services: 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 & referral, and advocacy.*

### **ALZHEIMER SOCIETY MONTRÉAL**

5165 Sherbrooke Street West, Suite 410

Montréal, QC, H4A 1T6

Tel. 514 369 0800

***info@alzheimerMontreal.ca***

***www.alzheimerMontreal.ca***

*Services: Referral and clinical services.*

### **AU SOIN D'UNE VIE**

5835 Leger Boulevard, Suite 310

Montréal-Nord, QC, H1G 6E1

Tel. 514 324 8292

***www.ausoindunevie.com***

*Services: Information and conferences, companionship, home-care and other personal or health care services for seniors.*

## **COMFORT KEEPERS**

610 Champagneur, Suite 1

Outremont, QC, H2V 3P6

Tel. 514 419 9636

***montrealest@comfortkeepers.ca***

***www.comfortkeepers.ca***

***Services:*** *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.*

## **CONCORDIA UNIVERSITY SENIOR NON-CREDIT PROGRAM**

1600 Sainte-Catherine Street West, Room 201

Montréal, QC, H3H 2S7

Tel. (514) 848 2424 #3893

***seniors@concordia.ca***

***www.concordia.ca/cunews/main/stories/2012/04/05/taking-courses-for-fun-not-grades.html***

***Services:*** *Program run exclusively by volunteers who offers flexible class schedule and openness to part-time for adults 55 and over*

## **CRÉA VIE**

***info@creavie.qc.ca***

***www.creavie.qc.ca***

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

## **CRÉATION CONFORT**

Tel. 1 800 394 1513

***info@creationconfort.com***

***www.creationcomfort.com***

*Services: 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*

## **CUSTOMIZED HOME CARE**

6600 TransCanada HWY, Suite 750

Point-Claire, QC, H9R 5N3

Tel. 514 418 0520 or 1 800 438 9431

***info@customizedhomecare.ca***

***customizedhomecare.ca***

*Services: Tailors services to the needs of each individual. They provide services for personal care, housekeeping, respite, nursing overnight care, remote patient monitoring.*

## **DEALHACK**

***www.dealhack.ca/blog/canadian-senior-discounts***

*Services: 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.*

## **ÉVASION - CENTRE DE JOUR ALTERNATIF**

5701 Décarie Boulevard

Montréal, QC, H3W 3C8

Tel. 514 738 5151

***centre-evasion@videotron.ca***

***www.centreevasion.com***

*Services: Respite and stimulation services at a day centre and in-home, as well as group stimulation activities in residences. Services offered 7 days a week.*

## **HOME CARE ASSISTANCE**

4464 Saint- Catherine

Westmount, QC, H3Z 1R7

Tel. (514) 907 5065

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

## **LES BOUTIQUES CHIC CHEZ VOUS**

4220 de Rouen, #400

Montréal, QC, H1V 3T2

Tel. 450 923 5933

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

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

## **MCGILL CENTRE FOR STUDIES IN AGING**

6825 Lasalle Boulevard

Verdun, QC, H4H 1R3

Tel. 514 766 2010

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

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

***Services:*** 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.

## **NOVAIDE**

3565 Jarry East, Suite 410  
Montréal, QC, H1Z 4K6  
Tel. 514 278 6767 ext. 200

***novaide@novaide.com***

***www.novaide.com***

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

## **THE PALLIATIVE HOME-CARE SOCIETY OF GREATER MONTREAL**

1110 Jean Talon Est, Suite 301  
Montréal, QC, H2R 1V9  
Telephone number: (514) 272-7200

***info@societedesoinspalliatifs.com***

***http://www.societedesoinspalliatifs.com/en/***

***Services:*** 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.

## **PARAIDE INTERNATIONAL INC.**

5180 Chemin Queen Mary, Suite 206  
Montréal, QC, H3W 3E7  
Tel. 514 735 1756

***www.paraide.ca***

***Services:*** 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.

## **RÉSEAU FADOQ**

4545 Pierre-De Coubertin Avenue,

Montréal, QC, H1V 0B2

Tel. 514 252 3017 or 1 800 544 9058

***info@fadoq.ca***

***www.fadoq.ca***

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

## **SENIORS ACTION QUÉBEC**

1857 boul. de Maisonneuve Ouest, Suite 304

Montreal, QC, H3H 1J9

Tel. 438 386 1944

***info@seniorsactionquebec.ca***

***www.seniorsactionquebec.ca***

***Services:*** 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.

## **REFERRAL HELPLINE FOR SENIORS**

Tel. 514 527 0007

***www.info-reference.qc.ca***

***Services:*** 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.

## **ELDER ABUSE HELP LINE**

Tel. 514 489 ABUS (2287)

*Services: Free, anonymous listening support and resource line for seniors. Service available every day, 8:00am to 8:00pm.*

## **TEL-AÎNÉS**

Tel. 514 353 2463

***tel-aines@tel-ecoute.org***

***www.tel-ecoute.org***

*Services: Help line, suicide prevention and references for seniors aged 60 and up.*

## **THOMAS MORE INSTITUTE**

3405 Atwater Avenue

Montréal, QC, H3H 1Y2

Tel. 514 935 9585

***info@thomasmore.qc.ca***

***www.thomasmore.qc.ca***

*Services: Program of university level studies in the liberal arts offering discussions guided by trained leaders.*

## **VISAVIE**

1443 Fleury Street East, Suite 300

Montréal, QC, H2C 1R9

Tel. 514 383 3383 or 1 888 VISAVIE

***demande@visavie.com***

***www.visavie.com***

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

## SPECIAL NEEDS

### **ALS-ASSISTED LIVING SERVICES: 'YOUNG ADULTS DAY PROGRAM'**

Kahnawake, QC, J0L 1B0

Tel. 450 635 9934 extension 126

*Services: Community-based day program for adults with special needs, which offers computer-based training, recreational and leisure activities, Snoezelen room relaxation and sensory activities, practical math and money skills, exposure to community resources, self-discover, relationship building, practice in assertiveness and development of conflict resolution and coping strategies.*

### **ASD MONTREAL**

2360 Notre Dame St. W., suite 207

Montréal, QC, H3J 1N4

Tel. 514 484-9996

***adsmontreal@goldlearningcentre.com***

***http://www.asdmontreal.com/***

*Services: Clinic that offers ABA programming under the onsite supervision of certified Behaviour Analyst. Offer one-on-one instruction, home-based services for clinic clients, and collaborates with professionals and educators in the child's sphere.*

### **AUTISM SPEAKS CANADA**

Tel. 1 888 362 6227

***montreal@autismspeaks.org***

***www.autismspeaks.ca***

*Services: A non-profit organization supporting family services community grants and scientific research through funds raised nationally. Emphasis on autism awareness events and advocacy also. They offer free downloads of tool kits for families, schools, clinicians and the community.*

## **AUTISM MONTREAL**

Address: 4450, rue Saint-Hubert, local 320,  
Montréal, QC, H2J 2W9  
Tel. : 514-524-6114

***accueil@autisme-montreal.com***

***http://autisme-montreal.com/en/***

***Services:*** Parent support and advocacy, weekend and summer respite, Christmas camps, spring break camps, shadowing and babysitting, swimming lessons, document centre, conference and workshops, Christmas party, ASD without Intellectual Delay Activities.

## **EAST FOUNDATION**

8370 Lacordaire Boulevard  
Montréal-Nord, QC, H1R 3Y6  
Tel. (514) 323 9950

***kids@eastfoundation.ca***

***Services:*** speech therapy, occupational therapy, social skill training, early intervention program, integrated summer camp, and leisure activities for youth and young adults up to 21 years old with intellectual and/or physical disabilities or autism.

## **CENTER OF DREAMS AND HOPES**

12550 Lacordaire Boulevard  
Montréal-Nord, QC, H1G 4L8  
Tel. (514) 327 6667 extension 200, Respite (514) 327 0823

***cdh@bellnet.ca***

***Services:*** Occupational Therapy, Speech Therapy, Early Intervention Program, Social Outings, Adult Day Camp, Integrated Youth Day Camp, Respite and Adult Education Program for English-speaking youth aged 0-21 with intellectual and/or physical disabilities.

## **BLOCKS SPEECH AND LANGUAGE CLINIC/ SUMMER FRIENDSHIP CLUB**

845 Querbes, Local 200

Montréal, QC, H2V 3X1

Tel. 514 974 5258

***info@blockstherapy.com***

***https://www.blockstherapy.com/***

***Services:*** Speech & language therapy, occupational therapy, physiotherapy, social skills groups, day camp for children ages 3-9 who are struggling with everyday social skills. Summer friendship camp is designed to help increase the child's understanding and use of social pragmatic language and self-regulation skills with their peers. Register by email, mail, or in person.

## **CORPORATION L'ESPOIR**

55 rue Dupras, Suite 511

LaSalle, QC, H8R 4A8

Tel. 514 367 3757

***info@corporationespoir.org***

***www.corporationespoir.org***

***Services:*** Community organization offers day camp, participation, integration, adaptation and education programs to individuals with intellectual and Autism Spectrum Disorder, as well as support groups and human rights promotion to their families.

## **MAIH**

633 Crémazie Boulevard East, suite 100

Montréal, QC, H2M 1L9

Tel. 514 381 2300

***info@amdi.info***

***www.amdi.info***

***Services:*** Provides various services to individuals with intellectual deficiencies, their families and community.

## **THE ABE GOLD LEARNING AND RESEARCH CENTRE**

5331 Ferrier

Montréal, QC, H4P 1M1

Tel. 514 345 8330

***info@goldlearningcentre.com***

***www.goldlearningcentre.com***

***Services:*** Intervention programs, Workshops, conferences and symposiums for Canadian children and adults with autism and other developmental disabilities.

## **BRILLIANT BEGINNINGS**

760 Boulevard Décarie #200

Saint-Laurent, QC, H4L 3L5

Tel. 514 708 5437

***brilliant-beginnings.com***

***info@brilliant-beginnings.com***

***Services:*** ABA therapy, speech therapy, and occupational therapy. For children with autism spectrum disorders, language delays, speech difficulties, developmental delays, and more. Summer camp that provides children with a unique learning opportunity in a fun and secure environment.

## **VIOMAX**

2275, Laurier avenue East

Montréal, QC, H2H 2N8

Tel. 514 527 4527 ext. 2329

***informations@viomax.org***

***www.viomax.org***

***Services:*** Activities for persons who are physically-handicapped, including adapted yoga, a swimming club, a day camp, wheelchair volleyball and ultimate Frisbee, and a fitness centre.

## **WEST MONTREAL READAPTATION CENTRE**

8000 Notre-Dame

Lachine, QC, H8R 1H2

Tel. 514 363 3025

***communications.comtl@ssss.gouv.qc.ca***

***www.crom.ca***

***Services:*** Access, assessment and orientation, support for the person, residential integration, work integration, community integration, specialized services for families and significant others, specialized support services to partners.

## **CAMP ALLEGRIA–LEONARDO DA VINCI CENTER**

8370 boul. Lacordaire

Montréal, QC, H1R 3Y6

Tel. 514 955 8370

***www.centroleonardodavinci.com/en/allegria\_camp***

***Services:*** Integrated summer camp for children with and without special needs who have completed kindergarten through grade six. Running from late June to end of August, early morning and late afternoon extended care is available.

## **CAMP COSMOS**

1444 avenue Union

Montréal, QC, H3B 1B7

Tel.: 514 844 9128 extension 203

***campcosmosmontreal@gmail.com***

***www.campcosmos.org***

***Services:*** A multilingual and multiethnic day camp that welcomes youth aged 5 11 and provides a space for youth with special needs to enjoy a full camp experience.

## **EMERGO RESPITE SERVICES**

1862, rue Jolicoeur

Montréal, QC, H4E 1X2

Tel. 514 931 2882

***info@repitemergo.com***

***http://servicesderepitemergo.com/en/***

***Services:*** Offers respite services in English to families living with autistic people or people having pervasive developmental disorders by welcoming them in a safe and stimulating outdoor environment adapted to their needs.

## **ASSOCIATION QUÉBÉCOISE DE MUSICOTHÉRAPIE**

Tel. 514 264 6335

***http://www.musicotherapieaqm.org***

***Services:*** Provincial database of music therapists that connects parents, professionals and organizations.

## **SPECIAL OLYMPICS QUEBEC**

1274, rue Jean-Talon Est, Suite 200

Montréal, QC, H2R 1W3

Tel. 514 843 8778, Toll-Free 1 877 743 8778

***info@olympiquesspeciaux.qc.ca***

***http://www.olympiquesspeciauxquebec.ca/en***

***Services:*** Training in a variety of summer and winter sports for children with special needs.

## **YOGA WITH JACKIE**

(private)

Jackie Herman

Tel. 514 295 7742

***jackiegonshor@yahoo.ca***

***fb.com/YogaWithJackieHerman***

***Services:*** Certified Yoga Instructor and Support Worker who is certified to work with children and teens with ADHD and Autism. Private or group home sessions, daycares, schools, and camp.

**PETER HALL SCHOOL**

1455, rue Rochon

St-Laurent, QC, H4L 1W1

Tel: 514 748 1050

***<http://www.peterhall.qc.ca/>***

***[ouimet@peterhall.qc.ca](mailto:ouimet@peterhall.qc.ca)***

***Services:*** Education in French and English for children aged 4- 21 years with special needs.

**REGROUPEMENT DE PARENTS DE PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE (RPPADIM)**

911 rue Jean-Talon Est, Room 227

Montréal, QC, H2R 1V5

Tel. 514 255 3064

***[marcelfaulkner@rppadim.com](mailto:marcelfaulkner@rppadim.com)***

***[www.rppadim.com](http://www.rppadim.com)***

***Services:*** Offers information, referrals and support services to parents of children, adolescents and adults with intellectual disabilities.

**REGROUPEMENT POUR LA TRISOMIE 21**

3250 boul. Saint-Joseph Est, Suite 1A

Montréal, QC, H1Y 3G2

Tel. 514 850 0666

***[info@trisomie.qc.ca](mailto:info@trisomie.qc.ca)***

***[www.trisomie.qc.ca](http://www.trisomie.qc.ca)***

***Services:*** Offers support, information, activities and workshops to individuals with Down syndrome, as well as to their families and caregivers.

**KIDDO ACTIVE MONTREAL**

845 Querbes, Suite 205

Montréal, QC, H2V 3X1

Tel. 514 428 0123

***<http://www.kiddoactive.com/>***

***Services:*** Occupational therapy, physiotherapy, speech therapy, and nutritional services.

## **MARIE ENFANT REHABILITATION CENTRE**

5200, Bélanger East

Montréal, QC, H1T 1C9

Tel. 514 374 1710

***Crme-web.hsj@ssss.gouv.qc.ca***

***<https://readaptation.chusj.org/en/Home>***

***Services:*** Provides newborns, children and teenagers who have motor or speech disabilities with highly specialized services in the areas of rehabilitation-accommodation, integration and social participation. Programs aim to develop the children's abilities, to maximize their autonomy.

## **MORNEAU SHEPELL**

1060 boul. Robert-Bourassa, Suite RC-01

Montréal, QC, H3B 4V3

Tel. 514 878 9090

***childrensupportolutions@morneaushepell.com***

***Services:*** Psychological assessments and evaluations for cognitive processing, academic skills, neurological and developmental disorders in children and adolescents. Various therapies.

## **SPECIALIZED DENTAL SERVICES**

CHU Sainte-Justine

3175 Chemin de la Côte Ste-Catherine

Montréal, QC, H3T 1C5

Tel. 514 345 4931

***www.chusj.org***

***Services:*** Specialized dentists qualified to treat patients needing specific care related to developmental problems, emotional disorders or physical or mental disabilities.

## **MARIE ENFANT REHABILITATION CENTRE—CHU SAINTE-JUSTINE**

5200 rue Bélanger Est  
Montréal, QC, H1T 1C9  
Tel. 514 374 1710

***crme-web.hsj@ssss.gouv.qc.ca***

***<https://readaptation.chusj.org/en/Accueil>***

***Services:*** Provides dental services to children with one or more disabilities through adapted approaches and technique.

## **MONTREAL CHILDREN'S HOSPITAL—DENTISTRY DEPARTMENT**

1040 rue Atwater, suite W-3  
Tel. 514 412 4479

***Services:*** Provides specialized dental services to children with special needs.

## **THE AUTISM SPECTRUM DISORDERS PROGRAM**

Montréal Children's Hospital  
Tel. 514 412 4400 ext. 23099

***Services:*** A program offering diagnostic services for children with suspected autism spectrum disorders. Consultation and follow-up care available for children who have been diagnosed.

## VIOLENCE AND SEXUAL ASSAULT

### **B.A.C.A.-BIKERS AGAINST CHILD ABUSE**

#### **MONTREAL QUEBEC CHAPTER**

P.O. Box 50063

Laval, QC, H7M 0A1

Helpline 438 794 6200

***[www.bacaworld.org](http://www.bacaworld.org)***

***Services:*** Works in conjunction with local and state officials in place to protect children, by taking a stand against all forms of child abuse, through various interventions.

### **CAVAC-MONTREAL CRIME VICTIMS' ASSISTANCE CENTRE**

Tel. 1 866 532 2822

***[www.cavac.qc.ca](http://www.cavac.qc.ca)***

***Services:*** Post-trauma and psychosocial intervention, information on crime victim rights and remedies, technical assistance, accompaniment and referrals to specialized services, available in French, English and Spanish.

#### **EAST END SERVICE POINT**

Tel. 514 643 9333

#### **MONTREAL CENTRE**

Tel. 514 277 9860

## **CALACS - SEXUAL ASSAULT CENTRES**

Postal Box 83626- Garnier Branch

Montréal, QC, H2J 4E9

Tel. 514 529 5252

***info@rqcalacs.qc.ca***

***www.rqcalacs.qc.ca***

***Services:*** Free and confidential resources and services for victims of sexual assault.

## **CRIPHASE-CENTRE DE RESSOURCES ET INTERVENTIONS POUR HOMMES ABUSÉS SEXUELLEMENT DANS LEUR ENFANCE**

8105 de Gaspé Street

Montréal, QC, H2P 2J9

Tel. 514 529 5567

***info@criphase.org***

***www.criphase.org***

***Services:*** Individual and group support and workshops for men who have been sexually abused and their spouses.

## **INFORMATION AND SUPPORT CENTER FOR VICTIMS OF SEXUAL HARASSMENT AT WORK**

2231 Belanger Street

Montréal, QC, H2G 1C5

Tel. 514 526 0789

***info@gaihst.qc.ca***

***www.gaihst.qc.ca***

***Services:*** Individual and group intervention, and legal advice for men and women 18 years or older who are victims of sexual harassment at work.

## **IVAC-COMPENSATION TO VICTIMS OF CRIME**

1199 Bleury Street

Montréal, QC, H3C 4E1

Tel. 514 906 3019 or 1 800 561 4822

***info@ivac.qc.ca***

***www.ivac.qc.ca***

***Services:*** Information and legal referral for victims of crime.

## **MONTREAL ASSAULT PREVENTION CENTER**

4617 Saint-Denis

Montréal, QC, H2J 2L4

Tel. 514 284 1212

***centre@cpamapc.org***

***Services:*** Assault prevention workshops for women and children.

## **MONTREAL SEXUAL ASSAULT CENTRE**

Crisis Line: 514 933 9007

Administration: 514 934 0354 ext. 7456

***info@cvasm.ca***

***www.cvasm.org***

***Services:*** Medical care and follow-up, individual counselling for victims, survivors and loved ones, 18 years and over.

## **THE MOVEMENT AGAINST RAPE AND INCEST**

C.P 50009 Jarry Branch

Montréal, QC, H2P 0A1

Tel. 514 278 9383

***mcvi@contreleviol.org***

***https://www.mvicontreleviol.org/***

***Services:*** Individual and group counselling, follow-up with loved ones and advocacy for women 14 years and older who have been a victim of rape.

**PRO-GAM**

Tel. 514 270 8462

***www.pro-gam.ca***

*Services: Individual evaluation sessions, group therapy, training and supervision for men who use abusive behaviours.*

**RIVO - Réseau d'intervention auprès des personnes ayant subi la violence organisée**

6865 Christophe Colomb, Suite 300-309

Montréal, QC, H2S 2H3

Tel. 514 282 0661

***info@rivo-resilience.org***

***www.rivo-resilience.org***

*Services: Psychotherapy services and support to survivors of torture and other forms of political violence.*

**SEXUAL ASSAULT CENTRE OF THE STUDENTS' SOCIETY OF MCGILL UNIVERSITY**

2075 Robert Bourassa, Suite 5

Montréal, QC, H3A 2L1

Tel. 514 398 8500

***main@sacomss.org***

***http://www.sacomss.org/wp/***

*Services: Group for men and women who are victims of sexual assault. Open to the general public.*

## **SHIELD OF ATHENA MONTREAL**

P.O. Box 25, Mount Royal Station

Mount Royal, QC, H3P 3B8

Tel. 514 274 8117 or 1 877 274 8117

***www.shieldofathena.com***

***Services:*** Shelter, individual consultation, crisis intervention, counselling, support groups, information and referral for women and children who are victims of conjugal or family violence.

## **SOS VIOLENCE CONJUGALE**

Tel. 1 800 363 9010

***sos@sosviolenceconjugale.ca***

***www.sosviolenceconjugale.ca***

***Services:*** Referrals and help line for female victims of conjugal violence.

## **TABLE DE CONCERTATION SUR LES AGRESSIONS À CARACTÈRESEXUEL DE MONTRÉAL**

Tel. 514 933 9007 or 1 888 933 9007

***webmaster@tcacsm.org***

***www.agressionsexuellemontreal.ca***

***Services:*** Provides information, publications and resources across the island of Montreal for sexual assault victims or persons close to victims, caregivers or counsellors.

## YOUTH CENTERS

### **BATSHAW YOUTH & FAMILY CENTRES**

5 Weredale Park Street  
Westmount, QC, H3Z 1Y5  
Tel. 514 989 1885

**[www.batshaw.com](http://www.batshaw.com)**

*Services: Youth protection services, young offenders services, adoption, and child placement.*

### **BIG BROTHERS BIG SISTERS OF GREATER MONTREAL**

3155 rue Hochelaga, bureau 202  
Montréal, QC, H1W 1G4  
Tel. 514 842 9715

**[info@gfgsmtl.qc.ca](mailto:info@gfgsmtl.qc.ca)**

**[www.gfgsmtl.qc.ca](http://www.gfgsmtl.qc.ca)**

*Services: Mentor relationships, school mentoring and health mentoring all supported and supervised by a team of professionals made up of psychologists, social workers and program intervention experts.*

### **LE BON DIEU DANS LA RUE CHEZ POPS DAY CENTRE**

1662 Ontario Street East  
Montréal, QC, H2L 1S7  
Tel. 514 526 7677 or 1 888 520 7677

**[centredejour@danslarue.org](mailto:centredejour@danslarue.org)**

**[www.danslarue.com](http://www.danslarue.com)**

*Services: "Chez Pops" offers a cafeteria, depot, medical clinic, psychological care, school, scholarship fund, work entry program, workshops, and outings. The Bunker provides emergency shelter 7 days/week to boys and girls.*

## **DBYLC-DON BOSCO YOUTH LEADERSHIP CENTER**

11991 Pierre Baillargeon Street

Montréal, QC, H1E 2E5

Tel. 514 648 6421

***info@dbylc.com***

***www.dbylc.com***

***Services:*** Pre-kindergarten classes, dance classes, summer camp, after school in-center activities, tutoring, sports, moms and tots, and retreats.

## **F.A.C.E.S**

3575 Boul. Saint-Laurent

Montréal, QC, H2X 2T6

Tel. 514 805 9028

***www.fosterachildtoexcel.org***

***Services:*** Foster A Child to Excel in Society is a non-profit organization devoted to helping at-risk youth and young adults develop the skills and knowledge they need to become autonomous and self-sufficient. F.A.C.E.S provides youth with much needed support through educational, informative and hands-on programs- programs that cover essential life skills, job skills, tutoring, mentoring and mental wellness.

## **HEAD & HANDS**

3465 Benny

Montréal, QC, H4B 2R9

Tel. 514 481 0277

***info@headandhands.ca***

***http://headandhands.ca/***

***Services:*** Information and referrals, health services, legal services, social services, young parents program, food pantry, community workshops.

## **PROJECT 10**

2000 Northcliffe, suite 218

Montréal, QC, H4A 3K5

Tel. 514 989 4585

***questions@p10.qc.ca***

***www.p10.qc.ca***

***Services:*** Support, information, counselling and referrals to gay, lesbian, transgender, transsexual, two-spirited, intersexed youth and adults 14-25.

## **STREET KIDS CLINIC**

CLSC Des Faubourgs: 1250 Sanguinet Street

Montréal, QC, H2X 3E7

Tel. 514 527 2361 extension 3682

***Services:*** On-site doctors, nurses, dentists, psychologists, social workers and access to showers.

## **SUN YOUTH ORGANIZATION**

4251 Saint-Urbain Street

Montréal, QC, H2W 1V6

Tel. 514 842 6822

***info@sunyouthorg.com***

***www.sunyouthorg.com***

***Services:*** Offers sports and recreation programs, food bank, summer camp, crime prevention, seniors' club.

## **UKRAINIAN YOUTH ASSOCIATION (SUM) OF QUEBEC INC.**

3260 Beaubien Street East

Montréal, QC, H1X 3C9

Tel. 514 728 8816

***Services:*** Discussion groups, sports, art activities, dance groups, camps and rallies for youth.

## YOUTH HELPLINES

### **DYP-DIRECTOR OF YOUTH PROTECTION**

Tel. 514 935 6196

*Services: Emergency help line for the protection of youth.*

### **KIDS HELP PHONE LINE**

Tel. 1 800 668 6868

***quebec@kidshelpphone.ca***

***www.kidshelpphone.ca***

*Services: Provides anonymous counselling, referrals, and information for children and youth between the ages of 5 and 20.*

### **TÉL-JEUNES**

P.O. Box 186, Station Place d'Armes

Montréal, QC, H2Y 3G7

Tel. 514 288 1444, Help line 1 800 263 2266

***info@teljeunes.com***

***www.teljeunes.com***

*Services: Provides over the phone counselling for children and youth.*

## OTHER HELPFUL RESOURCES

Clothing banks, food delivery, funeral homes, government services, transport

### **LE COFFRE AUX TRÉSORS DU CHAÎNON**

4375, boulevard St-Laurent

Montréal, QC, H2W 1Z8

Tel. 514 843 4354

***magasin@lechainon.org***

***www.lechainon.org***

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

### **REGROUPEMENT DES POPOTES ROULANTES**

1474 Fleury Est

Montréal, QC, H2C 1S1

Tel. 514 382 0310 #206

***regroupement@prasab.org***

***www.popotes.org***

*Services: 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

Tel. 514 770 2112

**CENTRE COMMUNAUTAIRE RDV 50+**

4122 42<sup>e</sup> rue

Montréal, QC, H1Z 1R8

Tel. 514 374 3471

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

3100 Arcand Suite 125

Montréal, QC, H1N 3C7

Tel. 514 254 6035

**ENTRAIDE UKRAINIENNE**

5655 St-Zotique Est

Montréal, QC, H1T 1P7

Tel. 514 252 6516

**ALMAGE SENIOR COMMUNITY CENTRE**

8680 Hochelaga

Montréal, QC, H1L 2M6

Tel. 514 355 1712

**SÉSAME**

8628 Hochelaga

Montréal, QC, H1L 2M5

514 493 7656

**POPOTE ROULANTE BUFFETS INSÈRE-JEUNES**

5188 Beaubien Est

Montréal, QC, H1T 1V9

Tel. 514 842 3351

**POPOTE ROULANTE ST-JEAN-VIANNEY**

Rosemont/ Pie IX

Tel. 514 937 4798

**POPOTE ROULANTE SAINT-ESPRIT**

5460 6th Avenue

Montréal, QC, H1Y 2P8

Tel. 514 842 3351

**POPOTE ROULANTE SAINT-FRANCOIS-SOLANO**

Quartier Rosemont

Tel. 514 937 4798

**ENTRAIDE AHUNTSIC NORD**

10780 Laverdure

Montréal, QC, H3L 2L9

Tel. 514 382 9171

**POPOTE ROULANTE D'AHUNTSIC**

10000 Boul. Saint-Laurent

Montréal, QC, H3L 2N7

Tel. 514 937 4798

**CENTRE BÉNÉVOLES AHUNTSIC-SUD**

9286 Berri

Montréal, QC, H2M 1P9

Tel. 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 - STORE (HOCHELAGA-MAISONNEUVE)**

3444, rue Ontario Est

Montréal, QC, H1W 1P9

Tel. 514 529 4025

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

## **COMPLEXE FUNÉRAIRE LORETO**

4975 boul. Des Grands-Prairies

Montréal, QC, H1R 1A5

Tel. 514 325 3535

***www.complexeloreto.com***

***Services: Funeral services***

## **HAWTHORN-DALE CEMETERY**

15 005 Sherbrooke Street East

Pointe-aux-Trembles, QC, H1A 3X1

Tel. 514 498 7682

## **MAGNUS POIRIER FUNERAL HOME**

6825 Sherbrooke Street East

Montréal, QC, H1N 1C7

Tel. 1 888 727 2847

***info@magnuspoirier.com***

***www.magnuspoirier.com***

***Services : Funeral services***

## **WHITE & SONS FUNERAL HOME**

Head Office:

3555 Metcalfe

Rawdon, QC, JOK 1S0

Tel. 514 524 3432

## **CANADA REVENUE AGENCY**

305 René-Lévesque Boulevard West

Montréal, QC, H2Z 1A6

Tel. 1 800 959 7383

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

*Services: 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.*

## **LA SOCIÉTÉ D'HABITATION DU QUÉBEC**

500 boul. René-Lévesque O,

Montréal, QC, H2Z 1W7

Tel. 1 800 463 4315

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

*Services: Provides housing services.*

## **RÉGIE DES RENTES DU QUÉBEC**

Tel. 1 800 463 5185

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

*Services: The Régie ensures that the administration and operation of pension plans is in conformity with the Supplemental Pension Plans Act and promotes financial planning for retirement.*

## **CANADA MORTGAGE AND HOUSING CORPORATION**

1100 René-Lévesque West 1<sup>st</sup> Floor

Montréal, QC, H3B 5J7

Tel. 514 283 2222

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

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

## **REVENU QUÉBEC**

5199 Sherbrooke Est  
Montréal, QC, H1T 3X3  
Tel. 1 800 267 6299

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

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

## **SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DE QUÉBEC**

7335 boulevard Langelier  
Montréal, QC, H1S 1V6  
Tel. 1 800 361 7620

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

*Services: 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  
Tel. 514 280 8211

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

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

## **DISABLED PARKING PERMIT- SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUÉBEC (SAAQ)**

Tel. 514 873 7620

**[www.saq.gouv.qc.ca/en/miscellany/parking\\_permit/](http://www.saq.gouv.qc.ca/en/miscellany/parking_permit/)**

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

## **LE BON PILOTE**

445 rue Jean-Talon Ouest, suite 511

Montréal, QC, H3N 1R1

Tel. 514 593 5454

***info@lebonpilote.org***

***www.lebonpilote.org***

***Services:*** 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.

## **TAXI PARA-ADAPTÉ**

4660 rue Sainte-Catherine Est

Montréal, QC, H1V 1Y9

Tel. 514 277 3344

***info@taxiparaadapte.ca***

***www.taxiparaadapte.ca***

***Services:*** Available 24 hours/day, 7 days/week in and around the island of Montréal. 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)**

Tel. 514 873 7620

***Services:*** Financial assistance for adaptation of a vehicle to enable a person with a disability to drive it or have access to it.



- Thank you to our partners -



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