

The Black Community Resource Guide

2010-2011

A directory of community, para-public and public organizations, associations, programs and services of relevance to members of Montreal's Black community



BLACK COMMUNITY RESOURCE CENTRE

A non-profit organization dedicated to meeting the health, educational, and socio-economic needs of Montreal's Black Community.

In order to improve the quality and appropriateness of relevant and necessary services, BCRC is committed to collaboration and partnership with Black community organizations as well as public and para-public agencies.

In addition to organizational support services and several youth focused programs, BCRC offers information resources and referral services to individuals and organizations within both the Montreal Black community and the community at large.

For assistance contact:

Black Community Resource Centre (BCRC)

6767 Ch. De la Côte-des-Neiges, Suite 497
Montréal (Québec) H3S 2T6
Phone: 514-342-2247 ~ Fax: 514-342-2283
Email: brc@qc.aira.com
Website: www.brcmontreal.com

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COMMUNITY & PARA-PUBLIC ORGANIZATIONS

A

AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK (ACDP)

6999 Côte-des-Neiges, suite 30
Montréal (Québec) H3S 2B8
Telephone: 514-737-8321
Fax: 514-737-6893
Email: info@acdpnetwork.org
Website: acdpnetwork.org

Services Offered:

- Development and prevention program
- Black entrepreneurship program
- Strengthening Black family program

Contact Person: Aissata Sow
Hours: 10am to 6pm (Monday to Friday)



**Guy or
Côte-des-Neiges**



165

ALFIE ROBERTS INSTITUTE

5871 Victoria
Montréal (Québec) H3W 3H8
Telephone: 514-313-8938
Email: info@ari-iar.org
Website: www.ari-iar.org

Services Offered:

- Research and Publication
- Social and cultural exchange
- Popular Education

Hours: **Please call prior to visitation.**



Côte-Sainte-Catherine

ALLIANCE DES COMMUNAUTÉS CULTURELLES POUR L'ÉGALITÉ EN SANTÉ ET SERVICES SOCIAUX (ACCESSS)

7000 ave. du Parc, bureau 408
Montréal (Québec) H3N 1X1
Telephone: 514-287-1106
Fax: 514-287-7443
Email: access@access.net
Website: www.accesss.net

AMCAL FAMILY CENTRE

7 St-Anne
Pointe-Claire (Québec) H9S 4P6
Telephone: 514-694-3161
Fax: 514-694-1109
Website: www.amcal.ca
Email: afs@amcal.ca

Services Offered:

- Promotion of healthy family relationships
- Groups for children of divorce
- Parents of step-families
- Parents of divorce

Hours: 8am to 5pm (Monday-Thursdays)
8am to 12pm (Fridays)



Lionel-Groulx



#211



ASSOCIATION OF BLACK LAWYERS AND NOTARIES

10 Notre-Dame East, suite 310
Montréal (Québec) H2Y 1B7
Telephone: 514-878-9112
Email: silversandiford@bellnet.ca

Service Offered:

- Referrals to various Black lawyers & notaries within the Montreal area

Contact Person: Sharon Sandiford
Hours: 8:30am to 5pm



Place D'Armes

BARROW INSTITUTE (THE)

7850 Jean-Talon West, suite 147
Montréal (Québec) H4R 2G8
Telephone: 514-235-7816 / 233-4532

Services Offered:

- Development of girls from marginalized communities
- Distribution of food and other relief items
- Leadership training
- Community & governmental outreach
- Self-esteem & empowerment workshops
- Networking & coalition building

Contact Persons: Antonia Sealey
Hours: **Please call prior to visitation.**

"The question is not whether we can afford to invest in every child; it is whether we can afford not to."

Marian Wright Edelman

B



BARBADOS HOUSE OF MONTREAL

P.O. Box 367, Station NDG
Montréal (Québec) H4A 3P9
Telephone: 514-747-3932
Fax: 514-496-8058

Service Offered:

- Social-Cultural events and activities

Contact Person: Mr. Earl Smith

BATSHAW YOUTH AND FAMILY SERVICES

5 Weredale Park
Westmount (Québec) H3Z 1Y5
Telephone: 514-989-1885
Fax: 514-989-2295
Website: www.batshaw.qc.ca

Services Offered:

- Youth Protection
- Foster Care & Adoption
- Family Preservation

Hours: 9am to 5pm (Monday to Friday)



Atwater



BLACK COALITION OF QUEBEC

5201 Decarie Blvd.
Montréal (Québec) H3W 3C2
Telephone: 514-489-3830
Fax: 514-489-2843
Website: www.liguedesnoirs.org
Email: info.ligue@videotron.ca

Services Offered:

- Youth programs
- Advocacy - Immigration/Human Rights

Contact Person: Mr. Dan Philip
Hours: 9am to 5pm (Monday to Friday)



Snowdon

BLACK STUDIES CENTER

1968 de Maisonneuve Blvd. West
Montréal (Québec) H3H 1K5
Website: www.blackstudies.ca

Services Offered:

- Incubation services for Black businesses
- Support of structures that improve the position of Black people in Québec

Hours: 9am to 5pm (Monday to Friday)



Guy

BLACK THEATRE WORKSHOP

3680 Jeanne-Mance, suite 432
Montréal (Québec) H2X 2K5
Telephone: 514-932-1104 ext 225
Fax: 514-932-6311
Website: www.blacktheatreworkshop.ca

Services Offered:

- Theatre that reflects works of Black Canadian writers, artist and performers
- Youth Works - summer program for Black youth interested in performance arts

Contact Person: Adele Benoit
Hours: 9am to 5pm (Monday to Friday)



Place-des-Arts



#80

BCRC's document collection can help you find the information you need about Montreal's Black community. Visit us and check it out!

BLACK FAMILY SUPPORT NETWORK

719 rue des Seigneurs
Montréal (Québec) H3J 1Y2
Telephone: 514-933-1867
Fax: 514-933-1808
Email: lbbfs@bell.net

Contact Person: Rosemary Segee
Hours: 10am to 5pm (Monday)
10am to 9pm (Tuesday to Friday)



Georges-Vanier or Guy

BLACK LEGAL EDUCATION & SUPPORT FOUNDATION

765 Jean-Talon West
Montréal (Québec) H3N 1S3
Telephone: 514-271-2733
Email: blesf@yahoo.com



C

CANADA WORLD YOUTH

2330 Notre-Dame West, suite 303
 Montréal (Québec) H3J 1N4
 Telephone: 514-931-3526
 Fax: 514-939-2621
 Website: www.cwy-jcm.org

Services Offered:

- Educational programs
- Immigration services



Lionel-Groux

CANADIAN SICKLE-CELL SOCIETY (THE)

6999 Côte-des-Neiges, suite 33
 Montréal (Québec) H3S 2B8
 Telephone: 514-735-5100
 Fax: 514-735-5109

Services Offered:

- Support for families affected by sickle-cell anemia
- Education for population at-risk
- Individual/family counseling
- Sickle-cell blood tests

Contact Person: Rosetta Cadogan
 Hours: **Please call prior to visit.**



Guy or
 Côte-des-Neiges



#165



CARREFOUR JEUNESSE EMPLOI CÔTE-DES-NEIGES

6555 Côte-des-Neiges, suite 240
 Montréal (Québec) H3S 2A6
 Telephone: 514-342-5678
 Fax: 514-342-6377
 Email: info@epoc-montreal.ca

Services Offered:

- Job bank
- Career counseling
- Entrepreneurship Support
- Visible minority project (services to increase employability of visible minority youth)

Contact Person: Mr. Brian Smith
 Hours: 9am to 5pm (Mon. Tues. Thurs.)
 1pm to 9pm (Wednesday)
 1pm to 5pm (Friday)



Guy or
 Côte-des-Neiges



#165

CARREFOUR JEUNESSE EMPLOI NOTRE-DAME-DE-GRÂCE

6370 Sherbrooke West
 Montréal (Québec) H4B 1M9
 Telephone: 514-482-6665
 Fax: 514-482-8185

Services Offered:

- Job bank
- Career counseling
- Entrepreneurship support

Contact Person: Ms. Darine Charlot
 Hours: 9am to 5pm (Mon. Wed. Fri)
 1pm to 5pm (Tuesday)
 9am to 8pm (Thursday)



Vendôme



#105

CARIBBEAN PIONEER WOMEN OF CANADA

5264 Coolbrook
 Montréal (Québec) H3X 3T3
 Telephone: 514-488-3716
 Email: jntsmith@yahoo.com

Service Offered:
 • Social/cultural events and activities

Contact Person: Janet Smith
 Hours: **Please call prior to visit.**

CARIBBEAN CULTURAL FESTIVITIES ASSOCIATION

6338 Victoria, suite 7
 Montréal (Québec) H3W 2S5
 Telephone: 514-735-2232

Contact Person: Charleton Farmer

CENTRE D'ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR NOUVEAUX IMMIGRANTS (CARI ST-LAURENT)

1179 Decarie, suite 10
 Montréal (Québec) H4L 3M8
 Telephone: 514-748-2007
 Fax: 514-748-2766
 Email: carist@cari.qc.ca
 Website: www.cari.qc.ca

Services Offered:
 • Family and social programs for immigrants
 • Employment services
 • French courses



Côte-Vertu



“The animals of the world exist for their own reasons. They were not made for humans any more than Black people were made for white, or women created for men.”

Alice Walker

COTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION

6999 Côte-des-Neiges, suite 30
 Montréal (Québec) H3S 2B6
 Telephone: 514-737-8321
 Fax: 514-737-6893
 Email: cdbca@cdbca.org
 Website: www.cdbca.org

Services Offered:
 • Cultural, recreational, social activities for youth and adults
 • After-school tutorials
 • Summer camp
 • Teen leadership program
 • Adult classes and sports activities
 • Strengthening family program

Contact Person: Michael Gittens
 Hours: 10am to 6pm (Monday to Friday)



Guy or Côte-des-Neiges



#165

COTE-DES-NEIGES COUNCIL FOR REFUGEES

6839 Drolet, suite 302
Montréal (Québec) H2S 2T1
Telephone: 514-277-7223
Fax: 514-277-1447

Services Offered:

- Immigration services
- Advocacy for refugees

Contact Person: Janet Dench
Hours: 9am to 5pm (Monday to Friday)



Jean-Talon

CENTRE AFRIQUE AU FEMININ

419 St. Roch
Montréal (Québec) H3N 1K2
Telephone: 514-272-3274
Fax: 514-272-8617
Email: aaf@bellnet.ca

Services Offered:

- Services for young mothers
- Food bank (Tuesdays)
- Subsidized daycare
- French classes

Contact Person: Valerie Balton
Hours: 9am to 5pm (Monday to Friday)



Jean-Talon



CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS (CRARR)

460 St. Catherine West, suite 610
Montréal (Québec) H3B 1A7
Telephone: 514-939-3342
Fax: 514-939-9763
Email: crarr@primus.ca
Website: www.crarr.org

Service Offered:

- Advocacy, research, education, training and litigation in the interest of promoting racial harmony and equity in Canada

Contact Person: Fo Neimi
Hours: 9am to 5pm (Monday to Friday)



McGill

CENTRE AFRIKA

1644 St. Hubert
Montréal (Québec) H2L 3Z3
Telephone: 514-843-4019

Services Offered:

- Social/cultural events and activities
- Youth programs

Contact Person: Jean-Francois Bégin
Hours: **Please call prior to visit.**



Berri-UQAM

“Both tears and sweat are salty, but render a different result. Tears will get you sympathy; sweat will get you change.”

Jesse Jackson

CENTRE INTERNATIONAL DE DOCUMENTATION ET D'INFORMATION HAÏTIENNE, CARIBÉENNE ET AFRO-CANADIENNE (CIDIHCA)

430 St-Hélène, suite 401
 Montréal (Québec) H2Y 2K7
 Telephone: 514-845-0880
 Fax: 514-842-5647
 Email: edition@cidihca.com
 Website: www.cidihca.com

Services Offered:

- Information on Haitian, Caribbean and Afro-Caribbean culture and history
- Library of English, French, Spanish and Creole books
- Publishes books
- Archives documents

Contact Person: Frantz Voltaire
 Hours: 9am to 5pm (Monday to Thursday)



Square-Victoria

CONGRESS OF BLACK LAWYERS AND JURISTS OF QUEBEC

445 Saint-Laurent Blvd., suite 500
 Montréal (Québec) H2Y 3T8
 Telephone: 514-954-3471
 Fax: 514-954-3451
 Email: meleblond@barreau.qc.ca

Hours: **Please call prior to visit.**



Saint-Laurent



#55



CARREFOUR DE LIAISON ET D'AIDE MULTI-ÉTHNIQUE (CLAM)

7290 Hutchinson, 2nd floor
 Montréal (Québec) H3N 1Z1
 Telephone: 514-271-8207
 Fax: 514-271-8254
 Email: clam@bellnet.ca
 Website: www.leclam.org

Services Offered:

- Immigration
- Employment placement
- French classes

Hours: 9am to 12pm & 1pm to 5pm
 (Monday to Friday)



Parc

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE CDN/NDG

4950 Queen-Mary Road, suite 101
 Montréal (Québec) H3W 1X3
 Telephone: 514-342-4842
 Fax: 514-342-4712

Services Offered:

- Financial assistance & advice for new businesses
- Financial assistance for community projects

Contact Person: Claude Lauzon
 Hours: 9am to 5pm (Monday to Friday)



Snowdon



#51

COTE-DES-NEIGES JOB SEARCH CENTRE

3600 Barclay, suite 421
Montréal (Québec) H3S 1K5
Telephone: 514-733-3026
Fax: 514-733-7120
Email: info@crecdn.com
Website: www.crecdn.com

Service Offered:

- Employment services and assistance

Hours: 8:30am to 4:30pm



Côte-des-Neiges



#165

*“Success is liking yourself, liking
what you do, and liking how you do
it.”*

Maya Angelou

COUNCIL FOR BLACK AGING

3021 Delisle
Montréal (Québec) H4C 1M8
Telephone: 514-935-4951
Fax: 514-935-8466
Email: counb@rogers.com

Services Offered:

- Accompaniment for seniors: home and hospital visits, classes arts & crafts, aerobics, computers
- Community Lunches and info sessions

Contact Person: Elisee Faure
Hours: 9am to 3pm (Monday to Friday)



Lionel-Groulx

Elijah McCoy (1843-1929).
Invented a device to lubricate railway
machinery. His invention became so
Indispensable that no engine was
considered complete until it had a
genuine McCoy Lubricator, hence the
term
“The Real McCoy.”



D

DESTA BLACK YOUTH NETWORK

The Padua Centre
1950 St. Antoine West
Montréal (Québec) H3J 1A5
Telephone: 514-932-7597
Fax: 514-932-9468
Email: info@destanetwork.ca
Website: www.destanetwork.ca

Service Offered:

- Prepares young adults to become autonomous and responsible



Georges-Vanier

E

EBONY PERSPECTIVES IN MONTREAL

Email: Black_glbtc_committee@sympatico.ca

A growing organization for Black lesbian, gay, bisexual, and transsexual/transgendered individuals

Contact Person: Vanessa Dorlivy
Please email for meetings and events.



ELIZABETH HOUSE

2131 Marlowe
Montréal (Québec) H4A 3L4
Telephone: 514-482-2488
Fax: 514-482-9467
Email: elizabethhouse@sympatico.ca
www.maisonelizabethhouse.com

Services Offered:

- Residence for young mothers and children
- Rehabilitation, prevention, education, and outreach services

Contact Person: Linda Schachtler
Hours: 9am to 5pm (Monday to Friday)
(24hr Residence)



EPOC MONTREAL

420 St. Éloi
Montréal (Québec) H2Y 2S5
Telephone: 514-877-7810
Fax: 514-877-8559
Email: info@epoc-montreal.ca
Website: epoc-montreal.ca

Services Offered:

- Computer application programs
- Second language training
- Personal counseling and professional development workshops
- Career testing and vocational counseling
- Workshops in job search methods

Hours: 8am to 4pm (Monday to Friday)



ERS YOUTH DEVELOPMENT CORPORATION

5250 Ferrier, suite 520
Montréal (Québec) H4P 1L4
Telephone: 514-731-3419
Fax: 514-731-4999
Email: ers@ersyouth.ca
Website: www.ersyouth.ca

Services Offered:

- Computer and language courses
- Personal and professional development programs
- Work placement and internship

Hours: 9am to 5pm (Monday to Friday)



G

GARVEY INSTITUTE (THE)

P.O. Box 119, Station Saint-Laurent
 Saint-Laurent (Québec) H4L 4V4
 Email: admin@garveyinstitute.org
 Website: www.garveyinstitute.org

Service Offered:

- Educational scholarships

Contact Person: Patrick Filiatrault
 Hours: 8am to 5pm (Office Hours)



Côte-Vertu



#127 or #171

The highest test of the civilization of any race is in its willingness to extend a helping hand to the less fortunate”

Booker T. Washington

GUYANA CULTURAL ASSOCIATION OF MONTREAL

P.O. Box 29640
 Succ. St. Hubert (Québec) J3Y 9A9
 Telephone: 450-445-0747
 Email: Design-cedric@cedbec.com
 Website: gcaom.org

Service Offered:

- Social/cultural events and activities

Contact Person: U. Leebert Sancho
 Hours: **Please call prior to visit.**

H



HEAD AND HANDS

5833 Sherbrooke West
 Montréal (Québec) H4A 1X4
 Telephone: 514-481-0277
 Fax: 514-481-2336
 Email: info@headandhands.ca
 Website: www.headandhands.ca

Services Offered:

- Medical, social and legal services to youth
- Promote youth empowerment through education
- Young Parents Program (YPP)

Contact Person: Marlo Turner-Ritchie
 Hours: 10am to 9pm (Monday to Thursday)
 10 am to 5pm (Friday)



Vendôme



#105

HIRONDELLE

4652 Jeanne-Mance, 2nd & 3rd floor
 Montréal (Québec) H2V 4J4
 Telephone: 514-281-5696
 Fax: 514-281-5628
 Email: administration.hirondelle@qc.aira.com
 Website: www.hirondelle.qc.ca

Services Offered:

- Integration programs and aid for new arrivals
- Job search workshops
- Job and study placement
- Counseling development workshops
- French courses

Hours: 9am to 12pm & 1pm to 5pm
 (Monday to Friday)



Mont-Royal



97 or 11

I

**IMANI FAMILY AND FULL
GOSPEL CHURCH**

540 Richmond
Montréal (Québec) H3J 1V3
Telephone: 514-846-2020
Fax: 514-846-0202
Email: imanimtl@hotmail.com
Website: imanifamilyandfullgospelchurch.org

Services Offered:

- Sunday worship: 11am
- Bible study: Wednesdays 7pm at UNIA Hall (page 28)

Contact Person: Rev. Darryl Gray



Guy



57

**JAMAICA ASSOCIATION
OF MONTREAL**

4065 Jean-Talon West
Montréal (Québec) H4P 1W6
Telephone: 514-737-8229
Fax: 514-737-4861
Email: jamaica-inc@yahoo.ca
Website: jam-montreal.com

Services Offered:

- After-school/evening classes for youth and adults (Math, French, English, Computers)
- Saturday morning Program (Children 0-11) to promote parent involvement

Contact Person: Noel Alexander
Hours: 9am to 5pm (Monday to Friday)



Namur

J

**JAMAICAN CANADIAN
COMMUNITY WOMEN'S LEAGUE
OF MONTREAL**

5465 Queen-Mary Road, suite 302
Montréal (Québec) H3X 1V5
Telephone: 514-486-5704
Fax: 514-486-7230
Email: jaccwlm2001@hotmail.com

Service Offered:

- Education & social programs

Contact Person: Ivyline Fleming
Hours: 10am to 5pm (Monday to Friday)



Snowdon

JEUNESSE 2000 NDG/CDN

Notre-Dame-de-Grâce

NDG Youth Centre
3770 Decarie Blvd.
Telephone: 514-872-9444



Villa-Maria

Côte-des-Neiges

3220 Appleton Ave.
Telephone: 514-342-5235



Côte-des-Neiges

Services Offered:

- Youth drop-in centre
- Recreational activities for youth 12 to 18 years old





JEUNE CHAMBRE DE COMMERCE HAÏTENNE (JCCH)

429 ave Viger East, bureau 4
Montréal (Québec) H2L 2N9
Telephone: 514-383-7191
Fax: 514-383-7191
Email: info@jcch.ca
Website: www.jcch.ca

Service Offered:
• Mentorship

Contact Person: Sandra Joseph
Hours: Monday– Thursday 10am - 3:30pm
Please call prior to visit.



Champ-de-Mars



#55

JOB GENERATION / GÉNÉRATION EMPLOI

7000 Park Avenue, suite 414
Montréal (Québec) H3N 1X1
Telephone: 514-948-0000
Fax: 514-948-5097
Email: generationemploi@qc.aira.com
Website: www.info.generationemploi.org

Service Offered:
• Job training for individuals aged 25-50

Contact Person: Lucy Dupont
Hours: 9am to 12pm and 1pm to 5pm



Parc



#80

JOUJOUTHÈQUE (CDN PARENTS ASSOCIATION)

6767 Côte-des-Neiges, suite 498
Montréal (Québec) H3S 2T6
Telephone: 514-341-2844
Fax: 514-341-4865
Email: asscdn@cooptel.qc.ca

Services Offered:

- Toy lending
- Organized activities for parents and children

Contact Person: Fatmah Djebar
Hours: Mon, Tues & Fri 2pm to 4:30pm
Wed & Thurs 9:30am to 12pm



Côte-des-Neiges



#165

LACHINE BLACK COMMUNITY ASSOCIATION

P.O. Box 34042
Lachine (Québec) H8S 4H4
Telephone: 514-634-1862

Service Offered:

- Social/Cultural events and activities

Contact Person: Marcia Babb
Hours: **Please call for upcoming events.**



LA MAISON DU PERE

550 René-Lévesque Blvd., East
 Montréal (Québec) H2L 2L3
 Telephone: 514-845-0168
 Fax: 514-845-2108
 Email: infom@ison
 Website: www.maisondupere.org

Services Offered:

- Refuge and shelter for men 25 and up
- Orientation services
- Homeless shelter

Hours: 3:15pm to 8am



Berri-UQAM



LASALLE BOYS AND GIRLS CLUB

8600 Hardy
 LaSalle (Québec) H8N 2P5
 Telephone: 514-364-4661
 Fax: 514-364-3907
 Email: info@bgclasalle.com
 Website: bgclasalle.com

Services Offered:

- Preschool, children and teen programs
- Summer leadership program

Contact Person: Mark Branch
 Hours: 9am to 6pm (Monday to Friday)



Angrignon



#106

LAVAL BLACK COMMUNITY ASSOCIATION

936 100th Ave.
 Laval (Québec) H7W 4A1
 Telephone: 450-687-0605
 Email: alsees@yahoo.ca
 Website: www.al-sees.com

Services Offered:

- Social/cultural events and activities

Contact Person: Althea Seaman
 Hours: **Please call for upcoming events.**



Montmorency

LITTLE BURGUNDY EMPLOYMENT CENTRE

753 Des Seigneurs
 Montréal (Québec) H3J 1Y2
 Telephone: 514-989-2155
 Fax: 514-989-1662
 Email: lbec753@videotron.ca

Services Offered:

- Pre-employability program
- Retail Sales & warehouse training programs
- French courses
- Job postings/referrals & career counseling

Contact Person: Cynthia Homan
 Hours: 8:30am to 5pm (Monday to Thursday)
 8:30am to 1pm (Friday)



Georges-Vanier

“Injustice anywhere is a threat to justice everywhere.”

Martin Luther King Jr.



L.O.V.E. (LEAVE OUT VIOLENCE)

460 St-Paul East, suite 204
 Montréal (Québec) H2Y 3V1
 Telephone: 514-938-0006
 Fax: 514-938-2377
 Email: info@leaveoutviolence.org
 Website: www.leaveoutviolence.org

Services Offered:

- Youth journal/newspaper, photo journalist and video broadcasting
- Projects to help youth stop violent behavior

Contact Person: Myron Weekes
 Hours: 9am to 5pm (Monday to Friday)



Lionel-Groulx

MAISON D'HAÏTI

8833 Boul. St. Michel, suite 2
 Montréal (Québec) H1Z 3G3
 Telephone: 514-326-3022
 Fax: 514-326-3024
 Email: mhaiti@mhaiti.org
 Website: www.mhaiti.org

Services Offered:

- Summer camp
- CV writing & referrals
- French classes for immigrants
- Assistance with immigration and residency forms
- Young mothers program (16-34 yrs-old)

Contact Person: Celitard Toussaint
 Hours: 9am to 4pm (Monday to Friday)



Saint-Michel

“When I discover who I am, I will be FREE.”

Ralph Ellison

M



MAISON DES JEUNES DE LA CDN

3220 Appleton (Kent Chalet)
 Montréal (Québec) H3S 2T3
 Telephone: 514-342-5235
 Fax: 514-342-0036

Contact Person: Robints Paul



Côte-des-Neiges



#165

MAISON DU GHANA HOUSE 2000 INC. (Ghana Canada House Inc.)

415 Saint Roch
 Montréal (Québec) H3N 1K2
 Telephone: 514-906-2663
 Fax: 514-636-5329
 Email: administrator@ghanacanadahouse.com
 Website: ghanacanadahouse.com

Service Offered:

- Advocacy in youth protection cases

Contact Person: Gabriel Hgbokou



Parc

MONTREAL CARIBBEAN SOCIAL ORGANIZATION

382 Lafleur Ave.
LaSalle (Québec) H8R 3H6
Telephone: 514-364-5113

Service Offered:

- Social and cultural events

Contact Person: Pauline Thompson

MOSAİK FAMILY RESOURCE CENTRE

6215 Côte-Saint-Luc (First Baptist Church)
Montréal (Québec) H3X 2H3
Telephone: 514-227-1270
Email: maisonmosaik@yahoo.ca

Services Offered:

- Mother Goose
- Drop-in & Halte-Garderie
- Parent resource & toy library
- Infant stimulation program
- Parenting discussions & special events



MULTI-CAF

3600 Barclay Ave, suite 320
Montréal (Québec) H3S 1K5
Telephone: 514-733-0554
Fax: 514-733-2760
Email: info@multicaf.org
Website: www.multicaf.org/en

Services Offered:

- Food donation
- Supper meals, collective cooking and grocery shopping

Contact Person: Louise Tremblay
Hours: 9am to 4pm (Monday to Thursday)
11am to 4pm (Friday)



Côte-des-Neiges



#165

Rosemary Brown (1930-2003).
community activist, academic, politician.
First Black woman in Canadian history to
be a member of a Canadian parliamentary
body.

MULTI-ÉCOUTE CENTRE

3600 Barclay Ave, suite 460
Montréal (Québec) H3S 1K5
Telephone: 514-737-3604
Fax: 514-737-5631 Web
Email: multiecoute@cooptel.qc.ca
Website: www.multiecoute.org/en/index

Services Offered:

- French & English courses
- Socio-cultural activities
- Reference and information services
- Translation and certification of documents
- Help with filling out forms (appointment only)

Contact Person: Nathalie Basmadgion
Hours: 9am to 12pm and 1pm to 5pm



Côte-des-Neiges



#165

N

NDG BLACK COMMUNITY ASSOCIATION / NDG REC

3770 Prud'homme, 2nd floor
Montréal (Québec) H4A 3H7
Telephone: 514-481-3598
Fax: 514-481-3845

Services Offered:

- After-school daycare
- Patrice Lumumba cultural summer day camp
- Teen leadership training
- Multi-sports

Contact Person: Colleen Cadogan
Hours: 10am to 5pm (Monday to Friday)
Please call prior to visit.



Vendôme



#105



NDG COMMUNITY COUNCIL

5964 Notre-Dame-de-Grâce, suite 204
Montréal (Québec) H4A 1N1
Telephone: 514-484-1471
Fax: 514-484-1687
Email: ndgcc@cam.org
Website: www.ndg.ca

Service Offered:

- Promotes and improves the well-being of the community and its residents

Contact Person: Gillian Keefe
Hours: 9am to 5pm (Monday to Friday)



Vendôme

NDG FOOD DEPOT/INFO DEPOT

2121 Oxford
Montréal (Québec) H4A 2X7
Telephone: 514-483-4680
Fax: 514-484-1687
Email: admin@depotndg.org
Website: www.depotndg.org

Services Offered:

- Information, referral and advocacy service of the NDG Community Council
- Provides direct service through telephone inquiries and walk-ins (2 days per week)
- Food support

Contact Person: Fiona Keats
Hours: 5pm to 7pm (Monday) 10am to 2pm (Wednesday & Friday)



Vendôme



#90

*"If I didn't define myself for myself,
I would be crunched into other
people's fantasies for me and eaten
alive."*

Audre Lorde

NDG GOOD FOOD BOX

Telephone: 514-582-6908
Email: goodfood_bonnebouffe@yahoo.ca

Service Offered:

- Boxes of fresh organic fruit & vegetables at cheap prices (\$5, \$9, \$15)

Contact Person: Bonnie Soutar
Hours: N/A. **Please call to place an order and to determine closest pick-up location.**

NIGERIAN CANADIAN ASSOCIATION OF MONTREAL

382 Lafleur, suite 50
 LaSalle (Québec) H8R 3H6
 Telephone: 514-223-4064
 Fax: 514-989-1589
 Email: admin@ncamontreal.org
 or info@ncamontreal.org
 Website: www.ncamontreal.org

Service Offered:

- Social/cultural events and activities

Contact Person: Johnson Ariwei
 Hours: **Please call prior to visitation.**



Angrignon



#113

O



OLD BREWERY MISSION

915 Clark
 Montréal (Québec) H2Z 1J8
 Telephone: 514-798-2244
 Fax: 514-798-2209
 Email: info@oldbrewerymission.ca
 Website: www.oldbrewerymission.ca

Services Offered:

- Free breakfast meals
- \$1 supper meals
- Night accommodations for homeless men

Contact Person: James Hughes
 Hours: 8am to 4pm (Monday to Friday)
 (24 hrs. Residence)



Place-des-Arts

P

PLAYMAS MONTREAL CULTURAL ASSOCIATION

83 rue Bélanger
 C.P. 446 Succursale N.D.G.
 Montréal (Québec) H2S 1E1
 Telephone: 514-620-6612
 Email: info@atasteofthecaribbean.ca
 Website: www.atasteofthecaribbean.ca

Service Offered:

- Youth-focused and open community events
- Volunteer training program
- Promoting the cultural community
- Triumph through Adversity program and scholarships

Contact Person: Gemma Raeburn-Baynes
 Hours: 9am to 5pm (Monday to Friday)

PETITES-MAINS

7595 Saint-Laurent Blvd.
 Montréal (Québec) H2R 1W9
 Telephone: 514-738-8989
 Fax: 514-738-6193
 Email: info@petitesmains.com
 Website: www.petitesmains.com

Service Offered:

- Parent-child activities

Contact Person: Nahid Aboumansour
 Hours: 9am to 5pm (Monday to Friday)



De Castelnau



Rufus Rockhead (1912-1981).
 Jamaican-born immigrant. Owner of renowned jazz nightclub Rockhead's Paradise, which stood at the corner of Mountain and St. Antoine. Rockhead's Paradise hosted many famous performers such as Billie Holliday, Redd Foxx, Sammy Davis Jr. and many more.

PLACE BENOIT 'BON COURAGE' COMMUNITY CENTRE

155 Ave. Cartier
 Montréal (Québec) H9S 4R9
 Telephone: 514-744-0897
 Fax: 514-744-6205

Service Offered:
 • Local services for immigrants

Contact Person: Dayonn Vann
 Hours: 9am to 5pm (Monday to Friday)

 **Guy or Vendôme**  **#105**

PROJECT CHANCE

3860A Cavendish
 Montréal (Québec) H4B 2N3
 Telephone: 514-369-1010
 Fax: 514-369-1070

Services Offered:
 • Social housing for single mothers (18-30) pursuing full-time post-secondary education
 • Parenting workshops, food bank and after-school program

Contact Person: Margaret Frederick
 Hours: 9am to 4pm (Monday to Thursday)

 **Guy**  **#105**

PROJECT GENESIS

4735 Côte-Sainte-Catherine
 Montréal (Québec) H3W 1M1
 Telephone: 514-738-2036
 Fax: 514-738-6385
 Website: www.genese.qc.ca

Services Offered:
 • Community organization, advocacy and education
 • Legal advice (tenants rights, debt & bankruptcy, family law, immigration)

Contact Person: Michael Chervin
 Hours: Monday & Tuesday 9am to 5pm
 Thursday 9am to 7pm
 Friday 9am to 3pm

 **Côte-Sainte-Catherine**  **#129**

Q



QUEBEC BLACK MEDICAL ASSOCIATION

1822 Sherbrooke St. West, suite 101
 Montréal (Québec) H3H 1E4
 Telephone: 514-937-8432
 Fax: 514-933-5929

Services Offered:
 • Annual awards ceremony and symposium
 • Information on Black physicians

Contact Person: Dr. E.C. Tucker
 Hours: 9am to 5pm (Monday to Thursday)

 **Guy**  **#24**

QUEBEC BOARD OF BLACK EDUCATORS

3333 Cavendish Blvd, suite 310
 Montréal (Québec) H4B 2M5
 Telephone: 514-481-9400
 Fax: 514-481-0611
 Email: qbbe@videotron.ca
 Website: www.qbbe.org

Services Offered:

- Development and implementation of educational programs geared towards the improvement of Montreal Black community, equal educational opportunity
- Summer school (elementary & high-school)
- Adult literacy programs
- Educational/cultural programming

Contact person: Phylcia Burke
 Hours: **Please call in advance.**



Vendôme



#105



SALVATION ARMY WOMEN'S SHELTER

Women's Emergency Shelter

2000 Notre-Dame West
 Telephone: 514-934-5615

S

SALVATION ARMY

1620 rue Notre-Dame West
 Montréal (Québec) H3J1M1
 Telephone : 514-935-7425
 Fax: 514-935-6095

Service Offered:

- Clothing, shelter, food and other needs

Contact Person: Nhung Ngenyen
 Hours: 10am to 9pm (Monday to Friday)
 9am to 5pm (Saturday)



Guy (St. Mathieu Exit)



#57 or
 # 36

SERVICE D'AIDE AUX JEUNES ENTREPRISES

5160 Decarie Blvd, suite 820
 Montréal (Québec) H3X 2H9
 Telephone: 514-485-7253
 Fax: 514-485-4933
 Email: info@sajemontrealcentre.com
 Website: www.sajemontrealcentre.com

Services Offered:

- Information & assistance for young people interested in entrepreneurship
- Evaluation of commercial and financial projects
- Business start-up and development advice

Contact Person: Yvan-Julien Ntwari
 Hours: 9am to 5pm (Monday to Friday)



Snowdon

**ST. VINCENT AND THE
GRENADINES
ASSOCIATION OF MONTREAL**

P.O. Box 396, Snowdon Station
Montréal (Québec) H3X 3T3
Telephone: 514-747-0049
Website: www.svgamontreal.com

Service Offered:

- Social, cultural and educational activities, advocacy in legal issues (immigration, medical)

Contact person: Jack Dear

TYNDALE ST-GEORGES

870 Richmond Square
Montréal (Québec) H3J 1V7
Telephone: 514-931-6265
Fax: 514-931-1343
Email: tsgadmin@videotron.ca
Website: www.tyndalestgeorges.ca

Services Offered:

- Parent & child workshops (Mom & Tots group)
- After-school, evening, Saturday and summer programs
- Adult English language courses, and computers and job skills courses
- Referral service for immigrants & refugees

Contact Person: Patricia Murphy
Hours: 8:30am to 4:30pm (Monday to Friday)



Georges-Vanier

T

TANDEM PREVENTION NDG/CDN

6767 Côte-des-Neiges, suite 598
Montréal (Québec) H3S 2T6
Telephone: 514-736-2732
Fax: 514-736-2734
Email: info@preventionndg.org
Website: www.preventionndg.org



Côte-des-Neiges



#165

5319 Notre-Dame-de-Grâce
Montréal (Québec) H4A 1L2
Telephone: 514-489-6567
Fax: 514-868-4008
Email: info@preventionndg.org
Website: www.preventionndg.org



Villa-Maria

Service Offered:

- Crime prevention, environmental projects, graffiti removal



U

UNION UNITED CHURCH

3007 Delisle
 Montréal (Québec) H4C 1M8
 Telephone: 514-932-8731
 Fax: 514-932-8846
 Email: office@unionunitedchurchmtl.ca
 Website: unionunitedchurchmtl.ca

Services Offered:

- Weekly church services
- Local community meetings
- Food bank
- Meals on wheels

Contact person: Outreach Minister
 Hours: 9am to 5pm (Monday to Friday)



Lionel-Groulx

W

WALKLEY CENTRE

6650 Côte-St-Luc
 Montréal (Québec) H4V 1G8
 Telephone: 514-369-9449
 Fax: 514-872-1391

Services Offered:

- After-school, Saturday and summer programs
- Morning Tiny Tots program
- Teen drop-in (Friday evening)

Contact Person: June McGibbon
 Hours: Noon to 7pm (Monday to Friday)



Villa-Maria



#103

Looking for space to hold a community event or meeting? Well, BCRC gives organizational support to local Black businesses and community groups.

UNIVERSAL NEGRO IMPROVEMENT ASSOCIATION (UNIA)

2741 Notre-Dame West
 Montréal (Québec) H3J 1N9
 Telephone: 514-846-0049

Service Offered:

- Banquet Hall



Lionel-Groulx



36

WEST ISLAND BLACK COMMUNITY ASSOCIATION (WIBCA)

48C 4th Avenue South
 Roxboro (Québec) H8Y 2M2
 Telephone: 514-683-3925
 Email: wibca@bellnet.ca
 Website: www.wibca.org

Services Offered:

- Summer day camp
- Numerous annual events
- Social/cultural events and activities

Contact Person: Veronica Johnson
 Hours: 11am to 7pm (Monday to Wednesday)
 4pm to 9pm (Thursday)
 11am to 1pm (Friday)



Bonaventure (Train to Roxboro)

WESTHAVEN/ELMHURST COMMUNITY CENTRE

7405 Harley
Montréal (Québec) H4B 1L5
Telephone: 514-872-6134
Fax: 514-872-6134
Email: westhaven@videotron.ca

Services Offered:

- Tiny Tots
- Teen drop-in (Thurs & Fri evening)
- After-school & Saturday program

Contact Person: Rashid Lawall
Hours: 10am to 3pm (Tuesday to Friday)



Vendôme



#105

WOMEN'S CENTRE OF MONTREAL

3585 St. Urbain
Montréal (Québec) H2X 2N6
Telephone: 514-842-4780
Fax: 514-842-5613

Services Offered:

- Food and clothing aid for women in need
- Referrals (immigration, housing, healthcare)
- Counselling and support groups
- Language and computer courses
- Job bank

Contact Person: Johanne Belisle
Hours: 9am to 5pm (Monday to Friday)



Saint-Laurent



#55



WOMEN ON THE RISE

5775 St. Jacques West
Montréal (Québec) H4A 2E8
Telephone: 514-485-7814
Fax: 514-485-7814
Email: womenontherise@bellnet.ca

Services Offered:

- Services for young mothers with children ages five and under
- Drop-in centre
- Social outings

Contact Person: Grace Campbell
Hours: 9am to 5pm (Monday to Friday)



Atwater



#90



"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

Booker T. Washington

WOMEN'S Y OF MONTREAL

1355 Blvd. René-Lévesque West, 3rd fl.
Montréal (Québec) H3G 1T3
Telephone: 514-866-9941 ext. 416
Fax: 514-866-4866
Website: www.ydesfemmesmtl.org

Services Offered:

- Service and training to help women and single mothers integrate into the workplace
- CV writing skills, interviewing training
- Mentoring program

Contact Person: Raymonde Levesque
Hours: 8:30am to 4:30pm (Monday to Friday)



Lucien-L'Allier

"The battles that count aren't the ones for gold medals. The struggles within yourself – the invisible, inevitable battles in side all of us – that's where it's at"

Jesse Owens



Y

YOUTH EMPLOYMENT SERVICES (YES)

666 Sherbrooke West, suite 700
Montréal (Québec) H3A 1E7
Telephone: 514-878-9788
Fax: 514-878-9950
Email: info@yesmontreal.ca
Website: www.yesmontreal.ca

Services Offered:

- English language job search and self-employment skills for youth (16-34)
- Artists program
- CV writing skills
- Business coaching

Contact Person: Iris Unger
Hours: 9am to 5pm (Monday to Friday)



Peel or McGill

YOUTH IN MOTION

852 St. Martin
Montréal (Québec) H3J 1W7
Telephone: 514-931-5510
Fax: 514-931-2282
Email: info@youthinmotion-qc.org
Website: youthinmotion-qc.org

Services offered:

- Social, educational, and recreational programs geared toward youth empowerment
- Teen drop-in centre
- Teen committee
- Outings and discussion evening

Contact Person: Michael Farkas
Office Hours: 9am to 5pm (Mon to Fri)
Youth hours: 4pm to 9pm



Georges-Vanier

CONSULATES AND EMBASSIES

HIGH COMMISSION OF THE BAHAMAS

Metropolitan Life Centre
50 O'Connor, suite 1313
Ottawa (Ontario) K1P 6L2
Telephone: 613-232-1724
Fax: 613-232-0097

HIGH COMMISSION OF BARBADOS

130 Albert Street, suite 1204
Ottawa (Ontario)
K1P 5G4
Telephone: 613-236-9517
Fax: 613-230-4362
Email: ottawa@foreign.gov.bb

EMBASSY OF BELGIUM

360 Albert St., suite 820
Ottawa (Ontario) K1R 7X7
Telephone: 613-236-7267
Fax: 613-236-7882
Email: ottawa@diplobel.org
Emergencies outside of business hours: 613-769-8335

EMBASSY OF BENIN

58 Glebe Ave.
Ottawa (Ontario) K1S 2C3
Telephone: 613-233-4868 / 613-233-4429
Fax: 613-233-8952
Email: ambaben@benin.ca

CONSULATE OF BENIN

85 Ste. Catherine Street West, 15th floor
Montréal (Québec) H2X 3P4
Telephone: 514-287-8500 / 514-287-8607
Fax: 514-287-8643

EMBASSY OF BOTSWANA

30 Chinook Crescent
Ottawa (Ontario) H2H 7E1
Telephone: 613-596-0166
Fax: 613-596-2342
Email: belanger1003@rogers.com

EMBASSY OF BRAZIL

450 Wilbrod Street
Ottawa (Ontario) K1N 6M8
Telephone: 613-237-1090 / 613-755-5160
Fax: 613-237-6144
Email: mailbox@braembottawa.org

BRITISH HIGH COMMISSION

80 Elgin
Ottawa (Ontario) K1P 5K7
Telephone: 613-237-1530
Fax: 613-237-7980
After hours emergency line: 613-239-4288

EMBASSY OF BURKINA FASO

48 Range Rd.
Ottawa (Ontario) K1N 8J4
Telephone: 613-238-4796
Fax: 613-238-3812
Email: burkina.faso@sympatico.ca

EMBASSY OF CAMEROON

170 Clemow Ave.
Ottawa (Ontario) K1S 2B4
Telephone: 613-236-1522

CONSULATES AND EMBASSIES CONT'D

EMBASSY OF CHAD

340 Gloucester, suite 606
Ottawa (Ontario) K1R 1A8
Telephone: 613-236-4861
Fax: 613-230-2061

EMBASSY OF CUBA

388 Main Street
Ottawa (Ontario) K1S 1E3
Telephone: 613-563-0141
Fax: 613-563-0068
Email: cuba@embacubacanada.net

CONSULATE OF EGYPT

1 Place Ville-Marie, suite 2617
Montréal (Québec) H3B 4S3
Telephone: 514-866-8455 / 514 866-8456
Fax: 514-866-0835

EMBASSY OF EGYPT

454 Laurier Ave. East
Ottawa (Ontario) K1N 6R3
Telephone: 613-234-4931
Fax: 613-234-9347

CONSULATE OF ETHIOPIA

575 Island Park Crescent
Ottawa (Ontario) K14 3P2
Telephone: 613-798-7852
Fax: 613-235-4638
Email: infoethi@magi.com

EMBASSY OF ETHIOPIA

151 Slater, suite 210
Ottawa (Ontario) K1P 5H3
Telephone: 613-235-6637
Fax: 613-235-4638

CONSULATE OF FRANCE

1501 McGill College, bureau 1000
Montréal (Québec) H3A 3M8
Telephone: 514-878-4385
Fax: 514-878-3981

EMBASSY OF FRANCE

42 Sussex Drive
Ottawa (Ontario) K1M 2C9
Telephone: 613-789-1795
Fax: 613-562-3735

EMBASSY OF GABON

4 Range Road
Ottawa (Ontario) K1N 8J5
Telephone: 613-232-5301
Fax: 613-232-6916
Email: ambgabon@sprint.ca

EMBASSY OF GAMBIA

1424 K Street NW, suite 6000
Washington, DC 20005
Telephone: 202-785-1399
Fax: 202-785-1430

HIGH COMMISSION TO GHANA

153 Gilmour Street
Ottawa (Ontario) K2P 0N8
Telephone: 613-236-0871
Fax: 613-236-0874
Email: ghanacom@ghc-ca.com

CONSULATE GENERAL FOR GRENADA

4604 Van Horne
Montréal (Québec) H3W 1H7
Telephone: 514-737-8313
Email: johill@hotmail.com

CONSULATES AND EMBASSIES CONT'D

EMBASSY OF GUINEA-BISSAU

15929 Yukon Lane
Washington, DC 20855
Telephone: 301-947-3958
Fax: 301-947-3958

EMBASSY OF GUINEA

483 Wilbrod St.
Ottawa (Ontario) K1N 6N1
Telephone: 613-789-8444 / 613-789-3418
Fax: 613-789-7560
Email: ambaguineaott@sympatico.ca

HIGH COMMISSION OF GUYANA

151 Slater, suite 309
Ottawa (Ontario) K1P 5H3
Telephone: 613-235-7249 / 613-235-7240
Fax: 613-235-1447
Email: guyanahcott@travel-net.com

CONSULATE OF HAITI

1100 Boul. René Lévesque West, Suite 1520
Montréal (Québec) H3B 4N4
Telephone: 514-499-1919
Fax: 514-499-1818

EMBASSY OF HAITI

130 Albert, no.1409
Ottawa (Ontario)
K1P 5G4
Telephone: 613-238-1628
Fax: 613-238-2986

EMBASSY OF IVORY COAST

9 Marlborough Ave.
Ottawa (Ontario) K1N 8E6
Telephone: 613-236-9919
Fax: 613-563-8287
Email: acica@ambaci-ottawa.org

HIGH COMMISSION OF JAMAICA

Standard Life Building
275 Slater, suite 800
Ottawa (Ontario) K1P 5H9
Telephone: 613-233-9311
Email: hc@jhcottawa.ca

HIGH COMMISSION OF KENYA

415 Laurier Ave. East
Ottawa (Ontario) K1N 6R4
Telephone: 613-563-1773
Fax: 613-233-6599
Email: info@kenyahighcommission.ca

HIGH COMMISSION OF LESOTHO

130 Albert St., suite 1820
Ottawa (Ontario) K1P 5G4
Telephone: 613-234-0770
Fax: 613-234-5665
Email: lesotho.ottawa@bellnet.ca

EMBASSY OF LIBERIA

5201 Sixteenth St. NW
Washington, DC 20011
Telephone: 202-723-0437
Fax: 202-723-0436
Email: info@embassyofliberia.org

CONSULATE OF LIBYA

170 Laurier Ave. West Side, suite 1400
Ottawa (Ontario) K1P 5V5
Telephone: (consular section) 613-216-0136
Telephone: (cultural section) 613-216-0137

EMBASSY OF LIBYA

81 Metcalf St., suite 1000
Ottawa (Ontario) K1P 6K7
Telephone: 613-230-0919
Fax: 613-230-0683
Email: info@libya-canada.org

CONSULATES AND EMBASSIES CONT'D

EMBASSY OF MALI

50 Goulburn Ave.
Ottawa (Ontario) K1N 8C8
Telephone: 613-232-3264 / 613-232-1501
Fax: 613-232-7429

EMBASSY OF MOZAMBIQUE

1990 M St. NW, suite 570
Washington, DC 20036
Telephone: 202-293-7146
Fax: 202-835-0245
Email: embamoc@aol.com

EMBASSY OF NIGER

38 Blackburn Ave.
Ottawa (Ontario) K1N 8A3
Telephone: 613-232-4291 / 613-232-4292
Fax: 613-230-9808
Email: ambanigeracanada@rogers.com

NIGERIA HIGH COMMISSION

295 Metcalf St.
Ottawa (Ontario) K2P 1R9
Telephone: 613-236-0521
Fax: 613-236-0529

EMBASSY OF SENEGAL

57 Marlborough
Ottawa (Ontario) K1N 8E8
Telephone: 613-238-6392
Fax: 613-238-6395

CONSULATE OF SEYCHELLES

67 St-Catherine West
Montréal (Québec) H2X 1Z7
Telephone: 514-284-3322
Fax: 514 845-0631
Email: vuesda@cam.org

HIGH COMMISSION OF SEYCHELLES

800 2ND Ave., suite 400c
New York, NY 10017
Telephone: 212-972-1785
Fax: 212-972-1786

HIGH COMMISSION OF SIERRA LEONE

1701 – 19TH St. NW
Washington, DC 20009
Telephone: 202-939-9261

HIGH COMMISSION OF SOUTH AFRICA

15 Sussex Dr.
Ottawa (Ontario) K1M 1M8
Telephone: 613-744-0330
Fax: 613-741-1639
Email: rsafrica@southafrica-canada.com

CONSULATE FOR ST-KITTS AND NEVIS

2600 Avenue Dupuy, # 217
Montréal (Québec) H3C 3R6
Telephone: 514-998-7200
Fax: 514-866-4207

CONSULATE GENERAL FOR ST. VINCENT AND THE GRENADINES

500 Place d'Armes, suite 2100
Montréal (Québec) H2Y 2W2
Telephone: 514-288-4241
Fax: 514-843-8108

EMBASSY OF SUDAN

354 Stewart St.
Ottawa (Ontario)
K1N 6K8
Telephone: 613-235-4000
Fax: 613-235-6880

CONSULATES AND EMBASSIES CONT'D

EMBASSY OF SWAZILAND

1712 New Hampshire
Washington, DC 20009
Telephone: 202-234-5002
Fax: 202-234-8254
Email: swaziland@compuserve.com

EMBASSY OF TANZANIA

50 Range Road
Ottawa (Ontario) K1N 8J4
Telephone: 613-232-1500 / 613-232-1509
Fax: 613-232-5184
Email: tzottowa@snapse.net

EMBASSY OF TOGO

12 Range Road
Ottawa (Ontario) K1N 8J3
Telephone: 613-238-5916 / 613-238-5917
Fax: 613-235-6425

EMBASSY OF TRINIDAD AND TOBAGO

200 First Ave.
Ottawa (Ontario) K1S 2G6
Telephone: 613-232-2418
Fax: 613-232-4349
Email: Ottawa@ttmissions.com

EMBASSY OF TUNISIA

515 O'Connor St.
Ottawa (Ontario) K1S 3P8
Telephone: 613-237-7939
Fax: 613-237-7939

HIGH COMMISSION OF UGANDA

231 Cobourg St.
Ottawa (Ontario) K1L 8J2
Telephone: 613-789-7797 / 613-789-0110
Fax: 613-789-8909

CONSULATE OF THE UNITED KINGDOM

1000 rue De la Gauchetière West, suite 4200
Montréal (Québec) H3B 4W5
Telephone: 514-866-5863
Fax: 514-866-0202
Email: bcgntl@bellnet.ca

CONSULATE OF THE UNITED STATES

1155 rue St-Alexandre
Montréal (Québec) H3B 1Z1
Telephone: 514-398-9695
Emergency after hours: 514-981-5059

EMBASSY OF THE UNITED STATES

<i>Courier address:</i>	<i>Postal address:</i>
207 Bank St. Suite 418	P.O. Box 866
Ottawa (Ontario)	Station B
K2P 2N2	Ottawa (Ontario)
	K1P 5T1

Telephone: 613-688-5335
Fax : 613-688-3082

Organization of Eastern Caribbean

States- Serving Antigua & Barbuda, Grenada, St. Kitts & Nevis, St- Lucia, St. Vincent & the Grenadines, Barbados.

130 Albert Street, suite 700
Ottawa (Ontario) K1P 5G4
Telephone: 613-236-8952
Fax: 613-236-3042
Email: echcc@travel-net.com

EMERGENCY AND SPECIAL SERVICES

GAS-ODOR DETECTION

Telephone: 514-598-3111

HAZARDOUS WASTE COLLECTION

6925 chemin de la Côte-des-Neiges

Telephone: 514-872-3517

HYDRO-QUÉBEC

Telephone: 514-385-7252 / 1-800-790-2424

POLICE & FIRE

Telephone: (911)

QUEBEC POISON CONTROL CENTRE

Telephone: 1-800-463-5060

REGIONAL HEALTH AND SOCIAL SERVICES

Telephone: 514-286-5500

STM (Bus & Metro)

Telephone: 514-288-6287

Website: www.stm.info

STM—Specialized Transportation

Telephone: 514-280-5341

WEATHER INFO-LINE

Telephone: 514-283-4006

Website: www.theweathernetwork.com

TRANSPORT QUÉBEC

(Road Conditions)

Telephone: Anywhere in Québec **511**

Website: www.quebec511.gouv.qc.ca



GOVERNMENT SERVICES

CANADA PENSION PLAN / OLD AGE SECURITY

P.O. Box 1816
Québec (Québec) G1K 7L5
Toll-Free: 1-800-O-Canada
Website: www.hrsdc.gc.ca

CANADIAN HUMAN RIGHTS COMMISSION

470-1253 McGill College Avenue
Montréal (Québec) H3B 2Y5
Telephone: 514-283-5218
Toll-Free: 1-800-999-6899
Fax: 514-283-5084
Website: www.chrc-ccdp.ca

CITIZENSHIP AND IMMIGRATION CANADA

For information on Citizenship & Immigration
Toll-Free: 1-888-242-2100
Website: www.cic.gc.ca

For information on Permanent Resident Card

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques, 2nd floor
Montréal (Québec) H2Y 1P5
Telephone: 514-873-5146
Toll-Free: 1-800-361-6477

EMPLOI-QUÉBEC

Direction des affaires publiques et des communications
800, rue du Square-Victoria, C.P. 100
Montréal (Québec) H4Z 1B7
Website: emploi.quebec.net

ENVIRONMENT CANADA INQUIRY CENTRE

Environment Canada
Toll-Free: 1-866-283-2333

Ministry of the Environment of Québec
Toll-Free: 1-866-694-5454

FAMILY ALLOWANCE

Child Assistance and Family Benefits

Montréal Region 514-864-3873
Toll-Free: 1-800-667-9625

FEDERAL INCOME TAX

305 René Lévesque Boulevard West
Montréal (Québec) H2Z 1A6
Toll-Free: 1-800-959-8281
Website: www.cra-arc.gc.ca



Ville de Montréal



GOVERNMENT SERVICES CONT'D

HEALTH CANADA

Complexe Guy-Favreau, East Tower
200 René Lévesque Blvd. West, Room 218
Montréal (Québec) H2Z 1X4
Telephone: 514-283-2306
Fax: 514-283-6739

NATIONAL PARDON CENTRE

2000 Peel, suite 650
Montréal (Québec) H3A 2W5
Telephone: 514-842-2411
Fax: 514-842-8406
Email: info@nationalpardon.org

PASSPORT OFFICE

Complexe Guy-Favreau, West Tower
200 René-Lévesque Boulevard West, suite 803
Montréal (Québec)
Toll-Free: 1-800-567-6868

PROVINCIAL INCOME TAX

500 René-Lévesque Blvd. West, bureau 10.00
Montréal (Québec) H2Z 1W7
Telephone: 514-864-6299
Website: www.revenu.gouv.qc.ca

QUEBEC AUTOMOBILE INSURANCE

Montreal: 514-873-7620

Elsewhere in Québec, Canada and the U.S.:
Toll-Free: 1-800-361-7620
Website: www.saaq.gouv.qc.ca

QUEBEC PENSION PLAN

Édifce La Tourelle
1055, René-Lévesque Blvd. East, 4e étage
Montréal (Québec) H2L 4S5
Telephone: 514-873-2433
Toll-Free: 1-800-463-5185
Website: www.rrq.gouv.qc.ca/en/

RECYCLING (ÉCO-QUARTIER)

6767 Côte-des-Neiges, suite 591
Montréal (Québec)
H3S 2T6
Telephone: 514-738-8690
Fax: 514-738-8690

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC (MEDICARE CARD)

425 de Maisonneuve Blvd., West
3rd floor, bureau 300
Montréal (Québec) H3A 3G5
Telephone: 514-864-3411
Website: www.ramq.gouv.qc.ca

RÉGIE DU LOGEMENT (RENTAL BOARD)

Village Olympique Pyramide West, (D)
5199 rue Sherbrooke East (corner Viau)
Rez-de-chaussée, bureaux 2095 et 2161
Montréal (Québec) H1T 3X1
Telephone: 514-873-2245
Fax: 514-864-3633
Website: www.rdl.gouv.qc.ca

SOCIÉTÉ DE L'ASSURANCE DU AUTOMOBILE DU QUÉBEC (SAAQ)

Telephone: 514-873-7620
Toll-Free: 1-800-361-7620 (In Canada Only)
Website: www.saaq.qc.ca

CSSSs AND HEALTH SERVICES

AIDS COMMUNITY CARE MONTREAL (ACCM)

2075 Plessis, basement
Montréal (Québec) H2L 2Y4
Telephone: 514-527-0928

Services Offered:

- Support for persons who have the HIV/AIDS virus
- Drop-In Centre
- Educational and Prevention Programs
- Treatment -Buddy Program

CSSS CÔTE-DES-NEIGES

5700 Côte-des-Neiges
Montréal (Québec) H3T 2A8
Telephone: 514-731-8531
Refugee Service ext. 2239

CSSS LASALLE

8550 Newman Blvd.
LaSalle (Québec) H8N 1V5
Telephone: 514-364-2572 ext. 2214

CSSS DES FAUBOURG

1250 Sanguinet
Montréal (Québec) H2X 3E7
Telephone: 514-527-2361

CSSS MÉTRO

1801 de Maisonneuve Blvd. West
Montréal (Québec) H3H 1J9
Telephone: 514-934-0354

CSSS NDG MONTREAL WEST

2525 Cavendish Blvd.
Montréal (Québec) H4B 2Y4
Telephone: 514-485-1670 / 514-484-7878

CSSS RENÉ CASSIN

5800 Cavendish Blvd. suite 500
Côte St. Luc (Québec) H4W 2T5
Telephone: 514-484-7878

PORTAGE

865 Richmond Square
Montréal (Québec)
H3G 1V8
Telephone: 514-939-0202

Services Offered:

- Support Group/Programs for Drug and Alcohol Abuse

Hours: 9am to 5pm (Monday to Friday)

SÉRO-ZÉRO

P.O. 246, succursale C.
Montréal (Québec) H2L 4K1
Telephone: 514-521-7778

Services Offered:

- HIV/AIDS education & prevention

Hours: **Please call before visitation.**

CSSSs AND HEALTH SERVICES

SEXUAL ASSAULT CENTRE OF MCGILL'S STUDENT SOCIETY (SACOMSS)

Box Y06, 3480 McTavish, room B27
Montréal (Québec) H3A 1X9
Telephone: 514-398-8500
Support Group: 514-801-2903
Fax: 514-398-7490
TTY: 514-398-1091
Website: www.sacomss.org

Services Offered:

- Support group for sexual abuse & rape victims

Hours: **Please call and leave a message.**

WEST ISLAND SEXUAL ASSAULT CENTRE (CALACS)

C.S.P. 46547
C.O.P. St-Jean blvd. R.O.P.
Pierrefonds (Québec) H9H 5G9
Telephone: 514-620-7433
Fax: 514-620-6882
Email: calacs@bellnet.ca
Website: www.calacsdelouest.ca

Services Offered:

- Support Group (In English/French)
- Counseling
- Advocacy

Hours: 9am to 5pm (Monday to Friday)

"The first wealth is health"

Ralph Waldo Emerson



Harry Jerome (1940-1982). Was the world's fastest man with records in the 100 metres, 100 yard dash and indoor 60 metres. He also helped to establish a world record in the 4 x 100 metre relay. Jerome won the bronze medal at the 1964 Olympics, and gold at the 1966 Commonwealth Games. Born in Prince Albert, SK. Lived in Vancouver, BC.

RELIGIOUS ORGANIZATIONS

BAHA'I CENTRE OF MONTREAL

177 Avenue des Pins East
Montréal (Québec) H2W 1N9
Telephone: 514-849-0753

Contact Person: Stan Phillips

BIBLE WAY PENTECOSTAL CHURCH

2390 Coursol
Montréal (Québec) H3J 1C7
Telephone: 514-932-8225

Contact Person: Pastor Thomas Fergus

EVANGEL PENTECOSTAL CHURCH

1235 Lambert Closse
Montréal (Québec) H3H 1M7
Telephone: 514-935-9656

Contact Person: Pastor Dan Mann

FAITH MINISTRIES

250 St. Zotique West
Montréal (Québec) H2V 1A3
Telephone: 514-274-2542

GHANA PRESBYTERIAN CHURCH OF MONTREAL

9898 Beaumont
Montréal (Québec) H3N 1V5
Telephone: 514-388-8600

IMANI FAMILY & FULL GOSPEL CHURCH

550 Richmond
Montréal (Québec) H3J 1V3
Telephone: 514-846-2020
Email: imanimtl@hotmail.com

Contact Person: Reverend Darryl Gray

MONTREAL NATION OF ISLAM

9078 St. Michel
Montréal (Québec) H3B 4B5
Telephone: 514-387-7205

Contact Person: Mr. Karriem Shabazz

MOUNT ZION APOSTOLIC CHURCH

4685 De Courtrai
Montréal (Québec) H3W 1A2
Telephone: 514-345-0497

Contact Person: Ms. Karen Sewell

MOUNT ZION SEVENTH DAY ADVENTIST CHURCH

2020 Wellington
Montréal (Québec) H3K 1W8
Telephone: 514-933-3109

NATION OF ISLAM CANADA MUHAMMAD'S TEMPLE # 2

9078 Saint-Michel
Montreal (Québec) H1Z 3G5
Telephone: 514-387-7205
Email: info@noic.ca
Website: www.noic.ca

RELIGIOUS ORGANIZATIONS CONT'D

NORWOOD ADVENTIST CHURCH

1555 Poirier
Montréal (Québec)
Telephone: 514-747-5109

REUNIFICATION JUDAH & ISRAEL

6767 Côte-des-Neiges, suite 497
Montréal (Québec) H3S 2T6
Telephone: 514-745-8872
Alternative telephone: 514-576-4710
Website: www.rjudaisrael.org

SEVENTH DAY ADVENTIST CHURCH

940 Chambly Road
Longueuil (Québec) J4H 3M3
Telephone: 514-747-5621

ST. LAWRENCE ANGLICAN CHURCH

520 75th Avenue
LaSalle (Québec) H8R 2P5
Telephone: 514-366-4652
Fax: 514-366-4652

Contact person: Dorothy Samuels

ST. PAUL'S ANGLICAN CHURCH

3970 Côte St-Catherine
Montréal (Québec) H3T 1E5
Telephone: 514-733-2908

Contact Person: Revered Jim Bennett

TRINITY MEMORIAL CHURCH

5220 Sherbrooke St. West
Montréal (Québec) H4A 1T8
Telephone: 514-484-3102

UNITY OF MONTREAL

3455 Girouard Ave.
Montréal (Québec) H4A 3C5
Telephone: 514-485-7618

TRINITY PENTECOSTAL CHURCH

1050 Blvd. Shevchenko
LaSalle (Québec) H8N 1N6
Telephone: 514-363-1500

Contact Person: Ms. June Chevrier

UNION UNITED CHURCH

3007 Delisle
Montréal (Québec) H4C 1M8
Telephone: 514-932-8731
Fax: 514-932-8846

WESTMOUNT SEVENTH DAY ADVENTIST CHURCH

571 Victoria Avenue
Westmount (Québec) H3Y 2R7
Telephone: 514-481-9554

BLACK STUDENT ASSOCIATIONS

ACSION

Email: acsion@acsionmontreal.org
Website: www.acsionmontreal.org

AFRICAN LEGACY (Dawson College)

3040 Sherbrooke Street West
Montréal (Québec) H3Z 1A4
Telephone: 514-931-8731 ext. 3502
Email: african.legacy@mysu.ca

AFRICAN STUDENTS ASSOCIATION OF CONCORDIA (ASAC)

1455 de Maisonneuve Blvd. West
Hall Building, H 1031-7 (10th Floor)
Montréal (Québec) H3G 1M8
Telephone: 514-848-2424 ext. 3530
Email: asacextcomm@gmail.com

ASSOCIATION OF AFRICAN STUDENTS (UQAM)

P.O. Box 8888 Centre-Ville Station
Montréal (Québec) H5C 3P8
Telephone: 514-987-3000 ext. 7988
Email: aseauqam@hotmail.com

ASSOCIATION OF CARIBBEAN and HAITIAN STUDENTS (UQAM)

320 St-Catherine East
Telephone: 514-987-3000 ext. 7020
Fax: 514-987-3615
Email: aeohc@hotmail.com

ASSOCIATION OF HAITIAN STUDENTS OF THE UNIVERSITY OF MONTREAL

2350 Édouard-Montpetit Blvd.
P.O. Box 18208
Montréal (Québec) H3T 1J4
Telephone: 514-848-2424 ext. 8756
Email: aehuminfo@yahoo.ca

CARIBBEAN STUDENTS' SOCIETY OF MCGILL UNIVERSITY(CSS)

3480 McTavish
William Shatner Bldg., room 413
Montréal (Québec) H3A 1Y4
Telephone: 514-938-3001
Email: mcgillcss@hotmail.com

CONCORDIA CARIBBEAN STUDENTS' UNION (CCSU)

1455 de Maisonneuve Blvd. West
Hall Building H-733-3
Montréal (Québec) H3G 1M8
Telephone: 514-848-2424 ext. 3527
Email: Concordia.caribbean@gmail.ca

CONCORDIA NATIONAL SOCIETY OF BLACK ENGINEERS (NSBE)

2160 Bishop, suite 305
Montréal (Québec) H3G 1M8
Telephone: 514-848-2424 ext. 8756
Email: nsbe@ecaconcordia.ca

CONCORDIA RALLIEMENT ÉTUDIANT HAÏTI

Telephone: 514-991-6437
Fax: 514-848-7450
Email: rehc.club@gmail.com

BLACK STUDENT ASSOCIATIONS

MCGILL AFRICAN STUDENTS' SOCIETY (MASS)

3480 McTavish
William Shatner Building
Montréal (Québec) H3A 1X9
Telephone: 514-398-3001
Email: mast15@hotmail.com

MCGILL BLACK STUDENTS NETWORK (BSN)

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William Shatner Building, room 415
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