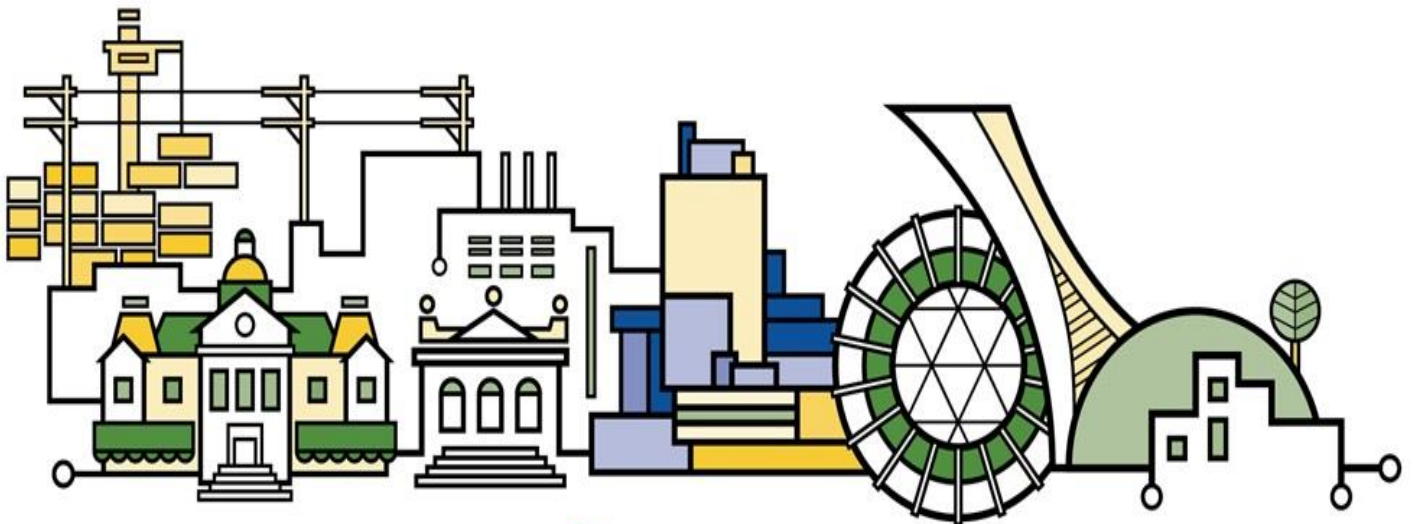




The East Island Network for English Language Services
Le Réseau de l'Est de l'Île pour les services en anglais

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

2018



Health and Social Service Resources for English-Speaking Communities in the East End of Montreal 2018

Updated Summer 2018

Developed by

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



8370 Lacordaire Boulevard, suite 312
St-Léonard, QC H1R 3Y6



Telephone: (514) 955-8370 ext. 2217
Fax: (514) 274-1325



Email: info@reisa.ca
Website: www.reisa.ca

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 REISA will not be held responsible for any content that may be out of date.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 end, 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 MONTREAL'S EAST ISLAND

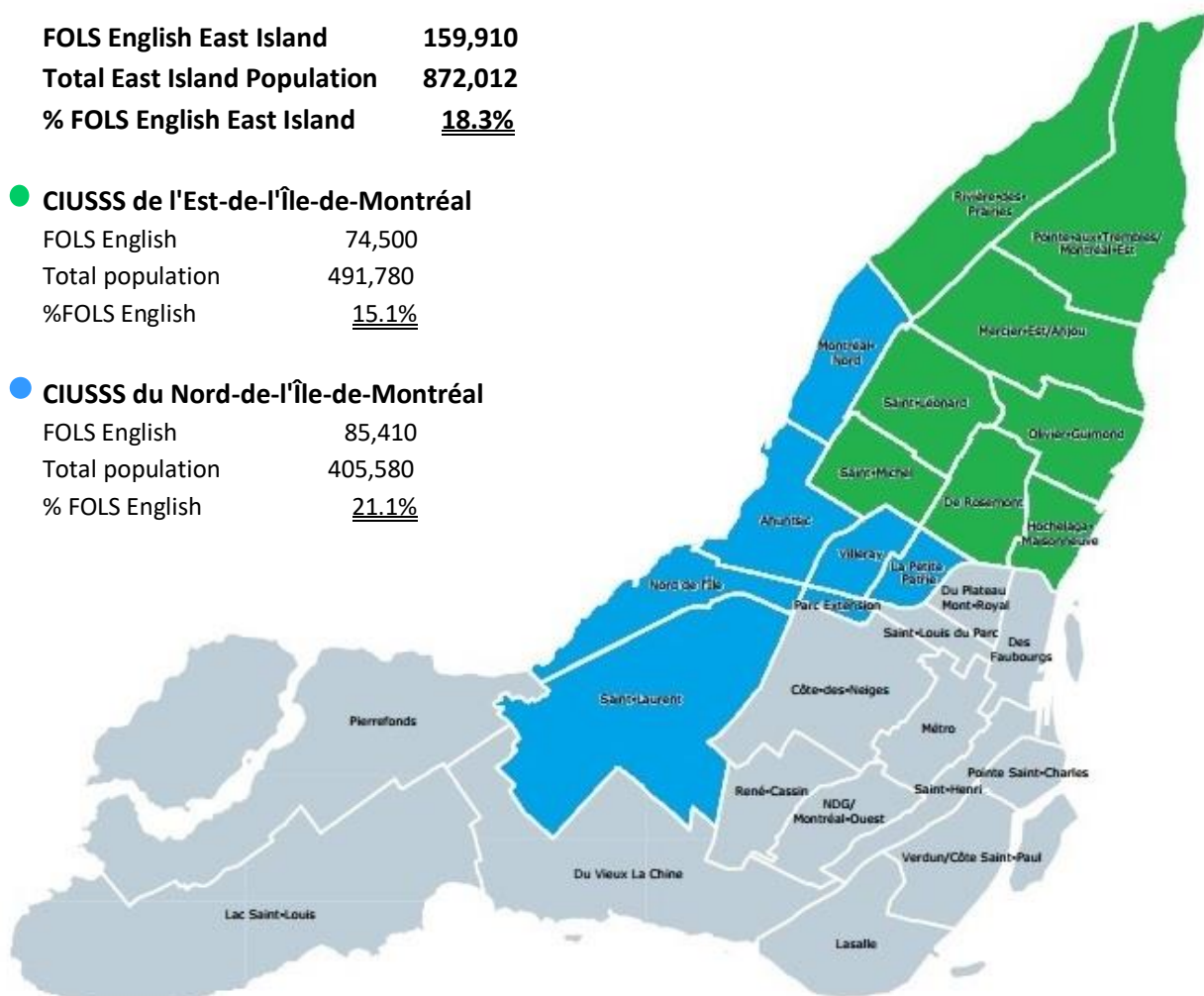
FOLS English East Island	159,910
Total East Island Population	872,012
% FOLS English East Island	<u>18.3%</u>

● 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 CIUSSS 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: Agencede la santé et des services sociaux de Montréal

REISA PARTNERS

COMMUNITY ORGANIZATIONS

Contact Information	Description of Services
Accès Bénévolat Tel (514) 523 6599 info@sbem.org www.sbem.org	Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers.
Almage Senior Community Center Tel (514) 355 1712 almage@ccs-montreal.org www.almage.org	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.
AMI-Québec Tel (514) 486 1448 amique@amiquebec.org www.amiquebec.org	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.
Assisted Living Services–ALS Tel (450) 632 7730 vickiecj@kscskahnawake.ca	Therapeutic and recreational activities and services for individuals with special needs.
Black Community Resource Centre–BCRC Tel (514) 342 2247 www.bcrcmontreal.com	Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools and summer employability.
Collective Community Services–CCS Tel (514) 937 5351 info@ccs-montreal.org www.ccs-montreal.org	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.
Center of Dreams and Hopes–CDH Tel (514) 327 6667 extension 200	English therapeutic and recreational activities for youth with physical, intellectual and/or developmental disabilities
Centre Leonardo Da Vinci Tel (514) 955 8370 sandricciola@centreonardodavinci.com www.centreleonardodavinci.com	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>Collectif Jeunesse de Saint-Léonard 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>Concertation Saint-Léonard 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>Consensus Mediation Center Tel (514) 862 0924 consensusmediation@me.com www.consensusmediation.org</p>	<p>Family mediation, counselling, parenting coordination, seminars, groups and training.</p>
<p>Don Bosco Youth Leadership Centre—DBYLC Tel (514) 648 6421 info@dbylc.com www.dbylc.com</p>	<p>Pre-kindergarten classes, dance classes, summer camp, after school in-center activities, tutoring, sports, moms and tots, and retreats.</p>
<p>East Foundation Tel (514) 323 9950 kids@eastfoundation.ca www.eastfoundation.ca</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>Gerald McShane Community Learning Centre—CLC Tel (514) 374 6000 www.lauriermacdonald.ca</p>	<p>Various activities and services for the students, parents and the community at large.</p>
<p>Italian-Canadian Community Services of Québec—ICCSQ Tel (514) 274 9461 info@scciq.com</p>	<p>Free income tax clinic, free legal clinic, free flu vaccination, translation, conferences, referral and support.</p>
<p>Laurier Macdonald Community Learning Centre—CLC Tel (514) 374 6000 www.lauriermacdonald.ca</p>	<p>Various activities and services for the students, parents and the community at large.</p>
<p>Quebec Community Groups Network—QCGN Tel (514) 868 9044 www.qcgn.ca</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>

Scalabrini Centre of Montreal for Refugees and Immigrants

Tel (514) 387 4477
info@scalabrinimontreal.org
www.scalabrinimontreal.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

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.

HEALTH AND SOCIAL SERVICE INSTITUTIONS

Institution**Contact information****Batshaw Youth and Family Centres–BYFC**

Tel (514) 989 1885
www.batshaw.qc.ca

CIUSSS de l'Est-de-l'Île-de-Montreal

www.ciusss-estmtl.gouv.qc.ca

CIUSSS du Nord-de-l'Île-de-Montreal

www.ciusss-nordmtl.gouv.qc.ca

Institut national de santé publique du Québec–INSPQ

Tel (418) 650 5115
www.inspq.qc.ca

Foster Addiction Rehabilitation Centre

Tel (514) 486 1304
www.crdfoster.org

EDUCATIONAL INSTITUTIONS

Institution**Contact information****Concordia University**

Tel (514) 848 2424
www.concordia.ca

Dawson College

Tel (514) 931 8731
www.dawsoncollege.qc.ca

English Montreal School Board–EMSB

Tel (514) 483 7200
www.emsb.qc.ca

John Abbott College

Tel (514) 457 6610
www.johnabbott.qc.ca

McGill Centre for Studies in Aging

Tel (514) 766 2010
www.aging.mcgill.ca

McGill University

Tel (514) 398 3654
www.mcgill.ca

Vanier College

Tel (514) 744 7500
www.vaniercollege.qc.ca

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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.ciusss-estmtl.gouv.qc.ca

CSSS DE LA POINTE-DE-L'ÎLE

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

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

CSSS D'AHUNTSIC ET MONTRÉAL-NORD

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

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 Bâtisseurs

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
514 338-2222

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

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

Hôpital Fleury

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

Services ambulatoires de santé mentale de l'Hôpital Fleury

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

Hôpital Rivière-des-Prairies

7070, boul. Perras
Montréal (Québec) H1E 1A4
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

Montreal, 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, Montreal

CROSSROADS: Wednesdays at 8:00pm

5333 Notre-Dame-de-Grâce ave, 2nd floor

ANCHORAGE GROUP: Thursdays at 6:30pm

880 Guy Street – The Salvation Army, Montreal

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, Montreal

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@cliniquenouveaudepart.com

www.cliniquenouveaudepart.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.crdfoster.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

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.

ÉQUIPE MOBILE DE CRISE RÉOLUTION

Tel. 514 351 9592

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.

INFO-SECTE

5655 Parc Avenue, suite 208

Montréal, QC H2V 4H2

Tel. 514 274 2333

www.infocult.org

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

1 800 321 1433

info@arthritis.ca

www.arthritis.ca

Services: Education and support for people living with arthritis.

CANADIAN DIABETES ASSOCIATION

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

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

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

Montreal, 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

Montreal 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 of people with special needs.

CANADIAN EPILEPSY ALLIANCE

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

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@fondationalphabetisation.org

www.fondationalphabetisation.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

Montreal, 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

Montreal, 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

Montreal, 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

Montreal, 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

Montreal, 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

Montreal, 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

Montreal, QC, H3M 3E2

Tel. 514 387 4477

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

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

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

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

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

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

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

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

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

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

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

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

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

Montreal, 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.

Montreal, 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

Montreal, 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

Montreal, 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

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,

Montreal, QC, H2J 2Y3

Tel. 1 866 738 4873

revivre@revivre.org

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

THE ENGLISH SPEAKING CATHOLIC COUNCIL

2005 St. Marc Street

Montréal, QC, H3H 2G8

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

esc@bellnet.ca

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

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, 13th 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 – 10th 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

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

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.

PARAIDE INTERNATIONAL INC.

5180 Chemin Queen Mary, Suite 206
Montreal, 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

781 Boul Decarie, Suite #204,
Ville St. Laurent, QC, H4L 3L3
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

Montreal, 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

Montreal, 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

Montreal, 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

Montreal, 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.

GRIFFIN PAYNE

(private)

Tel. 514 586 9096

griffin.payne@gmail.com

Services: Tutoring for children with special needs.

Peter Hall School

1455, rue Rochon

St-Laurent, QC, H4L 1W1

Tel: 514 748 1050

http://www.peterhall.qc.ca/

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

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

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

Montreal, 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@sss.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

Montreal 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

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

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

Montreal, QC, H2P 0A1

Tel. 514 278 9383

mcvi@contreleviol.org

https://www.mcvicontreleviol.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

Montreal, 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

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

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

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

Montreal, 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

Montreal, 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

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^e rue

Montreal, QC, H1Z 1R8

Tel. 514 374 3471

CENTRE D'ENTRAIDE LE RAMEAU D'OLIVIER

3100 Arcand Suite 125

Montreal, QC, H1N 3C7

Tel. 514 254 6035

ENTRAIDE UKRAINIENNE

5655 St-Zotique Est

Montreal, QC, H1T 1P7

Tel. 514 252 6516

ALMAGE SENIOR COMMUNITY CENTRE

8680 Hochelaga

Montreal, QC, H1L 2M6

Tel. 514 355 1712

SÉSAME

8628 Hochelaga

Montreal, QC, H1L 2M5

514 493 7656

POPOTE ROULANTE BUFFETS INSÈRE-JEUNES

5188 Beaubien Est

Montreal, 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

Montreal, QC, H1Y 2P8

Tel. 514 842 3351

POPOTE ROULANTE SAINT-FRANCOIS-SOLANO

Quartier Rosemont

Tel. 514 937 4798

ENTRAIDE AHUNTSIC NORD

10780 Laverdure

Montreal, QC, H3L 2L9

Tel. 514 382 9171

POPOTE ROULANTE D'AHUNTSIC

10000 Boul. Saint-Laurent

Montreal, QC, H3L 2N7

Tel. 514 937 4798

CENTRE BÉNÉVOLES AHUNTSIC-SUD

9286 Berri

Montreal, QC, H2M 1P9

Tel. 514 388 0775

CARREFOUR DES RETRAITÉS

11323 rue Jean-Meunier

Montreal-Nord, QC, H1G 4T3

LES FOURCHETTES DE L'ESPOIRE

12165 boul. Rolland

Montreal-North, QC, H1G 5Y1

SALVATION ARMY - STORE (HOCHELAGA-MAISONNEUVE)

3444, rue Ontario Est

Montréal, QC, H1W 1P9

Tel. 514 529 4025

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

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,

Montreal, QC, H2Z 1W7

Tel. 1 800 463 4315

www.habitation.gouv.qc.ca

Services: Provides housing services.

RÉGIE DES RENTES DU QUÉBEC

Tel. 1 800 463 5185

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 1st 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

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

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

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/

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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8370 Lacordaire Boulevard, Suite 312
St-Léonard, QC, H1R 3Y6

(514) 955 8370 ext. 2217
info@reisa.ca
www.reisa.ca