



Health and Social Service Resources for the English-Speaking Seniors in the East End of Montreal 2015



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

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Developed by

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

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Notice of Keeping Information Current:

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 REISA will not be held responsible for any content that may be out of date.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

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Emergency Numbers

Ambulance - Police - Fire Department **9-1-1**

Info-Santé **8-1-1**

Municipal information **3-1-1**

Elder Abuse (514) 489 2287

Info-Crime Québec 1 800 811 1800

Gas/Odour Detection (514) 598 3111

Hydro Québec 1 800 790 2424

Montréal Police (514) 280 2222

Quebec Poison Control Centre 1 800 463 5060

Suicide Prevention 1 866 277 3553

Sûreté du Québec (514) 310 4141

Neighbourhood Police Stations in the East-end of Montreal:

Ahuntsic - PDQ 27

1805, rue Fleury Est

Montréal, QC, H2B 1H7

Telephone number: 514-280-0127

Anjou - PDQ 46

6850, boul. Joseph-Renaud

Anjou, QC, H1K 3V4

Telephone number: 514-280-0146

Arrondissement de Mercier/Hochelaga-Maisonneuve - PDQ 48

6680, rue Sherbrooke Est

Montréal, QC, H1N 1C9

Telephone number: (514) 280 0148

Arrondissement de Montréal-Nord - PDQ 39

6100, boul. Henri-Bourassa Est

Montréal, QC, H1G 5X3

Telephone number: 514-280-0139

Hochelaga-Maisonneuve - PDQ 23

4555, rue Hochelaga

Montréal, QC, H1V 1C2

Telephone number: 514-280-0123

Montréal Est/Pointe-aux-Trembles - PDQ 49

1498, boul. Saint-Jean-Baptiste

Montréal, QC, H1B 4A4

Telephone number: 514-280-0149

Rivière-des-Prairies - PDQ 45

8200, boul. Maurice-Duplessis

Montréal, QC, H1E 2Y5

Telephone number: 514-280-0145

Rosemont/La Petite Patrie - PDQ 44

4807, rue Molson

Montréal, QC, H1Y 0A2

Telephone number: 514-280-0144

Saint-Léonard - PDQ 42

8181, boul. Lacordaire

Montréal, QC, H1R 2A3

Telephone number: 514-280-0142

Saint-Michel - PDQ 30

8930, boul. Pie-IX

Montréal, QC, H1Z 4H9

Telephone number: 514-280-0130

CSSS and their respective services

CSSS Lucille-Teasdale

Website: www.cssslucilleteasdale.qc.ca

CLSC de Hochelaga-Maisonneuve

4201, Ontario Street Est

Montréal, Québec H1V 1K2

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, Québec H1N 1B2

514 255-2365

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

CLSC de Rosemont

2909, Rachel Street East

Montréal, Québec H1W 0A9

514 524-3541

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

CHSLD's

Centre d'hébergement Éloria-Lepage

3090, avenue de la Pépinière
Montréal, Québec H1N 3N4
514 252-1710

Centre d'hébergement Jeanne-Le Ber

7445, Hochelaga Street
Montréal, Québec H1N 3V2
514 251-6000

Centre d'hébergement Marie-Rollet

5003, Saint-Zotique Street East
Montréal, Québec H1T 1N6
514 729-5281

Centre d'hébergement Rousselot

5655, Sherbrooke Street East
Montréal, Québec H1N 1A4
514 254-9421

Centre d'hébergement J.-Henri Charbonneau

3095, Sherbrooke Street East
Montréal, Québec H1W 1B2
514 523-1173

Centre d'hébergement de la Maison-Neuve

2300, Nicolet Street

Montréal, Québec H1W 3L4

514 527-2161

Centre d'hébergement Robert-Cliche

3730, de Bellechasse Street

Montréal, Québec H1X 3E5

514 374-8660

Walk-in Clinics

Clinique médicale 3000

3000 Bélanger Street

514 376-7702

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

Weekend: 8:30-16:00

Clinique médicale Bélanger

3871 Bélanger Street, 3e étage

514 722-1166

Polyclinique Cabrini

5700 St-Zotique East, Suite 200

514 256-5700

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

Weekend: 9:00-17:00

Polyclinique Rosemont

3377 boul. Rosemont

514 798-8688

Pavillon Rosemont, Unité de médecine familiale

5689 boul. Rosemont

514 374-7940

Clinique médicale Maisonneuve-Rosemont

5345 boul. l'Assomption, Suite 60

514 360-1435

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

Polyclinique Masson

3425, Masson Street, Suite 200

514 376-9961

Clinique médicale 3600

3600 Ontario Street East

514 526-6601

Clinique médicale Joliette

3841 Ontario Street East

514 524-3731

Office hours: Lundi au vendredi 8:00-17:00

Weekend: 8:00 à 16:00

Clinique médicale L'Espérance

4261 Ste-Catherine Street East

514 254-3686

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

Clinique Angus

4101, Molson Street, suite 101

514 807-2333

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

Weekend: 8:00-16:00

CSSS de la Pointe-de-l'Île

Website: www.cssspointe.ca

CLSC de Mercier-Est—Anjou

9503, Sherbrooke Street East

Montréal (Québec) H1L 6P2

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 (Québec) H1A 1T5

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 (Québec) H1E 4M7

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 (Québec) H1L 1A4

514 351-9891

Centre d'hébergement Judith-Jasmin

8850, Bisailon Street

Montréal (Québec) H1K 4N2

514 354-5990

Centre d'hébergement François-Séguenot

13950, Notre-Dame Street East

Montréal (Québec) H1A 1T5

514 642-4050

Centre d'hébergement Pierre-Joseph-Triest

4900, Lapointe Boulevard

Montréal (Québec) H1K 4W9

514 353-1227

Walk-in Clinics

Centre médical Hochelaga

9080 Hochelaga Street

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

514-498-4050

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

Weekend: 8:00-16:00

CSSS de Saint-Léonard et

Saint-Michel

Website: www.csss-stleonardstmichel.qc.ca

CLSC de Saint-Léonard

5540, Jarry Street East

Montreal, QC H1P 1T9

514 722-3000

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

CLSC de Saint-Michel

3355, Jarry Street East

Montreal, QC H1Z 2E5

514 722-3000

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

CHSLD's

Centre d'hébergement des Quatre-Saisons

6767, Cartier Street H2G 3G2

514 722-3000

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

3130, Jarry Street East H1Z 4N8

514 722-3000

Centre d'hébergement des Quatre-Temps

7400 Saint-Michel boulevard

H2A 2Z8

514 722-3000

Walk-in Clinics

Clinique médicale Viau inc.

8465 Viau Boulevard

514-326-7203

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

Weekend: 8:00-16:00

CLSC de Saint-Michel

3355 Jarry Street East

514-722-3000

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

Weekend: 8:00-16:00

CSSS d'Ahuntsic et Montreal Nord

Website: www.csssamn.ca

CLSC d'Ahuntsic

1165, Henri-Bourassa Boulevard East

Montréal (Québec) H2C 3K2

514 384-2000

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

CLSC de Montréal-Nord

11441, Lacordaire Boulevard

Montréal (Québec) H1G 4J9

514 384-2000

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

CHSLD's

Centre d'hébergement de Louvain

9600, Saint-Denis Street

Montréal (Québec) H2M 1P2

514 384-2000

Centre d'hébergement Légaré

1615, Émile-Journault Street

Montréal (Québec) H2M 2G3

514 384-2000

Centre d'hébergement Laurendeau

1725, Gouin Boulevard East
Montréal (Québec) H2C 3H6
514 384-2000

Centre d'hébergement Paul-Lizotte

6850, Gouin Boulevard East
Montréal (Québec) H1G 6L7
514 384-2000

Walk-in Clinics

Clinique Médical Désy

5636, Henri-Bourassa East
514-326-9060

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

Weekend: 8:00-16:00

To find the health and social services resources available in your area, you can visit the Santé Montréal Portal at

www.santeMontréal.qc.ca/aide-Et-services

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

Activities and Community Centres

Leonardo Da Vinci Centre

(Private)

8350-8370 boul. Lacordaire

Saint-Léonard, QC, H1R 3Y6

Telephone number: (514) 955 8370

Email address: fgiammatteo@centreleonardodavinci.com

Website: www.centreleonardodavinci.com

Services offered

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

Almage Centre 50+

8680 Hochelaga Street

Montréal, QC, H1L 2M6

Telephone number: (514) 355 1712

Fax: (514) 355 0806

Email address: info@almage.org

Website: www.almage.org

Services offered

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



*Image courtesy of Centre
Almage*

Centre de femmes solidaires et engagées

1586 Rue Fleury Est

Montréal, QC, H2C 1S6

Telephone number: (514) 388 0980

Email address: info@cfse.ca

Website: www.cfse.ca

Services offered

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

Évasion - Centre de jour alternatif

5701 Décarie Boulevard

Montréal, QC, H3W 3C8

Telephone number: (514) 738 5151

Email address: centre-evasion@videotron.ca

Website: www.centreevasion.com

Services offered

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.

Réseau FADOQ

4545 Pierre-De Coubertin Avenue,

Montréal, QC, H1V 0B2

Telephone number:(514) 252 3017

Fax. (514) 252 3154

Email address: info@fadoq.ca

Website: www.fadoq.ca

Services offered

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

Carrefour Populaire de St-Michel inc.

2651 boul Crémazie Est

Montréal, QC, H1Z 2H6

Telephone number: (514) 722 1211

Website: www.carrefourpopulaire.org

Services offered

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

The Scalabrini Centre of Montreal for Refugees and Immigrants

655 Sauriol Street East

Montréal, QC, H2C 1T9

Telephone number: (514) 387 4477

Email address: info@scalabrinimontreal.org

Website: www.scalabrinimontreal.org

Services offered

Services are offered to refugees and recent immigrants; immigration and legal aid, shelter accommodations, pre-employment, language classes, internet, computer and multimedia, donation centre and other activities.

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

Arrondissement d'Anjou

514 493-8200

Arrondissement d'Ahuntsic-Cartierville

514 872-8077

Arrondissement de Mercier–Hochelaga-Maisonneuve

514 872-2273

Arrondissement de Montréal-Nord

514 328-4000, ext. 4150

Arrondissement de Saint-Léonard

514 321-0631

Arrondissement de Rivière-des-Prairies–Pointe-aux-Trembles

514 872-0311

Arrondissement de Villeray–Saint-Michel–Parc-Extension

514 872-0311

Adapted Clothing and Clothing Banks

Création Confort

Telephone number: 1 800 394 1513

Website: www.creationconfort.com

Services offered

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

Créa vie

Email address: info@creavie.qc.ca

Website: www.creavie.qc.ca

Services offered

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

Le Coffre aux trésors du Chaînon

4375, boulevard St-Laurent

Montréal, QC, H2W 1Z8

Telephone number : (514) 843 4354

Email address: coffreauxtresorsduchainon@lechainon.org

Website: www.lechainon.org

Services offered

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

Les Boutiques Chic chez vous

4220 de Rouen, #400

Montréal, QC, H1V 3T2

Telephone number: (450) 923 5933

Website: www.chicchezvous.com

Services offered

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

Sales outlet in the East-end of Montreal:

Révolution Santé

610 Metropolitan Blvd East

Montréal, QC, H1S 1A9

Telephone number: (514) 866 0005

Open Monday to Friday, 8:30am to 5:00pm

Addiction Services

Toxico-Stop Detoxification Centre

4858 Gouin East Boulevard

Montréal-Nord, QC H1G 1A2

Telephone number: (514) 327 6017

Fax : (514) 327 7494

Email address: info@toxico-stop.com

Website: www.toxico-stop.com

Services offered

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

Alcoholics Anonymous

3920 Rachel E

Montréal, QC, H1X 1Z3 †

Telephone number: (514) 350 3444

Website: www.alcoholics-anonymous.org

Services offered

Group meetings for individuals with problems with alcohol.

Overeaters Anonymous

Telephone number: 514 488 1812

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

Services offered

Group meetings for individuals seeking help with overeating.

Cocaine Anonymous

1945 Papineau Street

Montreal, QC, H2K 4J3

Telephone number: 514 527 9999

Email: Montreal@ca.org

Website: www.cocaineomanes-anonymes.org

Services Offered

Group meetings for individuals who want to stop using cocaine.

Drugs: Help and Referral

Telephone number: (514) 527 2626

Email address: dar@info-reference.qc.ca

Website: www.drogue-aidereference.qc.ca

Services offered

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

Gambling: Help and Referral

Telephone number: (514) 527-0140

Website: www.jeu-aidereference.qc.ca

Services offered

Information, listening, support and referrals for compulsive gambling.

Quit Smoking Line

Telephone number: 1 866 527 7383

Website: www.iquitnow.qc.ca

Services Offered

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

Pavillon Foster

3285 Cavendish

Montreal, QC H4B 2L7

Telephone number: (514) 486 1304

Services Offered

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

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

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

Advocacy and Complaints

Office de la protection du consommateur

5199 Sherbrooke Est, Suite #3671

Montréal, QC, H1T 3X2

Telephone number: (514) 253 6556

Website: www.opc.gouv.qc.ca

Services offered

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

Le Protecteur du citoyen

1080, côte du Beaver Hall, 10th Fl, Bur. 1000

Montréal, QC, H2Z 1S8

Telephone number: (514) 873 2032

Fax: 1 866 902 7130

Email address: protecteur@protecteurducitoyen.qc.ca

Website: www.protecteurducitoyen.qc.ca

Services offered

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

Canadian Anti-Fraud Centre

Telephone number: 1-888-495-8501

Email address: info@antifraudcentre.ca

Website: www.antifraudcentre-centreantifraude.ca

Services offered

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

Self Advocacy tips:

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

Education and Volunteering

McGill Centre for Studies in Aging

6825 Lasalle Blvd

Verdun, QC, H4H 1R3

Telephone number: (514) 766 2010

Email address: info.mcsa@mcgill.ca

Website: www.aging.mcgill.ca

Services offered

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



*Image courtesy of
bing.com*

Seniors Action Québec

1857 De Maisonneuve West

Montreal, QC, H3H 1J9

Telephone number: (514) 937 5351 #248

Email address: info@seniorsactionquebec.ca

Website: www.seniorsactionquebec.ca

Services offered

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

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

Concordia University

Senior Non-Credit Program

1600 Sainte-Catherine Street West, Room 201

Montreal, QC, H3H 2S7

Telephone number: (514) 848 2424 #3893

Email address: sylvide@alcor.concordia.ca

Website:

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

Services offered

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

McGill University - McGill Community for Lifelong Learning

688 Sherbrooke Street West, Suite 229

Montreal, QC, H3A 3R1

Telephone number: (514) 398 8234

Email address: mcll.scs@mcgill.ca

Website: www.mcgill.ca/continuingstudies/programs-and-courses/mcll

Services offered

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

Thomas More Institute

3405 Atwater Avenue

Montreal, QC, H3H 1Y2

Telephone number: (514) 935 9585

Email address: info@thomasmore.qc.ca

Website: www.thomasmore.qc.ca

Services offered

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

English Montreal School Board

Adult and Vocational Centres

6000 Fielding Avenue

Montréal, QC, H3X 1T4

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

Website: www.emsb.qc.ca

Services offered

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

Accès Bénévolat

2544 Rosemont Boulevard

Montreal, QC, H1Y 1K4

Telephone number: (514) 523 6599

Email address: info@accesbenevolat.org

Website: www.accesbenevolat.org

Services offered

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

Volunteer Bureau of Montreal

2015 Drummond Street, Suite 300

Montreal, QC, H3G 1W7

Telephone number: (514) 842 3351

Email address: info@cabm.net

Website: www.cabm.net

Services offered

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

Food Delivery

Regroupement des popotes roulantes

1474 Fleury Est

Montréal, QC, H2C 1S1

Telephone number: (514) 382 0310 #206

Email address: regroupement@prasab.org

Website: www.popotes.org

Services offered

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

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

Table ronde de St-Léonard

8180, rue Collerette

Montréal, H1P 2V6

Telephone number: (514) 955 6464

Popote roulante Anjou

7500, avenue Goncourt

Montréal, Québec, H1K 3X9

Telephone number: (514) 509 4404

Almage Senior Centre

8680 Hochelaga Street

Montréal, QC, H1L 2M6

Telephone number: (514) 355 1712

Comptoir familial

Website: <http://www.santemontreal.qc.ca/en/where-to-go/community-organizations/thrift-stores-food-banks/>

Services offered

Organisation offering emergency services such as the distribution of food, clothing and household goods as well as the sale of used clothing and other goods at a reduced prices.

Comptoirs familiaux in the East-end of Montreal:

La corde à linge

(Centre d'Entraide de Mercier-Est)

8895, rue Hochelaga

Montréal, QC, H1L 2N3

Telephone number: (514) 354 9780

L'armée du salut - magasin d'économie

(Hochelaga-Maisonneuve)

3444, rue Ontario Est

Montréal, QC, H1W 1P9

Telephone number: (514) 529 4025

Website: www.armeedusalut.ca

Government Services

Canada Revenue Agency

305 René-Lévesque Boulevard West

Montréal, QC, H2Z 1A6

Telephone number: 1 800 959 7383

Website: www.cra-arc.gc.ca

Services offered

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

FACT:

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

Régie de l'Assurance-Maladie du Québec

425 Boul. de Maisonneuve West, suite #300

Montréal, QC, H3A 3G5

Telephone number: (514) 864 3411

Website: www.ramq.gouv.qc.ca

Services offered

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

Régie des rentes du Québec

Telephone number: 1 800 463 5185

Website: www.rrq.gouv.qc.ca

Services offered

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.

Revenu Québec

5199 Sherbrooke Est

Montreal, QC, H1T 3X3

Telephone number: 1 800 267 6299

Website: www.revenuquebec.ca

Services offered

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

Quebec - Information for Seniors

WWW.SENIORS.GC.CA

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

La Société d'habitation du Québec

Telephone number : 1 800 463 4315

Website : www.habitation.gouv.qc.ca

Services Offered

Provides housing services for seniors.

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

Eligibility

You may be eligible for the Program if:

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

Health Services

Alzheimer Society Montréal

5165 Sherbrooke Street West, Suite 410

Montréal, QC H4A 1T6

Telephone number: (514) 369 0800

Fax: (514) 369 4103

Email address: info@alzheimerMontreal.ca

Website: www.alzheimerMontréal.ca

Services offered

Referral, clinical services such as individual and family counselling, support groups and monthly exchange groups, specialized education services at three activity centres, interactive workshops, education and awareness through conferences and training sessions. Office hours are Monday to Friday, 9:00am – 5:00pm.

AMI-Quebec: Action on Mental Illness

6875 Décarie Boulevard, Suite 300

Montréal, QC, H3W 3E4

Telephone number: (514) 486 1448

Fax: (514) 486-6157

Email address: info@amiquebec.org

Website: www.amiquebec.org

Services offered

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

AMI-Québec's tele-workshops are information sessions on mental health related issues offered over the telephone. Experts present different topics followed by a question and answer period. Families living in remote communities have access to English services where it is otherwise difficult.

The service is **FREE** but you must register in advance by calling **1-866-396-2433** or by visiting www.thecaregivernetwork.ca.

You can also listen to previously-recorded tele-workshops on the AMI-Québec website.

Canadian Cancer Society

Telephone number: 1 800 939 3333

Email address: info@cis.cancer.ca

Website: www.cancer.ca

Services offered

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

Diabetes Quebec

8550 boul. Pie-IX, suite # 300

Montréal, QC, H1Z 4G2

Telephone number: (514) 259-3422

Fax: (514) 259-9286

Email address: info@diabete.qc.ca

Website: www.diabete.qc.ca

Services offered

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

Heart and Stroke Foundation

1434 Ste-Catherine Street West, Suite 500

Montreal, QC, H3G 1R4

Telephone number: 514 871 1551

Fax: 514 871 9385

Website: www.heartandstroke.com

Services Offered

Helps create healthy lives free of heart disease and stroke.

Institut de Cardiologie de Montreal

5000 rue Bélanger

Montreal, QC H1T 1C8

Telephone number: (514) 376 3330

Website: www.icm-mhi.org

L'Office des personnes handicapés du Québec

500 René-Levesque Boul. West, suite 15.700

Montréal, QC, H2Z 1W7

Telephone number: 1 800 567 1465

Fax : (514) 873 4299

Email: dicro@ophq.gouv.qc.ca

Website: www.ophq.gouv.qc.ca

Services Offered

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

Mental Illness Foundation

55 Mont-Royal West, Room 804

Montréal, QC H2T 2S6

Telephone number: 514 529 5354

Fax: (514) 529 9877

Email address: info@mentalillnessfoundation.org

Website: www.mentalillnessfoundation.org

Services offered

Information, resources and assistance programs for people suffering from mental illnesses such as depression, bipolar disorder, generalized anxiety, panic disorder, phobias, schizophrenia, eating disorders and Alzheimer's disease.

Quebec Foundation for the Blind

5112, Bellechasse Street

Montréal, QC, H1T 2A4

Telephone number: (514) 259 9470

Fax: (514) 254 5079

Website: www.aveugles.org

Services offered

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

Groupe Forget, Audioprosthodontists

(Private)

6020, rue Jean-Talon East, Suite 310

Montreal, QC, H1S 3B1

Telephone Number : (514) 355 2442

Website: www.legroupeforget.com

Services Offered

To help those with hearing loss.

Home Care Services

Au Soin d'une vie

(Private)

5835 Leger Boulevard, Suite #310

Montréal North, QC, H1G 6E1

Telephone number: (514) 324 8292

Website: www.ausoindunevie.com

Services offered

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

Comfort Keepers

(Private)

9071 Henri Bourassa Boul. East, suite #100

Montréal, QC, H1E 2ZE

Telephone number: (514) 695 3198

Fax: (514) 695 5726

Email address: Montréalest@comfortkeepers.ca

Website: www.comfortkeepers.ca

Services offered

Companionship, homemaking and personal care services for seniors; including light housekeeping, meal preparation and

cleanup, transportation, palliative care, bathing and grooming, oral hygiene and more. This is a private organization.

NOVaide

3565 Jarry East, Suite 410

Montréal, QC, H1Z 4K6

Telephone number: (514) 278 6767 ext. 200

Fax: (514) 695 5726

Email Address: novaide@novaide.com

Website: www.novaide.com

Services Offered

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

Paraide International Inc.

5757 Decelles, Suite 406

Montreal, QC, H3S 2C3

Phone number: (514) 735 1756

Website: www.paraide.ca

Services Offered

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

Information and Helplines

VisaVie

1443 Fleury Street East, Suite 300

Montréal, QC, H2C 1R9

Telephone number: (514) 383 3383

Email address: demande@visavie.com

Website: www.visavie.com

Services offered

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

The East Island Network for English Language Services

8370 Lacordaire Boulevard, suite 312

Montréal, QC, H1R 3Y6

Telephone number: (514) 995 8370 ext. 2217

Fax: (514) 274 1325

Email address: info@reisa.ca

Website: www.reisa.ca

Services offered

Provides referral, information and resources for seniors.
Monday to Friday from 9:00 am to 4:00 pm.

Italian-Canadian Community Services of Quebec

8370 Lacordaire Boulevard, suite 303

Montréal, QC, H1R 3Y6

Telephone number: (514)274 9461

Fax: (514) 274 1325

Email address: info@scciq.com

Website: www.scciq.com

Services offered

Offers referral, information on health and social services, legal clinic, tax clinic and seniors resources. Services offered in English, French and Italian. Monday to Friday from 9:00 am - 4:00 pm.

Referral Helpline for Seniors

Telephone number: (514) 527 0007

Website: www.info-reference.qc.ca

Services offered

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

Monday to Friday from 9:00 am - 4:30 pm.

Seniors Assist Montréal – Eldercare Solutions

(Private)

Telephone number: (514) 571 0185

Email address: info@saMontréal.com

Website: www.saMontréal.com

Services offered

Helps seniors and their families meet the challenges of aging. Offers a wide array of in-home services and seeks to promote quality of life and ensure clients retain their independence.

Multi-ÉcouteCentre

3600, Avenue Barclay #460

Montréal, QC, H3S 1K5

Telephone number: (514) 737 3604

Fax: (514) 737 5631

Website: www.multiecoute.org

Services offered

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

Tel-Aînés

Telephone number: (514) 353 2463

Email address: tel-aines@tel-ecoute.org

Website: www.tel-ecoute.org

Services offered

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

Tel-Aide

P.O. Box 205, Station H

Montréal, QC, H3G 2K7

Telephone number: (514) 935 1105

Email address: info@telaide.org

Website: www.telaide.org

Services offered

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

Legal Services

Curateur public du Quebec

600, boulevard René-Lévesque Ouest

Montréal, QC, H3B 4W9

Telephone number: 1 800 363 9020

Website: www.curateur.gouv.qc.ca

Services offered

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

Le Réseau Juridique du Québec

Telephone number: 1 877 683 1815

Email address: infos@avocat.qc.ca

Website: www.avocat.qc.ca

Services offered

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

Legal Aid/Aide Juridique Maisonneuve-Mercier

5100 Sherbrooke Street East, suite # 850

Montréal, QC, H1V 3R9

Telephone number: (514) 864-6644

Fax: (514) 864-6866

Email address: baj.maisonneuvementmercier@ccjm.qc.ca

Website: www.ccjm.qc.ca

Services offered

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

Legal Aid/Aide Juridique Montréal-Nord

5879 Henri-Bourassa Boulevard East, suite #200

Montréal, QC, H1G 2V1

Telephone number: (514) 864 8833

Fax: (514) 864-8922

Email address : baj.Montréalnord@ccjm.qc.ca

Website: www.ccjm.qc.ca

Services offered

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

Educaloi

11 Notre-Dame West

Montréal, QC, H2Y 4A7

Telephone number: 1 800 668 2473

Website: www.educaloi.qc.ca

Services offered

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

Tip from Educaloi:

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

Municipal Court

775 Rue Gosford

Montréal, QC, H2Y 3B9

Telephone number: (514) 872 2964

Services offered

Legal services.

Religious Institutions

Anglican Churches

St. Margaret of Scotland Church

8615 Sainte-Claire

Montreal, QC, H1L 1Y1

Telephone number: (514) 352 9080

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

6341 ave. de Lorimier

Montreal, QC, H2G 2P6

Telephone number: (514) 722 3061

Catholic Churches

Saint Aloysius

7901 rue Sainte-Claire
Montreal QC, H1L 1W2
Telephone number: (514) 351 3281

Saint Brendan

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

Our Lady of Pompei Church

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

Maria Ausiliatrice Parish

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

Our Lady of Mont-Carmel Church

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

San Domenico Savio Church

9190 rue Sainte-Claire

Montreal, QC, H1L 1Z7

Telephone number: (514) 351 5646

Our Lady of Consolata Church

1700 rue Jean-Talon East

Montreal, QC, H2E 1T2

Telephone number: (514) 374-0122

Christian Brethren Church

Rosemont Bible Church

6000 – 13th Avenue

Montreal, QC, H1X 2Y5

Telephone number: (514) 728 5911

Pentecostal Churches

Emmanuel Pentecostal Church

6550 boul Maurice-Duplessis

Montreal-North, QC, H1G 6K9

Telephone number: (514) 323 3087

Church of Pentecost Canada

8586 – 10th Avenue

Montreal, QC, H1Z 3B6

Telephone number: (514) 278 9716

Polish Churches

Church of Polish National

3330 Laurier East
Montreal, QC, H1X 1V2
Telephone number: (514) 524 9564

Our Lady of Czestochowa

2550 Gascon
Montreal, QC, H2K 2W6
Telephone number: (514) 523 6368

Presbyterian Church

Maisonneuve St. Chuthbert's Presbyterian

1606 ave. Letourneux
Montreal, QC, H1V 2M5
Telephone number: (514) 255 4100

United Churches

Trinity United Church

3050 Rosemont Blvd.
Montreal, QC, H1Y 1M2
Telephone number: (514) 721 1830

Anjou United Church

7951 Place Dade

Anjou, QC, H1K 1R4

Telephone: (514) 352 7790

Ukrainian Catholic Churches

St. Michael's Ukrainian Church of Montreal

2388 rue d'Iberville

Montreal, QC, H2K 3C6

Telephone number: (514) 521 2234

Ukrainian Catholic

6185 – 10th Avenue

Montreal, QC, H1Y 2H5

Telephone number: (514) 593 0707

Ukrainian Orthodox Church

Ukrainian Orthodox Cathedrale of Ste. Sophie

6520 boul. Saint-Michel

Montreal, QC, H1Y 2E7

Telephone number: (514) 593 0715

Support Groups

The Better Living Without Smoking Centre

1165, boulevard Henri-Bourassa Est

Montréal, QC, H2C3K2

Telephone number: (514) 849 3804

Services Offered

Resources for quitting smoking

CALACS – Centre for Relief of Sexual Assaults

Telephone number: (514) 529 5252

Fax: (514) 529 5255

Email Address: info@rqcalacs.qc.ca

Website: www.rqcalacs.qc.ca

Services Offered

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

Transport

Société de l'assurance automobile de Québec

7335 Langelier

Montréal, QC, H1S 1V6

Telephone number: 1 800 361 7620

Website: www.saaq.gouv.qc.ca

Services offered

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

Société de Transport de Montréal (STM)

800, rue de la Gauchetière West

Montréal, QC, H5A 1J6

Telephone number: (514) 280 8211

Website: www.stm.info

Services offered

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

Société de Transport de Montréal offers adapted transit

Navette Or

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

Paratransit

Eligibility: Only handicapped persons whose disabilities seriously compromise their mobility are eligible for the Paratransit service. To apply, you can visit the STM website or call 514 280-8211, option 4.

Other Helpful Resources

Complexe Funéraire Loreto

4975 boul. Des Grands-Prairies

Montreal, QC H1R 1A5

Telephone number: (514) 325 3535

Website: www.complexeloreto.com

Hawthorn-Dale Cemetery

15 005 Sherbrooke Street East

Pointe-aux-Trembles, QC, H1A 3X1

Telephone number : (514) 498 7682

Magnus Poirier Funeral Home

6825 Sherbrooke East

Montreal, QC H1N 1C7

Website: www.magnuspoirier.com

White & Sons Funeral Home

Head Office:

3555 Metcalfe

Rawdon, QC, J0K 1S0

Telephone number: (514) 524 3432

East-end locations:

Hochelaga Street (Montreal)

Highway 25 (Anjou)

Sherbrooke Street (Pointe-aux-Trembles)

Pointe-de-l'Île

Ahuntsic/Montréal-Nord

Saint-Léonard/Saint-Michel

Lucille-Teasdale



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Health
Canada

Santé
Canada



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