

# Health and Social Service Resources for English-Speaking Communities 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

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

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 REISA will not be held responsible for any content that may be out of date.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

## 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.

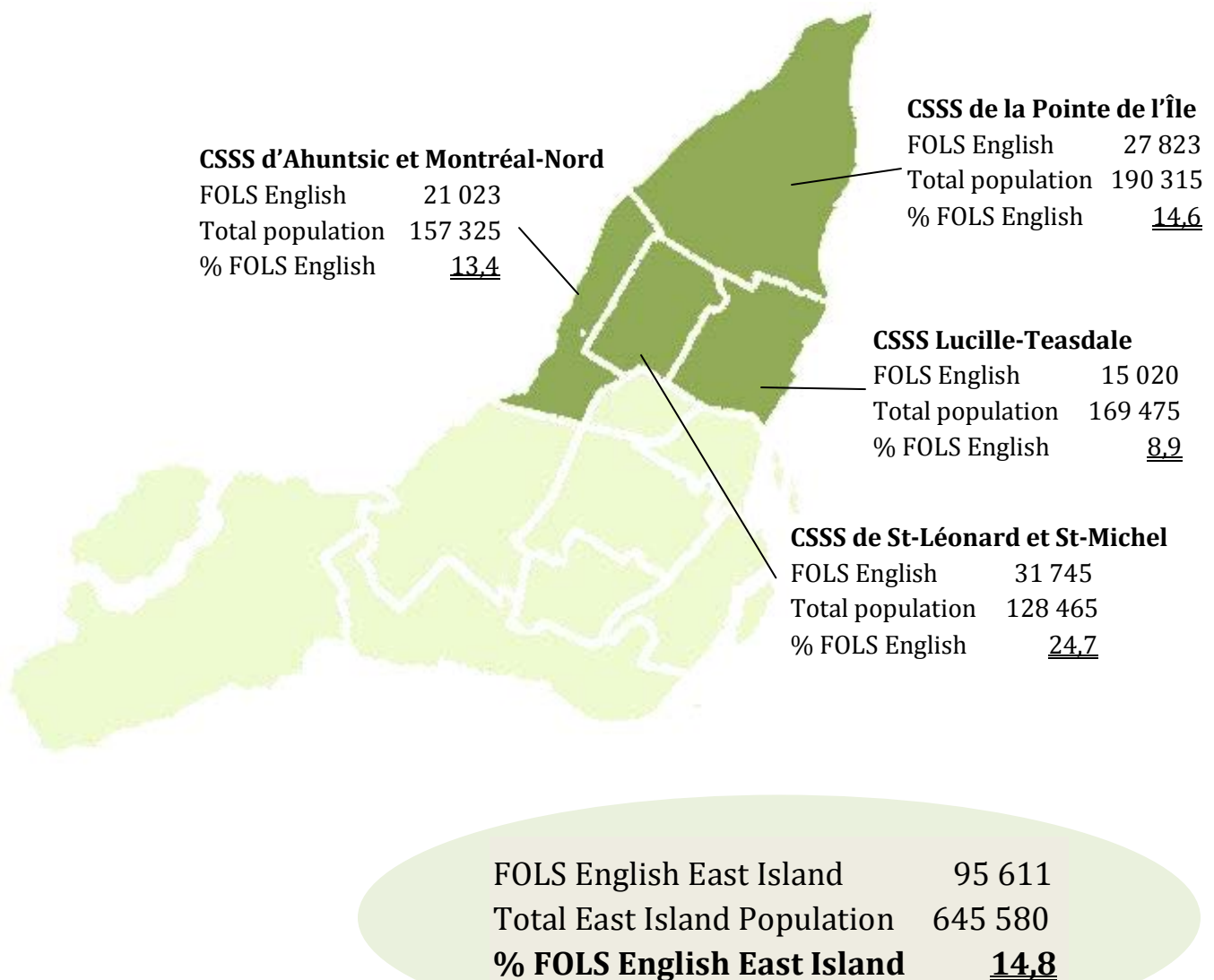
Initially established in 2005 by the Collective Community Services (CCS) and now an independent and incorporated non-profit organization, REISA has assisted partnership development in three main areas: *expansion of local-level services, outreach to new services and community capacity-building*. Keeping the English-speaking communities' needs in mind, REISA has identified four priority development sectors: *Youth, Seniors, Intellectual Deficiency and Mental Health*.

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. We are linked to regional English-speaking communities across Quebec for the sharing of healthcare expertise.

*Growing membership allows us to meet more and more observed needs by developing, importing and networking services in English.*

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## OVERALL ENGLISH-SPEAKING POPULATION IN THE EAST ISLAND OF MONTREAL:



### Legend:

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

*Total population*: Total population of the CSSS

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

Source: Community Health and Social Services Network (CHSSN)/Pocock, J. (2014) *Baseline Data Report 2013-2014 Demographic Profiles of the English-speaking Communities of selected CSSS and CLSC Territories*. Based on the 2011 National Household Survey. [www.chssn.org](http://www.chssn.org)

## PUBLIC PARTNERS

Institution/Website	Contact information
<b>Agence de la santé et des services sociaux</b> <a href="http://www.santemontreal.qc.ca">www.santemontreal.qc.ca</a>	Tel (514) 286 6500 Fax (514) 286 5669
<b>Batshaw Youth &amp; Family Centres</b> <a href="http://www.batshaw.qc.ca">www.batshaw.qc.ca</a>	Tel (514) 989 1885
<b>Centre de santé et de services sociaux-CSSS d'Ahuntsic et Montréal-Nord</b> <a href="http://www.csssamn.ca">www.csssamn.ca</a>	Centre administratif CLSC d'Ahuntsic CLSC de Montréal-Nord Tel (514) 384 2000 Tel (514) 381 4221 Tel (514) 327 0400
<b>CSSS Lucille-Teasdale</b> <a href="http://www.csslucilleteasdale.qc.ca">www.csslucilleteasdale.qc.ca</a>	CLSC de Hochelaga-Maisonnette CLSC Olivier-Guimond CLSC de Rosemont Tel (514) 253 2181 Tel (514) 255 2365 Tel (514) 524 3541
<b>CSSS de la Pointe-de-L'Île</b> <a href="http://www.cssspointe.ca">www.cssspointe.ca</a>	CLSC de Mercier-Est-Anjou CLSC de Pointe-aux-Trembles-Montréal-Est CLSC de Rivière-des-Prairies Tel (514) 356 2572 Tel (514) 642 4050 Tel (514) 494 4924
<b>CSSS de Saint-Léonard et Saint-Michel</b> <a href="http://www.csss-stleonardstmichel.qc.ca">www.csss-stleonardstmichel.qc.ca</a>	Centre administratif CLSC de Saint-Léonard CLSC de Saint-Michel Tel (514) 722 3000 Tel (514) 328 3460 Tel (514) 374 8223
<b>English Montreal School Board</b> <a href="http://www.emsb.qc.ca">www.emsb.qc.ca</a>	Tel (514) 483 7200
<b>McGill Centre for Studies in Aging</b> <a href="http://www.aging.mcgill.ca">www.aging.mcgill.ca</a>	Tel (514) 766 2010 info.mcsa@mcgill.ca
<b>McGill Training and Retention of Health Professionals</b> <a href="http://www.mcgill.ca/hssaccess">www.mcgill.ca/hssaccess</a>	Tel (514) 398 3654
<b>Pavillon Foster</b> <a href="http://www.pavillonfoster.org">www.pavillonfoster.org</a>	Tel (514) 486 1304

## COMMUNITY PARTNERS

Organization/Contact information	Description of Services
<b>Accès Bénévolat</b> Tel (514) 523 6599 info@sbem.org <a href="http://www.sbem.org">www.sbem.org</a>	Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers.
<b>Almage Senior Community Centre</b> Tel (514) 355 1712 almage@ccs-montreal.org <a href="http://www.almage.org">www.almage.org</a>	Community meals, income tax clinic, mini bus transport, blood pressure clinic, classes, and recreational activities. Home support services such as medical transport, transport errands, accompaniment, friendly visit, information & referral, and advocacy.
<b>AMI-Québec</b> Tel (514) 486 1448 info@amiquebec.org <a href="http://www.amiquebec.org">www.amiquebec.org</a>	Counselling in person and over the phone, tele-workshops over the phone, roundtable discussion, support groups and education programs on issues of mental health, etc.
<b>Black Community Resource Centre</b> Tel (514) 342 2247 <a href="http://www.bcrcmontreal.com">www.brcrmontreal.com</a>	Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools and summer employability.
<b>CCS- Collective Community Services</b> Tel (514) 937 5351 info@ccs-montreal.org <a href="http://www.ccs-montreal.org">www.ccs-montreal.org</a>	The mission of CCS is to understand and alleviate the causes and the consequences of poverty by working directly with individuals, primarily but not exclusively within the Anglophone community, by breaking the isolation of the marginalized and alienated within Greater Montreal.
<b>Center of Dreams and Hopes</b> Tel (514) 327 6667	English therapeutic and recreational activities to youth who have been diagnosed with an intellectual/physical disability, or autism spectrum disorder.
<b>Centre Leonardo Da Vinci</b> Tel (514) 955 8370 <a href="http://www.centreleonardodavinci.com">www.centreleonardodavinci.com</a>	Cultural, artistic, sporting and social activities enhancing the unity of Montreal's Italian community, nourishing exchanges among people of all ages and strengthening bonds between cultural communities.
<b>Concertation Saint-Léonard</b> Tel (514) 323 1417	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.



**Consensus Mediation Center**

Tel (514) 862 0924  
consensusmediation@me.com  
[www.consensusmediation.org](http://www.consensusmediation.org)

Family mediation, counselling, parenting coordination, seminars, groups and training.

**Don Bosco Youth Leadership Centre**

Tel (514) 648 6421  
info@dbylc.com  
[www.dbylc.com](http://www.dbylc.com)

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

**East Foundation**

Tel (514) 323 9950  
kids@eastfoundation.ca  
[www.eastfoundation.ca](http://www.eastfoundation.ca)

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.

**Institut national de santé publique du Québec**

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

An expertise and reference centre in public health that works toward advancing knowledge and proposing cross-sectoral strategies and endeavours that will improve the state of health and well-being of Quebecers.

**Italian-Canadian Community Services of Québec**

Tel (514) 274 9461  
info@scciq.com

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

**Laurier Macdonald Community Learning Centre**

Tel (514) 374 6000  
[www.lauriermacdonald.ca](http://www.lauriermacdonald.ca)

Various activities and services for the students, parents and the community at large.

**Quebec Community Groups Network**

Tel (514) 868 9044  
[www.qcgn.ca](http://www.qcgn.ca)

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.

**Scalabrini Centre of Montreal for Refugees and Immigrants**

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

The mission of the Scalabrini Center is to help the 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.

**Toxico-Stop**

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

A residential centre offering a detoxification support program along with a social reintegration program, for adults with a substance abuse problem.

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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  
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

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## **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

## **CSSS AND THEIR RESPECTIVE SERVICES**

### **CSSS LUCILLE-TEASDALE**

[www.cssslucilleteasdale.qc.ca](http://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

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## **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

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## **CSSS DE LA POINTE-DE-L'ÎLE**

*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

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

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

### **CLSC de Saint-Léonard**

5540, Jarry Street East

Montréal, Québec H1P 1T9

514 722-3000

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

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

3355, Jarry Street East

Montréal, Québec H1Z 2E5

514 722-3000

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

### **CHSLD's**

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

6767, Cartier Street

Montréal, Québec H2G 3G2

514 722-3000

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

3130, Jarry Street East

Montréal, Québec H1Z 4N8

514 722-3000

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

7400 Saint-Michel Boulevard

Montréal, Québec 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**

***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

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## **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

## **ADDICTION**

*Alcoholism, drug addiction, gambling, overeating*

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

Info Service Montreal-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. Help line open 7 days/week, 10:00am – 10:00pm.*

***English Meetings for Al-Anon (teens welcome) in the East Island area:***

**BRIDGE OF HOPE: THURSDAYS AT 7:30PM**

St. Brendan's Church Hall - 5740 15th Avenue

### **WWW.NAQUEBEC.ORG**

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

***English Meetings in the East Island area:***

**STEP BY STEP:** Mondays at 7:30pm

4251 Saint-Urbain Street, room 212 – Sun Youth Center

**GLAD TO BE ALIVE:** Tuesdays at 7:30pm

1212 Panet Street

**OUT OF THE DARK:** Wednesdays at 7:30pm

5550 Parc Street, room 3D

**STEP WRITING GROUP:** Fridays at 7:00pm

4251 Saint-Urbain Street, room 212 – Sun Youth Center

**CONSCIOUS CONTACT:** Fridays at 8:00pm

4251 Saint-Urbain Street, room 212 – Sun Youth Center

**DAY BY DAY:** Saturdays at 8:00pm

120 Duluth Street East

**IN FOCUS:** Sundays at 7:00pm

120 Duluth Street East

## **ALCOCHOIX +**

Tel. (514) 273 5600 – 6360

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

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

## **LOCATIONS:**

CLSC La Petite Patrie

6520 Saint-Vallier Street

Montréal, QC H2S 2P7

Tel. (514) 273 4508

CLSC Villeray

1425 Jarry Street East

Montréal, QC H2E 1A7

Tel. (514) 376 4141

## **ALCOHOLICS ANONYMOUS**

Service Office *(no meetings held here)*

3920 Rachel Street East

Montréal, QC H1X 1Z3

Tel. (514) 374 3688

Fax. (514) 374 2250

Helpline (514) 376 9230



***area87@aa-quebec.org***

***www.aa-quebec.org/region87/***

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

*Open Monday, 8:00am – 12:00pm and 1:00pm – 4:00pm, and Tuesday to Friday, 8:00am to 7:00pm. Help line open 24hrs/day, 7 days/week.*

***English Meetings in the East Island area:***

**ROSEMONT:** Sundays at 8:00pm

St. Brendan's Church Hall

5740 15th Avenue (corner Rosemont Boulevard)

**HOCHELAGA/MAISONNEUVE:** Mondays at 8:00pm

Sainte-Claire Church

8615 Sainte-Claire Street (corner Pierre-Tétrault Street)

**VILLE-MARIE:** Thursdays at 8:00pm

2550 Gascon Street (corner Hochelaga Street)

**MONTREAL NORTH:** Thursdays at 8:30pm

St. Ignatius' Church Hall

**CARITAS CENTER**

2875 Sauvé East

Montréal, QC H2B 1C6

Tel. (514) 722 7912

***help@caritas.ca***

***www.caritas.ca***

*Services: Support, guidance, counselling, and group meetings.*

*A residential treatment program is available in Toronto.*

## **CENTRE LIFELINE CHABAD PROJECT PRIDE DRUG CRISIS CENTER**

4985 Queen Mary Road

Montréal, QC H4W 1X4

Tel. (514) 485 5121

***www.projectpride.org***

*Services: Workshops and meetings for individuals struggling from addiction, their friends and family. Help line open 24 hrs/day, 7 days/week.*

## **COCAINE ANONYMOUS**

1945 Papineau Street

Montréal, QC H2K 4J3

Tel. (514) 527 0657

Helpline (514) 527 9999

***montreal@ca.org***

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

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

### ***English Meetings closest to the East Island area:***

**STEP IT UP-TRADITIONS:** Sundays at 4:30pm

3455 Girouard Street – Unity Church, NDG

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

10 Church Hill Avenue – St-Matthias Anglican Church, Westmount

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

1090 Greene Avenue – Boys Unity Club, Westmount

**SOUTHERN SERENITY:** Tuesdays at 8:00pm

5070 Gilbert, St. Hubert

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

3455 Girouard Street – Unity Church, NDG

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

3455 Girouard Street – Unity Church, NDG

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

880 Guy Street – The Salvation Army, Montreal

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

4985 Queen Mary Road – Project Pride, Montreal

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

411 Roslyn Avenue – Westmount Baptist Church, Westmount

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

110 Prince-Arthur Street West

Montréal, QC H2X 1S7

Tel. (514) 527 6939

Fax (514) 527 0031

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

***www.cran.qc.ca***

*Services: Psychosocial, medical and nursing services for people who have become addicted to opioids. Phone service Monday to Friday, 1:00pm – 5:00pm.*

## **DRUGS: HELP AND REFERRAL**

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

Fax: (514) 527 9712

***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. 24 hrs/day, 7 days/week.*

## **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***

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*Services: Information, listening, support, and referrals for compulsive gambling. 24 hrs/day, 7 days/week.*

**OVEREATERS ANONYMOUS**

Côte-Saint-Luc, QC H4W 1S9

Tel. (514) 488 1812

***www.oaregion6.org***

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

***English Meeting closest to the East Island area:***

Montreal West: Tuesdays at 7:30pm

88 Ballantyne Avenue - Montreal West United Church

Westmount: Sundays at 2:30pm

4585 Sherbrooke West – Westmount YMCA

**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

Fax (514) 521 1928

***infos@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.*

## **PAVILLON FOSTER**

### **NOTRE-DAME-DE-GRÂCE OUTPATIENT SERVICES**

3285 Cavendish Boulevard, suite 100

Montréal, QC H4B 2L9

1 866 851 2255

Tel. (514) 486 1304

Fax (514) 486 2831

## **EAST-END LOCATION:**

CLSC Saint-Léonard

5540 Jarry Street East

Saint-Leonard, QC, H1P 1T9

Monday to Friday, 9:00am – 5:00pm, Monday and Thursday evenings until 8:00pm.

***[www.pavillonfoster.org](http://www.pavillonfoster.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.*

## **LE PORTAGE**

Day Center

1640 Saint-Antoine Street West

Montréal, QC H3J 1A1

Tel. (514) 939 0202

Fax (514) 939 3929

***[info\\_mtl@portage.ca](mailto:info_mtl@portage.ca)***

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

*Services: Treatment center for addiction for adults and adolescents; assessment, therapy, aftercare follow-up and family services.*

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## **TOXICO STOP DETOXIFICATION CENTRE**

4858 Gouin Boulevard East  
Montréal-Nord, QC H1H 5L8

Tel. (514) 327 6017

Fax (514) 327 7494

***info@toxico-stop.com***

***www.toxico-stop.com***

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

## **ADDINGTON ADDICTION TREATMENT CENTER**

6205 Clanranald

Montréal, QC H3X 1G4

Tel. (514) 483 3869 or 1 877 483 3869

***addington\_house@yahoo.com***

***www.addingtonhouse.com***

*Services: Group and individualized therapy and counselling, art and music therapy, family and marriage counselling, assertiveness training, health awareness, motivational group, drug and alcohol education, and relapse prevention.*

## **ADULT AND FAMILY CENTRES**

*Counselling, mediation and crisis centres*

### **L'APPOINT CRISIS CENTER**

Tel. (514) 351 6661

*Services: Consultation, evaluation, referrals, orientation, follow-up and, in certain cases, access to shelter to individuals going through a difficult situation or crisis. 24 hrs/day, 7 days/week.*

### **CONSENSUS MEDIATION CENTER**

1857 De Maisonneuve Boulevard West, suite 210

Montréal, QC H3H 1J9

Tel. (514) 862 0924

Fax (514) 937 5548

***consensusmediation@me.com***

***www.consensusmediation.org***

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

### **L'ENTREMISE CRISIS CENTER**

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. 24 hrs/day, 7 days/week.*

### **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*

**INFO-SECTE**

5655 Parc Avenue, suite 208

Montréal, QC H2V 4H2

Tel. (514) 274 2333

Fax. (514) 274 7576

***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. Available on appointment Tuesday to Friday, 10:00am – 4:00pm.*

**PROJECT 10**

2000 Northcliffe, suite 218

NDG, QC H4A 3K5

Tel. (514) 989 4585

Fax (514) 989 0001

***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 aged 14 to 25. Monday to Thursday, 12:00pm – 6:00pm.*

**SEPARATED FATHERS INC.**

Point of Service

2150 Theodore Street, suite 4

Montréal, QC H1N 1B2

Tel. (514) 254 6120

Fax (514) 254 2569

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

***www.separated-fathers.qc.ca***

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

**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. 24 hrs/day, 7 days/week.*

## **ADULT AND FAMILY HELP LINES**

*Information, referral, counselling*

### **ÉDUCATION COUP-DE-FIL**

911 Jean Talon Street East, suite 226

Montréal, QC H2R 1V5

1 866 329 4223

Tel. (514) 525 2573

***ecf@bellnet.ca***

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

*Services: Free and confidential telephone service providing professional counselling to families about everyday life matters. Help line open Monday to Friday, 9:00am – 4:30pm, Wednesday and Thursday evenings, 6:30pm – 9:00pm.*

### **GAY LINE**

P.O. Box 55505, Station Maisonneuve

Montréal, QC H1W 0A1

1 888 505 1010

Tel. (514) 886 5090

***info@caeoquebec.org***

***www.caeoquebec.org***

*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.*

*Help line open 7 days/week, 7:00pm – 10:00pm.*

## **MULTI-ÉCOUTE CENTRE**

3600 Barclay Avenue, suite 460

Montréal, QC H3S 1K5

Tel. (514) 737 3604

Fax (514) 737 5631

**[multiecoute@cooptel.qc.ca](mailto:multiecoute@cooptel.qc.ca)**

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

*Services: Anonymous helpline, psychosocial follow-ups, aid with filling out official forms. Monday to Friday, 9:00am – 12:00pm, and 1:00pm – 5:00pm.*

## **SUICIDE ACTION MONTREAL**

1 866 277 3553

Tel. (514) 723 4000

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

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

## **PARENTS LINE**

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

Montréal, QC H2Y 3G7

Tel. (514) 288 1444

Fax (514) 288 6312

Helpline 1 800 361 5085

**[ligneparents@generations-familles.com](mailto:ligneparents@generations-familles.com)**

**[www.parentsline.net](http://www.parentsline.net)**

*Services: Support for mothers and fathers experiencing problems related to their child's development, their relationship to their child, or the education of their children younger than 21 years old. 24 hrs/day, 7 days/week.*

## **TEL-AIDE**

P.O. Box 205, Station H

Montréal, QC H3G 2K7

Tel. (514) 935 1105

Help line (514) 935 1101

Fax (514) 935 6265

***info@telaide.org***

***www.telaide.org***

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

## **TEL-ÉCOUTE**

6665 rue de Marseille (Métro Langelier)

Montréal, QC H1N 1M2

Tel. (514) 493 4484

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

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

*Services: Help line, suicide prevention and references for all. 7 days/week, 10:00am – 10:00pm. One-on-one chat room with a trained volunteer at [www.tel-ecoute.org](http://www.tel-ecoute.org) 7 days/week, 6:00pm – 10:00pm.*

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

P.O. Box 135, Station NDG

Montréal, QC H4A 3P5

Tel. (514) 908 9014, Help line (514) 489 1110

***womenaware@bellnet.ca***

***www.womenaware.ca***

*Services: Support services for women experiencing violence, youth prevention program, workshops and outreach. Help line open Monday to Friday, 10:00am-3:00pm.*

## **DISEASES AND SYNDROMES**

*Help lines, referral, associations, research centres, support groups*

### **AIDS COMMUNITY CARE MONTREAL**

2075 Plessis (basement level)

Montréal, QC H2L 2Y4

Tel. (514) 527 0928

Fax (514) 527 0701

***info@accmontreal.org***

***www.accmontreal.org***

*Services: Provides drop in, social events and activities, workshops, discussions and support groups, for individuals living with HIV/AIDS.*

*Monday to Friday, 9:00am – 5:00pm.*

### **STD INFORMATION AND HELP LINE**

Tel. (514) 855 8995

*Services: Help line offering information and referral about sexually transmitted diseases.*

### **STD/AIDS TEAM MONTREAL-CENTRE PUBLIC HEALTH DEPARTMENT**

1301, Sherbrooke Street East

Montréal, QC H2L 1M3

Tel. (514) 528 2400

Fax (514) 528 2452

***www.santepub-mtl.qc.ca***

*Services: Information, resources and programs related to infectious disease.*

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

1140 Jean Talon Street East, suite 300

Montréal, QC H2R 1V9

Tel. (514) 259 7306

Fax (514) 259 2526

***afim\_mtl@yahoo.ca***

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

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

## **ALZHEIMER AND COGNITIVE DISORDERS CLINIC**

McGill Centre for Studies in Aging

6825 LaSalle Boulevard

Verdun, QC H4H 1R3

Tel. (514) 766 2010

Fax (514) 888 4050

***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 GROUPE INC.**

5555 Westminster Avenue, suite 304

Montréal, QC H4W 2J2

Tel. (514) 485 7233

Fax (514) 485 7946

***admin@alzheimergroupe.org***

***www.alzheimergroupe.org***

*Services: Information for individuals diagnosed with Alzheimer's and related disorders and their family members. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.*

### **ALZHEIMER SOCIETY MONTREAL**

5165 Sherbrooke Street West, Suite 410

Montréal, QC H4A 1T6

Tel. (514) 369 0800

Fax (514) 369 4103

***info@alzheimermontreal.ca***

***www.alzheimermontreal.ca***

*Services : Welcome and 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.*

### **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**

***www.diabetes.ca***

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

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## **CANCER CARE**

***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

Fax (514) 847 0038

***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. Monday to Thursday, 8:00pm – 4:00am, Friday, 8:00pm – 6:00am, Saturday, 4:00pm – 6:00am, and Sunday, 4:00pm – 4:00am.*

## **CANADIAN CANCER SOCIETY**

1 888 939 3333

***info@cis.cancer.ca***

***www.cancer.ca***

*Services: Information and support for people living with cancer: patients, family, friends and caregivers. Help line open Monday to Friday, 9:00am – 6:00pm.*

## **DIVISIONAL OFFICE:**

5151 de L'Assomption Boulevard

Montréal, QC H1T 4A9

Tel. (514) 255 5151

Fax (514) 255 2808

***alebel@quebec.cancer.ca***

## **CANADIAN EPILEPSY ALLIANCE**

1 866 374 5377

***www.epilepsymatters.com***

## **DIABETES QUEBEC**

8550 boul. Pie-IX, suite # 300

Montréal, QC H1Z 4G2

Tel. (514) 259 3422

Fax (514) 259 9286

***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.*

## **EPILEPSY MONTREAL METROPOLITAN**

3800 Radisson, #115

Montréal, QC H1M 1X6

Tel. (514) 252 0859

Fax (514) 252 0598

***epimtl@cam.org***

*Services: Programs and services offered to individuals with epilepsy and their families. Monday to Friday, 9:00am – 5:00pm.*

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

1750 St-André Street, 3rd floor

Montréal, QC H2L 3T8

1 877 847 3636

Tel. (514) 495 0990

Fax (514) 495 8087

***casm@netrover.com***

***netrover.com/casm***

*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. 1 800 567 8563 or (514) 871 1551

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

*Services: Provides free tools and information for people affected by heart disease and stroke*

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

4515 de Rouen Street

Montréal, QC H1V 1H1

Tel. 1 877 256 0404 or (514) 256 0404

Fax (514) 256 2116

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

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

**INFO DIABETES**

8550 Pie-IX Boulevard, suite 300

Montréal, QC H1Z 4G2

Tel. 1 800 361 3504 ext 233 or (514) 259 3422 ext 233

infodiabete@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, three days a week, 8:30am – 4:30pm.*

## **THE LIGHTHOUSE CHILDREN & FAMILIES**

2725 Mont-Royal Avenue East

Montréal, QC H1Y 0A1

Tel. (514) 954 4848

Fax (514) 954 0044

***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**

3738 Saint-Hubert Street

Montréal, QC H2L 4A2

Tel. (514) 844 4874

Fax (514) 842 2991

***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.*

## **QUEBEC FOUNDATION FOR THE BLIND**

5112 Bellechasse Street

Montréal, QC H1T 2A4

Tel. (514) 259 9470

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Fax (514) 254 5079

***info@aveugles.org***

***www.aveugles.org***

*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

Fax (514) 528 1532

***administration@spectrederue.org***

***www.spectrederue.org***

*Services: Distribution and recuperation of injection and prevention material, day center, and information and resource center. Day Center opened Monday, Tuesday, Thursday and Friday, 1:30pm – 4:00pm. Distribution of material available Monday to Friday, 9:30am – 7:30pm, Saturday and Sunday, 10:00am – 4:00pm.*

## **EDUCATION, EMPLOYMENT AND VOLUNTEERING**

*School boards, learning programs, organizations*

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

3285 Cavendish Boulevard, suite 565

Montréal, QC H4B 2L9

Tel. 1 877 487 1414 or (514) 487 1414

Fax (514) 487 1464

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

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

*Services: Information, visits and appointments for the promotion and creation of French Second language learning opportunities for young Canadians. Monday to Friday, 9:00am – 5:00pm, and weeknights and weekends by appointment.*

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

2430 Darling Street, 2nd floor

Montréal, QC H1W 2X1

Tel. (514) 522 8691

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

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

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

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

8370 Lacordaire Boulevard, suite 310

Montréal, QC H1R 3Y6

Tel. (514) 254 4929

Fax (514) 254 4920

***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. Monday to Friday, 9:00am – 5:00pm.*

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

6000 Fielding Avenue

Montréal, QC H3X 1T4

Tel. (514) 483 7200

Fax (514) 483 7213

***jbrebner@emsb.qc.ca***

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

*Services: Elementary, secondary, outreach, social affair, adult education schools, adult vocational schools across Montreal. Monday to Friday, 8:30am – 4:15pm.*

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

1925 Brookdale Ave.

Dorval, QC H9P 2Y7

Tel. (514) 422 3022

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

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

### **LITERACY FOUNDATION**

5420 Saint-Laurent Boulevard, suite 200

Montréal, QC H2T 1S1

Info-Alpha: 1 800 361 9142

Adult Learnline: 1 888 488 3888

Tel. (514) 289 1178

Fax (514) 289 9286

***ktremblay@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.*

## **ACCÈS BÉNÉVOLAT**

2544 Rosemont Boulevard

Montréal, QC H1Y 1K4

Tel. (514) 523 6599

Fax (514) 523 7709

***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. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.*

## **THE SOCIAL JUSTICE COMMITTEE**

Collective Community Services

1857 De Maisonneuve West Boulevard, Suite 320

Montréal, QC H3H 1J9

Tel. 1 877 933 6797 or (514) 933 6797

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

***www.s-j-c.net***

*Services: Educational resources for teachers and students with regards to migration, human rights, poverty and more, a theatre, presentations and workshops. Opening hours are Monday to Friday, 10:00am – 5:00pm.*

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## **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.*

## **CENTRE DE RECHERCHE D'EMPLOI DE L'EST**

5960 Jean-Talon Street East, Suite 308

Montréal, QC H1S 1M2

Tel. (514) 256 1645

***creest@creest.com***

***www.creest.com***

*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

Fax (514) 878 9950

***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. Hours of operation are Monday to Friday, 9:00am to 5:00pm.*

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

7100 Joseph-Renaud Boulevard

Montréal, QC H1K 3V5

Tel. (514) 353 5400

Fax (514) 353 0040

***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. Monday, Tuesday and Thursday, 9:00am – 12:00pm, and 1:00pm – 5:00pm, Wednesday, 1:00pm – 5:00pm, and Friday, 9:00am – 12:00pm, and 1:00pm – 3:00pm.*

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

8595 Maurice Duplessis Boulevard, suite 209

Montréal, QC H1E 4H7

Tel. (514) 648 8008

Fax (514) 648 8242

***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. Monday to Thursday, 9:00am – 12:00pm, and 1:00pm – 5:00pm, and Friday, 9:00am – 12:00pm.*

## **CARREFOUR JEUNESSE EMPLOI – VIGER/JEANNE-MANCE**

5960 Jean-Talon East Street, suite 308

Saint-Léonard, QC H1S 1M2

Tel. (514) 256 5051

Fax (514) 256 7172

***cje@cjest-leonard.com***

***www.cjest-leonard.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.*

## **MONTREAL HOOKED ON SCHOOL**

Édifice Accès-travail-Verdun

1050, 5th Avenue

Verdun, QC H4G 2Z6

Tel. (514) 286 2346

***info@clds.qc.ca***

***www.fondationlds.qc.ca***

*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.*

## **EMERGENCY AND TEMPORARY HOUSING AND AID**

### ***Food, shelter, housing aid***

#### **AUBERGE MADELEINE**

Tel. (514) 597 1303

Fax (514) 597 1708

***auberge.madeleine@questzones.com***

***www.questzones.com/aub-madeleine***

*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 7738

***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

Fax (514) 284 6570

***ruefemm@bellnet.ca***

***www.laruedesfemmes.com***

*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) 523 9283

Fax (514) 529 5646

***cafaho@cam.org***

***www.cafaho.org/heberge.htm***

*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

Fax (514) 593 7241

*Services: Housing, references and information, phone consultations, post-housing follow-up, translation and prevention; services offered in French, English, Spanish and Arabic. Monday to Friday, 9:00am – 9:00pm, Saturday and Sunday, 9:00am – 5:00pm.*

## **REFUGE JUAN MORENO**

3235 Sherbrooke Street East

Montréal, QC H1W 1C1

Tel. (514) 525 5423

Fax (514) 525 7232

***refugejuanmoreno@bellnet.ca***

***www.refugejuanmoreno.ca***

*Services: Short term emergency shelter, advocacy and accompaniment for women, children, and unaccompanied minors who are seeking asylum in Canada.*

## **THE OLD BREWERY MISSION**

Webster Pavilion

915 Clark Street

Montréal, QC H2Z J8

Tel. (514) 798 2244

***info@oldbrewerymission.ca***

***www.oldbrewerymission.ca***

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

## **WELCOME HALL MISSION**

606 De Courcelle Street

Montréal, QC H4C 3L5

Tel. (514) 523 5288

Fax (514) 523 6456

***www.missionbonaccueil.com***

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

## **SCALABRINI CENTRE OF MONTREAL FOR REFUGEES AND IMMIGRANTS**

655 Sauriol Street East

Montréal, QC H2C 1T9

Tel. (514) 387 4477

Fax (514) 387 7733

***info@scalabrinimontreal.org***

***www.scalabrinimontreal.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. Opening hours are Tuesday to Friday, 9:00am to 12:00pm and 1:00pm to 5:00pm.*

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## **GROUPS, REFERRAL AND COMMUNITY CENTRES**

*Women and immigrant services, ethnic, referral and community centres*

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

5960 Jean Talon Street East, suite 110

Montréal, QC H1S 1M2

Tel. (514) 723 4939

Fax (514) 723 3619

***aiem@aira.qc.ca***

***www.aiemont.com***

*Services: Various services for immigrants including language and computer classes. Monday to Friday, 8:30am –12:00pm, and 1:00pm – 5:00pm.*

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

6767 Côte-des-Neiges, suite 497

Montréal, QC H3S 2T6

Tel. (514) 342 2247

Fax (514) 342 2283

***bcrc@qc.aira.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.*

### **CCS-COLLECTIVE COMMUNITY SERVICES**

451 Rue de l'Église

Verdun, QC H4G 2M6

Tel. (514) 937 5351

Fax (514) 937 5548

***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. Monday to Friday, 9:00am – 5:00pm.*

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

12017 Alexis-Carrel Avenue

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. Monday, Wednesday, Thursday 9:00am – 11:30am, 12:30pm – 4:30pm, Friday 12:30pm – 4:30pm.*

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

1586 Fleury Street East, suite 100

Montréal, QC H2C 1S6

Tel. (514) 388 0980

***info@cfse.ca***

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

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

8370 Lacordaire Boulevard, suite 312

Montréal, QC H1R 3Y6

Tel. (514) 955 8370 ext 2217

Fax (514) 274 1325

***info@reisa.ca***



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

*Services: Networking and partnership with public sector in health and social services for access to English language services. Monday to Friday, 9:00am – 4:00pm.*

**ENTRAIDE UKRAINIENNE DE MONTRÉAL INC.**

3244 Beaubien Street East, suite 201

Montréal, QC H1Y 1H7

Tel. (514) 729 9540

Fax (514) 729 2745

**[entraid1@bellnet.ca](mailto: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

Fax (514) 274 1325

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

*Services: Free income tax clinic, free legal clinic, free flu vaccination, translation, conferences, referral and support. Monday to Friday 9:00am – 4:00pm.*

**INFORMATION AND REFERRAL CENTRE OF GREATER MONTREAL**

3155 Hochelaga Street, suite 101

Montréal, QC H1W 1G4

Tel. (514) 527 1375

Fax (514) 527 9712

**[crgm@info-reference.qc.ca](mailto:crgm@info-reference.qc.ca)**

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

*Services: Free information about community organizations and referral. 24 hrs/day, 7 days/week.*

## **LAURIER MACDONALD COMMUNITY LEARNING CENTER**

Laurier Macdonald High School

7355 Viau Boulevard

Montréal, QC H1S 3C2

Tel. (514) 374 6000

Fax (514) 374 7220

***[www.lauriermacdonald.ca/learning\\_center.php](http://www.lauriermacdonald.ca/learning_center.php)***

*Services: Various activities and services for the community. Monday to Friday, 9:00am – 5:00pm.*

## **LEONARDO DA VINCI CENTRE**

8350-8370 Lacordaire Boulevard

Montréal, QC H1R 2Y6

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

Fax (514) 955 8535

***[fgiammatteo@centroleonardodavinci.com](mailto:fgiammatteo@centroleonardodavinci.com)***

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

*Services: Cultural, artistic, sporting and social activities for the community, daycare services and summer camp. Center opened 6:00am – midnight, offices opened 9:00am – 5:00pm.*

## **MONTREAL CITY MISSION**

1435 rue City Councillors

Montréal, QC H3A 2E4

Tel. (514) 844-9128

Fax: (514) 844-0067

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

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

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

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## **NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard

Montréal, QC H2X 2T3

Tel. (514) 499 1854

Fax (514) 499 9436

***info@nfc.org***

***www.nfc.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.*

## **PRÉSENCE MUSULMANE**

C.P. 1052

Montréal, QC H3B 3K5

Tel. (514) 434 0766

***infomtl@presencemusulmane.org***

***www.presencemusulmane.org***

*Services: Conferences on social problems, acceptance and citizenship, public debates and lectures concerning the Muslim population.*

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

1035 Rachel Street East, 3rd floor

Montréal, QC H2J 2J5

Tel. (514) 528 8812

Fax (514) 528 0896

***sawcc@cam.org***

*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

(514) 842 4780

Fax (514) 842 5613

***spl@centredesfemmesdemtl.org***

***www.centredesfemmesdemtl.org***

*Services: Language classes (English/French), legal information, accompaniment, support, income tax clinic, and emergency food assistance, for women. Monday to Friday, 9:00am – 5:00pm.*

**AMAL CENTER FOR WOMEN**

Ville Saint-Laurent, QC H4L 4V6

Tel. (514) 855 0330

Fax (514) 855 0335

***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. Opening hours are Monday to Friday, 10:00am to 5:00pm.*

## **HEALTH**

### ***Information, associations, agencies***

#### **ABCD-ASSOCIATION POUR LES BÉNÉFICIAIRES DES CLINIQUES DE LA DOULEUR**

4360 D'Iberville Street, suite 106

Montréal, QC H2H 2L8

Tel. (514) 274 4040

Fax (514) 274 4440

***abcddouleur@bellnet.ca***

***www.abcdouleur.org***

*Services: Phone line, information and referrals for individuals with questions about pain, available to all ages. Monday to Friday, 8:00am – 5:00pm. Help line open Tuesday and Thursday, 1:00pm – 4:00pm.*

#### **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. 1 877 774 1106 or (514) 287 1106

Fax (514) 287 7443

***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.*

**MCGILL UNIVERSITY HEALTH CENTRE**

THE HEALTH EDUCATION COLLECTION

Tel. (514) 934 1934 extension 71386

***infotheque@muhc.mcgill.ca***

***www.infotheque.muhc.ca***

*Services: Online library for patient education resources.*

**ACCES SERVICES SANTÉ**

7275, rue St-Urbain, Bureau 310

Montréal, QC H2R 2Y5

Tel. (514) 281-5050

***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

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

**EQUILIBRE**

7200 Hutchison Street, suite 304

Montréal, QC H3N 1Z2

Tel. 1 877 270 3779 or (514) 270 3779

Fax (514) 270 1974

***info@equilibre.ca***

***www.equilibre.ca***

*Services: Activities and information sessions, adult and youth programs on body image, weight loss and management, healthy eating, dieting and exercise.*

## **HEALTH CANADA**

*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.*

## **INFO-SANTÉ**

8-1-1

## **PUBLIC HEALTH AGENCY OF CANADA**

Quebec Regional Office

Guy-Favreau Complex/East Tower

200 René Lévesque Boulevard West

Montréal, QC H2Z 1X4

Tel. (514) 283-2858

Fax (514) 496-7012

*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.*

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

1165, boulevard Henri-Bourassa Est

Montréal, QC H2C 3K2

Tel. (514) 849 3804

*Services: Resources for quitting smoking.*

## **LEGAL AID AND INFORMATION**

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

1857 De Maisonneuve West Boulevard

Montréal, QC

H3H 1J9

Tel. (514) 906 1845

***curabec@live.ca***

*Services: Advice and support, information meetings, public conferences, documentation, archives, treatment of complaints, accompaniment and referral to related resources.*

### **ÉDUCALOI**

11 Notre-Dame West

Montreal, 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.*

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

5100 Sherbrooke Street East, suite 850

Montréal, QC H1V 3R9

Tel. (514) 864 6644

Fax (514) 864 6866

***baj.maisonneuvemercier@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.*

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

1000 Saint-Antoine Street, Suite 609

Montréal, QC H3C 3R7

Tel. (514) 861 5922

1 877 CPM-AIDE

Fax (514) 861 5189

***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.*

*Business hours are Monday to Friday, 8:30 am to 4:30pm.*

## **MONTREAL MUNICIPAL COURTHOUSE**

775 Gosford Street, room R.710

Montréal, QC H2Y 3B9

Tel. (514) 861 0141

Fax (514) 861 7035

*Services: Legal services.*

## **PROGRAMME CÔTÉ COUR**

Montreal Courthouse

10 Saint-Antoine Street, room 6.12

Montréal, QC H2Y 1B6

Tel. (514) 868 9577

Fax (514) 868 9585

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

5879 Henri-Bourassa Boulevard East, suite 200

Montréal, QC H1G 2V1

Tel. (514) 864-8833

Fax (514) 864-8922

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

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

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

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

5199 Sherbrooke Est, Suite #3671

Montréal, QC H1T 3X2

Tel. (514) 253 6556

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

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

## **LE PROTECTEUR DU CITOYEN**

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

Montréal, QC H2Z 1S8

Tel. (514) 873 2032

Fax: 1 866 902 7130

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

***[www.protecteurducitoyen.qc.ca](http://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.*

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## **CANADIAN ANTI-FRAUD CENTRE**

Tel. 1 888 495 8501

***info@antifraudcentre.ca***

***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 Steet 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**

### ***Associations, support***

#### **AMI-QUÉBEC-ACTION ON MENTAL ILLNESS**

5253 Decarie Boulevard, suite 200

Montréal, QC H3W 3C3

Tel. (514) 486 1448

Fax (514) 486 6157

***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. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.*

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

847 Cherrier, suite 201

Montréal, QC H2L 1H6

Tel. (514) 521 4993

Fax (514) 521 3270

***acsmtl@cooptel.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. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.*

#### **MENTAL ILLNESS FOUNDATION**

2120 Sherbrooke Street East, suite 401

Montréal, QC H2K 1C3

Tel. (514) 529 5354 or Toll free 1 888 529 5354

Fax (514) 529 9877

***info@mentalillnessfoundation.org***

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

*Services: 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.*

**MULTICULTURAL MENTAL HEALTH RESOURCE CENTRE**

4333 Cote Ste Catherine Rd.

Montréal, QC H3T 1E4

Tel. (514) 340 7549

Fax (514) 340 7503

**[www.mmhrc.ca](http://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](mailto:mhfa@mentalhealthcommission.ca)**

**[www.mentalhealthfirstaid.ca](http://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.*

**QUALAXIA**

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

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

## **INTELLECTUAL AND PHYSICAL DISABILITIES**

*Research centres, respite and day centres, special needs*

### **AUTISM SPEAKS CANADA**

Tel. (514) 587 6380 or 1 888 362 6227

***montreal@autismspeaks.org***

***www.autismspeaks.ca, www.walknowforautismspeaks.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.*

### **EAST FOUNDATION**

8370 Lacordaire Boulevard

Montréal-Nord, QC H1R 3Y6

Tel. (514) 323 9950

Fax (514) 955 8533

***kids@eastfoundation.ca***

***www.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. Monday to Friday, 9:00am – 5:00pm.*

### **CENTER OF DREAMS AND HOPES**

12550 Lacordaire Boulevard

Montréal-Nord, QC H1G 4L8

Tel. (514) 327 6667

Fax (514) 327 4888

Respite (514) 327 0823

*Services: Therapy, Respite program and Adult Education program for English-speaking youth and young adults with special needs.*

**MONTREAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED**

633 Crémazie Boulevard East, suite 100

Montréal, QC H2M 1L9

Tel. (514) 381 2307

Fax (514) 381 0454

***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**

8160 Royden Road

Mont-Royal, QC H4P 2T2

Tel. (514) 345 8330 extension 319

Fax (514) 345 1619

***info@goldlearningcentre.com***

***www.goldlearningcentre.com***

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

**L'OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC**

500 René-Levesque Boul. West, suite 15.700

Montréal, QC H2Z 1W7

Tel. 1 800 567 1465

Fax (514) 873 4299

***dicro@ophq.gouv.qc.ca***

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

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

**VIOMAX**

2275, Laurier avenue East

Montréal, QC H2H 2N8

Tel. (514) 527 4527 extension 2329

Fax (514) 527 0979

**[informations@viomax.org](mailto:informations@viomax.org)**

**[www.viomax.org](http://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

Fax (514) 364 0608

**[communications.comtl@ssss.gouv.qc.ca](mailto:communications.comtl@ssss.gouv.qc.ca)**

**[www.crom.ca](http://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*



## RELIGIOUS INSTITUTIONS AND REFERRAL CENTRES

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

2005 St. Marc Street  
Montréal, QC H3H 2G8

Tel. (514) 937 2301

Fax (514) 907 5010

***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.*

### **CATHOLIC INFORMATION LINE**

Tel. (514) 937 6275

***info@catholiccentre.ca***

*Services: Information and resource line for English-speaking Catholics. Line open Monday to Friday, 9:00am – 5:00pm.*

### **MONTREAL KNIGHTS OF COLUMBUS COUNCIL**

Catholic Community Centre  
1857 De Maisonneuve Boulevard, 5th floor  
Montréal, QC H3H 1J9

Tel. (514) 932 8994

***frankdiggins@sympatico.ca***

***www.kocmtl.org***

## **ANGLICAN CHURCHES**

### **St. Margaret of Scotland Church**

8615 Sainte-Claire  
Montréal, QC H1L 1Y1  
Tel. (514) 352 9080

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

6341 ave. de Lorimier  
Montréal, QC H2G 2P6  
Tel. (514) 722 3061

## **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 Maurice Duplessis  
Montréal, QC H1E 4C3  
Tel. (514) 648 9424

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### **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 BRETHERN CHURCH**

#### **Rosemont Bible Church**

6000, 13<sup>th</sup> Avenue  
Montréal, QC H1X 2Y5  
Tel. (514) 728 5911

### **PENTECOSTAL CHURCHES**

#### **Emmanuel Pentecostal Church**

6550 boul Maurice-Duplessis  
Montreal-North, QC H1G 6K9  
Tel. (514) 323 3087

#### **Church of Pentecost Canada**

8586 – 10<sup>th</sup> Avenue  
Montréal, QC H1Z 3B6  
Tel. (514) 278 9716

## **POLISH CHURCHES**

### **Church of Polish National**

3330 Laurier East  
Montréal, QC H1X 1V2  
Tel. (514) 524 9564

### **Our Lady of Czestochowa**

2550 Gascon  
Montréal, QC H2K 2W6  
Tel. (514) 523 6368

## **PRESBYTERIAN CHURCH**

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

1606 ave. Letourneux  
Montréal, QC H1V 2M5  
Tel. (514) 255 4100

## **UNITED CHURCHES**

### **Trinity United Church**

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

### **Anjou United Church**

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

## **UKRAINIAN CATHOLIC CHURCHES**

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

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

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## **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) 593 0715

## **SERVICES FOR SENIORS**

*Activities, help lines, day centres, home care services*

## **ALMAGE SENIOR COMMUNITY CENTRE**

8680 Hochelaga Street  
Montréal, QC H1L 2M6  
Tel. (514) 355 1712  
Fax (514) 355 0806

***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. Monday to Friday, 8:30am - 4:30pm.*

## **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.*

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

2651 boulevard Crémazie Est

Montréal, QC H1Z 2H6

Tel. (514) 722 1211

***www.carrefourpopulaire.org***

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

## **COMFORT KEEPERS**

8071 Henri Bourassa Boulevard East, suite 100

Montréal, QC H1E 2Z3

Tel. (514) 648 3198

***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.*

## **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.*

## **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

Fax: (514) 695 5726

***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.**

5757 Decelles, Suite 406

Montreal, QC H3S 2C3

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

Fax. (514) 252 3154

***info@fadoq.ca***

***www.fadoq.ca***

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

## **SENIORS ACTION QUÉBEC**

1857 De Maisonneuve West

Montreal, QC H3H 1J9

Tel. (514) 937 5351 #248

***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.*



## **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. 7 days/week, 10:00am – 10:00pm.*

## **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 defence of rights and self-support groups. Monday to Friday from 9:00am - 4:30pm.*

## **VISAVIE**

1443 Fleury Street East, Suite 300

Montréal, QC H2C 1R9

1 888 VISAVIE

Tel. (514) 383 3383

***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.*

## **QUEBEC SENIORS.INFO**

***www.quebecseniors.info***

Tel. (514) 868 9044

***info@qcgnc.ca***

*Services: A database of existing services in English for seniors, their families and friends as well as community organizations, health and social service agencies, and government bodies, developed by the Quebec Community Groups Network – QCGN.*

## **VIOLENCE AND SEXUAL ASSAULT**

***Referral, help lines, support centres***

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

Tel. (514) 277 9860 or 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.  
Monday to Friday, 9:00am – 5:00pm.*

### **EAST END SERVICE POINT**

6070, Sherbrooke Street East, suite 207

Montréal, QC H1N 1C1

Tel. (514) 643 9333

### **MONTREAL COURTHOUSE SERVICE POINT**

1, Notre-Dame Street East, office 5.10

Montreal, QC H2Y 1B6

Tel. (514) 393 2083

## **CALACS - SEXUAL ASSAULT CENTRES**

Montréal, QC H1W 3Z3

Tel. (514) 529 5252

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

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

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

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

8105 de Gaspé Street, suite 100

Montréal, QC H2P 2J9

Tel. (514) 529 5567

Fax (514) 529 0571

***info@criphase.org***

***www.criphase.org***

*Services: Individual and group support and workshops for men who have been sexually abused and their spouses. Monday to Friday, 9:00am – 5:00pm.*

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

2231 Belanger Street

Montréal, QC H2G 1C5

Tel. (514) 526 0789

Fax (514) 526 8891

***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. Monday to Friday, 9:00am – 5:00pm.*

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

1199 Bleury Street

Montréal, QC H3C 4E1

1 800 561 4822

Tel. (514) 906 3019

Fax (514) 906 3029

***ivac@csst.qc.ca***

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

*Services: Information and legal referral for victims of crime. Monday to Friday, 8:30am – 12:00pm and 1:00pm – 4:30pm.*

## **MONTREAL ASSAULT PREVENTION CENTER**

P.O. Box 237 Succursale Place du Parc

Montréal, QC H2X 4A4

Tel. (514) 284 1212

Fax: (514) 284 1017

***centre@cpamapc.org***

***www.cpamapc.org***

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

## **MONTREAL SEXUAL ASSAULT CENTRE**

Tel. (514) 934-0354

***cvasm@videotron.ca***

***www.cvasm.org***

*Services: Medical care and follow-up, individual counselling for victims, survivors and loved ones, 18 years and over. Crisis line 24 hours, 7 days a week.*

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

Tel. (514) 278 9383

*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**

1453 Beaubien Street East, suite 205

Montréal, QC H2G 3C6

Tel. (514) 270 8462

Fax (514) 270 8849

***info@pro-gam.ca***

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

*Services: Individual evaluation sessions, group therapy, training and supervision for men who use abusive behaviours. Monday to Friday, 9:00am to 5:00pm.*

## **RIVO-INTERVENTION NETWORK FOR PERSONS AFFECTED BY ORGANISED VIOLENCE**

120 Duluth Street East

Montréal, QC H2W 1H1

Tel. (514) 282 0661

Fax (514) 282 0661

***rivo@web.ca***

***www.web.ca/~rivo***

*Services: Psychotherapeutic follow-ups and psychosocial support, such as housing and language classes, to survivors of torture and other forms of political violence. Monday to Friday, 9:00am – 5:00 pm.*

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

Tel. (514) 398-8500

***sacomss@gmail.com***

*Services: Group for men and women who are victims of sexual assault. Open to the general public. Crisis line is in operation Monday to Friday, noon to midnight.*

**SHIELD OF ATHENA MONTREAL**

700, Cremazie Boulevard West

Montréal, QC H3N 1A1

1 877 274 8117

Tel. (514) 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**

P.O. Box 55, Station Montreal

Montréal, QC H2L 4S7

Tel. (514) 873 9010

Help line (514) 728 0023 or (514) 728 2353

***sosdirection@sosviolenceconjugale.ca***

***www.sosviolenceconjugale.ca***

*Services: Referrals and help line for female victims of conjugal violence. 24 hrs/day, 7 days/week.*

## **SURVIVORS OF INCEST ANONYMOUS**

Tel. (514) 866 9941 extension 293

*Services: Support group for women who have been a victim of incest.*

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

Tel. (514) 933 9007 or 1 888 933 9007

**info@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. The hotline is toll-free, bilingual and confidential, 24 hours a day, 7 days a week.*

## **YOUTH CENTRES**

*Activity centres, day centres, clinics, protection and employment services*

## **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. 24 hrs/day, 7 days/week.*

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

3740 Berri Street, suite 300

Montréal, QC H2L 4G9

Tel. (514) 842 9715

Fax (514) 842 2454

***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. Monday to Friday, 9:00am – 5:00pm.*

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

1662 Ontario Street East

Montréal, QC H2L 1S7

Tel. 1 888 520 7677 or (514) 526 7677

Fax (514) 940 2036

***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. It is open Monday to Friday, 10:00am – 5:00pm. The Van travels around Montreal Monday to Friday, 8:00pm – 2:00am. 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

Fax (514) 648 6404

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***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. Office hours are Monday to Thursday, 3:00pm – 9:00pm, and Friday, 3:00pm – 6:00pm.*

## **HEAD & HANDS**

5833 Sherbrooke Street West

Montréal, QC H4A 1X4

Tel. (514) 481 0277

Fax (514) 481 2336

***info@headandhands.ca***

***www.headandhands.ca***

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

## **OPCR-ORGANIZATION FOR THE PROTECTION OF CHILDREN'S RIGHTS**

5167 Jean Talon East Boulevard, suite 370

Montréal, QC H1S 1K8

Tel. (514) 593 4303

Fax (514) 593 4659

***info@osde.ca***

***www.opcr.org***

*Services: Summer camp and activities for underprivileged children and free legal consultation by phone. Monday to Friday, 8:30am – 5:00pm.*

## **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**

4251 Saint-Urbain Street

Montréal, QC H2W 1V6

Tel. (514) 842 6822

Fax (514) 842 5241

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

*Services: Offers sports and recreation programs, food bank, summer camp, crime prevention, seniors' club. Monday to Friday, 8:00am – 4:00pm.*

## **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.*

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## **YOUTH HELP LINES**

*Information, referral, counselling*

### **ADO-CAUSE (SERVICE ANALYTIQUE DE CONSULTATION POUR ADOLESCENT(E)S ET JEUNES ADULTES/SACADO)**

Tel. (514) 572 2236

*[adocause@hotmail.com](mailto:adocause@hotmail.com)*

*[www.ado-cause.ca](http://www.ado-cause.ca)*

*Services: Anonymous consultations with a psychoanalyst for adolescents between the ages of 14 and 21; guidance with issues of problems at school, sex, drugs, alcohol, loneliness, emerging fears, etc.*

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

Tel. (514) 935 6196

*Services: Emergency help line for the protection of youth. 24 hrs/day, 7 days/week.*

### **KIDS HELP PHONE LINE**

1 800 668 6868

### **QUEBEC OFFICE**

323-911 Jean-Talon Street East

Montréal, QC

Tel. (514) 273 7007

Fax (514) 273 0589

*[quebec@kidshelpphone.ca](mailto:quebec@kidshelpphone.ca)*

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

*Services: Provides anonymous counselling, referrals, and information for children and youth between the ages of 5 and 20. 24 hrs/day, 7 days/week.*

## **TÉL-JEUNES**

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

Montréal, QC H2Y 3G7

Tel. (514) 288 1444

Fax (514) 288 6312

Help line 1 800 263 2266

***info@teljeunes.com***

***www.teljeunes.com***

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

*24 hrs/day, 7 days/week.*

## **OTHER HELPFUL RESOURCES**

***Adapted clothing, clothing banks, food delivery, funeral homes, government services, transport***

## **CRÉATION CONFORT**

Tel. 1 800 394 1513

***www.creationconfort.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.*

## **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.*

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

4375, boulevard St-Laurent

Montréal, QC H2W 1Z8

Tel. (514) 843 4354

***coffreauxtresorsduchainon@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.*

## **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.*

## **Sales outlet in the East-end of Montreal:**

### **Révolution Santé**

610 Metropolitan Blvd East

Montréal, QC H1S 1A9

Tel. (514) 866 0005

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

## **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):**

#### **Table ronde de St-Léonard**

8180, rue Collerette

Montréal, QC H1P 2V6

Tel. (514) 955 6464

#### **Popote roulante Anjou**

7500, avenue Goncourt

Montréal, QC H1K 3X9

Tel. (514) 509 4404

#### **Almage Senior Centre**

8680 Hochelaga Street

Montréal, QC H1L 2M6

Tel. (514) 355 1712

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## **COMPTOIR FAMILIAL**

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

*Services: 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

Tel. (514) 354 9780

### **L'armée du salut - magasin d'économie (Hochelaga-Maisonneuve)**

3444, rue Ontario Est

Montréal, QC H1W 1P9

Tel. (514) 529 4025

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

## **COMPLEXE FUNÉRAIRE LORETO**

4975 boul. Des Grands-Prairies

Montréal, QC H1R 1A5

Tel. (514) 325 3535

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

## **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

***www.magnuspoirier.com***

## **WHITE & SONS FUNERAL HOME**

Head Office:

3555 Metcalfe

Rawdon, QC J0K 1S0

Tel. (514) 524 3432

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

Hochelaga Street (Montreal)

Highway 25 (Anjou)

Sherbrooke Street (Pointe-aux-Trembles)

## **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**

Tel. 1 800 463 4315

***www.habitation.gouv.qc.ca***

*Services: Provides housing services.*

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

425 Boul. de Maisonneuve West, suite #300

Montréal, QC H3A 3G5

Tel. (514) 864 3411

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

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

## **RÉGIE DES RENTES DU QUÉBEC**

Tel. 1 800 463 5185

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

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

## **REVENU QUÉBEC**

5199 Sherbrooke Est

Montréal, QC H1T 3X3

Tel. 1 800 267 6299

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

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

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

7335 boulevard Langelier

Montréal, QC H1S 1V6

Tel. 1 800 361 7620

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

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

# **SOCIÉTÉ DE TRANSPORT DE MONTRÉAL-STM**

800, rue de la Gauchetière West

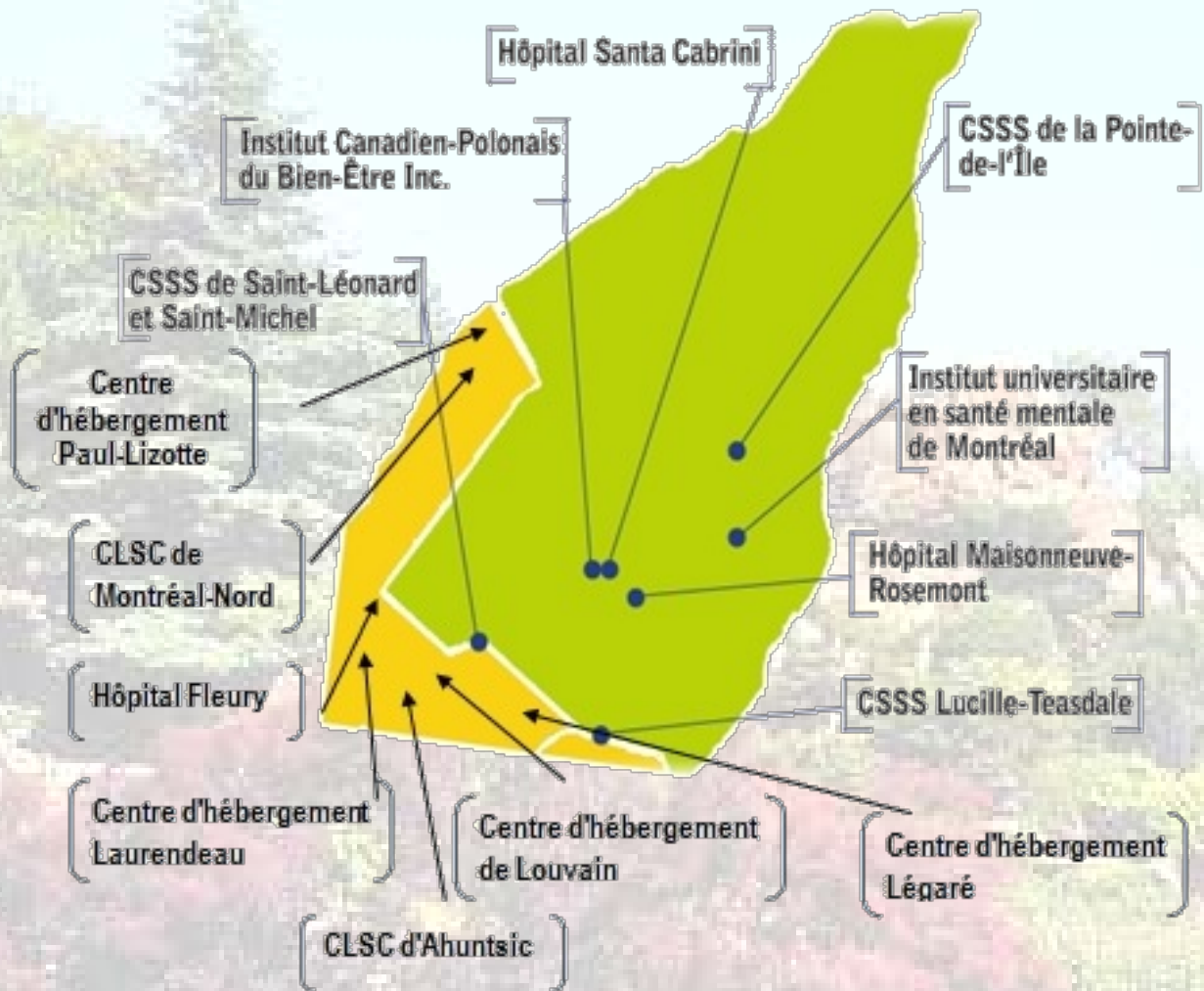
Montréal, QC H5A 1J6

Tel. (514) 280 8211

***www.stm.info***

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

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



REISA's activities are funded by Health Canada.



Health  
Canada

Santé  
Canada



8370 Lacordaire Boulevard, Suite 312

St-Léonard, Québec, H1R 3Y6

(514) 955 8370 # 2217

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

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