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

8370 Lacordaire Boulevard, Suite 312
Saint-Léonard, Québec, H1R 3Y6
Telephone number: (514) 955 8370 # 2217
Fax number: (514) 274 1325
Email address: info@reisa.ca
Website: www.reisa.ca

Notice of Keeping Information Current:

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 REISA will not be held responsible for any content that may be out of date.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

REISA, a community organization, works to increase access to health and social services in English for residents of Montreal’s east-end, through collaboration with public, private and community stakeholders.

PROFILE

According to a study by the Community Health and Social Services Network (CHSSN) and Pocock (2014), English-speaking communities in the east-end of the island represent a significant 14.8% of the area’s population. However, it is common that the needs of these communities are overlooked. REISA seeks to promote the English language as a communication tool and not as the language of work, in areas where minority groups are more comfortable receiving services in English than in French. Examples of these groups include Chinese, Latino, Indian, Pakistani, Polish and Italian communities.

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.
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

<table>
<thead>
<tr>
<th>Institution/Website</th>
<th>Contact information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agence de la santé et des services sociaux</td>
<td>Tel (514) 286 6500</td>
</tr>
<tr>
<td><a href="http://www.santemontreal.qc.ca">www.santemontreal.qc.ca</a></td>
<td>Fax (514) 286 5669</td>
</tr>
<tr>
<td>Batshaw Youth &amp; Family Centres</td>
<td>Tel (514) 989 1885</td>
</tr>
<tr>
<td><a href="http://www.batshaw.qc.ca">www.batshaw.qc.ca</a></td>
<td></td>
</tr>
<tr>
<td>Centre de santé et de services sociaux-CSSS d'Ahuntsic</td>
<td>Center administratif</td>
</tr>
<tr>
<td>et Montréal-Nord</td>
<td>CLSC d'Ahuntsic</td>
</tr>
<tr>
<td><a href="http://www.csssamn.ca">www.csssamn.ca</a></td>
<td>CLSC de Montréal-Nord</td>
</tr>
<tr>
<td></td>
<td>Tel (514) 384 2000</td>
</tr>
<tr>
<td></td>
<td>Tel (514) 381 4221</td>
</tr>
<tr>
<td>CSSS Lucille-Teasdale</td>
<td>Tel (514) 327 0400</td>
</tr>
<tr>
<td><a href="http://www.csslucilleteasdale.qc.ca">www.csslucilleteasdale.qc.ca</a></td>
<td></td>
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<tr>
<td>CSSS de la Pointe-de-L’Île</td>
<td>CLSC de Hochelaga-Maisonneuve</td>
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<tr>
<td><a href="http://www.cssspointe.ca">www.cssspointe.ca</a></td>
<td>CLSC Olivier-Guimond</td>
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<tr>
<td></td>
<td>CLSC de Rosemont</td>
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<tr>
<td></td>
<td>Tel (514) 356 2572</td>
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<tr>
<td></td>
<td>Tel (514) 642 4050</td>
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<tr>
<td></td>
<td>Tel (514) 494 4924</td>
</tr>
<tr>
<td>CSSS de Saint-Léonard et Saint-Michel</td>
<td>Centre administratif</td>
</tr>
<tr>
<td><a href="http://www.csss-stleonardstmichel.qc.ca">www.csss-stleonardstmichel.qc.ca</a></td>
<td>CLSC de Saint-Léonard</td>
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<tr>
<td></td>
<td>CLSC de Saint-Michel</td>
</tr>
<tr>
<td></td>
<td>Tel (514) 722 3000</td>
</tr>
<tr>
<td></td>
<td>Tel (514) 728 3460</td>
</tr>
<tr>
<td></td>
<td>Tel (514) 374 8223</td>
</tr>
<tr>
<td>English Montreal School Board</td>
<td>Tel (514) 483 7200</td>
</tr>
<tr>
<td><a href="http://www.emsb.qc.ca">www.emsb.qc.ca</a></td>
<td></td>
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<tr>
<td>McGill Centre for Studies in Aging</td>
<td>Tel (514) 766 2010</td>
</tr>
<tr>
<td><a href="http://www.aging.mcgill.ca">www.aging.mcgill.ca</a></td>
<td><a href="mailto:info.mcsa@mcgill.ca">info.mcsa@mcgill.ca</a></td>
</tr>
<tr>
<td>McGill Training and Retention of Health Professionals</td>
<td>Tel (514) 398 3654</td>
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<tr>
<td><a href="http://www.mcgill.ca/hssaccess">www.mcgill.ca/hssaccess</a></td>
<td></td>
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<tr>
<td>Pavillon Foster</td>
<td>Tel (514) 486 1304</td>
</tr>
<tr>
<td><a href="http://www.pavillonfoster.org">www.pavillonfoster.org</a></td>
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</tbody>
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### COMMUNITY PARTNERS

<table>
<thead>
<tr>
<th>Organization/Contact Information</th>
<th>Description of Services</th>
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</thead>
<tbody>
<tr>
<td><strong>Accès Bénévolat</strong></td>
<td>Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers.</td>
</tr>
<tr>
<td>Tel (514) 523 6599</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@sbem.org">info@sbem.org</a></td>
<td></td>
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<tr>
<td><a href="http://www.sbem.org">www.sbem.org</a></td>
<td></td>
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<tr>
<td><strong>Almage Senior Community Centre</strong></td>
<td>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 &amp; referral, and advocacy.</td>
</tr>
<tr>
<td>Tel (514) 355 1712</td>
<td></td>
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<tr>
<td><a href="mailto:almage@ccs-montreal.org">almage@ccs-montreal.org</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.almage.org">www.almage.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>AMI-Québec</strong></td>
<td>Counselling in person and over the phone, teleworkshops over the phone, roundtable discussion, support groups and education programs on issues of mental health, etc.</td>
</tr>
<tr>
<td>Tel (514) 486 1448</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@amiquebec.org">info@amiquebec.org</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.amiquebec.org">www.amiquebec.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Black Community Resource Centre</strong></td>
<td>Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools and summer employability.</td>
</tr>
<tr>
<td>Tel (514) 342 2247</td>
<td></td>
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<tr>
<td><a href="http://www.brcmontreal.com">www.brcmontreal.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>CCS- Collective Community Services</strong></td>
<td>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.</td>
</tr>
<tr>
<td>Tel (514) 937 5351</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@ccs-montreal.org">info@ccs-montreal.org</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.ccs-montreal.org">www.ccs-montreal.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Center of Dreams and Hopes</strong></td>
<td>English therapeutic and recreational activities to youth who have been diagnosed with an intellectual/physical disability, or autism spectrum disorder.</td>
</tr>
<tr>
<td>Tel (514) 327 6667</td>
<td></td>
</tr>
<tr>
<td><strong>Centre Leonardo Da Vinci</strong></td>
<td>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.</td>
</tr>
<tr>
<td>Tel (514) 955 8370</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.centrelleonardodavinci.com">www.centrelleonardodavinci.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Concertation Saint-Léonard</strong></td>
<td>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.</td>
</tr>
<tr>
<td>Tel (514) 323 1417</td>
<td></td>
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</tbody>
</table>
| **Consensus Mediation Center**  
Tel (514) 862 0924  
consensusmediation@me.com  
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 | 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 | 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 | 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 | Various activities and services for the students, parents and the community at large. |
| **Quebec Community Groups Network**  
Tel (514) 868 9044  
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 | 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 | A residential centre offering a detoxification support program along with a social reintegration program, for adults with a substance abuse problem. |
# Table of Contents

**Emergency Numbers**

**CSSS and Their Respective Services**

**Addiction**
Alcoholism, drug addiction, gambling, overeating

**Adult and Family Centres**
Counselling, mediation and crisis centres

**Adult and Family Help Lines**
Information, referral, counselling

**Diseases and Syndromes**
Help lines, referral, associations, research centres, support groups

**Education, Employment and Volunteering**
School boards, learning programs, organizations

**Emergency and Temporary Housing and Aid**
Food, shelter, housing aid

**Groups, Referral and Community Centres**
Women and immigrant services, ethnic, referral and community centres

**Health**
Information, associations, agencies

**Legal Aid and Information**

**Mental Health**
Associations, support
PHYSICAL AND/OR MENTAL DISABILITIES
Research centres, respite, day centres, special needs

RELIGIOUS INSTITUTIONS AND REFERRAL CENTRES

SERVICES FOR SENIORS
Activities, help lines, day centres, home care services

VIOLENCE AND SEXUAL ASSAULT
Referral, help lines, support centres

YOUTH CENTRES
Activity centres, day centres, clinics and protection services

YOUTH HELP LINES
Information, referral, counselling

OTHER HELPFUL RESOURCES
Adapted clothing, clothing banks, food delivery, funeral homes, government services, transport
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-TREMIBLES - PDQ 49
1498, boul. Saint-Jean-Baptiste
Montréal, QC H1B 4A4
Tel. 514-280-0149

RIVIÈRE-DES-PRAIRIES - PDQ 45
8200, boul. Maurice-Duplessis
Montréal, QC H1E 2Y5
Tel. 514-280-0145

ROSEMONT/LA PETITE PATRIE - PDQ 44
4807, rue Molson
Montréal, QC H1Y 0A2
Tel. 514-280-0144
SAINT-LÉONARD - PDQ 42
8181, boul. Lacordaire
Montréal, QC H1R 2A3
Tel. 514-280-0142

SAINT-MICHEL - PDQ 30
8930, boul. Pie-IX
Montréal, QC H1Z 4H9
Tel. 514-280-0130

CSSS AND THEIR RESPECTIVE SERVICES

CSSS LUCILLE-TEASDALE
www.cssslucilleteasdale.qc.ca

CLSC de Hochelaga-Maisonneuve
4201, Ontario Street Est
Montréal, Québec H1V 1K2
514 253-2181
Office hours: Monday-Friday 8:00-20:00 and 8:00-16:00 on weekends

CLSC Olivier-Guimond
5810, Sherbrooke Street East
Montréal, Québec H1N 1B2
514 255-2365
Office hours: Monday-Friday 8:00 – 20:00
**CLSC de Rosemont**
2909, Rachel Street East
Montréal, Québec H1W 0A9
514 524-3541
Office Hours: Monday-Friday 8:00 – 20:00

**CHSLD's**

**Centre d'hébergement Éloria-Lepage**
3090, avenue de la Pépinière
Montréal, Québec H1N 3N4
514 252-1710

**Centre d'hébergement Jeanne-Le Ber**
7445, Hochelaga Street
Montréal, Québec H1N 3V2
514 251-6000

**Centre d'hébergement Marie-Rollet**
5003, Saint-Zotique Street East
Montréal, Québec H1T 1N6
514 729-5281

**Centre d'hébergement Rousselot**
5655, Sherbrooke Street East
Montréal, Québec H1N 1A4
514 254-9421

**Centre d'hébergement J.-Henri Charbonneau**
3095, Sherbrooke Street East
Montréal, Québec H1W 1B2
514 523-1173
Centre d'hébergement de la Maison-Neuve
2300, Nicolet Street
Montréal, Québec H1W 3L4
514 527-2161

Centre d'hébergement Robert-Cliche
3730, de Bellechasse Street
Montréal, Québec H1X 3E5
514 374-8660

Walk-in Clinics

Clinique médicale 3000
3000 Bélanger Street
514 376-7702
Office hours: Monday-Friday 8:00-20:00
Weekend: 8:30-16:00

Clinique médicale Bélanger
3871 Bélanger Street, 3e étage
514 722-1166

Polyclinique Cabrini
5700 St-Zotique East, Suite 200
514 256-5700
Office hours: Monday-Friday 8:00-20:00
Weekend: 9:00-17:00

Polyclinique Rosemont
3377 boul. Rosemont
514 798-8688
Pavillon Rosemont, Unité de médecine familiale
5689 boul. Rosemont
514 374-7940

Clinique médicale Maisonneuve-Rosemont
5345 boul. l'Assomption, Suite 60
514 360-1435
Office hours: Monday-Sunday 8:00-20:00

Polyclinique Masson
3425, Masson Street, Suite 200
514 376-9961

Clinique médicale 3600
3600 Ontario Street East
514 526-6601

Clinique médicale Joliette
3841 Ontario Street East
514 524-3731
Office hours: Lundi au vendredi 8:00-17:00
Weekend: 8:00 à 16:00

Clinique médicale L'Espérance
4261 Ste-Catherine Street East
514 254-3686
Office hours: Monday-Friday 8:00-16:00

Clinique Angus
4101, Molson Street, suite 101
514 807-2333
Office hours: Monday-Friday 8:00-20:00
Weekend: 8:00-16:00
CSSS DE LA POINTE-DE-L'ÎLE
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, Bisaillon Street
Montréal, Québec H1K 4N2
514 354-5990

Centre d'hébergement François-Séguenot
13950, Notre-Dame Street East
Montréal, Québec H1A 1T5
514 642-4050

Centre d'hébergement Pierre-Joseph-Triest
4900, Lapointe Boulevard
Montréal, Québec H1K 4W9
514 353-1227

Walk-in Clinics

Centre médical Hochelaga
9080 Hochelaga Street
514-353-8742
Office hours: Monday-Thursday 9:00-21:00
Friday: 8:00-20:00
Weekend: 9:00-17:00

Polyclinique-réseau Pointe-aux-Trembles
12905 Sherbrooke Street East, Suite 103
514-498-4050
Office hours: Monday-Friday 8:00-20:00
Weekend: 8:00-16:00
CSSS DE SAINT-LÉONARD ET SAINT-MICHEL
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
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

http://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
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-Tétrauld 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

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**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.*

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**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.*

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**GAMBLING: HELP AND REFERRAL**

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

*jar@info-reference.qc.ca*

*www.jeu-aidereference.qc.ca*
Services: Information, listening, support, and referrals for compulsive gambling. 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
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
www.portage.ca
Services: Treatment center for addiction for adults and adolescents; assessment, therapy, aftercare follow-up and family services.
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.
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
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
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
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 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.

ARTHРИTIS 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.
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
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
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
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
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
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.
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-Renau 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.
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.

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**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.

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**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

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**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**
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
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
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
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
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
fgiammateo@centrelonardodavinci.com
www.centrelonardodavinci.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
www.montrealcitymission.org
Services: provide information, free legal help, youth programs, community resources
NATIVE FRIENDSHIP CENTRE OF MONTREAL
2001 Saint-Laurent Boulevard
Montréal, QC H2X 2T3
Tel. (514) 499 1854
Fax (514) 499 9436
info@nfcm.org
www.nfcm.org
Services: Outreach and awareness campaigns, help provided to individuals who have been exposed to violence, who are seeking a job, who are homeless, etc.

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-Favreaur 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.
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
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
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
www.protecteurducitoyen.qc.ca
Services: The Québec Ombudsman prevents and corrects errors or injustices committed against any individual or group of individuals in connection with a Québec government ministry or agency, or an establishment in the health and social services network.
CANADIAN ANTI-FRAUD CENTRE
Tel. 1 888 495 8501
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.
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
acsmmtl@cooptel.qc.ca - www.acsmmmontreal.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
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
Services: Provides information on mental health issues in a multicultural context.

MENTAL HEALTH FIRST AID CANADA
Toll Free: 1 866 989 3985
mhfa@mentalhealthcommission.ca
www.mentalhealthfirstaid.ca
Services: Courses on how to recognize the signs and symptoms of mental health problems, provide initial help and guide a person towards appropriate professional help.

QUALAXIA
www.qualaxia.org
Services: A virtual network promoting mental health and the prevention and treatment of the most common mental disorders. Information, references, videoconferences, publications and more.
AUTISM SPEAKS CANADA
Tel. (514) 587 6380 or 1 888 362 6227
montreal@autismspeaks.org
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 HANDICAPPÉS DU QUÉBEC
500 Réné-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
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
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
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
escc@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
Our Lady of Mont-Carmel Church  
7645 du Mans Street  
St. Léonard, QC  H1S 2A1  
Tel. (514) 256 3632

San Domenico Savio Church  
9190 rue Sainte-Claire  
Montréal, QC  H1L 1Z7  
Tel. (514) 351 5646

Our Lady of Consolata Church  
1700 rue Jean-Talon East  
Montréal, QC  H2E 1T2  
Tel. (514) 374-0122

CHRISTIAN BRETHREN CHURCH  
Rosemont Bible Church  
6000, 13th Avenue  
Montréal, QC  H1X 2Y5  
Tel. (514) 728 5911

PENTECOSTAL CHURCHES  
Emmanuel Pentecostal Church  
6550 boul Maurice-Duplessis  
Montreal-North, QC  H1G 6K9  
Tel. (514) 323 3087

Church of Pentecost Canada  
8586 – 10th Avenue  
Montréal, QC  H1Z 3B6  
Tel. (514) 278 9716
POLISH CHURCHES
Church of Polish National
3330 Laurier East
Montréal, QC H1X 1V2
Tel. (514) 524 9564

Our Lady of Czestochowa
2550 Gascon
Montréal, QC H2K 2W6
Tel. (514) 523 6368

PRESBYTERIAN CHURCH
Maisonneuve St. Chuthbert’s Presbyterian
1606 ave. Letourneux
Montréal, QC H1V 2M5
Tel. (514) 255 4100

UNITED CHURCHES
Trinity United Church
3050 Rosemont Blvd.
Montréal, QC H1Y 1M2
Tel. (514) 721 1830

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

UKRAINIAN CATHOLIC CHURCHES
St. Michael's Ukrainian Church of Montreal
2388 rue d'Iberville
Montréal, QC H2K 3C6
Tel. (514) 521 2234
Ukrainian Catholic
6185, 10th Avenue
Montréal, QC H1Y 2H5
Tel. (514) 593 0707

UKRAINIAN ORTHODOX CHURCH
Ukrainian Orthodox Cathedrale of Ste. Sophie
6520 boul. Saint-Michel
Montréal, QC H1Y 2E7
Tel. (514) 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.
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 CARACTÈRE SEXUEL 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
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.*
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
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
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
coffreauxtresordsduchainon@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
COMPTOIR FAMILIAL
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

COMPLEXE FUNÉRAIRE LORETO
4975 boul. Des Grands-Prairies
Montréal, QC  H1R 1A5
Tel. (514) 325 3535
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.
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
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
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
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 HIS 1V6
Tel. 1 800 361 7620
www.saaq.gouv.qc.ca
Services: Responsible for licensing drivers and vehicles. Administers driver’s licenses, vehicle licence plates and seeks to prevent road accidents.
SOCIÉTÉ DE TRANSPORT DE MONTRÉAL-STM
800, rue de la Gauchetière West
Montréal, QC H5A 1J6
Tel. (514) 280 8211
www.stm.info
Services: Bus, metro, adapted transit (paratransit), Navette Or, Opus ID card.
REISA's activities are funded by Health Canada.

8370 Lacordaire Boulevard, Suite 312
St-Léonard, Québec, H1R 3Y6
(514) 955 8370 # 2217
info@reisa.ca
www.reisa.ca