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## **Child, Youth and Family**

### **RECREATIONAL ACTIVITIES**

### **YOUTH CENTRES AND SUPPORT**

## Recreational Activities

### SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

514 905-2105 Fax: 514 905-2130

Website: crer.me

Email: info@crer.me

**Services:** \* Water activities, private swimming lessons and Aquafête party package. \* Sports and cultural activities for all. \* Day camp. \* Restaurant. \* Room rental. \* Arena.

**Capacity:** 600 people

**Coverage area:** Montréal-Est

**Hours:** administration: Monday to Friday 7h00 to 21h00

**Fees:** variable

**Financing:** municipal, self-financing, federal, provincial

**Legal status:** non-profit organization

## Youth Centres and Support

### SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

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**Capacity:** 600 people

**Coverage area:** Montréal-Est

**Hours:** administration: Monday to Friday 7h00 to 21h00

**Fees:** variable

**Financing:** municipal, self-financing, federal, provincial

**Legal status:** non-profit organization

**Community Action**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

## Community centres

### SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

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**Capacity:** 600 people

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**Fees:** variable

**Financing:** municipal, self-financing, federal, provincial

**Legal status:** non-profit organization

## Community development

### CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

**514 351-0836** Fax: 514 351-5375

**Website:** www.maisonechelon.ca

**Email:** cdj@maisonechelon.ca

**Services:** \* Computer lab. \* Weekly community meal. \* Collective kitchen. \* Personal growth workshop, relaxation and yoga. \* Support group for voice hearers. \* Coffee-meetings. \* Art workshops. \* Group and individual sports. \* Pool league. \* Room rental.

**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: \$5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization

### MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

**514 905-2000**

**Website:** ville.montreal-est.qc.ca

**Email:** loisirs@montreal-est.ca

**Services:** \* Community, sociocultural and sporting activities. \* Recreational centre, arena, swimming pools, parks, sports fields. \* Coordination with community organizations. \* Day camp. \* Hall rental. \* Events.

**Coverage area:** Montréal-Est

**Hours:** centre: Monday to Friday 7h00 to 23h00, Saturday and Friday 9h00 to 15h00, reception: Monday to Friday 8h30 to 21h30, Saturday and Sunday 9h00 to 15h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF  
ÉDOUARD-RIVET**

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

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**Website:** crer.me

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**Capacity:** 600 people

**Coverage area:** Montréal-Est

**Hours:** administration: Monday to Friday 7h00 to 21h00

**Fees:** variable

**Financing:** municipal, self-financing, federal, provincial

**Legal status:** non-profit organization

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**FOOD ASSISTANCE**

**FOOD ASSISTANCE COORDINATION**

**FOOD ASSISTANCE IN SCHOOLS**

**LOW COST OR FREE MEALS**



## Christmas basket

### ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

**514 564-5295** Fax: 514 645-4184

**Website:** www.actionsecours.ca

**Email:** serviceclientele@viedespoir.com

**Services:** \* Food counter with home delivery for people with reduced mobility. \* School lunches. \* Back-to-school sharing store: Operation Backpack. \* Sharing store and Christmas baskets. \* Healthy cooking workshops.

**Eligibility:** people on a low income

**Capacity:** 175 families

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00, food assistance appointment booking: Wednesday

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: \$5

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

## Collective kitchens and cooking workshops

### ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

**514 564-5295** Fax: 514 645-4184

**Website:** www.actionsecours.ca

**Email:** serviceclientele@viedespoir.com

**Services:** \* Food counter with home delivery for people with reduced mobility. \* School lunches. \* Back-to-school sharing store: Operation Backpack. \* Sharing store and Christmas baskets. \* Healthy cooking workshops.

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**Capacity:** 175 families

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00, food assistance appointment booking: Wednesday

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: \$5

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

### CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

**514 351-0836** Fax: 514 351-5375

**Website:** www.maisonechelon.ca

**Email:** cdj@maisonechelon.ca

**Services:** \* Computer lab. \* Weekly community meal. \* Collective kitchen. \* Personal growth workshop, relaxation and yoga. \* Support group for voice hearers. \* Coffee-meetings. \* Art workshops. \* Group and individual sports. \* Pool league. \* Room rental.

**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: \$5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization

## Food Assistance

### ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

**514 564-5295** Fax: 514 645-4184

**Website:** www.actionsecours.ca

**Email:** serviceclientele@viedespoir.com

**Services:** \* Food counter with home delivery for people with reduced mobility. \* School lunches. \* Back-to-school sharing store: Operation Backpack. \* Sharing store and Christmas baskets. \* Healthy cooking workshops.

**Eligibility:** people on a low income

**Capacity:** 175 families

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00, food assistance appointment booking: Wednesday

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: \$5

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

### OPÉRATION SAC À DOS - POINTE-AUX-TREMBLES

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

**514 564-5295**

**Website:** regroupementpartage.ca

**Email:** info@regroupementpartage.org

**Services:** \* Distribution of backpacks, school furniture and insulated lunch boxes to children of families in need. \* Sale of perishable and non-perishable food items at a low cost during the distribution.

**Eligibility:** families in need

**Coverage area:** Pointe-aux-Trembles

**Fees:** 10% of the cost of the groceries

**Financing:** self-financing, foundations, Centraide of Greater Montréal, fundraising campaigns, municipal, provincial, donations

**Legal status:** non-profit organization

## Food assistance coordination

### ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

**514 564-5295** Fax: 514 645-4184

**Website:** www.actionsecours.ca

**Email:** serviceclientele@viedespoir.com

**Services:** \* Food counter with home delivery for people with reduced mobility. \* School lunches. \* Back-to-school sharing store: Operation Backpack. \* Sharing store and Christmas baskets. \* Healthy cooking workshops.

**Eligibility:** people on a low income

**Capacity:** 175 families

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00, food assistance appointment booking: Wednesday

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: \$5

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

## Food assistance in schools

### ACTION SECOURS VIE D'ESPOIR

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

**514 564-5295** Fax: 514 645-4184

**Website:** www.actionsecours.ca

**Email:** serviceclientele@viedespoir.com

**Services:** \* Food counter with home delivery for people with reduced mobility. \* School lunches. \* Back-to-school sharing store: Operation Backpack. \* Sharing store and Christmas baskets. \* Healthy cooking workshops.

**Eligibility:** people on a low income

**Capacity:** 175 families

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00, food assistance appointment booking: Wednesday

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: \$5

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

## Low cost or free meals

### CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

**514 351-0836** Fax: 514 351-5375

**Website:** www.maisonechelon.ca

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**Services:** \* Computer lab. \* Weekly community meal. \* Collective kitchen. \* Personal growth workshop, relaxation and yoga. \* Support group for voice hearers. \* Coffee-meetings. \* Art workshops. \* Group and individual sports. \* Pool league. \* Room rental.

**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: \$5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization

### CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

**514 645-0402**

**Email:** peccia4@hotmail.com

**Services:** Social and recreational activities for seniors. \* Bowling. \* Thematic meals. \* Outings. \* Trips.

**Eligibility:** people 50 years and over

**Coverage area:** Montréal-Est

**Hours:** Monday to Friday 10h00 to 18h00

**Fees:** membership: \$10 per year

**Financing:** membership fees

**Legal status:** non-profit organization

**Government services**

**INCOME STATEMENTS**

**MUNICIPAL SERVICES**

## Income statements

### MONTRÉAL-EST - CITY

11370 Notre-Dame Street East, 5th floor, Montréal-Est, Montréal, QC, H1B 2W6

**514 905-2000** Fax: 514 905-2007

**Website:** ville.montreal-est.qc.ca

**Email:** servicescitoyens@montreal-est.ca

**Services:** Municipal service management. \* Municipal tax payment. \* Garbage collection. \* Construction permits.

**Coverage area:** Montréal-Est

**Hours:** Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 7h30 to 12h00 and 12h45 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

## Municipal services

### MONTRÉAL-EST - CITY

11370 Notre-Dame Street East, 5th floor, Montréal-Est, Montréal, QC, H1B 2W6

**514 905-2000** Fax: 514 905-2007

**Website:** ville.montreal-est.qc.ca

**Email:** servicescitoyens@montreal-est.ca

**Services:** Municipal service management. \* Municipal tax payment. \* Garbage collection. \* Construction permits.

**Coverage area:** Montréal-Est

**Hours:** Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00, summer: Monday to Thursday 7h30 to 12h00 and 12h45 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

### MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

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**Email:** loisirs@montreal-est.ca

**Services:** \* Community, sociocultural and sporting activities. \* Recreational centre, arena, swimming pools, parks, sports fields. \* Coordination with community organizations. \* Day camp. \* Hall rental. \* Events.

**Coverage area:** Montréal-Est

**Hours:** centre: Monday to Friday 7h00 to 23h00, Saturday and Friday 9h00 to 15h00, reception: Monday to Friday 8h30 to 21h30, Saturday and Sunday 9h00 to 15h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**Justice and Advocacy**

**SUPPORT FOR OFFENDERS**

## Support for offenders

### PAVILLON EMMANUEL-GRÉGOIRE

11430 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 5T5

**514 640-5361 ext. 301** Fax: 514 645-5101

**Website:** [www.s-e-g.ca](http://www.s-e-g.ca)

**Email:** [peg@s-e-g.ca](mailto:peg@s-e-g.ca)

**Services:** Residential community centre, housing services and social rehabilitation program.

**Eligibility:** ex-inmates under federal jurisdiction

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Financing:** federal

**Legal status:** non-profit organization

## **Mental Health and addictions**

### **COMMUNITY SUPPORT IN MENTAL HEALTH**



## Community support in mental health

### **CENTRE DE JOUR L'ÉCHELON**

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

**514 351-0836** Fax: 514 351-5375

**Website:** [www.maisonechelon.ca](http://www.maisonechelon.ca)

**Email:** [cdj@maisonechelon.ca](mailto:cdj@maisonechelon.ca)

**Services:** \* Computer lab. \* Weekly community meal. \* Collective kitchen. \* Personal growth workshop, relaxation and yoga. \* Support group for voice hearers. \* Coffee-meetings. \* Art workshops. \* Group and individual sports. \* Pool league. \* Room rental.

**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: \$5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization

## Seniors

### COMMUNITY AND RECREATION CENTRES

## Community and Recreation Centres

### CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

**514 645-0402**

**Email:** peccia4@hotmail.com

**Services:** Social and recreational activities for seniors. \* Bowling. \* Thematic meals. \* Outings. \* Trips.

**Eligibility:** people 50 years and over

**Coverage area:** Montréal-Est

**Hours:** Monday to Friday 10h00 to 18h00

**Fees:** membership: \$10 per year

**Financing:** membership fees

**Legal status:** non-profit organization

### SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

11111 Notre-Dame Street, Montréal-Est, Montréal, QC, H1B 2V7

**514 905-2105** Fax: 514 905-2130

**Website:** crer.me

**Email:** info@crer.me

**Services:** \* Water activities, private swimming lessons and Aquafête party package. \* Sports and cultural activities for all. \* Day camp. \* Restaurant. \* Room rental. \* Arena.

**Capacity:** 600 people

**Coverage area:** Montréal-Est

**Hours:** administration: Monday to Friday 7h00 to 21h00

**Fees:** variable

**Financing:** municipal, self-financing, federal, provincial

**Legal status:** non-profit organization

**Sports, Recreation and Culture**

**CLUBS AND SOCIAL EVENTS**

**COMMUNITY RECREATION CENTRES**

**DAY CAMPS AND SPECIALIZED CAMPS**

**HOBBIES**

**LIBRARIES**

**MUNICIPAL SPORTS AND RECREATION SERVICES**

**SPORT**

**SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY**

## Clubs and social events

### CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

**514 645-0402**

**Email:** peccia4@hotmail.com

**Services:** Social and recreational activities for seniors. \* Bowling. \* Thematic meals. \* Outings. \* Trips.

**Eligibility:** people 50 years and over

**Coverage area:** Montréal-Est

**Hours:** Monday to Friday 10h00 to 18h00

**Fees:** membership: \$10 per year

**Financing:** membership fees

**Legal status:** non-profit organization

## Community recreation centres

### CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

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**Coverage area:** Montréal-Est

**Hours:** Monday to Friday 10h00 to 18h00

**Fees:** membership: \$10 per year

**Financing:** membership fees

**Legal status:** non-profit organization

### SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET

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**Capacity:** 600 people

**Coverage area:** Montréal-Est

**Hours:** administration: Monday to Friday 7h00 to 21h00

**Fees:** variable

**Financing:** municipal, self-financing, federal, provincial

**Legal status:** non-profit organization

## Day camps and specialized camps

### MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

**514 905-2000**

**Website:** ville.montreal-est.qc.ca

**Email:** loisirs@montreal-est.ca

**Services:** \* Community, sociocultural and sporting activities. \* Recreational centre, arena, swimming pools, parks, sports fields. \* Coordination with community organizations. \* Day camp. \* Hall rental. \* Events.

**Coverage area:** Montréal-Est

**Hours:** centre: Monday to Friday 7h00 to 23h00, Saturday and Friday 9h00 to 15h00, reception: Monday to Friday 8h30 to 21h30, Saturday and Sunday 9h00 to 15h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## **SOCIÉTÉ RESSOURCES-LOISIRS DE POINTE-AUX-TREMBLES - CENTRE RÉCRÉATIF ÉDOUARD-RIVET**

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**Capacity:** 600 people

**Coverage area:** Montréal-Est

**Hours:** administration: Monday to Friday 7h00 to 21h00

**Fees:** variable

**Financing:** municipal, self-financing, federal, provincial

**Legal status:** non-profit organization

## **Hobbies**

### **CLUB DE L'ÂGE D'OR DE MONTRÉAL-EST**

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

**514 645-0402**

**Email:** peccia4@hotmail.com

**Services:** Social and recreational activities for seniors. \* Bowling. \* Thematic meals. \* Outings. \* Trips.

**Eligibility:** people 50 years and over

**Coverage area:** Montréal-Est

**Hours:** Monday to Friday 10h00 to 18h00

**Fees:** membership: \$10 per year

**Financing:** membership fees

**Legal status:** non-profit organization

## **Libraries**

### **MONTRÉAL-EST PUBLIC LIBRARY**

11370 Notre-Dame Street East, 3rd floor, Montréal-Est, Montréal, QC, H1B 2W6

**514 905-2145**

**Website:** montreal.est.bibliomondo.com

**Email:** bibliotheque.montreal-est@montreal-est.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Computers and Internet access. \* Academic support and creative activities. \* Une naissance, un livre.

**Coverage area:** Montréal-Est

**Hours:** Monday to Friday 10h00 to 19h00, Saturday 9h00 to 17h00, summer: Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 17h00

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## Municipal sports and recreation services

### MONTRÉAL-EST - LOISIRS ET CULTURE

11111 Notre-Dame Street East, Montréal-Est, Montréal, QC, H1B 2V7

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**Services:** \* Community, sociocultural and sporting activities. \* Recreational centre, arena, swimming pools, parks, sports fields. \* Coordination with community organizations. \* Day camp. \* Hall rental. \* Events.

**Coverage area:** Montréal-Est

**Hours:** centre: Monday to Friday 7h00 to 23h00, Saturday and Friday 9h00 to 15h00, reception: Monday to Friday 8h30 to 21h30, Saturday and Sunday 9h00 to 15h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## Sport

### CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

**514 351-0836** Fax: 514 351-5375

**Website:** www.maisonechelon.ca

**Email:** cdj@maisonechelon.ca

**Services:** \* Computer lab. \* Weekly community meal. \* Collective kitchen. \* Personal growth workshop, relaxation and yoga. \* Support group for voice hearers. \* Coffee-meetings. \* Art workshops. \* Group and individual sports. \* Pool league. \* Room rental.

**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: \$5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### CENTRE DE JOUR L'ÉCHELON

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

**514 351-0836** Fax: 514 351-5375

**Website:** www.maisonechelon.ca

**Email:** cdj@maisonechelon.ca

**Services:** \* Computer lab. \* Weekly community meal. \* Collective kitchen. \* Personal growth workshop, relaxation and yoga. \* Support group for voice hearers. \* Coffee-meetings. \* Art workshops. \* Group and individual sports. \* Pool league. \* Room rental.

**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: \$5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization



**Thrift store and material aid**

**SCHOOL SUPPLIES**

## School supplies

### **ACTION SECOURS VIE D'ESPOIR**

35 Marien Avenue, Montréal-Est, Montréal, QC, H1B 4T8

**514 564-5295** Fax: 514 645-4184

**Website:** [www.actionsecours.ca](http://www.actionsecours.ca)

**Email:** [serviceclientele@viedespoir.com](mailto:serviceclientele@viedespoir.com)

**Services:** \* Food counter with home delivery for people with reduced mobility. \* School lunches. \* Back-to-school sharing store: Operation Backpack. \* Sharing store and Christmas baskets. \* Healthy cooking workshops.

**Eligibility:** people on a low income

**Capacity:** 175 families

**Coverage area:** Montréal-Est, Pointe-aux-Trembles

**Hours:** food distribution: Thursday 13h00 to 16h00, food assistance appointment booking: Wednesday

**Fees:** sharing store: 10% of the actual cost of groceries, food baskets: \$5

**Financing:** provincial, municipal, foundations, donations

**Legal status:** non-profit organization

## **Violence and abuse**

### **THERAPY AND COUNSELLING**

## Therapy and counselling

### **CENTRE DE JOUR L'ÉCHELON**

516 Georges-V Avenue East, Montréal-Est, Montréal, QC, H1L 3T6

**514 351-0836** Fax: 514 351-5375

**Website:** [www.maisonechelon.ca](http://www.maisonechelon.ca)

**Email:** [cdj@maisonechelon.ca](mailto:cdj@maisonechelon.ca)

**Services:** \* Computer lab. \* Weekly community meal. \* Collective kitchen. \* Personal growth workshop, relaxation and yoga. \* Support group for voice hearers. \* Coffee-meetings. \* Art workshops. \* Group and individual sports. \* Pool league. \* Room rental.

**Eligibility:** adults living with mental health problems

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 21h00

**Fees:** membership: \$5 per semester, other activities: variable

**Financing:** grants, donations, contributions, provincial

**Legal status:** non-profit organization

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