



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTRÉAL / MONTRÉAL / MONTRÉAL-NORD



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WWW.211.QC.CA

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Summary

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1

514 864-2111 ext. 6400 Fax: 514 864-8922

Website: www.aidejuridiquedemontreal.ca/en

Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Daycare and respite

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cfclaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS

11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1

514 303-8333 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: * Integration support and referral. * Donations of clothes. * Respite. * Baby massage course.

Eligibility: parents and children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Saturday and Sunday: occasional activities

Fees: membership: \$7 per year, free for asylum seekers in Québec for less than a year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

MAISON SAM X

6237 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8

514 328-8795

Email: creationsamx@hotmail.ca

Services: Multicultural organization. * French courses. * Literacy program. * Introduction to English. * Sewing workshop. * Computer workshop. * Drop-in daycare.

Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: \$25

Financing: provincial, grants

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

RAYON DE SOLEIL À MONTRÉAL-NORD (UN)

12167 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 564-2385

Email: scolairerds@videotron.ca

Services: Affordable housing for young single mothers, subsidized by the Office Municipal d'Habitation. * Childcare available for residents and non-residents. * Psychosocial support.

Eligibility: young single mothers 17 to 40 years old who are studying full time and are eligible under the conditions of the OMH

Capacity: 24 apartments 4½

Coverage area: Montréal-Nord

Hours: administration: variable

Fees: 25% of income

Financing: municipal

Legal status: non-profit organization

Family Support**CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD**

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE MONTRÉAL-NORD

6336 Chartrand Street, Apartment 1, Montréal-Nord, Montréal, QC, H1G 3P6

514 303-3351

Website: pediatriesocialemn.org

Services: * Reception, clinical assessment and assistance for vulnerable children and families. * Parent-child stimulation workshops. * Psychomotricity workshops. * School-family-community agent project: support and accompaniment of families and school teams by an agent to promote educational success.

Eligibility: children, families, stimulation workshops: children 1 to 5 years old, psychomotricity workshops: children 4 to 5 years old who are beginning school and who present an adaptation challenge, agent project: children 6 to 12 years old, parents, schools

Coverage area: Montréal-Nord

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

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Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepents.org

Email: info@entrepents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

FONDATION DE LA VISITE

11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1

514 329-2800 Fax: 514 329-4522

Website: delavisite.org

Email: fondation@delavisite.org

Services: Home support and accompaniment for pregnant women and parents of newborns. * Visiting mother and father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parental experience enrichment program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.

Eligibility: pregnant women, parents of newborns

Coverage area: Bordeaux-Cartierville, Dorval, Hochelaga-Maisonneuve, Montréal-Nord, Notre-Dame-de-Grâce, Côte-Saint-Luc, Lachine, Saint-Pierre, Côte-des-Neiges, Saint-Laurent

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Email: ifacef@ifacef.com

Services: * Individual, couple and family therapy. * Psychodrama. * Parental coaching. * Schools: intervention with students, professional development programs for teachers and non-teaching staff, supervision and evaluation. * Services for youth centres. * Training and workshops for community organizations. * Psychotherapy training. * Clinical supervision with counsellors. * Conferences and training.

Eligibility: children, families, schools, youth centres, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: grants, self-financing

Legal status: non-profit organization

JOUJOUTHÈQUE SAINT-MICHEL - POINT DE SERVICE EST

10200 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 3Z1

514 922-9974

Website: lajoujouthequestmichel.qc.ca

Email: joujouthequestmichel@bellnet.ca

Services: * Toy and book loans. * Parent-child workshops and activities. * Parental guidance.

Eligibility: children aged 0 to 12 years old and their parents

Coverage area: parent-child activities: Saint-Michel, toy loans: Montréal Island

Hours: variable, see website

Fees: membership card: \$5

Financing: provincial, Centraide du Grand Montréal

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE MONTRÉAL-NORD

4896 de Charleroi Street, Montréal-Nord, Montréal, QC, H1G 2Y7

514 903-4896

Website: maisonbleue.info/en/

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

Eligibility: pregnant people living in a vulnerable situation and who need accompaniment, their families, activities for children and for parents and children: peoples that are followed by the organization

Coverage area: Montréal-Nord

Hours: Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Website: maisondesparents.com

Email: info@maisondesparents.com

Services: Accompaniment and preparation of the parents. * Individual support. * Group meetings. * Conferences. * Special projects aimed at developing the social skills of youth.

Eligibility: families

Coverage area: île de Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY

5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 328-4000 ext. 4125

Website: montreal.ca/en/places/bibliotheque-henri-bourassa

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Work rooms. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Biblio-jeux: language development program for preschoolers. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

Juvenile Delinquency

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PISISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PISISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciairisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciairisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciairisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

MAISONS DE TRANSITION DE MONTRÉAL

6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8

514 326-8400 Fax: 514 326-8402

Website: www.maisonsdetransitiondemontreal.com

Email: administration@mssl-assl.com

Services: Crime prevention centre. * Social and community reintegration for offenders. * Community cooperation and organization. * Training and internships for counsellors.

Eligibility: social reintegration: men at risk of delinquency, male offenders

Coverage area: Montréal

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD

6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3

514 280-0139 Fax: 514 280-0639

Website: spvm.qc.ca/en/PDQ39

Email: pdq39@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Montréal-Nord

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Maternity support and adoption

ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1

438 375-7444

Website: coopdesolidariteeconord.com

Email: accueilrolland.econord@gmail.com

Services: Awareness, information and citizen committees about various ecological aspects of the community.

* Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery. *

Cleaning and embellishment. * Promotion of environmental citizen action. * Collection of batteries and Arpe Québec drop point for electronic and computer material. * Workshops for schools and organizations, information booths. * Loan of tools for cleaning chores. * Grants for the purchase of sustainable hygiene products:

washable diapers, menstrual products, incontinence products. * Education and advice on urban agriculture. *

Education and awareness about the importance of composting.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Tuesday to Friday 10h00 to 16h30

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepaires.org

Email: info@entrepaires.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS

11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1

514 303-8333 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: * Integration support and referral. * Donations of clothes. * Respite. * Baby massage course.

Eligibility: parents and children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Saturday and Sunday: occasional activities

Fees: membership: \$7 per year, free for asylum seekers in Québec for less than a year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

FONDATION DE LA VISITE

11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1

514 329-2800 Fax: 514 329-4522

Website: delavisite.org

Email: fondation@delavisite.org

Services: Home support and accompaniment for pregnant women and parents of newborns. * Visiting mother and father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parental experience enrichment program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.

Eligibility: pregnant women, parents of newborns

Coverage area: Bordeaux-Cartierville, Dorval, Hochelaga-Maisonneuve, Montréal-Nord, Notre-Dame-de-Grâce, Côte-Saint-Luc, Lachine, Saint-Pierre, Côte-des-Neiges, Saint-Laurent

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1

514 864-2111 ext. 6400 Fax: 514 864-8922

Website: www.aidejuridiquedemontreal.ca/en

Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE MONTRÉAL-NORD

4896 de Charleroi Street, Montréal-Nord, Montréal, QC, H1G 2Y7

514 903-4896

Website: maisonbleue.info/en/

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

Eligibility: pregnant people living in a vulnerable situation and who need accompaniment, their families, activities for children and for parents and children: peoples that are followed by the organization

Coverage area: Montréal-Nord

Hours: Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Website: maisondesparents.com

Email: info@maisondesparents.com

Services: Accompaniment and preparation of the parents. * Individual support. * Group meetings. * Conferences. * Special projects aimed at developing the social skills of youth.

Eligibility: families

Coverage area: île de Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Parenting Education**CENTRE DE PÉDIATRIE SOCIALE DE MONTRÉAL-NORD**

6336 Chartrand Street, Apartment 1, Montréal-Nord, Montréal, QC, H1G 3P6

514 303-3351

Website: pediatriesociale.mn.org

Services: * Reception, clinical assessment and assistance for vulnerable children and families. * Parent-child stimulation workshops. * Psychomotricity workshops. * School-family-community agent project: support and accompaniment of families and school teams by an agent to promote educational success.

Eligibility: children, families, stimulation workshops: children 1 to 5 years old, psychomotricity workshops: children 4 to 5 years old who are beginning school and who present an adaptation challenge, agent project: children 6 to 12 years old, parents, schools

Coverage area: Montréal-Nord

Hours: Monday to Friday, variable hours

Fees: none

Financing: donations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 **Fax:** 514 329-0638

Website: www.entrepailleurs.org

Email: info@entrepailleurs.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS

11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1

514 303-8333 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: * Integration support and referral. * Donations of clothes. * Respite. * Baby massage course.

Eligibility: parents and children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Saturday and Sunday: occasional activities

Fees: membership: \$7 per year, free for asylum seekers in Québec for less than a year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

FONDATION DE LA VISITE

11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1

514 329-2800 Fax: 514 329-4522

Website: delavisite.org

Email: fondation@delavisite.org

Services: Home support and accompaniment for pregnant women and parents of newborns. * Visiting mother and father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parental experience enrichment program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.

Eligibility: pregnant women, parents of newborns

Coverage area: Bordeaux-Cartierville, Dorval, Hochelaga-Maisonneuve, Montréal-Nord, Notre-Dame-de-Grâce, Côte-Saint-Luc, Lachine, Saint-Pierre, Côte-des-Neiges, Saint-Laurent

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE MONTRÉAL-NORD

4896 de Charleroi Street, Montréal-Nord, Montréal, QC, H1G 2Y7

514 903-4896

Website: maisonbleue.info/en/

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

Eligibility: pregnant people living in a vulnerable situation and who need accompaniment, their families, activities for children and for parents and children: peoples that are followed by the organization

Coverage area: Montréal-Nord

Hours: Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Website: maisondesparents.com

Email: info@maisondesparents.com

Services: Accompaniment and preparation of the parents. * Individual support. * Group meetings. * Conferences. * Special projects aimed at developing the social skills of youth.

Eligibility: families

Coverage area: île de Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

Recreational Activities

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepents.org

Email: info@entrepents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

JOUJOUTHÈQUE SAINT-MICHEL - POINT DE SERVICE EST

10200 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 3Z1

514 922-9974

Website: lajoujouthequestmichel.qc.ca

Email: joujouthequestmichel@bellnet.ca

Services: * Toy and book loans. * Parent-child workshops and activities. * Parental guidance.

Eligibility: children aged 0 to 12 years old and their parents

Coverage area: parent-child activities: Saint-Michel, toy loans: Montréal Island

Hours: variable, see website

Fees: membership card: \$5

Financing: provincial, Centraide du Grand Montréal

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE MONTRÉAL-NORD

4896 de Charleroi Street, Montréal-Nord, Montréal, QC, H1G 2Y7

514 903-4896

Website: maisonbleue.info/en/

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

Eligibility: pregnant people living in a vulnerable situation and who need accompaniment, their families, activities for children and for parents and children: peoples that are followed by the organization

Coverage area: Montréal-Nord

Hours: Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY

5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 328-4000 ext. 4125

Website: montreal.ca/en/places/bibliotheque-henri-bourassa

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Work rooms. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Biblio-jeux: language development program for preschoolers. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY

10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7

514 328-4000 ext. 4140

Website: montreal.ca/en/places/bibliotheque-belleville

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE JULIO-JEAN-PIERRE

12002 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000

Website: montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for seniors 65 years and over or people with limited mobility. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments. * Computers, Internet access and printing devices. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY

4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2

514 328-4000 ext. 4135

Website: montreal.ca/en/places/bibliotheque-yves-ryan

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed on Saturdays and Sundays, médialab: mid-January to mid-June, Thursday 15h30 to 18h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

Youth Centres and Support

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PISISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PISISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

COUP DE POUCE JEUNESSE DE MONTRÉAL-NORD

11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3

514 321-8054 Fax: 514 321-6550

Website: www.coupdepoucejeunesse.com

Email: info@coupdepoucejeunesse.com

Services: * Voluntary commitment providing support to a vulnerable segment of the community. * Peer helpers in the Henri-Bourassa and Calixa-Lavallée high schools. * Place à l'entraide!: project for the citizen involvement of the Place Normandie's families also offering homework assistance to resident's children. * J'arrive!: support for the social and academic integration of students enrolled in reception classes and newcomers. * Transition primaire-secondaire: support for vulnerable young people in their transition from elementary to high school. * Agente école famille communautaire: support for newcomer or vulnerable families in their integration process and their understanding of Quebec's school system to promote the educational success of their child.

Eligibility: teenagers from 12 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

MAISON DES JEUNES L'OUVERTURE

11117 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T7

514 327-0446

Website: www.mdjlouverture.org

Email: info@mdjlouverture.org

Services: Socioeducational, educational, recreational and sports activities.

Eligibility: youth 12 to 17 years old

Coverage area: Montréal-Nord and surroundings

Hours: Monday to Friday 12h00 to 20h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL

11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3

514 324-8112

Website: www.cafejeunessemulticulturel.org

Email: info@cafejeunessemulticulturel.org

Services: Meeting and cultural understanding place for youth from different cultures. * Social, cultural, educational and sporting activities. * Street work. * Citizen meetings. * Music festival.

Eligibility: youth 13 to 30 years old from various cultures

Capacity: 99

Coverage area: Montréal-Nord

Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00 (according to scheduled activities),
administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, federal, municipal

Legal status: non-profit organization

Youth Employment**CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL**

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6

514 327-5555 Fax: 514 327-4224

Website: www.cjebourassasauve.com

Email: emploi@cjebourassasauve.com

Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people with less than a high school diploma, immigrants, asylum seekers with work permits and visible minorities. * Academic and vocational guidance. * Introductory computer workshops. * French conversation workshops. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

Eligibility: young adults 15 to 35 years old

Capacity: 25 people

Coverage area: Montréal-Nord, Ahuntsic-Est

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

Youth Shelters and Support**AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE**

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Email: ifacef@ifacef.com

Services: * Individual, couple and family therapy. * Psychodrama. * Parental coaching. * Schools: intervention with students, professional development programs for teachers and non-teaching staff, supervision and evaluation. * Services for youth centres. * Training and workshops for community organizations. * Psychotherapy training. * Clinical supervision with counsellors. * Conferences and training.

Eligibility: children, families, schools, youth centres, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: grants, self-financing

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1

438 375-7444

Website: coopdesolidariteeconord.com

Email: accueilrolland.econord@gmail.com

Services: Awareness, information and citizen committees about various ecological aspects of the community.

* Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery. *

Cleaning and embellishment. * Promotion of environmental citizen action. * Collection of batteries and Arpe Québec drop point for electronic and computer material. * Workshops for schools and organizations, information booths. * Loan of tools for cleaning chores. * Grants for the purchase of sustainable hygiene products: washable diapers, menstrual products, incontinence products. * Education and advice on urban agriculture. * Education and awareness about the importance of composting.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Tuesday to Friday 10h00 to 16h30

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

PAROLE D'EXCLUS

11460 Pelletier Avenue, Suite 201, Montréal-Nord, Montréal, QC, H1H 3S4

514 759-0726

Website: www.parole-dexclues.ca

Email: communications@parole-dexclues.ca

Services: Fight against poverty and social exclusion through citizen mobilization. * Citizen mobilization and action research on issues such as racism, mental health, food aid, employment assistance, etc.

Eligibility: residents

Coverage area: Greater Montréal, priority to Montréal-Nord

Hours: Tuesday to Friday 9h30 to 16h00

Fees: none

Financing: dons, campagnes de financement

Legal status: non-profit organization

TABLE DE QUARTIER MONTRÉAL-NORD

12004 Rolland Boulevard, Suite 211, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5624 Fax: 514 328-5644

Website: tqmns.org

Email: direction@tqmns.org

Services: Roundtable. * Promotion of residents' involvement and mobilization. * Promotion of the development of a healthy community. * Promotion of interculturality.

Eligibility: community organizations, residents

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, municipal, foundations

Legal status: non-profit organization

Community centres

AMOUR EN ACTION (L')

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4

514 327-0200

Website: www.lamourenaction.org

Email: amouraction@gmail.com

Services: * Emergency shelter. * Regular and emergency food assistance. * Community meals. * Warming centre: reception of people during winter to sleep, wash, eat and wash their clothes. * Social activities. * Individual counselling. * Outreach workers on site. * Peer Helpers: free lawn mowing, yard clean-up, weeding, outdoor window washing provided by people experiencing homelessness for people in the neighbourhood.

Eligibility: people on a low income, warming centre: men and women 16 years and older

Capacity: 40 beds, winter: 72 beds

Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray

Hours: emergency shelter: 24 hours / 7 days, warming centre: 7 days, 20h00 to 8h00 from November 1st 2023 to April 30th 2024

Fees: food bank: voluntary contribution of \$5

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

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

Community development

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

Information and referral

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusss-nordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

FONDATION DE LA VISITE

11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1

514 329-2800 Fax: 514 329-4522

Website: delavisite.org

Email: fondation@delavisite.org

Services: Home support and accompaniment for pregnant women and parents of newborns. * Visiting mother and father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parental experience enrichment program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.

Eligibility: pregnant women, parents of newborns

Coverage area: Bordeaux-Cartierville, Dorval, Hochelaga-Maisonneuve, Montréal-Nord, Notre-Dame-de-Grâce, Côte-Saint-Luc, Lachine, Saint-Pierre, Côte-des-Neiges, Saint-Laurent

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ORGANISME POUR L'INTÉGRATION, LA CITOYENNETÉ ET L'INCLUSION (L')

5835 Léger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1

514 955-5454

Website: www.licimontrealnord.org

Email: info@licimontrealnord.org

Services: * Welcoming and integration assistance for newcomers. * Intervention and individual support. * Personalized accompaniment for immigration procedures: work permit, permanent residency card, sponsorship, citizenship application. * Group workshops. * Recreational activities and outings. * Citizens' committee. * Housing search assistance for asylum seekers. * Documents certification. * Referral to services and programs offered by the government and community resources.

Eligibility: permanent residents under five years, foreign students, temporary workers, asylum seekers

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

Volunteering and volunteer centres

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

COUP DE POUCE JEUNESSE DE MONTRÉAL-NORD

11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3

514 321-8054 Fax: 514 321-6550

Website: www.coupdepoucejeunesse.com

Email: info@coupdepoucejeunesse.com

Community Action

Services: * Voluntary commitment providing support to a vulnerable segment of the community. * Peer helpers in the Henri-Bourassa and Calixa-Lavallée high schools. * Place à l'entraide!: project for the citizen involvement of the Place Normandie's families also offering homework assistance to resident's children. * J'arrive!: support for the social and academic integration of students enrolled in reception classes and newcomers. * Transition primaire-secondaire: support for vulnerable young people in their transition from elementary to high school. * Agente école famille communautaire: support for newcomer or vulnerable families in their integration process and their understanding of Quebec's school system to promote the educational success of their child.

Eligibility: teenagers from 12 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

Disability

LANGUAGE DISORDERS

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THERAPY AND REHABILITATION CENTRES

Language disorders

CENTRE OF DREAMS AND HOPES

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: centreofdreamsandhopes.org

Email: admincdh@centreofdreamsandhopes.org

Services: Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program.

Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$50, activities: variable

Financing: foundations, grants, membership fees, fundraising campaigns

Legal status: non-profit organization

Recreation and camps

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX

4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1

1 888 852-9297 Fax: 514 323-1231

Website: www.agir.ca

Email: reins@agir.ca

Services: Information, support and referral over the phone or on site. * Monthly mutual aid and support groups for people and their close ones. * New patient assistance committee. * Management portal for displacement requests between dialysis centres. * Social activities. * Annual holiday camp. * Monthly meetings. * Seminars. * Annual dinner.

Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month

Fees: annual membership: \$10

Financing: donations, grants, fundraising campaigns, membership fees

Legal status: non-profit organization

CENTRE OF DREAMS AND HOPES

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: centreofdreamsandhopes.org

Email: admincdh@centreofdreamsandhopes.org

Services: Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program.

Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$50, activities: variable

Financing: foundations, grants, membership fees, fundraising campaigns

Legal status: non-profit organization

CENTRE OF DREAMS AND HOPES FOUNDATION

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: www.centreofdreamsandhopes.org

Email: kids@eastfoundation.ca

Services: Developmental support for children and adults living with a disability. * Therapeutic and recreational services.

Eligibility: children, teenagers and adults living with an intellectual disability, a physical handicap or an autism spectrum disorder, parents, caregivers

Coverage area: East of Montréal

Hours: Monday to Friday 9h00 to 16h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Respite services and housing**CENTRE OF DREAMS AND HOPES**

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: centreofdreamsandhopes.org

Email: admincdh@centreofdreamsandhopes.org

Services: Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program.

Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$50, activities: variable

Financing: foundations, grants, membership fees, fundraising campaigns

Legal status: non-profit organization

Support Associations

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX

4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1

1 888 852-9297 Fax: 514 323-1231

Website: www.agir.ca

Email: reins@agir.ca

Services: Information, support and referral over the phone or on site. * Monthly mutual aid and support groups for people and their close ones. * New patient assistance committee. * Management portal for displacement requests between dialysis centres. * Social activities. * Annual holiday camp. * Monthly meetings. * Seminars. * Annual dinner.

Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month

Fees: annual membership: \$10

Financing: donations, grants, fundraising campaigns, membership fees

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial
Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambinerias: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

FONDATION DE LA VISITE

11832 Bellevois Avenue, Montréal-Nord, Montréal, QC, H1H 3G1

514 329-2800 Fax: 514 329-4522

Website: delavisite.org

Email: fondation@delavisite.org

Services: Home support and accompaniment for pregnant women and parents of newborns. * Visiting mother and father: home visits and accompaniment, phone support, information and referrals to the neighborhood resources. * Nobody's Perfect: parental experience enrichment program. * Support groups and coffee-meetings for families. * Distribution of maternity kits to pregnant women referred by health and community resources.

Eligibility: pregnant women, parents of newborns

Coverage area: Bordeaux-Cartierville, Dorval, Hochelaga-Maisonneuve, Montréal-Nord, Notre-Dame-de-Grâce, Côte-Saint-Luc, Lachine, Saint-Pierre, Côte-des-Neiges, Saint-Laurent

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

GROUPE D'ENTRAIDE ALZHEIMER DE MONTRÉAL-NORD

12004 Roland Boulevard, Montréal-Nord, Montréal, QC, H1G 4Y3

450 963-6375

Email: moniquehuguette@bell.net

Services: Monthly self-help group. * Monthly meeting group for caregivers. * Information on the disease and on rights. * Conferences.

Eligibility: caregivers of a senior with Alzheimer's or a related cognitive disease

Capacity: about 30 people

Coverage area: Ahuntsic, Montréal-Nord

Hours: September to June: 2nd Monday of the month, daytime, except for October: 3rd Monday

Fees: contribution: \$8 per year

Financing: donations, membership fees

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE MONTRÉAL-NORD

4896 de Charleroi Street, Montréal-Nord, Montréal, QC, H1G 2Y7

514 903-4896

Website: maisonbleue.info/en/

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

Eligibility: pregnant people living in a vulnerable situation and who need accompaniment, their families, activities for children and for parents and children: peoples that are followed by the organization

Coverage area: Montréal-Nord

Hours: Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Website: maisondesparents.com

Email: info@maisondesparents.com

Services: Accompaniment and preparation of the parents. * Individual support. * Group meetings. * Conferences. * Special projects aimed at developing the social skills of youth.

Eligibility: families

Coverage area: île de Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3
514 329-5044 Fax: 514 329-4954
Website: www.centremultiethnic-mtl.org
Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

Support and integration organizations

CENTRE OF DREAMS AND HOPES

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200 Fax: 514 327-4888
Website: centreofdreamsandhopes.org
Email: admincdh@centreofdreamsandhopes.org

Services: Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program.

Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$50, activities: variable

Financing: foundations, grants, membership fees, fundraising campaigns

Legal status: non-profit organization

CENTRE OF DREAMS AND HOPES FOUNDATION

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8
514 327-6667 ext. 200 Fax: 514 327-4888
Website: www.centreofdreamsandhopes.org
Email: kids@eastfoundation.ca

Services: Developmental support for children and adults living with a disability. * Therapeutic and recreational services.

Eligibility: children, teenagers and adults living with an intellectual disability, a physical handicap or an autism spectrum disorder, parents, caregivers

Coverage area: East of Montréal

Hours: Monday to Friday 9h00 to 16h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Therapy and rehabilitation centres

CENTRE OF DREAMS AND HOPES

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: centreofdreamsandhopes.org

Email: admincdh@centreofdreamsandhopes.org

Services: Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program.

Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$50, activities: variable

Financing: foundations, grants, membership fees, fundraising campaigns

Legal status: non-profit organization

HÔPITAL MARIE-CLARAC

3530 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1B7

514 321-8800

Website: hopitalmarie-clarac.qc.ca

Services: Short-term rehabilitation care. * Intensive functional rehabilitation and post-acute care, physiotherapy, occupational therapy, social work, psychology. * Medical imaging, clinical nutrition, pharmacy. * Oasis de paix: palliative care.

Eligibility: adults with a loss of functional autonomy following an illness or surgery and in need of rehabilitation care, people at the end of life

Coverage area: Montréal Island

Financing: provincial, foundations

Legal status: parapublic organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

Academic and vocational guidance

IMPULSION-TRAVAIL

5181 Amiens Street, Suite 300, Montréal-Nord, Montréal, QC, H1G 6N9

514 327-1363 Fax: 514 327-4542

Website: www.impulsion-travail.com

Email: reception@impulsion-travail.com

Services: * 5-week job search groups. * Individual accompaniment for people 35 years old and over. * Individual professional guidance and skill assessment. * Resume writing and preparation for interviews.

Eligibility: adults 30 years and over

Coverage area: East of Montréal Island, priority to Montréal-Nord and Rivière-des-Prairies

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 virtually, summer: closed on Friday afternoon

Fees: free with the financial participation of Service Québec

Financing: provincial

Legal status: non-profit organization

Computer workshops

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h30 to 17h00
Fees: none
Financing: municipal, donations
Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1
514 328-4000 ext. 5579 Fax: 514 328-5644
Website: www.uipt.ca
Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old
Coverage area: Montréal-Nord
Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00
Fees: none
Financing: Centraide of Greater Montréal, municipal
Legal status: non-profit organization

MAISON SAM X

6237 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8
514 328-8795
Email: creationsamx@hotmail.ca

Services: Multicultural organization. * French courses. * Literacy program. * Introduction to English. * Sewing workshop. * Computer workshop. * Drop-in daycare.

Eligibility: general public
Capacity: 200 people per day
Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 16h00
Fees: \$25
Financing: provincial, grants
Legal status: non-profit organization

Difficulties and learning disabilities

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5
514 858-2446
Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/
Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old
Coverage area: Greater Montréal
Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00
Fees: none

Financing: provincial

Legal status: parapublic organization

CENTRE OF DREAMS AND HOPES

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: centreofdreamsandhopes.org

Email: admincdh@centreofdreamsandhopes.org

Services: Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program.

Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$50, activities: variable

Financing: foundations, grants, membership fees, fundraising campaigns

Legal status: non-profit organization

Homework assistance and tutoring

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PASISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PASISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

COUP DE POUCE JEUNESSE DE MONTRÉAL-NORD

11121 Salk Avenue, Suite 112, Montréal-Nord, Montréal, QC, H1G 4Y3

514 321-8054 Fax: 514 321-6550

Website: www.coupdepoucejeunesse.com

Email: info@coupdepoucejeunesse.com

Services: * Voluntary commitment providing support to a vulnerable segment of the community. * Peer helpers in the Henri-Bourassa and Calixa-Lavallée high schools. * Place à l'entraide!: project for the citizen involvement of the Place Normandie's families also offering homework assistance to resident's children. * J'arrive!: support for the social and academic integration of students enrolled in reception classes and newcomers. * Transition primaire-secondaire: support for vulnerable young people in their transition from elementary to high school. * Agente école famille communautaire: support for newcomer or vulnerable families in their integration process and their understanding of Quebec's school system to promote the educational success of their child.

Eligibility: teenagers from 12 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepresents.org

Email: info@entrepresents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8

438 289-3953

Website: visioncharitable.info

Email: contact@visioncharitable.info

Services: * Food assistance. * Sponsorship of children. * Distribution of meals and meals on site. * Homework assistance. * Job search assistance: resume writing and interview preparation. * School support for children. * Collective kitchens.

Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: \$10 per year, food basket: \$5 per week

Financing: donations

Legal status: non-profit organization

Language courses

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6

514 327-5555 Fax: 514 327-4224

Website: www.cjebourassasauve.com

Email: emploi@cjebourassasauve.com

Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people with less than a high school diploma, immigrants, asylum seekers with work permits and visible minorities. * Academic and vocational guidance. * Introductory computer workshops. * French conversation workshops. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

Eligibility: young adults 15 to 35 years old

Capacity: 25 people

Coverage area: Montréal-Nord, Ahuntsic-Est

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PISISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PISISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

MAISON SAM X

6237 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8

514 328-8795

Email: creationsamx@hotmail.ca

Services: Multicultural organization. * French courses. * Literacy program. * Introduction to English. * Sewing workshop. * Computer workshop. * Drop-in daycare.

Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: \$25

Financing: provincial, grants

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

Literacy**CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD**

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PISISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PISISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepains.org

Email: info@entrepains.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

MAISON SAM X

6237 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8

514 328-8795

Email: creationsamx@hotmail.ca

Services: Multicultural organization. * French courses. * Literacy program. * Introduction to English. * Sewing workshop. * Computer workshop. * Drop-in daycare.

Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: \$25

Financing: provincial, grants

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY

5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 328-4000 ext. 4125

Website: montreal.ca/en/places/bibliotheque-henri-bourassa

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Work rooms. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Biblio-jeux: language development program for preschoolers. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

Public education

CENTRE DE FORMATION JEAN-PAUL LEMAY

3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 326-6868 Fax: 514 326-3984

Website: centrejeanpaullemay.org

Email: direction@centrejeanpaullemay.org

Services: Educational and cultural development of youth and adults. * Dropout prevention. * Scholar refreshment in collaboration with the Pointe-de-l'île School Board: socio-professional integration program to obtain a high school diploma equivalence. * Pre-employability services.

Eligibility: people 16 years and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrant people

Coverage area: Montréal

Hours: Monday to Friday 9h30 to 21h30

Fees: \$275 including learning material

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

MAISON DES PARENTS DU QUÉBEC - MONTRÉAL

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Website: maisondesparents.com

Email: info@maisondesparents.com

Services: Accompaniment and preparation of the parents. * Individual support. * Group meetings. * Conferences. * Special projects aimed at developing the social skills of youth.

Eligibility: families

Coverage area: île de Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

School perseverance

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PISISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PISISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

CENTRE DE FORMATION JEAN-PAUL LEMAY

3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 326-6868 Fax: 514 326-3984

Website: centrejeanpaullemay.org

Email: direction@centrejeanpaullemay.org

Services: Educational and cultural development of youth and adults. * Dropout prevention. * Scholar refreshment in collaboration with the Pointe-de-l'île School Board: socio-professional integration program to obtain a high school diploma equivalence. * Pre-employability services.

Eligibility: people 16 years and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrant people

Coverage area: Montréal

Hours: Monday to Friday 9h30 to 21h30

Fees: \$275 including learning material

Financing: provincial, self-financing

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Employment and Income Support**ADVOCACY FOR WORKERS AND UNEMPLOYED****BUDGET MANAGEMENT AND CONSUMPTION****BUSINESS DEVELOPMENT****EMPLOYMENT SUPPORT AND TRAINING****EMPLOYMENT SUPPORT FOR IMMIGRANTS****EMPLOYMENT SUPPORT FOR SENIORS****EMPLOYMENT SUPPORT FOR WOMEN****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

Advocacy for workers and unemployed

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciarisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1

514 864-2111 ext. 6400 Fax: 514 864-8922

Website: www.aidejuridiquedemontreal.ca/en

Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Budget management and consumption

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

Business development

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Employment support and training

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

IMPULSION-TRAVAIL

5181 Amiens Street, Suite 300, Montréal-Nord, Montréal, QC, H1G 6N9

514 327-1363 Fax: 514 327-4542

Website: www.impulsion-travail.com

Email: reception@impulsion-travail.com

Services: * 5-week job search groups. * Individual accompaniment for people 35 years old and over. * Individual professional guidance and skill assessment. * Resume writing and preparation for interviews.

Eligibility: adults 30 years and over

Coverage area: East of Montréal Island, priority to Montréal-Nord and Rivière-des-Prairies

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 virtually, summer: closed on Friday afternoon

Fees: free with the financial participation of Service Québec

Financing: provincial

Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8

438 289-3953

Website: visioncharitable.info

Email: contact@visioncharitable.info

Services: * Food assistance. * Sponsorship of children. * Distribution of meals and meals on site. * Homework assistance. * Job search assistance: resume writing and interview preparation. * School support for children. * Collective kitchens.

Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: \$10 per year, food basket: \$5 per week

Financing: donations

Legal status: non-profit organization

Employment support for immigrants

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6

514 327-5555 Fax: 514 327-4224

Website: www.cjebourassasauve.com

Email: emploi@cjebourassasauve.com

Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people with less than a high school diploma, immigrants, asylum seekers with work permits and visible minorities. * Academic and vocational guidance. * Introductory computer workshops. * French conversation workshops. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

Eligibility: young adults 15 to 35 years old

Capacity: 25 people

Coverage area: Montréal-Nord, Ahuntsic-Est

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE DE FORMATION JEAN-PAUL LEMAY

3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 326-6868 Fax: 514 326-3984

Website: centrejeanpaullemay.org

Email: direction@centrejeanpaullemay.org

Services: Educational and cultural development of youth and adults. * Dropout prevention. * Scholar refreshment in collaboration with the Pointe-de-l'île School Board: socio-professional integration program to obtain a high school diploma equivalence. * Pre-employability services.

Eligibility: people 16 years and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrant people

Coverage area: Montréal

Hours: Monday to Friday 9h30 to 21h30

Fees: \$275 including learning material

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10
Financing: provincial, federal
Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8
438 289-3953

Website: visioncharitable.info

Email: contact@visioncharitable.info

Services: * Food assistance. * Sponsorship of children. * Distribution of meals and meals on site. * Homework assistance. * Job search assistance: resume writing and interview preparation. * School support for children. * Collective kitchens.

Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: \$10 per year, food basket: \$5 per week

Financing: donations

Legal status: non-profit organization

Employment support for seniors

IMPULSION-TRAVAIL

5181 Amiens Street, Suite 300, Montréal-Nord, Montréal, QC, H1G 6N9

514 327-1363 Fax: 514 327-4542

Website: www.impulsion-travail.com

Email: reception@impulsion-travail.com

Services: * 5-week job search groups. * Individual accompaniment for people 35 years old and over. * Individual professional guidance and skill assessment. * Resume writing and preparation for interviews.

Eligibility: adults 30 years and over

Coverage area: East of Montréal Island, priority to Montréal-Nord and Rivière-des-Prairies

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 virtually, summer: closed on Friday afternoon

Fees: free with the financial participation of Service Québec

Financing: provincial

Legal status: non-profit organization

Employment support for women

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6

514 327-5555 Fax: 514 327-4224

Website: www.cjebourassasauve.com

Email: emploi@cjebourassasauve.com

Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people with less than a high school diploma, immigrants, asylum seekers with work permits and visible minorities. * Academic and vocational guidance. * Introductory computer workshops. * French conversation workshops. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

Eligibility: young adults 15 to 35 years old

Capacity: 25 people

Coverage area: Montréal-Nord, Ahuntsic-Est

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

Tax clinics**ITINÉRAIRE POUR TOUS (UN)**

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD - TAX CLINIC

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemn13@yahoo.ca

Services: Tax clinic by appointment.

Eligibility: people with a maximum income of \$35,000 plus \$2,000 for each dependent, newcomers

Coverage area: Montréal-Nord

Hours: clinic 2024: documents can be deposited Monday to Thursday 11h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

FOOD ASSISTANCE COORDINATION

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. * Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

JOJO DÉPANNAGE

5626 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1K3

514 998-7430

Email: servicejojo@hotmail.com

Services: * Food assistance. * Special Christmas distribution.

Eligibility: people on a low-income

Coverage area: Montréal Island

Hours: food assistance: Monday 13h30 to 16h30

Fees: membership card: \$10 per year, food assistance: \$7 per big basket

Financing: donations, self-financing

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

Collective kitchens and cooking workshops**ENTRE PARENTS DE MONTRÉAL-NORD**

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepresents.org

Email: info@entrepresents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8

438 289-3953

Website: visioncharitable.info

Email: contact@visioncharitable.info

Services: * Food assistance. * Sponsorship of children. * Distribution of meals and meals on site. * Homework assistance. * Job search assistance: resume writing and interview preparation. * School support for children. * Collective kitchens.

Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: \$10 per year, food basket: \$5 per week

Financing: donations

Legal status: non-profit organization

Food Assistance

AMOUR EN ACTION (L')

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4

514 327-0200

Website: www.lamourenaction.org

Email: amouraction@gmail.com

Services: * Emergency shelter. * Regular and emergency food assistance. * Community meals. * Warming centre: reception of people during winter to sleep, wash, eat and wash their clothes. * Social activities. * Individual counselling. * Outreach workers on site. * Peer Helpers: free lawn mowing, yard clean-up, weeding, outdoor window washing provided by people experiencing homelessness for people in the neighbourhood.

Eligibility: people on a low income, warming centre: men and women 16 years and older

Capacity: 40 beds, winter: 72 beds

Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray

Hours: emergency shelter: 24 hours / 7 days, warming centre: 7 days, 20h00 to 8h00 from November 1st 2023 to April 30th 2024

Fees: food bank: voluntary contribution of \$5

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

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PISISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PISISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. * Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

JOJO DÉPANNAGE

5626 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1K3

514 998-7430

Email: servicejojo@hotmail.com

Services: * Food assistance. * Special Christmas distribution.

Eligibility: people on a low-income

Coverage area: Montréal Island

Hours: food assistance: Monday 13h30 to 16h30

Fees: membership card: \$10 per year, food assistance: \$7 per big basket

Financing: donations, self-financing

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtl.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AU-RÉCOLLET - CONFÉRENCE SAINTE-COLETTE

6375 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9

514 322-0371 Fax: 514 510-4479

Services: * Food vouchers. * Christmas baskets vouchers. * School supplies vouchers. * Clothing depot: reception and sale of used clothing.

Eligibility: people on a low income

Coverage area: Sainte-Colette, Saint-Camille, Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes

Hours: food bank: Wednesday 9h30 to 11h15, clothing: Wednesday 12h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8

438 289-3953

Website: visioncharitable.info

Email: contact@visioncharitable.info

Services: * Food assistance. * Sponsorship of children. * Distribution of meals and meals on site. * Homework assistance. * Job search assistance: resume writing and interview preparation. * School support for children. * Collective kitchens.

Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: \$10 per year, food basket: \$5 per week

Financing: donations

Legal status: non-profit organization

WELCOME HALL MISSION - MONTRÉAL-NORD MARCHÉ

5095 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S4

514 937-9317

Website: welcomehallmission.com

Email: marchebonaccueil@missionba.com

Services: * Food distribution, with delivery available for eligible people.

Eligibility: families and individuals in need, food delivery: seniors, people living with a serious illness or disability

Coverage area: Greater Montréal, food delivery: Montréal-Nord

Hours: file opening and updating: Monday 8h30 to 11h00 and 13h00 to 14h00, Thursday 8h30 to 11h00, food distribution: Tuesday 13h00 to 14h30, Wednesday and Thursday 9h30 to 11h00 and 13h00 to 14h30, Friday 9h30 to 11h00

Fees: annual membership: between \$5 and \$20 per occupant of the apartment 18 years and over, depending on income

Financing: donations

Legal status: non-profit organization

Food aid for pregnant women and children

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepresents.org

Email: info@entrepresents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

Food assistance coordination

JOJO DÉPANNAGE

5626 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1K3

514 998-7430

Email: servicejojo@hotmail.com

Services: * Food assistance. * Special Christmas distribution.

Eligibility: people on a low-income

Coverage area: Montréal Island

Hours: food assistance: Monday 13h30 to 16h30

Fees: membership card: \$10 per year, food assistance: \$7 per big basket

Financing: donations, self-financing

Legal status: non-profit organization

WELCOME HALL MISSION - MONTRÉAL-NORD MARCHÉ

5095 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S4

514 937-9317

Website: welcomehallmission.com

Email: marchebonaccueil@missionba.com

Services: * Food distribution, with delivery available for eligible people.

Eligibility: families and individuals in need, food delivery: seniors, people living with a serious illness or disability

Coverage area: Greater Montréal, food delivery: Montréal-Nord

Hours: file opening and updating: Monday 8h30 to 11h00 and 13h00 to 14h00, Thursday 8h30 to 11h00, food distribution: Tuesday 13h00 to 14h30, Wednesday and Thursday 9h30 to 11h00 and 13h00 to 14h30, Friday 9h30 to 11h00

Fees: annual membership: between \$5 and \$20 per occupant of the apartment 18 years and over, depending on income

Financing: donations

Legal status: non-profit organization

Low cost or free meals

AMOUR EN ACTION (L')

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4

514 327-0200

Website: www.lamourenaction.org

Email: amouraction@gmail.com

Services: * Emergency shelter. * Regular and emergency food assistance. * Community meals. * Warming centre: reception of people during winter to sleep, wash, eat and wash their clothes. * Social activities. * Individual counselling. * Outreach workers on site. * Peer Helpers: free lawn mowing, yard clean-up, weeding, outdoor window washing provided by people experiencing homelessness for people in the neighbourhood.

Eligibility: people on a low income, warming centre: men and women 16 years and older

Capacity: 40 beds, winter: 72 beds

Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray

Hours: emergency shelter: 24 hours / 7 days, warming centre: 7 days, 20h00 to 8h00 from November 1st 2023 to April 30th 2024

Fees: food bank: voluntary contribution of \$5

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

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD

11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-2333

Website: www.aqdr.org

Email: aqdr.mtl nord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.

Eligibility: seniors 55 years old and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$20

Financing: contributions, donations

Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)

11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3

514 327-1050

Email: cercle3a@videotron.ca

Services: Centre for seniors. * Social and recreational activities: bridge, line dancing, petanque. * Sports activities: soft tennis, pickleball, badminton, stretching, table tennis, fitness. * Dancing dinners.

Eligibility: seniors 50 years and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 10h00 to 15h00

Fees: annual membership: \$10

Financing: municipal, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE SOLEIL DE MONTRÉAL-NORD

11479 Favier Avenue, Montréal-Nord, Montréal, QC, H1G 3X9

514 326-7435

Services: * Social and recreational activities: bingo, celebrations, outings, etc. * Community meals.

Eligibility: people 50 years old and over, particularly Italian

Coverage area: Montréal-Nord

Hours: Tuesday and Wednesday

Fees: annual membership: \$8, bingo: \$0.25 per card

Financing: self-financing, municipal

Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8

438 289-3953

Website: visioncharitable.info

Email: contact@visioncharitable.info

Services: * Food assistance. * Sponsorship of children. * Distribution of meals and meals on site. * Homework assistance. * Job search assistance: resume writing and interview preparation. * School support for children. * Collective kitchens.

Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: \$10 per year, food basket: \$5 per week

Financing: donations

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD

11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3

514 326-1223

Email: carrefourdesretraites@hotmail.com

Services: * Meals on wheels, frozen meals.

Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30

Fees: meals on wheels and frozen meals: \$5.50

Financing: provincial, self-financing

Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. * Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

Government services

INCOME STATEMENTS

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Income statements

MONTRÉAL-NORD - BOROUGH

4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5

311 Fax: 514 328-4055

Website: montreal.ca/montreal-nord

Email: montreal-nord@montreal.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Permit counter: [click here](#) * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Removal of dead animals found on private or public property. * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45

Financing: municipal

Legal status: municipal agency

Municipal services

ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1

438 375-7444

Website: coopdesolidariteeconord.com

Email: accueilrolland.econord@gmail.com

Services: Awareness, information and citizen committees about various ecological aspects of the community. * Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery. * Cleaning and embellishment. * Promotion of environmental citizen action. * Collection of batteries and Arpe Québec drop point for electronic and computer material. * Workshops for schools and organizations, information booths. * Loan of tools for cleaning chores. * Grants for the purchase of sustainable hygiene products: washable diapers, menstrual products, incontinence products. * Education and advice on urban agriculture. * Education and awareness about the importance of composting.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Tuesday to Friday 10h00 to 16h30

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

FONDATION LA COLLECTE

10871 Salk Street, Suite A100, Montréal-Nord, Montréal, QC, H1G 6M7

514 845-7920

Website: fondationlacollete.ca/?lang=en

Email: info@lacollete.ca

Services: Fundraising and clothing donations for Big Brothers Big Sisters Association of Montréal. * Donation pick-up: clothing, handicrafts and decorations, toys, dishes and pans, jewelry, small appliances, functional or not electronic devices, returnable bottles and containers. * Map of clothing bins locations:

fondationlacollete.ca/location/?lang=en

Capacity: unlimited

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

MAGASIN HABITAT POUR L'HUMANITÉ - MONTRÉAL-NORD

6240 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5W9

438 375-1297

Website: magasinhabitatqc.ca/en/our-stores/

Email: magasinhabitat@habitatqc.ca

Services: Hardware and furniture store. * Sale of new and used items at low prices: furniture, appliances, construction materials, decorative items, lighting, etc. * Donation pick-up of new items or in good condition. * Complete list of accepted items: magasinhabitatqc.ca/en/donate/ * Form to fill out for pick-up: magasinhabitatqc.ca/formulaire-de-don/ * Recovery on site.

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 17h00, Thursday to Friday 9h00 to 18h00, Saturday 10h00 to 17h00

Fees: donation pick-up: starting from \$50

Financing: donations, self-financing

Legal status: non-profit organization

MONTRÉAL-NORD - BOROUGH

4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5

311 Fax: 514 328-4055

Website: montreal.ca/montreal-nord

Email: montreal-nord@montreal.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Permit counter: [click here](#) * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Removal of dead animals found on private or public property. * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD

6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3

514 280-0139 Fax: 514 280-0639

Website: spvm.qc.ca/en/PDQ39

Email: pdq39@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Montréal-Nord

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Official documents

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

MONTRÉAL-NORD - BOROUGH

4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5

311 Fax: 514 328-4055

Website: montreal.ca/montreal-nord

Email: montreal-nord@montreal.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Permit counter: [click here](#) * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Removal of dead animals found on private or public property. * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45

Financing: municipal

Legal status: municipal agency

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtl.n.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

ORGANISME POUR L'INTÉGRATION, LA CITOYENNETÉ ET L'INCLUSION (L')

5835 Léger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1

514 955-5454

Website: www.licimontrealnord.org

Email: info@licimontrealnord.org

Services: * Welcoming and integration assistance for newcomers. * Intervention and individual support. * Personalized accompaniment for immigration procedures: work permit, permanent residency card, sponsorship, citizenship application. * Group workshops. * Recreational activities and outings. * Citizens' committee. * Housing search assistance for asylum seekers. * Documents certification. * Referral to services and programs offered by the government and community resources.

Eligibility: permanent residents under five years, foreign students, temporary workers, asylum seekers

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD

6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3

514 280-0139 Fax: 514 280-0639

Website: spvm.qc.ca/en/PDQ39

Email: pdq39@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Montréal-Nord

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Provincial services

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1

514 864-2111 ext. 6400 Fax: 514 864-8922

Website: www.aidejuridiquedemontreal.ca/en

Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Health

EYE CARE

FAMILY PLANNING

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6

514 327-5555 Fax: 514 327-4224

Website: www.cjebourassasauve.com

Email: emploi@cjebourassasauve.com

Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people with less than a high school diploma, immigrants, asylum seekers with work permits and visible minorities. * Academic and vocational guidance. * Introductory computer workshops. * French conversation workshops. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

Eligibility: young adults 15 to 35 years old

Capacity: 25 people

Coverage area: Montréal-Nord, Ahuntsic-Est

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. * Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

Family planning

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - POINT DE SERVICE MONTRÉAL-NORD

4896 de Charleroi Street, Montréal-Nord, Montréal, QC, H1G 2Y7

514 903-4896

Website: maisonbleue.info/en/

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal classes, postnatal care, medical consultation, monitoring child health, vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up, advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue, baby massage group. * Activities for children and for parents and children.

Eligibility: pregnant people living in a vulnerable situation and who need accompaniment, their families, activities for children and for parents and children: peoples that are followed by the organization

Coverage area: Montréal-Nord

Hours: Wednesday and Thursday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

Palliative care

CHSLD PAUL-LIZOTTE

6850 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 6L7

514 384-2000

Website: www.ciusssnordmtl.ca/installations/chsld/chsld-paul-lizotte

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.

* Palliative care.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Montréal-Nord

Hours: information centre: Monday to Friday 7h00 to 20h00

Financing: provincial

Legal status: parapublic organization

Patient support associations

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX

4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1

1 888 852-9297 Fax: 514 323-1231

Website: www.agir.ca

Email: reins@agir.ca

Services: Information, support and referral over the phone or on site. * Monthly mutual aid and support groups for people and their close ones. * New patient assistance committee. * Management portal for displacement requests between dialysis centres. * Social activities. * Annual holiday camp. * Monthly meetings. * Seminars. * Annual dinner.

Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month

Fees: annual membership: \$10

Financing: donations, grants, fundraising campaigns, membership fees

Legal status: non-profit organization

ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1

438 375-7444

Website: coopdesolidariteeconord.com

Email: accueilrolland.econord@gmail.com

Services: Awareness, information and citizen committees about various ecological aspects of the community. * Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery. * Cleaning and embellishment. * Promotion of environmental citizen action. * Collection of batteries and Arpe Québec drop point for electronic and computer material. * Workshops for schools and organizations, information booths. * Loan of tools for cleaning chores. * Grants for the purchase of sustainable hygiene products: washable diapers, menstrual products, incontinence products. * Education and advice on urban agriculture. * Education and awareness about the importance of composting.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Tuesday to Friday 10h00 to 16h30

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

Public Health

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention.

* STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MONTRÉAL-NORD - BOROUGH

4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5

311 Fax: 514 328-4055

Website: montreal.ca/montreal-nord

Email: montreal-nord@montreal.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Permit counter: click here * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Removal of dead animals found on private or public property. * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45

Financing: municipal

Legal status: municipal agency

Homelessness

ADVOCACY

DAY AND EVENING CENTRES

HEALTH CARE

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

Advocacy

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Day and evening centres

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusssordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

AMOUR EN ACTION (L')

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4

514 327-0200

Website: www.lamourenaction.org

Email: amouraction@gmail.com

Services: * Emergency shelter. * Regular and emergency food assistance. * Community meals. * Warming centre: reception of people during winter to sleep, wash, eat and wash their clothes. * Social activities. * Individual counselling. * Outreach workers on site. * Peer Helpers: free lawn mowing, yard clean-up, weeding, outdoor window washing provided by people experiencing homelessness for people in the neighbourhood.

Eligibility: people on a low income, warming centre: men and women 16 years and older

Capacity: 40 beds, winter: 72 beds

Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray

Homelessness

Hours: emergency shelter: 24 hours / 7 days, warming centre: 7 days, 20h00 to 8h00 from November 1st 2023 to April 30th 2024

Fees: food bank: voluntary contribution of \$5

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

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Health care**WELCOME HALL MISSION - YOUTH SERVICES**

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Mobile units and street work

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL

11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3

514 324-8112

Website: www.cafejeunessemulticulturel.org

Email: info@cafejeunessemulticulturel.org

Services: Meeting and cultural understanding place for youth from different cultures. * Social, cultural, educational and sporting activities. * Street work. * Citizen meetings. * Music festival.

Eligibility: youth 13 to 30 years old from various cultures

Capacity: 99

Coverage area: Montréal-Nord

Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00 (according to scheduled activities), administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, federal, municipal

Legal status: non-profit organization

Shelters

AMOUR EN ACTION (L')

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4

514 327-0200

Website: www.lamourenaction.org

Email: amouraction@gmail.com

Services: * Emergency shelter. * Regular and emergency food assistance. * Community meals. * Warming centre: reception of people during winter to sleep, wash, eat and wash their clothes. * Social activities. * Individual counselling. * Outreach workers on site. * Peer Helpers: free lawn mowing, yard clean-up, weeding, outdoor window washing provided by people experiencing homelessness for people in the neighbourhood.

Eligibility: people on a low income, warming centre: men and women 16 years and older

Capacity: 40 beds, winter: 72 beds

Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray

Hours: emergency shelter: 24 hours / 7 days, warming centre: 7 days, 20h00 to 8h00 from November 1st 2023 to April 30th 2024

Fees: food bank: voluntary contribution of \$5

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

Legal status: non-profit organization

Supportive housing

ESPACE LA TRAVERSÉE - HABITAT CHARLEROI

11132 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4B5

514 379-3526

Website: espacelt.org

Email: hlt@espacelt.org

Services: Subsidized housing with services for seniors at risk of homelessness. * Community support. * Community rooms.

Eligibility: seniors at risk of homelessness, independent in apartment settings

Capacity: 28 rooms, 1 studio, 22 3½ units

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: subsidized apartments: 25% of income based on provincial notice of assessment

Financing: municipal, provincial

Legal status: non-profit organization

MAISONS DE L'ANCRE (LES) - HABITATIONS DE L'ANCRE

10031 Saint-Michel Boulevard, Montréal-Nord, Montréal, QC, H1H 5G9

514 750-5340

Website: lesmaisonsdelancre.org

Email: habitationsancre@lesmaisonsdelancre.org

Services: Subsidized housing with community support.

Eligibility: women aged 40 years and over in difficulty who have made a move towards independent housing

Capacity: 22 studios, including 5 studios for women with reduced mobility

Coverage area: Montréal Island

Fees: 25% of income according to the provincial notice of assessment

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Transitional housing

RAYON DE SOLEIL À MONTRÉAL-NORD (UN)

12167 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 564-2385

Email: scolairerds@videotron.ca

Services: Affordable housing for young single mothers, subsidized by the Office Municipal d'Habitation. * Childcare available for residents and non-residents. * Psychosocial support.

Eligibility: young single mothers 17 to 40 years old who are studying full time and are eligible under the conditions of the OMH

Capacity: 24 apartments 4½

Coverage area: Montréal-Nord

Hours: administration: variable

Fees: 25% of income

Financing: municipal

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

Advocacy for housing

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciarisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

COMITÉ LOGEMENT DE MONTRÉAL-NORD - GARON STREET

11379 Garon Street, Suite 1, Montréal-Nord, Montréal, QC, H1H 3T7

514 852-9253 ext. 200

Email: info@clmn.ca

Services: * Information on tenants' rights and obligations. * Support with legal procedures. * Information and awareness workshops. * Referral. * Promotion of social housing. * Organization and participation in public events.

Eligibility: tenants

Coverage area: Montréal-Nord

Hours: Tuesday 13h00 to 16h00, by appointment

Fees: membership: \$3 or 5

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

COMITÉ LOGEMENT MONTRÉAL-NORD - LAPIERRE STREET

11991 Lapierre Street, Suite 1, Montréal-Nord, Montréal, QC, H1G 3S1

514 852-9253 ext. 200

Email: info@clmn.ca

Services: * Information on rights and obligations of tenants. * Support with legal procedures. * Information and awareness workshops. * Referrals. * Promotion of social housing. * Organization and participation in public events.

Eligibility: tenants

Coverage area: Montréal-Nord

Hours: Thursday 10h00 to 12h00, without appointment

Fees: membership: \$3 for 1 year or \$5 for 2 years

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Emergency

MONTRÉAL-NORD - BOROUGH

4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5

311 Fax: 514 328-4055

Website: montreal.ca/montreal-nord

Email: montreal-nord@montreal.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Permit counter: [click here](#) * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Removal of dead animals found on private or public property. * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciarisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

COMITÉ LOGEMENT DE MONTRÉAL-NORD - GARON STREET

11379 Garon Street, Suite 1, Montréal-Nord, Montréal, QC, H1H 3T7

514 852-9253 ext. 200

Email: info@clmn.ca

Services: * Information on tenants' rights and obligations. * Support with legal procedures. * Information and awareness workshops. * Referral. * Promotion of social housing. * Organization and participation in public events.

Eligibility: tenants

Coverage area: Montréal-Nord

Hours: Tuesday 13h00 to 16h00, by appointment

Fees: membership: \$3 or 5

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

COMITÉ LOGEMENT MONTRÉAL-NORD - LAPIERRE STREET

11991 Lapierre Street, Suite 1, Montréal-Nord, Montréal, QC, H1G 3S1

514 852-9253 ext. 200

Email: info@clmn.ca

Services: * Information on rights and obligations of tenants. * Support with legal procedures. * Information and awareness workshops. * Referrals. * Promotion of social housing. * Organization and participation in public events.

Eligibility: tenants

Coverage area: Montréal-Nord

Hours: Thursday 10h00 to 12h00, without appointment

Fees: membership: \$3 for 1 year or \$5 for 2 years

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Housing search assistance

ORGANISME POUR L'INTÉGRATION, LA CITOYENNETÉ ET L'INCLUSION (L')

5835 Léger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1

514 955-5454

Website: www.licimontrealnord.org

Email: info@licimontrealnord.org

Services: * Welcoming and integration assistance for newcomers. * Intervention and individual support. * Personalized accompaniment for immigration procedures: work permit, permanent residency card, sponsorship, citizenship application. * Group workshops. * Recreational activities and outings. * Citizens' committee. * Housing search assistance for asylum seekers. * Documents certification. * Referral to services and programs offered by the government and community resources.

Eligibility: permanent residents under five years, foreign students, temporary workers, asylum seekers

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6

514 327-5555 Fax: 514 327-4224

Website: www.cjebourassasauve.com

Email: emploi@cjebourassasauve.com

Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people with less than a high school diploma, immigrants, asylum seekers with work permits and visible minorities. * Academic and vocational guidance. * Introductory computer workshops. * French conversation workshops. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

Eligibility: young adults 15 to 35 years old

Capacity: 25 people

Coverage area: Montréal-Nord, Ahuntsic-Est

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtl.n.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

Immigration and sponsorship

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

ORGANISME POUR L'INTÉGRATION, LA CITOYENNETÉ ET L'INCLUSION (L')

5835 Léger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1

514 955-5454

Website: www.licimontrealnord.org

Email: info@licimontrealnord.org

Services: * Welcoming and integration assistance for newcomers. * Intervention and individual support. * Personalized accompaniment for immigration procedures: work permit, permanent residency card, sponsorship, citizenship application. * Group workshops. * Recreational activities and outings. * Citizens' committee. * Housing search assistance for asylum seekers. * Documents certification. * Referral to services and programs offered by the government and community resources.

Eligibility: permanent residents under five years, foreign students, temporary workers, asylum seekers

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

Interpretation and translation

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtln.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

Multicultural organizations

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL

11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3

514 324-8112

Website: www.cafejeunessemulticulturel.org

Email: info@cafejeunessemulticulturel.org

Services: Meeting and cultural understanding place for youth from different cultures. * Social, cultural, educational and sporting activities. * Street work. * Citizen meetings. * Music festival.

Eligibility: youth 13 to 30 years old from various cultures

Capacity: 99

Coverage area: Montréal-Nord

Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00 (according to scheduled activities), administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, federal, municipal

Legal status: non-profit organization

TABLE DE QUARTIER MONTRÉAL-NORD

12004 Rolland Boulevard, Suite 211, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5624 Fax: 514 328-5644

Website: tqmns.org

Email: direction@tqmns.org

Services: Roundtable. * Promotion of residents' involvement and mobilization. * Promotion of the development of a healthy community. * Promotion of interculturality.

Eligibility: community organizations, residents

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, municipal, foundations

Legal status: non-profit organization

Prevention and fight against racism

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

PAROLE D'EXCLUS

11460 Pelletier Avenue, Suite 201, Montréal-Nord, Montréal, QC, H1H 3S4

514 759-0726

Website: www.parole-dexclues.ca

Email: communications@parole-dexclues.ca

Services: Fight against poverty and social exclusion through citizen mobilization. * Citizen mobilization and action research on issues such as racism, mental health, food aid, employment assistance, etc.

Eligibility: residents

Coverage area: Greater Montréal, priority to Montréal-Nord

Hours: Tuesday to Friday 9h30 to 16h00

Fees: none

Financing: dons, campagnes de financement

Legal status: non-profit organization

Settlement services for newcomers

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

CARREFOUR JEUNESSE-EMPLOI BOURASSA-SAUVÉ - ROND-POINT JEUNESSE AU TRAVAIL

11000 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T6

514 327-5555 Fax: 514 327-4224

Website: www.cjebourassasauve.com

Email: emploi@cjebourassasauve.com

Services: * Employability: writing and revising of CVs, interview simulation, job seeking strategies, information on labor market, multi-services room for job search. * Specialized programs for mothers, young families, young people with less than a high school diploma, immigrants, asylum seekers with work permits and visible minorities. * Academic and vocational guidance. * Introductory computer workshops. * French conversation workshops. * Bonhomme à lunettes service point. * Sun Youth Organization service point.

Eligibility: young adults 15 to 35 years old

Capacity: 25 people

Coverage area: Montréal-Nord, Ahuntsic-Est

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

CENTRE DE FORMATION JEAN-PAUL LEMAY

3735 Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 326-6868 Fax: 514 326-3984

Website: centrejeanpaullemay.org

Email: direction@centrejeanpaullemay.org

Services: Educational and cultural development of youth and adults. * Dropout prevention. * Scholar refreshment in collaboration with the Pointe-de-l'île School Board: socio-professional integration program to obtain a high school diploma equivalence. * Pre-employability services.

Eligibility: people 16 years and over, scholar refreshment: people born in Canada or not and asylum seekers, pre-employability: immigrant people

Coverage area: Montréal

Hours: Monday to Friday 9h30 to 21h30

Fees: \$275 including learning material

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciarisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS

11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1

514 303-8333 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: * Integration support and referral. * Donations of clothes. * Respite. * Baby massage course.

Eligibility: parents and children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Saturday and Sunday: occasional activities

Fees: membership: \$7 per year, free for asylum seekers in Québec for less than a year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

MAISON SAM X

6237 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8

514 328-8795

Email: creationsamx@hotmail.ca

Services: Multicultural organization. * French courses. * Literacy program. * Introduction to English. * Sewing workshop. * Computer workshop. * Drop-in daycare.

Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: \$25

Financing: provincial, grants

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtl.org

Email: ccmemn13@yahoo.ca

Services: * Assistance with the integration of people from cultural communities. * Food bank at 6343 Pierre Street, H1G 2P2. * French classes. * Information and referral. * Sociocultural activities. * Translation and certification. * Permanent resident card, visa, citizenship request and sponsorship. * Tax clinic. * Christmas baskets. * School supplies distribution in partnership with schools.

Eligibility: members of cultural communities, food assistance: people in need on a low income

Capacity: 80 to 100 families

Coverage area: food bank: Montréal-Nord, other services: Montréal Island

Hours: Monday to Thursday 11h30 to 17h00, food bank: arrive Thursday at 9h30, distribution takes place while stocks last, translation and certification: Monday to Thursday 11h30, immigration: Monday to Thursday 11h30 to 17h00

Fees: food bank: \$5 per order

Financing: self-financing

Legal status: non-profit organization

MULTI-ETHNIC COMMUNITY CENTRE OF MONTREAL-NORD - TAX CLINIC

11121 Salk Avenue, Suite 5A, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-5044 Fax: 514 329-4954

Website: www.centremultiethnic-mtl.n.org

Email: ccmemn13@yahoo.ca

Services: Tax clinic by appointment.

Eligibility: people with a maximum income of \$35,000 plus \$2,000 for each dependent, newcomers

Coverage area: Montréal-Nord

Hours: clinic 2024: documents can be deposited Monday to Thursday 11h30 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

ORGANISME POUR L'INTÉGRATION, LA CITOYENNETÉ ET L'INCLUSION (L')

5835 Léger Boulevard, Suite 204, Montréal-Nord, Montréal, QC, H1G 6E1

514 955-5454

Website: www.licimontrealnord.org

Email: info@licimontrealnord.org

Services: * Welcoming and integration assistance for newcomers. * Intervention and individual support. * Personalized accompaniment for immigration procedures: work permit, permanent residency card, sponsorship, citizenship application. * Group workshops. * Recreational activities and outings. * Citizens' committee. * Housing search assistance for asylum seekers. * Documents certification. * Referral to services and programs offered by the government and community resources.

Eligibility: permanent residents under five years, foreign students, temporary workers, asylum seekers

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: provincial, foundations

Legal status: non-profit organization

VISION CHARITABLE

3430 Fleury Street East, Montréal-Nord, Montréal, QC, H1H 2R8

438 289-3953

Website: visioncharitable.info

Email: contact@visioncharitable.info

Services: * Food assistance. * Sponsorship of children. * Distribution of meals and meals on site. * Homework assistance. * Job search assistance: resume writing and interview preparation. * School support for children. * Collective kitchens.

Eligibility: food assistance: members, homework assistance: elementary school children, job search assistance: newcomers

Coverage area: Montréal-Nord

Hours: food distribution: Friday 10h00 to 17h00

Fees: membership card: \$10 per year, food basket: \$5 per week

Financing: donations

Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

Employment

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

CORRECTIONAL SERVICES

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Advocacy groups

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD

11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-2333

Website: www.aqdr.org

Email: aqdr.mtl nord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.

Eligibility: seniors 55 years old and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$20

Financing: contributions, donations

Legal status: non-profit organization

COMITÉ LOGEMENT DE MONTRÉAL-NORD - GARON STREET

11379 Garon Street, Suite 1, Montréal-Nord, Montréal, QC, H1H 3T7

514 852-9253 ext. 200

Email: info@clmn.ca

Services: * Information on tenants' rights and obligations. * Support with legal procedures. * Information and awareness workshops. * Referral. * Promotion of social housing. * Organization and participation in public events.

Eligibility: tenants

Coverage area: Montréal-Nord

Hours: Tuesday 13h00 to 16h00, by appointment

Fees: membership: \$3 or 5

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

COMITÉ LOGEMENT MONTRÉAL-NORD - LAPIERRE STREET

11991 Lapierre Street, Suite 1, Montréal-Nord, Montréal, QC, H1G 3S1

514 852-9253 ext. 200

Email: info@clmn.ca

Services: * Information on rights and obligations of tenants. * Support with legal procedures. * Information and awareness workshops. * Referrals. * Promotion of social housing. * Organization and participation in public events.

Eligibility: tenants

Coverage area: Montréal-Nord

Hours: Thursday 10h00 to 12h00, without appointment

Fees: membership: \$3 for 1 year or \$5 for 2 years

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1

438 375-7444

Website: coopdesolidariteeconord.com

Email: accueilrolland.econord@gmail.com

Services: Awareness, information and citizen committees about various ecological aspects of the community. * Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery. * Cleaning and embellishment. * Promotion of environmental citizen action. * Collection of batteries and Arpe Québec drop point for electronic and computer material. * Workshops for schools and organizations, information booths. * Loan of tools for cleaning chores. * Grants for the purchase of sustainable hygiene products: washable diapers, menstrual products, incontinence products. * Education and advice on urban agriculture. * Education and awareness about the importance of composting.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Tuesday to Friday 10h00 to 16h30

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

PAROLE D'EXCLUS

11460 Pelletier Avenue, Suite 201, Montréal-Nord, Montréal, QC, H1H 3S4

514 759-0726

Website: www.parole-dexclues.ca

Email: communications@parole-dexclues.ca

Services: Fight against poverty and social exclusion through citizen mobilization. * Citizen mobilization and action research on issues such as racism, mental health, food aid, employment assistance, etc.

Eligibility: residents

Coverage area: Greater Montréal, priority to Montréal-Nord

Hours: Tuesday to Friday 9h30 to 16h00

Fees: none

Financing: dons, campagnes de financement

Legal status: non-profit organization

Correctional services

MAISON SAINT-LAURENT

6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8

514 326-8400 Fax: 514 326-8402

Website: www.maisonsdetransitiondemontreal.com

Email: administration@msl-assl.com

Services: Transitional housing. * Alternative to incarceration for individuals on probation, suspended imprisonment or conditional release. * Social and community reintegration. * Regular stay of 3 to 12 months or short-term stay reassessed every month. * Immersion program for allophones.

Eligibility: adult male offenders

Capacity: 35

Coverage area: Montréal

Hours: 24 hours / 7 days

Financing: federal, provincial, fundraising campaigns

Legal status: non-profit organization

Legal assistance and information

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD

11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-2333

Website: www.aqdr.org

Email: aqdr.mtl nord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.

Eligibility: seniors 55 years old and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$20

Financing: contributions, donations

Legal status: non-profit organization

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciairisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciairisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciairisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepresents.org

Email: info@entrepresents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambinerias: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ÉVOLUJEUNES 19-30 ANS

11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1N9

514 322-5556

Website: evolujeunes.ca

Email: info@evolujeunes.ca

Services: Compensatory and community work mentoring. * Information and court accompaniment. * Legal information clinics. * Trainings workshops. * Sport activities: basketball, soccer, hockey, etc. * Voie d'accès: accompaniment, referral and mediation service with local resources.

Eligibility: adults from 18 to 45 years old with minor conflicts with the law

Coverage area: Montréal-Nord

Hours: offices: Monday to Friday 9h00 to 18h00

Financing: self-financing, grants

Legal status: non-profit organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1

514 864-2111 ext. 6400 Fax: 514 864-8922

Website: www.aidejuridiquedemontreal.ca/en

Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

MONTRÉAL-NORD - BOROUGH

4243 Charleroi Street, Montréal-Nord, Montréal, QC, H1H 5R5

311 Fax: 514 328-4055

Website: montreal.ca/montreal-nord

Email: montreal-nord@montreal.ca

Services: * Accès Montréal card. * Consultation of public notices. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Permit counter: [click here](#) * Cat and dog licenses. * Municipal service intervention requests. * Low-cost housing application. * Parking licenses. * INFO-travaux: location of infrastructure work. * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * Removal of dead animals found on private or public property. * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45

Financing: municipal

Legal status: municipal agency

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomehallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Support for offenders

AGENCE SOCIALE SAINT-LAURENT

6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8

514 326-8577 Fax: 514 326-8402

Website: www.maisonsdetransitiondemontreal.com

Email: administration@mssl-assl.com

Services: Monitoring of offenders. * Crime prevention. * Housing search assistance. * Mutual aid, clinical support and accompaniment. * Referral and follow-up.

Eligibility: adult males who are likely to commit offences or who have committed one and who are or have been subject to a judicial procedure

Capacity: 240 places

Coverage area: Montréal

Hours: Monday to Friday 8h30 to 16h30

Financing: federal, provincial, municipal

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciarisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

ÉVOLUJEUNES 19-30 ANS

11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1N9

514 322-5556

Website: evolujeunes.ca

Email: info@evolujeunes.ca

Services: Compensatory and community work mentoring. * Information and court accompaniment. * Legal information clinics. * Trainings workshops. * Sport activities: basketball, soccer, hockey, etc. * Voie d'accès: accompaniment, referral and mediation service with local resources.

Eligibility: adults from 18 to 45 years old with minor conflicts with the law

Coverage area: Montréal-Nord

Hours: offices: Monday to Friday 9h00 to 18h00

Financing: self-financing, grants
Legal status: non-profit organization

MAISON SAINT-LAURENT

6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8

514 326-8400 Fax: 514 326-8402

Website: www.maisonsdetransitiondemontreal.com

Email: administration@msl-assl.com

Services: Transitional housing. * Alternative to incarceration for individuals on probation, suspended imprisonment or conditional release. * Social and community reintegration. * Regular stay of 3 to 12 months or short-term stay reassessed every month. * Immersion program for allophones.

Eligibility: adult male offenders

Capacity: 35

Coverage area: Montréal

Hours: 24 hours / 7 days

Financing: federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISONS DE TRANSITION DE MONTRÉAL

6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8

514 326-8400 Fax: 514 326-8402

Website: www.maisonsdetransitiondemontreal.com

Email: administration@msl-assl.com

Services: Crime prevention centre. * Social and community reintegration for offenders. * Community cooperation and organization. * Training and internships for counsellors.

Eligibility: social reintegration: men at risk of delinquency, male offenders

Coverage area: Montréal

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

MENTAL HEALTH ADVOCACY GROUPS

Addiction prevention

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 **Fax:** 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

Addiction treatment

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusss-nordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

TOXICO-STOP

4858 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A2

514 327-6017 Fax: 514 327-7494

Website: www.toxico-stop.com

Email: superviseur.toxicostop@gmail.com

Services: In-patient Rehabilitation Centre for 21 days. * Separate programme for addiction to substances. * Social reintegration 6 to 12 months. * Group therapy. * Thematic or educational workshops. * 12-step meetings. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men and women 18 years and over with addiction problems

Capacity: 18 people

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: social assistance beneficiaries: covered, others: \$1800 for 21 days

Financing: self-financing, municipal

Legal status: non-profit organization

Community support in mental health

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusss-nordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

CENTRE D'ACTIVITÉS POUR LE MAINTIEN DE L'ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD

4898 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A2

514 327-3035 Fax: 514 327-8322

Email: info@camee.ca

Services: Day centre. * Phone and individual listening. * Self-help and sharing group on recovery, weekly support groups for an autonomous management of medication (GAM). * Apprivoiser les voix: support group for people suffering from auditory hallucinations. * Apartment-based community support. * Conferences, coffee-meetings, community dinners. * Workshops on creation and expression, stress and daily management. * Workshops on anxiety management. * Workshops and activities exclusively for youth.

Eligibility: adults living with a mental health issue, youth 15 to 25 years old living with an emotional or mental health issue

Coverage area: Montréal-Nord and surroundings

Hours: Monday to Friday 13h00 to 20h00, support group: in the afternoon, leisure activities: in the evening

Fees: annual contribution: \$12

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

Crisis centres and suicide prevention

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

Mental health advocacy groups

CENTRE D'ACTIVITÉS POUR LE MAINTIEN DE L'ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD

4898 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A2

514 327-3035 Fax: 514 327-8322

Email: info@camee.ca

Services: Day centre. * Phone and individual listening. * Self-help and sharing group on recovery, weekly support groups for an autonomous management of medication (GAM). * Apprivoiser les voix: support group for people suffering from auditory hallucinations. * Apartment-based community support. * Conferences, coffee-meetings, community dinners. * Workshops on creation and expression, stress and daily management. * Workshops on anxiety management. * Workshops and activities exclusively for youth.

Eligibility: adults living with a mental health issue, youth 15 to 25 years old living with an emotional or mental health issue

Coverage area: Montréal-Nord and surroundings

Hours: Monday to Friday 13h00 to 20h00, support group: in the afternoon, leisure activities: in the evening

Fees: annual contribution: \$12

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Seniors

COMMUNITY AND RECREATION CENTRES

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERVENTION WITH SENIORS SUBJECTED TO ABUSE

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

Community and Recreation Centres

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - MONTRÉAL-NORD

11121 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y3

514 355-1712 Fax: 514 355-0806

Website: almage.org

Email: info@almage.org

Services: * Social, physical, recreational and educational activities.

Eligibility: people 50 years old and over, mainly anglophones

Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Pointe-aux-Trembles, Rosemont, Saint-Léonard

Hours: Friday 8h30 to 16h30, closed during the Christmas holidays

Fees: annual membership: \$25, activities: variable

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)

11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3

514 327-1050

Email: cercle3a@videotron.ca

Services: Centre for seniors. * Social and recreational activities: bridge, line dancing, petanque. * Sports activities: soft tennis, pickleball, badminton, stretching, table tennis, fitness. * Dancing dinners.

Eligibility: seniors 50 years and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 10h00 to 15h00

Fees: annual membership: \$10

Financing: municipal, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE SOLEIL DE MONTRÉAL-NORD

11479 Favier Avenue, Montréal-Nord, Montréal, QC, H1G 3X9

514 326-7435

Services: * Social and recreational activities: bingo, celebrations, outings, etc. * Community meals.

Eligibility: people 50 years old and over, particularly Italian

Coverage area: Montréal-Nord

Hours: Tuesday and Wednesday

Fees: annual membership: \$8, bingo: \$0.25 per card

Financing: self-financing, municipal

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR PARC OTTAWA

10400 de Belville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7

514 324-2241

Services: Social and recreational activities for seniors. * Cards, television and bingo.

Eligibility: seniors

Coverage area: Montréal-Nord

Hours: women: Tuesday and Thursday 12h00 to 16h00, men: Monday to Friday 18h00 to 21h00

Fees: membership: \$10 per year

Financing: self-financing

Legal status: non-profit organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE DE MONTRÉAL-NORD

4642 Forest Street, Montréal-Nord, Montréal, QC, H1H 2P3

514 328-1114 ext. 100 Fax: 514 328-4850

Website: cabmtl-nord.org

Email: info@cabmtl-nord.org

Services: Community action * Development and promotion of volunteering and community action. * Training to support volunteer involvement. * Support for volunteers. * Support to organizations. * Reception and referral to specialized resources in the community. * Tax clinic. Seniors * Friendly visits. * Friendly calls. * SécuriCAB: automated calls. * Individual, family and collective twinning. * Social involvement activities for people 55 years and older. * Information and referral line dedicated to seniors. * Field intervention in HLM for vulnerable seniors and families of habitations in Gouin and Aimé-Léonard. Immigration * Accompaniment for newcomers. * Information sessions and educational and recreational outings for the settlement and full involvement of the newcomers. * Intercultural training. * Discussion workshops in French. * Espace-Parents workshops. * Canadian citizenship application assistance. * Citizenship test preparation. * Administration of oaths. * Intercultural pairing. * Intercultural activities.

Eligibility: seniors, foreign workers and students, permanent residents, community organizations, citizens

Coverage area: volunteer action: Montréal-Nord, accompaniment service for newcomers: open to everyone

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: municipal, provincial

Legal status: non-profit organization

Home support

AMOUR EN ACTION (L')

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4

514 327-0200

Website: www.lamourenaction.org

Email: amouraction@gmail.com

Services: * Emergency shelter. * Regular and emergency food assistance. * Community meals. * Warming centre: reception of people during winter to sleep, wash, eat and wash their clothes. * Social activities. * Individual counselling. * Outreach workers on site. * Peer Helpers: free lawn mowing, yard clean-up, weeding, outdoor window washing provided by people experiencing homelessness for people in the neighbourhood.

Eligibility: people on a low income, warming centre: men and women 16 years and older

Capacity: 40 beds, winter: 72 beds

Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray

Hours: emergency shelter: 24 hours / 7 days, warming centre: 7 days, 20h00 to 8h00 from November 1st 2023 to April 30th 2024

Fees: food bank: voluntary contribution of \$5

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

Legal status: non-profit organization

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD

11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3

514 326-1223

Email: carrefourdesretraites@hotmail.com

Services: * Meals on wheels, frozen meals.

Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30

Fees: meals on wheels and frozen meals: \$5.50

Financing: provincial, self-financing
Legal status: non-profit organization

ÉCO-QUARTIER DE MONTRÉAL-NORD - ROLLAND

12277 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 6A1
438 375-7444

Website: coopdesolidariteeconord.com
Email: accueilrolland.econord@gmail.com

Services: Awareness, information and citizen committees about various ecological aspects of the community.
 * Action and promotion about 4RVE: reduction at source, reusing, recycling, elimination and recovery. *
 Cleaning and embellishment. * Promotion of environmental citizen action. * Collection of batteries and Arpe
 Québec drop point for electronic and computer material. * Workshops for schools and organizations, information
 booths. * Loan of tools for cleaning chores. * Grants for the purchase of sustainable hygiene products:
 washable diapers, menstrual products, incontinence products. * Education and advice on urban agriculture. *
 Education and awareness about the importance of composting.

Eligibility: general public
Coverage area: Montréal-Nord
Hours: Tuesday to Friday 10h00 to 16h30
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1
514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca
Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes
 for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. *
 Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.
Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility,
 seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H
Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday
 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00
Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6
Financing: provincial, foundations
Legal status: non-profit organization

Housing for seniors

CHSLD PAUL-LIZOTTE

6850 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 6L7
514 384-2000

Website: www.ciussnordmtl.ca/installations/chsld/chsld-paul-lizotte

Services: Public housing centre for seniors and people with a loss of autonomy. * Housing and long term care.
 * Palliative care.

Eligibility: seniors and people with a loss of autonomy
Coverage area: Montréal-Nord
Hours: information centre: Monday to Friday 7h00 to 20h00
Financing: provincial
Legal status: parapublic organization

ESPACE LA TRAVERSÉE - HABITAT CHARLEROI

11132 Pie-IX Boulevard, Montréal-Nord, Montréal, QC, H1H 4B5

514 379-3526

Website: espacelt.org

Email: hl@espacelt.org

Services: Subsidized housing with services for seniors at risk of homelessness. * Community support. * Community rooms.

Eligibility: seniors at risk of homelessness, independent in apartment settings

Capacity: 28 rooms, 1 studio, 22 3½ units

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: subsidized apartments: 25% of income based on provincial notice of assessment

Financing: municipal, provincial

Legal status: non-profit organization

MAISONS DE L'ANCRE (LES) - HABITATIONS DE L'ANCRE

10031 Saint-Michel Boulevard, Montréal-Nord, Montréal, QC, H1H 5G9

514 750-5340

Website: lesmaisonsdelancre.org

Email: habitationsancre@lesmaisonsdelancre.org

Services: Subsidized housing with community support.

Eligibility: women aged 40 years and over in difficulty who have made a move towards independent housing

Capacity: 22 studios, including 5 studios for women with reduced mobility

Coverage area: Montréal Island

Fees: 25% of income according to the provincial notice of assessment

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Intervention with seniors subjected to abuse**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD**

11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-2333

Website: www.aqdr.org

Email: aqdr.mtl nord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.

Eligibility: seniors 55 years old and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$20

Financing: contributions, donations

Legal status: non-profit organization

Meals on Wheels

CARREFOUR DES RETRAITÉS DE MONTRÉAL-NORD

11323 Jean-Meunier Street, Montréal-Nord, Montréal, QC, H1G 4T3

514 326-1223

Email: carrefourdesretraites@hotmail.com

Services: * Meals on wheels, frozen meals.

Eligibility: seniors 50 years and over, people with reduced mobility, people referred by a CLSC

Coverage area: Montréal-Nord

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h30

Fees: meals on wheels and frozen meals: \$5.50

Financing: provincial, self-financing

Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. *

Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTRÉAL-NORD

11121 Salk Street, Suite 100, Montréal-Nord, Montréal, QC, H1G 4Y3

514 329-2333

Website: www.aqdr.org

Email: aqdr.mtl nord@videotron.ca

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Information line and referral. * Information meetings. * Newsletter. * Monthly luncheons and breakfast meetings.

Eligibility: seniors 55 years old and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$20

Financing: contributions, donations

Legal status: non-profit organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1

514 864-2111 ext. 6400 Fax: 514 864-8922

Website: www.aidejuridiquedemontreal.ca/en

Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Sex and gender

WOMEN'S CENTRES

Women's centres

CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

10711 Racette Avenue, Montréal-Nord, Montréal, QC, H1G 5H5

438 764-9737

Website: ccesmn.ca

Email: ccesmn@gmail.com

Services: * Food assistance centre (CAA). * Nucleus for help and concentration in school studies (NACES). * Assistance and support program for the social integration of marginalized youth through coaching and music, for the prevention and reduction of delinquency in Montreal North (PISISJEM). * Community action program to break the social isolation of certain women in Montreal North (PACBISOF). * Support and assistance to families and children (SAFE). * Literacy and francization program in Montreal North (PAFRAMON).

Eligibility: CAA: adults, NACES: students in primary and secondary school, PISISJEM: youth 12 to 29 years old, PACBISOF: adult women, SAFE: families on a low income, PAFRAMON: adults

Coverage area: Montreal North and surroundings

Hours: variable

Fees: membership: \$25 per year, food assistance: \$7 per person

Financing: grants

Legal status: non-profit organization

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY

5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 328-4000 ext. 4125

Website: montreal.ca/en/places/bibliotheque-henri-bourassa

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Work rooms. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Biblio-jeux: language development program for preschoolers. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY

10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7

514 328-4000 ext. 4140

Website: montreal.ca/en/places/bibliotheque-belleville

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE JULIO-JEAN-PIERRE

12002 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000

Website: montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for seniors 65 years and over or people with limited mobility. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments. * Computers, Internet access and printing devices. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY

4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2

514 328-4000 ext. 4135

Website: montreal.ca/en/places/bibliotheque-yves-ryan

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed on Saturdays and Sundays, médialab: mid-January to mid-June, Thursday 15h30 to 18h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

Clubs and social events

ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - MONTRÉAL-NORD

11121 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y3

514 355-1712 Fax: 514 355-0806

Website: almage.org

Email: info@almage.org

Services: * Social, physical, recreational and educational activities.

Eligibility: people 50 years old and over, mainly anglophones

Coverage area: Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Pointe-aux-Trembles, Rosemont, Saint-Léonard

Hours: Friday 8h30 to 16h30, closed during the Christmas holidays

Fees: annual membership: \$25, activities: variable

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)

11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3

514 327-1050**Email:** cercle3a@videotron.ca**Services:** Centre for seniors. * Social and recreational activities: bridge, line dancing, petanque. * Sports activities: soft tennis, pickleball, badminton, stretching, table tennis, fitness. * Dancing dinners.**Eligibility:** seniors 50 years and over**Coverage area:** Montréal-Nord**Hours:** Monday to Friday 10h00 to 15h00**Fees:** annual membership: \$10**Financing:** municipal, self-financing**Legal status:** non-profit organization**CLUB DE L'ÂGE D'OR LE SOLEIL DE MONTRÉAL-NORD**

11479 Favier Avenue, Montréal-Nord, Montréal, QC, H1G 3X9

514 326-7435**Services:** * Social and recreational activities: bingo, celebrations, outings, etc. * Community meals.**Eligibility:** people 50 years old and over, particularly Italian**Coverage area:** Montréal-Nord**Hours:** Tuesday and Wednesday**Fees:** annual membership: \$8, bingo: \$0.25 per card**Financing:** self-financing, municipal**Legal status:** non-profit organization**CLUB DE L'ÂGE D'OR PARC OTTAWA**

10400 de Belville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7

514 324-2241**Services:** Social and recreational activities for seniors. * Cards, television and bingo.**Eligibility:** seniors**Coverage area:** Montréal-Nord**Hours:** women: Tuesday and Thursday 12h00 to 16h00, men: Monday to Friday 18h00 to 21h00**Fees:** membership: \$10 per year**Financing:** self-financing**Legal status:** non-profit organization**Community recreation centres****ALMAGE SENIOR COMMUNITY CENTRE - 50 PLUS CENTRE - MONTRÉAL-NORD**

11121 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y3

514 355-1712 Fax: 514 355-0806**Website:** almage.org**Email:** info@almage.org**Services:** * Social, physical, recreational and educational activities.**Eligibility:** people 50 years old and over, mainly anglophones**Coverage area:** Anjou, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Pointe-aux-Trembles, Rosemont, Saint-Léonard**Hours:** Friday 8h30 to 16h30, closed during the Christmas holidays**Fees:** annual membership: \$25, activities: variable**Financing:** Centraide of Greater Montréal, provincial, self-financing**Legal status:** non-profit organization

CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD

11612 Salk Avenue, Montréal-Nord, Montréal, QC, H1G 4Y8

514 328-4180 Fax: 514 328-4069

Website: www.lescale.org

Email: info@lescale.org

Services: Services to youth. * Recreational, educational and cultural activities. * Rêves d'artistes project: development of artistic talents. * Volunteer and animation activities Aspirants-animateurs (ASPI) aimed at learning animation. * Prevention and MVP (Ma vie en premier) programs: focus on leadership and resiliency development in order to prevent delinquency among youth at risk. * COOP project: launching of a social economy enterprise providing youth with a first job opportunity and improve their financial situation. * TAPAJ: social reintegration program involving same day pay work. * Residential snow removal.

Eligibility: youth 15 to 25 years old, TAPAJ: youth in precarious financial situations with difficulties finding or keeping a job, who are criminalized and whose income is sourced in illegal practices, who do not have a high school diploma and who receive social assistance or not, who practice street work, in invisible homelessness situations

Coverage area: Montréal-Nord

Hours: office: Monday to Friday 9h00 to 17h00, activities: Wednesday to Friday 15h30 to 21h00, summer: Tuesday to Friday 15h30 to 21h00, hours can change, call for confirmation

Fees: none

Financing: federal, provincial, grants, municipal, foundations

Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)

11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3

514 327-1050

Email: cercle3a@videotron.ca

Services: Centre for seniors. * Social and recreational activities: bridge, line dancing, petanque. * Sports activities: soft tennis, pickleball, badminton, stretching, table tennis, fitness. * Dancing dinners.

Eligibility: seniors 50 years and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 10h00 to 15h00

Fees: annual membership: \$10

Financing: municipal, self-financing

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ÉVOLUJEUNES 19-30 ANS

11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1N9

514 322-5556

Website: evolujeunes.ca

Email: info@evolujeunes.ca

Services: Compensatory and community work mentoring. * Information and court accompaniment. * Legal information clinics. * Trainings workshops. * Sport activities: basketball, soccer, hockey, etc. * Voie d'accès: accompaniment, referral and mediation service with local resources.

Eligibility: adults from 18 to 45 years old with minor conflicts with the law

Coverage area: Montréal-Nord

Hours: offices: Monday to Friday 9h00 to 18h00

Financing: self-financing, grants

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

MAISON DES JEUNES L'OUVERTURE

11117 Saint-Vital Boulevard, Montréal-Nord, Montréal, QC, H1H 4T7

514 327-0446

Website: www.mdjlouverture.org

Email: info@mdjlouverture.org

Services: Socioeducational, educational, recreational and sports activities.

Eligibility: youth 12 to 17 years old

Coverage area: Montréal-Nord and surroundings

Hours: Monday to Friday 12h00 to 20h00

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MOUVEMENT JEUNESSE MONTRÉAL-NORD - CAFÉ-JEUNESSE MULTICULTUREL

11121 Salk Avenue, Suite 114, Montréal-Nord, Montréal, QC, H1G 4Y3

514 324-8112

Website: www.cafejeunessemulticulturel.org

Email: info@cafejeunessemulticulturel.org

Services: Meeting and cultural understanding place for youth from different cultures. * Social, cultural, educational and sporting activities. * Street work. * Citizen meetings. * Music festival.

Eligibility: youth 13 to 30 years old from various cultures

Capacity: 99

Coverage area: Montréal-Nord

Hours: Monday to Friday 15h00 to 20h00, Saturday 13h00 to 16h00 (according to scheduled activities), administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, federal, municipal

Legal status: non-profit organization

Day camps and specialized camps

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. * Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Hobbies

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

CERCLE DU TROISIÈME ÂGE DE MONTRÉAL-NORD (LE)

11121 Salk Street, Suite 101, Montréal-Nord, Montréal, QC, H1G 4Y3

514 327-1050

Email: cercle3a@videotron.ca

Services: Centre for seniors. * Social and recreational activities: bridge, line dancing, petanque. * Sports activities: soft tennis, pickleball, badminton, stretching, table tennis, fitness. * Dancing dinners.

Eligibility: seniors 50 years and over

Coverage area: Montréal-Nord

Hours: Monday to Friday 10h00 to 15h00

Fees: annual membership: \$10

Financing: municipal, self-financing

Legal status: non-profit organization

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. * Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.
Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.upt.ca

Email: info@upt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.upt.ca

Email: info@upt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

MAISON SAM X

6237 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 6K8

514 328-8795

Email: creationsamx@hotmail.ca

Services: Multicultural organization. * French courses. * Literacy program. * Introduction to English. * Sewing workshop. * Computer workshop. * Drop-in daycare.

Eligibility: general public

Capacity: 200 people per day

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: \$25

Financing: provincial, grants

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY

5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 328-4000 ext. 4125

Website: montreal.ca/en/places/bibliotheque-henri-bourassa

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Work rooms. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Biblio-jeux: language development program for preschoolers. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY

10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7

514 328-4000 ext. 4140

Website: montreal.ca/en/places/bibliotheque-belleville

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE JULIO-JEAN-PIERRE

12002 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000

Website: montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for seniors 65 years and over or people with limited mobility. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments. * Computers, Internet access and printing devices. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY

4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2

514 328-4000 ext. 4135

Website: montreal.ca/en/places/bibliotheque-yves-ryan

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed on Saturdays and Sundays, médialab: mid-January to mid-June, Thursday 15h30 to 18h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

Libraries

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - HENRI-BOURASSA LIBRARY

5400 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2S9

514 328-4000 ext. 4125

Website: montreal.ca/en/places/bibliotheque-henri-bourassa

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Work rooms. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Biblio-jeux: language development program for preschoolers. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BELLEVILLE LIBRARY

10400 de Belleville Avenue, Montréal-Nord, Montréal, QC, H1H 4Z7

514 328-4000 ext. 4140

Website: montreal.ca/en/places/bibliotheque-belleville

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - BIBLIOTHÈQUE JULIO-JEAN-PIERRE

12002 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000

Website: montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire

Services: * Loan and consultation of printed, audiovisual and digital documents. * Home book loan for seniors 65 years and over or people with limited mobility. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Rental of music instruments. * Computers, Internet access and printing devices. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 10h00 to 17h00, summer: Monday 10h00 to 21h00, Tuesday to Thursday 9h00 to 21h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - YVES-RYAN LIBRARY

4740 de Charleroi Street, Montréal-Nord, Montréal, QC, H1H 1V2

514 328-4000 ext. 4135

Website: montreal.ca/en/places/bibliotheque-yves-ryan

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access and printing devices. * Music listening stations. * Toys and educative games. * Story time. * Book club for children. * Workshops, conferences and exhibitions. * Medialab.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 9h00 to 20h00, Friday 9h00 to 13h00, Saturday and Sunday 12h00 to 17h00, summer: closed on Saturdays and Sundays, médialab: mid-January to mid-June, Thursday 15h30 to 18h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal, provincial

Legal status: municipal agency

Sport

ENTRE PARENTS DE MONTRÉAL-NORD

4828 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1G4

514 329-1233 ext. 0 Fax: 514 329-0638

Website: www.entrepailleurs.org

Email: info@entrepailleurs.org

Services: Food assistance * Collective kitchens. * Food workshops. * Introduction to cooking. * Baby food workshop. * Christmas baskets for members. Childhood and family * Support for immigrant families. * Daycare respite for 3 months to 5 years old and sleeping respite for 9 months to 5 years old. * Childcare during activities. * Papas à bord: activities and sports for fathers and their children from 0 to 8 years old. * Les rendez-vous papas-enfants: activities for fathers and their children from 5 to 12 years old. * Fitness classes with baby for pregnant woman and parents of children from 0 to 2 years old. * Reading and writing development. * Bambineries: playing workshops with your children from 0 to 5 years old. * Infant massage course. * Educational support for 3 and 4 years old. * Homework help for 6 to 12 years old. * Saturday activities for 6 to 12 years old. Parenthood * Parenting skills workshops and workshops for parents of teens. * Comprendre mon ado: conference dinners with guest. * Activities between fathers. * Coffee-meetings and Autour des parents: place of exchange. * Au masculin: activities for fathers. Legal information * Monthly legal clinic: individual meetings with a lawyer to answer questions on different topics such as immigration, family, housing, road accidents, etc. Leisure activities * Family parties and outings.

Eligibility: parents, children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 16h30, some evenings and weekends

Fees: membership: \$7 per year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION GÉNÉRALE DES INSUFFISANTS RÉNAUX

4865 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A1

1 888 852-9297 Fax: 514 323-1231

Website: www.agir.ca

Email: reins@agir.ca

Services: Information, support and referral over the phone or on site. * Monthly mutual aid and support groups for people and their close ones. * New patient assistance committee. * Management portal for displacement requests between dialysis centres. * Social activities. * Annual holiday camp. * Monthly meetings. * Seminars. * Annual dinner.

Eligibility: people living with a kidney failure, on dialysis or transplant recipients, their sympathisers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00, monthly meeting: 1st Friday of the month

Fees: annual membership: \$10

Financing: donations, grants, fundraising campaigns, membership fees

Legal status: non-profit organization

CENTRE OF DREAMS AND HOPES

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: centreofdreamsandhopes.org

Email: admincdh@centreofdreamsandhopes.org

Services: Mainly anglophone therapeutic and recreational development support services. * Speech therapy and occupational therapy. * Respite program on weekends. * Education program for English speaking youth and young adults with special needs. * Social skill training. * Early intervention program.

Eligibility: youth 5 to 35 years old living with an intellectual or physical disability, including an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: \$50, activities: variable

Financing: foundations, grants, membership fees, fundraising campaigns

Legal status: non-profit organization

CENTRE OF DREAMS AND HOPES FOUNDATION

12550 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L8

514 327-6667 ext. 200 Fax: 514 327-4888

Website: www.centreofdreamsandhopes.org

Email: kids@eastfoundation.ca

Services: Developmental support for children and adults living with a disability. * Therapeutic and recreational services.

Eligibility: children, teenagers and adults living with an intellectual disability, a physical handicap or an autism spectrum disorder, parents, caregivers

Coverage area: East of Montréal

Hours: Monday to Friday 9h00 to 16h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

ENTRE PARENTS DE MONTRÉAL-NORD - VOLET MIGRANTS

11975 Lapierre Street, Apartment 102, Montréal-Nord, Montréal, QC, H1G 3S1

514 303-8333 Fax: 514 329-0638

Website: www.entrepaparents.org

Email: info@entrepaparents.org

Services: * Integration support and referral. * Donations of clothes. * Respite. * Baby massage course.

Eligibility: parents and children

Coverage area: Montréal-Nord

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Saturday and Sunday: occasional activities

Fees: membership: \$7 per year, free for asylum seekers in Québec for less than a year

Financing: Centraide of Greater Montréal, provincial, federal, municipal, grants, membership fees

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN)

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Recreational activities: arts, sports, cooking, relaxation, crafts. * Mobilization activities and citizen participation. * English initiation courses. * Taxes and budgeting workshops. * Popular education. * Sewing workshops. * Cooking workshops. * Monthly bazar: distribution and swapping of clothes, toys and household items. * Coffee chats. * Youth sector.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal, provincial, federal, foundations

Legal status: non-profit organization

WELCOME HALL MISSION - YOUTH SERVICES

5095 Henri-Bourassa Boulevard East, 2nd floor, Montréal-Nord, Montréal, QC, H1G 2S4

514 904-1346

Website: www.welcomhallmission.com

Email: info@missionba.com

Services: Drop-in centre for runaways and street youth. * Warm meals. * Showers and hygiene products. * Food baskets. * Clothing, sleeping bags. * Welcoming and referral. * Sociopsychological support, mentorship, helping relationship. * Assistance with re-establishing family relationships. * Housing assistance. * Job assistance, assistance with going back to school. * Legal assistance. * Medical consultation. * Physical fitness room, sports room, boxing classes. * Thematic and cultural evenings. * Coeur à soeur program: assistance for young mothers in difficulty.

Eligibility: youth 15 to 25 years old and young women 15 to 30 years old runaways, experiencing homelessness or in difficulty

Coverage area: Greater Montréal

Hours: Monday, Thursday and Friday 9h00 to 17h00

Fees: none

Financing: donations, federal, provincial, municipal

Legal status: non-profit organization

Donation pick-ups

FONDATION LA COLLECTE

10871 Salk Street, Suite A100, Montréal-Nord, Montréal, QC, H1G 6M7

514 845-7920

Website: fondationlacollete.ca/?lang=en

Email: info@lacollete.ca

Services: Fundraising and clothing donations for Big Brothers Big Sisters Association of Montréal. * Donation pick-up: clothing, handicrafts and decorations, toys, dishes and pans, jewelry, small appliances, functional or not electronic devices, returnable bottles and containers. * Map of clothing bins locations:

fondationlacollete.ca/location/?lang=en

Capacity: unlimited

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations

Legal status: non-profit organization

MAGASIN HABITAT POUR L'HUMANITÉ - MONTRÉAL-NORD

6240 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5W9

438 375-1297

Website: magasinhabitatqc.ca/en/our-stores/

Email: magasinhabitat@habitatqc.ca

Services: Hardware and furniture store. * Sale of new and used items at low prices: furniture, appliances, construction materials, decorative items, lighting, etc. * Donation pick-up of new items or in good condition. *

Complete list of accepted items: magasinhabitatqc.ca/en/donate/ * Form to fill out for pick-up:

magasinhabitatqc.ca/formulaire-de-don/ * Recovery on site.

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 17h00, Thursday to Friday 9h00 to 18h00, Saturday 10h00 to 17h00

Fees: donation pick-up: starting from \$50

Financing: donations, self-financing

Legal status: non-profit organization

School supplies

FOURCHETTES DE L'ESPOIR (LES)

12165 Rolland Boulevard, Montréal-Nord, Montréal, QC, H1G 5Y1

514 852-1492 Fax: 514 852-6220

Website: fourchettesdelespoir.ca

Email: lesfourchettesdelespoir@hotmail.com

Services: * Meals on wheels. * Food assistance. * Frozen meals with possibility of delivery. * Cooking classes for children 5 to 12 years old. * Lunch boxes with discounts for non-profits. * Christmas sharing store. *

Opération sac à dos: distribution of school supplies. * Bonhomme à lunettes service point. * Summer day camp.

Eligibility: people on a low income, meals on wheels: people on a low income, people with a low mobility, seniors

Coverage area: Montréal-Nord, food assistance: postal codes H1G and H1H

Hours: office: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00, meals on wheels: Monday to Friday 10h30 to 13h30, food assistance: by appointment, take-out meals: Monday to Friday 10h30 to 13h00

Fees: frozen meal: \$5 to \$6, food assistance: free, meals on wheels: \$6

Financing: provincial, foundations

Legal status: non-profit organization

MENER AUTREMENT

11794 P.-M.-Favier Avenue, Montréal-Nord, Montréal, QC, H1G 5Z7

514 881-7216

Website: menerautrement.org/en

Email: info@menerautrement.org

Services: Coaching, support and training for youth and adults with low education, dropouts who went back to school and youth with intellectual disability. * Sport-school program: dropout and obesity prevention, sporting activities, and day camp. * Social integration of people with an intellectual disability or a pervasive development disorder through sport activities. * Attention yoga. * Support and training for youth and adults with low education. * Entrepreneurship training: promotion and support to the creation of new businesses. * School supplies.

Eligibility: youth 6 years old and above, youth with an intellectual disability, single-parent families or families on a low income

Capacity: variable

Coverage area: Montréal-Nord, Rivière-des-Prairies, Saint-Léonard

Hours: preferably call for appointment, Monday to Friday 10h00 to 16h00, Saturday 10h00 to 18h00, Sunday 16h00 to 19h00

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AU-RÉCOLLET - CONFÉRENCE SAINTE-COLETTE

6375 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9

514 322-0371 Fax: 514 510-4479

Services: * Food vouchers. * Christmas baskets vouchers. * School supplies vouchers. * Clothing depot: reception and sale of used clothing.

Eligibility: people on a low income

Coverage area: Sainte-Colette, Saint-Camille, Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes

Hours: food bank: Wednesday 9h30 to 11h15, clothing: Wednesday 12h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

Thrift Stores**MAGASIN HABITAT POUR L'HUMANITÉ - MONTRÉAL-NORD**

6240 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5W9

438 375-1297

Website: magasinhabitatqc.ca/en/our-stores/

Email: magasinhabitat@habitatqc.ca

Services: Hardware and furniture store. * Sale of new and used items at low prices: furniture, appliances, construction materials, decorative items, lighting, etc. * Donation pick-up of new items or in good condition. * Complete list of accepted items: magasinhabitatqc.ca/en/donate/ * Form to fill out for pick-up: magasinhabitatqc.ca/formulaire-de-don/ * Recovery on site.

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 17h00, Thursday to Friday 9h00 to 18h00, Saturday 10h00 to 17h00

Fees: donation pick-up: starting from \$50

Financing: donations, self-financing

Legal status: non-profit organization

RENAISSANCE QUÉBEC - HENRI-BOURASSA THRIFT STORE

5500 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2T2

438 387-3971

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAULT-AU-RÉCOLLET - CONFÉRENCE SAINTE-COLETTE

6375 de Dijon Street, Montréal-Nord, Montréal, QC, H1G 2L9

514 322-0371 Fax: 514 510-4479

Services: * Food vouchers. * Christmas baskets vouchers. * School supplies vouchers. * Clothing depot: reception and sale of used clothing.

Eligibility: people on a low income

Coverage area: Sainte-Colette, Saint-Camille, Saint-Rémi, Saint-Vital, Sainte-Gertrude and Saint-Vincent-Marie-Strambi parishes

Hours: food bank: Wednesday 9h30 to 11h15, clothing: Wednesday 12h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

Violence and abuse**CHILD ABUSE****DOMESTIC VIOLENCE: SHELTERS AND SUPPORT****HELP LINES RELATED TO VIOLENCE AND ABUSE****PREVENTION OF VIOLENCE AND CRIME****SEXUAL ASSAULT AND INCEST****SUPPORT FOR VICTIMS AND THEIR FAMILIES****THERAPY AND COUNSELLING**

Child abuse

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

Domestic violence: shelters and support

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

LEGAL AID OFFICE - CIVIL AND FAMILY LAW - MONTRÉAL-NORD

5879 Henri-Bourassa Boulevard East, Suite 200, Montréal-Nord, Montréal, QC, H1G 2V1

514 864-2111 ext. 6400 Fax: 514 864-8922

Website: www.aidejuridiquedemontreal.ca/en

Email: baj.montrealnord@ccjm.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: Montréal-Nord, Rivière-des-Prairies, Pointe-aux-Trembles, Villeray, Saint-Michel

Hours: 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Help lines related to violence and abuse

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

Prevention of violence and crime

CENTRE DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

514 325-9116 Fax: 514 325-7253

Email: cficlaire1991@gmail.com

Services: Services for women head of a single-parent family or from immigration. * Literacy and francization. * Socio-professional integration. * Drop-in daycare. * Parent-children 0 to 5 years old activities. * Workshops: computer, sewing, cooking and various thematic workshops. * Awareness against violence against women. * Être parent au Québec: information and support workshops for immigrant parents. * Phone listening service and referral. * Compensatory work. * Accompaniment to the court or with other legal procedures. * Christmas baskets.

Eligibility: immigrant women or head of a single-parent family, families, girls or other women in need, drop-in daycare: families participating in the Centre's activities and services

Capacity: 70 people

Coverage area: Montréal Island, with priority to Montréal North

Hours: Monday, Tuesday and Thursday 9h00 to 17h00, Wednesday and Friday 9h00 to 19h00, possibility to open on evenings and weekends in case of an emergency

Fees: annual membership: \$10

Financing: provincial, federal

Legal status: non-profit organization

ITINÉRAIRE POUR TOUS (UN) - SECTEUR JEUNESSE

12004 Rolland Boulevard, Suite 223, Montréal-Nord, Montréal, QC, H1G 3W1

514 328-4000 ext. 5579 Fax: 514 328-5644

Website: www.uipt.ca

Email: info@uipt.ca

Services: * Arts, recreational and sports activities. * Workshops on healthy lifestyle habits. * Social intervention. * STBBI prevention workshops. * Bullying prevention workshops. * Drug abuse prevention workshops. * New techs workshops: radio, recording. * Volunteering and youth involvement. * Homework assistance.

Eligibility: youth 6 to 17 years old

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h00 to 18h30, Saturday 10h00 to 15h00

Fees: none

Financing: Centraide of Greater Montréal, municipal

Legal status: non-profit organization

MAISONS DE TRANSITION DE MONTRÉAL

6060 Renoir Street, Montréal-Nord, Montréal, QC, H1G 2N8

514 326-8400 Fax: 514 326-8402

Website: www.maisonsdetransitiondemontreal.com

Email: administration@mssl-assl.com

Services: Crime prevention centre. * Social and community reintegration for offenders. * Community cooperation and organization. * Training and internships for counsellors.

Eligibility: social reintegration: men at risk of delinquency, male offenders

Coverage area: Montréal

Financing: federal, provincial, municipal, donations

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 39 - MONTRÉAL-NORD

6100 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 5X3

514 280-0139 Fax: 514 280-0639

Website: spvm.qc.ca/en/PDQ39

Email: pdq39@spvm.qc.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Loan of engravers to identify valuables. * Sociocommunity sector, specialized units and awareness-raising.

Eligibility: citizens and residents of the neighbourhood

Coverage area: Montréal-Nord

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Sexual assault and incest

CLINIQUE JURIDIQUE DU GRAND MONTRÉAL

3735, Monselet Street, Montréal-Nord, Montréal, QC, H1H 2B3

514 789-2823

Website: cjgm.ca

Email: info@cjgm.ca

Services: * Legal consultations in the following areas: immigration, rights and freedoms, family, work, housing, racial profiling. * Accompaniment. * Workshops: immigration, family, work, housing, etc. * Specific services for youth who need legal information or access to resources regarding any form of sexual assault or violence in their school environment. * Service d'accompagnement de jeunes judiciarisés.e.s (S.A.J.J.): helping youth to better understand the conditions they must respect after an arrest or a conviction, throughout the judicial process and avoiding the spiral of judicialization after a first offence.

Eligibility: general public, newcomers, service d'accompagnement de jeunes judiciarisés.e.s: people 12 to 25 years old

Coverage area: Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciarisés.e.s: Montréal-Nord

Hours: on appointment, Montréal-Nord: Saturday 13h00 to 18h00, Côte-des-neiges: Saturday 14h00 to 18h00

Fees: none

Financing: municipal, grants, donations

Legal status: non-profit organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

Support for victims and their families

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciuSSSnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

HALTE-FEMMES MONTRÉAL-NORD

6532 Léger Boulevard, Montréal-Nord, Montréal, QC, H1G 1L5

514 328-2055 Fax: 514 328-2047

Website: haltefemmes.org

Email: info@haltefemmes.org

Services: * Listening by phone or in person. * Individual meetings. * Support groups on domestic violence and sexual assault support, in French only. * Lunch meetings every Wednesday. * Personal development classes. * Discussion workshop for immigrant women. * Self-esteem workshop. * Health exercise. * Sexual assault awareness workshop.

Eligibility: women developing their autonomy, struggling with isolation or victims of domestic violence

Capacity: support groups: 8 people

Coverage area: Montréal-Nord

Hours: Monday and Wednesday 9h00 to 12h00, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$10 per year, other activities: low cost

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

HOODSTOCK

3830 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1H 1K4

438 794-8007

Website: www.hoodstock.ca

Email: info@hoodstock.ca

Services: Mobilization and awareness-raising organization dedicated to eliminating systemic inequalities and developing supportive, inclusive, safe and dynamic communities. * Forum social in Montréal-Nord: forum for popular expression of socio-political issues and local artistic talent. * Programme de rechange générale: restorative justice measures program for victims or the community and awareness program for accused people. * Justice hoodistique: a diversion program by and for Afro-descendants. * Community outreach: outreach services adapted to the needs of young people aged 12 to 25, through a variety of activities and support provided by outreach workers. * CARE (Coalition AntiRacisme dans les Écoles): interactive tour on anti-racism, diversity and inclusion in high schools. * HoodSTOP sexual violence: sexual violence prevention and awareness program adapted to diverse populations. * Summer activities for young people.

Eligibility: general public

Coverage area: Montréal-Nord

Hours: Monday to Friday 9h30 to 17h00

Fees: none

Financing: municipal, donations

Legal status: non-profit organization

Therapy and counselling

AIRE OUVERTE MONTRÉAL-NORD-LACORDAIRE

12415 Lacordaire Boulevard, Montréal-Nord, Montréal, QC, H1G 4L5

514 858-2446

Website: www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/

Email: aire.ouverte.cnmtl@ssss.gouv.qc.ca

Services: Confidential services with or without an appointment for the health and well-being of adolescents and young adults. * Individual or family psychosocial follow-up. * Psycho-education. * Specialized education. * Sexology. * Sexual health clinic: nursing services. * Accompaniment to community and CIUSSS resources. * Sign language interpreter service available on request.

Eligibility: people 12 to 25 years old

Coverage area: Greater Montréal

Hours: psychosocial services without appointment: Monday and Wednesday 12h00 to 18h00, Friday 12h00 to 16h00, sexual health services without appointment: Wednesday 15h00 to 19h00

Fees: none

Financing: provincial

Legal status: parapublic organization

AMOUR EN ACTION (L')

10201 des Laurentides Avenue, Montréal-Nord, Montréal, QC, H1H 4V4

514 327-0200

Website: www.lamourenaction.org

Email: amouraction@gmail.com

Services: * Emergency shelter. * Regular and emergency food assistance. * Community meals. * Warming centre: reception of people during winter to sleep, wash, eat and wash their clothes. * Social activities. * Individual counselling. * Outreach workers on site. * Peer Helpers: free lawn mowing, yard clean-up, weeding, outdoor window washing provided by people experiencing homelessness for people in the neighbourhood.

Eligibility: people on a low income, warming centre: men and women 16 years and older

Capacity: 40 beds, winter: 72 beds

Coverage area: Ahuntsic, Montréal-Nord, Rivière-des-Prairies, Saint-Léonard, Villeray

Hours: emergency shelter: 24 hours / 7 days, warming centre: 7 days, 20h00 to 8h00 from November 1st 2023 to April 30th 2024

Fees: food bank: voluntary contribution of \$5

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

Legal status: non-profit organization

CENTRE D'ACTIVITÉS POUR LE MAINTIEN DE L'ÉQUILIBRE ÉMOTIONNEL DE MONTRÉAL-NORD

4898 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1G 1A2

514 327-3035 Fax: 514 327-8322

Email: info@camee.ca

Services: Day centre. * Phone and individual listening. * Self-help and sharing group on recovery, weekly support groups for an autonomous management of medication (GAM). * Apprivoiser les voix: support group for people suffering from auditory hallucinations. * Apartment-based community support. * Conferences, coffee-meetings, community dinners. * Workshops on creation and expression, stress and daily management. * Workshops on anxiety management. * Workshops and activities exclusively for youth.

Eligibility: adults living with a mental health issue, youth 15 to 25 years old living with an emotional or mental health issue

Coverage area: Montréal-Nord and surroundings

Hours: Monday to Friday 13h00 to 20h00, support group: in the afternoon, leisure activities: in the evening

Fees: annual contribution: \$12

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE

4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

514 388-7216

Email: ifacef@ifacef.com

Services: * Individual, couple and family therapy. * Psychodrama. * Parental coaching. * Schools: intervention with students, professional development programs for teachers and non-teaching staff, supervision and evaluation. * Services for youth centres. * Training and workshops for community organizations. * Psychotherapy training. * Clinical supervision with counsellors. * Conferences and training.

Eligibility: children, families, schools, youth centres, community organizations, counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 19h00

Fees: \$140 per hour

Financing: grants, self-financing

Legal status: non-profit organization

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