



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTRÉAL / MONTRÉAL / MONTRÉAL-NORD



**2-1-1**



**WWW.211.QC.CA**

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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

### 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](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.montrealnord@ccjm.qc.ca](mailto: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, Villieray, 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:** [cficlaire1991@gmail.com](mailto: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.entrepailleurs.org](http://www.entrepailleurs.org)

**Email:** [info@entrepailleurs.org](mailto: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](http://www.entrepaparents.org)

**Email:** [info@entrepaparents.org](mailto: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**

**Website:** [maisonsamx.com](http://maisonsamx.com)

**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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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](mailto: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

### BIBLIOTHÈQUES DE MONTRÉAL - BELLEVILLE LIBRARY

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

**514 328-4000 ext. 4140**

**Website:** [montreal.ca/en/places/bibliotheque-belleville](http://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

### BIBLIOTHÈQUES DE MONTRÉAL - 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](http://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. \* Loan of musical instruments. \* 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

## **BIBLIOTHÈQUES DE MONTRÉAL - JULIO-JEAN-PIERRE LIBRARY**

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

**514 328-4000 ext. 5626**

**Website:** [montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire](http://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. \* Loan 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

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

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

**438 764-9737**

**Email:** [ccesmn@gmail.com](mailto: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](http://cabmtl-nord.org)

**Email:** [info@cabmtl-nord.org](mailto: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](http://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](mailto: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.entrepresents.org](http://www.entrepresents.org)

**Email:** [info@entrepresents.org](mailto: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

**FONDATION DE LA VISITE**

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

**514 329-2800** Fax: 514 329-4522

**Website:** [delavisite.org](http://delavisite.org)

**Email:** [fondation@delavisite.org](mailto: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](mailto: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](http://lajoujouthequestmichel.qc.ca)

**Email:** [joujouthequestmichel@bellnet.ca](mailto: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/](http://maisonbleue.info/en/)

**Email:** [info@maisonbleue.info](mailto: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](http://maisondesparents.com)

**Email:** [info@maisondesparents.com](mailto: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

## Juvenile Delinquency

### CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

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

**438 764-9737**

**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 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 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 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.msl-assl.com](http://www.msl-assl.com)

**Email:** [administration@msl-assl.com](mailto: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

## MENER AUTREMENT

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

**514 881-7216**

**Website:** [menerautrement.org/en](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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](http://spvm.qc.ca/en/PDQ39)

**Email:** [pdq39@spvm.qc.ca](mailto: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.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.entrepresents.org](http://www.entrepresents.org)

**Email:** [info@entrepresents.org](mailto:info@entrepresents.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](http://delavisite.org)

**Email:** [fondation@delavisite.org](mailto: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](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.montrealnord@ccjm.qc.ca](mailto: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/](http://maisonbleue.info/en/)

**Email:** [info@maisonbleue.info](mailto: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](http://maisondesparents.com)

**Email:** [info@maisondesparents.com](mailto: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](http://www.welcomehallmission.com)

**Email:** [info@missionba.com](mailto: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](http://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.entrepresents.org](http://www.entrepresents.org)

**Email:** [info@entrepresents.org](mailto: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

## ENTRE PARENTS DE MONTRÉAL-NORD - VOILET MIGRANTS

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

**514 303-8333** Fax: 514 329-0638

**Website:** [www.entrepresents.org](http://www.entrepresents.org)

**Email:** [info@entrepresents.org](mailto:info@entrepresents.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

### BIBLIOTHÈQUES DE MONTRÉAL - BELLEVILLE LIBRARY

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

**514 328-4000 ext. 4140**

**Website:** [montreal.ca/en/places/bibliotheque-belleville](http://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

### BIBLIOTHÈQUES DE MONTRÉAL - 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](http://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. \* Loan of musical instruments. \* 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

### BIBLIOTHÈQUES DE MONTRÉAL - JULIO-JEAN-PIERRE LIBRARY

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

**514 328-4000 ext. 5626**

**Website:** [montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire](http://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. \* Loan 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

**BIBLIOTHÈQUES DE MONTRÉAL - 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 educational 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

**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.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](http://www.uipt.ca)

**Email:** [info@uipt.ca](mailto: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](http://lajoujouthequestmichel.qc.ca)

**Email:** [joujouthequestmichel@bellnet.ca](mailto: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/](http://maisonbleue.info/en/)

**Email:** [info@maisonbleue.info](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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

## Youth Centres and Support

### CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

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

**438 764-9737**

**Email:** [ccesmn@gmail.com](mailto: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](http://www.uipt.ca)

**Email:** [info@uipt.ca](mailto: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](http://www.mdjlouverture.org)

**Email:** [info@mdjlouverture.org](mailto: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](http://www.cafejeunessemulticulturel.org)

**Email:** [info@cafejeunessemulticulturel.org](mailto: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](http://www.cjebourassasauve.com)

**Email:** [emploi@cjebourassasauve.com](mailto: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](http://www.lescale.org)

**Email:** [info@lescale.org](mailto: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](http://www.hoodstock.ca)

**Email:** [info@hoodstock.ca](mailto: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/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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](mailto: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'EXCLUES

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 and 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.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

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

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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. \* Service point for issuing identity and residence cards for people with no or precarious status. \* 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, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**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

**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****RESPIRE 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](http://centreofdreamsandhopes.org)

**Email:** [admincdh@centreofdreamsandhopes.org](mailto: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](http://www.agir.ca)

**Email:** [reins@agir.ca](mailto: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](http://centreofdreamsandhopes.org)

**Email:** [admincdh@centreofdreamsandhopes.org](mailto: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](http://www.centreofdreamsandhopes.org)

**Email:** [kids@eastfoundation.ca](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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](http://centreofdreamsandhopes.org)

**Email:** [admincdh@centreofdreamsandhopes.org](mailto: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

### 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](http://www.agir.ca)

**Email:** [reins@agir.ca](mailto: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](http://cabmtl-nord.org)

**Email:** [info@cabmtl-nord.org](mailto: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](mailto: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.entrepajrents.org](http://www.entrepajrents.org)

**Email:** [info@entrepajrents.org](mailto:info@entrepajrents.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](http://delavisite.org)

**Email:** [fondation@delavisite.org](mailto: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:** [moniquehuguet@bell.net](mailto:moniquehuguet@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.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

## 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](http://centreofdreamsandhopes.org)

**Email:** [admincdh@centreofdreamsandhopes.org](mailto: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](http://www.centreofdreamsandhopes.org)

**Email:** [kids@eastfoundation.ca](mailto: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](http://centreofdreamsandhopes.org)

**Email:** [admincdh@centreofdreamsandhopes.org](mailto: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](http://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**

**Website:** maisonsamx.com

**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

### 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**

**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

### 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.entrepairs.org

**Email:** info@entrepairs.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](http://www.uipt.ca)

**Email:** [info@uipt.ca](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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**

**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**

**Website:** maisonsamx.com

**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

## Literacy

### BIBLIOTHÈQUES DE MONTRÉAL - BELLEVILLE LIBRARY

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

**514 328-4000 ext. 4140**

**Website:** [montreal.ca/en/places/bibliotheque-belleville](http://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

### BIBLIOTHÈQUES DE MONTRÉAL - 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](http://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. \* Loan of musical instruments. \* 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

### BIBLIOTHÈQUES DE MONTRÉAL - JULIO-JEAN-PIERRE LIBRARY

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

**514 328-4000 ext. 5626**

**Website:** [montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire](http://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. \* Loan 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

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

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

**438 764-9737**

**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 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.entrepayers.org

**Email:** info@entrepayers.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**

**Website:** maisonsamx.com

**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

## Public education

### 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**

**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](http://centrejeanpaullemay.org)

**Email:** [direction@centrejeanpaullemay.org](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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](http://cjgm.ca)

**Email:** [info@cjgm.ca](mailto: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

### 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](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.montrealnord@ccjm.qc.ca](mailto: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](http://www.uipt.ca)

**Email:** [info@uipt.ca](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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](mailto: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](http://www.lescale.org)

**Email:** [info@lescale.org](mailto: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](http://www.impulsion-travail.com)

**Email:** [reception@impulsion-travail.com](mailto: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](http://visioncharitable.info)

**Email:** [contact@visioncharitable.info](mailto: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](http://www.cjebourassasauve.com)

**Email:** [emploi@cjebourassasauve.com](mailto: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](http://centrejeanpaullemay.org)

**Email:** [direction@centrejeanpaullemay.org](mailto: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](mailto: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](http://www.cjebourassasauve.com)

**Email:** [emploi@cjebourassasauve.com](mailto: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](http://www.lescale.org)

**Email:** [info@lescale.org](mailto: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-mtl.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](http://www.lescale.org)

**Email:** [info@lescale.org](mailto: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 without appointment, Tuesday to Thursday 14h00 to 16h00 by appointment only

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

**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.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

**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](http://www.lamourenaction.org)

**Email:** [amouraction@gmail.com](mailto: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 and 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**

**Email:** [ccesmn@gmail.com](mailto: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](http://fourchettesdelespoir.ca)

**Email:** [lesfourchettesdelespoir@hotmail.com](mailto: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 without appointment, Tuesday to Thursday 14h00 to 16h00 by appointment only

**Fees:** membership card: \$10 per year, food assistance: \$7 per 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. \* Online registration: clients.missionba.com

**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, Tuesday 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.entrepayers.org

**Email:** info@entrepayers.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 without appointment, Tuesday to Thursday 14h00 to 16h00 by appointment only

**Fees:** membership card: \$10 per year, food assistance: \$7 per 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. \* Online registration: clients.missionba.com

**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, Tuesday 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](http://www.lamourenaction.org)

**Email:** [amouraction@gmail.com](mailto: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 and 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](http://www.aqdr.org)

**Email:** [aqdr.mtlnd@videotron.ca](mailto:aqdr.mtlnd@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](mailto:cercle3a@videotron.ca)

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

**Eligibility:** people 50 years old and over

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 11h00 to 13h00

**Fees:** annual membership: \$15

**Financing:** municipal, self-financing

**Legal status:** None or unknown

**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](http://montreal.ca/montreal-nord)

**Email:** [montreal-nord@montreal.ca](mailto: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](http://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](http://montreal.ca/en/how-to/recover-belongings-storage-after-eviction) \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pads, and fabric for making washable sanitary pads).

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** sustainable menstrual products subsidy: reimbursement of 50% of pre-tax costs, for low-income households: additional subsidy covering 100% of costs

**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](http://coopdesolidariteeconord.com)

**Email:** [accueilrolland.econord@gmail.com](mailto: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](http://fondationlacollete.ca/?lang=en)

**Email:** [info@lacollete.ca](mailto: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](http://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

### **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\* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pads, and fabric for making washable sanitary pads).

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** sustainable menstrual products subsidy: reimbursement of 50% of pre-tax costs, for low-income households: additional subsidy covering 100% of costs

**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

## MONTREAL-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\* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pads, and fabric for making washable sanitary pads).

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** sustainable menstrual products subsidy: reimbursement of 50% of pre-tax costs, for low-income households: additional subsidy covering 100% of costs

**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.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](http://www.licimontrealnord.org)

**Email:** [info@licimontrealnord.org](mailto: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. \* Service point for issuing identity and residence cards for people with no or precarious status. \* 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, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**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](http://spvm.qc.ca/en/PDQ39)

**Email:** [pdq39@spvm.qc.ca](mailto: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](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.montrealnord@ccjm.qc.ca](mailto: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](http://www.cjebourassasauve.com)

**Email:** [emploi@cjebourassasauve.com](mailto: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](http://fourchettesdelespoir.ca)

**Email:** [lesfourchettesdelespoir@hotmail.com](mailto: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/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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, 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**

### **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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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

## MONTREAL-NORD - BOROUGH

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

**311 Fax:** 514 328-4055

**Website:** [montreal.ca/montreal-nord](http://montreal.ca/montreal-nord)

**Email:** [montreal-nord@montreal.ca](mailto: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](http://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](http://montreal.ca/en/how-to/recover-belongings-storage-after-eviction) \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pads, and fabric for making washable sanitary pads).

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** sustainable menstrual products subsidy: reimbursement of 50% of pre-tax costs, for low-income households: additional subsidy covering 100% of costs

**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](http://www.welcomehallmission.com)

**Email:** [info@missionba.com](mailto: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.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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](http://www.lamourenaction.org)

**Email:** [amouraction@gmail.com](mailto: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 and 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

## 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](http://www.welcomehallmission.com)

**Email:** [info@missionba.com](mailto: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](http://www.welcomehallmission.com)

**Email:** [info@missionba.com](mailto: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](http://www.cafejeunessemulticulturel.org)

**Email:** [info@cafejeunessemulticulturel.org](mailto: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](http://www.lamourenaction.org)

**Email:** [amouraction@gmail.com](mailto: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 and 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](http://espacelt.org)

**Email:** [hlt@espacelt.org](mailto: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 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 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

### 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 \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pads, and fabric for making washable sanitary pads).

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** sustainable menstrual products subsidy: reimbursement of 50% of pre-tax costs, for low-income households: additional subsidy covering 100% of costs

**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 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

### 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. \* Service point for issuing identity and residence cards for people with no or precarious status. \* 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, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**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

## Housing

**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-mtl.n.org](http://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](http://www.licimontrealnord.org)

**Email:** [info@licimontrealnord.org](mailto: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. \* Service point for issuing identity and residence cards for people with no or precarious status. \* 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, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**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-mtl.n.org](http://www.centremultiethnic-mtl.n.org)

**Email:** [ccmemn13@yahoo.ca](mailto: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](http://www.cafejeunessemulticulturel.org)

**Email:** [info@cafejeunessemulticulturel.org](mailto: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](http://tqmns.org)

**Email:** [direction@tqmns.org](mailto: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](http://www.hoodstock.ca)

**Email:** [info@hoodstock.ca](mailto: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'EXCLUES

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

**514 759-0726**

**Website:** [www.parole-dexclues.ca](http://www.parole-dexclues.ca)

**Email:** [communications@parole-dexclues.ca](mailto: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

### 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](http://www.cjebourassasauve.com)

**Email:** [emploi@cjebourassasauve.com](mailto: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 D'HÉBERGEMENT LA TRAVERSE**

11891 Sainte-Gertrude Boulevard, Montréal-Nord, Montréal, QC, H1G 5P8

**514 382 4999**

**Website:** www.centreslatraverse.org

**Email:** latraverse@mail.com

**Services:** Shelter for newcomers. \* Listening and support. \* Amenities included: meals, community kitchen, laundry room, Internet access, clothing. \* On-site services: help filling out forms, nurse. \* On-site donation collection.

**Eligibility:** newcomers in a precarious situation

**Capacity:** 30

**Coverage area:** île de Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations

**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 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 - VOLET MIGRANTS

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

**514 303-8333 Fax:** 514 329-0638

**Website:** www.entrepailleurs.org

**Email:** info@entrepailleurs.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**

**Website:** maisonsamx.com

**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](http://www.centremultiethnic-mtl.n.org)

**Email:** [ccmemn13@yahoo.ca](mailto: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](http://www.licimontrealnord.org)

**Email:** [info@licimontrealnord.org](mailto: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. \* Service point for issuing identity and residence cards for people with no or precarious status. \* 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, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**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](http://visioncharitable.info)

**Email:** [contact@visioncharitable.info](mailto: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](http://www.welcomehallmission.com)

**Email:** [info@missionba.com](mailto: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](http://www.aqdr.org)

**Email:** [aqdr.mtl nord@videotron.ca](mailto: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](mailto: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](mailto: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](http://coopdesolidariteeconord.com)

**Email:** [accueilrolland.econord@gmail.com](mailto: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](http://www.hoodstock.ca)

**Email:** [info@hoodstock.ca](mailto: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'EXCLUES

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

**514 759-0726**

**Website:** [www.parole-dexclues.ca](http://www.parole-dexclues.ca)

**Email:** [communications@parole-dexclues.ca](mailto: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.msl-assl.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. \* Clinical intervention program for First Nations people. \* Lotus program for addicts.

**Eligibility:** men offenders 18 years old and over

**Capacity:** 35

**Coverage area:** Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**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.mtlnd@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](http://www.entrepresents.org)

**Email:** [info@entrepresents.org](mailto: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

## EVOLUJEUNES

11140 Ethier Street, Montréal-Nord, Montréal, QC, H1H 1N9

**514 322-5556**

**Website:** [evolujeunes.ca](http://evolujeunes.ca)

**Email:** [info@evolujeunes.ca](mailto: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](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.montrealnord@ccjm.qc.ca](mailto: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\* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pads, and fabric for making washable sanitary pads).

**Coverage area:** Montréal-Nord

**Hours:** Monday to Thursday 8h15 to 16h15, Friday 8h15 to 12h45, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** sustainable menstrual products subsidy: reimbursement of 50% of pre-tax costs, for low-income households: additional subsidy covering 100% of costs

**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.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

## **Support for offenders**

### **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

## EVOLUJEUNES

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.msl-assl.com](http://www.msl-assl.com)

**Email:** [administration@msl-assl.com](mailto: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. \* Clinical intervention program for First Nations people. \* Lotus program for addicts.

**Eligibility:** men offenders 18 years old and over

**Capacity:** 35

**Coverage area:** Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## **Mental Health and addictions**

### **ADDICTION PREVENTION**

### **ADDICTION TREATMENT**

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

### **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/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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](http://www.hoodstock.ca)

**Email:** [info@hoodstock.ca](mailto: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](http://www.uipt.ca)

**Email:** [info@uipt.ca](mailto: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.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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](http://www.toxico-stop.com)

**Email:** [superviseur.toxicostop@gmail.com](mailto: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 old 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.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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

## 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](http://almage.org)

**Email:** [info@almage.org](mailto: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](mailto:cercle3a@videotron.ca)

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

**Eligibility:** people 50 years old and over

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 11h00 to 13h00

**Fees:** annual membership: \$15

**Financing:** municipal, self-financing

**Legal status:** None or unknown

### 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 and 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

## **CENTRE DES JEUNES L'ESCALE DE MONTRÉAL-NORD - BRIGADE NEIGE**

Confidential Address

**514 328-4180**

**Website:** [www.lescale.org](http://www.lescale.org)

**Email:** [info@lescale.org](mailto:info@lescale.org)

**Services:** Residential snow removal.

**Eligibility:** people 80 years old and over and people with limited mobility

**Capacity:** 21

**Coverage area:** Montréal-Nord

**Hours:** snow removal services: Monday to Friday from 17h00 to 19h00, on the first working day following a snowfall of more than 5 cm

**Fees:** none

**Financing:** federal, provincial, grants, municipal, foundations

**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](http://coopdesolidariteeconord.com)

**Email:** [accueilrolland.econord@gmail.com](mailto: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](http://fourchettesdelespoir.ca)

**Email:** [lesfourchettesdelespoir@hotmail.com](mailto: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.ciusssnordmtl.ca/installations/chsld/chsld-paul-lizotte](http://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, 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](http://espacelt.org)

**Email:** [hlt@espacelt.org](mailto: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](http://lesmaisonsdelancre.org)

**Email:** [habitationsancre@lesmaisonsdelancre.org](mailto:habitationsancre@lesmaisonsdelancre.org)

**Services:** Subsidized housing with community support.

**Eligibility:** women 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](http://www.aqdr.org)

**Email:** [aqdr.mtlnd@videotron.ca](mailto:aqdr.mtlnd@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.mtlndr@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](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.montrealnord@ccjm.qc.ca](mailto: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****LGBTQ ASSOCIATIONS****WOMEN'S CENTRES**



## LGBTQ 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/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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

## Women's centres

### CENTRE COMMUNAUTAIRE ESPOIR ET SOLIDARITÉ DE MONTRÉAL-NORD

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

**438 764-9737**

**Email:** [ccesmn@gmail.com](mailto: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, 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 DES FEMMES INTERCULTUREL CLAIRE

Confidential Address

**514 325-9116** Fax: 514 325-7253

**Email:** [cficlaire1991@gmail.com](mailto: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

### BIBLIOTHÈQUES DE MONTRÉAL - BELLEVILLE LIBRARY

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

**514 328-4000 ext. 4140**

**Website:** [montreal.ca/en/places/bibliotheque-belleville](http://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

### BIBLIOTHÈQUES DE MONTRÉAL - 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](http://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. \* Loan of musical instruments. \* 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

### BIBLIOTHÈQUES DE MONTRÉAL - JULIO-JEAN-PIERRE LIBRARY

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

**514 328-4000 ext. 5626**

**Website:** [montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire](http://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. \* Loan 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

**BIBLIOTHÈQUES DE MONTRÉAL - 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 educational 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

**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

**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, scrabble, darts, petanque. \* Sports activities: zomba, volleyball, pickleball, badminton, stretching, table tennis, fitness. \* Dancing dinners.**Eligibility:** people 50 years old and over**Coverage area:** Montréal-Nord**Hours:** Monday to Friday 11h00 to 13h00**Fees:** annual membership: \$15**Financing:** municipal, self-financing**Legal status:** None or unknown**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, scrabble, darts, petanque. \* Sports activities: zomba, volleyball, pickleball, badminton, stretching, table tennis, fitness. \* Dancing dinners.

**Eligibility:** people 50 years old and over

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 11h00 to 13h00

**Fees:** annual membership: \$15

**Financing:** municipal, self-financing

**Legal status:** None or unknown

**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

## EVOLUJEUNES

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](http://www.mdjlouverture.org)

**Email:** [info@mdjlouverture.org](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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](http://www.cafejeunessemulticulturel.org)

**Email:** [info@cafejeunessemulticulturel.org](mailto: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

### BIBLIOTHÈQUES DE MONTRÉAL - 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

### **BIBLIOTHÈQUES DE MONTRÉAL - 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. \* Loan of musical instruments. \* 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

### **BIBLIOTHÈQUES DE MONTRÉAL - JULIO-JEAN-PIERRE LIBRARY**

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

**514 328-4000 ext. 5626**

**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. \* Loan 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

### **BIBLIOTHÈQUES DE MONTRÉAL - 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

### **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, scrabble, darts, petanque. \* Sports activities: zomba, volleyball, pickleball, badminton, stretching, table tennis, fitness. \* Dancing dinners.

**Eligibility:** people 50 years old and over

**Coverage area:** Montréal-Nord

**Hours:** Monday to Friday 11h00 to 13h00

**Fees:** annual membership: \$15

**Financing:** municipal, self-financing

**Legal status:** None or unknown

### **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

## 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.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 SAM X

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

**514 328-8795**

**Website:** maisonsamx.com

**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

## Libraries

### BIBLIOTHÈQUES DE MONTRÉAL - BELLEVILLE LIBRARY

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

**514 328-4000 ext. 4140**

**Website:** [montreal.ca/en/places/bibliotheque-belleville](http://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

### BIBLIOTHÈQUES DE MONTRÉAL - 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](http://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. \* Loan of musical instruments. \* 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

### BIBLIOTHÈQUES DE MONTRÉAL - JULIO-JEAN-PIERRE LIBRARY

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

**514 328-4000 ext. 5626**

**Website:** [montreal.ca/en/places/bibliotheque-de-la-maison-culturelle-et-communautaire](http://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. \* Loan 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

**BIBLIOTHÈQUES DE MONTRÉAL - 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.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)**

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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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](http://www.agir.ca)

**Email:** [reins@agir.ca](mailto: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](http://centreofdreamsandhopes.org)

**Email:** [admincdh@centreofdreamsandhopes.org](mailto: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](http://www.centreofdreamsandhopes.org)

**Email:** [kids@eastfoundation.ca](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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.entrepayers.org

**Email:** info@entrepayers.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.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

## 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](http://fondationlacollete.ca/?lang=en)

**Email:** [info@lacollete.ca](mailto: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](http://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

## 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](http://fourchettesdelespoir.ca)

**Email:** [lesfourchettesdelespoir@hotmail.com](mailto: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](http://menerautrement.org/en)

**Email:** [info@menerautrement.org](mailto: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**

### **RENAISSANCE QUÉBEC - HENRI-BOURASSA THRIFT STORE**

5500 Henri-Bourassa Boulevard East, Montréal-Nord, Montréal, QC, H1G 2T2

**438 387-3971**

**Website:** [renaissancequebec.ca/en](http://renaissancequebec.ca/en)

**Email:** [information@renaissancequebec.ca](mailto: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****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**

## 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.msl-assl.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

### 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 judiciaisés.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 judiciaisés.e.s: people 12 to 25 years old

**Coverage area:** Montréal-Nord, Côte-des-Neiges, Service d'accompagnement de jeunes judiciaisés.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/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

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

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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](http://www.hoodstock.ca)

**Email:** [info@hoodstock.ca](mailto: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/](http://www.ciusssnordmtl.ca/soins-et-services/enfants-adolescents-et-famille/aire-ouverte/)

**Email:** [aire.ouverte.cnmtl@ssss.gouv.qc.ca](mailto:aire.ouverte.cnmtl@ssss.gouv.qc.ca)

**Services:** Confidential services for the health and well-being of adolescents and young adults, with or without an appointment. \* Individual or family psychosocial follow-up on a variety of topics: mental health, lifestyle habits, alcohol, drugs, gambling, violence, employment, training, housing, etc. \* Psycho-education. \* Sexual health clinic: nursing services, contraception, gender identity and sexual orientation, sexually transmitted and blood infections, etc. \* 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](http://www.lamourenaction.org)

**Email:** [amouraction@gmail.com](mailto: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 and 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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