

The East Island Network for English Language Services consists of community and public partners working to develop and promote access to English-language health and social services in the east-end of Montreal.



The East-Island Network for English-Language Services  
Le Réseau de l'Est de l'Île pour les services en anglais

## HEALTH AND SOCIAL SERVICE RESOURCES FOR ENGLISH-SPEAKING COMMUNITIES IN THE EAST ISLAND OF MONTREAL



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Le Réseau de l'Est de l'Île pour les services en anglais  
The East Island Network for English Language Services

# HEALTH AND SOCIAL SERVICE RESOURCES FOR ENGLISH-SPEAKING COMMUNITIES IN THE EAST ISLAND OF MONTREAL

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**DEVELOPED BY**

The East Island Network for English Language Services  
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## A MESSAGE FROM THE COORDINATOR:

It is with great pleasure that we present our very first publication of a health and social services resource guide for the English-speaking communities residing in the East Island of Montreal.

The guide serves as a directory of organizations and associations specializing in addiction, disease, disability, education, employment and volunteering, as well as organizations and businesses offering services to newly-arrived immigrants, women and children, youth and seniors.

I would like to thank our community and public partners for their participation in the initiation, promotion and development of English-language services across the island of Montreal and throughout the province of Quebec.



*F. G. Guemiri*

**Fatiha Gatre Guemiri**

Coordinator

East Island Network for English Language Services

Notice:

This guide was created as a quick reference for the general public and local healthcare institutions. At the time of publication, the organizations, associations and groups listed indicated that they do provide services in English. The East Island Network for English Language Services will not be held responsible for outdated information.

Do not hesitate to contact us if you have any questions or comments.

## REISA's Mission:

Community and public partners work to develop and promote access to English language health and social services in the east end of Montreal.

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## REISA's Profile:

English-speaking communities in the east-end of the island represent a significant 14,6% of the area's population. However, it is common that the needs of these communities are overlooked. REISA seeks to promote the English language as a communication tool and not as the language of work, in areas where minority groups are more comfortable receiving services in English than in French. Examples of these groups include Chinese, Latino, Indian, Pakistani, Polish and Italian communities.

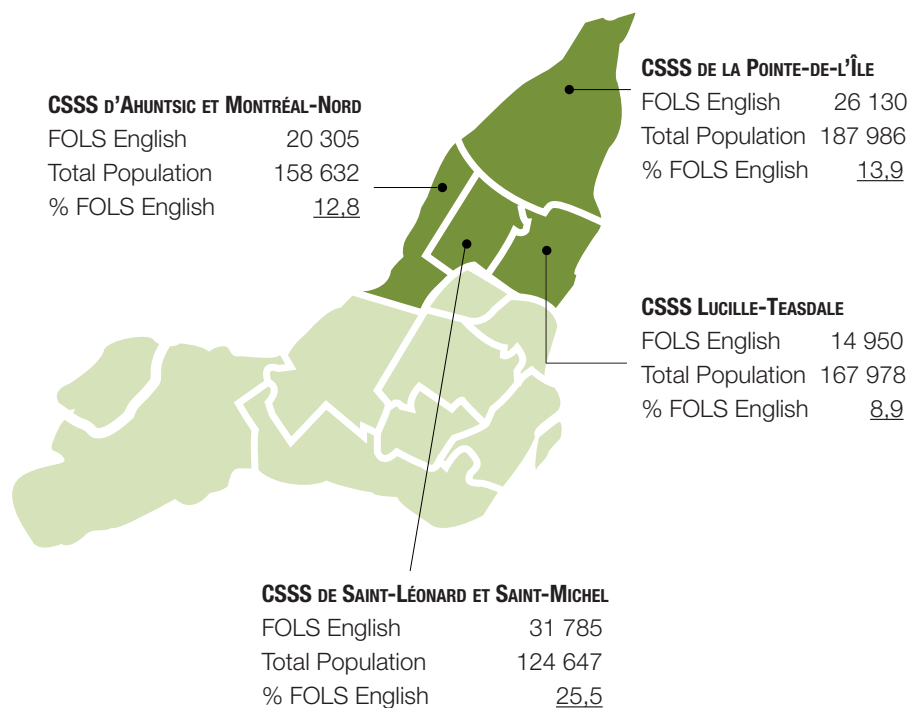
Initially established in 2005 by the CCS and now under sponsorship of the Italian-Canadian Community Services of Quebec Inc., REISA has assisted partnership development in three main areas: *expansion of local-level services, outreach to new services and community capacity-building*. Keeping the English-speaking communities' needs in mind, REISA has identified four priority development sectors: *Youth, Seniors, Intellectual Deficiency and Mental Health*. REISA has supported community development in various fields including addiction services, drug awareness and prevention in schools, family counselling and mediation, integration of student trainees in community projects, mental health information and support groups, prevention and management of diabetes, and seniors activity groups and community development led by seniors. We are linked to regional English-speaking communities across Quebec for the sharing of healthcare expertise.

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

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

FOLS English East Island	93 170
Total East Island Population	639 243
<b>% FOLS ENGLISH EAST ISLAND</b>	<b><u>14,6</u></b>



### LEGEND:

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

Total population: Total population of the CSSS

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

### SOURCE:

Demographic and Social Characteristics of the English-speaking Population in the Montréal Health Region (HR-06), CHSSN

## REISA's PUBLIC PARTNERS:

Organization/contact information	Description of services
<b>CSSS D'AHUNTSIC ET MONTRÉAL-NORD</b> Tel (514) 384 2000 <a href="http://www.csssamn.ca">www.csssamn.ca</a>	Blood, medical, vaccination and specialized clinics, services in health and sexuality, physical health, smoking prevention and cessation, education on diseases and general health, and various other services for children, adults and seniors.
<b>CSSS LUCILLE-TEASDALE</b> Tel (514) 523 1173 <a href="http://www.santemontreal.qc.ca/csss/teasdale">www.santemontreal.qc.ca/csss/teasdale</a>	
<b>CSSS DE LA POINTE-DE-L'ÎLE</b> <a href="http://www.cssspointe.ca">www.cssspointe.ca</a>	
<b>CSSS DE SAINT-LÉONARD ET SAINT-MICHEL</b> Tel (514) 722 3000 <a href="http://www.csss-stleonardstmichel.qc.ca">www.csss-stleonardstmichel.qc.ca</a>	
<b>BATSHAW YOUTH &amp; FAMILY CENTRES</b> Tel (514) 989 1885 <a href="http://www.batshaw.qc.ca">www.batshaw.qc.ca</a>	Youth protection services, young offenders services, adoption, and child placement.
<b>ENGLISH MONTREAL SCHOOL BOARD</b> Tel (514) 483 7200 <a href="http://www.emsb.qc.ca">www.emsb.qc.ca</a>	Elementary, secondary, outreach, social affair, adult education schools, and adult vocational schools across Montreal.
<b>PAVILLON FOSTER</b> Tel (514) 486 1304 <a href="http://www.pavillonfoster.org">www.pavillonfoster.org</a>	Services are in English and are offered free. Rehabilitation for those with drug, alcohol, and gambling addictions, youth and adult. Consultation with community organizations, training for professionals who work in schools, and parent groups. Inpatient, outpatient and entourage services.
<b>MCGILL CENTRE FOR STUDIES IN AGING</b> Tel (514) 766 2010 <a href="mailto:info.mcsa@mcgill.ca">info.mcsa@mcgill.ca</a> <a href="http://www.aging.mcgill.ca">www.aging.mcgill.ca</a>	Clinical research and training, alzheimer and cognitive disorders clinic, lectures and information.

## REISA's COMMUNITY PARTNERS:

Organization/contact information	Description of services
<p><b>ALMAGE SENIOR COMMUNITY CENTRE</b> Tel (514) 355 1712 Fax (514) 355 0806 <b><a href="mailto:almage@ccs-montreal.org">almage@ccs-montreal.org</a></b> <b><a href="http://www.almage.org">www.almage.org</a></b></p>	Community meals, income tax clinic, mini bus transport, blood pressure clinic, classes, and recreational activities. Home support services such as medical transport, transport errands, accompaniment, friendly visit, information & referral, and advocacy.
<p><b>AMI-QUÉBEC</b> Tel (514) 486 1448 Fax (514) 486 6157 <b><a href="mailto:amique@amiquebec.org">amique@amiquebec.org</a></b> <b><a href="http://www.amiquebec.org">www.amiquebec.org</a></b></p>	Tele-workshops over the phone, roundtable discussion, support groups and education programs on issues of mental health, etc.
<p><b>BLACK COMMUNITY RESOURCE CENTRE</b> Tel (514) 342 2247 Fax (514) 342 2283 <b><a href="http://www.brcrmontreal.com">www.brcrmontreal.com</a></b></p>	Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools, summer employability, and more for English-speaking Black communities.
<p><b>CATHOLIC COMMUNITY SERVICES</b> Tel (514) 937 5351 Fax (514) 937 5548 <b><a href="mailto:info@ccs-montreal.org">info@ccs-montreal.org</a></b> <b><a href="http://www.ccs-montreal.org">www.ccs-montreal.org</a></b></p>	Various support services for youth, families, and seniors, community organizations from East to West of the Island.
<p><b>CENTER OF DREAMS &amp; HOPES</b> Tel (514) 327 6667 Fax (514) 327 4888</p>	Therapies, respite and an Adult Education program in partnership with the English Montreal School Board.
<p><b>CONSENSUS MEDIATION CENTER</b> Tel (514) 862 0924 <b><a href="mailto:consensusmediation@me.com">consensusmediation@me.com</a></b> <b><a href="http://www.consensusmediation.org">www.consensusmediation.org</a></b></p>	Family mediation, counselling, parenting coordination, seminars, groups and training.
<p><b>DON BOSCO YOUTH LEADERSHIP CENTRE</b> Tel (514) 648 6421 Fax (514) 648 6404 <b><a href="mailto:info@dbylc.com">info@dbylc.com</a></b> <b><a href="http://www.dbylc.com">www.dbylc.com</a></b></p>	Pre-kindergarten classes, dance classes, summer camp, after school in-center activities, tutoring, sports, moms and tots, and retreats.

## REISA's COMMUNITY PARTNERS:

Organization/contact information	Description of services
<p><b>EAST FOUNDATION</b> Tel (514) 323 9950 Fax (514) 955 8533 <b><a href="mailto:kids@eastfoundation.ca">kids@eastfoundation.ca</a></b> <b><a href="http://www.eastfoundation.ca">www.eastfoundation.ca</a></b></p>	Speech therapy, occupational therapy, social skill training, early intervention program, integrated summer camp, and leisure activities for youth and young adults up to 21 years old with intellectual and/or physical disabilities or autism.
<p><b>ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC INC</b> Tel (514) 274 9461 Fax (514) 274 1325</p>	Free income tax clinic, free legal clinic, free flu vaccination, translation, conferences, referral and support.
<p><b>LAURIER MACDONALD COMMUNITY LEARNING CENTRE</b> Tel (514) 374 6000 Fax (514) 374 7220 <b><a href="http://www.lauriermacdonald.ca">www.lauriermacdonald.ca</a></b></p>	Various activities and services for the community.
<p><b>MONTREAL CATHOLIC COUNSELLING AND FAMILY SERVICES</b> Tel (514) 932 9692</p>	Individual and family social services, family, marriage, child and individual counselling.
<p><b>REFUGE JUAN MORENO</b> Tel (514) 525 5423 Fax (514) 525 7232 <b><a href="mailto:refugejuanmoreno@bellnet.ca">refugejuanmoreno@bellnet.ca</a></b> <b><a href="http://www.refugejuanmoreno.ca">www.refugejuanmoreno.ca</a></b></p>	Short term emergency shelter, advocacy and accompaniment for women, children and unaccompanied minors who are seeking asylum in Canada.
<p><b>SERVICE BÉNÉVOLE DE L'EST DE MONTRÉAL</b> Tel (514) 523 6599 Fax (514) 523 7709 <b><a href="mailto:info@sbem.org">info@sbem.org</a></b> <b><a href="http://www.sbem.org">www.sbem.org</a></b></p>	Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers.
<p><b>TOXICO-STOP</b> Tel (514) 327 6017 Fax (514) 327 7494 <b><a href="http://www.toxico-stop.com">www.toxico-stop.com</a></b></p>	A detoxification center and residential re-integration program, for adults, which offers short-term shelter, workshops, education, individual and group therapy.

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## AL-ANON/ALATEEN

(514) 866 9803

[www.al-anon-alateen-qc.ca](http://www.al-anon-alateen-qc.ca)

Services: Group meetings for adults (Al-Anon) and teenagers (Alateen) dealing with a loved one's alcoholism. Help line open 7 days/week, 10:00am – 10:00pm.

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

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

St. Brendan's Church Hall - 5740 15<sup>th</sup> Avenue

[WWW.NAQUEBEC.ORG](http://WWW.NAQUEBEC.ORG)

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

### English Meetings in the East Island area:

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

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

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

1212 Panet Street

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

5550 Parc Street, room 3D

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

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

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

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

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

120 Duluth Street East

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

120 Duluth Street East

## ALCOCHOIX +

(514) 273 5600 – 6360

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

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

### LOCATIONS:

CLSC La Petite Patrie

6520 Saint-Vallier Street

Montreal, QC

H2S 2P7

(514) 273 4508

CLSC Villeray

1425 Jarry Street East

Montreal, QC

H2E 1A7

(514) 376 4141

## ALCOHOLICS ANONYMOUS

Service Office

(no meetings held here)

3920 Rachel Street East

Montreal, QC

H1X 1Z3

Tel. (514) 374 3688, Fax. (514) 374 2250, Help line (514) 376 9230

[area87@aa-quebec.org](mailto:area87@aa-quebec.org)

[www.aa-quebec.org/region87/](http://www.aa-quebec.org/region87/)

Services: Group meetings for individuals with problems with alcohol.

Open Monday, 8:00am – 12:00pm and 1:00pm – 4:00pm, and Tuesday

to Friday, 8:00am to 7:00pm. Help line open 24hrs/day, 7 days/week.

### English Meetings in the East Island area:

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

St. Brendan's Church Hall

5740 15<sup>th</sup> Avenue (corner Rosemont Boulevard)

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

Sainte-Claire Church

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

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

2550 Gascon Street (corner Hochelaga Street)

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

St. Ignatius' Church Hall

## CARITAS CENTER

2875 Sauve East

Montreal, QC

H2B 1C6

(514) 722 7912

[help@caritas.ca](mailto:help@caritas.ca)

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

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

A residential treatment program is available in Toronto.

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

4985 Queen Mary Road  
 Montreal, QC  
 H4W 1X4  
 (514) 485 5121

[www.projectpride.org](http://www.projectpride.org)

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

**COCAINE ANONYMOUS**

1945 Papineau Street  
 Montreal, QC  
 H2K 4J3  
 Help line (514) 527 9999  
 (514) 527 0657

[montreal@ca.org](mailto:montreal@ca.org)

[www.cocainomanes-anonymes.org](http://www.cocainomanes-anonymes.org)

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

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

**STEP IT UP-TRADITIONS:** Sundays at 4:30pm  
 3455 Girouard Street – Unity Church, NDG

**ANGELS:** Sundays at 8:00pm  
 10 Church Hill Avenue – St-Matthias Anglican Church, Westmount

**MONDAY BEGINNERS:** Mondays at 8:00pm  
 1090 Greene Avenue – Boys Unity Club, Westmount

**SOUTHERN SERENITY:** Tuesdays at 8:00pm  
 5070 Gilbert, St. Hubert

**STEP IT UP:** Tuesdays at 8:00pm  
 3455 Girouard Street – Unity Church, NDG

**CROSSROADS:** Wednesdays at 8:00pm  
 3455 Girouard Street – Unity Church, NDG

**ANCHORAGE GROUP:** Thursdays at 6:30pm  
 880 Guy Street – The Salvation Army, Montreal

**END OF THE LINE:** Thursdays at 8:00pm  
 4985 Queen Mary Road – Project Pride, Montreal

**WOW IT WORKS:** Fridays at 8:30pm  
 411 Roslyn Avenue – Westmount Baptist Church, Westmount

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

110 Prince-Arthur Street West  
 Montreal, QC, H2X 1S7  
 (514) 527 6939  
 Fax (514) 527 0031

[info@cran.qc.ca](mailto:info@cran.qc.ca)

[www.cran.qc.ca](http://www.cran.qc.ca)

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

**DRUGS: HELP AND REFERRAL**

(514) 527 2626

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

[www.drogue-aiderreference.qc.ca](http://www.drogue-aiderreference.qc.ca)

*Services: Referral and information for persons having problems with drugs, peers and family members and community workers. 24 hrs/day, 7 days/week.*

**GAMBLING: HELP AND REFERRAL**

(514) 527 0140

[www.jeu-aiderreference.qc.ca](http://www.jeu-aiderreference.qc.ca)

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

**OVEREATERS ANONYMOUS**

(514) 488 1812

[www.oaregion6.org](http://www.oaregion6.org)

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

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

Montreal West: Tuesdays at 7:30pm  
 88 Ballantyne Avenue - Montreal West United Church

Westmount: Sundays at 2:30pm  
 4585 Sherbrooke West – Westmount YMCA

**CLINIQUE NOUVEAU DÉPART INC.**

(1110 Beaumont Avenue  
 Town of Mount Royal, QC, H3P 3E5  
 Tel. (514) 521 9023, or 1 888 488 2611, Fax (514) 521 1928

[infos@cliniquenouveaudepart.com](mailto:infos@cliniquenouveaudepart.com)

[www.cliniquenouveaudepart.com](http://www.cliniquenouveaudepart.com)

*Services: Treatment for persons suffering from alcoholism, cocaine addiction, heroin addiction, drug addiction, pharmacodependency, sexual dependence, eating disorders and compulsive gambling.*

## PAVILLON FOSTER

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

3285 Cavendish Boulevard, suite 100  
 Montreal, QC, H4B 2L9  
 1 866 851 2255  
 (514) 486 1304  
 Fax (514) 486 2831

#### EAST-END LOCATION:

CLSC Saint-Leonard  
 5540 Jarry East Street  
 Saint-Leonard, QC, H1P 1T9  
 Monday to Friday, 9:00am – 5:00pm, Monday and Thursday evenings until 8:00pm.

[www.pavillonfooster.org](http://www.pavillonfooster.org)

Services: Rehabilitation for those with drug, alcohol, and gambling addictions, youth and adult. Community services include: consultation with community organizations, training for professionals who work in schools, and parent groups.

## LE PORTAGE

Day Center  
 1640 Saint-Antoine Street West  
 Montreal, QC, H3J 1A1  
 (514) 939 0202  
 Fax (514) 939 3929

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

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

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

## TOXICO STOP DETOXIFICATION CENTRE

4858 Gouin Boulevard East  
 Montreal North, QC, H1H 5L8  
 (514) 327 6017  
 Fax (514) 327 7494

[info@toxico-stop.com](mailto:info@toxico-stop.com)

[www.toxico-stop.com](http://www.toxico-stop.com)

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

## ADDINGTON ADDICTION TREATMENT CENTER

6205 Clanranald  
 Montreal, QC, H3X 1G4  
 Tel. (514) 483 3869, or 1 877 483 3869

[addington\\_house@yahoo.com](mailto:addington_house@yahoo.com)

[www.addingtonhouse.com](http://www.addingtonhouse.com)

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

## L'APPOINT CRISIS CENTER

(514) 351 6661

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

## CONSENSUS MEDIATION CENTER

1857 De Maisonneuve Boulevard West, suite 210  
 Montreal, QC  
 H3H 1J9

Tel. (514) 862 0924, Fax (514) 937 5548

[consensusmediation@me.com](mailto:consensusmediation@me.com)

[www.consensusmediation.org](http://www.consensusmediation.org)

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

## L'ENTREMISE CRISIS CENTER

(514) 351 9592

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

## INFO-SECTE

5655 Parc Avenue, suite 208  
 Montreal, QC  
 H2V 4H2

Tel. (514) 274 2333, Fax. (514) 274 7576

[www.infocult.org](http://www.infocult.org)

Services: Information and resources for individuals involved in or enquiring about cults, religious movements and related groups.

## MONTREAL CATHOLIC COUNSELLING AND FAMILY SERVICES

1857 De Maisonneuve West Boulevard, suite 300  
 Montreal, QC  
 H3H 1J9

#### EAST-END LOCATION :

8350-8370 Lacordaire Boulevard, suite 36.2  
 Saint-Leonard, QC  
 H1R 2Y6

(514) 932 9692

Services: Individual and family social services, family, marriage, child and individual counselling.

**PREGNANCY COUNSELLING CENTER**

7394, 19th Avenue  
Montreal, QC  
H2A 2L7  
(514) 593 1720

**info@pregnancycc.org**  
**www.ccgrossesse.org**

*Services: Free pregnancy tests, listening service, referrals, information on parent care, maternity and baby clothes, follow-up after birth, information about abortion, etc. Available on appointment Tuesday to Friday, 10:00am – 4:00pm.*

**PROJECT 10**

2000 Northcliffe, suite 218  
NDG, QC  
H4A 3K5  
(514) 989 4585  
Fax (514) 989 0001

**questions@p10.qc.ca**  
**www.p10.qc.ca**

*Services: Support, information, counselling and referrals to gay, lesbian, transgender, transsexual, two-spirited, intersexed youth and adults aged 14 to 25. Monday to Thursday, 12:00pm – 6:00pm.*

**SEPARATED FATHERS INC.**

Point of Service  
2150 Theodore Street, suite 4  
Montreal, QC  
H1N 1B2  
(514) 254 6120  
Fax (514) 254 2569

**info@peres-separes.qc.ca**  
**www.separated-fathers.qc.ca**

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

**LE TRANSIT CRISIS CENTRE**

(514) 282 7753

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

**ÉDUCATION COUP-DE-FIL**

911 Jean Talon Street East, suite 226  
Montreal, QC  
H2R 1V5  
1 866 329 4223  
(514) 525 2573

**ecf@bellnet.ca**

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

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

**GAY LINE**

P.O. Box 55505, Station Maisonneuve  
Montreal, QC  
H1W 0A1  
1 888 505 1010  
(514) 886 5090

**info@caequébec.org**  
**www.caequebec.org**

*Services: Help line providing support on coming to terms with sexual orientation, coming out to friends and family, handling discrimination and violence, and information about AIDS, chat room and workshops. Help line open 7 days/week, 7:00pm – 10:00pm.*

**LIGNE INFO-ABUS**

(514) 489 2287

*Services: Listening support and resource line for seniors. Monday to Friday, 9:00am - 5:00pm.*

**MULTI-ÉCOUTE CENTRE**

3600 Barclay Avenue, suite 460  
Montreal, QC  
H3S 1K5  
(514) 737 3604  
Fax (514) 737 5631

**multiecoute@cooptel.qc.ca**  
**www.multiecoute.org**

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

**SUICIDE ACTION MONTREAL**

1 866 277 3553, (514) 723 4000

**www.suicideactionmontreal.org**

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

**PARENTS LINE**

P.O. Box 186, Station Place d'Armes  
 Montreal, QC  
 H2Y 3G7  
 Tel. (514) 288 1444, Fax (514) 288 6312, Help line 1 800 361 5085  
**[ligneparents@generations-familles.com](mailto:ligneparents@generations-familles.com)**  
**[www.parentsline.net](http://www.parentsline.net)**

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

**TEL-AIDE**

P.O. Box 205, Station H  
 Montreal, QC  
 H3G 2K7  
 Tel. (514) 935 1105, Help line (514) 935 1101, Fax (514) 935 6265  
**[info@telaide.org](mailto:info@telaide.org)**  
**[www.telaide.org](http://www.telaide.org)**

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

**TEL-AÎNÉS**

(514) 353 2463  
**[tel-aines@tel-ecoute.org](mailto:tel-aines@tel-ecoute.org)**  
**[www.tel-ecoute.org](http://www.tel-ecoute.org)**

*Services: Help line, suicide prevention and references for seniors aged 60 and up. 7 days/week, 10:00am – 10:00pm.*

**TEL-ÉCOUTE**

(514) 493 4484  
**[tel-ecoute@tel-ecoute.org](mailto:tel-ecoute@tel-ecoute.org)**  
**[www.tel-ecoute.org](http://www.tel-ecoute.org)**

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

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

P.O. Box 135, Station NDG  
 Montreal, QC  
 H4A 3P5  
 Tel. (514) 908 9014, Help line (514) 489 1110  
**[womenaware@bellnet.ca](mailto:womenaware@bellnet.ca)**  
**[www.womenaware.ca](http://www.womenaware.ca)**

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

**THE ABE GOLD LEARNING AND RESEARCH CENTRE**

8160 Royden Road  
 Mount-Royal, QC  
 H4P 2T2  
 Tel. (514) 345 8330 - 319, Fax (514) 345 1619  
**[info@goldlearningcentre.com](mailto:info@goldlearningcentre.com)**  
**[www.goldlearningcentre.com](http://www.goldlearningcentre.com)**

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

**AIDS COMMUNITY CARE MONTREAL**

2075 Plessis, basement level  
 Montreal, QC  
 H2L 2Y4  
 Tel. (514) 527 0928, Fax (514) 527 0701  
**[INFO@ACCMONTREAL.ORG](mailto:INFO@ACCMONTREAL.ORG)**  
**[WWW.ACCMONTREAL.ORG](http://WWW.ACCMONTREAL.ORG)**

*Services: Provides drop in, social events and activities, workshops, discussions and support groups, for individuals living with HIV/AIDS. Monday to Friday, 9:00am – 5:00pm.*

**STD INFORMATION AND HELP LINE**

(514) 855 8995  
*Services: Help line offering information and referral about sexually-transmitted diseases.*

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

1301, Sherbrooke Street East  
 Montreal, QC  
 H2L 1M3  
 (514) 528 2400  
 Fax (514) 528 2452  
**[www.santepub-mtl.qc.ca](http://www.santepub-mtl.qc.ca)**

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

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

1140 Jean Talon Street East, suite 300  
 Montreal, QC  
 H2R 1V9  
 (514) 259 7306  
 Fax (514) 259 2526  
**[afim\\_mtl@yahoo.ca](mailto:afim_mtl@yahoo.ca)**  
**[www.afim.qc.ca](http://www.afim.qc.ca)**

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

**ALZHEIMER AND COGNITIVE DISORDERS CLINIC**

McGill Centre for Studies in Aging  
6825 LaSalle Boulevard  
Verdun, QC  
H4H 1R3  
(514) 766 2010  
Fax (514) 888 4050  
[info.mcsa@mcgill.ca](mailto:info.mcsa@mcgill.ca)

[www.aging.mcgill.ca](http://www.aging.mcgill.ca)

*Services: Expertise in early diagnosis and management of Alzheimer's disease and cognitive disorders, referral to help and support services, evaluation, treatment, follow-up and clinical trials.*

**ALZHEIMER GROUPE INC.**

5555 Westminster Avenue, suite 304  
Montreal, QC  
H4W 2J2  
(514) 485 7233  
Fax (514) 485 7946

[admin@alzheimergroupe.org](mailto:admin@alzheimergroupe.org)

[www.alzheimergroupe.org](http://www.alzheimergroupe.org)

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

**CACTUS**

1300 Sanguinet Street  
Montreal, QC  
H2X 3E7  
(514) 847 0067  
Fax (514) 847 0038

[commentaires@cactusmontreal.org](mailto:commentaires@cactusmontreal.org)

[www.cactusmontreal.org](http://www.cactusmontreal.org)

*Services: Distribution and recuperation of injection and prevention material, information regarding HIV-AIDS, various forms of hepatitis and other diseases transmitted sexually or through the blood, references and psychological support. Monday to Thursday, 8:00pm – 4:00am, Friday, 8:00pm – 6:00am, Saturday, 4:00pm – 6:00am, and Sunday, 4:00pm – 4:00am.*

**CANADIAN CANCER SOCIETY**

1 888 939 3333  
[info@cis.cancer.ca](mailto:info@cis.cancer.ca)  
[www.cancer.ca](http://www.cancer.ca)

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

**DIVISIONAL OFFICE:**

5151 de L'Assomption Boulevard  
Montreal, QC  
H1T 4A9  
(514) 255 5151  
Fax (514) 255 2808  
[alebel@quebec.cancer.ca](mailto:alebel@quebec.cancer.ca)

**CANADIAN EPILEPSY ALLIANCE**

1 866 374 5377  
[www.epilepsymatters.com](http://www.epilepsymatters.com)

**EPILEPSY MONTREAL METROPOLITAN**

3800 Radisson, #115  
Montreal, QC  
H1M 1X6  
(514) 252 0859  
Fax (514) 252 0598

[epimtl@cam.org](mailto:epimtl@cam.org)

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

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

1750 St-André Street, 3rd floor  
Montreal, QC  
H2L 3T8  
1 877 847 3636  
(514) 495 0990  
Fax (514) 495 8087

[casm@netrover.com](mailto:casm@netrover.com)

[netrover.com/~casm](http://netrover.com/~casm)

*Services: Help line, in-home child care, crisis funds, information sessions, workshops, support groups, social and fundraising activities, volunteering programs and more for women living with AIDS.*

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

4515 de Rouen Street  
 Montreal, QC  
 H1V 1H1  
 1 877 256 0404  
 (514) 256 0404  
 Fax (514) 256 2116

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

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

**INFO DIABETES**

8550, Pie-IX Boulevard, suite 300  
 Montreal, QC  
 H1Z 4G2  
 1 800 361 3504 ext 233  
 (514) 259 3422 ext 233  
 infodiabete@diabete.qc.ca

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

*Services: Phone line where people can ask questions about diabetes and treatment as well as be referred to health care services, three days a week, 8:30am – 4:30pm.*

**THE LIGHTHOUSE CHILDREN & FAMILIES**

2725 Mont-Royal Avenue East  
 Montreal, QC  
 H1Y 0A1  
 (514) 954 4848  
 Fax (514) 954 0044

**[info@phare-lighthouse.com](mailto:info@phare-lighthouse.com)**

**[www.phare-lighthouse.com](http://www.phare-lighthouse.com)**

*Services: Free support programs for parents who have a child suffering from a terminal, degenerative disease or serious disability, such as in-home visits and palliative care.*

**LA MAISON D'HÉRELLE**

3738 Saint-Hubert Street  
 Montreal, QC  
 H2L 4A2  
 (514) 844 4874  
 Fax (514) 842 2991

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

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

*Services: Treatment and prevention of HIV/AIDS; psychological and socio-economic services. Monday to Friday, 9:00am – 5:00pm; on-premise staff 24 hrs/day, 7 days/week.*

**QUEBEC FOUNDATION FOR THE BLIND**

5112 Bellechasse Street  
 Montreal, QC  
 H1T 2A4  
 (514) 259 9470  
 Fax (514) 254 5079

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

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

*Services: Day camp and housing for the blind, prevention of blindness and promotion of awareness of blindness.*

**SPECTRE DE RUE**

1280 Ontario Street East  
 Montreal, QC  
 H2L 1R6  
 Day Center (514) 524 5197  
 Administration (514) 528 1700  
 Fax (514) 528 1532

**[administration@spectrederue.org](mailto:administration@spectrederue.org)**

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

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

## CANADIAN PARENTS FOR FRENCH – QUEBEC

3285 Cavendish Boulevard, suite 565  
 Montreal, QC  
 H4B 2L9  
 1 877 487 1414  
 Tel. (514) 487 1414, Fax (514) 487 1464

**info@cpf.qc.ca**  
**www.cpf.qc.ca**

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

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

2430 Darling Street, 2nd floor  
 Montreal, QC  
 H1W 2X1  
 (514) 522 8691

**learningtolearn@bellnet.ca**  
**www.centredebat.qc.ca**

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

## CIBPA-CANADIAN-ITALIAN BUSINESS AND PROFESSIONAL ASSOCIATION

8370 Lacordaire Boulevard, suite 310  
 Montreal, QC  
 H1R 3Y6  
 Tel. (514) 254 4929, Fax (514) 254 4920

**info@cibpamontreal.com**  
**www.cibpamontreal.com**

*Services: Offers business people and professionals of Italian origin a complete range of services and activities to encourage the development and growth of their professional and interpersonal relationships. Monday to Friday, 9:00am – 5:00pm.*

## EMSB-ENGLISH MONTREAL SCHOOL BOARD

6000 Fielding Avenue  
 Montreal, QC  
 H3X 1T4  
 Tel. (514) 483 7200, Fax (514) 483 7213

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

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

## LITERACY FOUNDATION

5420 Saint-Laurent Boulevard, suite 200  
 Montreal, QC  
 H2T 1S1  
 Info-Alpha: 1 800 361 9142  
 Adult Learnline: 1 888 488 3888  
 (514) 289 1178  
 Fax (514) 289 9286

**ktremblay@fondationalphabetisation.org**  
**www.fondationalphabetisation.org**

*Services: Info-Alpha and Adult Learnline are free and confidential phone services offering assistance and referrals to individuals wanting to learn how to speak, read and write in French and Adult education.*

## SERVICE BÉNÉVOLE DE L'EST DE MONTRÉAL

2544 Rosemont Boulevard  
 Montreal, QC  
 H1Y 1K4  
 (514) 523 6599  
 Fax (514) 523 7709

**info@sbem.org**  
**www.sbem.org**

*Services: Provides individuals with a wide range of opportunities for community service and helps organizations recruit, manage and retain volunteers. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.*

## THE SOCIAL JUSTICE COMMITTEE

Catholic Community Centre  
 1857 De Maisonneuve West Boulevard, Suite 320  
 Montreal, QC  
 H3H 1J9  
 1 877 933 6797

(514) 933 6797  
**info@sjc-cjs.org**

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

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

## ALMAGE SENIOR COMMUNITY CENTRE

8680 Hochelaga Street  
 Montreal, QC  
 H1L 2M6  
 Tel. (514) 355 1712, Fax (514) 355 0806  
**almage@ccs-montreal.org**  
**www.almage.org**

*Services: Community meals, income tax clinic, mini bus transport, blood pressure clinic, classes, and recreational activities. Home support services include: medical transport, transport errands, accompaniment, friendly visit, friendly call, information & referral, and advocacy. Monday to Friday, 8:30am - 4:30pm.*

## ALMAGE TOURING COMMUNITY CENTRE

Diane Doonan (514) 770 8416

**Services: Senior activities in four different locations:**

**HOCHELAGA/MAISONNEUVE:** 1620 de la Salle Avenue

**MONTREAL NORTH:** 10374 De Cobourg Avenue

**RIVIÈRE-DES-PRAIRIES/POINTE-AUX-TREMBLES:** 11991 Pierre-Baillargeon Avenue

**ST-MICHEL/ROSEMONT:** 3330 Jarry Street East

## AU SOIN D'UNE VIE

5835 Leger Boulevard, Suite 310  
 Montreal North, QC  
 H1G 6E1  
 (514) 324 8292  
**www.ausoindunevie.com**

*Services: Information and conferences, companionship, home-care and other personal or health care services for seniors.*

## COMFORT KEEPERS

8071 Henri Bourassa Boulevard East, suite 100  
 Montreal, QC  
 H1E 2Z3  
 (514) 648 3198  
**montrealest@comfortkeepers.ca**  
**www.comfortkeepers.ca**

*Services: Companionship, homemaking and personal care services for seniors including light housekeeping, meal preparation and cleanup, transportation, palliative care, bathing and grooming, oral hygiene and more.*

## AUBERGE MADELEINE

(514) 597 1303  
 Fax (514) 597 1708  
**auberge.madeleine@questzones.com**  
**www.questzones.com/aub-madeleine**

*Services: Individualized support, information and referral, group activities, shelter and follow-up for women in distress.*

## EN MARGE 12-17

1278 St-Christophe Street  
 Montreal, QC  
 H2L 3W6  
 (514) 849 7738  
**info@enmarge1217.ca**  
**www.enmarge1217.ca**

*Services: Emergency shelter, short-term stay, activities and follow-up for youth between the ages of 12 and 17.*

## HERSTREET FOUNDATION

1050 Jeanne-Mance Street  
 Montreal, QC  
 H2Z 1L7  
 (514) 284 9665  
 Fax (514) 284 6570  
**ruefemm@bellnet.ca**  
**www.laruedesfemmes.com**

*Services: Day Center: assistance to homeless women and women in difficulty; community integration, shelter, shared meals, support and social acceptance.*

## MAISON OXYGÈNE / MAISON HARDY

Carrefour Familial Hochelaga  
 1611 Orleans Avenue  
 Montreal, QC  
 H1W 3R4  
 (514) 523 9283  
 Fax (514) 529 5646  
**cafaho@cam.org**  
**www.cafaho.org/heberge.htm**

*Services: Short and medium term housing, accompaniment, support and activities for men experiencing conjugal difficulty.*

**MAISON SECOURS AUX FEMMES DE MONTRÉAL INC.**

P.O. Box 22150, Station St-Marc  
 Montreal, QC  
 H1Y 3K8  
 (514) 593 6353  
 Fax (514) 593 7241

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

**THE OLD BREWERY MISSION**

Webster Pavilion  
 915 Clark Street  
 Montreal, QC  
 H2Z J8  
 (514) 798 2244  
[info@oldbrewerymission.ca](mailto:info@oldbrewerymission.ca)  
[www.oldbrewerymission.ca](http://www.oldbrewerymission.ca)

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

**REFUGE JUAN MORENO**

3235 Sherbrooke Street East  
 Montreal, QC  
 H1W 1C1  
 (514) 525 5423  
 Fax (514) 525 7232  
[refugejuanmoreno@bellnet.ca](mailto:refugejuanmoreno@bellnet.ca)  
[www.refugejuanmoreno.ca](http://www.refugejuanmoreno.ca)

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

**WELCOME HALL MISSION**

606 De Courcelle Street  
 Montreal, QC  
 H4C 3L5  
 (514) 523 5288  
 Fax (514) 523 6456  
[www.missionbonaccueil.com](http://www.missionbonaccueil.com)

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

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

5960 Jean Talon Street East, suite 110  
 Montreal, QC  
 H1S 1M2  
 (514) 723 4939  
 Fax (514) 723 3619

[aiem@aira.qc.ca](mailto:aiem@aira.qc.ca)  
[www.aiemont.com](http://www.aiemont.com)

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

**BCRC-BLACK COMMUNITY RESOURCE CENTRE**

6767 Côte-des-Neiges, suite 497  
 Montreal, QC  
 H3S 2T6  
 (514) 342 2247  
 Fax (514) 342 2283

[bcrc@qc.aira.com](mailto:bcrc@qc.aira.com)  
[www.bcrcmontreal.com](http://www.bcrcmontreal.com)

*Services: Information and referral, conference and meeting support, anti-gang initiatives, documentation center, use of office facilities, workshops in schools, summer employability, and more for English-speaking Black communities.*

**CCS-CATHOLIC COMMUNITY SERVICES**

1857 de Maisonneuve Boulevard West  
 Montreal, QC  
 H3H 1J9  
 (514) 937 5351  
 Fax (514) 937 5548

[info@ccs-montreal.org](mailto:info@ccs-montreal.org)  
[www.ccs-montreal.org](http://www.ccs-montreal.org)

*Services: Various support services for youth, families, and seniors, community organizations from East to West of the Island. Monday to Friday, 9:00am – 5:00pm.*

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

12017 Alexis-Carrel Avenue  
 Montreal, QC  
 H1E 4B8  
 (514) 648 1030

[info@cfdrrp.qc.ca](mailto:info@cfdrrp.qc.ca)  
[www.cfdrrp.qc.ca](http://www.cfdrrp.qc.ca)

*Services: Providing help, information and social aid for women 18 years or older. Monday, Wednesday, Thursday 9:00am – 11:30am, 12:30pm – 4:30pm, Friday 12:30pm – 4:30pm.*

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

8370 Lacordaire Boulevard, suite 306-2  
 Montreal, QC  
 H1R 3Y6  
 (514) 955 8370 ext 2217  
 Fax (514) 274 1325

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

Coordinator: Fatiha Gatre Guemiri

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

### ENTRAIDE UKRAINIENNE DE MONTRÉAL INC.

3244 Beaubien Street East, suite 201  
 Montreal, QC  
 H1Y 1H7  
 (514) 729 9540  
 Fax (514) 729 2745

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

Services: Offers support, referrals, information, accompaniments, meals on wheels, distribution of food and clothing, domestic help for semi-autonomous.

### ICCSQ-ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC INC.

8370 Lacordaire Boulevard, suite 303  
 Montreal, QC  
 H1R 3Y6  
 (514) 274 9461 or (514) 274 9462  
 Fax (514) 274 1325

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

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

### INFORMATION AND REFERRAL CENTRE OF GREATER MONTREAL

3155 Hochelaga Street, suite 101  
 Montreal, QC  
 H1W 1G4  
 (514) 527 1375  
 Fax (514) 527 9712

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

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

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

### ITALIAN WOMEN'S CENTRE OF MONTREAL

1586 Fleury Street East, suite 100  
 Montreal, QC  
 H2C 1S6  
 (514) 388 0980  
 Fax (514) 388 1638

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

Services: One on one consultation, support, accompaniment, information, legal consultation, library and reference centre, literacy training, conferences and support groups, for women.

### LAURIER MACDONALD COMMUNITY LEARNING CENTER

Laurier Macdonald High School

7355 Viau Boulevard  
 Montreal, QC  
 H1S 3C2  
 (514) 374 6000  
 Fax (514) 374 7220

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

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

### LEONARDO DA VINCI CENTRE

8350-8370 Lacordaire Boulevard  
 Montreal, QC  
 H1R 2Y6  
 (514) 955 8370 or (514) 955 8350  
 Fax (514) 955 8535

**[sandricciola@centreleonardodavinci.com](mailto:sandricciola@centreleonardodavinci.com)**

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

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

### NATIVE FRIENDSHIP CENTRE OF MONTREAL

2001 Saint-Laurent Boulevard  
 Montreal, QC  
 H2X 2T3  
 (514) 499 1854  
 Fax (514) 499 9436

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

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

Services: Outreach and awareness campaigns, help provided to individuals who have been exposed to violence, who are seeking a job, who are homeless, etc.

## PRÉSENCE MUSULMANE

C.P. 1052  
Montreal, QC  
H3B 3K5  
(514) 434 0766

[infomtl@presencemusulmane.org](mailto:infomtl@presencemusulmane.org)  
[www.presencemusulmane.org](http://www.presencemusulmane.org)

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

## SOUTH ASIAN WOMEN'S COMMUNITY CENTRE

1035 Rachel Street East, 3rd floor  
Montreal, QC  
H2J 2J5  
(514) 528 8812  
Fax (514) 528 0896

[sawcc@cam.org](mailto:sawcc@cam.org)

*Services: Free; settlement program for refugees and new immigrants, French and English classes with daycare facilities, referrals, interpretation and translation services, awareness of rights, group activities, workshops, accompaniments and counselling.*

## WOMEN'S CENTRE OF MONTREAL/CENTRE DES FEMMES DE MONTREAL

3585 Saint-Urbain Street  
Montreal, QC  
H2X 2N6  
(514) 842 4780  
Fax (514) 842 5613

[spl@centredesfemmesdemtl.org](mailto:spl@centredesfemmesdemtl.org)  
[www.centredesfemmesdemtl.org](http://www.centredesfemmesdemtl.org)

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

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

4360 D'Iberville Street, suite 106  
Montreal, QC  
H2H 2L8  
(514) 274 4040  
Fax (514) 274 4440

[abcdouleur@bellnet.ca](mailto:abcdouleur@bellnet.ca)  
[www.abcdouleur.org](http://www.abcdouleur.org)

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

## ACCESSS- ALLIANCES DES COMMUNAUTÉS CULTURELLES POUR L'ÉGALITÉ DANS LA SANTÉ ET LES SERVICES SOCIAUX

7000 Parc Avenue, suite 408  
Montreal, QC  
H3N 1X1  
1 877 774 1106  
(514) 287 1106  
Fax (514) 287 7443

[accesss@accesss.net](mailto:accesss@accesss.net)  
[www.accesss.net](http://www.accesss.net)

*Services: Research projects and studies, educational and awareness-raising activities, conferences, study sessions, resources and information regarding ethno cultural communities and their integration into Quebec society.*

## CANADIAN MENTAL HEALTH ASSOCIATION - MONTREAL DIVISION

847 Cherrier, suite 201  
Montreal, QC  
H2L 1H6  
(514) 521 4993  
Fax (514) 521 3270

[acsmmtl@cooptel.qc.ca](mailto:acsmmtl@cooptel.qc.ca)  
[www.acsmmontreal.qc.ca](http://www.acsmmontreal.qc.ca)

*Services: Mental health aid and resources for individuals of any age, youth campaigning, support for organizations, conferences, lectures, and other activities. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.*

## CENTRE ANTI-POISON DU QUÉBEC

1 800 463 5060

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

**ÉQUILIBRE**

7200 Hutchison Street, suite 304  
 Montreal, QC  
 H3N 1Z2  
 1 877 270 3779  
 (514) 270 3779  
 Fax (514) 270 1974

**info@equilibre.ca**  
**www.equilibre.ca**

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

**HEALTH CANADA**

**info@hc-sc.gc.ca**  
**www.hc-sc.gc.ca**

*Services: Information and resources regarding health including drugs and medication, diseases, consumer product safety, food and nutrition, the health care system, job opportunities and more.*

**INFO-SANTÉ**

8-1-1

**PUBLIC HEALTH AGENCY OF CANADA**

Quebec Regional Office  
 Guy-Favreau Complex/East Tower  
 200 René Lévesque Boulevard West  
 Montreal, QC  
 H2Z 1X4  
 (514) 283-2858  
 Fax (514) 496-7012

**www.phac-aspc.gc.ca**

*Services: Information and resources regarding public health including infectious diseases, travel health, food safety, vaccines and immunization, health promotion and injury prevention.*

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

1857 De Maisonneuve West Boulevard  
 Montreal, QC, H3H 1J9  
 (514) 906 1845

**curabec@live.ca**

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

**EDUCALOI**

11 Notre-Dame West  
 Montreal, QC, H2Y 4A7

**www.educaloi.qc.ca**

*Services: Offers a website with free legal information, activities and awareness projects for schools, information tools (pamphlets, posters, brochures, etc.), professional consulting and training.*

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

5100 Sherbrooke Street East, suite 850  
 Montreal, QC, H1V 3R9  
 Tel. (514) 864 6644, Fax (514) 864 6866

**baj.maisonneuvemercier@ccjm.qc.ca**

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

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

5879 Henri-Bourassa Boulevard East, suite 200  
 Montreal, QC, H1G 2V1  
 Tel. (514) 864-8833. Fax (514) 864-8922

**baj.montrealnord@ccjm.qc.ca**

**www.ccjm.qc.ca**

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

**PROGRAMME CÔTÉ COUR**

Montreal Courthouse  
 10 Saint-Antoine Street, room 6.12  
 Montreal, QC, H2Y 1B6  
 Tel. (514) 868 9577, Fax (514) 868 9585

**MONTREAL MUNICIPAL COURTHOUSE**

775 Gosford Street, room R.710  
 Montreal, QC, H2Y 3B9  
 (514) 861 0141  
 Fax (514) 861 7035  
 Services: Legal services.

### AMI-QUÉBEC-ACTION ON MENTAL ILLNESS

5253 Decarie Boulevard, suite 200  
 Montreal, QC, H3W 3C3  
 (514) 486 1448, Fax (514) 486 6157

**amique@amiquebec.org - www.amiquebec.org**

*Services: Tele-workshops over the phone or at home, roundtable discussion, support groups and education programs on issues of mental health. Monday to Thursday, 9:00am – 5:00pm, and Friday, 9:00am – 4:00pm.*

### CENTER OF DREAMS AND HOPES

12550 Lacordaire Boulevard  
 Montreal North, QC, H1G 4L8  
 (514) 327 6667, Fax (514) 327 4888  
 Respite (514) 327 0823

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

### EAST FOUNDATION

8370 Lacordaire Boulevard  
 Montreal, QC, H1R 3Y6  
 (514) 323 9950, Fax (514) 955 8533

**kids@eastfoundation.ca - www.eastfoundation.ca**

*Services: speech therapy, occupational therapy, social skill training, early intervention program, integrated summer camp, and leisure activities for youth and young adults up to 21 years old with intellectual and/or physical disabilities or autism. Monday to Friday, 9:00am – 5:00pm.*

### MONTREAL ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED

633 Cremazie Boulevard East, suite 100  
 Montreal, QC, H2M 1L9  
 (514) 381 2307, Fax (514) 381 0454

**info@amdi.info - www.amdi.info**

*Services: Provides various services to individuals with intellectual deficiencies, their families and community.*

### MENTAL ILLNESS FOUNDATION

2120 Sherbrooke Street East, suite 401  
 Montreal, QC, H2K 1C3  
 Tel. (514) 529 5354, or 1 888 529 5354, Fax (514) 529 9877

**info@mentalillnessfoundation.org - www.mentalillnessfoundation.org**

*Services: Information, resources and assistance programs for people suffering from mental illnesses such as depression, bipolar disorder, generalized anxiety, panic disorder, phobias, schizophrenia, eating disorders and alzheimer's disease.*

### CHURCH OF PENTECOST GHANAIAN

8586, 10th Avenue  
 Montreal, QC, H1Z 3B6  
 Tel. (514) 278 9716, Fax (514) 276 1187

**www.pentecost-mtl.ca**

*Services: Christian worship service, studies, prayer services, etc.*

### THE ENGLISH SPEAKING CATHOLIC COUNCIL

2005 St. Marc Street  
 Montreal, QC, H3H 2G8  
 Tel. (514) 937 2301, Fax (514) 907 5010

**esc@bellnet.ca**

**www.catholiccentre.ca**

*Services: Resource center for the English-speaking Catholic community; information and referral to organizations across the island of Montreal.*

### CATHOLIC INFORMATION LINE

(514) 937 6275

**info@catholiccentre.ca**

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

### MAISONNEUVE PRESBYTERIAN CHURCH

1606 Letourneux Avenue  
 Montreal, QC, H1V 2M5  
 (514) 255 4100

### MARIA AUSILIATRICE DE RIVIÈRE-DES-PRAIRIES

8550 Joliot-Curie Avenue  
 Montreal, QC, H1E 4C3  
 Tel. (514) 648 9424, Fax (514) 643 4382

### NOTRE DAME DE POMPEI

2875 Sauvé Street East  
 Montreal, QC, H2B 1C6  
 (514) 388 9271

### NOTRE DAME DU MONT CARMEL

7645 Du Mans Street  
 Saint-Leonard, QC, H1S 2A1  
 (514) 256 3632

### ST. IGNATIUS

10374 Cobourg Avenue  
 Montreal North, QC, H1H 4X1  
 (514) 321 3591

**MONTREAL KNIGHTS OF COLUMBUS COUNCIL**

Catholic Community Centre  
1857 De Maisonneuve Boulevard, 5<sup>th</sup> floor  
Montreal, QC, H3H 1J9  
(514) 932 8994  
[frankdiggins@sympatico.ca](mailto:frankdiggins@sympatico.ca)  
[www.kocmtl.org](http://www.kocmtl.org)

**ROSEMONT BIBLE CHURCH**

6000, 13th Avenue  
Montreal, QC, H1X 2Y5  
(514) 728 5911  
[webmaster@rbc.qc.ca](mailto:webmaster@rbc.qc.ca)  
[www.rbc.qc.ca](http://www.rbc.qc.ca)

*Services: Nursery, Sunday school, book and video libraries for children, teen discussion groups, prayer groups for men and women, and group outings and meals for seniors.*

**St. BRENDAN'S CHURCH**

3542 Rosemont Boulevard  
Montreal, QC, H1X 1K8  
Tel. (514) 376 4537, Fax (514) 374 2401  
[info@stbrendansparish.com](mailto:info@stbrendansparish.com)  
[www.stbrendansparish.com](http://www.stbrendansparish.com)

*Services: Mass, catechism, lectures, youth groups, food baskets for families in need, etc. Monday to Friday, 9:30am – 2:30pm.*

**St. GUTHBERT, St. HILDA AND St. LUKE**

6341 de Lorimier Avenue  
Montreal, QC. H2G 2P5  
(514) 722 3061  
[barbaraf@videotron.ca](mailto:barbaraf@videotron.ca)  
[www.stchl.org](http://www.stchl.org)

**TRINITY UNITED CHURCH OF MONTREAL**

3050 Rosemont Boulevard  
Montreal, QC, H1Y 1M2  
Tel. (514) 721 1830, Fax (514) 721 2824  
[www.trinityuc.net](http://www.trinityuc.net)

*Services: Worship service, Sunday school, groups and activities for youth and young adults.*

**UNION UNITED CHURCH OF MONTREAL**

3007 Delisle Street  
Montreal, QC, H4C 1M8  
Tel. (514) 932 8731, Fax (514) 932 8846  
[office@unionunitedchurchmtl.ca](mailto:office@unionunitedchurchmtl.ca)  
[www.unionunitedchurchmtl.ca](http://www.unionunitedchurchmtl.ca)

*Services: Worship service, prayer meetings, bible studies, food distribution, seniors club and support groups for men and women.*

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

(514) 277 9860  
1 866 532 2822

[www.cavac.qc.ca](http://www.cavac.qc.ca)

*Services: Post-trauma and psychosocial intervention, information on crime victim rights and remedies, technical assistance, accompaniment and referrals to specialized services, available in French, English and Spanish.  
Monday to Friday, 9:00am – 5:00pm.*

**EAST END SERVICE POINT**

6070, Sherbrooke Street East, suite 207  
Montreal, QC  
H1N 1C1  
(514) 643 9333

**MONTREAL COURTHOUSE SERVICE POINT**

1, Notre-Dame Street East, office 5.10  
Montreal, QC  
H2Y 1B6  
(514) 393 2083

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

8105 de Gaspé Street, suite 100  
Montreal, QC, H2P 2J9  
(514) 529 5567  
Fax (514) 529 0571

[info@criphase.org](mailto:info@criphase.org)  
[www.criphase.org](http://www.criphase.org)

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

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

2231 Belanger Street  
Montreal, QC, H2G 1C5  
(514) 526 0789  
Fax (514) 526 8891

[info@gaihst.qc.ca](mailto:info@gaihst.qc.ca)  
[www.gaihst.qc.ca](http://www.gaihst.qc.ca)

*Services: Individual and group intervention, and legal advice for men and women 18 years or older who are victims of sexual harassment at work.  
Monday to Friday, 9:00am – 5:00pm.*

## IVAC-COMPENSATION TO VICTIMS OF CRIME

1199 Bleury Street  
 Montreal, QC  
 H3C 4E1  
 1 800 561 4822  
 (514) 906 3019  
 Fax (514) 906 3029

**[ivac@csst.qc.ca](mailto:ivac@csst.qc.ca)**  
**[www.ivac.qc.ca](http://www.ivac.qc.ca)**

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

## MONTREAL ASSAULT PREVENTION CENTER

(514) 284 1212

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

## THE MOVEMENT AGAINST RAPE AND INCEST

(514) 278 9383

*Services: Individual and group counselling, follow-up with loved ones and advocacy for women 14 years and older who have been a victim of rape.*

## PRO-GAM

1453 Beaubien Street East, suite 205  
 Montreal, QC  
 H2G 3C6  
 (514) 270 8462  
 Fax (514) 270 8849

**[info@pro-gam.ca](mailto:info@pro-gam.ca)**  
**[www.pro-gam.ca](http://www.pro-gam.ca)**

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

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

120 Duluth Street East  
 Montreal, QC  
 H2W 1H1  
 (514) 282 0661  
 Fax (514) 282 0661

**[rivo@web.ca](mailto:rivo@web.ca)**  
**[www.web.ca/~rivo](http://www.web.ca/~rivo)**

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

## SHIELD OF ATHENA MONTREAL

700, Cremazie Boulevard West  
 Montreal, QC  
 H3N 1A1  
 1 877 274 8117  
 (514) 274 8117

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

*Services: Shelter, individual consultation, crisis intervention, counselling, support groups, information and referral for women and children who are victims of conjugal or family violence.*

## SOS VIOLENCE CONJUGALE

P.O. Box 55, Station Montreal  
 Montreal, QC  
 H2L 4S7  
 (514) 873 9010

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

**[sosdirection@sosviolenceconjugale.ca](mailto:sosdirection@sosviolenceconjugale.ca)**  
**[www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)**

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

## SURVIVORS OF INCEST ANONYMOUS

(514) 866 9941 – 293

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

## BATSHAW YOUTH & FAMILY CENTRES

5, Weredale Park Street  
Westmount, QC  
H3Z 1Y5  
(514) 989 1885

[www.batshaw.com](http://www.batshaw.com)

Services: Youth protection services, young offenders services, adoption, and child placement. Monday to Thursday, 8:00am – 9:00pm, and Friday, 8:00am – 6:00pm.

## BIG BROTHERS BIG SISTERS OF GREATER MONTREAL

3740 Berri Street, suite 300  
Montreal, QC  
H2L 4G9  
(514) 842 9715  
Fax (514) 842 2454

[info@gfgsmtl.qc.ca](mailto:info@gfgsmtl.qc.ca)

[www.gfgsmtl.qc.ca](http://www.gfgsmtl.qc.ca)

Services: Mentor relationships, school mentoring and health mentoring all supported and supervised by a team of professionals made up of psychologists, social workers and program intervention experts. Monday to Friday, 9:00am – 5:00pm.

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

1662 Ontario Street East  
Montreal, QC  
H2L 1S7  
1 888 520 7677  
(514) 526 7677  
Fax (514) 940 2036

[centredejour@danslarue.org](mailto:centredejour@danslarue.org)

[www.danslarue.com](http://www.danslarue.com)

Services: “Chez Pops” offers a cafeteria, depot, medical clinic, psychological care, school, scholarship fund, work entry program, workshops, and outings. It is open Monday to Friday, 10:00am – 5:00pm. The Van travels around Montreal Monday to Friday, 8:00pm – 2:00am. The Bunker provides emergency shelter 7 days/week to boys and girls.

## CARREFOUR JEUNESSE EMPLOI - ANJOU/SAINT-JUSTIN

7100 Joseph-Renaud Boulevard  
Montreal, QC  
H1K 3V5  
(514) 353 5400  
Fax (514) 353 0040

[info@cjeanjou.com](mailto:info@cjeanjou.com)

[www.cjeanjou.com](http://www.cjeanjou.com)

Services: Practice interviews, job postings, access to computer online jobs, help in writing C.V's, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35. Monday, Tuesday and Thursday, 9:00am – 12:00pm, and 1:00pm – 5:00pm, Wednesday, 1:00pm – 5:00pm, and Friday, 9:00am – 12:00pm, and 1:00pm – 3:00pm.

## CARREFOUR JEUNESSE EMPLOI - RIVIÈRE-DES-PRAIRIES

8595 Maurice Duplessis Boulevard, suite 209  
Montreal, QC  
H1E 4H7  
(514) 648 8008  
Fax (514) 648 8242

[info@cje-rdp.org](mailto:info@cje-rdp.org)

[www.cje-rdp.org](http://www.cje-rdp.org)

Services: Practice interviews, job postings, access to computer online jobs, help in writing C.V's, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35. Monday to Thursday, 9:00am – 12:00pm, and 1:00pm – 5:00pm, and Friday, 9:00am – 12:00pm.

## CARREFOUR JEUNESSE EMPLOI - VIGER/JEANNE-MANCE

5960 Jean-Talon East Street, suite 308  
Saint-Leonard, QC  
H1S 1M2  
(514) 256 5051  
Fax (514) 256 7172

[cje@cjest-leonard.com](mailto:cje@cjest-leonard.com)

Services: Practice interviews, job postings, access to computer online jobs, help in writing C.V's, use of fax machines, printers, photocopiers, and info on career programs for youth between the ages of 16 and 35.

## MONTREAL HOOKED ON SCHOOL

Édifice Accès-travail-Verdun  
1050, 5th Avenue  
Verdun, QC  
H4G 2Z6  
(514) 286 2346  
Fax (514) 286 2347

[info@clds.qc.ca](mailto:info@clds.qc.ca)

[www.clds.qc.ca](http://www.clds.qc.ca)

Services: Information and referral for youth, parents and education professionals, in-school workshops, vocational training and the promotion of school and the value of academic success.

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

5167 Jean Talon East Boulevard, suite 370  
Montreal, QC, H1S 1K8  
(514) 593 4303  
Fax (514) 593 4659

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

[www.opcr.org](http://www.opcr.org)

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

### STREET KIDS CLINIC

CLSC Des Faubourgs  
1250 Sanguinet Street  
Montreal, QC  
H2X 3E7  
(514) 527 2361 – 3682  
*Services: On-site doctors, nurses, dentists, psychologists, social workers and access to showers.*

### SUN YOUTH

4251 Saint-Urbain Street  
Montreal, QC  
H2W 1V6  
(514) 842 6822  
Fax (514) 842 5241  
**www.sunyouthorg.com**  
*Services: Offers sports and recreation programs, food bank, summer camp, crime prevention, seniors' club. Monday to Friday, 8:00am – 4:00pm.*

### UKRAINIAN YOUTH ASSOCIATION (SUM) OF QUEBEC INC.

3260 Beaubien Street East  
Montreal, QC  
H1X 3C9  
(514) 728 8816  
*Services: Discussion groups, sports, art activities, dance groups, camps and rallies for youth.*

### YLC-DON BOSCO YOUTH LEADERSHIP CENTER

11991 Pierre Baillargeon Street  
Montreal, QC  
H1E 2E5  
(514) 648 6421  
Fax (514) 648 6404  
**info@dbylc.com**  
**www.dbylc.com**  
*Services: Pre-kindergarten classes, dance classes, summer camp, after school in-center activities, tutoring, sports, moms and tots, and retreats. Office hours are Monday to Thursday, 3:00pm – 9:00pm, and Friday, 3:00pm – 6:00pm.*

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

(514) 572 2236  
**adocause@hotmail.com**  
**www.ado-cause.ca**  
*Services: Anonymous consultations with a psychoanalyst for adolescents between the ages of 14 and 21; guidance with issues of problems at school, sex, drugs, alcohol, loneliness, emerging fears, etc.*

### DYP-DIRECTOR OF YOUTH PROTECTION

(514) 935 6196  
*Services: Emergency help line for the protection of youth. 24 hrs/day, 7 days/week.*

### KIDS HELP PHONE LINE

1 800 668 6868  
**QUEBEC OFFICE**  
323-911 Jean-Talon Street East  
Montreal, QC  
(514) 273 7007  
Fax (514) 273 0589  
**quebec@kidshelpphone.ca**  
**www.kidshelpphone.ca**  
*Services: Provides anonymous counselling, referrals, and information for children and youth between the ages of 5 and 20. 24 hrs/day, 7 days/week.*

### TÉL-JEUNES

P.O. Box 186, Station Place d'Armes  
Montreal, QC  
H2Y 3G7  
(514) 288 1444  
Fax (514) 288 6312  
Help line 1 800 263 2266  
**info@teljeunes.com**  
**www.teljeunes.com**  
*Services: Provides over the phone counselling for children and youth. 24 hrs/day, 7 days/week.*