



# Ressource guide

**Villeray**

**District**

# Available ressources in Villeray District



This guide was designed to identify and gather the various resources of the Villeray District available to the population.

We strongly advise contacting the services by phone prior to your visit.

We hope you will find all the information you are looking for, and do not hesitate to contact the Corporation de développement communautaire (CDC) Solidarités Villeray, which acts as neighbourhood round tables and supports the Villeray District's citizens, community organizations and issue tables.

To contact the CDC Solidarités Villeray:

**CDC Solidarités Villeray**

📍 660, Villeray St. (room 1.101)

☎ 514 279-0117

🌐 [solidaritesvilleray.org](http://solidaritesvilleray.org)

📱 @CDCSolidaritesVilleray

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## FOOD SUPPORT



### ACOMM

Food bank, community café, solidarity store

#### Contact information

📍 7387 Saint-Hubert St.  
☎ 514 886-8141  
🌐 acomm.ca

### COPATLA

Regional food bank (primarily for individuals with substance use problems and their families, marginalized, vulnerable or insecure participants).

#### Contact information

📍 660 Villeray St. (Room 1.107)  
☎ 514 948-6188  
📧 copatla1989@gmail.com

### La Maison de quartier Villeray

Free food assistance, economical grocery store, collective kitchens and collective gardens. Food delivery possible if eligible.

#### Contact information

📍 660 Villeray St. (Room R.100)  
☎ 514 272-4589  
🌐 mqvilleray.ca

### Patro Villeray, Centre de loisirs et d'entraide

Meals on Wheels and frozen food delivery service.

#### Contact information

📍 7355 Christophe-Colomb Ave.  
☎ 514 273-8535  
🌐 patrovilleray.ca  
("Food aid" section)

### Centre des Aînés de Villeray

Community centre for and by seniors (50+). Food services: meals, baskets, frozen meals, collective kitchen, etc.

#### Contact information

📍 7626 Saint-Hubert St.  
☎ 514 277-7574  
🌐 ainesvilleray.com

### Société de Saint-Vincent-de-Paul

Distribution of food vouchers and bags of food, Christmas baskets, school supply vouchers. By appointment only. Distribution in several parishes in the area.

#### Contact information

📍 7960 Marquette St.  
☎ 514 273-1339

## TENANT SUPPORT



### Association des locataires de Villeray (ALV)

Support service for tenants (individual meetings by phone, by videoconference and / or in person). Information workshops (popular education) on housing repossessions, rent increases, social housing and tenants' rights and remedies.

#### Contact information

📍 660 Villeray St. (Room R.106)  
☎ 514 270-6703  
🌐 locatairesdevilleray.com

## HEALTH



### CLSC de Villeray

Various health services, by appointment only, call before .

#### Contact information

📍 1425 Jarry St. East  
☎ 514 376-4141  
🌐 www.ciussnordmtl.ca/installations/clsc/clsc-de-villeray/

### Médecins du monde

Mobile medical service for unhoused people (screening for sexually transmitted and blood-borne infections [STBBI] and vaccination, individual and group psychological support, distribution of naloxone kits and referrals). Medical clinic for migrants without medical coverage.

#### Contact information

📍 560 Crémazie Blvd. East, Suite 100  
☎ 514 281-8998  
☎ Clinique: 438 844-5696  
🌐 medecinsdumonde.ca

## MENTAL HEALTH: ACTIVE LISTENING, PSYCHOSOCIAL AND PSYCHOLOGICAL SUPPORT



### Accueil psychosocial - CIUSSS NÎM

Confidential and free service in the event of a personal, family or couple crisis as well as for support, information or help finding resources that meet people's needs.

#### Contact information

📍 CLSC Villeray : 1425 Jarry St. East  
☎ 514 940-3300  
🌐 ciussnordmtl.ca  
("Care and services"—"Psychosocial service" section)

### Arborescence

Information, referral and support for families and friends of people living with a mental health disorder. Information sessions, individual, couple or family follow-ups, support groups, psycho-educational workshops, etc.

#### Contact information

📍 1208 Sainte-Catherine St. East, suite 208  
☎ 514 524-7131  
🌐 arborescence.quebec

### Écoute Entraide

Anonymous and confidential phone listening service by trained volunteers for anyone who is going through difficult times. Support groups and phone pairing service also available.

#### Contact information

☎ 514 278-2130 (8 a.m. to 10 p.m., 7 days a week)  
🌐 ecout-entraide.org

### Maison multiethnique Myosotis

Low-cost individual psychological consultation and group workshops. By appointment only. Languages spoken: French, English, Spanish, Polish, Russian, Romanian, Arabic.

#### Contact information

📍 660 Villeray St. (Room R.105)  
☎ 514 271-4407  
🌐 myosotismaisonmultiethnique.com  
administration@maisonmyosotis.org

### Tel-Aide Montréal

Anonymous, confidential and bilingual phone listening service by trained volunteers.

#### Contact information

☎ 514 935-1101 (24/7)  
🌐 telaidemontreal.org

## CRISIS CENTRES & ACCOMMODATIONS



### Centre de crise le Transit

Ligne d'intervention téléphonique, Telephone intervention line, intervention at the scene of crisis, temporary accommodation, follow-up during the crisis period and referral service. Service adapted for deaf and blind people. Languages spoken: French, English, Spanish, Hungarian, Portuguese.

#### Contact information

☎ 514 282-7753 (24/7)  
🌐 cictransit.com

### L'Abri de Villera y – Refuge du Coeur de l'île

Emergency shelter. Intake, beds, meals, showers, support and referral. Co-ed (18+). Not accessible to disabled people. No pets. (24/7)

#### Contact information

📍 Basement of the Notre-Dame-du-Rosaire church on Saint-Hubert St., at the corner of Villera y (entrance under the parvis)  
☎ 514 379-2800

### Maison Secours aux femmes de Montréal

Shelter that offers a safe place as well as various services to women victims of domestic violence and their children. Service adapted to immigrant women. Several languages spoken.

#### Contact information

☎ 514 593-6353 (24/7)

## SUPPORT FOR VICTIMS OF SEXUAL OR DOMESTIC VIOLENCE



### Centre de ressources et d'intervention pour les hommes abusés sexuellement dans leur enfance (CRIPHASE)

Support groups, coffee meetings, support for loved ones.

#### Contact information

📍 8105 De Gaspé Ave.  
☎ 514 529-5567  
🌐 [criphase.org](http://criphase.org)

### Mouvement contre le viol et l'inceste

Support and intervention for women aged 14 and over who have experienced sexual violence or been victims of trafficking. Phone listening service, individual or group intervention, support in the legal process. Several languages spoken.

#### Contact information

📍 PO Box. 50009 Succ Jarry  
☎ 514 278-9383  
🌐 [mcvicontreleviol.org](http://mcvicontreleviol.org)  
✉ [mcvi@contreleviol.org](mailto:mcvi@contreleviol.org)

### SOS violence conjugale

Anonymous and confidential support line, assessment, information, awareness, support and referral services for anyone affected by domestic violence. Service adapted for hard-of-hearing people.

#### Contact information

☎ 1 800 363-9010 (24/7)  
📠 438 601-1211 (text messages)  
🌐 [sosviolenceconjugale.ca](http://sosviolenceconjugale.ca)  
(Translated in more than 25 languages)

## SUPPORT FOR FAMILIES WITH CHILDREN AGED 0 TO 5



### Alternative Naissance

Free individual and in-person support (for birth, recovery, perinatal bereavement or abortion), virtual perinatal support, workshops, support group for people who have experienced a difficult birth, loans (breast pumps, car seats and strollers), babywearing library, training and professional activities.

#### Contact information

📍 8591 Saint-Denis St.  
☎ 514 274-1727  
🌐 [alternative-naissance.ca](http://alternative-naissance.ca)

### Bureau coordonnateur La trottinette carottée

Help for parents to obtain a spot in a quality home childcare service.

#### Contact information

📍 7535 St-Hubert St.  
☎ 514 523-0659  
🌐 [latrottinettecarottee.com](http://latrottinettecarottee.com)

### Espace-Famille Villera y

Perinatal and family resource centre. More than 40 activities for parents and future parents: prenatal meetings, breastfeeding support, recovery, talks, fathers' suppers, father-child workshops, conferences, fitness, baby sleep, yoga, and more! Daycare from 3 months (à la carte, day and evening), boutique, baby scale.

#### Contact information

📍 7470 De Normanville St.  
☎ 514 858-1878  
🌐 [espacefamille.ca](http://espacefamille.ca)

### Services aux enfants de 0-5 ans et à leurs familles CIUSSS NîM

Services for children, mothers, expectant mothers and families. Breastfeeding support, prenatal classes and meetings, personalized support, nutritional follow-ups, workshops, etc.

#### Contact information

📍 1425 Jarry St. East  
☎ 514 376-4141  
🌐 [ciusssnordmtl.ca](http://ciusssnordmtl.ca)  
("Care and services"—"Children, adolescents and families"—"Services for children aged 0-5 and their families" section)

## SERVICES AND SUPPORT FOR YOUTH



### Aire ouverte 12-25 ans (CIUSSS NîM)

Free and confidential services for young people between the ages of 12 and 25, for mental, physical and sexual health as well as all other issues (housing, lifestyle, finances, violence, addiction, etc.). With or without an appointment, onsite, by phone or virtually.

#### Contact information

📍 2169 Sauriol St. East  
☎ 514 858-2446  
🌐 [ciusssnordmtl.ca](http://ciusssnordmtl.ca)  
("Care and services"—"Children, teenagers and families"—"Aire ouverte" section)

### Bureau de consultation jeunesse (BCJ)

Support, referral, advocacy (individually or in groups) for youth between the ages of 14-25. Support for young people and young parents, projects and collective actions, group activities, temporary accommodations.

#### Contact information

📍 550 Beaumont Ave., Suite 100  
☎ 514 270-9760  
🌐 [bureaudeconsultationjeunesse.org](http://bureaudeconsultationjeunesse.org)

### Corporation d'éducation jeunesse – Projet Rousselot (CÉJ)

Prevention of social isolation, student dropout, delinquency and acts of incivility among young people, mainly in the east of Villera y and at the Rousselot housing complex. Support, homework help, mentoring and various activities for the integral development of youth to promote better self-esteem and academic success.

#### Contact information

📍 7797 De Lanaudière St.  
☎ 514 872-2696  
🌐 [corpoeducjeunesse.org](http://corpoeducjeunesse.org)  
("Projet Rousselot" section)

### Motivation Jeunesse 16/18 inc.

Adapted and personalized approach promoting the success and well-being of youth experiencing academic difficulties. Program offered as an alternation of internships and studies.

#### Contact information

📍 8200 Saint-Laurent Blvd.  
☎ 514 596-5400 ext. 5427  
🌐 [motivationjeunesse.com](http://motivationjeunesse.com)

### PACT de rue

Field presence with young people through street work. Listening and guidance. Prevention activities in high schools through community work.

#### Contact information

📍 8105 de Gaspé St., Suite 200  
☎ 514-278-9181  
🌐 pactderue.org

### Patro Villeray – La Station

Psychological support for teenagers, tutoring, help with homework, recreational and sports activities, etc.

#### Contact information

📍 7355 Christophe-Colomb Ave.  
☎ 514 273-8535  
🌐 patrovilleray.ca  
("Leisure and sports" section)

### Perspectives Jeunesse

Support for young people in high school experiencing personal, family, academic and social difficulties to encourage the prevention of school and social dropout, as well as academic and socio-professional reintegration. Individual support component (14 to 24 years old) and school component (alternative class 15 to 20 years old).

#### Contact information

📍 6839A Drolet St., Suite 10  
☎ 514 303-0599  
🌐 perspectivesjeunesse.org

### Projet d'intervention auprès des mineurs prostitués (PiAMP)

Listening, support and guidance services for minors who exchange sexual services for any form of payment. Services also offered to relatives. Awareness workshops for youth.

#### Contact information

📍 4430 Papineau Ave.  
☎ 514 284-1267  
🌐 piamp.net

### Tel-Jeunes

Professional support by phone, text, chat and email. For young people under 20 years old.

#### Contact information

☎ 1 800 263-2266 (6 a.m. to 2 a.m.)  
📧 514 600-1002 (text messages 8 a.m. to 10:30 p.m.)  
🌐 teljeunes.com

### Vue sur la relève

Promotion of culture and the performing arts among young people, facilitating the integration of emerging artists between the ages of 18 and 35 into the professional scene through the festival Vue sur la Relève, and of school-age children through the Camp des Arts and intensive training courses with artistic and recreational components.

#### Contact information

☎ 514 278-3941  
🌐 vuesurlareleve.com  
🌐 campdesarts.org

## SUPPORT FOR WOMEN, PARENTS AND FAMILIES



### Crise-Ado-Famille-Enfance (CAFE) CIUSSS NÎM

In the event of a family crisis (feeling of urgency, distress, aggressivity), intensive follow-up to restore balance in families with children aged 5 to 21.

#### Contact information

Through psychosocial care:  
☎ 514 940-3300 or 811 - option 2  
Through the Youth Protection Department:  
☎ 514 896-3100  
ciussnordmtl.ca  
("Care and Services"—"Children, Teenagers and Families"—"Youth in difficulty" section)

### Centre d'aide aux familles latino-américaines (CAFLA)

Welcome and support for immigrants and newly arrived families, interpretation and referral to appropriate resources, thematic meetings, support for parents with children aged 0 to 11, active listening, support and psychosocial accompaniment by phone and in person for young people aged 12 to 25. Languages spoken: French and Spanish.

#### Contact information

📍 6839A Drolet St., Suite 209  
☎ 514 273-8061  
🌐 cafla.ca

### Centre des femmes d'ici et d'ailleurs

Listening, referral and women's rights advocacy service in person, by phone and in the community. Intercultural activities, French workshops, socially conscious art and collective actions. Languages spoken: French, English, Spanish, Tamil, Levantine Arabic, Haitian Creole. Possibility of attending virtually (Zoom).

#### Contact information

📍 8043 St-Hubert St.  
☎ 514 495-7728  
🌐 cdfia.net

### Dress for success Montréal

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life..

#### Contact info

📍 6833, de l'Épée st. Suite 301  
☎ 514 282-1222  
🌐 montreal.dressforsuccess.org

### La Maison des Grands-Parents de Villeray

Various intergenerational activities and clothes bank at low prices for babies, children and adults; kitchen and household implements.

#### Contact information

📍 8078 Drolet St.  
☎ 514 383-9108  
🌐 mgpvilleray.org

### Plains Pouvoirs pour tous / Kidpower Teenpower Fullpower

Workshops for families or adults of all ages, abilities and identities in which they can practise skills to stay emotionally, relationally and physically safe, act wisely and believe in themselves.

#### Contact information

☎ 514 990-7124  
🌐 kidpowermontreal.org

### Première ressource

Free and confidential help for parents of children aged 0 to 18. By phone, email or chat, workers respond to everyday issues as well as complex problems.

#### Contact information

☎ 514 525-2573  
☎ 1 866 329-4223  
🌐 premiereressource.com

### Travail de Proximité petite enfance Villeray

Personalized support towards the community support network and the CLSC for families who have at least one child between 0 and 5 years old

#### Coordonnées

☎ 438 366-5491  
🌐 proximite@espacefamille.ca

## Villeray dans l'Est

Welcome, referrals and guidance; physical, educational, recreational and cultural activities; thematic workshops and outings; mobilization meetings; citizen initiatives and participation.

### Contact information

📍 1987 Tillemont St.  
☎ 514 279-1146  
🌐 [coordination@villeraydanslest.org](mailto:coordination@villeraydanslest.org)

## SUPPORT FOR SENIORS



### Centre des aînés de Villeray

Community centre for and by seniors (50 years and older). Intervention (listening and help) at home and in low-income housing. Recreational activities and outings, food services, information and advocacy (popular education).

### Contact information

📍 7626 Saint-Hubert St.  
☎ 514 277-7574  
🌐 [ainesvilleray.com](http://ainesvilleray.com)

### Coopérative de solidarité Novaïde

Home support and housekeeping for seniors, respite for family caregivers.

### Contact information

📍 3565 Jarry St. East, Suite 410  
☎ 514 278-6767  
🌐 [novaide.com](http://novaide.com)

### Ligne Aide Abus Aînés

Bilingual, free and confidential consultation, listening and information services by specialists on the subject of abuse. The services are offered to seniors experiencing mistreatment, to loved ones, to witnesses and to workers.

### Contact information

☎ 1 888 489-2287 (24/7)  
☎ 514 489-2287 (24/7)  
🌐 [aideabusaines.ca](http://aideabusaines.ca)

### Tel-Aînés

Confidential listening and referral services by trained volunteers for people aged 60 and over, and caregivers.

### Contact information

☎ 514 353-2463 (from 10 a.m. to 10 p.m., 7 days a week)  
🌐 [tel-ecoute.org](http://tel-ecoute.org)

### Vers Vous

Services to promote seniors' well-being and ability to remain in their homes. Transportation and medical support, socialization transportation, friendship phone calls and visits, information and resources, free conferences and workshops (open to all).

### Contact information

📍 8042 St-Hubert St.  
☎ 514 277-2469  
🌐 [versvous.org](http://versvous.org)

## LEISURE ACTIVITIES AND MUTUAL AID



### La Remise Bibliothèque d'outils

Borrowing service of tools and common use items (for repairs, renovation, cooking, camping, etc.). Access to workspaces (carpentry/woodworking, cycling, sewing). Advice from volunteers and occasional training to encourage knowledge sharing and the improvement of individual and collective skills.

### Contact information

📍 8280 Saint Laurent Blvd. (Room 411)  
☎ 514-800-5613  
🌐 [laremise.ca](http://laremise.ca)

### PACT de rue

Day centre. Welcome, confidential and voluntary psychosocial support for adults, snacks, respite space and

a private area for women, relaxation and recreation space. Nurses Mon-Wed-Fri from 11 a.m. to 2 p.m. Mon-Fri from 11 a.m. to 4 p.m. and Tuesdays from 12:30 p.m. to 4 p.m. (soon to be open on weekends at the same hours).

### Contact information

📍 616 Jarry St. East  
☎ 438 380-8804  
🌐 [centrejourpact@gmail.com](mailto:centrejourpact@gmail.com)

### Patro Villeray

Recreational and sports activities (supervised and free), free swimming and lap swimming, homework help, etc. School break day camps, respite camps. Mutual aid through tax clinics, friendship chains and other occasional workshops. Urban mediation in parks, daily welcome for youth, etc. For all ages.

### Contact information

📍 7355 Christophe-Colomb Ave.  
☎ 514 273-8535  
🌐 [patrovilleray.ca](http://patrovilleray.ca)

## SUSTAINABLE DEVELOPMENT



### Ville en vert (Programme Éco-quartier Villeray-Saint-Michel-Parc-Extension)

Awareness, education and support for citizens and organizations on sustainable development.

### Contact information

📍 7355 Christophe-Colomb Ave.  
☎ 514 447-6226 ext. 302  
🌐 [villeenvert.ca](http://villeenvert.ca)

## PROFESSIONAL INTEGRATION, EDUCATION AND EMPLOYMENT ASSISTANCE



### ACOMM

Business orientation service, administration training (starting a business and consulting services), French classes, tax clinic.

### Contact information

📍 7387 Saint-Hubert St.  
☎ 514 886-8141  
🌐 [acommm.ca](http://acommm.ca)

### Carrefour Jeunesse Emploi (CJE) Centre-Nord

Free services for people aged 15 to 35. Job search guidance, academic and professional information services, support for school retention and autonomy, development of various community involvement projects, youth entrepreneurship, volunteer work.

### Contact information

📍 1378 Jarry St. East  
☎ 514 729-9777, ext. 100  
🌐 [cje-centrenord.com](http://cje-centrenord.com)

### Le Centre de formation de l'alimentation et du commerce du Québec (CFACQ)

Training in various food and retail trades, adapted for people experiencing difficulties in integrating into the job market, for immigrants and for young people who wish to work part-time while studying.

### Contact information

📍 1200 Crémazie Blvd. East, Suite 101  
☎ 514 332-2545  
🌐 [cfacq.ca](http://cfacq.ca)

### Coop Horizon multimédia

Solidarity cooperative that uses multimedia as a development tool. Services in multimedia, socio-professional integration, training and service sales. Extracurricular, entrepreneurial and intergenerational projects.

#### Contact information

📍 8200 Saint-Laurent Blvd.  
☎ 1 866 893-2667  
🌐 coophorizonmultimedia.com

### Emploi Jeunesse

Personalized guidance and assistance in finding a job or reintegrating into the job market or the school system for young people aged 16 to 35. Psychosocial support is also available.

#### Contact information

📍 205 Jarry St. East  
☎ 514 495-6571  
🌐 emploi-jeunesse.org

### L'Enjeu: cap sur l'emploi

Guidance service to help women enter and stay in the workforce. Job search assistance, office skills assessment, job placement assistance, career development, candidate/ employer matching, educational and vocational guidance.

#### Contact information

📍 2215 Jean-Talon St. East, Suite 204  
☎ 514 858-5288, ext. 0  
🌐 lenjeu.org

### La Jarnigoine - Centre d'alphabétisation de Villeray

Free workshops for adults: practice reading and writing French, introduction to the computer and internet, general knowledge and comprehension of current events. Special projects and group outings.

#### Contact information

📍 211 Jarry St. East  
☎ 514 273-6683  
🌐 jarnigoine.com

### Petites-Mains

Socio-professional integration support for women: personalized guidance, French language learning, professional paid training, first-job experience, job search assistance, group activities and daycare.

#### Contact information

📍 7595 St-Laurent Blvd.  
☎ 514 738-8989  
🌐 petitesmains.com

### S.I.M.O Service d'intégration au marché du travail par objectifs

Guidance in the development of employability, aiming at the development of employability as well as the professional integration of newcomers and people of all origins. Services are offered in individual and group settings.

#### Contact information

📍 6833 de l'Épée St., Suite 302  
☎ 514 277-6776, ext. 0  
🌐 simo-emplois.com

### NEWCOMERS AND IMMIGRANTS



### La Maisonnée

Collective and individual services for welcoming and socio-professional integration. Guidance for newcomers in all stages of their settling in, as well as in their employment procedures in Quebec.

#### Contact information

📍 110 Jean-Talon St. West  
☎ 514 271-3533  
🌐 lamaisonnee.org

### Service d'interprète, d'aide et de référence aux immigrants (SIARI)

Support and guidance for immigrants and refugees in their integration process. Services offered in more than 35 languages.

#### Contact information

📍 6767 Côte-des-Neiges Rd, Suite 499  
☎ 514 738-4763  
🌐 siari.org

### BUDGET, DEBT AND CONSUMERS HELP



### ACEF du Nord de Montréal

Workshops on debt and budgeting. Individual budget consultation and consumer assistance service (in case of a problem with a business or company). Negotiation of payment agreements with Hydro-Québec. Free tax clinic (current and previous year). Discussion activities on the consumer society.

#### Contact information

📍 7500 De Châteaubriand Ave.  
☎ 514 277-7959  
🌐 acefnord.org

### ADVOCACY AND LEGAL AID



### Action Autonomie le collectif pour la défense des droits en santé mentale de Montréal

Assistance and guidance in mental health advocacy through an approach aiming for the autonomy of individuals.

#### Contact information

📍 3958 Dandurand St.  
☎ 514 525-5060  
🌐 actionautonomie.qc.ca

### Bureau des ressources des assisté.e.s sociaux (BRAS) Villeray

Consultation, listening and referrals. Information on the laws, rights and obligations related to social assistance.

#### Contact information

📍 660 Villeray St. (Room 1.104)  
☎ 514 495-8101  
🌐 brasvilleray.org

### Éducaloi

Information for the public on their rights and responsibilities, and the law.

#### Contact information

🌐 educaloiquc.ca

### Mouvement Action-Chômage (MAC)

Information sessions on unemployment insurance and court representation.

#### Contact information

📍 6839A Drolet St., Suite 306  
☎ 514 271-4099  
🌐 macmtl.qc.ca

### PREVENTION AND SUPPORT FOR ADDICTION



### COPATLA

Information, prevention and intervention in matters of drug addiction, non-substance dependence, violence, homelessness and mental health. Psychosocial support, anger management program, reintegration activities for people in conflict with the law, sociocultural recreational and popular education activities.

#### Contact information

📍 660 Villeray St. (Room 1.107)  
☎ 514 948-6188  
@ copatla1989@gmail.com

### PACT de rue

Listening, prevention and support. Field presence through street work with young people. Fixed site for drug users.

#### Contact information

📍 8105 De Gaspé St., Suite 200  
☎ 514 278-9181  
🌐 pactderue.org

## SUPPORT FOR PEOPLE WITH DISABILITIES AND THEIR FAMILIES



### Association québécoise des traumatisés crâniens

Services for people who have suffered a traumatic brain injury (TBI): social integration and psychosocial support. Services for relatives also (individual meetings, workshops, respite, etc.).

#### Contact information

📍 911 Jean-Talon St. East, Suite 106  
☎ 514 274-7447  
🌐 aqtc.ca

### Centre de la communauté sourde du Montréal métropolitain

Advocacy and protection of the rights of deaf people. Services offered: listening, information and referrals, punctual assistance to members, legal advice and guidance. Welcome of deaf immigrants, literacy and training, etc.

#### Contact information

📍 2200 Crémazie Blvd. East, Suite 203  
☎ ATS : 514 279-7609  
☎ 514 903-2200  
@ services@ccsimm.org

### Centre Alpha-Sourd

Literacy services for deaf adults: French classes, reading and writing classes, computer classes, cooking classes, Langue des Signes Québécoise improvement classes, etc. Monthly educational outings and conferences with sign language interpreters.

#### Contact information

📍 7907 De Bordeaux St.  
☎ 438 806-5149  
🌐 casourd.org/alpha-sourd-montreal/

### Espace Multisoleil

Recreational, cultural and socialization activities for young people aged 6 to 30 who have a physical disability, with or without a mild to moderate intellectual disability.

#### Contact information

📍 660 Villeray St. (Room 2.115)  
☎ 438 397-4495  
🌐 espacemultisoleil.org

### La Joie des Enfants

Service for people with intellectual disabilities and their families: respite, babysitting, day camp, recreation and referrals.

#### Contact information

📍 8520 Saint-Urbain St.  
☎ 514 270-0338

### LUDIC – Loisirs uniques pour le développement et l'inclusion dans la communauté (formerly Gymno Montréal)

Offer of recreational activities adapted for children and teenagers with learning disabilities or special needs (Autism spectrum disorder, language difficulties, motor difficulties, intellectual disabilities, ADHD, etc.) while promoting their development, their fulfillment, their social participation and the social participation of their family.

#### Contact information

📍 660 Villeray St. (Room 2.109)  
☎ 514 721-3663

### Main-Forte Montréal

Daytime activities for people with a physical disability who are removed from the labour market in order to reproduce work, to come out of isolation and to get involved in their community.

#### Contact information

📍 7381 Saint-Hubert St.  
☎ 514 593-6129  
🌐 mainfortemontreal.org

### Patro Villeray

Respite camp, holiday respite and Saturday respite for young people aged 4 to 17 with special needs (intellectual disabilities, autism spectrum disorder, physical difficulties).

#### Contact information

📍 7355 Christophe-Colomb Ave.  
☎ 514 273-8535  
🌐 patrovilleray.ca



## HOUSING

### Espace la Traversée – Habitat 1460

Housing designed to meet the needs of the elderly. Several activities are offered, in addition to a 24-hour service.

#### Contact information

📍 1460 Crémazie Blvd. East, Suite 100  
☎ 514 321-4984  
🌐 espacelt.org

### Les Habitations populaires de Parc-Extension (HAPOPEX)

Provision of affordable social housing with social and community support including support services. Community life and group activities for tenants.

#### Contact information

📍 7000, Parc Ave., suite 200  
☎ 514 583-1378  
🌐 hapopex.org

### La Maison des sourds

Social housing for deaf or hard-of-hearing people and their families. Offer of social and recreational activities and room rental.

#### Contact information

📍 2200 Crémazie Blvd. East, Suite 200  
☎ 438 381-6372  
🌐 maison-sourds.org

### Maison St-Dominique (Maison de

### Lanaudière et Maison Villeray)

Furnished studios with psychosocial and community support for low-income adults living alone and with mental health issues. Community hall open at all times and presence of social workers 2 to 3 days a week.

#### Contact information

📍 7787 De Lanaudière St. and 995 Villeray St.  
☎ 514 270-7793 et 438-380-1594  
🌐 maisonstdominique.org  
("Our Housing" – "Maison Villeray" section)

### Office municipal de l'habitation de Montréal (OMHM)

Offer of housing and housing programs on the island of Montreal. Social and community activities offered to tenants.

#### Contact information

☎ 514 872-6442  
🌐 omhm.qc.ca

## URBAN SAFETY



### Service de police de la Ville de Montréal (SPVM) – Poste de quartier 31

#### Contact information

📍 7920 Saint-Laurent Blvd.  
☎ 514 280-0131  
🌐 spvm.qc.ca/fr/PDQ31

### Patro Villeray

Urban mediation service offered to Villeray citizens to promote safe behaviour.

#### Contact information

📍 7355 Christophe-Colomb Ave.  
☎ 514 490-1414  
🌐 patrovilleray.ca  
("Urban safety" section)





Centre intégré  
universitaire de santé  
et de services sociaux  
du Nord-de-  
l'Île-de-Montréal

Québec



Fondation du Grand Montréal



The Molson Foundation  
Fondation Molsen