

DIRECTORY OF SERVICES

By Jamaica Association of Montreal Inc.

2022



We are pleased to present a Directory of Services and helpful links available in the Montreal area as well as in Canada and the Caribbean. Please note that the information for each Organization was taken directly from their websites. Also, this document will be updated on an ongoing basis.

Jamaica Association of Montreal Inc.
4065 rue Jean-Talon O.,
Montreal, QC., H4P 1W6
Telephone: 514-737-8229
Email: info@jam-montreal.com



| Category | Organization | Website | List of Services | Contact Info | Notes |
|----------------------|--|---|--|--|--|
| Advocacy | Anti-Black/Racism Resources MTL/QC Ressources pour contrer le racisme Anti-Noir | https://docs.google.com/document/d/1d2uk0kINCneVcSThtTybYJvpsrPJKIfUqw5dwpC7-H0/edit | This list was created in response to a wave of support to the Black Lives Matters movement following the murder of George Floyd. To avoid perpetuating “performative activism”, we hope to offer a tool for those who wish to take action in one way or another. Systemic racism does exist in Montreal and in Quebec, therefore this list is an attempt at sharing Montreal and Quebec centric resources. | See website for more information | Cette liste a été créée en réponse à une vague de soutien au mouvement Black Lives Matters suite au meurtre de George Floyd. Pour éviter de perpétuer «l'activisme performatif», nous espérons offrir un outil à ceux qui souhaitent agir d'une manière ou d'une autre. Le racisme systémique existe à Montréal et au Québec, donc cette liste est une tentative de partager des ressources propres à Montréal et au Québec. |
| Advocacy | COCO Net | https://coco-net.org/black-led-organizations-in-quebec-we-can-support-right-now/ | <ol style="list-style-type: none"> 1. Black Led Organizations in Quebec We Can Support Right Now 2. Organizations Fighting Police Violence 3. Organizations Building Up Black Communities | 3600 Jeanne-Mance, #470 Montreal, QC, H2X 2K5 Mon to Thurs 10 AM to 4:00 PM Phone: 514-849-5599 Email: info@coco-net.org | |
| Arts & Entertainment | Black Theatre Workshop | blacktheatreworkshop.ca | Canada’s longest running Black theatre company committed to reflecting Black culture & community by developing & providing visibility for Black Canadian artists | 432 – 3680 Jeanne-Mance Montréal, QC, H2X 2K5 Phone : 514-932-1104 Email: info@blacktheatreworkshop.ca | Black Theatre Workshop is an award-winning English-speaking theatre company based in Montreal, Quebec |

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| Black Education | Quebec Board of Black Educators (QBBE) | QBBE.ca | <p>QBBE serves multicultural and intercultural families, elementary and high school students in the French, English and private sectors</p> <p>QBBE provides customized engaging, quality instruction that is in alignment with the national curriculum</p> <ol style="list-style-type: none"> 1. Elementary Programs 2. Secondary Programs 3. Family Programs 4. High School Preparation Program 5. Entrepreneurship, Leadership & Personal Development Program | <p>(514) 481-9400</p> <p>info@qbbe.ca</p> <p>5165 Rue Sherbrooke Ouest, Suite 317 Montréal, QC H4A 1T6</p> <p>Hours: Monday to Friday 9 am – 4 pm</p> | |
| Black Education for Black Youth | DESTA – Black Youth Network | https://destabyn.org/ | <p>Programs:</p> <ol style="list-style-type: none"> 1. Entrepreneurship 2. Education 3. Employability – Tech Buro <p>Re-Entry & Support Services: Available to individuals currently incarcerated and preparing for release, transitional housing, or who have a history of criminal justice involvement</p> | <p>1950 St. Antoine W. Montreal, QC., H3J 1A5</p> <p>Telephone: 514-664-5042 Email: support@destabyn.org</p> | <p>Destas supports Black youth aged 18 to 35 in reaching their educational, employability and entrepreneurial goals through a holistic and individualized approach</p> |

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| Black Health | Quebec Black Medical Association | QBMA.ca | <p>The QBMA has constituted a charitable trust, known as the QBMA Research and Education Fund. Its main objectives are to:</p> <ul style="list-style-type: none"> • Fund projects to promote and contribute to public education and understanding of the medical sciences; • Fund projects to enhance the quality of public, medical or social services provided to disadvantaged persons | <p>2021 Avenue Atwater suite 180 Montreal, QC, Canada</p> <p>Tel : 514-937-8822</p> | <ul style="list-style-type: none"> • Fund grants for Black students from deprived economic or cultural backgrounds to pursue studies in the medical sciences; and • Provide grants to Black students who have demonstrated leadership, past or potential academic achievements, community or extra-curricular involvement, allowing them to pursue studies in the medical sciences |
| Black Health Coach | Elza Saint-Victor, RHC at: <i>Health Coach Elza</i> | https://linktr.ee/HealthCoachElza | <p>Elza is a licensed health and life coach who has developed a program called The Body and Mind Transformation to help ladies manage their stress eating and food cravings to feel their best self</p> | <p>Located in Montreal, QC</p> <p>Email: healthcoach.elza@gmail.com</p> <p>Phone: 514-296-1441</p> | |
| Black Mental Health | The Lavender Collective <i>Health Wellness Collective</i> | https://www.thelavendercollective.ca/ | <p>The Lavender Collective is a Black-led community effort, that advocates for culturally relevant mental health related needs in BIPOC communities through education, network and resource building</p> | <p>Email: allo@thelavendercollective.ca</p> | <ul style="list-style-type: none"> • Couple & Family Therapists • Counsellors • Creative Arts Therapists • Indigenous Elders & Healers • Psycho-Educators • Psychologists • Psychotherapists • Sexologists • Social Workers • Traditional Therapies • Other Mental Health Professionals |

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| Black Professionals in Canada | Mommy Monitor | <u>Professionals (mommymonitor.ca)</u> | Black Professionals across Canada <ul style="list-style-type: none"> • Doulas • Midwives • Fertility • Mental Health & Social Workers • Obstetrics & Gynecology • Massage Therapy • Support Workers | Go to website to view directory | <ul style="list-style-type: none"> • Childbirth Educators • Lactation Consultants • Surgeons • Natural Medicine • Family Doctors • Pediatricians • Dental Hygienists • Physiotherapists |
| Black Services | BlackMontreal.com | <u>http://blackmontreal.com/community_associations_orga.htm</u> | Directory of Black Services See website for a list of Black Community Associations and Organizations | Blackmontreal.com | Black Services |
| Black Sexologist | Alex McKenzie, Sexologist at Diapason Santé | <u>Mommy Monitor</u> | Specialties <ul style="list-style-type: none"> • Sexual orientation (gay, bisexual, asexual, etc.) • Gender identity (trans,genderqueer, etc.) • Visible minorities • People living with HIV • Romantic and affective relationships (monogamous, polyamorous, open, etc.) • Relationship difficulties (separation, communication, etc.) • Social media and sexuality (Tinder, Grindr, Instagram, etc.) • Substance abuse and sexuality • STIs (HIV, chlamydia, herpes, etc.) | Address : 4490 Rue Ontario Est, Montreal, QC, H1V 1K7 <u>https://www.facebook.com/alexmckenzieosex</u> alexmcsexo@gmail.com Phone : (514) 569-9209 | |

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| Black Social Worker | Aika Mathelier, MSW at <i>Open Space Clinic</i> | <u>Aika Mathelier, MSW (She/Her) - openspace clinic</u> | Aika Mathelier is a Clinical Social Worker who speaks English, French and Creole who has several years experience working with children, adolescents, and their families | Contact Aika through the website | |
| Black Social Worker, Doula | Marie-Philippe Bourget, at <i>Yogaterhappy</i> | <u>http://www.yogaterhappy.com</u> | Marie-Philippe is a member of the Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec Languages: English, French, Spanish, Portuguese | Address: Belanger, Montreal, Quebec, H2G 1E5 Email: yogaterhappy@gmail.com | Telephonic and E-counselling sessions are also available |
| Black Special Care Counsellor | Jade Parkinson-Gayle at <i>Consultations with Jade</i> | <u>http://msha.ke/jadeparkinson_gayle</u> | Jayde specializes in mental health, wellness, and family dynamics | Address: 1056 rue Egan, Verdun, QC, H4H 1W7 Email: consultationswithjade@gmail.com Phone : (438) 923-1783 | |
| Black Therapists | Black Therapists | | | Violet Reveira Tel : 514-572-3764 Email : <u>info@violet.reveira.com</u> Earlyn Sharpe 514-566-5477 or 855-669-7005 | |

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| Black Therapist | Rosetta Sowkey, BSW | http://www.rosettasowkey.com | <p>Canadian Counselling and Psychotherapy Association</p> <p>Rosetta Sowkey holds a Bachelor of Social Work degree and is a trained trauma integration counsellor.</p> <p>Consulting Services:</p> <ul style="list-style-type: none"> • Trauma Awareness Training • Employee Wellness Support | <p>Address : 4080 Boulevard des Sources, Suite 200, Dollard-des-Ormeaux, Quebec, H9B 2C8</p> <p>Email : rosettasowkeybsw@gmail.com</p> | |
| Black Therapist, Coach | Myriam Coppry, Certified Coach | Mommy Monitor | <p>Certifiée spécialisée dans le traitement du burnout parental et de l'accompagnement des parents immigrants et afro-descendants</p> <p>Languages : French</p> <p>Consultations se font en présentiel et en virtuel</p> | <p>Address: Av Ridgewood, Montreal, Quebec, H3V 1C2</p> <p>Email: coach.interculturelle@gmail.com</p> <p>Phone: (514) 621-5914</p> | |
| Black Therapist, Psychotherapists, EMDR Practitioner | David Archer, MSW, MFT | https://archertherapy.com | <p>EMDR Therapist for Post-partum depression (maternal/paternal), Birthing trauma David Archer, MSW, MFT, is an anti-racist psychotherapist from Montreal, Canada</p> <p>Trained and registered as a Couple and Family Therapist. His expertise has been influenced by the principles of mindfulness, intersectional feminism, and critical race theory</p> | <p>Private Practice</p> <p>Address: 3420 Avenue Wilson, Suite 101, Montreal, Quebec, H4A 2T5</p> <p>Email: david@archertherapy.com</p> <p>Phone: (438) 320-8507</p> | |

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| Black Therapist Psychotherapist, Family Mediator | Sherel Griffiths , CFT, RP, AFM | https://sherelgriffithstherapy.com/ | Licensed Individual, Couple and Family Therapist (CFT), Registered Psychotherapist and a Accredited Family Mediator | <p>Address: Montreal, Quebec, H8N 2Y2</p> <p>Email: sherelgriffithstherapy@gmail.com</p> <p>Phone: (514) 716-7208</p> | |
| Black Youth Support Services | Black Community Resources Centre (BCRC) | https://brcrmontreal.com/ | <ol style="list-style-type: none"> 1. Information and Referrals 2. Support to Schools 3. Documentation Centre 4. Workshops | <p>6767 Chemin Cote-des-Neiges, Suite 497 Montreal, QC., H3S 2T6</p> <p>Phone: 514-342-2247 Email: info@brcrmontreal.com</p> | BCRC provides and implements professional innovative support services which meets the needs of English-speaking youth, which include: socio-cultural, educational and economic type support |
| Canadian Immigration & Citizenship Services | Canadian Government | <p>https://www.canada.ca/en/services/immigration-citizenship.html</p> <hr/> <p>https://www.canada.ca/en/immigration-refugees-citizenship/services/application/application-forms-guides/guide-5289-sponsor-your-spouse-common-law-partner-conjugal-partner-dependent-child-complete-guide.html</p> | <ol style="list-style-type: none"> 1. Immigration 2. Citizenship 3. Permanent Residence 4. Passport Services 5. How to send a complete immigration application <p>Sponsor your:</p> <ol style="list-style-type: none"> 1. Spouse 2. Common-law partner 3. Conjugal partner 4. Dependent child | | <p>Learn how to avoid common errors that can cause delays in processing your application to come to Canada (video)</p> <p>https://www.canada.ca/en/immigration-refugees-citizenship/news/video/save-time-send-complete-application.html</p> |

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| Canadian Immigration Services | Canadian Immigration Direct | canadianimmigrationdirect.ca | <p>A Canadian Immigration & Citizenship Form Service</p> <p>*Easy step by step instructions to help you fill out all your Canadian Immigration Paperwork for submission to Immigration, Refugees and Citizenship Canada (IRCC) (formerly known as Citizenship & Immigration Canada (CIC))</p> | *Please note that there are fees to use their services. See website for a list of their fees | <p>They provide:</p> <ol style="list-style-type: none"> Step-by-step guidance leads you through each question Customer Support available via phone and email Guaranteed safe and secure <p>Protecting your personal information is our top priority</p> |
| Canadian Immigration Legal Services | ImmigrantsCAN | https://immigrantscan.com/ | <p>List of Services:</p> <ol style="list-style-type: none"> Advise you on the right Canadian immigration program for your specific circumstances, Live, Study, Work or do Business in Canada with strategies to increase your likelihood of success. Act as your personal legal representative with your country's Visa Office, and Immigration Refugee and Citizenship Canada (IRCC). Prepare a thorough and persuasive legal submission letter, along with the visa application and necessary documentation to IRCC. Represent you with IRCC, throughout the entire immigration process. Track your case and regularly update you on its progress. | <p>Andrea Pierce, RCIC, M.B.A, PMP Regulated Canadian Immigration Consultant (RCIC)</p> <p>Email : apierce@immigrantscan.com info@immigrantscan.com</p> <p>Toronto (647) 477-0337 Ottawa (613) 515-0131</p> <p>1651 Montreal Rd, Ottawa, Ontario K1J 6N6, Canada</p> <p>15 Iceboat Terrace, Toronto, Ontario M5V 1B8, Canada</p> <p>Hours: Mon: 9:00 AM – 5:00 PM Tues: 9:00 AM – 5:00 PM Wed: 9:00 AM – 5:00 PM Thur: 9:00 AM – 5:00 PM Fri : 9:00 AM – 5:00 PM</p> | <p>List of Services – cont'd</p> <ol style="list-style-type: none"> Provide your family members with guidance to legally work in Canada. Guidance for schools and studying in Canada. Prepare you for the interview with the Canadian Immigration Visa Officer in your country, and with the Canadian Border Services Officer at the Canadian airport. Referrals to housing, settlement, career and job service resources to aid your success in Canada. Provide Canadian airport pickup to a destination of no more than 50 km away. <p>*Please note that there may be fees to use these services. Please contact them for any fees</p> |

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| Canadian Immigration Services & Refugee Law | Romulus Immigration | https://romulusimmigration.com/ | This firm “focuses on Canadian Immigration and Refugee Law. They assist their clients in filing applications with Citizenship and Immigration Canada and Canadian Embassies and High Commissions abroad, in addition to representing them before the Immigration and Refugee Board of Canada. They provide great professional services at a great price.” | Romulus Immigration Suite 1, 715 Rue Jean-Talon Ouest, Montréal, QC Canada H3N 1S1 +1 (438) 795-4690 +1 (438) 836-7400 Email : info@romulusimmigration.com Contacts : Mohit Ahuja, RCIC Ankita Ahuja, RCIC | “Both RCIC’s, Mohit Ahuja and Ankita Ahuja are certified Commissioner of Oaths appointed by Minister of Justice, in the province of Québec. They can administer affirmations and oaths in the taking of an affidavit for any legal matter. They can also, witness any declaration made under a statute within or outside Québec.” |
| Commissioner of Oaths - Quebec | Jamaica Association of Montreal (J.A.M.) | www.jam-montreal.com | Administers oaths in the form of declarations or sworn statements relating to: 1. Consent letters for infants to travel; 2. Letter of invitation to Canada; 3. Declarations or sworn statements required for loans or bursaries. 4. Declarations required by the Régie de l'assurance-maladie du Quebec (RAMQ); 5. Certification of true copies of documents. | Contact : Diane Boyd 4065 rue Jean-Talon W Montreal, QC, H4P 1W6 Phone: 514-737-8229 Email: jammanagingdirector@gmail.com | |

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| Community Services | Jamaica Association of Montreal (J.A.M.) | www.jam-montreal.com | <ol style="list-style-type: none"> 1. Adult Basic Education 2. Au Futur Program 3. Commissioner of Oath Jamaican and Canadian Passports 4. Community Services 5. Food Bank 6. Footsteps 7. Hall Rental & Banquet Services | <p>4065 rue Jean-Talon W Montreal, QC, H4P 1W6</p> <p>Phone: 514-737-8229</p> <p>Email: info@jam-montreal.com</p> | <p>Other Services include:</p> <ol style="list-style-type: none"> 1. Jamaican passport renewal form 2. Jamaican passport Application 3. Canadian Citizenship Application 4. Service referrals 5. Answers questions on the services and activities at the Jamaica Association Montreal |
| Daycare & Family Services | Baobab Familial CDN | https://baobabfamilial.org/ | <p>*Drop-Off Day Care</p> <p>Tuesday to Thursday 9:30 a.m. to 3 p.m</p> <p>Costs and registration periods \$ 30: 1 day / week (for 3 mths) \$ 60: 2 days / week (for 3 mths) \$ 70: 3 days / week (for 3 mths)</p> <p>*Next registrations will take place in September 2020</p> | <p>6767 Chemin de la Côte-des-Neiges Office#599 Montréal, QC, H3S 2T6</p> <hr/> <p>Opening hours : Monday : 1 pm to 6 pm Tuesday to Thursday : 9 am to 12 pm & 1 pm to 6 pm Friday : 9 am to 12 pm</p> <hr/> <p>Telephone : 514-734-4097 information@baobabfamilial.org g Fax: 514-734-0244</p> | <p>Other Services Offered:</p> <ol style="list-style-type: none"> 1. Homework Services 2. Baoteen 3. Family Support 4. Bao Dads <p>Please see website for descriptions and costs</p> |
| Domestic Violence | S.O.S. Domestic Violence | www.sosviolenceconjugale.ca | <p>The mission of SOS violence conjugale is to contribute to the safety of victims of domestic violence and to the reduction of domestic violence and its consequences by offering services to victims, to the population and to all those affected by domestic violence</p> | <p>ACQUIRE HELP 24/7</p> <p>PHONE - 1 800 363-9010 TEXT - 438-601-1211</p> | |

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| Drugs Help & Referral | Drugs: Help and Referral | www.drogue-aidereference.qc.ca | Strictly confidential and anonymous, 24 hours a day, 7 days a week, toll free, bilingual. | To ask a question or to confide 514 527-2626 Montreal and surroundings 1 800 265-2626 All over Quebec | Stakeholders in the Drugs department: help and referral <ul style="list-style-type: none"> Identify the needs of callers; Evaluate the different possible solutions; Suggest relevant actions; Refer to the appropriate resources |
| Education - Adult | Distance Education for All Learners (DEAL) | https://www.emsb.qc.ca/emsb/schools/adult-academic/deal https://www.distanted.ca/ | The Distance Education for All Learners (DEAL) program allows anyone who is 16 years of age or older and lives in Quebec to take secondary school courses from home | 3711 de Bullion St. Montreal, Quebec, H2X 3A2 Tel: 514-798-8808 Toll Free: 1-800-950-5552 Email: deal@emsb.qc.ca | |
| Education - Adult | James Lyng - Adult Education | http://www.jlac.ca/jlaec | Offers courses to complete high school and offers pre requisite courses to apply to post secondary programs 1. DBE Diversified Basic Education Courses – Secondary Academic Courses 2. CCBE English, Language of Instruction – Basic English Courses | Phone: 514-846-0019 Hours: 8:00 a.m. to 3:00 p.m. GUIDANCE OR CAREER COUNSELLING: Leslie Habib, Guidance Counsellor Phone: 514-846-0019 Email: lhabib@emsb.qc.ca | Partnership with RESO (Regroupement économique et social du Sud-Ouest) helps adults who need to prepare to enter or re-enter the workforce by providing secondary education courses |

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| Education for Children, Youth & Adults | Frontier College | https://www.frontiercollege.ca/ | <p>Frontier College offers Programs for Children, Youth and Adults through their community partners such as:</p> <ol style="list-style-type: none"> 1. Homework Clubs 2. Reading Circles 3. French and English Courses 4. One on One Tutoring | <p>4384 St. Laurent Blvd., St. Laurent, QC.</p> <p>Phone: 514-528-1001 Email: montreal@frontiercollege.ca</p> | <p>Frontier College is a national charitable literacy organization. They work with volunteers and community partners (such as J.A.M.) to give the people skills and confidence they need to reach their potential and contribute to society</p> |
| Education for Children, Youth & Adults | Jamaica Association of Montreal (J.A.M.) | www.jam-montreal.com | <p>We offer a number of programs for all ages which include:</p> <ol style="list-style-type: none"> 1. Adult Basic Education 2. Brilliant Minds Tutorials (all ages) 3. One-on-One Tutoring (all ages) 4. Au Futur Program 5. Footsteps (2 to 10 yrs old) <p>All classes / tutoring sessions are done via Zoom during the COVID 19 pandemic</p> | <p>4065 rue Jean-Talon W Montreal, QC, H4P 1W6</p> <p>Phone: 514-737-8229 Email: info@jam-montreal.com</p> | <p>The Footsteps Program offers activities for children on Saturdays from 1:00 pm - 3:00 pm online on Saturdays. The goal is to help nurture and care for children while lending a hand to young mothers and parents. Duration: September to June (closed summer, Christmas and New Year holidays) Updated location: Zoom</p> |
| Education for Immigrant Women | Afrique au Feminin | https://www.afriqueaufeminin.org/ | <p>Afrique au Féminin is a unique Women's Centre in Parc-Extension, a meeting place for all women of various origins and their families. Thus, although its services are specifically geared towards women immigrants, the Centre is open to all women, regardless of age, language, color and religion</p> <p>Services:</p> <ul style="list-style-type: none"> • Active Listening • Reference • Francization • French Language Workshops • Food Bank • Furniture Distribution • Tax Clinic | <p>7000 Park Avenue, Suite 106-107 (Entrance 7009, Hutchison, next to CLSC Parc-Extension) Montreal, Quebec, H3N 1X1</p> <p>Phone: 514 272 3274 / 514-276 1583 Fax: 514 272 8617</p> <p>Monday to Friday from 9am to 12pm and from 1pm to 5pm (closed 12h-13h)</p> | <p>Francization: This francization and integration program is for immigrant women, newcomers who have come to settle in Quebec..</p> <p>French Language Workshops The French language learning workshops are dedicated to new immigrant women.</p> <p>Please see website for more information on ALL services</p> |

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| | | | <ul style="list-style-type: none"> • Childcare • Intervention • Home Visits | | |
| Education for Pregnant Teens & Young Mothers | Elizabeth High School | http://www.elizabethhigh.ca/ | <ol style="list-style-type: none"> 1. Academic Flexibility Secondary 1 to 5 and pre-requisite courses to help finish high school or prepare for vocational training or C.E.G.E.P. 2. Individualized Teaching Provide a one-on-one learning experience along with unique programs that fit the needs of young moms and pregnant teens 3. Mom & Baby Resources Comfortable library and lounge areas. Pre-natal and post-natal care, groups on parenting, health, nutrition and life-skills 4. Free On-site Nursery Nursery environment for mother and child allows you to learn with your baby by your side | <p>1741 rue de Biencourt (Jolicoeur Metro) Montreal, Quebec H4E 1T4</p> <p>Phone : 514- 488- 6529 Email : elizabethhigh@emsb.qc.ca</p> | English Language High School for pregnant teens and young mothers up to 21 years of age |
| Employment Services for English Quebecers | YES Montreal | https://www.yesmontreal.ca/ | <p>JOB SEEKERS (18-40) Provides extensive province-wide job search services for youth and young adults including one-on-one career counselling, workshops and webinars</p> <p>ENTREPRENEURS (Any Age) Offers coaching, mentoring, workshops and webinars</p> <p>ARTISTS (Any Age)</p> | <p>Address: 666 Sherbrooke St. W., suite 700 Montreal, QC H3A 1E7</p> <p>Telephone: (514) 878-9788 Fax: (514) 878-9950 Email: info@yesmontreal.ca</p> | A not-for-profit organization, providing English-language support services to help Quebecers find employment and start and grow businesses |

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| | | | Provides workshops and webinars to coach and a conference designed especially for the Artist | Hours of operation: Monday to Friday 9:00 am to 5:00 pm | |
| Employment Services for Youth | Carrefour Jeunesse Emploi CDN | https://www.cjecdn.qc.ca/ | Helps youth in their employment, education or entrepreneurial projects. Provides activities and free services for young adults aged 16 to 35 years old, located temporarily or permanently in Côte-des-Neiges, Mont-Royal and Outremont | 6555 Chemin de la Côte-des-Neiges # 240, Montreal, QC H3S 2A6 Phone : 514-342-5678 Email : info@cjecdn.qc.ca | |
| Financial Assistance | Last Resort Financial Assistance | https://www.quebec.ca/en/family-and-support-for-individuals/financial-assistance/social-assistance-social-solidarity | <ol style="list-style-type: none"> 1. Social Assistance Program (Welfare) 2. Social Solidarity Program (see website for eligibility criteria and forms) | Phone: 514-873-4000 | Financial Assistance programs to help low-income individuals and families with their social integration and job integration The Social Solidarity Program financial assistance for persons with a severely limited capacity for employment which must be supported by a medical report |
| Food Bank | Society of Saint-Vincent de Paul St-Pascal-Baylon | www.ssvp.ca | | 6570 Ch. De la Cote-des-Neiges Phone : 514-737-7597 or 514-750-7336 | |

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| Food Banks in Quebec | Food Banks of Quebec Les Banques Alimentaires du Quebec | Food Banks of Quebec (banquesalimentaires.org) | A list of Food Banks in Quebec | 555, boul. Roland-Therrien Suite 230 Longueuil (Québec) J4H 3Y9 Phone 514-344-0789 Toll free number 1-877-478-4040 | |
| Food Bank & Food Services | MultiCaf | https://multicaf.org/ | Community Cafeteria Mission provides food aid, creates social ties and seeks resources for low-income people in the Cote-des-Neiges / Snowdonneighbourhood | 3591 av Appleton 3600 av Barclay, bureau 320 Montreal, QC Phone: 514-733-0554 | Other Services: <ol style="list-style-type: none"> 1. Solidarity Grocery Service food baskets are offered to residents of Cote-des-Neiges on Tuesdays, Wednesday & Thursdays from 9 AM to 10:30 AM 2. Formula Milk Program – families must be referred by a nurse from CLSC 3. Activities, Workshops, Kiosks |
| Food Bank & Food Services | The Depot Community Food Centre <i>formerly the NDG Food Depot</i> | https://depotmtl.org | <ol style="list-style-type: none"> 1. Emergency Food Baskets 2. Community Meals 3. Good Food Markets 4. Healthy Snack Program Also offers free hot meals on Tues and Fri to all Montrealers | Open to the public only during basket distribution and community meal times: 6450 Somerled Avenue, Montreal, Quebec H4V 1S5 Phone : 514-483-4680 Email : info@depotmtl.org | A community-based non-profit organization that works collaboratively with other community partners to address issues of food security in NDG and the surrounding areas Most of the programs are offered free of charge and are open to residents of the following postal codes: H3X, H3Z, H4A, H4B, H4V, H4W and H4X |

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| Food Bank and Other Services | Afrique au Feminin | https://www.afriqueaufeminin.org/ | <p>Afrique au Féminin is a unique Women's Centre in Parc-Extension, a meeting place for all women of various origins and their families. Thus, although its services are specifically geared towards women immigrants, the Centre is open to all women, regardless of age, language, color and religion</p> <p>Services:</p> <ul style="list-style-type: none"> • Active Listening • Reference • Francization • French Language Workshops • Food Bank • Furniture Distribution • Tax Clinic • Childcare • Intervention • Home Visits | <p>7000 Park Avenue, Suite 106-107 (Entrance 7009, Hutchison, next to CLSC Parc-Extension) Montreal, Quebec, H3N 1X1</p> <p>Phone: 514 272 3274 / 514-276 1583</p> <p>Fax: 514 272 8617</p> <p>Monday to Friday from 9am to 12pm and from 1pm to 5pm (closed 12h-13h)</p> <p>Food Bank Hours: Tuesdays – 1 PM to 4 PM</p> | Please see website for more information on ALL services |
| Food Bank and Other Services | Cote-des-Neiges Black Community Association Inc. | http://www.cdnbca.org/ | <p>Provides services and programs for Children, Youth, Adults, Seniors and Families</p> <p>See website for full list</p> | <p>6585 Chemin Cote-des-Neiges Montreal, QC., H3S 2A5</p> <p>Phone: 514-737-8321 Email: info@cdnbca.org</p> | Supporting the development of social, cultural, educational and economic institutions in the black community |
| Food Bank and Other Services | Jamaica Association of Montreal (J.A.M.) | <p>www.jam-montreal.com</p> <p>https://www.facebook.com/groups/jammontrealinc</p> | <p>For more than 20 years, we have been in partnership with Moisson Montreal, the primary donor to our food bank</p> <p>Everyone is welcome to this community food bank</p> <p>HOURS:</p> <p>THURSDAYS - 10 am to 5 pm & FRIDAYS - 2 pm to 5 pm</p> <p>COST: \$5</p> | <p>4065 rue Jean-Talon W Montreal, QC, H4P 1W6</p> <p>Phone: 514-737-8229</p> <p>Email: info@jam-montreal.com</p> | Please see our website for more information |

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| Food Bank and Other Services | MADA Community Center | www.madacenter.com | Made available as a service to the community, Chez Makolet offers a wide array of fresh produce and package foods in addition to the many basic day-to-day household essentials, from diapers to detergents, tooth paste to toilet paper, and many other necessities | 6700 Ch. De la Cote-des-Neiges #218 Phone : 514-342-4969 | Visit their website for other available services |
| Food Bank and Other Services | Relais Cote Des Neiges | https://www.facebook.com/lerelaiscdn | <ol style="list-style-type: none"> 1. Daycare 2. Community lunches 3. Artistic activities for children 4. Coffee-meetings 5. Collective kitchens 6. Homework assistance 7. Activities and outings 8. Food baskets for members | 6600 Victoria Avenue, Suite 100, Côte-des-Neiges-Notre-Dame-de Grâce, Montréal, H3W 3G8 Phone : 514-735-3498 | Monday to Friday 9h00 to 17h00 Daycare: \$5 for a day or \$3 for half a day Homework assistance: \$25 per session per child Languages Offered: Arabic, English, French, Spanish |
| Furniture (Used) | L'Entraide Les Amis De Montreal | www.entraide-montreal.com | Used furniture at low prices: <ul style="list-style-type: none"> • Livingroom sets • Bedroom sets • New Mattresses & Box springs • Office furniture • Kitchen sets • Appliances • Living & Dining Room Tables | 3723 Notre-Dame Street W, Montreal, QC H4C 1P8 Metro: Place St. Henri Tel: (514) 846-9222 / (514) 507-3200 | Opening hours Monday to Friday: 8am – 5pm Saturday: 8am – 4pm Sunday: Closed |
| Gambling Help | Gambling : Help and Referral | www.jeu-aidereference.qc.ca | <p>Accessible 24 hours a day and 7 days a week, the specialized telephone service is bilingual, free, anonymous and confidential.</p> <p>The workers encourage people to reflect on their gambling habits and refer excessive gamblers and their relatives to help resources</p> | <p>By phone : Montreal & surroundings: 514 527-0140</p> <p>Across Quebec: 1 800 461-0140</p> | Gaming service workers: help and referral: <ul style="list-style-type: none"> • Identify the needs of callers; • Evaluate the different possible solutions; • Suggest relevant actions; • Refer to the appropriate resources. |

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| Health and Social Services | CLSC Cote Des Neiges | https://www.ciusswestcentral.ca/ | <ol style="list-style-type: none"> 1. Drop Off Daycare Services 2. Children, Family Services 3. Health Records 4. Finding a Family Doctor 5. Mental Health & Addictions 6. Rehabilitation 7. Test Centres | 5700 Côte-des-Neiges Road, Montréal, Québec, H3N 2B9 Phone: 514-731-8531 | See website for all services offered |
| Health and Social Services | Project 10 | https://p10.qc.ca/ | <ol style="list-style-type: none"> 1. Our Bodies, Our Stories - new arts and performance training and mentorship program for QTBIPOC (Queer, Trans, Black, Indigenous, People of Colour) youth aged 16-24. 2. Hangouts - space for afternoon “hangouts” on Thursdays - 1-6PM 3. Active Listening & Accompaniment 4. Advocacy – helps in finding affordable housing, finding employment, and more | Anonymous and confidential help line. If you have questions or need support, please call us at 514-989-4585, from Tuesday 12-6pm, and Thursday between 1 and 6 pm. Email: questions@p10.qc.ca | Project 10 works to promote the personal, social, sexual and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersexed and questioning youth and adults 14-25 |
| Help for Pregnant Women | Maison Bleue Cote-des-Neiges CIUSSS Centre-Ouest-de-l'île-de-Montreal | https://maisonbleue.info/ | A service to help vulnerable pregnant women suffering from <ol style="list-style-type: none"> 1. Poverty 2. Abuse 3. Violence 4. Neglect 5. Addiction 6. Precarious Immigration Status 7. Mental Health Issues 8. Teen Pregnancy and more | 3735 Plamondon St., Montreal, QC., H3S 1L8 Phone: 514-509-0833 | Maison Bleue also offers and provides: <ol style="list-style-type: none"> 1. A living environment for families who attend Maison Bleue 2. Access point to receive medical and psycho-social care 3. Follow-ups for pregnant women |

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| Housing Services | ROMEL | https://www.romel-montreal.ca/ | <ol style="list-style-type: none"> 1. Assists prospective tenants to find adequate housing 2. Assists clients in their procedure with the Housing Board (Régie du Logement), as well as in applying for the rent supplement program, rent allowance applications amongst others 3. Transition Homes ROMEL offers temporary shelter for those in need | <p>6555, Chemin de la Côte-des-Neiges, suite 400 Montreal (Quebec) H3S 2A6</p> <p>Phone : 514-341-1057 Email : information@romel-montreal.ca</p> <p>Opening hours: Monday to Friday 9:00 am - 12:00 pm 1:00 pm - 5:00 pm Friday until 4:00 pm</p> | <p>Transition Homes are located at the following locations:</p> <ol style="list-style-type: none"> 1. 11977 Poincaré Street (for men) 28 units 2. 3429 Prud'homme (for women) 15 units <p>Also assists refugee claimants referred to ROMEL by the immigration department (Le Ministère de l'Immigration et des communautés culturelles du Québec) MICC</p> |
| Human Rights | Commission des droits de la personne et des droits de la Jeunesse | cdpdj.qc.ca | <p>All services offered by the Commission are free and available to all persons in Québec</p> <p>Services & Activities</p> <ul style="list-style-type: none"> • Investigation – Human Rights • Investigation – Youth Rights • Mediation • Reasonable Accommodation Advisory Service • Rights and Freedoms Award | <p>Head Office 360, Saint-Jacques St, 2nd floor Montréal (Québec) H2Y 1P5</p> <p>Access for disabled persons: 361, Notre-Dame St, West</p> <p>Phone: 514 873-5146 Phone toll free: 1 800 361-6477</p> <p>Email: information@cdpdj.qc.ca</p> | <p>Business hours: Monday to Friday 8:30 a.m. to noon and 1:00 p.m. to 4:30 p.m.</p> |
| Human Rights & Youth Rights | CDPDJ - Commission des droits de la personne and the Commission de protection des droits de la jeunesse | www.cdpdj.qc.ca/en | <p>The Commission's mission is to promote and uphold the principles stated in:</p> <ul style="list-style-type: none"> • the <u>Charter of Human Rights and Freedoms</u> • the <u>Youth Protection Act</u> • the <u>Youth Criminal Justice Act</u> | <p>Phone: 1-800-361-6477 Email: information@cdpdj.qc.ca</p> | <p>The Commission also ensures the enforcement of:</p> <p>the <u>Act respecting equal access to employment in public bodies</u></p> |

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| Immigration Help | Office of Bureau d'Anthony Housefather, MP Member of Parliament, Mount Royal | | For people seeking help with their Immigration status | <p>Christopher Savard Senior Case and Issues Advisor/Conseiller principal dossiers et enjeux Office of/Bureau d'Anthony Housefather, MP Member of Parliament, Mount Royal / Député, Mont-Royal</p> <p>Email: Christopher.Savard.352@parl.gc.ca</p> <p>Bureau Mont Royal/Mount-Royal Office 4770 Kent, #316 Montreal, QC, H3W 1H2 Office/ Bureau: 514-283-0171 Cellular/ Portable: 438-340-5312</p> | |
| Immigration Lawyer | Emile Jean Barakat | | Immigration Lawyer | <p>Phone: 514-341-6464</p> <p>Text him at: 514-895-8915</p> | |
| Immigration Lawyer | Luciano Del Negro MDO avocats | | Immigration Lawyer | <p>Phone: 514-726-8311 Fax: 514-543-3881</p> <p>Email: l.delnegro@mdoavocats.com</p> | Referred by: Diane Boyd |

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| Information and Referral Service | 2-1-1 - Information and Referral Services | www.211qc.ca | <p>2-1-1 is an easy way to remember information and referral service available 7 days a week, from 8 am to 6 pm, 365 days a year, which will eventually be open 24 hours a day</p> <p>211 service helps curb poverty and social exclusion, giving the people with non-urgent social needs rapid information on the social and community resources that will help them find solutions to move beyond their precarious situations.</p> | Telephone: 2-1-1 | 211 is a free service, largely accessible especially for low-income people, seniors and newcomers |
| Jamaica - Banking Services | Jamaica National Bank - Canada | https://www.jnbank.com/jn-representative-office-canada/ | <ol style="list-style-type: none"> 1. JN Rewards 2. JN Speakers' Bureau 3. JN Way 4. Preferred Lender Programme 5. Real Estate Services 6. RTGS 7. Swift Wire Transfer Instructions 8. Senior Advantage | Phone: Toronto – 416-784-9657 Montreal – 514-601-2250 Email: jnbstoronto@jnbs.com | For Operations & Promotions: Monique Broughton, Assistant Mgr |
| Jamaica – Health & Wellness Services | Jamaica – Ministry of Health and Wellness (MOH) | https://www.moh.gov.jm/ Government org. whose mandate is “To ensure the provision of quality health services and to promote healthy lifestyles and environmental practices”. | Agencies of the MOH <ul style="list-style-type: none"> • Pesticides Control Authority • National Health Fund • Government Chemist • National Public Health Lab • National Blood Transfusion Service Jamaica • National Family Planning Board • National Council on Drug Abuse | Tel : 876-633-7433 MOH Locations: 10-16 Grenada Way Kingston 5 876-633-8172 876-633-7771 876-633-8172 (RKA) | Councils of the MOH <ul style="list-style-type: none"> • Medical Council of Jamaica • Nursing Council of Jamaica • Dental Council of Jamaica • Pharmacy Council of Jamaica • Council of Professions Supplementary to Medicine |

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| Jamaica – Honourary Consul Montreal | Honorary Consul for Jamaica in Montreal Mr. W. Grant | https://www.consulate-info.com/consulate/6063/Jamaica-in-Montreal | Authorized to sign all documents to the Registrars: 1. Oaths 2. VISA's 3. Passports | 8280 Champlain Blvd Montreal, QC, H8P 1B5 Consulate: 514-667-0835 Mr. Grant's Cell: 514-867-7361 Email: jamconmontreal@gmail.com | |
| Jamaica – Land Titles & Valuation | National Land Agency | nla.gov.jm | Services: <ul style="list-style-type: none"> • Land Titles • Surveys & Mapping • Land Valuation • Estate (Crown Land) Management | Business Service Center - Tel: 1-876-750-5263 or 1-876-946-5263 Email: asknla@nla.gov.jm | |
| Jamaica – Passport, Immigration, Citizenship Services | PICA - Passport, Immigration and Citizenship Agency (Jamaica) | www.pica.gov.jm | 1. Immigration 2. Citizenship 3. Passport Services 4. Investigative Function Other major functions for which the Agency is responsible: 1. Incoming and outgoing immigration examination of all persons entering or leaving Jamaica by air and sea; 2. Administering visas, entry permits and other documents for non-Jamaican visitors and residents; | PICA'S HEAD OFFICE 25C Constant Spring Road Kingston 10 Phone: 754 PICA or 754 7422 Fax: 906-4372 Email: info@pica.gov.jm | 3. Handling requests for permanent residency status 4. Managing the deportation and repatriation of those persons not qualified to remain in Jamaica 5. Handling matters relating to refugees to the island |
| Jamaica – Police Records | diG Jamaica | http://digjamaica.com/ | Step by Step Guide on How to Get a Police Record in Jamaica: http://digjamaica.com/m/blog/how-to-get-a-police-record-in-jamaica-a-step-by-step-guide/ | Email : dig@digjamaica.com | diG Jamaica is an information website from The Gleaner Co. Ltd. They use technology to make information available and accessible to the public 24/7 anywhere in the world. |

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| Jamaica – Records & Certificates | Registrar General's Office Jamaica | https://www.rgd.gov.jm/index.php/application-forms https://www.rgd.gov.jm/index.php/documents-and-forms/record-update-forms | Records & Certificates: <ol style="list-style-type: none"> 1. Birth 2. Death 3. Marriage 4. Fetal Death Forms & Checklists for: <ol style="list-style-type: none"> 1. Addition of Father's Particulars 2. Re-Registration of Birth Correction of Error for Birth, Death & Marriage | Telephone: 876-619-1260 (D) 876-749-0550 (L) | Jamaica's sole repository of birth, death, marriage and fetal death records. The RGD is the only organization in Jamaica which is responsible for registering vital events- births, fetal deaths, marriages and deaths |
| Jamaica – Tax Administration | Tax Administration Jamaica Property/Land Tax TRN TRN – Taxpayer Registration # | https://www.jamaicatax.gov.jm/web/guest/home | TAJ scope of Operations includes: <ol style="list-style-type: none"> 1. The Administration of Domestic Taxes such as: <ol style="list-style-type: none"> a. Income Tax b. General Consumption Tax c. Education Tax d. Property and Asset Taxes 2. Provides Document Processing, such as: <ol style="list-style-type: none"> a. Taxpayer Registration Number (TRN) b. Compliance Certificates c. Driver's License d. Motor Vehicle Registration Certificate and Title | Customer Care Centre Toll Free: 888-TAX-HELP (local) Toll Free: 888-829-4357 Toll Free: 888-GO-JATAX (USA) Telephone: (876)-902-9463 FAX: (876)-902-9494 Email: taxhelp@taj.gov.jm | Tax Administration Jamaica is responsible for the Administration of Domestic Tax. TAJ is the Primary Government Collection Agency What is TAJ's Mandate? To collect domestic taxes payable in accordance with the law, and to facilitate voluntary compliance and to implement tax laws & policies introduced by the Ministry of Finance & Planning |

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| Jamaican High Commission, Ottawa | Jamaican High Commission of Ottawa | www.jhcottawa.ca | <p>Services for Jamaican Citizens:</p> <ol style="list-style-type: none"> 1. Applying for a Jamaican Passport 2. Legalization of Documents 3. Emergency Travel 4. Seasonal Agricultural Workers Programme 5. Managing Jamaican Citizenship 6. Returning Residents (Information Booklet) 7. Procedures for obtaining a Police Certificate for persons residing overseas 8. Application for Jamaican Birth, Death, and Marriage Certificates | <p>350 Sparks Street, Suite 910 Ottawa, ON K1R 7S8</p> <p>Tel: 613-233-9311 Fax: 613-233-0611</p> <p>For general enquiries: Email: jamaica@jhcottawa.ca</p> <p>blackFor passports and visa related enquiries: passportsandvisas@jhcottawa.ca</p> <p>For information on Jamaica: information@jhcottawa.ca</p> | <p>Visitors to Jamaica Travelling Information Canadian Citizens and Permanent Residents Information for Travellers to Jamaica Yellow Fever Vaccination for Travellers to Jamaica</p> <p>Visa and Applying for Citizenship Requirements for Entry into Jamaica Visa Applications - Unconditional Landing Applying for Citizenship Getting Married in Jamaica</p> <p>Living in Jamaica Permanent and Temporary Residency in Jamaica Work Permit Requirements</p> <p>Forms</p> |
| Kids Help Line | Kids Help Phone | www.jeunessejecoute.ca | Need help now? You can reach a professional counsellor at Kids Help Phone | <p>24/7</p> <p>Phone : 1-800-668-6868</p> <p>Text : 686868</p> | Professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French |
| Legal Assistance | Barreau de Montreal / Bar of Montreal | barreaudemontreal.qc.ca reference@barreaudemontreal.qc.ca | Montreal's Lawyer Referral Service and Directory | <p>The Bar of Montreal Tel: 514 866-9392 Fax : 514 866-1488</p> <p>Postal Address : 460, Saint-Gabriel Street, 2nd floor Montreal, Quebec H2Y 2Z9</p> <p>Referral Service Tel: 514 866-2490 Fax : 514 866-1488</p> | <p>OPENING HOURS Monday to Friday From 8:30 a.m. to 16:30 p.m.</p> <p>Summer schedule Monday to Thursday From 8:30 a.m. to 16:30 p.m. Friday From 8:30 a.m. to 12:30 noon</p> |

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| Legal Assistance | Center communautaire juridique de Montréal (CCJM) | Legal Aid Montreal Laval (aidejuridiquedemontreal.laval.ca) | Provides legal advice and representation to residents of the territories of Montreal and Laval, under the terms of the <i>Legal Aid Act and the provision of certain other legal services</i> | Phone: 514-864-2111 See website for all locations | What do I have to pay? Depending on your income, two situations are possible: either you benefit from free legal aid, or a <u>financial contribution</u> is required. In the event that a contribution must be paid, you never pay the lawyer who represents you directly. Whether you are represented by a permanent legal aid lawyer or a lawyer in private practice, the payment must always be made to <u>the legal aid office</u> |
| Legal Assistance | Justice Pro Bono | justiceprobono.ca | Volunteer Lawyers & Notaries Free legal services for citizens and non-profit organizations in financial hardship | General Info.: 514-954-3411 Email: info@justiceprobono.ca | |
| Legal Assistance – Family Law | Irma Lapommeray (Lawyer) | | <ol style="list-style-type: none"> 1. Family Law – Divorce, Separation, Child Custody, Adoption 2. Family Mediation (paid by government) 3. Civil Law | Address: 442 rue Saint-Gabriel, Suite 116, Mtl., PQ., H3B 2N2 Phone: 514-577-3246 Email: irmalapommeray@hotmail.com | From Community Contact paper |
| Legal Assistance – Family Law | Goldwater, Dubé (Anne-France Goldwater) | The Firm – Goldwater, Dubé (goldwaterdube.com) | Administrative, Animal Law, Civil & Commercial, Criminal, Estates, Wills & Successions, FAMILY , Youth Protection | Phone: 514-613-2355 or 514-861-4367 Email: inquiries@goldwaterdube.com | Address : 3500 Boul. de Maisonneuve Ouest, Montréal, QC H3Z 3C1, Canada |
| Legal Assistance – Family Law | Family Lawyer Zone | familylawyer.zone | Asset Partition Services, Child Support, Child Custody, Divorce, Legal Separation, Spousal Support | Address: 1010 de la Gauchetiere West, Suite 1315 Montreal, Quebec H3B 2N2 Phone: 514-577-3246 Email: info@familylawyer.zone | |

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| Legal Assistance - Immigration Lawyer | Emile Jean Barakat | | Immigration Lawyer | Phone: 514-341-6464 Text him at: 514-895-8915 | |
| Legal Assistance - Immigration Lawyer | Luciano Del Negro MDO avocats | | Immigration Lawyer | Phone: 514-726-8311 Fax: 514-543-3881 Email: l.delnegro@mdoavocats.com | Referred by: Diane Boyd |
| Legal Assistance – Labour Law | Lai-King Hum Hum Law Firm | humlawfirm.ca | <ul style="list-style-type: none"> • Employment Law • Human Rights • Professional Regulation • Investigations & Mediation • Litigation • Business Litigation | Phone General Info.: 416-214-2329 (Toronto) 905-474-7260 (Markham) Email: info@thehumlawfirm.ca | Lai-King Hum is licensed by both the Ontario Bar and the Quebec Bar. She offers services in English & French to businesses and individuals (Referred by: Kim Payton) |
| Listening Service | Tel-Aide | www.telaide.org | Tel-Aide offers a listening service in French and English, free, anonymous and confidential, 24 hours a day, 7 days a week. | Phone: 514-935-1101 | Their service is accessible to anyone who suffers from loneliness, stress, who is in psychological distress or anger, or who simply needs to confide in someone who will listen to them without judging them. |
| Low Income Housing Programs | Office Municipal d’Habitation de Montreal | www.omhm.qc.ca | Apply for low-income housing programs | 415, rue Saint-Antoine Ouest, Montreal, QC. Phone : 514-868-5588 | |
| Low Income Housing | Residence Rosalie | | Provides low income housing | 3902, rue Notre-Dame O, Montréal, QC H4C 1R1 Phone: 514-932-1446 | |

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| Low Income Housing and Food for vulnerable people | Welcome Hall Mission | https://welcomehallmission.com/ | <ol style="list-style-type: none"> Support and Care Provides safe housing, warm clothes, and available healthcare to people in need Food Supplies healthy grocery options for people to prepare meals at home. They also serve daily nutritious meals to Montrealers in need Family Provides services to both parents and children who are struggling with the realities of poverty. From academic support to affordable clothing options | General Information : 606 De Courcelle Street Montreal, QC H4C 3L5 Phone: 514 523-5288 Fax: 514 523-6456 | Welcome Hall Mission is the largest doorway to help for Montrealers in need. Many programs are available to support those experiencing homelessness, young single mothers, families and at-risk youth. Providing hope through concrete actions and effective solutions |
| Low Income Housing for Francophone Mothers | Mères Avec Pouvoir | https://meresavecpouvoir.org/Logement | Mères Avec Pouvoir offers participants 30 subsidized housing units (by the Office municipal d'habitation de Montréal - OMHM-) in a safe environment. | 2015a rue Fullum Montreal (Quebec) H2K 3N5 Phone: 514-282-1882 Email: info@meresavecpouvoir.org | The stay of a participant is 3 years. At the end of these 3 years, the resident may request an extension from the committee formed. This is evaluated according to the mother's background. |
| Low Income Housing and Shelter for Women | Logifem <i>shelter for women with or without children – short or long term</i> | https://logifem.org/ | Provides shelter and care to women with or without children in Montreal Logifem has a shelter that can accommodate up to 20 women with or without children. Residents who are admitted to the shelter can stay for up to a year. | Phone : 514-939-3172 Email: info@logifem[dot]org | They also have access to 13 transitional apartments where women with or without children can stay for up to three years |

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| Low Income Housing for Women & Families | Les Maisons Transitionnels O3: On Our Own (NDG) | http://www.o3onourown.com/ | <ol style="list-style-type: none"> 1. Subsidized housing offered by O3 – On Our Own consists of 29 transition apartments in two buildings on the Benny Farm site in NDG 2. Program & Services (see website for a full list) | <p>3970 Cavendish Suite #1 Montreal, Quebec, H4B 2N3</p> <p>Phone: 514-369-0757 Fax: 514-369-2954 Email : info@o3onourown.com</p> | <p>O3 is a not-for-profit community organization located on the Benny Farm site in NDG. Their mission is to support young parents in difficulty in the achievement of their goals by providing them with affordable housing and opportunities for personal, educational and parental growth.</p> <p>Through living in an encouraging and community-oriented environment, O3 envisions a healthy and stable next generation, one child at a time, one family at a time</p> |
| Low Income Housing for Youth | Héberjeune de Parc Extension <i>Apartments for youth in difficulty with or without children</i> | https://heberjeune.ca/en/ | <ol style="list-style-type: none"> 1. Lodging & Social Support 2. Drug Addiction 3. Preparation for the workplace | <p>7004, Hutchison St. Office 2 Montreal (Qc) H3N 1Y6 Tel : (514) 273-2700 Fax : (514) 273-1470</p> <p>Montreal 445, Jean-Talon St., West, Montreal, (QC), H3N 1R4 Tel : (514) 948-4499 Fax : (514) 948-3103</p> <p>910, Jarry St., West, Office Montreal (Qc) H3N 1G9 Tel : (514) 490-1700 Fax : (514) 490-1762</p> | <p>Héberjeune de Parc Extension is a non-profit organization. Their mission consists in offering temporary shelter to struggling young adults, aged 18 to 25, and coupled with a framework and intensive support contributing to their social integration</p> |

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| Mental Health | AMI-Quebec Action on Mental Illness | https://amiquebec.org/ | <p>AMI-Quebec is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy.</p> <p>Their programs are free!</p> <p><u>WORKSHOPS</u> Including Communication, Coping Skills, Boundaries & Setting Limits and more.</p> <p><u>SUPPORT GROUPS</u> An average of 11 support groups are held each month for family, friends, and people living with mental illness.</p> <p><u>COUNSELLING</u> Meeting with a counselor can help you manage your relationship with your afflicted loved one.</p> | 5800 boul. Decarie, Montreal, Quebec H3X 2J5 | <p><u>ONLINE LEARNING</u> Available anywhere, anytime—learn online with AMI.</p> <p><u>PUBLIC AWARENESS</u> Presentations are offered to schools, workplaces, and community organizations giving an overview of mental illnesses, warning signs and coping strategies, and a volunteer speaker shares their experience with mental illness.</p> <p><u>HOSPITAL SUPPORT</u> A family peer support worker with caregiving experience meets one on one with families in the emergency room at the Douglas Institute and the Jewish General Hospital.</p> |
| Mental Health – Black Professionals | BIPOC Mental Health | https://bipocmentalhealth.umbl.com/list | <p>See website for a list of mental health professionals of colour in Montreal</p> <p>A French version will be available soon.</p> <p>This is a project being completed by The Lavender Collective’s directors: Jodie-Ann Muckler T.S.; S.W. and Ayan Mahdi; and began at Project10 in Montreal</p> | <p>If you contact a professional and they are no longer working in Montreal, or if you have any questions/concerns, please contact:</p> <p>thelavendercollective.ca@gmail.com</p> | <p>The list includes information such as: the name of the professional, their professional title, their services, whether they are currently taking new clients, their email, their phone number, their ethnicity, their language(s), whether they identify as LGBTQ, whether they require a referral, their address, the accessibility of their space, their cost and whether insurance is accepted (in this order)</p> |

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|-------------------|--|--|--|--|---|
| Movers | Frederick Movers | Movers in Montreal West, QC Frederick Movers +1 (514) 567-1746 | <ul style="list-style-type: none"> Residential & Commercial Moving Moving Services – Long-distance – Ontario, Nova Scotia and New York Other Moving Services - Appliance & Furniture delivery in Montreal West, QC and beyond Junk hauling & removal as well | <p>Address : 9241 Rue Bayne LaSalle, QC H8R 2G8</p> <p>Email: frederickmovers@gmail.com</p> <p>Phone : +1 (514) 567-1746</p> | Black owned and operated |
| Movers | Colin Page | 514-497-9106 | Local moves | <p>Phone: 514-497-9106</p> | Referred by Clyde @ JAM Clients should call him to see what moving services he offers |
| Notary Services | Liat Lev Ary Notaire Notaire at Judicia | | Notarial practice in Montréal Quebec | <p>Phone : 514-852-5707 ext. 225</p> <p>Fax : 514-360-2904</p> <p>Email : notaire@judicia.ca</p> <p>Address : 4060 Sainte-Catherine Street West, Suite 300, Westmount, Quebec, H3Z 2Z3</p> | |
| Parents Help Line | Parents Line | www.ligneparents.com | <p>Specialists in parent-child relationships , Ligne Parents' professional counselors offer free and confidential services 365 days a year:</p> <p>24 hours a day by phone between 2 a.m. and 10:30 p.m. by chat by email</p> | <p>Phone: 1-800-361-5085</p> | |

| Category | Organization | Website | List of Services | Contact Info | Notes |
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| Persons with Disabilities | Parrainage Civique Les Marronniers | Parrainage Civique Les Marronniers Centraide Du Grand Montréal (centraide-mtl.org) http://www.jumeleurs.ca | Offer services that promote the independence, social integration and citizen involvement of people with mild to moderate intellectual disabilities | Manager : Stéfania Tremblay 2590, rue Jarry Est, Montréal, QC H1Z 0A3, Phone: (514) 374-9050 Fax: (514) 374-9030 info@jumeleurs.ca http://www.jumeleurs.ca | Pairing, training and supervision of volunteer godfathers / godmothers, individual support, projects focused on citizen engagement, social involvement, group outings. Le Parrainage civique les Marronniers coordinates Jarry Deuxième café bistro, a project that provides cooking and customer service training to young adults between the ages of 18 and 35 who are living with an intellectual impairment |
| Pest Control | CEIL Housing Commission | http://www.oeilcdn.org/ | Escouade Salubrite / Safety Squad Project in Cote des Neiges Vermin, cockroaches, bugs, mold, water infiltration, there is no shortage of examples for the tenants of Côte-des-Neiges. | 3600 Barclay, office 344 Montreal (Quebec), H3S 1K5 Tel: (514) 738-0101 | On a daily basis, community organizations working in the field of housing encounter tenants struggling with significant unsanitary problems that affect their physical and mental health, their family and social relations, their children, etc. |

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| Programs for Single Black Moms | Jamaica Association of Montreal (J.A.M.) | www.jam-montreal.com | The Au Futur Program is a confidential service is offered to young Black single mothers between the ages of 15 and 35 years . It is Federally funded and held in partnership with Maison D'Haiti since 1993 | <p>Contact:</p> <p>Susan Hamilton Coordinator, Au Futur Program</p> <p>Phone: 438-499-8229</p> <p>Email: aufuturprogram@gmail.com</p> <p>Address : 4065 rue Jean-Talon W Montreal, QC, H4P 1W6</p> | The main goal of this 3-year program is to empower young women to set and achieve goals that will help them in developing themselves and their life skills. Further to this, the program is poised to maximize the optimal development of their child(ren), 0 to 5 years. |
| Refugee & Immigrant Help and Services | The Refugee Centre | https://www.therefugeecentre.org/ | <ul style="list-style-type: none"> • Legal Aid • Language Classes • Academic Aid • Orientation • Business development • Employment Resource Centre (ERC) • Wellness Support | <p>Must schedule an appointment online at:</p> <p>https://www.therefugeecentre.org/</p> | |

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| Senior Services | Centre Benevolat Sarpad | sarpad.com | <ul style="list-style-type: none"> • Support (medical appointments) • Transport (medical appointments) • Accompaniment to do groceries for essential needs at the grocery store, pharmacy, bank or specialty stores on a regular or on call basis • Group groceries • Friendly visits • Walks • Phone calls | <p>SARPAD Côte-des Neiges 6555, Ch. Côte-des-Neiges, office 442 Montreal, (QC), H3S 2A6 Tel: 514-737-2454 Fax: 514-737-4376 Email: sarpadcdn@sarpad.com</p> <p>Office opening : Monday to Thursday, 9 am to 12 noon and 1 pm to 5 pm; Friday from 9 a.m. to 4:30 p.m.</p> | <p>SARPAD (Home Support and Respite Services) Volunteer Center is a non-profit organization. Providing services:</p> <ul style="list-style-type: none"> • to people aged 55 or more living at home or in a residence experiencing a slight loss of autonomy • to caregivers responsible for an elderly person suffering from a loss of autonomy. <p>They serve residents living in the Côte-des Neiges and Outremont areas</p> <ul style="list-style-type: none"> • Certain eligibility criteria applies |
| Senior Services | Centre de benevolat Cote-des-Neiges Volunteer Centre | centebenevolatcdn.org | <ol style="list-style-type: none"> 1. Accompaniments to Dr. Appointments 2. Grocery Shopping 3. Friendly Phone Calls 4. Telephone Security Line (Bonjour ÇaVa?) | <p>4945 Côte des-Neiges bur.6 Montréal (Québec) H3V 1H5 Tél: 514-340-1072 Fax : 514-340-0343</p> <p>Monday to Thursday: 8:30 a.m. to 3:00 p.m.</p> <p>Friday: 8:30 a.m. to 11:30 a.m.</p> | <p><u>Other services available</u></p> <p>The Centre is open to other requests as long as they respect the mission, and the limits of the Centre as well as the availability of our volunteers</p> |
| Senior Services | Coup de Balai Clean Sweepers | coupdebalai.com | <ol style="list-style-type: none"> 1. Domestic Aid Services 2. Home Maintenance Services 3. Respite & Home Care Services | <p>6525 boul Décarie suite 321 Montreal, Quebec H3W 3E3 Tel: 514-484-4266 Fax : 514-484-4750 Email: info@coupdebalai.com</p> | <p><u>Other services available</u></p> <ul style="list-style-type: none"> • Packing Boxes • Help with decluttering homes and apartments <p>Please see website for Pricing</p> |

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| Services for the Blind | Canadian National Institute for the Blind (CNIB) | www.cnib.ca | <p>The CNIB programs are designed to address the needs of people of all ages across five areas:</p> <ol style="list-style-type: none"> 1. Guide Dogs 2. "Live" programs that provide the support and services to enhance daily living skills 3. "Play" programs foster an active and healthy lifestyle and connect with others 4. CNIB's "Work" programs provide you with the skills and resources to attain your career ambitions 5. CNIB's "Learn" programs focus on education, skills training, and literacy to empower you to achieve your goals by fostering social skills and independence | <p>Phone: 1-800-563-2642</p> <p>Email: info@cnib.ca</p> | <p>CNIB is a registered charity, passionately providing community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life</p> |
| Services for the Blind | Régie de l'assurance maladie du Québec (RAMQ) | <p>Visual Devices Program https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/visual-aids</p> <p>Visual Devices Info (PDF) https://www.ramq.gouv.qc.ca/sites/default/files/documents/aides-visuelles-eng.pdf</p> | <p>Through the Visual Devices Program, you can access visual devices and receive an amount to take care of a guide dog if you qualify for one. The visual devices lent compensate for a partial or total loss of vision and help you carry out your daily activities</p> <p>Examples of devices lent</p> <ul style="list-style-type: none"> • Reading aids, such as closed-circuit television systems, optical systems and calculators • Writing aids, such as braille • Mobility aids, such as white canes, electronic obstacle detectors, night vision goggles | <p>Address : Régie de l'assurance maladie du Québec C. P. 6600, succ. Terminus Québec (Québec) G1K 7T3</p> <p>Montréal: 514 864-3411 Québec: 418 646-4636 Elsewhere in Québec: 1 800 561-9749</p> <p>Our office hours: Monday, Tuesday, Thursday and Friday: 8:30 a.m. to 4:30 p.m. Wednesday: 10:00 a.m. to 4:30 p.m.</p> | <p>Amounts for a guide dog</p> <p>You are entitled to an amount of \$210 to obtain a guide dog.</p> <p>The Visual Devices Program is intended for persons covered by the Québec Health Insurance Plan who have a visual impairment. These persons may have low vision or may be functionally blind.</p> <p>Under the program, devices are loaned to these persons to assist them in their reading and writing activities and to help them orient themselves and move about, particularly within the context of learning</p> |


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| | | | | | activities, paid work or volunteer work. |
| Services for the Blind | The Quebec Foundation for the Blind | https://fondationdesaveugles.org/en/ | The Quebec Foundation for the Blind has as its mandate to support the blind and visually impaired with regards to housing, activities, and community life | <p>Address: 5112, Bellechasse Street, Montreal (Quebec) H1T 2A4</p> <p>Email: info@aveugles.org</p> <p>Phone: 514-259-9470</p> <p>Toll Free: 1-855-249-5112</p> <p>Fax: 514-254-5079</p> | <p>Services</p> <ul style="list-style-type: none"> • Youth Activities • Adapted Housing • Prevention and Awareness • Adapted Products • Financial Aid |
| Sexual Assault Assistance | Montreal Centre for Sexual Assault Victims | www.cvasm.org | <p>Bilingual services free of charge to anyone who has been a victim of sexual violence. Services are also offered to the victim's family and close friends.</p> <p>SERVICES :</p> <ol style="list-style-type: none"> 1. Medical 2. Clinical Services 3. Listening, support and referral | <p>Provincial Hotline: 1-888-933-9007</p> <p>Montreal: 514-934-4504</p> | The MSAC provides a safe, non-judgmental space where people affected by sexual assault are welcomed, listened to, believed and supported in accordance with their choices and their needs |

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| Services for Immigrants and Asylum Seekers | PRAIDA - (Regional Program for the Settlement and Integration of Asylum Seekers) | CIUSSS West-Central Montreal PRAIDA (Regional Program for the Settlement and Integration of Asylum Seekers) (ciussswestcentral.ca) | <p>PRAIDA offers services to asylum seekers, to people in regularization of status. Information will be given to you about:</p> <ul style="list-style-type: none"> • Steps towards immigration • Contact information for lawyers • Requesting social assistance • Obtaining a work permit • How to register children in school • Organizations that can help you in your search for housing <p>You will meet with a social worker, who will evaluate your needs and ensure the appropriate follow-up. You can also meet with a nurse, if necessary.</p> <p>PRAIDA's services are also available to people whose request for asylum was denied</p> | <p>As of March 22, 2021 the PRAIDA office will be located at:</p> <p>35, rue de Port-Royal East, Montreal, Quebec H3L 3T1</p> <p>Due to COVID-19, please do not come directly to PRAIDA</p> <p>Please contact: 514-484-7878 extension 64500 for an appointment</p> | <p>Services are available in French and English. Interpreters may be available to assist in other languages</p> <p>An asylum seeker is a person who, upon arrival in the country or during a temporary stay, asks for protection from Canada because of fear of persecution based on his/her race, religion, nationality, membership in a particular social group (ex. LGBTQ+) or political opinion, or threat for his/her life if he/she returns to his/her country.</p> <p>Refugees are individuals who have run away from their country because of well-founded fear of persecution and are unable to return to that country.</p> |
| Shelter for Women in Crisis | AbriD'espoir <i>for women with or without children</i> | https://salvationarmy.ca/quebec/home/services/housing-centres-shelters/abri/ | <p>L'Abrid'espoir is open 24/7. Lodging includes meals, basic care, moral support, access to bilingual services and more</p> <p>Lodging Accommodations:</p> <ol style="list-style-type: none"> 1. Short Term The housing capacity of short-term is 30 beds in 15 rooms (double occupancy) 2. Long Term The capacity of housing long-term is 12 individual rooms 3. Family Program Six rooms are available to accommodate six women and 10 children | <p>Phone: 514-934-5615 Fax: 514-934-0437</p> | <p>L'Abrid'espoir is a residence operated by The Salvation Army. Its mission is to provide housing to adult woman in difficulty, to meet their immediate needs and to offer services and programs in order to foster their reintegration.</p> <p>Its clients are women in crisis, aged 18 and over, with or without children. Sixty beds are available for stays of anywhere from one night to 24 months.</p> |

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| Shelter for Women with Children | La Dauphinelle | https://ladauphinelle.org/ | <p>1. Accommodation Short Term stays up to 8 weeks. We can accommodate 24 women at any given time, with or without children</p> <p>They ask that women pay \$5 per day per family, including three meals. If you do not have an income or money when you apply for accommodation, you will not be turned away</p> <p>Medium Term stays up to 6 months La Dauphinelle also offers some women the possibility of a longer stay for support</p> | <p>Telephone: Helpline & accommodation: 514-598-7779</p> <p>Administration: 514-598-0155</p> <p>Fax: 514-598-5865</p> <p>Email: Help line and accommodation: intervention@ladauphinelle.org</p> <p>Accommodation coordination: coordination@ladauphinelle.org</p> | <p>2. Guidance, Advice & Support Provides support, guidance and advice to its residents women and children</p> <p>3. After Accommodation Support Provided to women who leave the shelter and who need additional time and support</p> <p>4. Raising Awareness Raising awareness in the community, including politicians and decision-makers, about spousal abuse and violence against women</p> |
| Shelter for Young Mothers | Elizabeth House <i>Supervised group living for at risk mother and child</i> | http://maisonelizabethhouse.com/ | <p>1. Rehabilitation Services and Activities Core services in the rehabilitation programs at Elizabeth House emphasize the development of parenting and independent living skills</p> <p>2. Residential Services a) Pre-Natal and Mother-Baby Programs</p> <p>Elizabeth House has space for up to 18 residents (comprised of mothers and their children</p> <p>b) Semi-Supervised and Transitional Apartment Programs Supported independent Living</p> <p>3. External Services a) Family Assistance Program</p> | <p>Phone : 514-482-2488</p> <p>Email : info.maison.elizabeth@ssss.govt.qc.ca</p> | <p>4. Rehabilitation and Parental Support Activities a) Child Stimulation Program b) Summer Day Camp</p> <p>Elizabeth House is a treatment centre that offers a continuum of intervention and support services to families with children aged 0-5 years. Elizabeth House works primarily with young mothers and mothers-to-be who are experiencing serious difficulties adjusting to pregnancy or their role as parents. The approach to treatment is educational and therapeutic, focusing on the</p> |

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| | | | b) Education Program (Day Centre & Nursery) | | needs, and building upon the strengths, of the individual. |
| Shipping Services | Eastern Caribbean Freight Lines Ltd | | Shipping to: <ul style="list-style-type: none"> • St Lucia (Vieux-Fort, Castries) • St. Vincent • Barbados • Trinidad • Guyana • Jamaica (Kingston, Montego Bay) | Phone: 514-400-5316 Toll Free: 1-877-811-2736 | |
| Shipping Services | Ship SDI Cargo | www.shipsdi.ca | Services: <ul style="list-style-type: none"> • Air Cargo and LCL Ocean (full or less than full containers). • Worldwide shipping including all of the Caribbean, Central & South America • Local pick up and delivery • Container loading and unloading • Shipping of Vehicles | Phone: 514-914-5250 Fax: 438-383-2510 Email: info@shipsdi.ca | <ul style="list-style-type: none"> • Canada Customs bonded warehouses • Customs Brokerage • Containers for sale - 20 & 40 foot <p>Please see website for full list of destinations</p> <p>Rates to all destinations available upon request</p> |
| Shipping Services | Sydney Reliable Shipping Services | | Services: <ul style="list-style-type: none"> • Cargo Shipping and Overseas Moving • Barrels, Household items, Automobiles • 20 & 40 foot containers • Complete Packaging and avoid extra P/U fees | Phone: 514-989-7535 Address: 5605 Cote de Liesse Ville St. Laurent, Que., H4M 1V2 For more information contact: 514-989-7535 | Destinations: <ul style="list-style-type: none"> • The Caribbean • Central & South America • Europe • Africa • Seychelles • Mediterranean • The Middle East |

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| Social & Community Referral Service | <p>Le Centre de Référence du Grand Montréal</p> <p>The Greater Montreal Reference Center</p> | www.info-reference.qc.ca | <p>Some examples of requests that the Center can respond to:</p> <ol style="list-style-type: none"> 1. Where can I get food aid? 2. Where can I receive clothes? 3. I would like to have a transport or accompaniment service to go to a medical appointment for my father. 4. I'm looking for a place to donate furniture, clothes and household items. 5. Do you know of an organization that comes to look for them in my sector? 6. I'm looking for a place to do my taxes cheaply. Do you know any? 7. Is there a place that offers French lessons? 8. I would like to do activities, but I don't have much money. Is there a place where I can do it without it costing me too much? 9. I'm looking for a supervised apartment 10. I am looking for low-cost housing or a housing cooperative | <p>3155 Hochelaga, office 101 Montreal, Quebec H1W 1G4</p> <p>Préfontaine metro, north exit, Préfontaine street corner, parking on Rouen street</p> <p>Telephone: 514 527-1375 Fax: 514 527 9712 E-mail: crgm@info-reference.qc.ca</p> | <p>The Greater Montreal Reference Center is an autonomous, bilingual, non-profit organization that provides free information on social and community resources in Greater Montreal. The Center quickly directs any person seeking a response to their needs, particularly in social security, health, work, well-being and leisure, to the appropriate organization.</p> <p>The Centre also manages:</p> <ol style="list-style-type: none"> 1. 211 service 2. Drugs: Help and Referral 3. Gambling: Help and Referral 4. TeleCounseling service <p>Specialized helplines available throughout the province, 24 hours a day, 7 days a week</p> |
| Social Services | Project Genesis | https://genese.qc.ca/ | <p>Individual Services:</p> <ol style="list-style-type: none"> 1. Storefront – drop in storefront which offers free of charge confidential help in such areas as: <ol style="list-style-type: none"> a. Housing b. Welfare c. Pensions | hous | <p>Community Organizing:</p> <ol style="list-style-type: none"> 1. Housing Rights – work to overcome the various barriers to decent housing faced by low-income households 2. Anti-Poverty – work to overcome the root causes of poverty in the |

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| | | | <p>d. Family allowances e. Shelter allowance f. Medicare & Medication Insurance</p> <p>2. Home Advocacy Services A program that brings their Storefront services to individuals who live close to Project Genesis but are unable to go to the Storefront due to reduced mobility or loss of vision</p> | | community through community mobilization, awareness, campaigns, interactions with public officials, and coalition work |
| Social Services for Haitian Community | La MaisonD'Haiti / The House of Haiti | http://www.mhaiti.org/ | <p>Four fields of action:</p> <ol style="list-style-type: none"> 1. education 2. new arrivals 3. young people 4. women <p>Deployed through activities, literacy, economic, social & cultural integration, integration of young people & educational and parental support</p> | <p>3245 av. Émile-Journault Montréal (Québec) H1Z 0B1</p> <p>Tel: <u>514-326-3022</u> Fax: 514-326-3024 Email : mhaiti@mhaiti.org</p> | The mission of the organization is to promote, integrate, improve living conditions and defend the rights of Quebecers of Haitian origin and immigrants, as well as promote their participation in the development of the society of Home |
| Social Services for Pregnant Women | La MaisonBleue / The Blue House | https://maisonbleue.info/ |  <p>A service to help vulnerable pregnant women suffering from:</p> <ol style="list-style-type: none"> 1. Poverty | <p>Cote-des-Neiges 3735 Plamondon Montréal (Québec) H3S 1L8</p> <p>Tel: 514 509.0833 Fax: 514 303.6008</p> <p>Sara Todd 514-625-4172 sara.todd.ccomtl@ssss.gouv.qc.ca</p> <p>Park Extension</p> | <p>La MaisonBleue:</p> <ul style="list-style-type: none"> • Offers and facilitates access to health and social services • Breaks Isolation • Promotes a positive experience of pregnancy, childbirth and parenthood • Supports and develops parenting skills <p>Promotes the optimal development of the child</p> |

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| | | | <ol style="list-style-type: none"> 2. Abuse 3. Violence 4. Neglect 5. Addiction 6. Precarious Immigration Status 7. Mental Health Issues 8. Teen Pregnancy and more <p>The mission of La MaisonBleue is to reduce social inequalities by helping pregnant women living in a situation of vulnerability. They promote and foster the optimal development of children, from their mother's womb until the age of 5</p> | <p>7867 Querbes Montréal (Québec) H3N 2B9</p> <p>Tel: 514 507.9123 Fax: 514 507.7950</p> | <p>and each member of the family</p> <p>La MaisonBleue helps families awaiting a child and that are in need of support due to living in a context of vulnerability: poverty, a situation of abuse, violence, neglect, addiction, precarious immigration status, mental health problems, teen pregnancy</p> |
| Suicide Help Line | Suicide-Action Montreal | www.suicideactionmontreal.org | <p>Suicide Action Montréal's mission is to prevent suicide and help survivors of suicide cope with its serious repercussions. SAM provides quality services to people contemplating suicide, to their social network and to the health and social service professionals who work with them</p> | <p>Phone: 1-866-277-3553</p> <p>1-866- A P P E L L E</p> | |
| Tenant Help and Services | OEIL Housing Commission – Cote des Neiges | http://www.oeilcdn.org/ | <p>All Services are FREE:</p> <ol style="list-style-type: none"> 1. Info on tenant rights & resources 2. Assist in writing letters to landlord 3. Complaints regarding housing code 4. Mediation with Landlord 5. Assist in preparation for rental board hearing | <p>3600 Barclay, office 344 Montreal (Quebec), H3S 1K5</p> <p>Tel .: (514) 738-0101</p> | <ol style="list-style-type: none"> 6. Windows do not close properly 7. Building not properly maintained 8. Noise/Mold 9. Insufficient heating 10. Vermin (mice, cockroaches, etc...) 11. Rent increases 12. Visits of apartments |

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| Tourism | Jamaica Tourist Board | www.mot.gov.jm › agency › jamaica-tourist-board-jtb | Click on link below for rules for entry into Jamaica as per the Jamaica Tourist Board: https://www.visitjamaica.com/travelauthorization/ | Quebec Representative – Business Development Manager for Eastern Canada Anne Palardy Phone : 514-231-1968 Email : apalardy@visitjamaica.com | |
| Wedding Officiants | All Seasons Weddings | Allseasonsweddings.com | Your wedding... Your location... Your way 1. Choose your own officiant 2. All officiants are provincially licenced and legal 3. Optional planning meeting 4. Our full-service package invites you to customize your ceremony to reflect who you are as a couple, your love story and your belief 5. Simple yet elegant ceremonies are performed at your location 6. Experience a memorable and stress-free ceremony | Phone: 1-888-948-8731 | From a deluxe wedding extravaganza to a last-minute elopement and anything in between, All Seasons can help you tie the knot |
| Women's Centre | Afrique au Feminin | https://www.afriqueaufeminin.org/ | Afrique au Féminin is a unique Women's Centre in Parc-Extension, a meeting place for all women of various origins and their families. Thus, although its services are specifically geared towards women immigrants, the Centre is open to all women, regardless of age, language, color and religion Services: <ul style="list-style-type: none"> • Active Listening • Reference | 7000 Park Avenue, Suite 106-107 (Entrance 7009, Hutchison, next to CLSC Parc-Extension) Montreal, Quebec, H3N 1X1 Phone: 514 272 3274 / 514-276 1583 Fax: 514 272 8617 Monday to Friday from 9am to 12pm and from 1pm to 5pm | Please see website for more information on ALL services |

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| | | | <ul style="list-style-type: none"> • Francization • French Language Workshops • Food Bank • Furniture Distribution • Tax Clinic • Childcare • Intervention • Home Visits | (Closed 12h-13h) | |
| Youth Services | Commission des droits de la personne et des droits de la Jeunesse | cdpdj.qc.ca | <p>All services offered by the Commission are free and available to all persons in Québec</p> <p>In Québec, the rights of children and teenagers are protected by the <u>Charter of Human Rights and Freedoms</u>, as are the rights of adults.</p> <p>However, other laws specifically protect youth who have been the subject of a report or who have been taken in charge by the <u>Director of Youth Protection (DYP)</u></p> | <p>Head Office 360, Saint-Jacques St, 2nd floor, Montréal, PQ, H2Y 1P5</p> <p>Access for disabled persons: 361, Notre-Dame St, West</p> <p>Phone: 514 873-5146 Phone toll free: 1 800 361-6477</p> <p>Email: information@cdpdj.qc.ca</p> | <p>Protecting these youth is one of the Commission's mandates.</p> <p>Where to call to file a report to the Director of Youth Protection (DYP)?</p> <p>English Montreal (Batshaw) 514 935-6196</p> <p>Montréal 514 896-3100</p> <p>Business hours: Monday to Friday 8:30 a.m. to noon and 1:00 p.m. to 4:30 p.m.</p> |