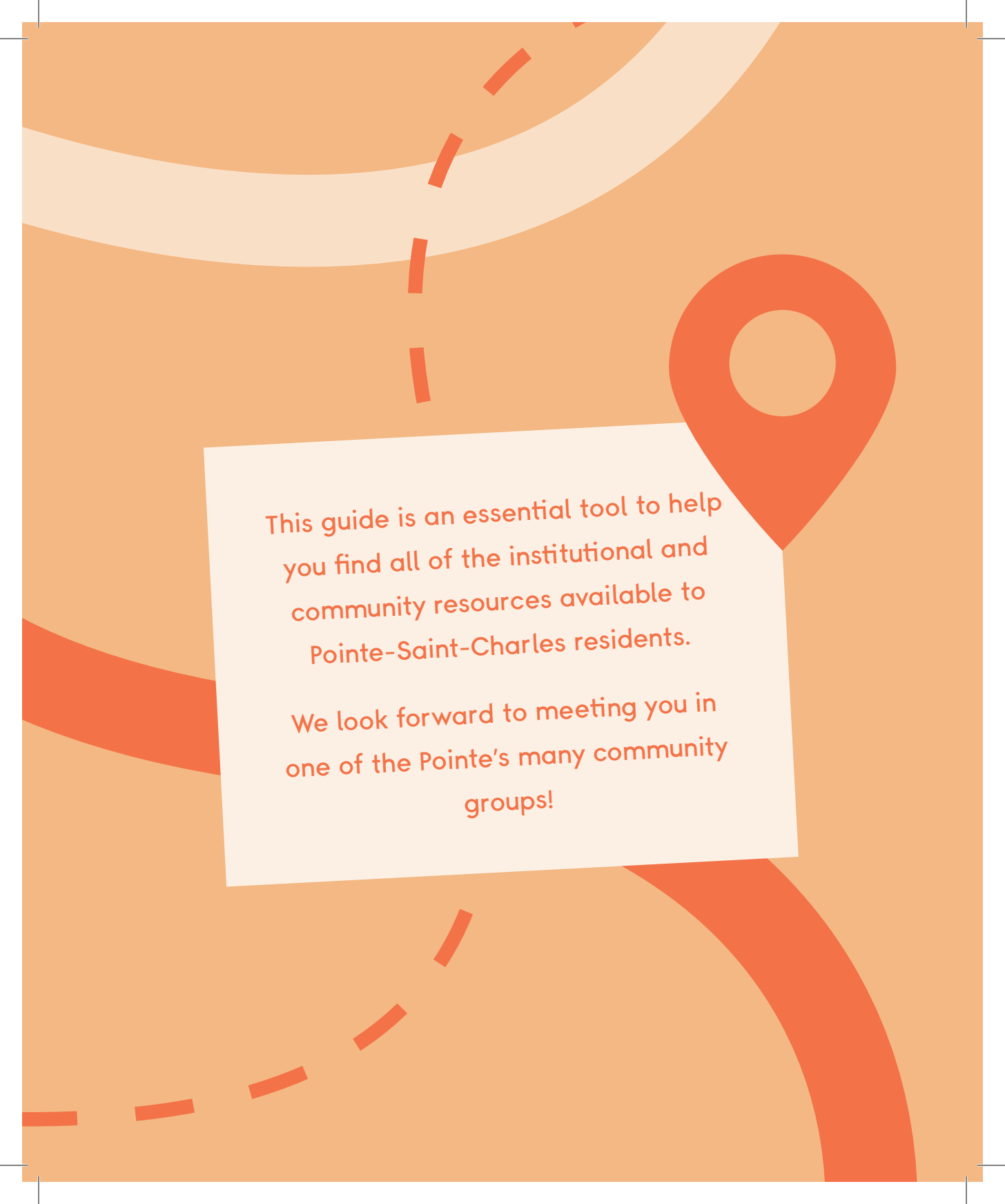


Pointe-Saint-Charles Community Resources Guide

at your fingertips



ACTION-GARDIEN
CDC de Pointe-Saint-Charles

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This guide is an essential tool to help
you find all of the institutional and
community resources available to
Pointe-Saint-Charles residents.

We look forward to meeting you in
one of the Pointe's many community
groups!

Action-Gardien

Community Development Corporation of Pointe-Saint-Charles

Action-Gardien, Community Development Corporation (CDC) of Pointe-Saint-Charles, brings together community organizations in the Pointe-Saint-Charles neighborhood.

Since 1981, Action-Gardien has been a hub for neighbourhood organizations to exchange information, share experiences, and work together on issues that affect residents' living conditions. Our members work together toward equity, solidarity, social justice, cohesion, mutual aid, non-discrimination, and a healthy environment.

Our mission is to coordinate organizations, residents, and local actors to take action and mobilize around social, political, economic and urban issues. These issues include housing, income, education, food security, culture, the living conditions of young people, families, women, seniors, and more. Through neighbourhood mobilization, Action-Gardien aims to empower people to improve their own living conditions.

Action-Gardien represents the commitment of organizations and residents of Pointe-Saint-Charles to take the future of their neighbourhood into their own hands through civil rights advocacy.

📍 2390, rue de Ryde, Suite 203
Montréal H3K 1R6

☎ (514) 509-0795

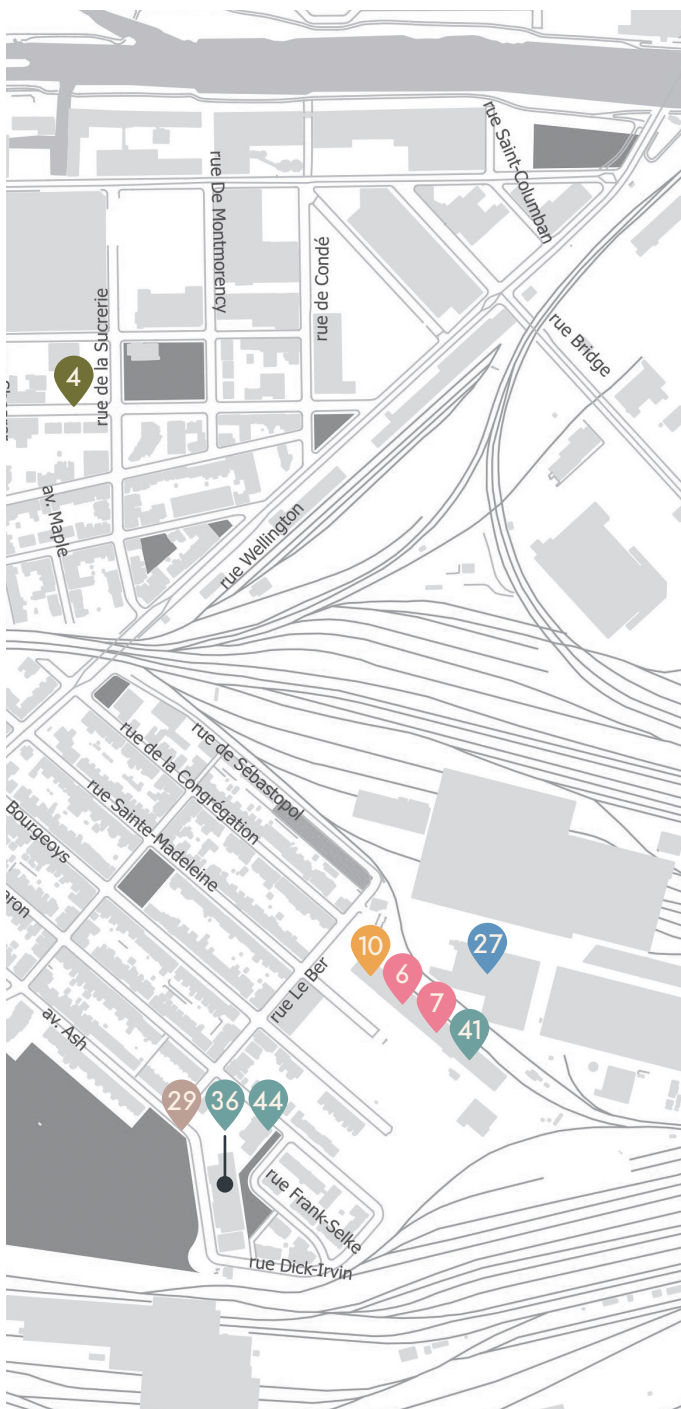
✉ info@actiongardien.org

🔗 www.actiongardien.org

f /actiongardien



ACTION-GARDIEN
CDC de Pointe-Saint-Charles



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Centre des aînés de Pointe-Saint-Charles

The Centre des aînés de Pointe-Saint-Charles is a community centre for seniors in Pointe-Saint-Charles. Its mission is to improve quality of life and support the independence of people aged 50 and over.

The centre works to promote the well-being of seniors with social, physical and economic vulnerabilities, as well as to support and encourage the involvement of their loved ones.


ACTIVITIES & SERVICES

- Free social activities every week.
- Fitness activities for seniors (e.g. Zumba).
- Income tax assistance.
- Home visits by social work interns.
- Help with government forms.

FOR WHOM

- People who are 50 years old and older in Pointe-Saint-Charles.

CONTACT DETAILS

 Pavillon des aînés
2401, rue Mullins
Montréal H3K 3E3

 (514) 933-5826

 info@capstcharles.org

 www.capstcharles.org



Club de l'Âge d'Or St-Charles

Club de l'Âge d'Or St-Charles organizes social and leisure activities for seniors.


ACTIVITIES & SERVICES

- Games (sandbag games, cards, darts, tossing games), dances.

FOR WHOM

- Members and non-members who are 50 years old and older.

CONTACT DETAILS

 Pavillon des aînés
2401, rue Mullins
Montréal H3K 3E3

 (514) 872-4063

 stcharlesd28@gmail.com



La Cité des Bâisseurs

This community housing project in Pointe-Saint-Charles offers housing to people aged 65 and over who wish to maintain independence while continuing to access a safe and welcoming environment.

This is a project by the Centre des aînés. La Cité des bâtisseurs is an independent organization with its own board of directors.

ACTIVITIES & SERVICES


- 115 housing units (3 1/2 and 4 1/2), for autonomous or semi-autonomous people, adapted for people with reduced mobility.
- Lunch offered 5 days/week.
- Security service 24 hours a day.
- Community activities organized for and by residents, in connection with different community resources

Service charges may apply.

FOR WHOM

- People aged 65 years and older.

CONTACT DETAILS

 1130, rue de la Sucrierie
Montréal H3K 0A6

 (438) 383-3711

 viocom@citedesbatisseurs.org

 www.citedesbatisseurs.org



Club populaire des consommateurs de Pointe-Saint-Charles

Founded in 1970, the Club populaire des consommateurs de Pointe-Saint-Charles is a non-profit organization whose mission is to improve people's living conditions by bringing them together around inclusive activities that promote their food security, while encouraging individual and collective power.

ACTIVITIES & SERVICES

- Collective kitchens and other cooking activities: The kitchens are a place where people can share their culinary knowledge, learn to cook, plan together, and socialize. These activities allow participants to go home with low-cost meals.
- L'Épicerie solidaire: Created in 2012, the solidarity grocery store provides quality food and local products at low cost. The grocery store also serves as a social space for volunteers.
- Collective gardens: The gardens are collectively planned and cultivated from May to October. People share knowledge and skills and tackle challenges together. After the harvest, the produce is shared with everyone.

FOR WHOM

- Open to all, with priority for those with low income or in precarious situations.

CONTACT DETAILS

📍 Office: 1945, rue Mullins, local 30
Épicerie solidaire: 1930, rue Grand Trunk

☎ (514) 932-1091

✉ club.populaire@gmail.com

🔗 www.clubpopulaireconsommateurs.org

f /club.populaire.des.consommateurs



La Fermette

The Fermette de Pointe-Saint-Charles is a collective project dedicated to the food autonomy of the neighborhood. It is based on vegetable production, processing and distribution of fresh products, as well as ecological waste management, in an effort to contribute to the solidarity food network of Pointe-Saint-Charles.


ACTIVITIES & SERVICES

- Open and registration-free collective gardens.
- Experimental three-season greenhouse, managed and maintained in collaboration with the Club populaire de consommateurs de Pointe-Saint-Charles.
- Self-managed collective chicken coop.
- Beehives and apicultural processing.
- Horticultural workshops and collective gardening sessions.
- Food processing kitchen.
- Upcoming: Bio-intensive vegetable production plots.

FOR WHOM

- For the general community of Pointe-Saint-Charles: all ages, origins, occupations, etc.

CONTACT DETAILS

 1900, rue le Ber, Suite 201
Montréal, H3K 2A4

 (514) 932-1091

 fermettepsc@gmail.com

 /fermettepointesaintcharles

Le Détour Épicerie autogérée

Le Détour aims to mobilize the community to provide an affordable food service for all neighborhood residents. It seeks to address the food desert in the south of the neighborhood by actively working towards social diversity and resource-sharing.

Open since 2018, the grocery store uses an innovative economic and social model based on resident involvement: more than 250 people volunteer and get 15% off their purchases in return. Le Détour is located at Bâtiment 7.

ACTIVITIES & SERVICES

- Over 900 different seasonal products.
- Lots of local, seasonal fruit and vegetables, always very fresh and of an average 40% cheaper than in supermarkets.
- Prepared meals.
- Free home delivery (by phone or online order).
- Community fridge.

FOR WHOM

- Open to everyone and run by its members.
- Residents who wish to become members must support the grocery store's objectives and volunteer for 3 hours a month.

CONTACT DETAILS

 1900, rue le Ber, Suite 102
Montréal, H3K 2A4

 (438) 476-5471

 wordpress.epicerieledetour.org

 /epicerieledetour



La Maison du Partage d'Youville

La Maison du partage d'Youville offers food assistance and clothes at low prices. The network of exchange, mutual assistance and support works thanks to the involvement of members in collective activities.

ACTIVITIES & SERVICES

- Food bank.
- Thrift store.
- Cooking workshops.
- Self-defense workshops for women.
- Delivery for seniors and/or people with reduced mobility.
- Community dinners.
- Cultural outings.

FOR WHOM

- Low income residents and families from Pointe-Saint-Charles, Saint-Henri and Little Burgundy.

CONTACT DETAILS

 2221, rue Coleraine
Montréal H3K 1S2

 (514) 935-9846

 lmPY2221@gmail.com

 www.maison-partage-youville.com



Share the Warmth

Share the Warmth's mission is to meet the needs of the community through accessible services designed to help the community grow together.

ACTIVITIES & SERVICES

Food:

- Food bank: Food distribution on Tuesdays and Thursdays from 1:00 pm to 3:30 pm. Additional opening hours on the second and fourth Thursdays of each month, from 1 pm to 6 pm.
- Delivery service for people with reduced mobility.
- Community lunch.
- Fruit and vegetable market.
- Community BBQ in summer.
- Cooking workshops for children.

Youth:

- Tutoring programs.
- Music programs.

FOR WHOM

- Residents of Southwest Montreal.

CONTACT DETAILS

 625, rue Fortune
Montréal H3K 2R9

 (514) 933-5599

 info@partageonslespoir.ca

 www.partageonslespoir.ca

Bâtiment 7

The 7 À NOUS Collective has reclaimed a heritage industrial building in order to convert it into a “laboratory for collective autonomy”, an accessible gathering place teeming with projects. Deeply rooted in the very soil on which it stands, Bâtiment 7 aspires to become an engine for cultural, social, political, economic and environmental renewal. Bâtiment 7, an immense 90 000 square foot building, is situated on land previously owned by Canadian National (CN) Rail at the corner of Le Ber and Sainte-Madeleine streets.

ACTIVITIES & SERVICES

- Les Sans-Taverne microbrewery-coop and family café-bar.
- Art School of Pointe-Saint-Charles.
- La Coulée cooperative metalworking workshop.
- Collaborative workshops: wood, ceramics, darkroom, auto mechanics, digital printing, photo studio, bikeshop.
- SAS Puppet and textile workshop.
- Recyborg, a recycling cooperative.
- Collective library.
- Possibility to rent the Grand Atelier for a variety of events.
- Le Détour, La Fermette and Press Start.

FOR WHOM

- Everybody.

CONTACT DETAILS

 1900, rue Le Ber
Montréal H3K 2A5

 (438) 777-7558

 info@batiment7.org

 www.batiment7.org

 /batimentsept



Southern Quebec Inuit Association (SQIA)

The Southern Quebec Inuit Association (SQIA) was created to answer the needs of the growing population of Inuit outside of Inuit Nunangat, living mostly in Montreal.

The SQIA serves all Inuit who live outside their ancestral territories. It provides support for urban Inuit, as well as community feasts. Tasiutigiiit families with Inuit children in their care are encouraged to attend SQIA events whenever possible!

ACTIVITIES & SERVICES

- Holistic health care.
- Check out their Facebook page to see their activities.

FOR WHOM

- Inuit population outside Inuit Nunangat.

CONTACT DETAILS

 1315, rue Charlevoix
Montréal H3K 3A1

 (514) 935-5267

 sqiainfo@gmail.com

 www.sqia.ca

 /SQIA2017

Bibliothèque Saint-Charles

Located in the heart of the recreational, athletic and cultural hub of Pointe-Saint-Charles, the library is firmly rooted in the neighborhood. It is housed in a former fire station built in 1891 and classified as a heritage site. Since its opening in 1976, it has been a gathering place and discovery space for neighbourhood residents. It sparks the curiosity of readers of all ages.

The library will be renamed Bibliothèque Éva Circé-Côté when it reopens, after renovation and expansion has been completed. For more information on the planned renovation and expansion, visit www.montreal.ca.

ACTIVITIES & SERVICES


- Loan service of printed and digital books, films, video games and music.
- Loan service of games and everyday objects.
- Story time.
- Workshops for youth.
- Conferences for adults.
- Room reservation on the 3rd floor.


Ask about seasonal programming!

FOR WHOM

- Everybody.

CONTACT DETAILS

 1050, rue d'Hibernia
Montréal H3K 2V2

 (514) 872-3092 - Adults
(514) 872-3035 - Youth

 /BibliothequeSaintCharles

Centre Saint-Charles

Managed by the Sud-Ouest borough, the Centre Saint-Charles offers a year-round indoor swimming pool, a gymnasium, two meeting rooms and an arena. Located in the heart of the neighbourhood, the centre welcomes athletes and people who enjoy athletic activities. It is open to the public, organizations and businesses.


ACTIVITIES & SERVICES


- Free swimming.
- Free skating.
- Varied programming led by sports and recreational organizations and associations.
- Possibility of reserving sports facilities for open activities and events, depending on availability.

FOR WHOM

- Residents.
- Organizations.
- Sports associations.
- Businesses.

CONTACT DETAILS

 1055, rue d'Hibernia
Montréal H3K 2V3

 (514) 872-3300 - Information
(514) 872-3831 - Reservation

 www.montreal.ca/lieux/centre-saint-charles

 /lesudouest

Judo Bushidokan

The Judo Bushidokan club is a non-profit organization that has been offering courses in the neighbourhood since 1996.

Judo is fun for all! This martial art has many benefits:

- It is great for physical and mental health.
- It helps young people concentrate in school.
- It fosters balance between the body and the mind.
- It teaches the way of flexibility and respect.

Judo is a school of life!

ACTIVITIES & SERVICES

Beginner, intermediate and advanced courses:

- Children 4 years (introduction).
- Children between the ages of 5-7.
- Children between the ages of 8-10.
- Children between the ages of 10-12.
- 13 years+ and adults.

FOR WHOM

- Everyone from 4 to 75 years.

CONTACT DETAILS

 2390 rue de Ryde
Montréal H3K 1R6

 (514) 935-9666

 judo@bell.net

 /ecoledejudo bushidokan

Loisirs & Culture Sud-Ouest (LCSO)

Located at Centre Saint-Charles, Loisirs et Culture sud-ouest (LCSO) promotes leisure, sports, and cultural activities the Southwest Montreal by offering year-round activities for all age groups, including summer day camps and activities during school vacations. LCSO supports the community by providing a variety of high quality activities and building networks among different local stakeholders.


ACTIVITIES & SERVICES

- Athletic and artistic activities (Soccer, Basketball, Volleyball, Cosom Hockey, Karate, Parkour, Circus, Bootcamp, Visual Arts, Theater, Singing, Dance, Languages, Cooking, Chess, Science, Robotics...).
- Summer and spring break day camps.
- Activities for homeschooling families.
- Adventure park: supervised free play.
- Supervision and animation of the park's chalet.
- After-school program, extracurricular activities, and homework help.
- Development of customized activities for organizations and institutions.
- Children's parties and special events.

FOR WHOM

- All residents of the Southwest and surrounding areas without territorial restrictions.
- Toddlers 0 to 5, children 6 to 12, teens, adults, seniors.

CONTACT DETAILS

 Centre Saint-Charles
1055, rue d'Hibernia
Montréal H3K 2V3

 (514) 872-3456

 info@lcsso.ca

 www.lcsso.ca

 /LCSO.ca

Société d'histoire de Pointe-Saint-Charles

The Société d'histoire de Pointe-Saint-Charles was created to promote the historical and architectural heritage of the neighbourhood. Accounts of the neighbourhood's history are collected through interviews, manuscripts, photos, old films, and documents and objects that recount the oral or written history of the neighbourhood.

They scan and archive old photos and documents.

ACTIVITIES & SERVICES

- Conferences.
- Guided tours.
- Exhibits.
- Memories Committee.
- Publications Committee.
- Heritage Committee.

FOR WHOM

- Anyone passionate about history.

CONTACT DETAILS

 2390 rue de Ryde, Suite 206
Montréal H3K 1R6

 (514) 932-5610

 info@shpsc.org

 www.shpsc.org

 /shpsc



Comité des personnes assistées sociales (CPAS)

The Comité des personnes assistées sociales works to improve living conditions and advocate for people on social assistance, unemployed people, and people with low income.

ACTIVITIES & SERVICES

- Information and training on laws, regulations and procedures related to social assistance.
- Free consultation service for social assistance files and accompaniment to meetings.
- Coffee-chats to inform and mobilize the public.
- Information on available resources.
- Subsidised outings, community projects.
- Tax / social assistance workshops.
- Monthly community meals.
- Organization and participation in demonstrations to demand social rights.

FOR WHOM

- Low income people of any age.
- People on social assistance.

CONTACT DETAILS

 2390 rue de Ryde, Suite 201
Montréal H3K 1R6

 (514) 931-6025

 info@cpas-psc.ca

 /cpascoordo

Comité des sans-emploi (CSE)

The CSE brings together unemployed people, people receiving government assistance, and precarious workers in order to advocate for their rights and collective interests. The organization takes part in campaigns and initiatives aimed at promoting legislative changes and public policies with a focus on social equity and dignity. In partnership with the Welfare Rights Committee (WRC), the CSE offers a bilingual information and support service for issues related to social assistance. It also provides a variety of educational, informative, and social activities.

ACTIVITIES & SERVICES

- Individual advocacy service for welfare issues (information, accompaniment, representation, etc).
- Monthly community dinners.
- Public meetings on welfare issues and any other topic of interest to the unemployed.
- Coffee-chats on various topics and themes.
- Social activities such as Music Nights, aimed at breaking down isolation and bringing together the neighborhood's various generations and cultural communities.

FOR WHOM

- Residents of the neighborhood.
- Most public activities are free and open to all.

CONTACT DETAILS

 2365, rue Grand Trunk
Montréal H3K 1M8

 (514) 756-5382

 csepsc@yahoo.ca

 www.comitesansemploipsc.blogspot.com

Community Legal Services of Pointe-Saint-Charles and Little Burgundy

The Pointe-Saint-Charles and Little Burgundy Community Legal Services, a nonprofit organization and local legal aid center, works for the defense and recognition of peoples' rights. Residents can receive the services they need to get informed and defend their rights on all issues (family, economic, social, civil, etc.).

ACTIVITIES & SERVICES

- Basic information services on civil rights.
- Trainings and information sessions on various legal topics are available for groups upon request.
- Consultations, legal counsel and representation by lawyers before the courts in civil, family, administrative and social matters.

FOR WHOM

- Priority for residents and organizations of Pointe-Saint-Charles, Little Burgundy and Griffintown.
- Services covered by the Legal Aid Act are reserved for people financially eligible per the criteria of the law.

CONTACT DETAILS

 2533, rue du Centre, Suite 101
Montréal H3K 1J9

 (514) 933-8432

 servicesjuridiques@outlook.com

 www.servicesjuridiques.org

Welfare Rights Committee (WRC)

The Welfare Rights Committee (WRC) works to promote the rights and interests of people in poverty through popular education, active involvement of its members, mobilization and organization. It strives for social change and the adoption of policies that promote social justice and the dignity of all. It works in collaboration with the Comité des sans-emploi in order to offer bilingual services.

ACTIVITIES & SERVICES

- Services to defend individual rights: information and accompaniment for questions pertaining to social assistance or other related programs.
- Coffee-chats and information sessions: discussions on various aspects of social assistance, other social programs, current events, campaigns in progress or collective actions.
- Community dinners followed by public assemblies: information and discussions on questions of community interest.
- Social and cultural activities: musical evenings that help bring together people of different generations or ethnicities.

FOR WHOM

- Bilingual for residents of Pointe-Saint-Charles.
- In English for residents of the greater Southwest Montreal.
- Public activities are free and open to all.

CONTACT DETAILS

 2390 rue de Ryde, Suite 204
Montréal H3K 1R6

 (514) 445-5321

 wrc_swm@yahoo.com

 www.welfarerightscommittee.blogspot.com



Charles-Lemoyne School

The school offers classes that follow the regular preschool and elementary program, alternative classes based on the Célestin Freinet approach as well as services from the school board for students with severe language difficulties. The children benefit from a harmonious learning environment in which they can flourish.

ACTIVITIES & SERVICES

- Alternative studies focused on the environment.
- Extra-curricular: help with homework in collaboration with Saint Columba House and the El Sistema music program from Share the Warmth, introduction for all students to the sciences.
- Athletic activities: basketball and soccer.
- Equipment: a library in each class in partnership with the Bibliothèque Saint-Charles, auditorium, three gyms, arena, large cafeteria and park.
- Complimentary Professional Services: remedial teaching, speech therapy, psychoeducation, special education, nurse, dental hygienist.
- Lunch included with the daycare service and meal service from Cantine pour tous.
- Educational services for 4-year-olds.

CONTACT DETAILS

 2001, rue Mullins
Montréal H3K 1N9

 (514) 596-5684

 lemoyne@csgdm.qc.ca

 www.charles-lemoyne.csgdm.gouv.qc.ca

Jeanne-Leber School

The school offers services from kindergarten to 6th grade and for students with learning or social difficulties. It benefits from the presence and involvement of numerous organizations and community resources.

Recognized strengths: the diversity of projects and activities; the staff's capacity for adaptability, openness, integration and creativity; initiatives to ensure supervision and follow-up care.

The development of non-violent communication techniques between the students and their positive perception of the staff is our school's finest legacy.

Core values: perseverance, courtesy, safety and personal growth .

ACTIVITIES & SERVICES

- Openness to the world and culture: music, drama, Coopéra project with the Montreal Opera.
- Varied educational approaches that involve the students, adapted work and evaluation methods, directed studies. Communications that encourage parental participation.
- Gardening and cooking with the Club Populaire des consommateurs.
- Extra-curricular activities (choir, sports, basketball...).
- Workshops on self-esteem and social skills.
- Services from the community clinic: social worker, nurse, dental hygienist, etc.

CONTACT DETAILS

-  2120, rue Favard
Montréal H3K 1Z7
-  (514) 596-5788
-  jleber@csdm.qc.ca
-  www.jeanne-leber.csdm.ca



St. Gabriel School

St. Gabriel School is a bilingual public elementary school that serves the community of Point-Saint-Charles from pre-kindergarten to the 6th grade. It reflects the cultural diversity of the neighbourhood.

ACTIVITIES & SERVICES

- Teaching in English and French.
- Literacy program with specialists.
- Home reading program for all levels.
- Well-equipped robotics and computer lab.
- Social skills courses.
- Music, art and theatre in all cycles.
- Support Services: psychologist, social worker, speech therapist, occupational therapist, nurse, early childhood educator, dental hygienist and spiritual animator.
- Snacks and hot lunch programs.
- Concerts, choirs, Encore!Systema after-school program (violin, cello), piano courses offered in collaboration with Heart of The City, in collaboration with McGill.
- Sports programs during lunch and after school, Irish dance.
- Gardening and recycling programs.

CONTACT DETAILS

600, rue Dublin
Montréal H3K 2S4

(514) 934-2111

stgabriel@emsb.qc.ca

www.emsb.qc.ca/stgabriel

/EnglishMTL



Carrefour d'éducation populaire

The Carrefour is a place dedicated to learning, thinking, becoming informed, discussion, exchange and taking action to improve our individual and collective living conditions. It works towards a more just, humane and democratic society, where everyone is accepted, recognized and finds support regardless of their differences.

ACTIVITIES & SERVICES


- Workshops: popular literacy, sewing, pottery, stained glass, inclusion of people with intellectual disabilities, computers, knitting/ crochet, and others.
- Committees and citizen engagement, cultural and educational outings, parties, art projects, coffee-discussions.
- Reception: referral, free Internet access, coffee.
- Drop-in daycare service: priority to local participants and parents.

All activities are free.

FOR WHOM

- The adult population of Pointe-Saint-Charles (16 years and over).

CONTACT DETAILS

 2356, rue du Centre
Montréal H3K 1J7

 (514) 596-4444

 accueil@carrefourpop.org

 www.carrefourpop.org

 /carrefourpopulairepointesaintcharles



Saint-Columba House

For more than 105 years, Saint-Columba House has worked in partnership with the community of Pointe-Saint-Charles, a neighbourhood with a rich tradition of community development and innovation. It addresses problems relating to social and economic injustice in order to spark change. It offers a range of programs in which education and community participation are major priorities.

ACTIVITIES & SERVICES

- Community development in consultation with residents, community organizations and coalitions.
- Community meal from Monday to Friday (\$2/meal).
- Help with homework for children in elementary school.
- Sexual health workshops at St. Gabriel elementary school.
- Teenagers: youth engagement project and apprentice monitor program.
- Hand-in-Hand Day Program for adults living with an intellectual disability.
- Day Camp in the summer for school-age children and teen camp for 12 to 14 years old.
- Pre-schoolers: pre-kindergarten alternate school.
- Women's discussion groups.

FOR WHOM

- For the population of Pointe-Saint-Charles.

CONTACT DETAILS

 2365, rue Grand Trunk
Montréal H3K 1M8

 (514) 932-6202

 info@saintcolumbahouse.org

 www.saintcolumbahouse.org

 /SaintColumbaHouse



Cuisine-Atout Entreprise d'insertion

Cuisine-Atout accompanies marginalized adults, mostly from the South-West borough of Montreal, in their path to social and professional reintegration. It offers concrete work experience in the food service industry, combined with a multifaceted and personalized training program, including basic French and mathematics.

ACTIVITIES & SERVICES

Program of paid training for 36 weeks:

- Cooking techniques.
- Improving skills in French and mathematics.
- Personal, social and professional development workshops.
- Training and support in job search.
- Workplace internships.

Economic activities:

- Catering service.
- Café Bistro.
- Dinner service in a seniors' residence.

FOR WHOM

- Unemployed adults, between 18 and 55 years of age, who haven't completed their high school studies in French in Quebec.

CONTACT DETAILS

 1945, rue Mullins, Suite 140
Montréal H3K 1N9

 (514) 939-4080

 info@cuisine-atout.com

 www.cuisine-atout.com

 Cuisine-Atout Entreprise d'Insertion inc.



Formétal

Formétal's mission is to help adults reintegrate into social and professional networks by helping them acquire work skills, and by transferring the knowledge, abilities and attitudes necessary to find a place in the community and job market. Formetal accomplishes this by providing training and concrete work experience.

ACTIVITIES & SERVICES

- 6 months of training in the following fields:
 - Precision sheet metal.
 - Welding.
 - Painting by electrostatic powdering.
 - Maneuvers in production of metal products.
- Individual and group support.
- Job placement.
- Ongoing hiring.

FOR WHOM

- Adults (18 years and older), residents of Montreal, who want to educate themselves and work in the metal sector. There are no requirements for academic prerequisites or schooling that is not recognized in Quebec.

CONTACT DETAILS

 1850, rue Le Ber
Montréal H3K 2A4

 (514) 939-2510

 emploi@formetal.qc.ca

 www.formetal.qc.ca

 /Formetalemploi

RESO/CJESO

RESO contributes to community development through actions and projects related to employment through a holistic, integrated, equitable and sustainable perspective. The Service d'aide à l'emploi and the Carrefour jeunesse-emploi offer individual and group services to unemployed people and to those wishing to make professional changes.

ACTIVITIES & SERVICES

- Meetings with job counsellors to help you write a resume that highlights your skills, prepare for a job interview, identify your career goals, etc.
- Bilingual thematic workshops.
- Resource center with counsellors and computers.
- Completion of Secondary 5 or acquisition of prerequisites for vocational training at Centre Saint Paul (French) or Centre James-Lyng (English).
- Preparing to return to school with Projet Charlemagne, École de milieu.
- A variety of projects based on individual needs and interests.
- Refreshment courses in French, mathematics and computer skills in order to help clients' children in school with École Parents.
- Support for employers in their hiring process.

FOR WHOM

- Services are offered free of charge in English and French to unemployed residents of Montreal aged 18 and over.

CONTACT DETAILS

 3181, rue Saint-Jacques
Montréal H3K 1G7

 (514) 931-5737, ext. 254

 reso@resomtl.com

 www.resomtl.com

Éco-quartier du Sud-Ouest

Éco-Quartier encourages environmental action and eco-citizenship among residents of the South-West. It is part of the development plan of the city of Montreal. Its priority actions are: cleanliness, increasing green spaces, sustainable development, participation and engagement.

ACTIVITIES & SERVICES

- Development of green alleys.
- Support for clean-ups and other environmental initiatives.
- Annual distribution of flowers and compost.
- Planting with residents or groups.
- Organization of environmental workshops and conferences
- Raising awareness and sharing environmental information with residents and projects, notably in regards to residual materials (3RVC), urban agriculture, preservation and proliferation of biodiversity, water conservation, rainwater management and soil infiltration, adaptation and the fight against climate change, active transport and urban planning.
- Participation in the Opération populaire d'aménagement (OPA) Committee of Pointe-Saint-Charles.

FOR WHOM

- Residents, community groups, businesses and institutions in Pointe-Saint-Charles, Little-Burgundy, Griffintown, Saint-Henri, Ville-Émard and Côte-Saint-Paul.

CONTACT DETAILS

 255, avenue Ash
Montréal H3K 2R1

 (514) 872-0122

 info@ecoquartiersudouest.com

 www.ecoquartiersudouest.com

 /ecoquartiersudouest

Prévention Sud-Ouest

Prévention Sud-Ouest works to reduce crime rates by getting residents involved and by putting preventative measures in place to improve the quality of life and safety of the population. It works in partnership with other local actors, whether institutional or community-based, in order to encourage social cohesion, volunteer engagement, and job creation.

ACTIVITIES & SERVICES

- Youth: Various activities in primary and secondary schools (conflict resolution, bullying, positive choices, developing healthy relationships, cyberbullying, Internet safety, etc), Red Cross Gardiens Avertis training, personalized follow-up with criminalized or vulnerable youth.
- Women: Activities à la carte (street, metro and bus trips, handbag security, etc), exploratory walks.
- Seniors: Intervention de milieu pour aînés vulnérables (ITMAV) for the Saint-Henri and Little Burgundy neighborhoods, discussions on preventing fraud abuse and violence towards elderly people.
- For all: Urban mediation service, prevention of break-ins and thefts from and of vehicles, safety planning and awareness activities.

CONTACT DETAILS

 6000, rue Notre-Dame Ouest
Montréal H4C 3K5

719, rue des Seigneurs
Montréal H3J 1Y2

 (514) 761-4151

 info@psotm.org

 www.prevention-sud-ouest.com



Madame Prend Congé

Madame prend congé is a gathering place where women can express themselves, share and feel less alone. It is a place that encourages friendship and support among women through fun and humour with the goal of improving their living conditions. MPC works, in different ways, to break isolation, to fight against poverty and violence and to promote the equality of women in society.

ACTIVITIES & SERVICES

- Welcomes women who want to chat and have a coffee.
- Discussions on different subjects.
- Listening, referrals, information.
- Workshops: self-awareness, coffee-chats, physical and mental health, creativity, etc;
- Free daycare for participants.
- Free access to computers and the internet.
- Use of telephone, photocopier, fax, scanner.
- Thrift store: at 1900, Grand Trunk.

FOR WHOM

- All women.

CONTACT DETAILS

📍 1950, rue Grand Trunk, #110
Montréal H3K 1M3

☎ (514) 933-2507

✉ info@madameprendconge.com

🔗 www.madameprendconge.com

f /MadamePrendCongeCentreDeFemmes-DePointeSaintCharles



Centre africain de développement et d'entraide (CADE)

CADE is a community organization that helps Africans, particularly Congolese people, better integrate into the host society and deal with post-migratory culture shock. Its mission extends to people of any origin who are interested in socioeconomic development and harmonious coexistence in Pointe-Saint-Charles, Quebec and Canada.

ACTIVITIES & SERVICES

- Welcome and referrals: accompaniment of immigrants and refugees in the local society.
- Education program: workshops hosted in schools and other institutions on different subjects related to integration and racism.
- Promotion of the needs and interests of immigrants: celebrations for of national holidays and the Pointe-Saint-Charles intercultural festival.

FOR WHOM

- Everyone in the neighbourhood, in particular Africans and more specifically Congolese people.

CONTACT DETAILS

📍 2390 rue de Ryde, Suite 202
Montréal H3K 1R6

☎ (514) 528-6032

✉ centreafricaindeveloppement@gmail.com

🔗 www.lecade-web.org



AdoZone Maison des jeunes

It is a lively gathering place where young people aged 11-18 years spend time with positive adult role models and become active, critical, autonomous and responsible citizens. Youth participate in activities and get involved in projects, and they are encouraged to play an active role in decision-making and choosing activities. The animators encourage them to question their environment and their choices without judgement. They also help youth develop critical thinking skills and an openness to the world while helping them discover new interests.

ACTIVITIES & SERVICES

- Sports: Floor hockey, soccer, skating, cycling, obstacle courses, etc.
- Prevention/Awareness: Discussions and activities on sexuality, social issues, drugs, LGBTQIA2+ challenges, love, family relations, food, differences and tolerance, self-esteem, etc.
- Recreation: Billiards, ping pong, foosball, board games, movie nights, improv, DIY, video editing, singing, DragQueens classes, etc.
- Group outings: Beach, trips, la Ronde, sugar shack, apple picking, etc.
- Democracy and civil rights: Youth council, board of directors, AGM.
- Individual support: Pre-employability, help with homework, listening.
- Personal and Social Development: Cooking classes, art workshops, self-financing activities, Girls Squad, personal development workshops etc.

FOR WHOM

- Young people aged 11 to 18.

CONTACT DETAILS

 1850, rue Grand Trunk
Montréal H3K 1M3

 (514) 937-9655

 adozonepsc@videotron.ca

Autisme sans limites

Autisme sans limites works towards the fulfillment, health and social inclusion of young adults with autism with high levels of cognitive and social functioning. It offers them a variety of programs to meet a range of their needs.

ACTIVITIES & SERVICES

- Clubs: Groups where you can develop new relationships, become part of a community, and enjoy great social experiences: board games, movie nights, various workshops (humor, writing, photography, astronomy, chess, birdwatching, reading, knitting, etc.), relationship workshops.
- Well-being: Programs and activities to develop healthy lifestyle habits, take care of your physical and mental health, maintain your balance, meet your personal challenges and continue to evolve: yoga, physical and outdoor activities, visual art and creation, dance and theater, cooking and healthy eating habits.
- Life projects: Programs to help you develop your independence, your potential and your employability: lectures, interviews and visits to help you better understand your society and rub shoulders with its key players, explore different workplaces and try out different trades.

FOR WHOM

- Young adults with autism and high levels of cognitive and social functioning, aged 18 to 35.

CONTACT DETAILS

 151, avenue Atwater
Montréal H3J 2J4

 (514) 966-5685

 info@autismesanslimites.org

 www.autismesanslimites.org

Carrefour jeunesse-emploi du Sud-Ouest de Montréal (CJESO)

Carrefour Jeunesse-Emploi du Sud-Ouest de Montréal is a service of the Regroupement économique et social du Sud-Ouest (RESO). It supports youths and young adults aged 16 to 35 in their employment, training and entrepreneurial processes by offering free individual or group services.

ACTIVITIES & SERVICES

- Personalized support:
 - Job search and return to school.
 - Academic and professional information.
 - Career change.
 - Review of career path.
 - Youth entrepreneurship.
- Would you like to:
 - Find a job, training or an internship?
 - Go back to school?
 - Participate in a youth project?
 - Start a project?
 - Get information or help to better achieve your life project (personal choice or career change)?

Come meet us or contact us!

FOR WHOM

- Young people aged 16 to 35 living in the South-West, regardless of where they are in their personal and socio-professional development.

CONTACT DETAILS

 3181, rue Saint-Jacques, Suite 100
Montréal H3K 1G7

 (514) 934-2242

 info@cjeso-mtl.org

 cjeso-mtl.org

 /cjeso

Centre de la petite enfance de Pointe-Saint-Charles

The centre offers bilingual educational daycare. It can accommodate a total of 160 children, including 20 infants (6-18 months) and 140 children between the ages of 18 months and 5 years.

To register your child on our waiting list, contact the Coopérative Enfance-Famille at 514 270-5055.

ACTIVITIES & SERVICES

- The goal of their activities is to ensure the optimal development, wellbeing, health and safety of children. We aim to apply the HighScope educational program, which is at the cutting edge of research in educational activities for children in daycare services located in more disadvantaged areas.

FOR WHOM

- Children between 6 months and 5 years, primarily residents of Pointe-Saint-Charles.

CONTACT DETAILS

 237 and 255, avenue Ash (YMCA offices)
Montréal H3K 2R1

 (514) 935-8224

 info@cpepsc.com

 www.laplace0-5.com



Centre de la petite enfance Les Enfants de l'avenir

The Centre de la petite enfance Les Enfants de l'Avenir Inc. is a non-profit corporation incorporated under Part III of the Companies Act, subsidized by the Ministère de la Famille (MFA). It holds an operating permit for 104 places in two facilities. The first facility accommodates 80 children on a full-time basis, including 10 infants aged 3 months to 18 months and 70 children aged 18 months to 5 years. The second facility accommodates 24 children also on a full-time basis aged 18 months to 5 years. It recognizes children's right to live their lives as children and believes that children develop and learn through play.

To register your child on our waiting list, you must register online at the La place 0-5 website (www.laplace0-5.com).

ACTIVITIES & SERVICES

- Open Learning program, stimulating the overall development of the child, according to their age and pace.
- Theatre, cooking, singing, yoga, gardening, etc.
- Languages of service: French, English and Spanish.
- Language of work: French.

FOR WHOM

- Children aged 3 months to 5 years in Pointe-Saint-Charles.

CONTACT DETAILS

📍 1945, rue Mullins, Suites 50 and 180
Montréal H3K 1N9

☎ (514) 932-9336

✉ direction@cpedelavenir.ca

🔗 www.cpelesenfantsdelavenir.ca



Familles en action

This organization allows families from the neighborhood and surrounding areas to get involved and invested in order to improve their personal, familial, economic and social wellbeing. In a welcoming environment, parents can meet other parents, share their parenting experiences, have enjoyable moments with their children, take a break and find concrete solutions to problems they might be dealing with.

ACTIVITIES & SERVICES

- Coffee-chats.
- Parent-child stimulation workshops: Ouistitis 0-12 months, Éléphanteaux 12-24 months and Gazelles 2-4 years.
- Program for young families: workshops and activities with babies or toddlers.
- Daycare for member families.
- Community activities and family outings year-round.
- Summer and winter camp.
- Free thrift shop for children aged 0-6 (and maternity/newborn accessories).

FOR WHOM

- Families from the neighborhood and the South-West.
- Children aged 0 to 6 (0-17 for outings and camps).

CONTACT DETAILS

📍 1915, rue du Centre
Montréal H3K 1J1

☎ (514) 932-6373

✉ famillesenaction@videotron.ca

f /groupefamillesenaction

Autism House

Autism House is a non-profit organization that helps young adults and teenagers with autism in Montreal and Quebec make the transition to independent adulthood. Through an experienced multidisciplinary team, it offers support services, courses and specialized activities based on educational and hands-on experiential learning, always keeping the individual at the heart of the process.

ACTIVITIES & SERVICES

- Weekly support groups.
- Weekend social activities.
- Budgeting courses.
- Webinars.
- Social groups for teenagers.
- Group occupational therapy and follow-up.
- Project to build specialized housing.
- Volunteering opportunities.

FOR WHOM

- Teenagers, young adults and/or adults of all ages, depending on the activity.

CONTACT DETAILS

 4710, rue Saint-Ambroise, #309B
Montréal H3K 3E6

 (514) 231-7093

 patrick@laisondelautisme.ca

 www.laisondelautisme.ca

 /laisondelautismeautismhouse



L'Auberge communautaire du Sud-Ouest

L'Auberge is a resource that fights against poverty, social exclusion and the despair of homeless youth. It works to improve everyday living conditions of homeless youth through mutual aid and cooperation.

ACTIVITIES & SERVICES

- Housing: 20 individual rooms available for a stay of up to 1 year; offers a warm welcome, a home, and a springboard toward taking action and learning.
- Programme l'Envol: 38 affordable apartments in 6 homes to which young people have access once they have stabilized their situation. They can also receive support to encourage their growth as an individual and as a responsible citizen in their own right.
- Association de l'Auberge communautaire du Sud-Ouest: brings together youth, alumni, volunteers and employees to break isolation, build networks and pool our strengths.

FOR WHOM

- Young men and women between the ages of 18 and 29 experiencing difficulties, whether they are homeless or at risk of homelessness.

CONTACT DETAILS

 5947, boulevard Monk
Montréal H3K 3J3

 (514) 768-4774

 direction@laubergecommunautaire.org

 www.laubergecommunautaire.org

Press Start

The youth-led cooperative arcade Press Start began at Saint-Columba House, following a year-long process to reflect about youth programming and the needs of young people in Montreal's Pointe-Saint-Charles community. Press Start's mission is to provide young people in Pointe-Saint-Charles and surrounding neighborhoods with a space to build community and develop as individuals, and where young people can develop a variety of useful skills and work together to make changes in their communities.

ACTIVITIES & SERVICES

- A youth-run arcade.
- Paid training and mentoring based on anti-capitalist and anti-oppressive values.
- Artistic activities to explore racial and environmental justice (collective mural creation projects, annual events such as Hip Hop as Resistance, storytelling, etc.).
- Indigenous solidarity work.
- Workshops for queer and racialized youth.
- Up-cycling workshops.

FOR WHOM

- Our programming is primarily aimed at young people. However, the arcade and most of our events are open to all.

CONTACT DETAILS

 1900, rue Le Ber
Montréal H3K 2A4

 (514) 318-2280

 pressstart.psc@gmail.com

 www.pressstartpsc.wixsite.com/pressstart

 /PressStartPSC



IMF Project

The IMF Project aims to build links between families, the community and elementary schools in the neighborhood to join forces in the pursuit of fostering the success of young people and creating inclusive living environments.

ACTIVITIES & SERVICES

- Discussion workshops for parents.
- Awareness workshops for young people and their parents.
- Family activities and events.
- Accompaniment and support for parents during their children's educational process.
- Collaboration with elementary schools and participation at school councils.
- French courses for parents with the Centre de ressources éducatives et pédagogiques.
- Information and referrals for families, community groups and neighbourhood schools.

FOR WHOM

- Families.
- Community groups.
- Elementary schools of Pointe-Saint-Charles.

CONTACT DETAILS

📍 2390, rue de Ryde, Suite 203
Montréal H3K 1R6

☎ (514) 884-4369
(514) 895-9251

IMF staff: Wisely Louis

✉ wisely@actiongardien.org

f Wisely Intervenante Milieu-Famille

IMF staff: Ahlia Mathura

✉ ahlia@actiongardien.org

f Ahlia Intervenante Milieu-Famille



Travail de rue action communautaire (TRAC)

The TRAC's mission is to provide ongoing support for people aged 12 and over through general street intervention and daily presence in community spaces. Its goal is to promote the well-being of people living in precarious situations or experiencing social isolation.

TRAC operates in Verdun, VECSP, PSC, St-Henri and Lachine/St-Pierre.

ACTIVITIES & SERVICES


General street intervention (ages 12 and up)

- Providing information on topics of concern to young people, without judgment or advice. The people reached make their own decisions.
- Personalized referrals, support, information, etc.
- Voluntary and confidential approach based on egalitarian relationships.

STI (18 years and over)

- Fixed site in Verdun: sterile equipment and contraceptives, and harm reduction associated with drug use and unprotected sex. It is a place where people are welcomed, listened to, accompanied, informed and referred according to their needs.
- STI intervention worker: presence in people's living environment, distribution and disposal of prevention materials, referrals, information and support for people in their efforts.

CONTACT DETAILS

 75, rue Square-Sir-Georges-Étienne-Cartier,
Suite 212
Montréal H3K 3A1

 (514) 939-2122

 info@letrac.org

 www.letrac.org

YMCA de Pointe-Saint-Charles

The YMCA of Quebec's mission is to inspire and engage every individual to fulfill themselves, flourish, and contribute to their community. The organization's core values are kindness, inclusion, solidarity, courage, performance, and respect. Since 1979, the Pointe-Saint-Charles YMCA serves the South-West and works in close collaboration with schools, the City of Montreal, and several neighbourhood groups.

ACTIVITIES & SERVICES

- 4-5 years: Prescogym in 4 schools in the South-West.
- 6-12 years: After school: Student success program for elementary school children at Jeanne LeBer school.
- 12-17 years: Zone Jeunesse; sports, arts and cultural activities (basketball, board games, homework help, etc.).
- 12-17 years: Passeport pour ma réussite: Provides the resources and support needed to earn a high school diploma.
- 12-17 years: Alternative Suspension program: school dropout prevention.
- Community support in social housing at the following HLMs: Alexandra, Dublin, Fortune and Augustin-Cantin.
- Summer day camp 5-12 years. Classic Camp 5-12 years old \ Camp Energik 9-12 years old \ Companions Program 9-12 years old.

FOR WHOM

- Youth.
- HLM residents.

CONTACT DETAILS

 255, avenue Ash
Montréal H3K 2R1

 (514) 935-4711

 info.pointe-saint-charles@ymcaquebec.org

 www.ymcaquebec.org

 /ymcapsc

Bâtir son quartier

Bâtir son Quartier is a social economy enterprise that coordinates the development of community housing projects in order to create supportive living spaces for households with low and medium incomes. Since 1976, it has completed 464 cooperative or non-profit projects totalling more than 15 300 housing units on the Island of Montreal, in addition to numerous daycare projects, community centres and infrastructure for social economy enterprises.

ACTIVITIES & SERVICES

- Accompaniment for organizations and citizens' groups in the development of their cooperative or non-profit real estate project.
- Establishment of cooperatives and non-profit housing.
- Accompaniment and training in associative, real estate and financial management.
- Needs assessment.
- Site search and real estate negotiation.
- Feasibility studies, financing and accounting.
- Coordination of budgets and production deadlines.
- Follow-up with donors and professionals in the real estate and construction sectors.

FOR WHOM

- People and households with low/modest incomes looking for adequate housing.
- Community groups with a real estate project to bring to life.

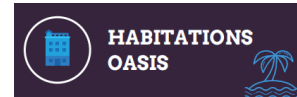
CONTACT DETAILS

 2155, rue Saint-Patrick
Montréal H3K 0B9

 (514) 933-2755

 grt@batirsonquartier.com

 www.batirsonquartier.com



Habitations Oasis de Pointe-Saint-Charles

The mission of Habitations Oasis de Pointe-Saint-Charles is based on the principle that housing is a central determinant of health and well-being.

It provides affordable housing for people with mental health problems, low incomes, and unstable housing situations. It also offers a range of community support services regarding permanent housing.

ACTIVITIES & SERVICES

- Welcome, listening, support and referral.
- Socialization, leisure and personal growth activities.
- Assistance with budget management, advocacy, access to healthcare services, return to work or school, etc.

FOR WHOM

- People with low incomes, at risk of homelessness and affected by a mental disorder or mental health difficulties.

CONTACT DETAILS

 2035, rue du Centre, Suite 7
Montréal H3K 1R6

 (514) 939-3781

 habitationsoasis@videotron.ca



Regroupement Information Logement (RIL)

Run by residents of the neighborhood, the RIL aims to improve living and housing conditions in the neighborhood by empowering tenants. Through these initiatives, the RIL seeks to curb the effects of gentrification in the Pointe and ensure that the population can stay in their neighbourhood.

To achieve its objectives, the RIL works in collaboration with the Société d'amélioration de Pointe-Saint-Charles (SOCAM) and Bâtir son Quartier to develop community housing that meets the needs of neighborhood residents.

ACTIVITIES & SERVICES

The RIL defends and promotes tenants' rights through the following activities:

- Tenant advocacy.
- Reception, referral and information.
- Facilitation of housing workshops.
- Active monitoring of the housing situation.
- List of applicants for cooperatives and non-profit housing (the Projet Saint-Charles).

FOR WHOM

- Tenants in Pointe-Saint-Charles.

CONTACT DETAILS

 1945, rue Mullins, Suite 100
Montréal H3K 1N9

 (514) 437-8822

 info@rilpsc.org

 www.rilpsc.org

 /RILPSC



Action Santé

Action-Santé acts as a self-help and support group for people living with mental health difficulties, depression and isolation. The centre is a space committed to welcoming, listening and sharing.

ACTIVITIES & SERVICES

- Support and mutual help.
- Community meals.
- Individual and group interventions.
- Discussions; active listening.
- Recreational activities, outings, etc.

FOR WHOM

- The adult population of Pointe-Saint-Charles and Montreal.

CONTACT DETAILS

 2423, rue Wellington
Montréal H3K 1R6

 (514) 933-5771

 action-sante@videotron.ca

 www.actionsantepsc.org

Pointe-Saint-Charles Community Clinic

The Clinic is a community organization that serves as the CLSC for the Pointe-Saint-Charles neighbourhood. It offers health and social services, while taking preventative action and directly addressing the causes of sickness. Its goal is to bring citizens together in order to improve their health conditions, both in the short and long terms.

Its board of directors is constituted of neighbourhood residents elected during the annual general assembly. At the heart of its operations is the conviction that health is an essential, collective and non-negotiable right! The Clinic represents the health and solidarity of a neighbourhood.


ACTIVITIES & SERVICES

- Medical care, nursing, psychosocial support, mental health, home care, vaccination, sexual health, pre-natal courses, breastfeeding, dental hygiene in schools, needle exchanges resources and referrals, community development, etc.
- You can also get involved in various Clinic committees and actively build collective power working to improve the population's health and living conditions.

FOR WHOM

- People of all ages living or working in Pointe-Saint-Charles.

CONTACT DETAILS

 500, avenue Ash
Montréal H3K 2R4

1955, rue du Centre
Montréal H3K 1J1

 (514) 937-9251

 information@ccpsc.qc.ca

 www.ccpssc.qc.ca

 /CliniqueCommunautairePSC



Projet suivi communautaire (PSC)

The organization is an alternative mental health resource offering individual community follow-up care services in the South-West of Montreal. It aims to develop people's autonomy and ensure their wellbeing. As part of a personalized treatment plan, the individual is accompanied while respecting their self-identified needs. Services are available in English and French.

Application forms are available on the website or by telephone. Possibility of self-referral for support services.

ACTIVITIES & SERVICES

- Support services: psychosocial support to help people develop skills related to their mental health.
- Integration services: community follow-up to support people that wish to integrate into housing and community life (the territory served by this service also includes certain sectors of the West Island of Montreal).

FOR WHOM

- Adults with mental health issues with or without a diagnosis.
- Population of Verdun, Lasalle, Ville-Émard, Côte-St-Paul, Pointe-Saint-Charles, Lachine, St-Henri, Little Burgundy.

CONTACT DETAILS

 2145, rue Saint-Patrick, Suite 219
Montréal H3K 0C1

 (514) 366-0891

 intervenants@projetsuivicommunautaire.com

 www.projetsuivicommunautaire.com

Midwives of the Pointe-Saint-Charles Community Clinic

Midwives are autonomous professionals who, like family doctors, are part of the front line of Quebec's public healthcare system. They are responsible for comprehensive maternity follow-ups, within a global approach based on continuity of relationships and care.

All services are covered by the Régie de l'assurance maladie du Québec (RAMQ).

ACTIVITIES & SERVICES

- Complete follow-up from the beginning of pregnancy to 6 weeks after birth for the mother and the baby.
- Information meetings about services offered.
- Analyses and tests during follow-up (ultrasounds, blood and urine tests, prenatal screening, Pap test, etc.).
- Prenatal group classes.
- Home birth or hospital births available (St. Mary's Hospital and LaSalle Hospital), as well as at the birthing center when it opens.
- Home visits after birth.
- Breastfeeding support.

FOR WHOM

- For all pregnant women and people in southwest Montreal.

CONTACT DETAILS

 1955, rue du Centre
Montréal H3K 1J1

 (514) 937-9251, ext. 6258

 www.ccpssc.qc.ca/fr/ssf

Other useful contacts

In addition to the resources listed in the directory, here are some other contacts that might interest you:

Emergency resources

Emergencies (police, fire, ambulance): 9-1-1

Info-Santé (health): 8-1-1

Aide juridique de Montréal (law, rights): (514) 864-2111

Alcoholics Anonymous: (514) 376-9230

Poison Control Centre: 1 (800) 463-5060

Information and Referral Center of Greater Montreal:
(514) 527-1375

Montréal Sexual Assault Centre (CVASM): (514) 933-9007

Director of Youth Protection (DYP): (514) 896-3100

Drugs: Help and Referral (DAR): (514) 527-2626

Écoute Entraide (emotional help): (514) 278-2130

Grossesse-Secours (pregnancy): (514) 271-0554

Interligne (sexual orientation and gender diversity):
(514) 866-0103

Gambling: Help and Referral: (514) 527-0140

Youth Help Phone: 1 (800) 668-6868

Ligne Parents (parents): 1 (800) 361-5085

Maisons d'hébergement pour femmes: (514) 878-9757

SOS Violence conjugale (domestic violence):
1 (800) 636-9010

Tel-Écoute (emotional help): (514) 493-4484

Tel-Aide emotional help): (514) 935-1101

Tel-Jeunes (youth): 1 (800) 263-2266

Tel-Aînés (seniors): (514) 353-2463

Suicide Action Montréal: 1 (866) 277-3553

Urgence dépendance (substance dependency): (514) 288-1515

Emergency Shelters and Day Centres

En Marge 12-17 (mineurs): (514) 849-7117

The Native Women's Shelter of Montreal: (514) 933-4688

L'autre maison (pregnancy): (514) 768-7225

The Benedict Labre House: (514) 937-5973

Le Bunker (12-22 years): (514) 524-0029

Le Centre L'Entre-Toit (men, mental health, drug use, legal
files): (514) 846-3202

Maison Passages (women 18-30 years): (514) 875-8119

Le Refuge des Jeunes de Montréal (men 17-25 years):
(514) 849-4221

PasserElle: (514) 939-0512

Food Aid

The Salvation Army: (514) 288-2848

Église Saint-Charles: (514) 932-5335

Welcome Hall Mission: (514) 523-5288

Mission of the Great Shepherd: (514) 933-9608

St. Gabriel's Church: (514) 937-3597

Culture, Sports and Leisure

Aces football: (514) 714-2040

Club aquatique du Sud-Ouest (CASO): (514) 802-7442

Hockey Sud-Ouest (HSO): hso.inscriptions@gmail.com

High Schools

James Lyng Adult Education Center: (514) 846-0019

Monseigneur-Richard High School: (514) 765-7666

Saint-Henri High School: (514) 596-5970

Elected Officials

Sud-Ouest Borough hall: (514) 872-6814

Federal deputy: (514) 496-4885

Provincial deputy: (514) 933-8796

Environment

Écocentre LaSalle: (514) 872-0384

Recyc-Québec: (514) 352-5002

Daycares

Louis-Riel Daycare Center: (514) 931-2263

Beaujeau Daycare: (514) 932-9191

Centre pour enfants Namasté: (514) 935-7123

Immigration

Centre social d'aide aux immigrants (CSAI): (514) 932-2953

Comité d'éducation aux adultes (CÉDA): (514) 596-4422

Housing

Office municipal d'habitation de Montréal (OMHM):
(514) 872-6442

Pharmacies

Brunet: (514) 933-6758

Familiprix: (514) 933-6766

Carole Cyr Pharmacy: (514) 303-1870

Government Services

Borough Le Sud-Ouest: (514) 872-0311

Bureau Accès Montréal: (514) 872-0311

Government of Canada (Service Canada): (514) 522-4444

Government of Québec (Service Québec): (514) 644-4545

Service Quebec, Sud-Ouest Office: (514) 864-6646

Neighbourhood police (15): (514) 280-0115

City of Montréal: 3-1-1

Work and Employment Services

Au bas de l'échelle (civil rights advocacy): (514) 270-7878

CLE (Local employment centre): (514) 872-6426

CNESST (labour standards): 1 (844) 838-0808

Comité chômage de Montréal (unemployment):
(514) 933-5915

Groupe Paradoxe (job reinsertion programs): (514) 931-5204

Secondhand Items

Église Saint-Charles: (514) 932-5335

Mission of the Great Shepherd: (514) 933-9608

Other Contacts

Maison Saint-Gabriel: (514) 935-8136

Commercial development corporation (SDC):
fblouin@acpsc.ca



ACTION-GARDIEN
CDC de Pointe-Saint-Charles



Centre Lorne

2390 rue de Ryde, suite 203
Montréal (QC)
Canada, H3K 1R6



514 509-0795

www.actiongardien.org