

Community Resources Guide

Pointe St. Charles

at your fingertips

2018 edition



ACTION-GARDIEN

CDC de Pointe-Saint-Charles

There are plenty of resources in your neighbourhood!

You are holding a tool that will allow you to easily find the community and institutional resources available in your neighbourhood.

This directory includes a description of community organizations and their partners, a map to help you locate them, a list of useful contacts and some empty pages for taking notes.

We look forward to meeting you in the groups of Point St. Charles!

The members of Action-Gardien



ACTION-GARDIEN

CDC de Pointe-Saint-Charles

Action-Gardien is the gathering of community organizations of the Point St. Charles neighbourhood.

Since 1981, Action-Gardien is the tool that the organizations have put together for information, sharing their experiences, and working together on issues that influence the living conditions of citizens.

Our neighbourhood community organizations are places where citizens can exert their collective power and take action on the issues that touch them directly : health, housing, income, education, justice, food, heritage, culture, living conditions for young people, families, women, the elderly, etc.

Action-Gardien represents the will of the organizations and the population of Point St. Charles to take control of the future of their neighbourhood, with a focus on the defense of rights.



2390 Ryde, office 203
Montreal H3K 1R6



(514) 509-0795



info@actiongardien.org



www.actiongardien.org

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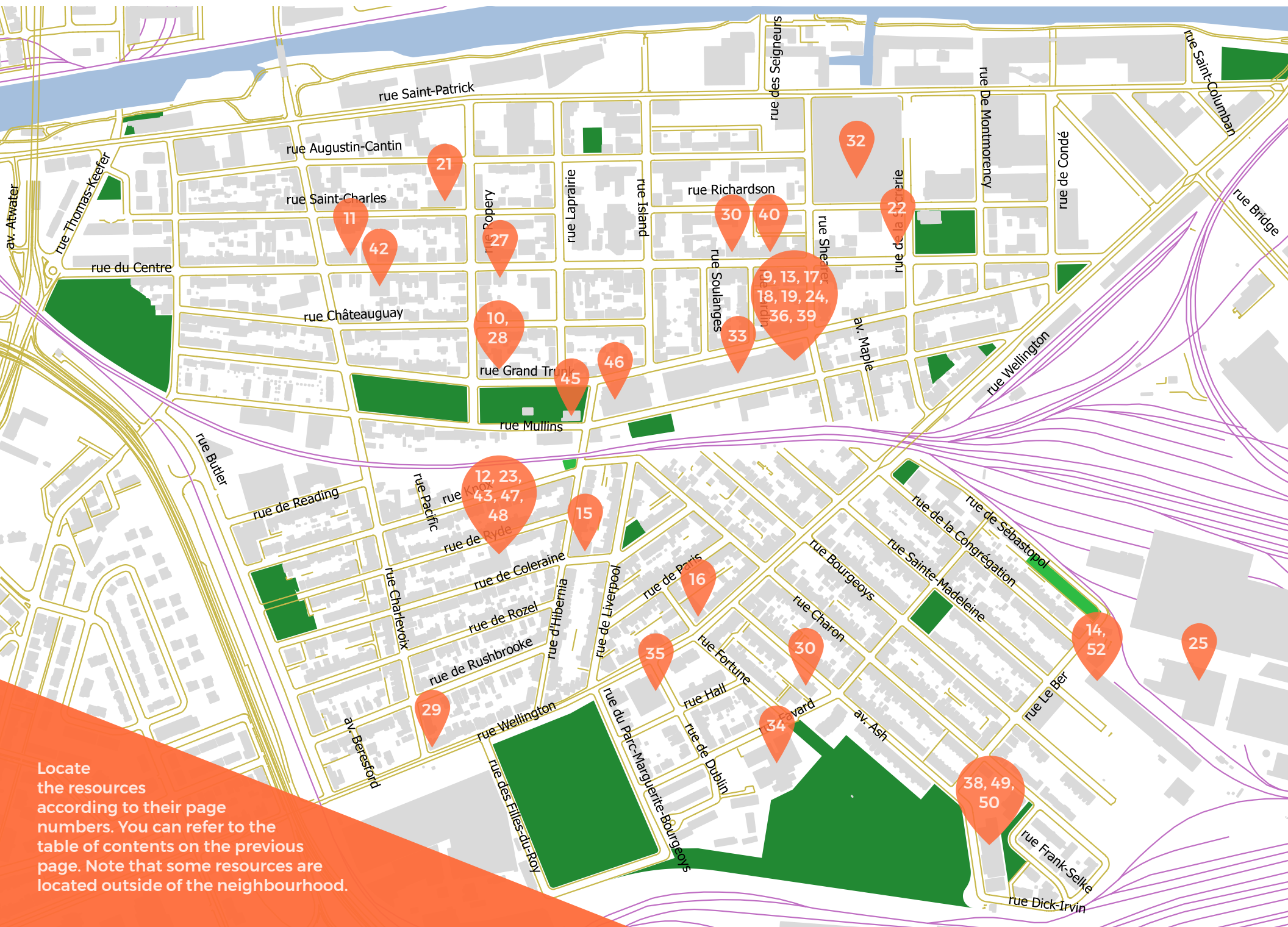
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Association coopérative d'économie familiale (ACEF) du Sud-Ouest de Montréal

The Association coopérative d'économie familiale du Sud-Ouest de Montréal works actively in the defense of consumer rights with the goal of promoting greater social justice. They intervene in matters of budget, debt and spending by offering various information and training activities.

Activities

- Courses on budgeting
- Debt solutions workshops
- Individual budget consultations
- Training on intervention, poverty and prejudices (for intervention workers)
- Workshops for organizations

For who

Anyone dealing with budgetary or spending difficulties, living in the territory served by the ACEFSOM.



6734 boulevard Monk, second floor
Montreal H4E 3J1



(514) 362-1771



acefsom@consommateur.qc.ca



www.consommateur.qc.ca/acef-som/



Comité des personnes assistées sociales (CPAS)

The Comité des personnes assistées sociales works for the improvement of living conditions and for the defense of rights of people on Social Assistance, the unemployed and people with low income.

Activities

- Information and training on the laws, regulations and the procedures related to social assistance
- Free consultation service for Social Assistance files accompanying to meetings
- Coffee-chats for information and mobilisation
- Information on available resources
- Subsidised outings, community projects
- Tax Clinic in March and April
- Community meal once a month
- Organisation and participation in demonstrations to demand social rights

For who

People of any age with low incomes and people on Social Assistance.



1945 rue Mullins, office 100
Montreal H3K 1N9



(514) 931-6025



info@cpas-psc.ca



/cpascoordo/



Comité des sans-emploi (CSE)

The CSE brings together the unemployed, people receiving government assistance and the working poor for the defense and promotion of their rights and their collective interests. It participates in initiatives and campaigns to amend and change legislation for the benefit of their members and users. It works in collaboration with the Welfare Rights Committee in order to offer bilingual services.

Activities

- Services for the defense of individual rights : information, accompanying, representation for questions related to Social Assistance
- Monthly community dinners : after the free hot dinner, there is a public meeting touching on various aspects of Social Assistance or other subjects affecting people who are unemployed or in precarious employment
- Coffee-chats : various selected topics
- Social and Cultural Activities : musical evenings to bring together the different generations and cultural communities of the neighbourhood

For who

The information and case services are for neighbourhood residents. The public activities are free and open to one and all.



2365 rue Grand Trunk
Montreal H3K 1M8



(514) 932-5916



csepsc@yahoo.ca



www.comitesansemploipsc.blogspot.com

Services juridiques communautaires de Pointes-Saint-Charles et Petite-Bourgogne

The Services juridiques communautaires, a non-profit organization and local legal aid center, works for the defense and recognition of peoples' rights. Here, citizens can obtain the services they need to know and defend their rights, whether it is related to family, economic, social, civil, etc.

Activities

- Basic information services on our rights
- Meetings for information and education on different legal topics are available for groups upon request
- Consultations, legal counsel and representation before the courts in civil, family, administrative and social matters

For who

In priority for the citizens and organizations of Point St. Charles and Little Burgundy. The services covered by the Law on legal aid are reserved for people financially eligible per the criteria of the Law.



2533 rue du Centre
Montreal H3K 1J9



(514) 933-8432



servjur@bellnet.ca



www.servicesjuridiques.org



Welfare Rights Committee (WRC)

This organization works for the promotion of the rights and interests of people in situations of poverty, through public education, active involvement of its members, mobilisation and organisation. It aims for social change and the adoption of policies that favour 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 for the defense of individual rights : information and accompanying for questions pertaining to social assistance or other related programs
- Coffee-chats and information sessions : discussing various aspects of Social Assistance, other social programs or even current events, campaigns in progress or planned collective actions
- Community dinners followed by public assemblies : information and exchange of ideas on questions of community interest
- Social and cultural activities : musical evenings that help bring together people of different generations or ethnicities

For who

Bilingual for residents of Point St. Charles and in English for residents of the greater South-West of Montreal. The public activities are free and open to one and all.



2390 rue de Ryde, office 204
Montreal H3K 1R6



(514) 445-5321



wrc_swm@yahoo.com



www.welfarightscommittee.blogspot.com

Club populaire des consommateurs de Pointe-Saint-Charles

The Club populaire des consommateurs is an autonomous community organization that has been run by its members and volunteers for over 40 years. Very active in food security to fight against poverty and social exclusion, the Club makes it easier to have access to healthy, varied and affordable food. It works for the improvement of the social, economic and health conditions of the citizens of the neighbourhood through public education, defense of rights and political action.

Activities

- Collective gardens : urban gardening in groups, with the work and harvests shared amongst participants, a place to meet and learn; workshops and outings to the greenhouse
- Community and collective kitchens : discovering recipes, sharing food and costs, the joy of cooking and eating together, access to healthy and affordable meals (from \$1-\$2/portion)
- Themed workshops : bread, soup, tourtière, jams, cookies, baby food, kefir/kombucha, herbalism, seeds
- Collective Grocery : more than 300 products; fresh fruits and vegetables, meats, eggs, milk, cheese, jams, rice, pastas, flour, honey, spices, nuts, snacks. Calendar available on site
- Collective Markets : fresh fruits and vegetables at affordable prices

For who

Open to everyone in the neighbourhood, with priority given to people with low income or living in precarious situations.



1945 rue Mullins, office 30
Montreal H3K 1N9



(514) 445-5321



accueil.club.populaire@gmail.com



/club.populaire.des.consommateurs/



Le Détour Épicerie autogérée

Le Détour obtained its charter as a non-profit organization in November 2016. Since 2015, the promoters have worked to bring this neighbourhood grocery store to life as part of the Bâtiment 7 project at the corner of Sainte-Madeleine and Leber.

The mission Le Détour grocery aims to fill a food desert by collective action. Of libertarian inspiration and profoundly revolutionary, it remains nonetheless an open and inclusive project, aspiring to reach out to everyone wishing to participate in the collective management of our food, regardless of socio-economic environment or political affiliation.

The grocery will be in operation as of April 2018.

Activities

Le Détour wants to offer to its members and to the community :

- The healthiest and most affordable foods possible, by supporting shorter circuits (local producers)
- Information allowing for the best possible food choices
- Reflections on our relationship with food

For who

Le Détour works on the principle of direct participation by its members. To be a member all you have to do is agree with the goals of the store and give 3 hours a month as a volunteer.



1900 rue Le Ber
Montreal H3K 2A5



(514) 963-1028



ledetour_psc@riseup.net



www.epicerieledetour.org



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 our collective activities.

Activities

- Food baskets
- Thrift store
- Cooking workshops
- English courses
- Community dinners
- Cultural outings

For who

People living with low income and in the neighbourhoods of Point St. Charles, Saint-Henri and Little-Burgundy.



2221 rue Coleraine
Montreal H3K 1S2



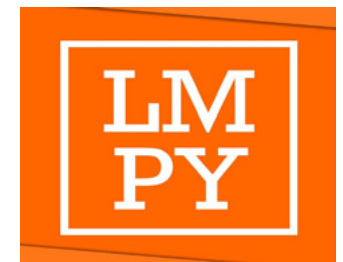
(514) 935-9846



slavigne@lmpy.ca



www.lmpy.ca



Share the Warmth

Our mission consists of spreading hope and dreams so that all can eat, learn, grow and work. Our programs fall into 3 main categories: food, the development of young peoples' talents to fight against dropping out of school and job training.

Activities

Food

- Food bank: food baskets are given out 2 days/week (except the first week of the month)
- Distribution services for people with reduced mobility (\$1/adult)
- Café-boutique : healthy vegetarian meals (\$2 for members; \$4 for other residents)
- Cooking workshops and referral services

Young people

- Tutoring programs and scholarships for all levels
- Recreational activities at Share the Warmth or in the neighbourhood schools
- Music program

Job training

- Social economy project workshops allowing adults to get job training
- Boutique : small items and good quality used clothes

For who

Children, young people and families living in difficult situations.



625 rue Fortune
Montreal H3K 2R9



(514) 933-5599



info@partageonslespoir.ca



www.partageonslespoir.ca



Bâtir son quartier

Bâtir son Quartier is a social economy business 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 nearly 400 cooperative or non-profit projects totalling more than 11 500 housing units on the island of Montreal, in addition to numerous daycare projects, community centers and installations for social economy businesses.

Activities

- Accompanying of organizations and citizens' groups in the development of their cooperative or non-profit real estate project
- Establishment of housing cooperatives and NPO's
- Accompanying and training in associative, real estate and financial management
- Evaluation of needs
- 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 who

People and households with low or modest incomes looking for adequate housing and the community groups with a real estate project to bring to life.



1945 rue Mullins, office 120
Montreal H3K 1N9



(514) 933-2755



grt@batirsonquartier.com



www.batirsonquartier.com



Regroupement Information Logement (RIL)

Run by residents of the neighbourhood, RIL works for the improvement of housing conditions, the maintenance of the population in its environment and empowering citizens to take control of their living conditions and housing.

RIL works in collaboration with the Société d'amélioration de Point St. Charles (SOCAM) that buys and manages residential properties and offers management services to cooperatives and NPO's in the neighbourhood.


Activities


The Saint-Charles Project/Housing Committee fights for the defense and the promotion of tenants' rights in the public and private sectors :

- Defense of tenants' rights
- Animation of housing workshops
- Reception, referrals, information
- List of applicants for cooperatives and NPOs

For who

The population of Point St. Charles

 1945 rue Mullins, office 110
Montreal H3K 1N9

 (514) 932-7742

 infolog@rilsocam.org

 www.rilsocam.org



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

- 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 stores: 1960 and 1966 Centre

For who

All women

 1900 rue Grand Trunk, office 20
Montreal H3K 1N9

 (514) 933-2507

 carrefour.anim@csgm.qc.ca

 www.madameprendconge.com



Saint-Antoine 50+ Community Centre

This non-profit organization offers various programs and social services to the elderly and other adults, both in the center and elsewhere in the community. The center works to improve quality of life for the elderly.

Activities

- Friendly visits and phone calls
- Daily check-in calls
- Groceries
- Information sessions, information and referrals
- Accompanying to medical appointments
- Transportation
- Podiatry clinic
- Discussion group
- Workshops
- Physical exercise sessions
- Computer courses
- Textile arts
- Special events
- Birthday parties
- Day trips

For who

People 50+ years of age living in the neighbourhoods of Point St. Charles, Little-Burgundy, Saint-Henri, Verdun, Côte-Saint-Paul and LaSalle.



2338 rue Saint-Antoine Ouest
Montreal H3J 1A8



(514) 933-7351



rosemarys@centrestantoine.com



www.centrestantoine50plus.com



Centre des aînés de Pointe-Saint-Charles

Known prior to 2014 as the Point St. Charles Third Age Volunteer Service, the Centre des aînés aims to improve the quality of life of seniors aged 50+ years and promote their autonomy.

Its goal is to contribute to the wellbeing of seniors dealing with social, physical and economic vulnerability, as well as to support their loved ones to encourage their commitment.

Activities

- Social activities each week
- Accompanying to medical appointments
- Social companionship
- Friendly visits in their home
- Assistance with government forms

For who

Residents of Point St. Charles, 50 years and over



2431 rue Saint-Charles, office 1
Montreal H3K 1E6



(514) 933-5826



info@capstcharles.org



www.capstcharles.org

La Cité des Bâisseurs

This community housing project in Point St. Charles offers housing to people of 65+ years age wishing to retain their autonomy while still having access to a safe, warm environment.

This project comes from the Seniors' Center. La Cité des bâtisseurs is an autonomous organization with its own board of directors.

Activities

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

Service charges can apply.

For who

People aged 65+ years



1130 rue de la Sucrierie
Montreal H3K 0A6



(438) 383-3711



viacom@citedesbâisseurs.org



www.citedesbâisseurs.org



Centre africain de développement et d'entraide (CADE)

CADE is a community organization of integration into the local society, that helps Africans, particularly the Congolese, to better handle post-migratory culture shock. It extends its mission to people of any origin who are interested in the socio-economic development and harmonious integration in Point St. Charles, in Quebec and in Canada.

Activities

- Welcome and referrals : accompanying 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 needs and interests of immigrants : organisation of national holidays and the Point St. Charles intercultural festival

For who

Everyone in the neighbourhood, in particular Africans and more specifically Congolese



2390 rue de Ryde, office 202
Montreal H3K 1R6



(514) 528-6032



centreafricaindeveloppement@gmail.com



www.lecade.org



Cuisine-Atout Entreprise d'insertion

Cuisine-Atout accompanies adults dealing with exclusion, coming primarily 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 multi-faceted and personalized training program, including basic French and mathematics.

Activities

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 your job search
- Workplace internships

Economic activities

- Catering service
- Café Bistro

For who

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

Opening hours

Monday to Friday, from 8:00 a.m. to 4:00 p.m.



1945 rue Mullins, office 140
Montreal H3K 1N9



(514) 939-4080



info@cuisine-atout.com



/club.populaire.des.consommateurs/



Formétal École/Entreprise d'insertion

Formétal's mission is to help young adults « bring to life » their social and professional re-insertion by helping them acquire work skills, to develop knowledge, abilities and attitudes so that they can find their place in the community and in the job market, through training and real work experience.

Activities

6 months of training in the following fields

- Transformation of sheet metal
- Welding
- Industrial painting by electrostatic powdering
- Shipping and Receiving Clerk
- Individual and group accompanying
- Ongoing hiring

For who

Men and women – 18-35 years –priority given to residents of the South-West borough of Montreal, who want to work and are having difficulty finding and/or keeping a job.



1850 rue Le Ber
Montreal H3K 2A4



(514) 939-2510



gestion@formetal.qc.ca



www.formetal.qc.ca



Regroupement économique et social du Sud-Ouest (RESO)

The RESO has been working for over 30 years towards the social and economic revitalisation of Montreal's South-West neighbourhoods. The employment help services and the Carrefour jeunesse emploi offer group or individual services to unemployed persons. The RESO participates in local consultations on all issues concerning employment and labour training.

Activities

- Meeting with employment councillors to write a resumé that highlights your talents, to adequately prepare for job interviews, to identify your interests, values and professional objectives and/or to plan training
- Finish high school or acquire prerequisites for professional training at Centre Saint-Paul (in French) or the James Lyng Centre (in English)
- Use the resource centre where councillors and computers are available
- Attend bilingual workshops on various themes
- Be accompanied in a professional training project leading to a DEP
- Refresh competencies in French, mathematics, computer science, in order to better help your children at school
- Support employers searching for labour through their hiring process

For who

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



3181 rue Saint-Jacques
Montreal H4C 1G7



(514) 931-5737



reso@resomtl.com



www.resomtl.com



Carrefour d'éducation populaire

The Carrefour is a place of learning, thinking, information, discussion, exchange and action for improving 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

Workshops

- literacy, sewing, pottery, stained glass, integration of handicapped people, computers, knitting/crocheting
- Discovery and cultural outings, parties, citizen committees and activities, art projects
- Reception, referral, free Internet access

Daycare services are offered to participants during the workshops and activities such as the general assembly, the Christmas party, the Women's party, the Solidarity party, etc.

Drop-in daycare services for parents of the neighbourhood Monday, Tuesday and Wednesday afternoons. Spaces are limited.

All activities are free.

For who

The adult population of Point St. Charles



2356 rue du Centre
Montreal H3K 1J7



(514) 596-4444



carrefour.anim@csgm.qc.ca



www.carrefourpop.org



St. Columba House

For 100 years, Saint Columba House has worked in partnership with the community of Point St. Charles, a neighbourhood that has a rich tradition of community development and innovation. It deals with 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 the major priorities.

Activities

- Community development in consultation with the citizens, community organizations and groups
- Community meal from Monday to Friday (\$2/meal)
- Help with homework for children in elementary school
- Adolescents : program on the transition to high school, youth involvement project, conferences on sexual health and apprentice instructors program
- Hand-in-Hand Day Program for adults living with an intellectual handicap
- Day Camp in the summer
- Pre-schoolers : alternative School pre-kindergarten and parents-children socialisation workshops
- Spiritual Development: meditation, pondering, celebrations
- Discussion groups for women and for men

For who

For the population of Point-Saint-Charles



2365 rue Grand Trunk
Montreal H3K 1M8



(514) 932-6202



info@saintcolumbahouse.org



www.fr.saintcolumbahouse.org



Action Santé

Action-Santé intervenes as a self-help and support group in order to support people living with mental health difficulties, depression and isolation. The group is an environment of welcoming, listening and sharing.

Activities

- Support and mutual help
- Outings
- Community meals
- Discussions
- Other recreational activities

For who

The adult population of Point St. Charles and Montreal



2423 rue Wellington
Montreal H3K 1X5



(514) 933-5771



action-sante@videotron.ca



www.actionsante.org



Clinique communautaire de Pointe-Saint-Charles

The Clinic is a community organization that serves as the CLSC for the territory of Point St. Charles. It offers health and social services, while doing prevention and directly addressing the causes of disease. 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 primarily of neighbourhood citizens elected during the annual general assembly. At the heart of its orientations is the conviction that health is an essential, collective and non-negotiable right! The Clinic is the health and solidarity of a neighbourhood.

Activities

Medical care, nursing, psychosocial support, mental health, home care, vaccination, sexual health, pre-natal courses, breastfeeding, dental hygiene in schools, syringe exchanges, resources and referrals, community development, etc.

You can also get involved in different Clinic committees and be an active participant in the use of collective power acting for the improvement of health and living conditions of the population.

For who

People of all ages living or working in Point St. Charles



500 avenue Ash, Montreal H3K 2R4
1955 Centre, Montreal H3K 1J1



(514) 937-9251



www.ccpssc.qc.ca



Naître à La Pointe

Born in the Point is a citizen-run collective formed in 2010 to request a birthing centre in order to better serve future mothers of Point St. Charles and their families. Firmly rooted in its neighbourhood, the collective envisions a citizen-focused birthing centre, ideally within the walls of Building 7, where future mothers' autonomy will be respected. The service users will have a central role in the orientations and practises of the birthing centre, as well as in the hosting of activities.

The project is now managed by the Clinique communautaire de Pointe-Saint-Charles, in collaboration with local partners from the health sector, Born in the Point and Familles en action. The project has received the green light from the Ministry of Health and future mothers will finally be able to benefit from midwifery services some time in 2018!

Activities

- Popular education that aims to transform the dominant culture of childbirth, marked by fear, control and over-medicalization
- Monitoring of the implementation of midwifery services
- Monitoring of the implementation of the birthing centre

For who

Future mothers of Point St. Charles and Montreal, as well as their families, who believe that women should have the right to give birth as they wish, accompanied by the people of their choice, with dignity, empowerment and safety.



naitreapsc@gmail.com



[/NaitreALaPointe/](https://www.facebook.com/NaitreALaPointe/)



Projet suivi communautaire

The organization is an alternative mental health resource offering individual community follow-up care services in order to ensure wellbeing and quality of life. As part of a personalized treatment plan, the individual is accompanied while respecting their self-identified needs.

Activities

Long term community follow-up care

- Meeting the person in the location of their choice
- Listening and support
- Objectives to meet, based on expressed needs
- Support for involvement in the community
- Accompanying people in the learning of skills necessary for living autonomously : budgeting, socialization, defense of rights, etc

For who

Any adult from 18-65 years living with or having lived with mental health issues.



1751 rue Richardson, office 4.120
Montreal H3K 1G6



(514) 366-0891



psc.communautaire@bellnet.ca



www.projetsuivicommunautaire.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.

Activities

- Alternative section 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 of all students to the sciences
- Sports activities : basket-ball and soccer
- Equipment : school library and partnership with the Saint-Charles Library, auditorium, 2 gyms, palestra, 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 with Le garde-manger pour tous
- Educational services for 4 year olds



2001 rue Mullins
Montreal H3K 1N9



(514) 596-5684



lemoyne@cscdm.qc.ca



www.charles-lemoyne.cscdm.ca



Jeanne-Leber School

The school offers services from Kindergarten to the 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 adaptability, openness, integration and creativity of the team, the types of supervision and follow-up care.

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

Values : perseverance, courtesy, safety, personal growth and preservation.

Activities

- 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 Peoples' Consumer Club
- Extra-curricular activities (choir, track, basketball...)
- Self-esteem and social skills workshops
- Services from the community clinic: social worker, nurse, dental hygienist...



2120 rue Favard
Montreal H3K 1Z7



(514) 596-5788



jleber@csgdm.qc.ca



www.jeanne-leber.csgdm.ca



St. Gabriel School

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

Activities

- 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 lunches programs
- Concerts, choirs, Encore!Systema after-school program (violin, cello), piano courses offered in collaboration with Heart of The City, in affiliation with McGill
- Sports programs during lunch and after school, Irish dance;
- Gardening and recycling programs



600 rue Dublin
Montreal H3K 2S4



(514) 934-2111



stgabriel@emsb.qc.ca



www.emsb.qc.ca/stgabriel/



Ado Zone Maison des jeunes

It is a lively gathering place, where young people aged 11-17 years, in contact with positive adult role models, become active, critical, autonomous and responsible citizens. They participate in activities or get involved in projects. They are encouraged to play an active role in decision-making and the choices of activities. The animators encourage them to question their life and their choices without passing judgement, as well as develop their critical sense and their openness to the world while trying to help them cultivate new interests.

Activities

- Sports : floor hockey, soccer, skating, cycling, obstacle courses, etc.
- Prevention/Awareness : discussions and activities on sexuality, drugs, love, family relations, food, differences and tolerance, self-esteem, etc.
- Recreation : billiards, ping pong, table soccer, board games, movie nights, Dungeons and Dragons, video editing, singing, etc.
- Group outings : camping, water slides, beach, trips, la Ronde, sugar shack, apple picking, etc.
- Democracy/Defense of rights : youth council, board of directors, AGA
- Individual support : pre-employability, help with homework, listening
- Personal and Social Development : cooking classes, art workshops, self-financing activities, etc.

For who

Young people aged 11 to 17

Opening hours

From Monday to Thursday from 3:30 p.m. to 9:00 p.m.



1850 rue Grand Trunk
Montreal H3K 1M9



(514) 937-9655



adozonepsc@videotron.ca



/AdoZone84/



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

Personalised support

- Job search and return to school
- Reference and documentation centre
- School and professional information
- Youth entrepreneurship.

You would like to

- Find a job, training or an internship?
- Go back to school?
- Participate in a youth project?
- Study or work abroad?
- Start a business?
- Obtain information or help to better guide yourself in your life project (choice or change of career)?

Come meet us or contact us!

For who

Youths and young adults aged 16 to 35



3181 rue Saint-Jacques, office 100
Montreal H4C 1G7



(514) 934-2242



info@cjeso-mtl.org



www.cjeso-mtl.org



Centre de la petite enfance de Pointe-Saint-Charles

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

Activities

The goal of our 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 who

Children between 6 months and 5 years, primarily residents of Point St. Charles.

Opening hours

Monday to Friday from 7:00 a.m. to 6:00 p.m.

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



237 and 255 avenue Ash (on the YMCA grounds)
Montreal H3K 2R1



(514) 935-8224



info@cpepsc.com



www.laplace0-5.com



Centre de la petite enfance Les enfants de l'avenir

The CPE offers a quality educational daycare services right in the heart of the neighbourhood. It welcomes 104 children aged 3 months to 5 years. It recognizes that children have the right to live their childhood, and believes that it is through play that children develop and learn. The CPE plans to develop a new 80 place installation in the Bâtiment 7.

Activities

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

For who

Children aged 3 months to 5 years

Opening hours

Monday to Friday from 7:00 a.m. to 6:00 p.m.

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



1945 rue Mullins, office 50 and 180
Montreal H3K 1N9



(514) 932-9336



cpe-lesenfants@qc.aira.com



www.laplace0-5.com



Familles en action

The organization allows families from the neighbourhood and environs 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, enjoy pleasurable moments with their children, get some respite and find concrete solutions to problems they might be dealing with.

Activities

- Coffee-chats
- Parent-child socialisation workshops (from 2-4 years of age)
- Parent-child Stimulation workshops : Ouistitis 0-12 months and Éléphanteaux 12-24 months
- Program for parents aged 25 years and less : Workshops and activities with their baby or toddler
- Daycare for member families
- Community activities and family outings year-round
- Summer and Winter Camp

For who

- Families from the neighbourhood and the South-West borough
- Children aged 0-12 years

Opening hours

Monday to Thursday from 9:00 a.m. to 5:00 p.m.



1915 rue du Centre
Montreal H3K 1J1



(514) 932-6373



famillesenaction@videotron.ca



www.famillesenaction.org



L'Ancre des Jeunes

L'Ancre works in the South-West borough of Montreal, where the dropout rate is among the highest in Québec. Its mission: to encourage young people to go back to school and prevent young people from dropping out of school and society. Every young person is the first agent of their own change. The role of l'Ancre is therefore to accompany each of them in their journey towards the improvement of their personal and academic situation.

Activities

- Homework help : young people of 5th or 6th grade who are having difficulties in their personal, social or academic path
- Transition : young people at the end of elementary school or the start of high school who are having difficulty adapting to high school
- Connected to your future : young people from 16-20 years of age who are taking assisted distance learning courses at an adult education center
- Support for returnees : young people from 13-16 years of age in des grades 7-9 who have dropped out or are at risk of dropping out and are facing certain issues, such as: bullying, loss of motivation, drug addiction, neglect, low self-esteem, etc.
- L'Ancre à l'Aventure : adolescents from Verdun from 13-16 years of age who want an unforgettable outdoor experience
- Summer Day Camp : young people from Verdun aged 9 to 13

For who

Perseverant young people in the South-West between the ages of 9-20



3565 boulevard LaSalle
Montreal H4G 1Z5



(514) 769-1654



secretariat@ancresdesjeunes.org



www.ancresdesjeunes.org



L'Auberge communautaire du Sud-Ouest


L'Auberge is a resource that fights against poverty, social disaffection and the unhappiness of homeless young people in order to improve their immediate conditions through activities of mutual assistance and cooperation.


Activities

- Housing : 20 individual rooms available for a stay of up to 1 year; offers a warm welcome, a home and a springboard for a process of being able to act and learn
- Program l'Envol : 38 affordable apartments in 6 homes to which young people have access once they have stabilized their situation. They can also benefit from support encouraging their growth as an individual and as a responsible citizen in their own right
- Azimut PPE (job preparedness program): many workshops are offered, notably for the development of personal, social and professional skills
- Projet Charlemagne : accompanying young people who have dropped out of school and who wish to resume their studies
- Association de l'Auberge communautaire du Sud-Ouest : brings together youth, alumni, volunteers and employees to break isolation, build networks and put our strengths together for the common good

For who

Young men and women between the ages of 18 and 29 living with difficulties, homeless or at risk of becoming homeless.

 2532 rue du Centre
Montreal H3K 1J8

 (514) 419-0738

 direction@laubergecommunautaire.org

 www.laubergecommunautaire.org



Projet Informel

Informel is a project of Action-Gardien's Youth Committee that aims to build links between families, the community and the elementary schools in the neighbourhood in order to support their joint efforts to foster the success of young people.


Activities

- Discussion workshops for parents
- Awareness workshops for young people and their parents
- Informel community dinners
- Cultural outings
- Accompanying parents in their children's educational progress
- French courses for parents with the Centre de ressources éducatives et pédagogiques
- Information and referrals for families, community groups and neighbourhood schools

For who

Families, community groups and elementary schools of Point St. Charles

 2390 rue de Ryde, office 203
Montreal H3K 1R6

 (514) 895-9251

 biancadaigle@actiongardien.org

 [/Projet-Informel/](https://www.facebook.com/Projet-Informel/)



Travail de rue action communautaire (TRAC)

Travail de rue aims to reach young people in difficulty by intervening in their living environment, developing trustful and meaningful relationships and collaborating with community organizations.

Activities

- Fixed site in Verdun : distribution of sterile equipment and contraceptives, reducing risks associated with drug use and unprotected sex. A space where the person is welcomed, listened to, accompanied, informed and referred according to their needs
- Work in the community : presence in the living environment of young people and the places they attend, distribution and recovery of prevention materials, accompanying, reference, information and support in their efforts
- We offer information on topics relevant to young people, without judgement or advice. The people contacted are always free to make their own decisions.
- Personalized referrals to individuals, rather than services, that who work in community resources
- Being accompanied to these resources
- Organisation of casual outings
- Voluntary and confidential approach

For who

- Young people from 12-35 years of age in the neighbourhoods of Saint-Henri, Saint-Paul/Émard, Point St. Charles, Verdun and Saint-Pierre
- Fixed site and community work : 14 years and over



400 rue de l'Église (side door)
Montreal H4G 2M4



(514) 798-1200



info@letrac.org



www.letrac.org



Centre Saint-Charles

Managed by the South-West borough, the Centre Saint-Charles offers an indoor swimming pool that is open year-round, a gymnasium, two meeting rooms and an arena. Located in the heart of the neighbourhood, the center welcomes athletes and people simply looking for a good time. It is open to the public, organizations and businesses.

Activities

- Free swimming
- Free skating
- Varied programming led by sports and recreational organizations and associations
- Possibility of reserving our sports facilities for open activities and events

For who

- Citizens
- Organizations
- Sports associations
- Businesses



1055 rue d'Hibernia
Montreal H3K 2V3



(514) 872-3300 (information)



(514) 872-3831 (réservation)

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


Courses for beginners, intermediates and advanced :

- 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 who

Everyone from 4-75 years, both girls and boys

 2390 rue de Ryde
Montreal H3K 1R6

 (514) 935-9666

 judo@bell.net

 /ecoledjudobushidokan/



Pointe-Saint-Charles YMCA


The YMCAs of Quebec have as their mission to build stronger communities by offering opportunities for growth and an active, healthy, involved life for one and all. Their values are inclusion, collaboration, involvement, goodwill, excellence and respect. Since 1979, the Y serves the South-West and works in tight collaboration with the schools, the City of Montreal as well as several neighbourhood groups.


Activities

- 0-5 years : open prescogym and family circus
- 5-12 years : soccer, circus, family open gym, and after-school programs including help with homework and recreational activities
- 13-17 years : hockey, basketball, soccer, cooking, physical training for girls and boys, Parkour, Friday evening activities
- Education and training : training of monitors and instructors, CPR courses and First Aid
- Health and Physical activities : workout room, private training, group courses (yoga, cardio bikes, training camp, Pilates, etc.)
- Community initiatives : Golden Age Club (55+ years) with recreational and social activities and outings
- On-site intervention in public housing buildings
- Environmental eco-citizenship initiatives to encourage being a good neighbour

For who

Everyone

 255 avenue Ash
Montreal H3K 2R1

 (514) 935-4711

 info.pointe-saint-charles@ymcaquebec.org

 www.ymcaquebec.org



Saint-Charles Library

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

Activities

- Story Time
- Workshops for young people
- Conferences for adults

Ask about our seasonal programming!

For who

Everyone

Opening hours

Monday : 9:00 a.m. to 6:00 p.m.
 Tuesday and Wednesday : 1:00 p.m. to 8:00 p.m.
 Thursday and Friday : 9:00 a.m. to 6:00 p.m.
 Saturday : 10:00 a.m. to 5:00 p.m.
 Sunday : Noon to 5:00 p.m.



1050 rue d'Hibernia
Montreal H3K 2V2



(514) 872-3092 (adulte)



(514) 872-3035 (jeunes)



/BibliothequeSaintCharles/

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. Testimonials on the history of the neighbourhood are collected through interviews, manuscripts, photos and old films, as well as documents and objects telling the oral or written history of our neighbourhood.

We scan and archive your old photos and documents.

Activities

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

For who

Anyone passionate about history



2390 rue de Ryde, office 206
Montreal H3K K9



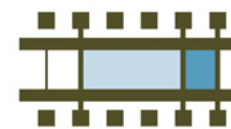
(514) 932-5610



info@shpsc.org



www.shpsc.org



SHPPSC

Éco-quartier du Sud-Ouest

Éco-Quartier encourages environmental action and eco-citizenship of the residents of the South-West. It is part of the development plan of the city of Montreal and the mission of the YMCAs of Quebec. Its fields of action are: cleanliness, greening, sustainable development, participation and commitment.

Activities

- Development of greenways
- Management of collective composting sites and voluntary deposits of table scraps, sale of vermicomposters
- Support for cleansing and other environmental initiatives
- Annual distribution of de flowers and compost
- Planting with citizens or groups
- Organisation of environmental workshops and conferences
- Raising awareness, eco-advice for citizens and projects, including residual materials (3RVC), urban agriculture, preservation and multiplication of biodiversity, water saving, rainwater management and soil permeabilization, adaptation and fight against climate change, active transport and urban planning
- Participation in the Opération populaire d'aménagement Committee of Point St. Charles

For who

Residents, community groups, businesses and institutions of Point St. Charles, Little-Burgundy, Griffintown, Saint-Henri, Ville-Émard and Côte-Saint-Paul



255 avenue Ash
Montreal H3K 2R1



(514) 872-0122



info@ecoquartiersudouest.com



www.ecoquartiersudouest.com



Prévention Sud-Ouest

Prévention Sud-Ouest has a mandate to reduce crime rates through citizen involvement and to put into action preventative measures to improve the quality of life and the safety of the population. It works in partnership with other local, institutional or community decision-makers, in order to encourage social cohesion, volunteering, as well as job creation.

Activities

- Tandem Program : prevention of break-ins and thefts in and of vehicles, advice visits, information booths, hosting events in schools, groups, and multi-unit housing complexes
- Young people : identity card, intergenerational activities, rudeness and vandalism, neighbourhood watch. Various events in schools (conflict resolution, bullying, gangs, cyber-bullying, internet safety, etc.)
- Women : activities upon request (travelling on the street, metro and bus, purse safety, etc.), exploratory walks
- The elderly : events upon request on getting around in the neighbourhood, in public places, in residences or homes, fraud, etc. Presentations on preventing violence towards and abuse of the elderly
- For all : activities upon request, engraving bicycles and other valuables, bike patrols, rear address, sheds, safe storage and distribution of information



6000 rue Notre-Dame Ouest
Montreal H4C 3K5



(514) 761-4151



info@psotm.org



www.prevention-sud-ouest.com



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 the old CN lands, at the corner of Le Ber and Sainte-Madeleine streets.

Activities

The Bâtiment 7 will welcome a variety of projects and uses

- Practises hub : to offer essential services, as well as production and meeting spaces. Le Détour collective grocery store, cooperative brewpub Les Sans-Taverne, youth cooperative Press Start, collaborative workshops, multi-purpose room and exterior gardens. Opening: March 2018
- Health and family hub : to offer a space for support, education and care in the health and family sectors. This will include new installations for the CPE Les enfants de l'avenir, as well as alternative health services and community activities.
- Food hub : to offer equipment that will increase the collective autonomy of Point St. Charles. Organizations and citizens will develop a space for food production and education, including greenhouses, gardens, a kitchen, urban mini-farm. This hub will serve to generate, transform and distribute various foodstuffs, at the lowest possible cost, while reinforcing the role played by existing local food initiatives.



1900 rue Le Ber
Montreal H3K 2A5



(438) 777-7558



info@batiment7.org



www.batiment7.org



Emergency resources

Emergencies (police, fire, ambulance)	9-1-1
Info-Santé (health)	8-1-1
Aide juridique de Montréal (rights)	(514) 864-2111
Alcoholics Anonymous	(514) 376-9230
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
Gambling : Help and Referral	(514) 527-0140
Information and Referral Centre of Greater Montréal	(514) 527-1375
Interligne (sexual orientation and gender diversity)	(514) 866-0103
Kids Help Phone	1 (800) 668-6868
Ligne Parents (parents)	1 (800) 361-5085
Maisons d'hébergement pour femmes (women)	(514) 878-9757
Montreal fire department	(514) 280-0875
Montreal Sexual Assault Centre	(514) 934-4504
Poison Control Centre	1 (800) 463-5060
SOS violence conjugale (domestic violence)	1 (800) 363-9010
Tel-Écoute (emotional help)	(514) 493-4484
Tel-Aide (emotional help)	(514) 935-1101
Tel-jeunes (youth)	(514) 288-2266
Tel-Aînés (seniors)	(514) 353-2463
Suicide Action Montreal	(514) 723-4000
Urgence dépendance (substance dependence)	(514) 288-1515

Emergency shelters and Day center

En Marge 12-17 years old (youth)	(514) 849-7117
L'autre maison (pregnancy)	(514) 768-7225
Le Bunker (12-22 years old) (youth)	(514) 524-0029
L'Entre-Toit (men, mental health, judicialized)	(514) 846-3202
Native Women's Shelter	(514) 933-4688
Passages (women 18-30 years old)	(514) 875-8119
Refuges des Jeunes (men 17-25 years old)	(514) 849-4221
The Benedict Labre House	(514) 937-5973

Meal distribution

Garde-manger pour tous (in the schools)	(514) 931-8830
St. Columba House (p.28)	(514) 932-6202
Mission of the Great Shepherd	(514) 933-9608

Immigration

Centre social d’aide aux immigrants (CSAI)..... (514) 761-3333
Comité d’éducation aux adultes (CÉDA) (514) 596-4422

Food banks

Maison du Partage d’Youville (p.15) (514)-935-9846
Mission of the Great Shepherd (514) 933-9608
Saint-Charles Church (514) 932-5335
Share the Warmth (p.16) (514) 933-5599
St. Gabriel Church (514) 937-3597
The Salvation Army..... (514) 288-2848
Welcome Hall Mission (514) 904-0698

Second hand clothing

Saint-Charles Church (514) 932-5335
Friperie MPC (514) 939-9157
Friperie Plus..... (514) 937-0817
Mission of the Great Shepherd (514) 933-9608
Share the Warmth (p.16) (514) 933-5599

Housing

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

Work and Employment

Au bas de l’échelle (rights)..... (514) 270-7878
CNESST (labour standards) (514) 873-7061
Comité chômage de Montréal (unemployment)..... (514) 933-5915
Local employment centre..... (514) 872-6426
Groupe Paradoxe (insertion organization)..... (514) 931-5204

Seniors

Âge d’or Saint-Charles..... (514) 872-4063

Pharmacies

Brunet (514) 933-6758
Famiprix..... (514) 933-6766
Uniprix (514) 303-1870

Elected members

Borough councilor’s office (514) 872-6814
Federal deputy..... (514) 496-4885
Provincial deputy..... (514) 933-8796

Government services

Borough Le Sud-Ouest (514) 872-6814
Bureau Accès Montréal.....3-1-1
City of Montreal.....3-1-1
Government of Canada (Service Canada)..... (514) 522-4444
Government of Quebec (Service Quebec)..... (514) 644-4545
Neighborhood police (15)..... (514) 280-0115
Post office (IGA)..... (514) 932-8155
Sport and recreation department of Montreal (514) 872-2161

High schools

James Lyng High School..... (514) 846-8814
Monseigneur-Richard High School..... (514) 765-7666
Saint-Henri High School..... (514) 596-5970

Daycares

Beaujeu Daycare (514) 932-9191
Daycare at Louis-Riel Centre (514) 931-2263, poste 708
Ms. Jennifer’s Montessori..... (514) 559-4331

Environment

LaSalle Ecocentre (514) 872-0384
Recyc-Québec..... (514) 352-5002

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