

Pointe-Saint-Charles
RESOURCE GUIDE
for
SENIORS



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All resources for residents of Pointe-Saint-Charles are available at: ccpsc.qc.ca/ressources

Saint-Charles Library

Bibliothèques
Montréal 

Mission:

- To develop an appreciation of our cultural heritage, a taste for the arts, achievements & scientific innovation.
- Ensure access for all citizens to information of all types from local collectives.
- Help in the development of basic abilities to use information & technology
- Support literacy & autonomous learning activities & programs as well as conventional education

Services offered:

- Loans of books, DVDs, CDs, magazines
- On-site : Wireless Internet, computers, newspapers, research assistance
- Conferences in the mornings & evenings on a variety of subjects (health, culture, justice, gardening, etc.)
- Reading Club
- Read & Be Read To : Intergenerational volunteer activity. Volunteer readers of 50 years+ will read stories to elementary students
- Bookmobile : Once a month, the Library will come to Habitations Charlevoix & to la Cité des Bâisseurs to lend books to residents
- Biblio-courrier : Service of home book rental by mail offered to subscribers of 65 years or more and to people with reduced mobility

To Contact Us:

1050 Hibernia
Montreal, Québec
H3K 2V2

Telephone: 514-872-3092
Website: bibliomontreal.com



Centre des aînés de Pointe-Saint-Charles

Mission:

The Centre des aînés de Pointe-Saint-Charles is a community centre for seniors in the neighbourhood of Pointe-Saint-Charles, whose mission is the improvement of the quality of life & supporting the autonomy of people of 50+ years of age. We work to contribute to the wellbeing of seniors in situations of social, physical or economic vulnerability as well as supporting those around them in order to encourage their involvement.

Services offerts:

- Accompaniment to doctors' appointments
- Social Accompaniment (i.e. : grocery shopping, banking)
- Friendly Visits
- Help with forms
- Social activities every Thursday



To Contact Us:

2431 Saint-Charles – office 01 (corner Ropery)
Montreal, Quebec
H3K 1E6

Telephone : 514-933-5826
Fax : 514-507-6540

E-Mail: info@capstcharles.org
Website: <http://capstcharles.org>

Saint-Antoine 50+ Community Centre



Mission:

The Saint-Antoine 50+ Community Centre is a non-profit community service organisation that offers a variety of programs & services to seniors & other adults, both at the center and in the community.

We strive to improve the quality of life for seniors of Little Burgundy, St-Henri, Pointe-Saint-Charles, Verdun, Côte Saint-Paul & Lasalle.

Services offerts:

Residential Support Services:

- Friendly Visits & phone calls
- Daily check-in calls
- Grocery shopping
- Information & Reference sessions
- Accompaniment for medical visits
- Transport
- Podiatry Clinic
- Discussion Group
- Workshops

Activities offered at the Center:

- Exercise Sessions
- Computers courses
- Textile Arts
- Special Events
- Birthday Parties

To Contact Us:

2338 Saint-Antoine West
Montreal, Quebec
H3J 1A8

Telephone: 514-933-7351

Website: <http://www.centrestantoine50plus.com/en/>

Pointe-Saint-Charles Community Clinic



A neighbourhood's
health and solidarity!

Mission:

The Clinic is a citizen-run health organisation whose objective is to organise preventative & curative services. The goal is to bring together citizens on questions of health in order to improve conditions both in the short & long term. While ensuring its mission in the community, **the Clinic also offers the ensemble of services we would find in a CLSC.**

At the core of these principles lies a fundamental conviction: health is an essential, collective, non-negotiable right!

Services offered to seniors:

- Home Support for non-ambulatory persons & caregivers
- Medical & Nursing Services
- Occupational Therapy
- Psychosocial support
- Personal care: bathing, meal preparation, courses, laundry, respites, accompaniment, treatments
- Access to equipment
- Evaluation for home adaptation
- Respite for caregivers
- Transportation Service (under certain conditions)
- Exercises for fall prevention for seniors (PIED program):
registration at 514-937-9251 extension 7268

To Contact Us:

500 Ash
Montreal, Quebec
H3K 2R4

Telephone: 514-937-9251
Fax: 514-937-3492

Website: www.ccpssc.qc.ca/en



Conseil des aîné-e-s de Pointe-Saint-Charles



Mission:

- Bring together seniors of 60 years or more living in Pointe-Saint-Charles,
- Work to improve the quality of life for seniors in the neighbourhood,
- Increase the public's awareness of the realities & needs of seniors
- Defend & promote the interests of neighbourhood seniors.



To Contact Us:

2431 Saint-Charles - office 01
Montreal, Quebec
H3K 1E6

Telephone: 514-937-9251 ext. 7525

E-Mail: conseilaineespsc@gmail.com

Saint-Columba House



Mission:

Saint Columba House is committed to seeking justice through individual & collective empowerment, education and social action, as a community ministry of the United Church of Canada & in partnership with the community of Pointe-Saint-Charles.

Services offered:

- Community Lunch Program: Hot, nutritious, balanced meals at a token cost from Monday to Friday. These meals can be delivered for people with reduced mobility.
- Discussion groups for men
- Discussion groups for women
- Seniors' connection: Older people helping each other
- «Hand-In-Hand» Program for adults with intellectual disabilities



To Contact Us:

2365 Grand Trunk
Montreal, Quebec
H3K 1M8

Telephone: 514-932-6202

Fax: 514-932-5131

E-Mail: info@saintcolumbahouse.org

Website: www.saintcolumbahouse.org/

Share the Warmth



PARTAGEONS
l'espoir



SHARE
the warmth

Mission:

Spread hope and faith by promoting the overall development, education & success of children, by increasing food security and providing job training.

Services offered:

- Food bank & delivery of food baskets to people with reduced mobility
- Thrift Store
- Cafe & affordable, healthy lunches
- Job training programs
- Various types of volunteer work
- Collective kitchens
- Dental Services in collaboration with the McGill Dental Clinic
- Community service hours for offenders & young offenders



To Contact Us:

625 Fortune
Montreal, Quebec
H3K 2R9

Telephone: 514-933-5599

Website: <http://sharethewarmth.ca/>

Prévention Sud-Ouest



Mission:

- Prevent criminality by getting citizens involved in their community
- Put in place preventative measures that improve both the quality of life & the security of the population
- Promote social unity
- Encourage both volunteer work & job creation

Services offered:

- Intercoms in seniors' residences/homes
- Safety capsules in collaboration with ROPASOM
- «My confidence, My attitude» Workshop
- Discussions for seniors on different topics: home security, abuse, fraud, intimidation, violence, etc.
- Exploratory Walking (safe traveling)



To Contact Us:

6000 Notre-Dame West, 2nd floor
Montreal, Quebec
H4C 3K5

Telephone: 514-761-4151

E-Mail: info@psotm.org

Website: <http://prevention-sud-ouest.com>

Regroupement des organismes pour aînés et aînées du sud-ouest de Montréal (ROPASOM)

ROPASOM
Regroupement des organismes
pour aînés et aînées du
sud-ouest de Montréal



Mission:

The mission of the Regroupement is to improve the quality of life of seniors in the south-west of Montreal. The ROPASOM helps seniors to improve their living conditions by offering different services.

Services offerts:

- Reference & information
- Seniors' meetings: animation, kiosks, meals, conferences, dances



To Contact Us:

Telephone: 514 989-8226

Fax: 514 903-1374

E-Mail: ropasom@videotron.ca

Website: <https://ropasom.wordpress.com/>

YMCA

Pointe-Saint-Charles



Mission:

Top build stronger communities by offering opportunities for fulfillment & an active, healthy & committed life for all.

Our values: Inclusion, collaboration, engagement, goodwill, excellence, respect.

Services offered:

- Space for physical activities for individuals or groups with membership: workout room with cardio machines, free weights, and the latest in circuit training equipment, a stretching area, a gym for team sports & badminton, locker rooms with sauna, free locker service, qualified trainers on site, free parking.
- Seniors' Club for people of 55+ years every Tuesday: recreational activities, physical activities, conferences, workshops, etc. Transport available. Once a month: low-cost lunch & an outing (50 % of real cost).



To Contact Us:

255 Ash
Montreal, Quebec
H3K 2R1

Telephone: 514-935-4711



Mission:

A community housing project in Pointe-Saint-Charles offering housing to people of 65+ years wishing to retain their autonomy while enjoying a warm, safe environment.

This project was launched by the Seniors' Council. La Cité des bâtisseurs is an independent organisation with its own CA.

Services offered:

- 115 housing units for autonomous & semi-autonomous people adapted for people with reduced mobility: studio, 3 ½ & 4 ½
- Lunch offered 5 days/week
- Around the clock security service
- Community activities organised for & by the residents, in connection with different resources in the area
- Service fees apply

To Contact Us:

1130 de la Sucrierie
Montreal, Quebec
H3K 0A6

Director of community life:
Telephone: 438-383-3711

E-Mail: viecom@citedesbatisseurs.org
Website: www.citedesbatisseurs.org/



L'Eveil Housing Cooperative



Mission:

Housing for people of 55+ years.

Eveil 1: 2365 Coleraine, 24 units, mostly 1 ½.

Eveil 2 : 200 Frank Selke, 26 units, 5 floors, 3 ½ & 4 ½.

Services offered:

- Residents' Committee
- Community support intervention work & animation through the Federation des OSBL d'habitation of Montreal (FOHM)



To Contact Us:

2365 Coleraine
Montreal, Quebec
H3K 1S6

Telephone: 514-947-8524

Office municipal d'habitation de Montréal (OMHM)



Office municipal
d'habitation
de Montréal

Mandate:

At its' core, the mandate of the OMHM is to manage & administer housing complexes & des programs on the Island of Montreal & to put in place social & community activities that promote the well-being of the tenants therein.

4 towers for seniors in Pointe-Saint-Charles (310 units):

- Habitations Favard
- Habitations Andre-Laurendeau
- Habitations Charlevoix
- Habitations Montmorency

Services offered:

A social worker evaluates the level of autonomy of seniors & connects them & their family with the appropriate services.



To Contact Us:

Telephone:

514-872-6646

Website: www.omhm.qc.ca

Requests for housing & reference services:

Telephone: 514 868-5588

Fax: 514 868-5966

Other Useful Resources

Drop-in Medical Clinics

- Pointe-Saint-Charles Community Clinic
500 Ash - 514-937-9251
- Clinique médicale du Sud-Ouest
4475 Bannantyne, suite 103 - 514-765-3600
- Centre médical St-Henri
3966 Notre-Dame West - 514-935-4330
- Clinique-réseau intégrée du CSSS du Sud-Ouest-Verdun
3950 Lasalle - 514-765-7325
- Clinique médicale Métro-médic Centre-Ville
1538 Sherbrooke Ouest - 514-932-2122
- CLSC Métro
1801 de Maisonneuve West - 514-934-0354

Other Medical Clinics

- Clinique Médicale Hickson
3805 Verdun - 514-769-9671
- Clinique Médicale St-Gabriel
2041 Wellington - 514-931-8661
- Clinique Médicale Soleil des Tanneries
3767 Notre-Dame West - 514-932-8441
- Clinique Médicale Verdun LaSalle
5989 Verdun - 514-766-2151
- Clinique médico-chirurgicale de Verdun
55 de l'Église, 2nd floor - 514-768-1652
- Clinique médicale Atwater
3177 St-Jacques, office 202 - 514-933-5762



Info-Santé

- To quickly contact a nurse in case of a non-urgent health problem (24h): 8-1-1

Pharmacies

- Pharmacie Heon Claude (Familiprix),
2043 Wellington - 514-933-6766
- Pharmacie Paquette (Brunet)
2374 Centre - 514-933-6758

Other Useful Resources

Post Office

- Postal Counter (in the IGA)
2600 Mullins - 514-932-8155 ext. 27

Emergencies

- EMERGENCY 9-1-1
- Montreal Police Service (SPVM)
Precinct 15, 1625 de l'Eglise
Socio-Community Agent: 514-280-0418

Help & Listening Lines

- Suicide Action Montreal (24h): 514-723-4000
- Grief Relief: 514-389-1784
- Tel-Aide (24h): 514-935-1101
- Seniors' Abuse Aid: 1-888-489-2287

Food

- Club populaire des consommateurs (collective gardens, collective shopping groups, fruit & vegetable markets, collective grocery shopping, collective kitchens)
1945 Mullins, Office 30 - 514-932-5088
- La Maison du partage d'Youville (food bank)
2325 Centre, Office 002 - 514-935-9846
- St-Columba House (community meals)
2365 Grand Trunk - 514-932-6202
- Mission of the Great Shepherd (food bank & community meals)
2510 Centre - 514-933-9608
- Meals on Wheels Montreal Metropolitan (delivery of hot or frozen meals)
1919 Saint-Jacques - 514-937-4798
- Église Saint-Charles (food bank)
514-932-5335



Other Useful Resources :

Caregivers

- Regroupement des aidantes et aidants naturels de Montréal. (Improving living conditions of caregivers) 514-374-1056

Legal Aid

- Services juridiques communautaires de Pointe-Saint-Charles et Petite-Bourgogne: 514-933-8432

Addictions

- Alcoholics Anonymous: 514-376-9230 (English and French), 514-273-9921(Spanish)
- Gambling: Help & reference: 514-527-0140
- Narcotics Anonymous (24h): 514-249-0555
- Emergency-Drug Addiction (24h): 514-288-1515



Housekeeping

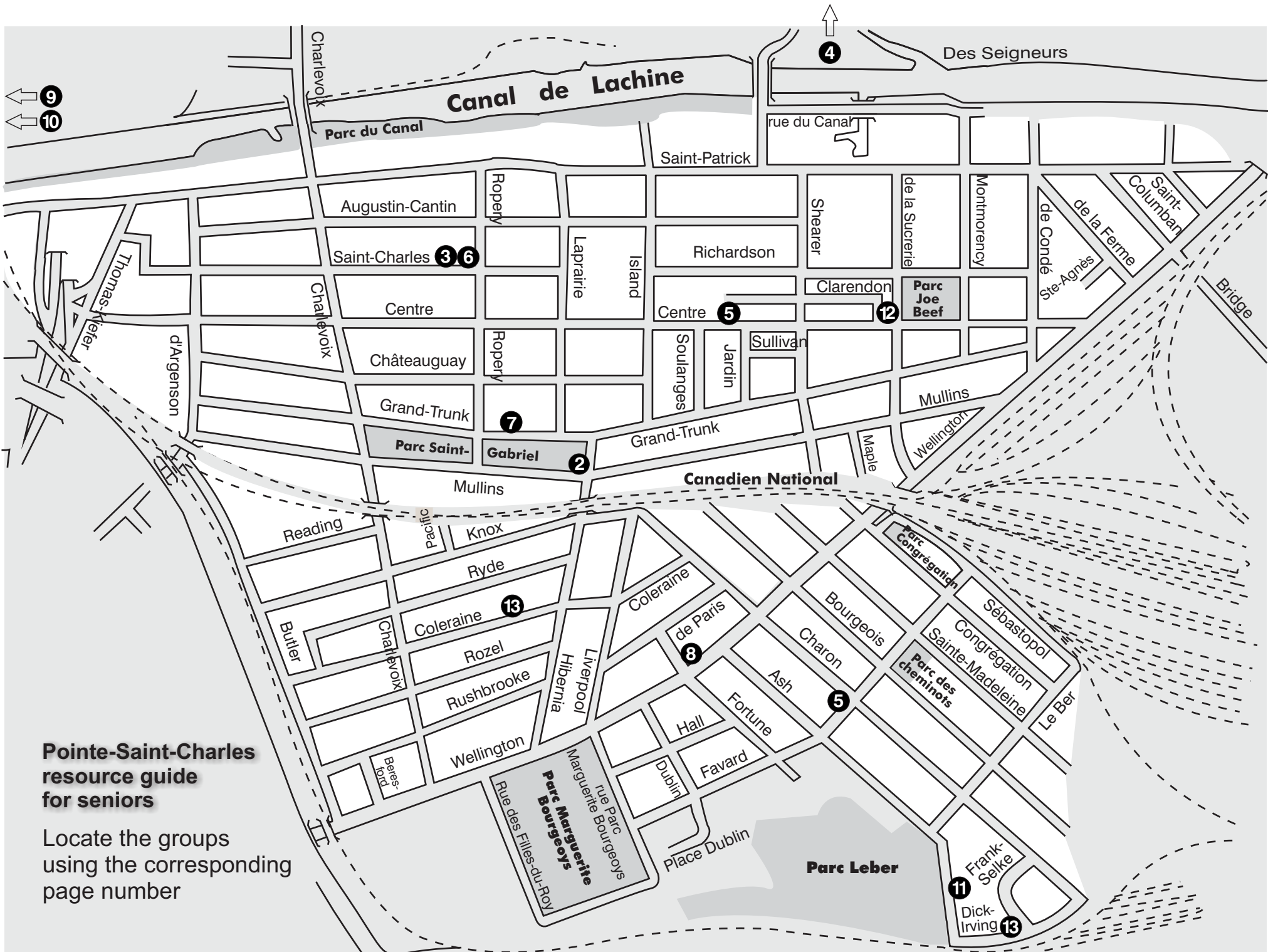
- La Maissonette Sud-Ouest: 514-932-2433

Housing

- Aîné411 (service to help relocate seniors in private residences): 514-256-4411
- Alternatives communautaires d'habitation et d'intervention de milieu (ACHIM): 514-362-7221
- Regroupement Information Logement (RIL SOCAM): 514-932-7742

Culture & Recreation

- Centre Saint-Charles (pool, rec centre, arena) 1055 Hibernia - 514-872-3300
- Âge d'or Saint-Charles 2333 Mullins (3rd floor) - 514 872-4063
- Société d'histoire de Pointe-Saint-Charles 514-932-5610



**Pointe-Saint-Charles
resource guide
for seniors**

Locate the groups
using the corresponding
page number

The Pointe-Saint-Charles resource guide for seniors is an initiative of:

Action-Watchdog's Seniors' Committee

Coalition of Pointe-Saint-Charles community groups

2390 Ryde, office 203, Montreal, Quebec, H3K 1R6

info@actiongardien.org

www.actiongardien.org

Published September 2015
by Action-Watchdog Committee



**Action Watchdog
Community Coalition
of Point St. Charles**