



*Pointe-Saint-Charles
Community Clinic*

Some resources for new family



Updated in May 2018

Table of contents



Baby clothes	3
Cloth diapers	4
Delivery, birth centers and breastfeeding	5
Day nursery, CPE and family child care	6
Community resources	
Food, food banks	7
Advocacy, housing	8
Work/employment/training, popular education	9
Education/teaching, debt and consumption	10
Women's group, family group, used furniture, post office	11
Resources map of Pointe-Saint-Charles	12
To find a dentist	13
Emergency resources	
Emergency resources help lines and listening, addictions and substance abuse	14
Conjugal violence	15
Health (medical walk-in clinics)	16
Pharmacy	17
Culture/leisure/sports	18
Online resources	19

For other resources, visit our website: ccpsc.qc.ca/ressources

Second-hand baby clothes shop



In Pointe-Saint-Charles

St Columba House

2365 Grand Trunk Street

Tel.: (514) 932-6202

Tuesday and Thursday

9 to 11 a.m.

Cost: very low price



La Friperie Madame Prend Congé

1960 Centre Street

Tel. : (514) 939-9157

Monday to Friday 9 a.m. to 5 p.m.

Thursday 11 a.m. to 7 p.m.

Cost: very low price



Saint-Charles Church

2111 Centre Street

Tel.: (514) 932-5335

Tuesday to Friday 1 to 4 p.m.

Cost: \$0.10 to \$0.50 or little bit more

Saint-Gabriel Church

2157 Centre Street

Tel.: (514) 937-3597

Bazaar: Every first Thursday of the month

From January to September

Share the Warmth (Partageons l'espoir)

625 Fortune Street

Tel.: (514) 933-5599

Monday to Friday from 8:30 a.m. to 3 p.m.

Saturday from 9 a.m. to 3 p.m.

Closed in July and August for clothes

Maison du Partage d'Youville

2221 Coleraine street

Tél. : (514) 935-9846

Wednesday from 4 to 6 pm and

Friday from 1 to 3 pm

Cost: very low prices



Mission du Grand Berger

2510 Centre Street

Tel.: (514) 933-9608

Monday to Friday from 9 a.m. to 5 p.m.

Bazaar: The first Saturday of each month

In Montreal

Renaissance

4261 Wellington Street, Verdun

Tel.: (514) 766-5059



Friperie La Gaillarde

4019 Notre-Dame Street West

Tel.: (514) 989-5134

Grossesse-Secours

79 Beaubien Street East

Tel.: (514) 271-0554

By appointment

Cost: \$0.50 to \$2.00

Le grenier bébé

4021 Dandurand Street

Tel.: (514) 728-5517

Saturday from 10 a.m. to 5 p.m.

Sunday from 12 a.m. to 5 p.m.



Cloth diapers



La mère Hélène*

5840 Taschereau boulevard, Brossard
Tél : (450) 812-5522
merehelene.com

Boutique Bummis *

115 Mont Royal Street West, Mtl, H2T 2S9
Tel.: (514) 289-9415

Câlins et Popotin *

2160-A, Beaubien Street East, Mtl,
H2G 1M6
Tel.: (514) 670-3131
Calinsetpopotin.com

Bébé Auric Inc. (washing diaper service)

45 Boul. St. Joseph (back door), Lachine, QC,
H8S 2K9 (by appointment only)
Tel.: (514) 483-AURIC (514-483-2874)
info@babyauric.com



*** Possibility to order online**

Sale of used items of all kinds

www.pourenfant.ca
www.kijiji.ca
www.lespac.com

Delivery/breastfeeding



Delivery/Birth centers

Côte-des-Neiges Birthing Centre

6560, ch. de la Côte-des-Neiges, Montréal (Québec) H3S 2A7

Tel : 514 736-2323

Birthing Centre of the West Island Health and Social Services Centre

West Island Health and Social Services Centre

180, avenue Cartier, 3^e étage, Pointe-Claire (Québec) H9S 4S1

Tel : 514 697-1199

Midwife services CSSS Jeanne-Mance

2187, rue Larivière, Montréal (Québec) H2K 1P5

Tel : 514 527-2361 # 2500

Alternative naissance

Community Group of humanization of birth

6006 Bordeaux avenue

Tel. : (514) 274-1727

Naître à la Pointe

Project to create a birth center in Pointe-Saint-Charles

Tel. : (514) 937-9251 #7225

naitreapsc@gmail.com



Breastfeeding



Nourri-Source : breastfeeding support group

Breastfeeding group:

the 2nd and 4th Wednesday of the month

from 1 to 3 p.m. at the Pointe-Saint-Charles Community Clinic,

500 Ash (basement)

Info : Lina Hu (514) 937-9251 #6212

www.ccpsc.qc.ca/en/breastfeeding

Ligue la Lèche

Telephone support: (514) 990-8917

Day nursery, CPE and family child care



Centres de la Petite enfance (CPE) and child care

CPE Pointe St-Charles

255 Ash Street, Tel.: (514) 935-8224

CPE Les enfants de l'avenir

1945 Mullins Street, Tel.: (514) 932-2336

Childcare Beaujeu

1785 Centre Street, Tel. : (514) 932-9191



To register on the waiting list of CPE and other family child care

Subscribe to **Coop Child-Family**: www.laplace0-5.com

Day nursery

Carrefour d'éducation Populaire

2356 Centre Street

Free day nursery Monday, Tuesday and Wednesday from 1 to 4 p.m.
from mid-September to mid-May

Tel. : (514) 596-4444

Madame Prend Congé

1945 Mullins #20 - Free day nursery during their activities

Tel. : (514) 933-2507

Familles en action

1915 Centre Street

Free day nursery during their activities and also with time range - \$ 4.00 / 3 hours
Monday to Thursday from 9 a.m. to 12hp.m. and from 1 to 4 p.m.

Tel.: (514) 932-6373

Family child care:

magarderie.com

Community resources



Food

Club populaire des consommateurs

Purchasing Groups, thematic workshops, community kitchens, fruit and vegetable market and community gardens

1945 Mullins, suite 30, Montreal (QC) H3K 1N9

Tel. : (514) 932-1091



Family Lunch Program - Saint-Columba House

2365 Grand Trunk

Community meals - complete dinners for families, children and individuals

Monday to Friday from 11:30 a.m. to 12:45 p.m.

Cost: \$1.50/adult or 20 meal cards for \$ 20.00 and free for children

Tel. : (514) 932-6202

Food banks

Maison du partage d'Youville

2221 Rue de Coleraine

Wednesday and Friday from 1 to 3 p.m.

1 time / week \$ 3.00 contribution. Proof of residency and income required for first demand.

Tel.: (514) 935-9846

Share the Warmth (Partageons l'espoir)

625 Fortune Street

Monday and Thursday from 1 to 3 p.m.

\$ 1.00/adult - delivery service for disabled persons

Tel.: (514)933-5599



Mission du Grand Berger

2510 Centre Street

Distribution of food and lunches

Monday to Saturday from 12 a.m. to 1 p.m. (Saturday free lunch)

Tel. : (514) 933-9608

Community resources



Saint-Charles Church

2115 Centre Street
Tel. : (514) 932-5335

Saint-Gabriel Church

2157 Centre Street
Tel. : (514) 937-3597

Advocacy

Comité des personnes assistées sociales (CPAS)

Comity of welfare beneficiaries
1945 Mullins Street, suite 100
Tel.: (514) 931-6025

Welfare Rights Committee

2390 Ryde Street #204
Tel.: (514) 445-5321



Comité chômage de Montréal

Tel.: (514) 933-5915

Services juridiques communautaires Pointe-Saint-Charles et Petite Bourgogne

2533 Centre Street, suite 101
Lawyers
Tel.: (514) 933-8432

Housing



Regroupement information logement (RIL)

Housing group of Pointe-Saint-Charles
1945 Mullins Street, suite 110
Tel.: (514) 932-7742

Community resources



Work/employment/training

Au bas de l'échelle

Education and advocacy for non-unionized workers

Tel. : (514) 270-7878

Commission des normes du travail (Labour standards)

Tel. : (514) 873-7061

Formétal (entreprise of social integration)

2175 Saint-Patrick Street, suite 301, Mtl H3K 1B4

Tel. : (514) 939-2510

Regroupement économique du Sud-Ouest (RESO)

3181 Saint-Jacques Street Ouest, Mtl H4C 1G7

Te l. (514) 931-5737

Centre local d'emploi (local employment centre)

2175 St-Patrick Street, suite 300

Tel.: (514) 872-6426

Fax : (514) 872-4403

Carrefour Jeunesse emploi

Orientation and training for unemployed youth

Tel. : (514) 934-2242



Popular education

Carrefour d'éducation populaire de Pointe-Saint-Charles

2356 Centre Street

Tel.: (514) 596-4444

Workshops: Literacy, sewing, pottery, drawing, stained glass, computer, and integration of disabled people. Classes are free; you pay only the equipment used.

St-Columba House

2365, rue Grand Trunk

Tél : (514) 932-6202

After-School Program, Preschool Programs, Community Development Program, Community Lunch Program, Environmental Program, Hand-in-Hand Program for intellectually challenged adults, Spiritual Development Program, Summer Day Camp, Teen Program, Volunteer and Student field-work Program, Women's Discussion Group

Community resources



L'école des parents (french courses)

Charles Lemoyne School, 2001 Mullins

Tel.: (514) 895-9251

French courses at beginner and intermediate levels. Childcare available on site

Education/teaching

Primary schools



Charles-Lemoyne School (CSDM)

2001 Mullins Street

Tel.: (514) 596-5684

Jeanne-Le Ber School (CSDM)

2120 Favard Street

Tel.: (514) 596-5788

St. Gabriel's School (English) (EMSB)

610 Dublin Street

Tel.: (514) 596-4824

Debt and Consumption

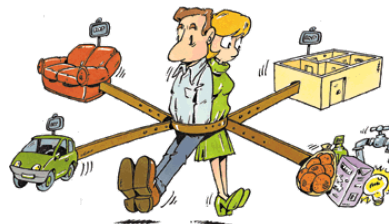
ACEF du Sud-Ouest de Montréal

6734 Monk Blvd

Tel.: (514) 362-1771

Solution to Debt

Education on the budget for individuals and independent workers



Glasses at a good price

All the requirements - service for all; very affordable

Philippe Rochette, optician

Every Wednesday from 9:30 to 11:30 a.m.

info: www.bonhommealunettes.org

tel.: (514) 303-4315

Community resources



Women's group

Madame Prend Congé (women center)

1945 Mullins Street, suite 20

Tel.: (514) 933-2507

Family group

Familles en Action

1915 Centre Street

Courses, activities and childcare for young children and parents

Tel. : (514) 932-6373

Used furniture

La Friperie et la friperie +

1966 Centre Street

Small furniture, accessories, etc.

Tel. : (514) 937-0817



Share the Warmth (Partageons l'espoir)

625 Fortune Street

Tel.: (514) 933-5599

Mission du Grand Berger

2510 Centre Street

Tel.: (514) 933-9608

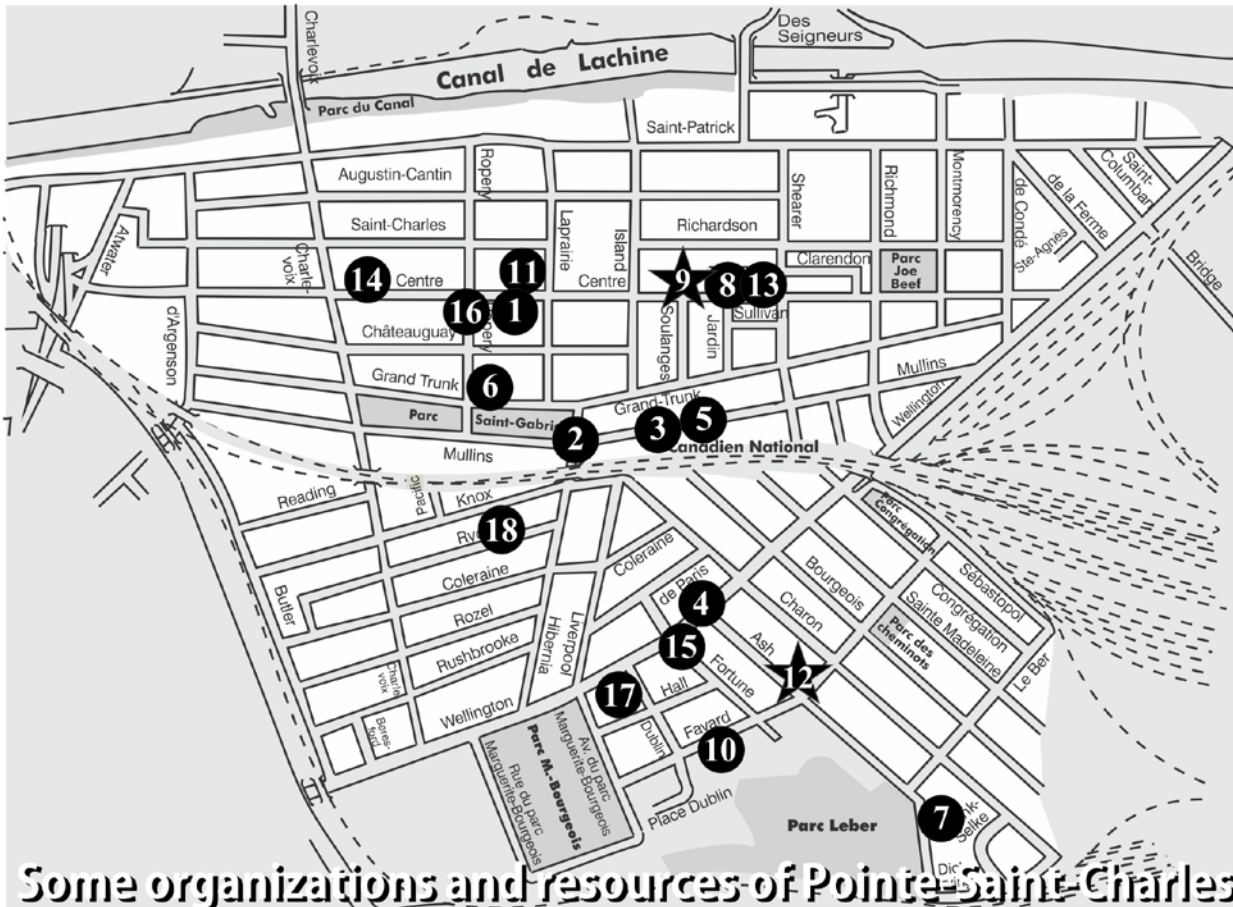
Post office

Post office (in IGA)

2600 Mullins Street (near Charlevoix)

(514) 932-8155 poste 27

Resources map of Pointe-Saint-Charles



Some organizations and resources of Pointe-Saint-Charles

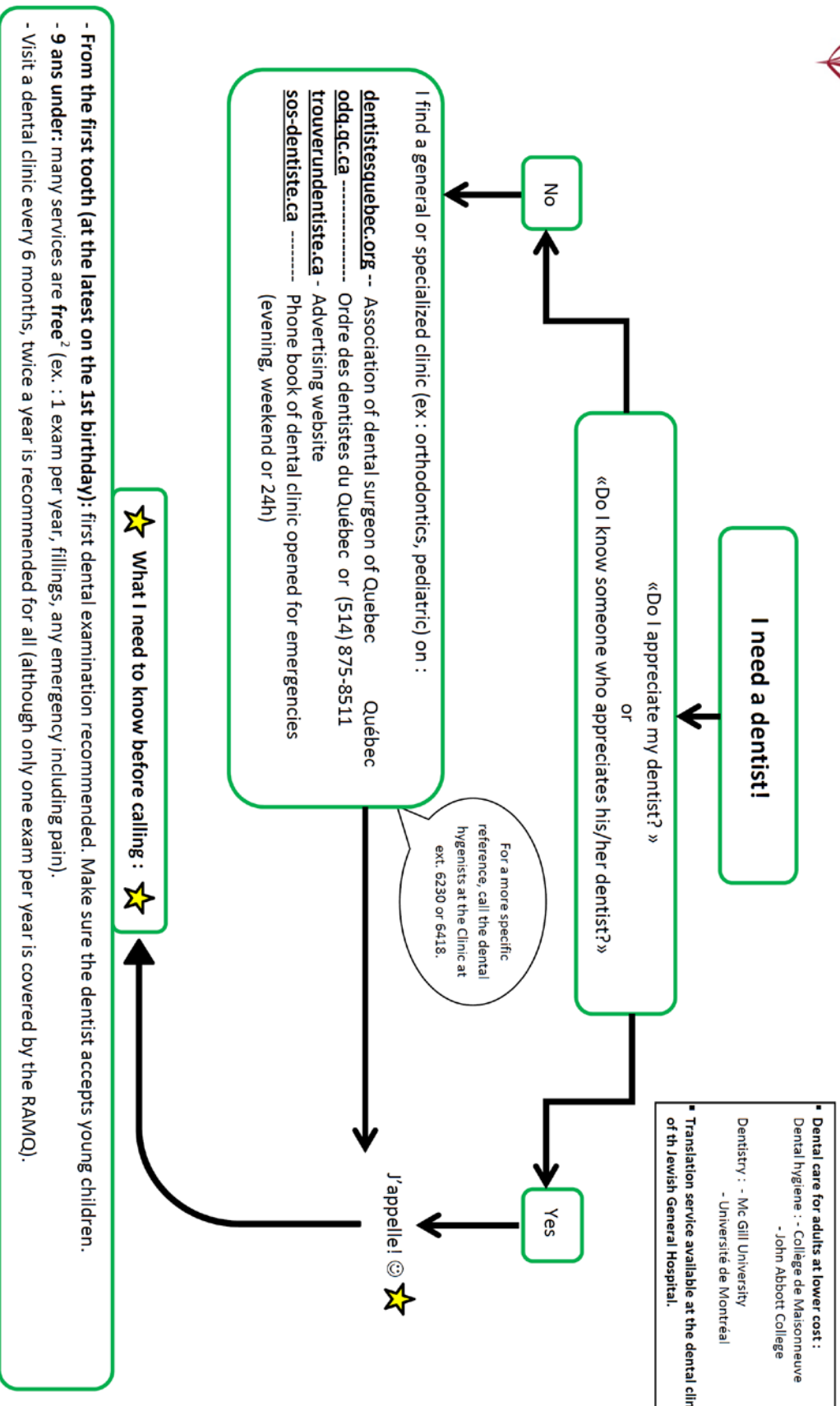
For the whole resources of the neighbourhood, visit our website : ccpsc.qc.ca/ressources

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|--|--|--|
| <p>1 Carrefour d'éducation populaire
2356 Centre street, H3K 1J7
Tel: 514-596-4444 Fax: 514-596-4443</p> <p>2 Centre de loisirs Saint-Charles
1055 Hibernia street, H3K 2V3
Tel: 514-872-3300 Fax: 514-872-4217</p> <p>3 Charles-Lemoyne Elementary school
(French)
2001 Mullins street, H3K 1N9
Tel: 514- 596-5684 Fax: 514-596-7969</p> <p>4 Claude Heon Pharmacy (Familiaprix)
2043 Wellington street, H3K 1W7
Tel: 514-933-6766 Fax: 514-933-3073</p> <p>5 Club populaire des consommateurs
1945 Mullins street #30, H3K 1N9
Tel: 514-932-1091 Fax: 514-932-7557</p> <p>5 Comité des pers. assistées sociales (CPAS)
1945 Mullins street #100, H3K 1N9
Tel: 514-931-6025 Fax: 514-931-0185</p> <p>6 Comité des sans emploi (CSE)
2365 Grand Trunk street, H3K 1M8
Tel: 514-932-5916 # 221 Fax: 514-932-5131</p> <p>7 CPE Pointe St-Charles
255 Ash ave #106, H3K 2R1
Tel: 514-935-8224 Fax: 514-935-1787</p> <p>5 CPE Les enfants de l'avenir
1945 Mullins street #180, H3K 1N9
Tel: 514-932-9336 Fax: 514-931-6116</p> | <p>8 Familles en Action
1915 Centre street, H3K 1J1
Tel: 514-932-6373 Fax: 514-932-6620</p> <p>9 Friperie MPC et Friperie et +
1960 and 1966 Centre street, H3K 1S2
Tel: 514-939-9157 (clothing)
Tel: 514-937-0817 (small pieces of furniture)</p> <p>10 Jeanne-Le Ber Elementary school
(French)
2120 Favard street, H3K 1Z7
Tel: 514-596-5788 Fax: 514-596-3441</p> <p>5 Madame Prend Congé (women center)
1945 Mullins street #20, H3K 1N9
Tel: 514-933-2507 Fax: 514-933-4861</p> <p>11 Maison du partage d'Youville
2327 Centre street, H3K 1J6
Tel: 514-935-9846 Fax: 514-935-2954</p> <p>12 Pointe-Saint-Charles Community Clinic
500 Ash ave, H3K 2R4
Tel: 514-937-9251 Fax: 514-937-3492</p> <p>9 Pointe-Saint-Charles Community Clinic
1955 Centre street, H3K 1J1
Tel: 937-9251 Fax: 514-937-1756</p> <p>5 Regroupement Information Logement (RIL)
1945 Mullins street #110, H3K 1N9
Tel: 514-932-7742 Fax: 514-932-0148</p> <p>6 Saint Columba House
2365 Grand Trunk street, H3K 1M8
Tel: 514-932-6202 Fax: 514-932-5131</p> | <p>13 Pharmacy Carole Cyr
1875 rue du Centre
514-303-1870</p> <p>2 Saint-Charles Library
Adults : 2333 Mullins street, H3K 1N9
Tel: 514-872-3092
Youth : 1050 Hibernia street, H3K 1N9
Tel: 514-872-3035</p> <p>14 Services juridiques communautaires
2533 Centre street #101, H3K 1J9
Tel: 514-933-8432 Fax: 514-933-4381</p> <p>15 Share the Warmth
625 Fortune street, H3K 2R9
Tel: 933-5599 Fax: 933-7270</p> <p>16 S. Paquette Pharmacy (Brunet)
2374 Centre street, H3K 1J7
Tel: 514-933-6758 Fax: 514-933-8016</p> <p>17 St. Gabriel's Elementary School
(English)
610 Dublin street, H3K 2S4
Tel: 514-596-4824 Fax: 514-934-3111</p> <p>18 Welfare Rights Committee
2390 Ryde street #204, H3K 1R6
Tel: 514-445-5321</p> <p>7 YMCA of Pointe-Saint-Charles
255 Ash street, H3K 2R1
Tel: 514-935-4711 Fax: 514-935-1787</p> |
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Update December 2016



How to find a dentist near us?



Find a dentist

² See details at ramq.gouv.qc.ca/en or (514) 864-3411

Emergency resources



Emergency resources

Police / Fire / Ambulance / Hydro-Electricity / Natural Gas / Public Works (24h): 9-1-1

Poison Control Center (24h): 1-800-463-5060

Crisis Center L'Autre Maison, Verdun : (514) 768-7225

Hydro-Quebec: (800) 790-2424

Child Youth Protection (24 hours): (514) 896-3100

Youth Center of Montreal (9 a.m. to 5 p.m.): (514) 362-6400

Batshaw Center (9 a.m. to 5 p.m.): (514) 761-7141

Help lines and listening

Suicide Action Montréal (24h): (514) 723-4000

Tel-Aide (24h): (514) 935-1101

Tel-Aînés (help line for seniors) (10h à 22h): (514) 353-2463

Tel-Jeunes (help line for youth) (24h): (514) 288-2266

Victimes d'agression sexuelle (Sexual assault victims) (24h): (514) 934-4504

Phobies-Zéro (anxiety and obsessive-compulsive disorders – 24 hours): (514) 276-3105

Quebec Association of support for people with anxiety disorders, depression or bipolar:
(514) REVIVRE

Dépendants affectifs anonymes (emotionally Dependent Anonymous): (514) 990-4744

Deuil secours (mourning relief) : (514) 389-1784

Éducation coup de fil (parent-child relationships): (514) 525-2573

Face à face (listening center, intervention and referral): (514) 934-4546

Gai Écoute (Gay line): (514) 866-0103

Grossesse-secours (pregnancy help): (514) 271-0554

Info-secte (cult info): (514) 274-2333

Multi-écoute (particular attention to immigrant-e-s) : (514) 737-3604

Office de la protection du consommateur (Office of consumer protection) : (514) 253-6556

Parents Anonymes (parents anonymus) : 1-800-361-5085



Addictions and substance abuse

Alcooliques Anonymes (AA) (514) 376-9230 (French and English),
(514) 273-9921(Spanish)

Drogue Aide et Référence (drugs helps and referral) (24h): (514) 527-2626

J'arrête (for help to stop smoking): 1-866-JARRETE

Jeu: Aide et référence (gambling: help and referral): (514) 527-0140

Narcotiques Anonymes (NA 24h): (514) 249-0555

Urgence-Toxicomanie (emergency-addiction and substance abuse) (24h): (514) 288-1515

Urgence toxicomanie - Programme Jeunesse (emergency-addiction and substance abuse–
youth program): (514) 982-1232

Centre Dollard Cormier – Public center for treatment of addiction: (514) 385-1232

Emergency resources



Conjugal violence

SOS Violence conjugale (telephone line 24h for referral and support) : 1-800-363-9010

Maison du réconfort, Verdun, (24h) : (514) 768-8648

Fédération des ressources d'hébergement pour femmes violentées et en difficulté du Québec:

(Federation of residential facilities for abused women of Quebec) (514) 878-9757

Option (abusive men): (514) 527-1657

Pro-gam (abusive men): (514) 270-8462

Centre de solidarité lesbienne (Lesbian Solidarity Center) : (514) 526-2452

To talk to a nurse in all time, dial 8-1-1

Emergency resources



Medical walk-in Clinics for residents of South-West Montreal:

*** It is always best to call before traveling to check schedules and availability. ***

Clinics	Opening hours and particularity
Pointe-Saint-Charles Community Clinic 500 Ash Avenue (Charlevoix metro) (514) 937-9251	Tuesday and Thursday from 8am to 12pm Nursing service without appointment for young people aged 14 to 24, Tuesday from 1pm to 5 pm and Wednesday from 2 pm until 6pm, at 1955 Centre Street
Medical Clinic of South West 4475 Bannantyne Street (Verdun Metro) (514) 765-3600	Schedule varies according to demand. Registrations every day from 8:20 a.m. (doors open at 8:15) Monday to Friday from 9 a.m. to 9:30 p.m. Saturday, Sunday and holidays form 9 a.m. to 5:30 p.m.
Medical Centre St-Henri 3966 Notre-Dame West (St- Henri metro Place) (514) 935-4330	Schedule varies according to the doctor. Call before. Press 1 for the schedule of the walk-in services.
Clinic of Family Medicine Hospital Verdun 3950 Lasalle blvd (de l'Église metro) (514) 416-4862	Call after 8:30pm to register to have an appointment on the next day
CLSC Metro (Guy-Concordia metro) 1801 de Maisonneuve West, 3 rd floor (514) 934-0354	Monday to Friday from 9 a.m. to 1 p.m. Registration from 7:30 a.m. (doctors present at 9 o'clock) Call before to see if there is availability.
Medical Centre Metro Monk 2376 Allard (Monk metro) (514) 769-9999	Flexible hours depending on the availability of doctors. Make 2 for schedule for the walk-in of the week. Arrive early because places are going fast. If in need to be seen later in the day, call before and press 221 to see if there is still availability. Monday to Friday from 8 a.m. to 8 p.m. Saturday and Sunday from 9 a.m. to 5 p.m.

Health



Westmount Square Health
Group
1 Westmount Square, Tour 1
(metro Atwater)
(514) 934-2334 local 222

Press 222 after the phone number to see if there is availability.
Monday to Friday from 8 a.m. to 9 p.m.
Saturday, Sunday and holidays from 9 a.m. to 5 p.m.

Pharmacy

Pharmacy Héon Claude (Familiprix)

2043 Wellington Street

Tel.: (514) 933-6766

Pharmacy Paquette (Brunet)

2374 Centre Street

Tel.: (514) 933-6758

Pharmacy Carole Cyr (Uniprix)

1875 Centre street

Tel: (514) 303-1870

Culture/leisures



Soccer Association of South-West Montreal (ASSOM)

5485 Côte-Saint-Paul Road, Mtl H4C 1X3

Tel.: (514) 931-7778

Saint-Charles library

Youth section

1050 Hibernia Street

Tel.: (514) 872-3035

Adult section

2333 Mullins Street

Tel.: (514) 872-3092



Saint-Charles Centre (swimming pool, recreation center, and arena)

1055 Hibernia Street, Mtl H3K 2V3

Tel.: (514) 872-3300

Fax: (514) 872-4217

Aquatic Club of South-West (CASO)

1055 Hibernia Street

Montreal (Quebec) H3K 2V3

Tel.: (514) 802-7442

Karate Bushidokan (Lorne School)

2390 Ryde Street, Mtl (Quebec) H3K 1R6

Tel.: (514) 935-9666



YMCA Pointe St. Charles

255 Ash avenue, Mtl (Quebec) H3K 2R1

Tel. : (514) 935-4711

Ressources . . . on line



Educational sites

www.lescale.net

From 4 to 12 years old

www.boowaquoila.com

From 2 to 8 years old

www.clubpasseport.com

Website of the Book Club Passport for Youth: a wealth of titles in children's literature for parents and family

www.juniorweb.com

For parents looking for input and advice on food, crafts, back to school, joys and sorrows of everyday life

www.dispapa.com

To answer basic or more delicate questions of children: funny and informative

www.petitmonde.qc.ca

Very informative website for the family

www.jeunepapa.com

The website of today's dads

Information and services

www.hsj.qc.ca/cise

Website of Information Centre on Child Health Ste-Justine Hospital

www.soinsdenosenfants.cps.ca

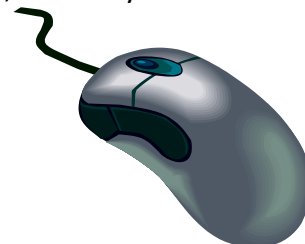
Developed by the Canadian Pediatric Society, provides information credible and easily developed by and for parents

www.famille-enfance.gouv.qc.ca

Website of the Ministry of Labour, Social Solidarity and Family; directory of all current child care

www.ohdq.com

Website of the College of Dental Hygienists



www.apcfq.qc.ca

Website of the Association of conjugal and family Therapists

www.masexualite.ca

Canadian website devoted to education and information about sexuality

www.educaloi.qc.ca

Popular source of legal information

www.breastfeeding.com

Information Website on breastfeeding

www.lalecheleague.org

Information Website on breastfeeding