



**Pointe-Saint-Charles
Community Clinic**

A neighbourhood's health and solidarity!

Some **resources** for new family



Updated in June 2020



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

Baby clothes

In Pointe-Saint-Charles

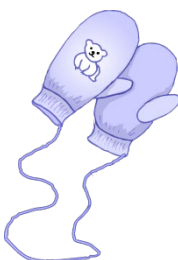
St Columba House

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 Wednesday, Thursday, Friday, 9 to 3 p.m.
*Every last Thursday of the month: closing at 4 p.m.
Tuesday, 9 to 6 p.m.
Saturday : temporary closed
Sunday: Closed
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

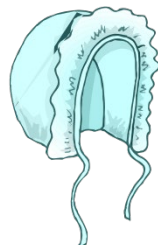
Mission du Grand Berger

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



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*

3879 Taschereau boulevard, Brossard
Suite 100
Tél : (450) 812-5522
merehelene.com

Boutique Bummis *

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

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
babyauric.com
* Possibility to order online



Sale of used items of all kinds

www.pourenfant.ca
www.kijiji.ca
www.lespac.com
www.facebook.com: Visit the Market Place
section from your account

Delivery/Birth centers

Midwifery Services at the Pointe-Saint-Charles Community Clinic*

1955 Center Street, Montréal, H3K 1J1
Tel: 514-937-9251 # 2323 (BEBE)

*Project to create a birth center in Pointe-Saint-Charles with the « Naître à la Pointe » collective.

Côte-des-Neiges Birth Centre

6560, ch. de la Côte-des-Neiges, Montréal (Québec) H3S 2A7
Tel : 514 736-2323

Saint-Louis Lake Birth Centre**CIUSSS West-Island of Montreal**

180, avenue Cartier, Pointe-Claire (Québec) H9S 4S1

3rd floor in the Saint-Louis Lake CLSC

Tel : 514 697-1199

Jeanne Mance Birth Center**CIUSSS Center-South of Montreal**

1822-1828 rue Ontario, Montréal, H2K 1T7

Tél : 514-527-2361

Alternative naissance

Community Group of humanization of birth

6006 Bordeaux avenue

Tel. : (514) 274-1727

**Breastfeeding****Nourri-Source : breastfeeding support group**

<https://nourrisourcemontreal.org/fr>



Pointe-Saint-Charles Community Clinic Breastfeeding workshops:
the 2nd and 4th Wednesday of the month from 1 to 3 p.m. at the,
500 Ash Avenue (basement)

Info : Lina Hu at 514 937-9251 #6212

www.ccpssc.qc.ca/en/breastfeeding

Ligue la Lèche

Telephone support: 1-866-2552-4837 (ALLAITER) 9 to 9 p.m.

Service to find a monitor (volunteer) in my area

allaitement.ca (website in French only)

information@allaitement.ca

Day nursery, CPE and child care

Centres de la Petite Enfance (CPE) and family day care

CPE Pointe St-Charles

255 Ash Avenue, Tel.: 514 935-8224

CPE Les enfants de l'avenir

1945 Mullins Street, Tel.: 514 932-9336

Childcare Beaujeu

1785 Centre Street, Tel. : 514 932-9191



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

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

Family day care: magarderie.com (search engine)

Day nursery

Carrefour d'éducation populaire de Pointe-Saint-Charles

2356 Centre Street

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

Tel. : 514 596-4444

Call to make a reservation

Madame Prend Congé

1945 Mullins, suite 20 - Free day nursery during their activities

Tel. : 514 933-2507

Call to make a reservation

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 12h.p.m. and from 1 to 4 p.m.

Tel.: 514 932-6373

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
club.populaire@gmail.com



Family Lunch Program - Saint-Columba House

2365 Grand Trunk
Meal delivery and Community meals - complete dinners for families, children and individuals
Monday to Friday from 11:45 a.m. to 12:45 p.m.
Cost: \$2/adult or 30 meal cards for \$ 30.00, free for children
Tel. : 514 932-6202

Épicerie le Détour

1900 LeBer street (Building 7)
Monday to Friday from 11 to 6 p.m.
Non-profit neighbourhood grocery store, operated and managed by its members.
Pre-prepared meals.
Open to everyone.
Tel: 438 476-5471

Épicerie Solidaire

1930 Grand Trunk
Wednesday 10 to 4 p.m., Thursday 3 p.m to 7 p.m.*, Friday 10 to 4 p.m.
*Special opening hours on social assistance check Thursdays, from 10 to 4 p.m.

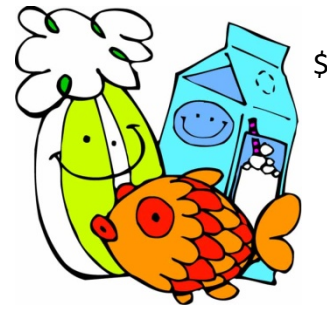
Food banks

Maison du partage d'Youville

2221 Rue de Coleraine
Wednesday and Friday from 1 to 3 p.m.
The \$ 2.00/year membership card allows to come 1 time a week
Proof of residency and income required for first demand.
Wednesday 4 p.m. to 6 p.m., Friday 1 p.m. To 3 p.m.
5\$ contribution/family
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
Meal distribution and food assistance
On demand during week days
Free lunch, Saturday from 12 a.m. to 1 p.m.
Tel. : 514 933-9608

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
cpas@cam.org



Welfare Rights Committee

Tel : 514-445-5321 ou 514-932-5916
wrc_swm@yahoo.com

Comité des Sans-emplois de Pointe-Saint-Charles (information, mobilization)

2365 Grand Trunk
Free Community dinner each end of the month, the last Wednesday (Septembre to May)
Animation and discussion
Tél. : (514) 932-5916
csepsc@yahoo.ca

Community Legal Services of Pointe St-Charles and Little Burgundy

2533 Centre Street, suite 101
Lawyer services
Tel.: 514 933-8432

Housing



Regroupement information logement (RIL)

Tenants rights' advocacy and promotion of the improvement of housing for people with low and modest incomes.

1945 Mullins Street, suite 110

Tel.: 514 932-7742

Work/employment/training

Au bas de l'échelle

6839 A, Drolet Street, Suite 30

Education and advocacy for non-unionized workers

Tel. : 514 270-7878

abe@au bas de l'échelle

Commission des normes, de l'équité, de la santé et de la sécurité au travail (CNESST) - Labour standards

Tel. : 1-844-838-0808

Formétal (entreprise of social integration)

1850 LeBer Street

Tel. : 514 939-2510

Regroupement économique du Sud-Ouest (RESO)

3181 Saint-Jacques Street Ouest, Mtl H4C 1G7

2nd floor

Te l. 514 931-5737

Centre local d'emploi (local employment centre)

2175 St-Patrick Street, Suite 300

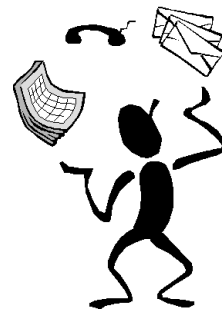
Tel.: 514 872-6426

Carrefour Jeunesse emploi

Orientation and training for unemployed youth

3181 St-Jacques Street

Tel. : 514 934-2242



Popular education

Carrefour d'éducation populaire de Pointe-Saint-Charles

2356 Centre Street

Tel.: 514 596-4444

Workshops: Literacy, computers, sewing, knitting, 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, meal delivery, Preschool Programs, Community Development Program, Community Lunch Program, Environmental Program, Hand-in-Hand Program for adults living with intellectual disabilities, Spiritual Development Program, Summer Day Camp, Teen Program, Volunteer and Student field-work Program, group meetings between elders, training advice, bike workshop, roof garden and bee hives.

L'école des parents (french courses)

St-Columba House, 2365 Grand Trunk

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

Call Emily for more information

Tél. : 514 932-6202, # 233

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)

600 Dublin Street

Tel.: 514 934-2111

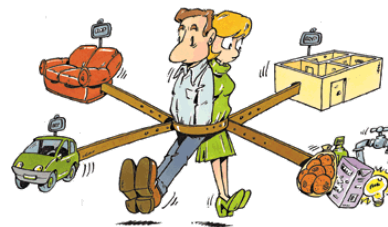
Debt and Consumption

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

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 MCP**

1960 Centre Street

Small furniture, accessories, etc.

Tel. : 514 939-9157

**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

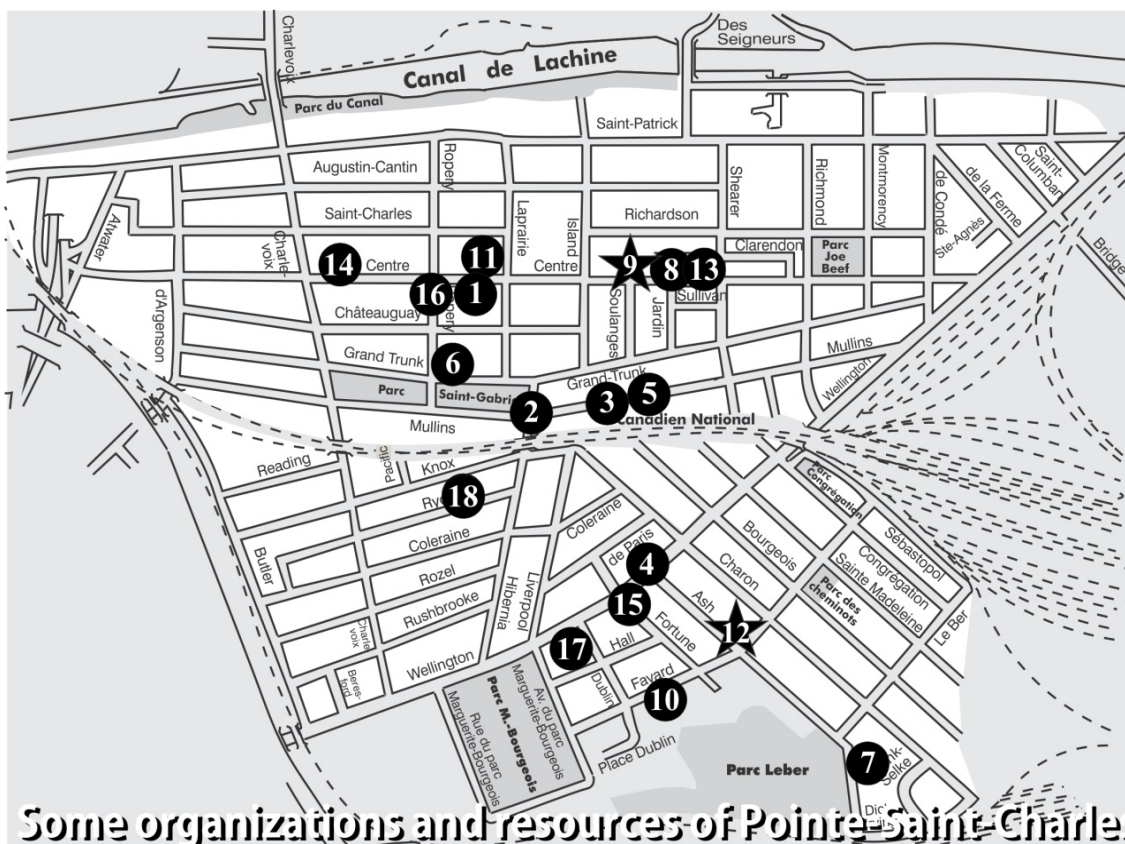
Post office (in the IGA grocery store)

2600 Mullins Street (near Charlevoix)

(514) 932-8155 poste 27

Canada Poste office

225 Bridge street, suite 4



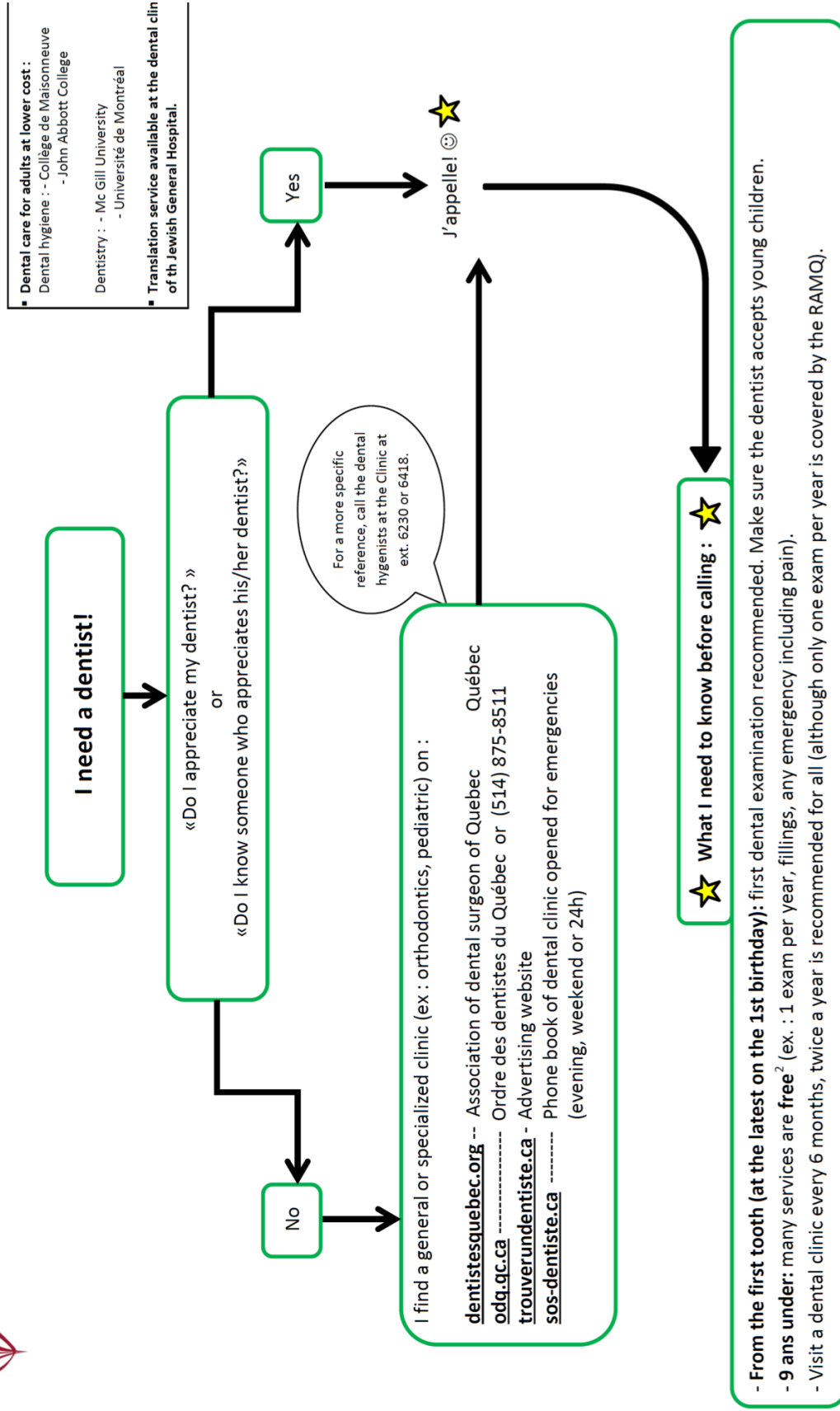
Some organizations and resources of Pointe-Saint-Charles

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?



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

Emergency resources, help lines, addictions

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) 935-6196

Help lines and listening

Suicide Action Montréal (24h): 1-866-277-3553

Tel-Aide (24h): (514) 935-1105

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:
1-866-738-4873 (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), (514) 350-3444 (English), (438) 878-2563 (Spanish)

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

J'arrête (for help to stop smoking): 1-866-JARRETE (527-7383)

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

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

Health

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	Medical walk-in service Monday to Friday: 9 a.m. to 11:40 a.m., call #7302 Nursery walk-in service Monday to Friday: 9 a.m. to 4 p.m., call #7213 Nursery walk-in for young people from 14 to 24 years old 1955 Center Street Tuesday: 1 p.m. to 5 p.m. Mercredi: 2 p.m. to 6 p.m.
Medical Clinic of South West 4475 Bannantyne Street, suite 103 (Verdun Metro) (514) 765-3600	Schedule varies according to demand. Registrations the day before from 3 p.m. Monday to Friday from 8:15 a.m. to 9:30 p.m. Saturday and Sunday from 8 a.m. to 8 p.m.

Medical Centre St-Henri 3968 Notre-Dame West (St-Henri metro Place) (514) 935-4330	Schedule varies according to the doctor. Call before.
Clinic of Family Medicine Hospital Verdun 3950 Lasalle blvd (de l'Église metro) (514) 416-4862	Monday to Friday: 8 a.m. to 5:30 p.m. Saturday and Sunday: 8 a.m. to 4:30 p.m. Call after 8:30 pm 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 starts at 7:30 a.m. Call before to see if there is availability.
Medical Centre Metro Monk 2376 Allard (Monk metro) (514) 769-9999	7 days a week (including holidays): 9 a.m. to 5 p.m. Take an appointment online at cmmm.ca
Westmount Square Health Group 1 Westmount Square, Tour 1 (metro Atwater) (514) 934-2334 #222	7 days a week (including holidays): 7:30 a.m. to 8 p.m. Press 222 after the phone number to see if there is availability. Take an appointment online at tapmedical.ca

Pharmacy

Pharmacy Familiprix
2043 Wellington Street
Tel.: (514) 933-6766

Pharmacy Brunet
2374 Centre Street
Tel.: (514) 933-6758

Pharmacy Uniprix
1875 Centre street
Tel: (514) 303-1870

Culture, leisure, sports

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 (Youth section)

Tel.: (514) 872-3092 (Adult section)



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)

5485 Chemin de la Côte-Saint-Paul

Montreal (Québec) H4C 1X3

Tel.: (514) 802-7442



Judo 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

Educational sites

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.petitmonde.qc.ca

Very informative website for the family

www.jeunepapa.com

The website of today's dads



Information and services

www.soinsdenosenfants.cps.ca

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

<https://fondationolo.ca/en/>

Website for pregnant women and families with young children who want information and advice on healthy eating.

<https://www.inspq.qc.ca/en/tiny-tot>

Practical guide offering scientifically supported information on the child's pregnancy, childbirth and the first two years of life.

<https://naitreetgrandir.com/en/feature/>

A reliable and scientifically validated source of information, whose mission is to support Quebec parents on a daily basis in their role with their children, from conception to 8 years of age.

www.mfa.gouv.qc.ca

Website of the Ministry of Family; directory of all current daycare

www.ohdq.com

Website of the College of Dental Hygienists in Quebec: information about dental health, from 0 to 100 years old.

www1.otstcfq.org

Website of Quebec College of social workers and conjugal and family therapists.

www.masexualite.ca

Canadian website devoted to education and information about sexuality

www.educaloi.qc.ca

Popularization source of legal information