

Action-Gardien

(Action Watchdog Committee)

Coalition of Pointe-Saint-Charles community groups

The community coalition brings together some 20 community organizations of the neighbourhood and works with an anti-poverty perspective towards greater social justice and rights advocacy.

Our neighbourhood community organizations are spaces where citizens can work collectively within a framework of empowerment to take action on issues that concern them : health, housing, income, education, justice and advocacy, food security, heritage, culture, as well as social conditions for youth, families, women, seniors, new arrivals to Quebec, and other social groups.

Community groups in our neighbourhood created Action Watchdog in 1981 as the vehicle to respond to the need for information, sharing of experiences and joint actions on crucial issues that affect the conditions and quality of life of local citizens.

Community Resource Guide

- Text : Pointe-Saint-Charles community groups
- Coordination and graphic design : Leila Bréner
- Translation : Émilie Jacques



ACTION-GARDIEN, Pointe-Saint-Charles Community Resource Guide - 2012

To contact us

2390 de Ryde
Suite 203
Montréal (Québec)
H3K 1R6

(514) 509-0795

Fax : (514) 750-3405

info@actiongardien.org

www.actiongardien.org

T A B L E O F

Rights		
• Comité des Personnes Assistées Sociales (CPAS)	4	A
• Comité des Sans-Emploi (CSE) ★	5	C
• Welfare Rights Committee (WRC) ★	6	D
• Services juridiques de Pointe-Saint-Charles et Petite-Bourgogne ★	7	C
Food		
• Club populaire des consommateurs ★	8	A
• La Maison du Partage d'Youville	9	E
• Share the Warmth	10	U
Culture and leisure		
• Société d'histoire de Pointe-Saint-Charles ★	11	D
• Bibliothèque Saint-Charles	12	I
• YMCA ★	13	H
• Les Ateliers 7 à Nous	14	G
• Judo Bushidokan	15	D
• Point St. Charles Community Theatre	16	H
• Centre Africain de Développement et d'Entraide (CADE) ☆	17	D
• Artial	18	
• Loisirs Saint-Charles	19	B
• Centre de ressources sur la non-violence	20	A
Schools		
• Charles-Lemoyne	21	N
• Jeanne-LeBer	22	O
• St. Gabriel	23	P
Jobs and Training		
• Paradoxe ★	24	H
• Cuisine-Atout entreprise d'insertion	25	A
• École Entreprise Formétal	26	K
• ACEF du Sud-Ouest	27	
• Regroupement économique et social du Sud-Ouest - RÉSO ☆	28	
• Carrefour Jeunesse Emploi	29	
Environment		
• Éco-quartier ★	30	H
• Prévention Sud-Ouest ☆	31	

See the **MAP ON THE CENTER PAGE**
to locate groups according to letter.

C O N T E N T S

Popular Education

- Carrefour d'éducation populaire ★32 **J**
- St. Columba House ★33 **C**

Women's Center

- Madame prend congé (MPC) ★34 **A**

Youth and Family

- Ado-Zone - Maison des jeunes ★ 35 **A**
- Centre de la petite enfance Les Enfants de l'avenir ★ 36 **A**
- Centre de la petite enfance de Pointe-Saint-Charles ★ 37 **H**
- Familles en action ★ 38 **R**
- Nourri-source..... 39 **F**
- Travail de rue / Action communautaire - TRAC ☆40 **M**
- Auberge communautaire..... 41 **D**
- Informel..... 42 **D**

Housing

- Bâtir son quartier 43 **A**
- Regroupement information logement (RIL) ★44 **A**

Seniors

- Conseil des Aîné.e.s ★ 45 **D**
- Services bénévoles pour le 3^e âge 46 **L**

Health

- Clinique communautaire de Pointe-Saint-Charles ★ 47 **F**
- Action-Santé 48 **S**
- Projet Suivi-communautaire 49 **T**
- Naître à la Pointe 50 **F**

Autonomous groups

- Centre Social Autogéré (CSA) ☆51 **G**
- La Pointe libertaire 52

- **Other useful contacts**53

★ **ACTIVE** member of Action-Gardien
 ☆ **OBSERVER** member of Action-Gardien

Rights

COMITÉ DES PERSONNES ASSISTÉES SOCIALES DE POINTE-SAINT-CHARLES (CPAS)

Description

Non-profit organization working to improve the living conditions and to defend the rights of welfare recipients, unemployed workers and economically underprivileged people.

Activities

- Information and training about the welfare act, regulations and procedures
- Free consultation service with our lawyer for welfare matters
- Help filling out welfare forms, and accompaniment service
- Get-together: coffee, information, and mobilization
- Information about available resources in the neighbourhood and elsewhere in order to help welfare recipients cope with their situation
- Subsidized outings, free tickets, etc.
- Organization of community projects
- Organization and participation in demonstrations related to demands for social rights, etc.

To contact us

1945, Mullins
Suite 100

(514) 931-6025

Fax : (514) 931-5739

cpas@consultant.com

For whom?

Welfare recipients, senior citizens,
and economically underprivileged
people



Rights

COMITÉ DES SANS-EMPLOI DE POINTE-SAINT-CHARLES

Description

CSE is a non-profit organization whose mission is to bring together unemployed workers, social assistance recipients and low-income earners for the advocacy of their rights and for the promotion of their collective interests. Our group works in collaboration with the Welfare Rights Committee to provide a program of bilingual services and activities. CSE is active in campaigns and initiatives aimed at amending and changing legislation for the benefit of members and users of our services.

Activities

- Welfare Information and Advocacy Service: information, accompaniment or representation on issues related to social assistance.
- Monthly Community Supper: free hot meal at the end of the month
- Public Meetings: Our monthly Community Suppers are followed by public meetings dealing with various aspects of social assistance and other social programs, or any other topic of shared concern for people who are without regular employment. Together, we discuss possible avenues.
- Discussion Workshops ("Coffee-Chat"): on more specific topics that are not usually addressed in our public meetings
- Social and cultural Activities : such as Musical Evenings, bringing together people of different generations and various cultural origins in the community.

For whom?

The Welfare Information and Advocacy Service is provided in English and French to Pointe-Saint-Charles residents. Public Activities are open to all, free of charge.

To contact us

2365, Grand Trunk

(514) 932-5916

(514) 445-5321

csepsc@yahoo.ca

<http://comitesansemploipsc.blogspot.com/>

Rights

WELFARE RIGHTS COMMITTEE

Description

The Welfare Rights Committee of South-West Montreal is a democratic, membership-based organization that works for the personal and collective empowerment of people living in poverty through education, active involvement, mobilization and organizing. The Welfare Rights Committee works in association with its Frenchspeaking counterpart, the Comité des Sans Emploi, to provide a program of bilingual services and activities.

Activities

- Welfare Information and Advocacy Service for people who have problems or questions about social assistance and related programs.
- Information Meetings and Discussion Workshops (“Coffee-Chat”) where we present and discuss information about social assistance, other social programs and current issues – and where directions for collective action can be discussed in more detail.
- Community Suppers followed by Public Meetings where participants can learn about new developments and share their views and ideas about common issues.
- Social and Cultural Activities such as Musical Evenings which help bring together people of different generations and origins.

To contact us

2390 Ryde
Suite 204

(514) 445-5321

wrc_swm@yahoo.com

[http://welfarerights
committee.blogspot.com](http://welfarerightscommittee.blogspot.com)

For whom?

The Welfare Information and Advocacy Service is provided in English and French to Pointe-Saint-Charles residents, and in English to residents of South-West Montreal and Verdun. Public Activities are open to all, free of charge.

Rights

SERVICES JURIDIQUES DE POINTE-SAINT-CHARLES ET PETITE-BOURGOGNE

Description

The Services juridiques communautaires de Pointe-Saint-Charles et Petite-Bourgogne is a non-profit organization and a local legal aid centre, working on defending and acknowledging people's rights. Citizens may obtain services enabling them to know and defend their rights, either in family, economic, social or civil matters.

Activities

- a basic information service about your rights
- information meetings as well as training on various legal topics for organizations, upon request
- consultations, legal advice and legal representation in court, in civil and family matters, as well as administrative and social law

For whom?

Citizens and organizations of Pointe-Saint-Charles and Petite-Bourgogne primarily. You must also be financially eligible according to the criteria set by the *Loi sur l'aide juridique* in order to be represented in court or to get services covered by this act.



To contact us

2533 Centre

(514) 933-8432

Fax : (514) 933-4381

servjur@bellnet.ca

[www.services
juridiques.org](http://www.servicesjuridiques.org)

Food

CLUB POPULAIRE DES CONSOMMATEURS

Description

The Club populaire des consommateurs de Pointe-Saint-Charles is a democratic organization that has been controlled by its members for over 40 years. It works to improve social, economic and health conditions of the neighborhood population through popular education, advocacy and political action. It strives for food security by fighting against poverty and social exclusion.

Activities

- Collective gardens : taking part in an urban and ecological collective gardening project, eating better quality vegetables, sharing the work and harvests, meeting our neighbors! Gardening year round is possible!
- Collective kitchens : planning the preparation of recipes, sharing purchases and food costs, cooking together in a fun atmosphere, dividing portions to bring home.
- Workshops : biological control, plant size, herbalism, soups, bread, canning, baby food...
- Fruit and vegetable market: Fresh produce at a reasonable cost, a majority from Quebec, in season. In the North of the Point : first Saturday of the month, and an other planned market in the South of the Point : third Saturday of the month.
- Collective community grocery store (every Thursday and first Saturday of the month).

To contact us

1945 Mullins
Suite 30

(514) 932.1091

Fax : (514) 932.7557

cpc @qc.aira.com

For whom?

Priority to residents of Pointe-Saint-Charles.



Food

LA MAISON DU PARTAGE D'YOUVILLE

Description

Maison du Partage d'Youville (LMPY) provides help with food, clothing and furniture at a low cost. Our work aims to create a network of mutual help, exchange and support through the involvement and participation of our members in a variety of collective activities.

Activities

- Low-cost grocery store (members only)
- Low-cost second-hand clothing store
- Low-cost second-hand furniture and appliances
- Men's cooking workshops
- English courses
- Collective garden
- Community suppers
- Cultural outings
- Lawn bowling tournaments

For whom?

Low-income families and individuals living in the neighbourhoods of Pointe-Saint-Charles, Saint-Henri and Petite-Bourgogne.



To contact us



2327 Centre

514-935-9846

info@lmpy.ca

www.lmpy.ca



Food

SHARE THE WARMTH

Description

Share the Warmth's mission is to awaken hopes and dreams by overcoming hunger and poverty. We establish important links with youth, their families and schools to ensure that poverty does not hinder their development. Share the Warmth helps young people develop a vision for their lives, as well as the skills and abilities that will help them overcome the challenges they face. We believe that by offering the support families need, they in turn are equipped to succeed.

Activities

- School Programs : School Food Program, Back to School Program, Community work for suspended students
- Youth Programs : Youth Group, Music Programs (Guitar - Piano - Choir), Tutoring & Mentoring, Scholarships, Youth work programs
- Community Programs : Food bank, Emergency food & clothing, Second hand store, Volunteering, Women's Connection, Community Suppers

To contact us

625 Fortune,

(514) 933-5599

Fax : (514) 933-7270

info@sharethewarmth.ca

www.sharethewarmth.ca

For whom?

We work with a diverse clientele : children, youth, and families facing challenges of various kinds.



Culture and leisure

SOCIÉTÉ D'HISTOIRE DE POINTE-SAINT-CHARLES

Description

The Société d'histoire de Pointe-Saint-Charles was created in order to enhance the neighbourhood's historical and architectural heritage.

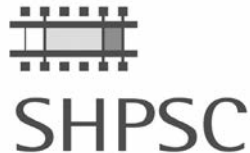
We gather accounts of the history of the neighbourhood through interviews, manuscripts, old photos and films, documents, and objects that tell its oral or written history.

Activities

- Memories committee
- Publications' committee
- Patrimonial, preservation and welcoming committee

For whom?

For everyone who is passionate about history.



To contact us

2390 Ryde
Suite 206

(514) 932-5610

info@shpsc.org

www.shpsc.org

Culture and leisure

ST. CHARLES LIBRARY

Description

Located in the heart of the recreation, sports and cultural district, the Saint-Charles Library is firmly rooted in its environment. It is housed in a heritage building former fire station built in 1891. Since opening in 1976, it has become a place of encounters and discovery for neighborhood residents and the heart of active citizenship.

Activities

Membership is free for all residents of Montreal and provides access to all documents in Montreal public libraries : DVDs, CDs, books, novels, documentaries on all subjects, comics, newspapers, magazines and much more! As a bonus: Wi-fi internet access, internet stations. Something for every taste, for all ages!

Activities :

- Réjane's mornings : story time for 0 to 2 year olds.
- Sunday tales : story time for 3 to 5 year olds.
- Story time in pyjamas for 5 to 8 year olds
- Arts and crafts and science workshops for 7 years and up
- Interactive booth Allô-prof for homework help

To contact us

Youth section:

1050 Hibernia

(514) 872-3035

Adult section :

2333 Mullins

(514) 872-3092

For whom?

For all inquisitive minds!
Youth section : 0 to 13 years old,
Adult section : 14 and up



Culture and leisure



Description

The YMCAs of Quebec is a charitable organization that contributes to the development of spirit, mind, and body, and to the well-being of individuals, families, and communities. Since 1979, the Pointe-Saint-Charles Y Centre, in its present location, had served the South-West sector of Montreal and works closely in collaboration with local schools, community groups and collectives, the City of Montreal, and local organizations, all endeavouring to contribute to a positive and productive neighbourhood.

Activities

- Children and youth: For children 5 to 12 years: Afterschool Program – homework club, recreational activities (soccer, circus...) For youth 13 to 17 years: Homework help and tutoring, dance, cooking night, basketball, soccer, girls' fitness training, hockey league, Friday Teen Night...
- Education and training: Certification courses for instructors and trainers; CPR and First Aid courses.
- Health, fitness and recreation: A unique all-inclusive membership: group fitness classes – step, yoga, cardio-cycle, Pilates, muscle-toning ; Family programs. Personal and small group training.
- Community and International initiatives: Seniors Club (55+), recreation, get-togethers, lunch, outings, fitness

For whom?

Everyone!



To contact us

255 Ash avenue

(514) 935-4711

Fax : (514) 935-1787

www.ymcaquebec.org



Culture and leisure

ATELIERS 7 À NOUS AUTONOMY, CREATIVITY, ROOTS

Description

The Collectif 7 à Nous* aims to reclaim a historic industrial building, part of the Pointe-Saint-Charles popular history, in order to convert it into an alternative meeting space, bubbling with projects, a space of solidarity and creativity.

Our values : social justice, autonomy, respect, democracy, participative spirit of inclusivity and horizontal organization. Rooted in the community, les ateliers 7 à nous aspire to become a driving force for cultural, social, political, economic and environmental change.

*The Collectif 7 à Nous members : Action-Gardien, Centre Social Autogéré, Fonderie Darling, Club Populaire des consommateurs, citizens, architect, with the help of RESO.

Activities

Founding Projects:

- Artists studio with the Fonderie Darling project
 - Multipurpose space, coffee bar, kid's space, library, free media with the Centre Social Autogéré
 - Fruit and vegetable market, rooftop greenhouse, cultivation of fruit trees with the Club populaire des consommateurs.
 - Future projects: Woodworking, crafts, media, design, beekeeping, cinema...
- initiatives that share the values of the project.

To contact us

1830 Le Ber
(corner Sainte-Madeleine)

batiment7@gmail.com

www.ateliers7anous.org

For whom?

For all people, of all ages who want to have fun, work and engage with others.

Culture and leisure

JUDO BUSHIDOKAN

Description

Bushidokan Judo Club is a non-profit organization that has been offering classes in the neighborhood since 1996. Judo is fun for all! This martial art has many benefits: it is good for physical and mental health; it helps youngsters focus in school; it helps in the development of balance of the body and mind and it is the way of gentleness and respect. It can be practiced all year. Judo is a school of life.

Activities

- Children ages 5 to 7, beginner
- Children ages 5 to 7, advanced
- Children ages 8 to 10, beginner and intermediate
- Children ages 10 to 12, beginner and intermediate
- 13 years and older and adults, beginners and intermediate

For whom?

For all ages 5 to 75 years old, girls and boys.

To contact us



2390 Ryde

(514) 935-9666

(514) 768-5506



Culture and leisure

PSC COMMUNITY THEATRE

Description

The PSC Community Theatre was founded in 2004 with two objectives: to bring live English-language theatre to the residents of Pointe-Saint-Charles at an affordable cost, and to provide free acting courses to young actors between the ages of 6 and 16 years old.

Activities

- The Adult Theatre group produces on average two major plays each year.
- The PSC Theatre also fully supports a free program for young actors taught by a professional acting coach in co-operation with the Pointe-Saint-Charles YMCA.

To contact us

(514) 935-3769

info@psccommunity.com

www.psccommunity.com

For whom?

Primarily for residents of Pointe-Saint-Charles, but open to all.

Culture and leisure

CENTRE AFRICAIN DE DÉVELOPPEMENT ET D'ENTRAIDE (CADE)

Description

Community organization that mentors and helps Africans and Congolese immigrants in particular integrate into their host society, making the culture shock and post-migration process a bit easier. The organization extends its mission to include all people of all backgrounds interested in their socio-economic development and harmonious integration into Pointe-Saint-Charles, Quebec and Canada. "From the world to the neighborhood".

Activities

- Welcomes and supports immigrants and refugees mainly of African origins.
- Socio-educational activities in schools and other institutions on topics related to the integration process.
- Promoting the needs and interests of immigrants and refugees for their harmonious integration into the host society.
- Identification and use of different sources of information for a better integration of immigrants in general, and specifically, of African origin.
- Canada Day, Quebec festivities, African Festival of Pointe-Saint-Charles
- Awareness campaigns against racism

For whom?

For the whole neighbourhood and for Africans and Congolese immigrants in particular.



To contact us



2390 Ryde
Suite 202

(514) 528-6032
(514) 262-7981

Fax : (514) 528-8673

centreafricaindevelop-
pement@gmail.com

www.cade-web.org/

Culture and leisure

ARTIAL

Description

Artial: Art & Social is a NPO (not-for-profit organisation) that contributes to the recognition of Canada and Quebec First Peoples' art, by fostering a better knowledge of Indigenous artists. To reach that goal, Artial organizes activities allowing for exchanges between the public and native artists.

Activities

Artistic sharing workshops, Talking Circles, Colloquium-forums, Conferences, Exhibitions, Publication of the Artial Newsletter, Stands, Presentations by indigenous artists in class (CEGEP and university mainly), Cultural outings and discussions with artists, Original and multicultural shows.

To contact us

2674 Rozel

(514) 736-0318

info@artial.qc.ca

www.artial.qc.ca

For whom?

Priority Montrealers,
Native or non-Native.

ARTial
SOC
Artial : Art & Social

Culture and leisure

LOISIRS SAINT-CHARLES

Description

If you are between 6 and 17 years old and you want to meet other youth your own age and you like participating in different activities, come join us!!!

Activities

- Sports for 6-12 year olds : Athletics, basketball, soccer, field hockey, family sports.
- Sports for 12-14 year olds : Field hockey, badminton
- Sports for 15-17 year olds : Field hockey, badminton
- Cultural activities: Homework help, Hip-hop, cooking.
- Free play: Mississippi, ping pong, music, board games, Rockband, mini-hockey, movie nights and much more...
Monday to Friday from 6 to 9 pm.

For whom?

Youth between the ages of 6 and 17.

To contact us

B

Centre Saint-Charles
1055 Hibernia

(514) 872-1289

Fax : 514-872-4217

loisirsstcharles@yahoo.ca

Culture and leisure

CENTRE DE RESSOURCES SUR LA NON-VIOLENCE

Description

The Centre's mission is to inform and promote non-violence as a personal or collective lifestyle choice to counter violence in all its forms and used to gradually build a world of harmony, justice and peace. To inform and promote non-violence in an integrated approach and to illustrate its efficiency and transformation, the center focusses on its members but also on the local, national and international community.

Activities

The center works towards nonviolence in daily life, solidarity with First Nations, international solidarity, national and international security.

The Centre is working to set up an education service offering training sessions, support meetings. The center also provides a documentation center specializing in the field of non-violence that has over 4000 volumes and numerous periodicals.

To contact us

1945 Mullins
Suite 160

(514) 272-5012

Fax : (514) 272-5163

crnv@nonviolence.ca

www.nonviolence.ca

For whom?

Individuals and groups who share the vision and mission of the Center.



Schools

ÉCOLE CHARLES-LEMOYNE

Description

Educational project: The school is in the process of rewriting its educational project. The child is at the heart of our reflexion and the school team, the school board and our partners will together develop a plan for success. Our establishment is well rooted in the neighborhood as a community school and the success of all students is our first priority. We have 31 teachers and specialists in art, music, English and physical education.

Activities

Extracurricular activities : Choir, Samajam (introduction to percussion and show at the end of the year as part of the Montreal Jazz Fest), "Space Station" project of robotics and science. All students from kindergarten 5 years to grade 6 are introduced to science.

Sports : Basketball, soccer, athletics.

Equipment : Library for youngsters and use of the municipal library for older children, computer lab, auditorium, two gymnasiums, large cafeteria and school park, laptop computers for all students in cycle three.

Other services : hot lunches integrated into daycare program, educational service for 4 year olds, daycare program from 7 am to 6 pm, 5 days a week.

Support services: Remedial teachers, psychoeducators, psychologist, speech therapists, special care counsellor, educational consultant, social worker, nurse and dental hygienist.

To contact us



2001 Mullins

(514) 596-5684

Fax: (514) 596-7969



Schools

ÉCOLE JEANNE-LEBER

Description

The school offers services from pre-kindergarten to 6th grade including for students with handicaps or adaptation and learning difficulties (special needs students). It benefits from the presence and commitment of many agencies and community resources. This is a living environment, closely connected to the community with its long tradition of cooperation and solidarity.

Activities

The school is known for a variety of projects and activities; the coping skills, openness, integration and creativity of the team, and its supervision and monitoring. Learning nonviolent communication skills between students and their positive perception towards teachers and staff is our school's greatest legacy.

Our values: Self-esteem, communication, openness, respect and autonomy.

- A school open to the world and culture: music, drama, Coopera project with the Montreal Opera.

- Teaching approaches involving students, working methods and appropriate evaluation, directed studies. Communication that

To contact us

2120 Favard

(514) 596-5788

Fax : (514) 596-3441

values the participation and input of parents.

- Gardening and cooking with the Club populaire des consommateurs.

- Extracurricular activities (choir, athletics, basketball...)

- Self-esteem and social skills workshops: Cirque farfelu, Compte sur moi, Bouger pour mieux écouter, l'Allié, violence and gang prevention with community police, activities with the Prevention center of Montreal.

- Community clinic services (social worker, nurse, dental hygienist, ...)

Schools

ST. GABRIEL SCHOOL

Description

St. Gabriel School is a bilingual public elementary school serving the community of Pointe-Saint-Charles from pre-kindergarten to grade 6. Our school reflects the ethnically diverse population of the neighbourhood.

Activities

- English and French Resource Teachers
- Balanced Literacy Program with literacy specialist
- Well-equipped computer lab with a computer facilitator
- Social skills program
- Music and art specialists
- A wealth of support services: psychologist, social worker, speech therapist, occupational therapist, nurse, child care worker, dental hygienist, and spiritual animator
- Snack and Hot Lunch programs
- Concerts, choir in collaboration with Jeanne LeBer school and Share the Warmth, lunchtime and after school sports program, science fair, piano lessons in collaboration with Heart of The City, a McGill affiliation, Irish and tap dancing.
- Stars of the month and honour roll.
- Tutoring and After-School Homework Programs offered in collaboration with the YMCA and Saint Columba House

To contact us



600 Dublin

(514) 934-2111

Fax : (514) 934-3111

stgabriel@emsb.qc.ca



Jobs and Training



Description

Groupe Paradoxe is a social integration enterprise that welcomes young adults wishing to return to work by getting training in stagecraft and sound, in video and editing, and also by working to improve healthy living and working habits.

During an eight month training, participants develop the skills necessary to integrate into the labour market or to go back to school.

Activities

Specializing in the audiovisual field, Groupe Paradoxe provides technical support and expertise for the production of all types of events.

To contact us

255 Ash

(514) 931-5204

Fax: (514) 931-1787

paradoxe@qc.aira.com



For whom?

Young people between
16 and 35 years of age



Jobs and Training

CUISINE ATOUT

Description

Our mission is to help adults excluded from the labour market, who for the most part reside in southwest Montreal, in their quest for social and professional integration. To do this, we provide practical work experience in food services combined with our personalized training program, which includes learning basic French and mathematics.

Activities

36 week paid training program :

- Cooking techniques
- Upgrading French and Mathematics skills
- Personal, social and professional development workshops
- Job search training and support
- External on-the-job practical training

Economic activities :

- Catering
- Café Bistro

For whom?

Jobless adults between 18 and 55 years of age who do not have a Quebec francophone high school degree. (The training is given exclusively in French.)



To contact us

1945 Mullins
Suite 140

(514) 939-4080

Fax: (514) 939-2816

info@cuisine-atout.com

Jobs and Training



Description

Formétal's mission is to allow young adults to experience social and professional integration to acquire work habits, develop knowledge, skills and attitudes to find their place in the community and in the labor market and this, through training and real work experience.

Activities

Six month training in the following fields:

- sheet-metal transformation;
- welding
- industrial painting by electrostatic powdering
- Merchandise receiving and shipping

Individual and group coaching.
Continual hiring.

To contact us

2175 Saint-Patrick
Suite 301

(514) 939-2510

Fax : (514) 929-1810

gestion@formetal.qc.ca

www.formetal.qc.ca

For whom?

Men and women between 18 and 35 years of ages primarily living in the southwest of Montreal, who want to work and who have difficulties finding or keeping a job.



FORMÉTAL

Jobs and Training



Description

Promotes greater social justice through interventions in the fields of budget, debts and consumer affairs.

Activities

- Budget courses
- « Dealing with debts » workshops
- Budget consultation
- Mobilization in relation to political matters
- Thinking and action committee on consumption

For whom?

Everyone faced with financial or consumption-related problems from the southwest and west of Montreal.



To contact us

6734 Monk

(514) 362-1771

Fax : (514) 362-0660

acefsom@
consommateur.qc.ca



Jobs and Training

REGROUPEMENT ÉCONOMIQUE ET SOCIAL DU SUD-OUEST (RESO)

Description

RESO has worked for over 25 years in the economic and social revitalization of neighborhoods of the southwest. It offers a range of services to unemployed individuals, businesses, community organizations and social enterprises.

Activities

- Do you want to write a resume that showcases your skills? Need advice for a job interview? Want a career change? Wondering if you have the skills for the job of your dreams or what training you need to get there? Come and meet our employment consultants.
- Do you want to finish high school or acquire pre-vocational training? RESO can assist you.
- Have you been unemployed for a while and want to change your situation? Explore new paths with Explore Action.
- Do you have children and want to support them in their academic success?
- Do you need to refresh your knowledge of French and mathematics and to familiarize yourself with computers? Come to the school for parents.

To contact us

3181 Saint-Jacques

(514) 931-5737, poste 254

Fax: (514) 931-4317

reso@resomtl.com

www.resomtl.com

For whom?

Everyone



Jobs and Training

CARREFOUR JEUNESSE-EMPLOI DU SUD-OUEST

Description

The Carrefour jeunesse-emploi du Sud-Ouest (CJESO) is a service offered by Regroupement économique et social du Sud-Ouest (RESO). It supports youth and young adults aged 16 to 35 years in their efforts related to employability, education and entrepreneurship by offering free bilingual individual or group services.

Activities

- Coaching – Job search or return to school
- A documentation and reference center
- Orientation process and school information
- Youth entrepreneurship

You want to :

- Find a job, training or work experience
- Go back to school
- Participate in a youth project
- Study or work abroad
- Start a business
- Obtain information or assistance to better guide you in your life plan. Come and meet us !

For whom?

Youth and young adults
aged 16 to 35 years

To contact us

3181 Saint-Jacques

(514) 934-2242

Fax : (514) 934-2264

info@cjeso-mtl.org

www.cjeso-mtl.org



Environment

ÉCO-QUARTIER DU SUD-OUEST

Description

The Éco-quartier of the Southwest promotes environmental action and eco-citizenship to all residents of the Southwest borough, which includes the neighborhoods of Pointe-Saint-Charles, Petite-Bourgogne, Saint-Henri, Ville-Émard and Côte-Saint-Paul. Fields of action of our éco-quartier are: ecological waste management, cleanliness and beautification, urban nature, water protection and conservation, active transportation and urban planning.

Activities

- Management of multiple collective composting sites
- Implementation of recycling in buildings,
- Sale of domestic and worm composters and rainwater collection systems
- Organization of cleaning chores
- Sale of dog permits
- Annual distribution of flowers and compost
- Planting with citizens or groups of citizens
- Organization of environmental workshops and conferences
- Green tips for citizens
- Management of green projects
- Active participation to the Enviro-Pointe committee, formed by citizens to improve the quality of life for residents by raising awareness of environmental issues in relation to their health.

To contact us

255 Ash avenue

(514) 872-0122 ext. 1

Fax : 514-935-1787

info@ecoquartier
sudouest.com

www.ymcaquebec.org/fr/com
munautaires/eco_quartier

For whom?

All residents of the Southwest borough: businesses, community groups, institutions and citizens of all ages.



Enviro-Pointe

éco
quartier
Sud-Ouest

Environment

PRÉVENTION SUD-OUEST

Description

Active in the South West since 1988, Prévention Sud-Ouest is a non profit organization whose primary mandates are to reduce the crime rate through the involvement of citizens, implement preventive measures to improve the quality of life and safety of the population, work in partnership with other local stakeholders whether institutional or community based, promote social cohesion, encourage and promote volunteering and job creation.

Activities

Prévention Sud-Ouest offers the population of the borough, advice, resources, tools (often innovative) to ensure the safety of goods, people and communities. The majority of our services are in connection with the Tandem program: prevention of break-ins, car theft prevention, advice visits, information kiosks, animation in schools, animation in groups, animation in multi-unit residences.

- Youth : Identification booklets, intergenerational activities, antisocial behavior and vandalism, babysitting classes. Various activities in schools (bullying, gangs, cyber bullying, internet safety, etc.). Puppet shows (street and stranger safety, etc.).
- Women : street safety, metro and buses, handbags, exploratory walks.
- Elderly : presentations on street safety in the neighborhood, in public places, in homes or dwellings, on fraud, etc. Presentations on violence and elder abuse prevention.
- For all : A la carte activities, engraving of valuables and bicycles, bicycle patrols in parks, rear addresses, sheds, safety planning and circulation of information.



To contact us

6000 Notre-Dame Ouest

(514) 761-4151

Fax : (514) 761-7451

secretariat@psotm.org



Popular Education

CARREFOUR D'ÉDUCATION POPULAIRE

Description

The Carrefour is a place where we can learn, think, be better informed, discuss and share in order to improve our living conditions both individually and collectively. The Carrefour dedicates itself to creating a democratic, fair and humane society, where everybody is accepted, recognized and supported in his or her differences.

Activities

- Literacy workshops, sewing, drawing, pottery, stained-glass, integration of handicapped people, computers, knitting/crocheting.
- Cultural outings, parties, committees, civic action. Reference, free internet access.
- Daycare services offered to participants during workshops and activities: general assembly, Christmas celebration, Women's Day, Soirée Solidarité, etc. We offer a dropin daycare to parents of the Point on Monday, Tuesday and Wednesday afternoons. Spaces are limited.

To contact us

2356 Centre

(514) 596-4444

Fax : (514) 596-4443

carrefour.anim@csgm.qc.ca

www.carrefourpop.org

Blog :

www.carrefourpop.org/blog

For whom?

The adult residents of Pointe-Saint-Charles.



Popular Education

ST. COLUMBA HOUSE

Description

For over 90 years, Saint Columba House has stood as a pillar of support in a neighbourhood with a rich history of community building and innovation, the community of Pointe-Saint-Charles. As we look to the past, we see a long trail of accomplishments through our collaboration with local citizens and church and community partners.

Activities

- Community Development
- Community Lunch : Monday to Friday, \$1.75 per meal
- After School Program - elementary school
- Teen Programming: Teen tutoring, Sexual Health Conference, Counsellor in Training Program.
- Hand-in-Hand program for adults with intellectual challenges
- Summer Day Camp
- Preschool Programs : Alternate School and Monday Parent-child workshops
- Spiritual Development Program
- Women's Discussion Group
- Men's Discussion Group

For whom?

Priority given to the population of Pointe-Saint-Charles but open to surrounding neighborhoods.



To contact us

2365 Grand Trunk

(514) 932-6202

Fax : (514) 932-5131

info@saintcolumbahouse.org

www.saintcolumbahouse.org



Women's Center

MADAME PREND CONGE

Description

Meeting place where we can put an end to our isolation, express ourselves, talk, make friends, build solidarity and increase awareness of our personal and collective reality, in order to take action to improve our living conditions.

Activities

- We welcome all women who wish to chat and have a coffee
- Discussions on various topics
- Listening, references, information
- Workshops (self-knowledge, coffee chats, physical and psychological health, creativity, etc..)
- Childcare is free for women who participate in a class or workshop
- Free access to computers and internet
- Access to photocopiers and fax machines

To contact us

1945 Mullins
Suite 20

(514) 933-2507

Fax : (514) 933-4816

mpc@cooptel.qc.ca

www.madameprendconge.com

For whom?

All women



Youth and Family

ADO - ZONE

Description

The Youth Center is a lively meeting place, where young people, along with significant adults, can become active, critical, independent and responsible citizens. Teenagers participate in activities or get involved in long term projects. They play an active role in the decision making process and they are the ones who propose the activities. The animators encourage them to question their lives and their choices without judgment, and to develop critical thinking and openness to the world by trying to help them discover new interests.

Activities

- Sports : field hockey, soccer, skating, biking, hebertism...
- Prevention and awareness : discussion workshops and activities on sexuality, drugs, love, family relationships, food, differences and tolerance, self-esteem
- Leisure : billiard, ping-pong, babyfoot, board games, movie nights, Dungeons and dragons, video editing, singing, etc.
- Group outings : camping, water slides, beach, trips, sugar shack, apple picking
- Democracy and human rights : youth council, board meetings, general assembly
- Individual support : pre-employment, help with homework, listening and referral
- Personal and social development : cooking classes, art workshops, fundraising activities

For whom?

Youth 12 to 17 years old.
Open to 11 years old youth on Wednesdays.

To contact us

1850 Grand Trunk

(514) 937-9655

Fax : (514) 937-9655

adozonepsc@yahoo.ca

www.adozonepsc.com



Youth and Family

CPE LES ENFANTS DE L'AVENIR

Description

- Quality educational childcare
- Spoken languages: French, English and Spanish
- Working language: French

Activities

Open learning program, stimulating the overall development of children according to age and pace. We recognize that children have the right to be children. We consider that it is through play that children grow and learn: theater, cooking, singing, yoga, gardening, ...

To put your child on our waiting list you must contact the Coopérative Enfance-Famille at www.enfancefamille.org or at (514) 767-4949.

To contact us

1945 Mullins

For 3 months to 5 year olds
(514) 932-9336 (office 180)

For 2 to 5 year olds
(514) 932-2336 (office 50)

Fax : (514) 931-6116

cpe-lesenfants@qc.aira.com

For whom?

Children 3 months to 5 years old



Youth and Family

CPE DE POINTE-SAINT-CHARLES

Description

The Centre de la petite enfance de Pointe-Saint-Charles is a non-profit organization. The Centre offers bilingual educational childcare and operates with a license that allows a total of 160 children: 20 places for infants (6 months to 18 months) and 140 places for children aged between 18 months and 5 years old.

Activities

Our activities are designed to ensure the optimal development, wellness, health and safety of children. We aim to implement the HighScope educational program which is at the cutting edge of research in educational activities for children in daycares located in low income neighborhoods.

To put your child on our waiting list you must contact the Coopérative Enfance-Famille at www.enfancefamille.org or at (514)767-4949.

For whom?

Children ages 6 months to 5 years, residing mainly in Pointe-Saint-Charles.



To contact us

237 and 255 Ash

(514) 935-8224

Fax : (514) 935-7360

info@cpepsc.com

www.cpepsc.com



Youth and Family

FAMILLES EN ACTION

Description

We are a family organization that allows families of Pointe-Saint-Charles and the surrounding neighborhoods to get involved and invest in improving their personal, family, economic and social well-being. In a warm environment, parents can meet other parents, share their parenting experiences, experience moments of enjoyment with their children, take a brief respite and find practical solutions to problems they may encounter.

Activities

- coffee meet
- parent child socialization workshops (2 to 4 years old);
- parent child workshops: ouistitis 0-12 months and éléphantaux 12-24 months;
- Programs for parents 25 years old and under: workshops and activities with your baby or toddler;
- drop-in daycare for members;
- community activities and family outings throughout the year;
- summer camp;

To contact us

1915 Centre

(514) 932-6373

Fax : (514) 932-6620

famillesenaction
@videotron.ca

For whom?

For families of the neighborhood
and the Southwest; children
0 to 12 years old.



Youth and Family

NOURRI - SOURCE

Description

Nourri-Source's mission is to promote and support breastfeeding in Pointe-Saint-Charles. Mothers who breastfeed or wish to breastfeed can be paired with a "godmother" who can provide telephone support to share their experiences and answer questions related to breastfeeding.

Activities

Nourri-Source also offers breastfeeding clinics every 2nd and 4th Wednesday of the month from 1:15 to 3:30 pm. The clinics are free and there is no need to register. Mothers (and their babies) can come and go as they please. At each meeting we discuss a topic related to breastfeeding, diet, mothering and neighborhood resources, in addition to allowing mothers to meet other breastfeeding mothers in their neighborhood and share their experience.

For whom?

Mothers and their babies

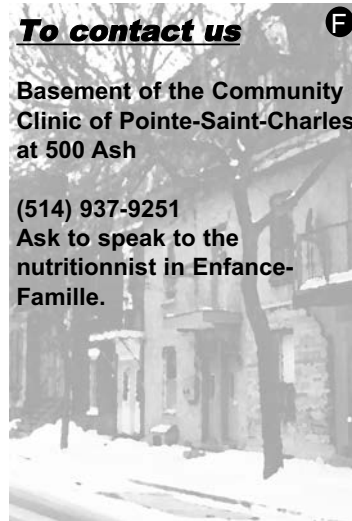


To contact us



Basement of the Community
Clinic of Pointe-Saint-Charles
at 500 Ash

(514) 937-9251
Ask to speak to the
nutritionist in Enfance-
Famille.



Youth and Family

TRAVAIL DE RUE - ACTION COMMUNAUTAIRE (TRAC)

Description

An outreach/street worker reaches youth in their own surroundings and by interacting with community organisations. Working in the streets involves integrating oneself into the environment, becoming known within the community and developing significant relationships fostered through confidence and trust. The outreach worker has a mandate complimentary to that of the permanent site and distributes and recuperates prevention materials, provides accompaniment, personalised references, information and support.

Activities

- Present in the everyday life of youth.
- Provide information that concerns youth without passing judgement or giving advice, thus enabling individuals to make their own decisions.
- Personalised references towards an individual resource person who works at a local resource or a nearby service.
- Reference to resources and services.
- Organizes occasional activities within the neighborhood and surrounding areas.
- A voluntary and confidential approach.
- Permanent Site, Verdun: Offers sterile materials for the prevention of sexually transmitted infections and blood born infections and to diminish the harm related to drug abuse and unprotected sexual relations.

To contact us

Office : 75 Carré Georges-Étienne-Cartier
Suite 212
(514) 939-2122
Fax : (514) 939-2133

info@letrac.org

www.letrac.org

Pointe-Saint-Charles
street worker :
(514) 440-8256

For whom?

Street Worker :
Youth between the ages of 12 and 25.
Permanent site and Outreach Worker
People 14 years old and over.



Youth and Family

AUBERGE COMMUNAUTAIRE DU SUD-OUEST (ACSO)

Description

The Auberge communautaire du Sud-Ouest (ACSO) is a community-based resource that fights poverty, social segregation and alienation of homeless youth, by seeking to improve their living conditions through mutual aid and cooperation. The Auberge was created in 1983 by a group of stakeholders in the South-West district in order to meet the growing needs of Montreal's young adults experiencing the loss of economic and social independence.

Activities

- Shelter : a welcoming place, where men and women can find food, lodging, general orientation services and opportunities to gain new skills. The shelter offers 20 individual rooms available for a maximum stay of one year.
- Envol : for young people who have regained stability, access to 38 community-based apartments in six living facilities.
- Azimut PPE : employment integration program. Workshops to develop personal, cultural, social and professional abilities.
- ACSO Association : a active, compassionate project, a social environment, a place for young people.

For whom?

ACSO opens its doors to men and women between the ages of 18 and 29 who are homeless and/or unemployed.



To contact us



2532 Centre

(514) 768-4774

Fax : (514) 768-7434

direction@
laubergecommunautaire.org

http://lauberge
communautaire.org



Youth and Family



Description

Informel is a project of Action-Gardien's youth committee to create links between families, schools and the community and support their joint efforts to promote the success of our youth. The activities enable young people to develop skills and positive self-esteem and parents to be better informed and to become involved in the school and community life of their children.

Activities

- Information and referral for families, community groups and schools
- Support the parents to become involved in school and in the community
- Thematic meetings for parents
- Activities for children and parents in schools in partnership with the resources of the neighborhood
- Neighborhood visits
- French classes for parents with the Centre de Ressources Éducatives et Pédagogiques

To contact us

Liaison officer Informel :
(514) 895-9251

info@informel.org

www.informel.org



For whom?

Families, schools, community groups

Activities take place in the 3 elementary schools (Jeanne-Leber, Charles-Lemoyne, St. Gabriel) and in organizations.



Housing

BÂTIR SON QUARTIER

Description

Bâtir son quartier is a non-profit organization that coordinates community housing projects to create supportive living environments for households with low and moderate incomes. Over the years, the organization's expertise has contributed to the development of CPE projects and community centers. Since 1976, Bâtir son quartier has created over 9 000 community housing units distributed across 373 cooperative projects or various non-profit on the island of Montreal.

Activities

Support groups in carrying out projects, trainings on building management and maintenance, financing arrangements and funding requests, overall coordination of the implementation process, assistance in organizing, and support when taking possession of a building.

For whom?

Individuals and households with low or moderate income seeking adequate housing and community groups with a real estate project to achieve.



To contact us

1945 Mullins
Suite 120

(514) 933-2755

Fax :(514) 933-7802

grt@batirsonquartier.com



Housing

REGROUPEMENT INFORMATION LOGEMENT (RIL)

Description

Managed by neighbourhood residents, the goal of RIL is to improve housing conditions. We also work towards maintaining helping residents in the neighbourhood and helping individuals gain remain in control of their living conditions.

Activities

The Project Saint-Charles/Housing Committee defends and promotes tenants' rights in the private and public sectors.

The Société d'amélioration de Pointe-Saint-Charles (SOCAM) buys and manages residential buildings and offers managerial services to CO-OPS and non profit housing in the neighbourhood.

- Defend tenants rights;
- Organize workshops on housing;
- Reception center, reference, information;
- Applicant List

To contact us

1945 Mullins
Suite 110

(514) 932-7742

Fax : (514) 932-0148

infolog@rilsocam.org

www.rilsocam.org

For whom?

Pointe-Saint-Charles residents.



Seniors

CONSEIL DES AÎNÉ.E.S

Description

We invite the seniors of Pointe-Saint-Charles to come together to defend the rights of the elderly. We want to establish our presence in the life of the neighborhood and help each other. We work to improve the quality of life of seniors in Pointe-Saint-Charles. We educate the public about the realities and needs of elderly people. We encourage the development of resources to meet the needs of seniors, in conjunction with existing resources.

Activities

- “Navette OR” project with the STM.
- Walking club open to all seniors: weekly short walks of about two hours around the neighborhood
- Meetings on subjects of direct concern to seniors.
- **Cité des bâtisseurs** : Community Housing for seniors 65 and older, independent or who have lost some autonomy. This residence offers comfortable and affordable apartments and a range of services. Created by and for citizens, this project aims to improve the quality of life of its residents, encourage their participation in creating an active environment that meets their needs.

(514) 933-6463

www.citedesbatisseurs.org

For whom?

People 60 years old and over who adhere to the organization's objectives.



Conseil des Aîné.e.s works with **ROPASOM**
Regroupement des Organismes Pour Aîné.e.s du Sud-Ouest de Montréal.

To contact us

Mailing address :
500 Ash
Montréal, H3K 2R4

(514) 937-9251 ext. 7525
(voice mail)

Fax : (514) 937-3492

ROPASOM :
(514) 989-8226
www.ropasom.wordpress.com

Seniors

SERVICES BÉNÉVOLES POUR LE 3^{ÈME} ÂGE

Description

The Services bénévoles pour le 3e âge de Pointe-Saint-Charles is a community organization whose mandate is to promote the autonomy of seniors and put an end to their isolation. The organization was founded in March 1982 and serves the community of Pointe-Saint-Charles. The crucial issue for the increasingly aging population of the neighbourhood is to maintain their autonomy as long as possible by improving their quality of life through our services.

Activities

- Put an end to seniors' isolation through activities requiring their participation
- Encourage their autonomy by going with them to their medical appointments
- Empower them by helping them with their shopping or visiting friends
- Defend their rights by referring them and helping them with various procedures (e.g.: Hydro, Bell, etc.)

To contact us

1905 Centre

(514) 933-5826

Fax : (514) 933-2509

benevolestroisiemeage
@qc.aira.com

For whom?

Senior citizens of
Pointe-Saint-Charles

Health

CLINIQUE COMMUNAUTAIRE

Description

The community Clinic is a community organization with a CLSC mandate, as stipulated in the Law on health and social services. The Clinic offers medical and social services, while directly undertaking the socio-economic causes of illness. The Clinic is a democratic organization. Its general assembly determines its orientations, priorities and elects its board of directors mainly composed of citizens from the neighbourhood. Since its beginnings, the Clinic has also been closely linked to Pointe-Saint-Charles' community development.

Activities

Several multidisciplinary teams work on a daily basis at the Clinic in order to carry out these mandates and priorities and to offer quality services: welcoming, adults, childhood-family, youth, school, nursing, medical and homecare services, community planning and development. You may come to the Clinic to get healthcare or to get involved and work together to improve the lives and health of the population of the Pointe. The Clinic is the health and the unity of a neighborhood !

For whom?

Pointe-Saint-Charles residents



To contact us

500 Ash avenue
and
1955 Centre

(514) 937-9251

Fax : (514) 937-3646

www.ccpssc.qc.ca



Health

ACTION-SANTÉ

Description

Action-Santé in Pointe-Saint-Charles operates as a support group to help people living with mental health problems, depression, and isolation in their daily lives. Our organization is a welcoming place where listening and sharing are at the heart of our intervention.

Activities

We offer help and support through: leisure activities, outings, community meals, discussions and other activities.

- Community breakfast second Tuesday of the month
- Community lunch second to last Tuesday of the month
- Spaghetti supper second to last Thursday of the month
- Community supper last Thursday of the month

To contact us

2423 Wellington

(514) 933-5771

Fax : (514) 933-1615

actionsante@qc.aira.com

www.actionsante.org

For whom?

Adult residents of
Pointe-Saint-Charles
and Montreal.



Health

PROJET SUIVI COMMUNAUTAIRE

Description

An alternative resource in mental health that provides community monitoring to ensure individual well-being and quality of life.

Activities

Long-term community monitoring : listening, support, accompaniment

- we meet people in the location of their choice
- we listen and support them
- we start from people's expressed needs to set goals and objectives
- we work long-term to achieve these objectives
- we promote community involvement
- we assist people in learning the skills necessary for independent living : budget, socialization, advocacy, etc.

For whom?

Adults 18 to 65 years old living with, or having lived with mental health issues.



To contact us

1751 Richardson
Suite 6.108

(514) 366-0891

Fax : (514) 366-5008

psc.communautaire
@sympatico.ca

Health

NAÎTRE À LA POINTE

Description

Naître à Pointe-Saint-Charles is a citizen group that aims to establish a birthing center in our neighborhood with the support of the Community Clinic.

Rooted in our neighborhood, we want our future birthing center to be the citizens' space, where the autonomy of pregnant women will be respected. Users will play a major role in the choice the birthing center's directions and practices as well as in the running of this environment.

Activities

We are currently in the process of writing a mission statement, having meetings and looking for support for our birthing center project. We are also trying to educate the population to transform the dominant culture around childbirth, which is particularly marked by fear, control and overmedication.

To contact us

naitreapsc@gmail.com



For whom?

For neighborhood citizens and other Montrealers as well as their life partners, who believe that women should have the right to give birth as they wish, with people of their choosing, dignity, power and safety.



Autonomous groups

CENTRE SOCIAL AUTOGÉRÉ (CSA)

Description

The CSA's are at the centre of cultural, social and political activities. They are located in hundreds of urban neighborhoods around the world. Our CSA project, established in 2006, originates from residents of Pointe-Saint-Charles. The CSA participates in its own way to fight against capitalist property developers who seek only to fill their pockets with luxury condos at the expense of the lives and community needs of the neighborhood.

Activities

We dream about and work on projects that meet the needs that we consider essential to our being together:

- a workshop on sharing and bicycle repair;
- a group for popular education that disseminates knowledge instead of selling it;
- a concert hall and bar, which would also provide free rehearsal space for artists;
- an independent media room fueled by the creativity of the free;
- a mobile cinema that goes back to the street to show films that inspire us;
- cooking fueled by urban agriculture and food recycling.

For whom?

Everyone !



To contact us

info@centresocial
autogere.org

www.centresocial
autogere.org



Autonomous groups

LA POINTE LIBERTAIRE

Description

La Pointe libertaire is an autonomous affinity group based in Pointe-Saint-Charles. It is the rallying point for people of diverse milieus who act in the political arena and seek to stimulate an autonomous, self-managed dynamic in the neighbourhood. The collective draws on social anarchism, and more specifically, on ideas that have been put forth by activists and thinkers of the social ecology tradition.

Activities

- Producing analysis on urban issues such as housing and transportation.
- Setting-up of a Free Press Agency and an independent web-based media outlet to produce information about neighborhood current events.
- Organizing direct action : the “redevelopment” of a vacant lot into what is now the Jardin de la liberté; creation of several urban art pieces
- Setting-up and supporting autonomous projects or committees: the Autonomous Social Center and the Nordelec Resistance Committee (CRAN).
- Participation in activities organized by neighbourhood groups: the struggle against the plans to move the Casino, to close the local post-office ; neighbourhood consultations (OPA) on urban development in general and specifically on the CN rail yards ; public assemblies on urban issues.

To contact us

lapointelibertaire
@yahoo.ca

www.lapointe
libertaire.org



Contacts

OTHER USEFUL CONTACTS

Emergency Resources

- Emergency (police, fire, ambulance) 9-1-1
- Info-santé (health) 8-1-1
- Information and Referral Centre
of Greater Montreal (514) 527-1375
- Sécurité-incendie (fire) (514) 872-3000
- Tel-écoute (514) 493-4484
- Tel-Aid (help for people in distress) (514) 935-1101
- S.O.S. domestic violence 1-800-363-9010
- Refuge for abused women (514) 878-9757
- Victim of sexual agresion (514) 934-4504
- Tel-jeunes (Youth) (514) 288-2266
- Jeunesse j'écoute (Youth) 1-800-668-6868
- Youth Protection (514) 896-3100
- Youth Legal Aid (514) 864-9833
- Parents anonymous 1-800-361-5085
- Pregnancy Help (514) 271-0554
- Tel-ainés (Seniors) (514) 353-2463
- Suicide-action Montréal (514) 723-4000
- Gay-Écoute (514) 866-0103
- Emergency Drug addiction (514) 288-1515
- Drog, help and reference (514) 527-2626
- Poison Center of Québec 1-800 463-5060
- Gambling, help and reference (514) 527-0140
- Depressed anonymous (514) 278-2130
- Alcoholics anonymous (514) 376-9230

Local Services

- Police station, poste 15 1625 de l'Église (514) 280-0115
- Post Office (IGA) 2600 Mullins (514) 932-8155 ext. 27
- Pharmacie Familiprix 2043 Wellington (514) 933-6766
- Pharmacie Paquette 2374 du Centre (514) 933-6758
- St. Charles Pool 1055 Hibernia (514) 872-2501
- Local newspaper La Voix populaire (514) 636-7314

High Schools

- James Lyng High school (514) 846-8814
5440 Notre-Dame ouest jameslyng@emsb.qc.ca
- Saint-Henri High school (514) 596-5970
4115 St Jacques sthenri@csdm.qc.ca

Contacts

OTHER USEFUL CONTACTS

Elected Members

- Federal Deputy (Jeanne Le Ber) 2403 rue du Centre (514) 496-4885
- Provincial Deputy 3269 rue Saint-Jacques (514) 933-8796

Government Services

- Canadian Government - Service Canada (514) 522-4444
- Quebec Government - Service Québec (514) 873-6190
- City of Montreal (514) 872-1111
- Southwest Borough 815 Bel-Air (514) 872-6814
Borough Council: first Tuesday of the month.
- Sports and leisure – City of Montreal (514) 872-2161
- Bureau Accès Montréal 3-1-1

Food Banks

- Maison du partage d'Youville 2327 Centre (514) 931-9846
- Share the Warmth 625 Fortune (514) 933-5599
- Mission of the Great Shepherd 2510 Centre (514) 953-9608
- Église Saint-Charles 2115 Centre (514) 932-5335
- St. Gabriel Church 2157 Centre (514) 937-3597
- Welcome hall mission (514) 904-0698
www.welcomehallmission.com
- Salvation Army 1655 Richardson (514) 288-2848
www.armedusalut-quebec.ca

Meal Distribution

- St. Columba House 2365 Grand Trunk (514) 932-6202
- Mission of the Great Shepherd 2510 Centre (514) 933-9608
- Garde-manger pour tous (in schools) (514) 931-8830
gmpt@garde-manger.qc.ca www.garde-manger.qc.ca

Second Hand clothing

- Friperie MPC 1960, du Centre (514) 939-9157
- Friperie Et plus (household items) 1966 Centre (514) 937-0817
- St. Columba House 2365 Grand Trunk (514) 392-6202
- Église Saint-Charles 2115 du Centre (514) 932-5335

Housing

- Habiter la mixité OMHM (514) 497-0012
210 Charon Salle Alexandra
- Office Municipal d'Habitation de Montréal (514) 868-5588

Contacts

OTHER USEFUL CONTACTS

Emergency Shelter

- The Bunker (12-22 years old) (514) 524-0029
- En marge 24h (12-17 years old) (514) 849-7117
- Refuges des jeunes (men, 17-25 years old) (514) 849-4221
- Passages (women, 18-30 years old) (514) 875-8119
- L' Autre maison (southwest) (514) 768-7225
- L'Entre-Toit (men, mental health, legal problems) (514) 846-3202
- Native women's shelter (514) 933-4688

Daycares

- Daycare Beaujeu (514) 932-9191
- Daycare in Centre Louis-Riel (514) 931-2263 ext.708
- To look for a place in a daycare :
 - www.enfancefamille.org
 - www.garderies.qc.ca/montreal.html
 - cpe.enfantssoleil@qc.aira.com
- Daycare in community groups during their activities
 - Carrefour
 - Madame prend congé
 - Familles en action

Seniors

- Âge d'or Saint-Charles 2333 Mullins (514) 872-4063
- Golden Age Club 2390 de Ryde (514) 932-9697
- Cité des Bâisseurs www.citedesbatisseurs.org (514) 933-6463

Work / Employment

- Centre local d'emploi (Employment office) (514) 872-6426
- Au bas de l'échelle (popular education, rights) (514) 270-7878
- Comité chômage (Employment Insurance) (514) 933-5915
- Commission des normes du travail (514) 873-7061

Environment

- Éco-centre Eadie 1868 Cabot (514) 872-8359
- Recyc-Québec (514) 352-5002