

# Little Burgundy Community Resources



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## **Continuing Education / Éducation populaire**

### **Comité d'éducation aux adultes de la Petite-Bourgogne et de St-Henri (CÉDA)**

2515, Delisle

(514)-596-4422

[www.ceda22.com](http://www.ceda22.com)

### **Le Carrefour d'éducation populaire de Pointe Saint-Charles**

2356, Centre

(514)-596-4444

<http://www.carrefourpop.org/>

### **Tyndale St Georges**

870 Richmond Square

(514)-931 6265

<http://www.tyndalestgeorges.ca/>

## **Immigrants**

### **Project Genesis**

Helps with housing issues. Offers services in English, French, Spanish, Mandarin, Russian, Arabic, German, Greek, Italian, Dutch and Yiddish.

4735 Côte-Ste-Catherine

(514)-738-2036.

[www.genese.qc.ca](http://www.genese.qc.ca)

### **Centre sociale d'aide aux immigrants**

Helps immigrants and refugees with welfare, EI and other issues.

4285 de Maisonneuve W

(514)-932-2953

### **Comité d'aide aux réfugiés**

Mon-Fri 9:00-17:00

Offers information on immigration laws and the procedure on obtaining citizenship. Can help to make a demand to stay in Canada.

5018 Beaubien E.

(514)-272-6060

### **Legal Aid - Immigration Division**

Mon-Fri 9:00-17:00 (closed from 12:00-13:30)

Legal Aid is a service of the Quebec Government which strives to ensure that low-income persons have a lawyer when they need one. Depending of the revenue of the person, the lawyer's fees will be paid totally or partially by the government. Call to see if

you fulfill the criteria to have access to Legal Aid (or look at the eligibility pamphlet online).

800 de Maisonneuve E. 8th Floor

(514)-849-3671

<http://mlc.mcgill.ca/enCRimmigration.html>

<http://mlc.mcgill.ca/www.csj.qc.ca>

### **CLSC Côte-des-Neiges - Aide aux réfugiés**

Mon-Fri 9:00-17:00

Specialized medical and social services for newly arrived refugees

5700 Côte des Neiges

(514)-731-8531

## **Employment / emploi**

### **Little Burgundy Employment Centre**

753 des Seigneurs

(514)-931 2155

[www.lbec.org](http://www.lbec.org)

### **Carrefour Jeunesse-Emploi**

Free employment and internship service for anyone between 16–25

6370 Sherbrooke W.,

(514)-482-6665.

[www.cje-ndg.com](http://www.cje-ndg.com)

### **Cuisine-Atout**

1945, Mullins, suite 140

(514)-939-4080

Services offered: technical kitchen training

<http://ccpsc.qc.ca/fr/node/122>

### **Cybercap**

Projet Transition

33, rue Prince, bureau 301

Montréal (Québec) H3M 2M7

(514)-861-7700, poste 0

[info@cybercap.ca](mailto:info@cybercap.ca)

### **PITREM**

2122, rue Centre, suite 3

Montréal (Québec) H3K 1J4

(514)-925-7494

[stage.so@pitrem.org](mailto:stage.so@pitrem.org)

### **Employment Insurance Info**

Telephone service that helps fill out the forms to receive EI. Provides information on other social services offered. Also, if you have been accused of making a false claim, will provide information on court procedure. Open: Mon-Thur 13:00-16:30

819 rue du Couvent.

(514)-933-5915

[http://www.servicecanada.gc.ca/eng/ei/application/my\\_information\\_preamble.shtml](http://www.servicecanada.gc.ca/eng/ei/application/my_information_preamble.shtml)

### **Formétal**

2175 Saint-Patrick, suite 301

(514)-939-2510

Professional training in metal work (welding, etc) for people aged 18 to 35 with little or no experience and/or education.

[www.formetal.qc.ca](http://www.formetal.qc.ca)

### **Pro-Vert Sud-Ouest**

75, Sir-Georges-Étienne-Cartier, local 021

(514)-768-2785

30 hours a week, 255\$ per week, free bus pass, 22 weeks, must be age 16 to 30

[www.provert.org](http://www.provert.org)

### **Paradoxe**

255, rue Ash

(514)-931-5204

Professional training in the video/audio technical field, paid stages (30 weeks)

[www.paradoxe.ca](http://www.paradoxe.ca)

### **RESO CASE Centre d'aide aux sans-emploi (Anglais/Français)**

1751, rue Richardson bureau 6509

Montréal H3K 1G6

(514)-931-5737, poste 254

<http://www.resomtl.com/en/home.aspx>

### **RESO Explore Action**

1751, rue Richardson, bureau 6509

Montréal, H3K 1G6

(514)-931-5737 poste 238, 276, 265

<http://www.resomtl.com/en/default.aspx?sortcode=2.15.22>

### **RESO Formation (Anglais/Français)**

Centre Saint-Paul

4976, rue Notre-Dame Ouest

Montréal (Québec)

H4C 1S8

(514)-596-4544, poste 7200

[http://www.resomtl.com/361/formation\\_professionnelle.sudouestmontreal](http://www.resomtl.com/361/formation_professionnelle.sudouestmontreal)

### **Youth Employment Services Started**

Caters specifically to anglophones, usually between 18–35, looking for jobs.

(514)-878-9788

[www.yesmontreal.ca](http://www.yesmontreal.ca)

### **Workers' Rights / Droit des travailleurs/euse**

#### **Commission des normes du travail**

(514)-873-7061.

[www.cnt.gouv.qc.ca](http://www.cnt.gouv.qc.ca)

#### **Commission de la santé et de la sécurité du travail (CSST)**

1 Complexe Desjardins, South Tower, 31st fl.,

(514)-906-3000,

[www.csst.qc.ca](http://www.csst.qc.ca)

#### **Action travail des femmes du Québec**

911 Jean-Talon E. #224,

(514)-768-7233

#### **Centre d'aide aux travailleurs et travailleuses accidenté(e)s de Montréal**

2570 Nicolet #202,

(514)-529-7942

### **Welfare / Aide social**

#### **St. Columba House Welfare Rights Committee**

Comité chômage de Montréal

3734 du Parc,

(514)-933-5915 (telephone service after 1pm only),

[www.comitechomage.qc.ca](http://www.comitechomage.qc.ca)

#### **Welfare Hotline**

[www.mess.gouv.qc.ca](http://www.mess.gouv.qc.ca)

### **Food resources / alimentation**

#### **Ambassadeurs du 3e Age**

550 Richmond

514-932-7543

[http://www.canpages.ca/page/QC/montreal/ambassadeurs-du-troisieme-age-\(les\)/2059024.html](http://www.canpages.ca/page/QC/montreal/ambassadeurs-du-troisieme-age-(les)/2059024.html)

**Amitié Soleil**

715 Chatham

(514)-937-5876

Services offered: community meals, workshops, outings, infant feeding

[amitiesoleil@qc.aira.com](mailto:amitiesoleil@qc.aira.com) (email)

**Association des popotes roulantes du Grand Montreal Métropolitain**

1919, Saint-Jacques

(514)-937-4798

Services offered: Meals-on-wheels, frozen meal service

[clientsaprrmm@videotron.ca](mailto:clientsaprrmm@videotron.ca) (email)

**Atelier 850**

850 des Seigneurs st. Suite 102

(514)-872-8166

[Latelier850@aol.com](mailto:Latelier850@aol.com) (email)

**Atelier les 5 épices**

1945 Mullins street

(514)-931-5031

<http://atelierscinqepices.org/>

**Benedict Labre House**

308 Young street

(514)-937-5973

<http://www.benedictlabre.org/>

**Bible way pentecostal church**

2390 Coursol Street

(514)-932-8225

[Bibleway@bellnet.ca](mailto:Bibleway@bellnet.ca) (email)

**CÉDA**

2515, Delisle

(514)-596-4422

Services offered: Collective meals, Collective kitchen, soup kitchen

[www.ceda22.com](http://www.ceda22.com)

**Centre communautaire des femmes actives de St-Henri**

4500 St-Antoine West

(514)-989-7320

[www.femmesactives.ca](http://www.femmesactives.ca)

**CLSC de St-Henri (CSSS South-West-Verdun)**

3833 Notre-Dame  
(514)-933-7541

**Cuisine-Atout**

1945, Mullins, suite 140  
(514)-939-4080  
Services offered: technical kitchen training  
<http://ccpsc.qc.ca/fr/node/122>

**Garde-manger pour tous**

755, des Seigneurs  
(514)-931-8830  
Services offered: School lunch program  
<http://www.garde-manger.qc.ca>

**Good Sheperd Community Centre**

2338, St-Antoine W., suite 1  
(514)-933-7351  
Services offered: Hot meals. Collective kitchen, grocery shopping  
[rosemarys@ccs-montreal.org](mailto:rosemarys@ccs-montreal.org) (email)

**Famijeunes**

3904 Notre Dame West  
(514)-931-5115  
[famijeunes@videotron.ca](mailto:famijeunes@videotron.ca) (email)

**Health education centre (CSSS South-West-Verdun)**

400 de l'église  
(514)-766-0546

**Milieu Éducatif La Source**

75 Sir George-Étienne-Cartier  
(514)-931-4089  
<http://milieueducatiflasource.org/>

**St-Anthony of Padua Parish**

1950 St-Antoine W.  
(514)-932-7597  
Services offered: Food counter

**Réseau Providence/Magasin Partage**

550 St-Martin  
(514)-932-7270  
Services offered: Food counter  
<http://www.rmpim.org/magasin.html>

**Tyndale St-Georges Community Centre**

870 Richmond

(514)-931-6265

Services offered: French and English language classes,

[www.lbec.org](http://www.lbec.org)

**Union United Church of Montreal**

3007 Delisle

(514)-932-2208

**Welcome Hall Mission (Family Service)**

4755 Acorn

(514)-937-9317

[www.missionbonaccueil.com](http://www.missionbonaccueil.com)

**Housing / logement**

Kijiji classified ads

<http://montreal.kijiji.ca/f-housing-apartments-for-rent-W0QQCatIdZ37>

**Concordia Off-Campus Housing**

[Click here](#) or go to: <http://hojo.csu.qc.ca>

**Société d'habitation et de développement de Montréal (SHDM)**

425 Sherbrooke E. #1.

(514)-380-7436

[www.shdm.qc.ca](http://www.shdm.qc.ca)

**Office municipal d'habitation de Montréal (OMHM)**

Has about 20,000 subsidized rental units, offered to those below the poverty line. It can take up to two and half years to get an apartment.

415 Saint-Antoine W

(514)-872-2104.

[www.omhm.qc.ca](http://www.omhm.qc.ca)

**Fédération des coopératives d'habitation de l'Île de Montréal (FÉCHIM)**

Represents co-op members and provides the master list of the housing co-ops on the Island of Montreal. Send a cheque or money order for \$7 to FÉCHIM,

1000 Amherst #201

(514)-843-6929

[www.cooperativehabitation.coop](http://www.cooperativehabitation.coop)

## **Tenants' rights / droits du locataire**

### **Régie du logement**

Resolves landlord-tenant disputes

5199 Sherbrooke E. #2095

(514)-873-2245

[www.rdl.gouv.qc.ca](http://www.rdl.gouv.qc.ca)

### **Arnold Bennett's Housing Hotline**

Advice about tenants' rights in Montreal. Hotline is open weekdays from 9am–9pm, call

(514)-488-0412

(514)-990-0190

### **Regroupement des comités logements et associations de locataires du Québec**

Offers information and advice on how to deal with housing problems from discrimination, insects, unreasonable rent increases.

(514)-521-7114

[www.rclalq.qc.ca](http://www.rclalq.qc.ca)

### **POPIR**

4281 Notre-Dame W (metro Place St-Henri),

(514)-935-4649.

[www.cam.org/~popir](http://www.cam.org/~popir)

## **Computer access – Points d'accès informatique**

(Free access to computer and Internet)

### **Youth Employment Services Started**

Caters specifically to anglophones, usually between 18–35, looking for jobs.

(514)-878-9788.

[www.yesmontreal.ca](http://www.yesmontreal.ca)

### **ACHIM- Alternatives communautaires d'habitation et d'intervention de milieu**

5940 boul Monk

(514)-362 7221

<http://www.achimaines.com/>

### **Atwater Library**

1200 Atwater

(514)-935-7344.

[www.atwaterlibrary.ca](http://www.atwaterlibrary.ca)

**Centre Récréatif, Culturel et Sportif St-Zotique**

75 Georges Étienne Cartier,  
Montréal, Québec, H4C 3A1

(514)-935 2001

<http://www.crcsstzotique.ca/accueil.html>

**Comité d'éducation aux adultes de la Petite-Bourgogne et de St-Henri (CÉDA)**

2515, Delisle

(514)-596-4422

[www.ceda22.com](http://www.ceda22.com)

**Jewish Public Library**

5151 Côte Ste-Catherine,

(514)-345-2627 ext 3001.

[www.jewishpubliclibrary.org](http://www.jewishpubliclibrary.org)

**Le Centre de Loisirs Monseigneur Pigeon**

Services offered: free computer class for beginners, free access to computers.

5550, Angers.

(514)-769-2741.

[www.centremgrpigeon.com](http://www.centremgrpigeon.com)

**RESO**

1751 rue Richardson

(514)-931 5737

<http://www.resomtl.com/>

**Tyndale St Georges**

870 Richmond Square

(514)-931 6265

<http://www.tyndalestgeorges.ca/>

**Health / Santé****Gas leaks**

If you think there might be a gas leak in your residence, call 514-598-3111

Quebec Poison Control Centre Information and help concerning any type of poisoning,

1-800-463-5060

**Referral Centre of Greater Montreal**

Help with questions about health, addiction, social services and welfare, 514-527-1375

Suicide Action Montreal

(514)-723-4000

**Quebec Poison Control Centre Information**

1-800-463-5060

**Suicide Action Montreal**

(514)-723-4000

**Dentists / Soins dentaires**

**Côte-des-Neiges Dental Clinic**

(514)-935-5145

**Jewish General Hospital**

(514)-340-7910

**McGill University Student Dental Clinic**

(514)-934-8021

**Montreal General Dentistry Department**

(514)-934-1934 (ext. 48440).

**Pregnancy / Grossesse**

**Centre conseil grossesse**

Pregnancy counselling.

7394 19E Avenue,

(514)-593-1720

**Pregnancy counselling and rehabilitation**

2131 Marlowe,

(514)-482-2488

**Grossesse-secours**

Hotline, baby toys and clothing available. Pregnancy tests for \$3. If you need to talk, a volunteer will be made available to you.

79 Beaubien E

(514)271-0554.

[www.grossesse-secours.org](http://www.grossesse-secours.org)

## **Local resources / Development social local**

### **Coalition de la Petite-Bourgogne**

741, des Seigneurs

(514)-931-4302

[www.lbec.org](http://www.lbec.org)

### **Action-Gardien de Pointe Saint-Charles**

500 Ash street

(514)-937-9250, ext. 6236

<http://actiongardien.org/>

### **Solidarité Sant-Henri**

75, Sir-Georges-Etienne-Cartier, suite 200

(514)-937-9813

<http://www.solidaritesainthenri.org/>

## **Early Childhood Centres/ Centres de la petite enfance:**

### **CPE Genesis 87**

1841, Terrasse Elgin

514-767-4949 /

[www.enfancefamille.org](http://www.enfancefamille.org)

### **CPE Tyndale-St-George**

2247 Delisle Suite 201

(514)-767-4949

[www.enfancefamille.org](http://www.enfancefamille.org)

### **CPE Garde-Amis**

719, Chatham

(514)-767-4949

[www.enfancefamille.org](http://www.enfancefamille.org)

### **CPE Le Train de Bourgogne**

2515 Delisle

(514)-767-4949 /

[www.enfancefamille.org](http://www.enfancefamille.org)

### **CPE Patapouf**

560 Vinet

(514)-767-4949 /

[www.enfancefamille.org](http://www.enfancefamille.org)

## **Écoles / Schools Elementary / Primaire**

### **École de la Petite-Bourgogne**

555, des Seigneurs

(514)-596-5730

<http://www.csdm.qc.ca/petite-bourgogne/>

### **École Guy-Drummond**

1475, Lajoie

(514)-270-4866

<http://www2.csmb.qc.ca/guy-drummond/>

### **École Internationale de Montréal**

5010, Coolbrook

(514)-596-5721

<http://www.csdm.qc.ca/eimp/index.html>

### **École Victor-Rousselot**

3525, Ste-Emilie

(514)-596-7965

<http://www.csdm.qc.ca/vrousselot/indexConstruction.asp>

## **High School / Secondaire École secondaire St-Henri**

### **École James Lyng**

5440, Notre-Dame W.

(514)-846-8814

<http://www.emsb.qc.ca/Jameslyng/>

### **LaSalle Community Comprehensive High School**

240, 9e avenue

(514)-595-2050

<http://lcchs.lbpsb.qc.ca/>

## **Seniors / Aînés**

### **Ambassadeurs du 3e Age**

550 Richmond

(514)-932-7543

[http://www.canpages.ca/page/QC/montreal/ambassadeurs-du-troisieme-age-\(les\)/2059024.html](http://www.canpages.ca/page/QC/montreal/ambassadeurs-du-troisieme-age-(les)/2059024.html)

**Association des Aînés Actifs du Sud-Ouest Centre Gadbois**

5485, chemin de la Cote St-Paul

(514)-872-2786

<http://www.arrondissement.com/montreal/associationdesainesactifsdsudouest&division=7&audience=1&division=7&audience=1>

**Good Sheperd Community Centre / Centre Communautaire Bon Pasteur**

2338, Saint-Antoine W.

(514)-933-7351

[rosemarys@ccs-montreal.org](mailto:rosemarys@ccs-montreal.org) (email)

**Club de l'age d'or le Grillon**

525, Dominion, suite 100

(514)-352-9197

**Âge d'or Saint-Charles**

2333, Mullins, 3rd floor

(514)-872-4063

A part of this list been created with the help of the Food security Committee of Little Burgundy Coalition  
(for an healthy neighbourhood).

**For more information, contact**

Équipe mobile

Garde-manger pour tous

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