

## Other Helpful Resources

### Emergency Helplines

SOS Violence Conjugale	514-873-9010
Sexual Assault Centre	514-933-9007
Drug Help and Referral	514-527-2626
Suicide-Action Montreal	514-723-4000

### Community Emergency Resources

West Island Crisis Centre	514-684-6160
WI Women's Shelter	514-620-4845
CALACS West Island (sexual assault)	514 684-2198

### Health Services

CLSC Pierrefonds	514-626-2572
CLSC Lac St-Louis	514-697-4110
Lakeshore Hospital	514-630-2225

### Food Banks

West Island Assistance Fund	514-683-0456
OnRock Community Services	514-696-1905
Nouvelle Vision des Jeunes	514-542-1550
West Island Mission	514-912-6813
Christian Action (Pointe-Claire)	514-694-9246

### Individual and Family Resources

Volunteer West Island	514-457-5445
Action Jeunesse Ouest-de-l'Île(AJOI)	514-675-4450
Family Resource Center	514-685-5912
Guichet d'accès unique services de garde (CPE)	<a href="http://www.mfa.gouv.qc.ca">www.mfa.gouv.qc.ca</a>
Community Perspective in Mental Health	514-696-0972
AMCAL Family Services	514-694-3161
LGBTQ Youth Centre	514-794-5428

### Legal Information & Services

West Island Community Resource Centre	514-694-6404
West Island Black Community Association	514-683-3925
Commission des normes du travail	514-873-7061
Régie du Logement	514-873-2245

### DID YOU KNOW?

You can contact your federal member of parliament's office for free consultation and follow-up about your immigration application. Contact your MP today!

**Lysane Blanchette-Lamothe** 514-624-5725  
(Pierrefonds-Dollard)

**Francis Scarpaleggia** 514-695-6661  
(Lac-Saint-Louis)

## Who We Are

The *West Island Cultural Community Resources* pamphlet is a helpful starting point for newcomers and cultural communities seeking information about resources in the West Island area. **For more information and resources, contact the CRC.**

### The CRC can help you find:

- Governmental and municipality services
- Health support & services
- Educational services
- Seniors services
- Family Support Services
- Legal information & services
- Food, furniture and clothing depots
- Housing programs

## CALL US TODAY!

## 514-694-6404

### The CRC provides:

- Information/Referral Services
- Free Monthly Legal Clinics for West Island residents
- Free Spring Income Tax clinics for lower income West Island individuals
- A link between community organizations and the West Island Community

**114 Donegani, Pte-Claire, QC, H9R 2W3**  
514-694-6404 | [info@crcinfo.ca](mailto:info@crcinfo.ca)  
[www.crcinfo.ca](http://www.crcinfo.ca)

# WEST ISLAND CULTURAL COMMUNITY RESOURCES

Information and referral for the West Island

## 514-694-6404



West Island Community Resource Centre (CRC)  
[www.crcinfo.ca](http://www.crcinfo.ca)  
[info@crcinfo.ca](mailto:info@crcinfo.ca)

## Settlement Assistance

*Non-profit organizations that provide a variety of services and support for newcomers in the West Island*

### Centre d'intégration Multiservices de l'Ouest-de-l'Île (CIMOI)

514-683-3000 (Pierrefonds)  
514-693-1000 (Pointe-Claire)  
[www.cimoi.com](http://www.cimoi.com)

### Cloverdale Multi-Ressources Inc.

514-684-8228 | [www.cloverdalemulti-ressources.org](http://www.cloverdalemulti-ressources.org)

### Nouvelle Vision des Jeunes

514-542-1550 | [www.nouvellevision.org](http://www.nouvellevision.org)

### Ometz West Island

514-343-3524 | [www.ometz.ca](http://www.ometz.ca)

## Employability

*Need help finding a job or starting a business? These organizations are here for you!*

### Centre d'intégration Multiservices de l'Ouest-de-l'Île (CIMOI)

514-683-3000 (Pierrefonds)  
514-693-1000 (Pointe-Claire)  
[www.cimoi.com](http://www.cimoi.com)

### Carrefour jeunesse-emploi de l'Ouest-de-l'Île

514-782-0433 | [www.cjeouestile.qc.ca](http://www.cjeouestile.qc.ca)

### Centre local d'emploi (CLE) Ouest-de-l'île

514-694-9494

### Centre de recherche d'emploi (CRE) de Pointe Claire

514-697-1500 | [www.crepointeclair.com](http://www.crepointeclair.com)

### Centre de développement local (CLD) de l'Ouest-de-l'Île

514-426-2888 | [www.cldwi.com](http://www.cldwi.com)

## Language Courses

*Free or low-cost French classes (francisation) in the West-Island*

### Centre d'intégration Multiservices de l'Ouest-de-l'île

514-683-3000 (Pierrefonds)  
514-693-1000 (Pointe-Claire)  
[www.cimoi.com](http://www.cimoi.com)

### Centre d'Éducation des Adultes Jeanne-Sauvé

514-855-4195 (Dorval)  
514-855-4195 ext. 7410 (Pierrefonds)  
[www3.csmb.qc.ca/ecoles/jeanne-sauve](http://www3.csmb.qc.ca/ecoles/jeanne-sauve)

### Board of Trade of Metropolitan Montreal

514-871-4000 poste 4069  
[www.btmm.qc.ca/en/metropolis/french-in-the-workplace/employees/](http://www.btmm.qc.ca/en/metropolis/french-in-the-workplace/employees/)

### West Island Women's Centre

514-695-8529 | [www.wiwc.ca](http://www.wiwc.ca)

### Gérald-Godin Cegep

514-626-2666 (Sainte-Genève)  
514-626-8555 (DDO)  
[www.cgodin.qc.ca/formation-aux-adultes/francisation](http://www.cgodin.qc.ca/formation-aux-adultes/francisation)

## Tutoring

*Youth and adult tutoring programs*

### Projet Communautaire de Pierrefonds

514-684-5995  
[http://pages.videotron.com/pcp/en\\_index.html](http://pages.videotron.com/pcp/en_index.html)

### Cloverdale Multi-Ressources Inc.

514-684-8228  
[www.cloverdalemulti-ressources.org](http://www.cloverdalemulti-ressources.org)

### Maison des Jeunes de Pierrefonds

514-683-4164

### Maison des Jeunes A-Ma-Baie

514-685-2989

### Carrefour des 6-12 ans de Pierrefonds-est

514-685-9598

### Literacy Unlimited (adults)

514-694-0007 | [www.literacyunlimited.ca](http://www.literacyunlimited.ca)

## Community Organizations

*Supporting and promoting the well-being of the various cultural communities in the West Island*

### Cloverdale Multi-Ressources Inc

514-684-8228 | [www.cloverdalemulti-ressources.org](http://www.cloverdalemulti-ressources.org)

### Projet Communautaire de Pierrefonds

514-684-5995  
[http://pages.videotron.com/pcp/en\\_index.html](http://pages.videotron.com/pcp/en_index.html)

### West Island Black Community Association (WIBCA)

514-683-3925 | [www.wibca.org](http://www.wibca.org)

### Montreal Confucius School | 514-691-0412

### Filipino Association of West Island | [www.fcawi.com](http://www.fcawi.com)

### Sikh Community Centre of Montreal | 514-683-6100

### Nisa Support | 514-726-6472 | [www.nisasupport.com](http://www.nisasupport.com)

## DID YOU KNOW?

*Service Canada* offers a variety of services for newcomers to Canada. Visit their website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

*Immigration Québec* offers information, referral and an array of services for newcomers. Visit their website: [www.immigration-quebec.gouv.qc.ca](http://www.immigration-quebec.gouv.qc.ca)

Each West Island municipality has a unique range of services and activities for families, youth, seniors and many more. Contact your municipality for more information!

Dollard-des-Ormeaux	514-684-1010
Pierrefonds/Roxboro	311
Dorval	514-633-4040
Pointe-Claire	514-630-1200
Kirkland	514 694-4100
Beaconsfield	514-428-4400
Baie-D'Urfé	514 457-5324
Ile-Bizard/Ste-Genève	514 694-4100
St-Anne-de-Bellevue	514-457-5500
Senneville	514 457-6020