



West Island

Seniors

Resource Guide

CONNECT. PROMOTE. SUPPORT.
The West Island Community Sector

114 Donegani, Pointe-Claire, QC H9R 2V4
514 694-6404 | info@crcinfo.ca | www.crcinfo.ca

Major Funding Partners

The CRC is grateful for the essential and continued support of our major funding partners:



Centraide is the CRC's largest funding partner. The funding that Centraide contributes to the CRC, supports its core mission, and gives the Centre the ability to continue its work towards improving the individual and collective well-being in the West Island. A sincere Thank You to Centraide for their vital support.



West Island Community Shares is a valued community funding partner to the CRC. West Island Community Shares' dedication to support local community groups has a great impact on improving community life in the West Island. The CRC is fortunate to have their commitment of recurrent funding that supports the Centre's mandate. Thank You to the entire Community Shares team!



The City of Pointe-Claire is the CRC's greatest municipal funding partner. Pointe-Claire has given fundamental financial support from the beginning of the CRC's development. The CRC is also very grateful to the City of Pointe-Claire for the donation of office space in the old Valois train station. This space allows the CRC to run its daily operations, and helps the CRC to support community based initiatives by coordinating the sharing of the space with the Table de Quartier Sud de l'Ouest-de-l'Île (TQSOI) and 9 different community support groups. We would like to thank the Mayor and the City Councillors, as well as the team at the City of Pointe-Claire for their continued support.

The West Island Community Resource Centre (CRC) is a non-profit organization dedicated to improving individual and collective well-being in the West Island. It provides an information and referral service as well as strengthens and supports the development of the West Island community in collaboration with community partners.



114 Donegani, Pointe-Claire, QC H9R 2V4
514-694-6404 | info@crcinfo.ca | crcinfo.ca

Important numbers

Police Fire Ambulance	911
Info Sante	811
Poison Control Centre	1-800-463-5060
Gas-Odour Detection	514-598-3111
RAMQ	514-864-3411
Federal Government	1-800-622-6232
Service Canada	1-800-622-6232
Service Quebec	514-644-4545
Veterans Services	514-457-3440

Disclaimer: The West Island Community Resource Centre (CRC) provides these resources as information only. It is not intended to provide medical, legal or professional advice whatsoever and should not be relied upon in that respect. Inclusion of an organization and information about its programs and services on the Guide does not imply endorsement by the CRC nor does exclusion indicate lack of endorsement. The CRC makes no representations or warranties expressed or implied regarding the products or services of the resources listed or advertised in the Guide.

CRC Mobile Service for Seniors

**Need information about community resources?
Not sure where to go or who to call?**

A **CRC Mobile worker** can come and meet you and help you learn about programs and services in the West Island. Together we can connect you directly with the resources you need.

CRC Mobile is an Information and Referral project that provides one-on-one support and accompaniment to all the services you want to access.

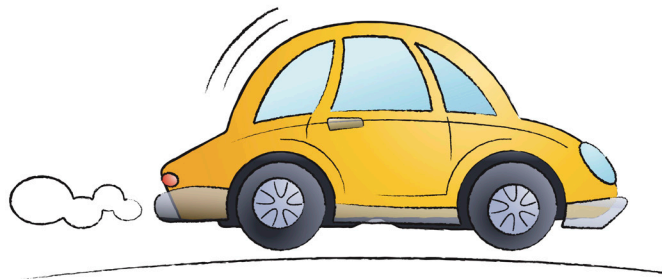
Services Offered:

- Face-to-face meeting at locations throughout the West Island, including your home.
- Up to date information on services and programs including: municipal programs, home support, transportation, volunteering and much more.
- Develop a Resource Plan suited to your needs.
- Accompany you in the referral process and help you make connections with services for seniors.
- Help you take concrete steps to expand your support network.

Areas Served:

The CRC Mobile worker is available to meet with seniors in the following areas:

- ◆ Baie-D'Urfé
- ◆ Beaconsfield
- ◆ Dollard-des-Ormeaux
- ◆ Dorval
- ◆ Île Bizard/Ste-Geneviève
- ◆ Kirkland
- ◆ Pierrefonds/Roxboro
- ◆ Pointe-Claire
- ◆ Senneville
- ◆ Ste-Anne-de-Bellevue



**Call us today and get started on your Resource Plan!
(514) 694-6404**

CRC Mobile is a free and confidential program of the
West Island Community Resource Centre funded by the Ministère de la Famille

West Island Community Organizations (not for profit organizations)

Name of Organization	Phone Number	Website
Adapted Sailing Association of Québec (AQVA)	(514) 694-8021	aqva.org
Agence Ometz	(514) 342-0000	ometz.ca
Alzheimer Groupe Inc. (AGI)	(514) 742-2233	agiteam.org
Alzheimer Society Montréal	(514) 369-0800	alzheimer.ca/montreal
AMCAL Family Services	(514) 694-3161	amcal.ca
Anorexia and Bulimia Québec (ANEB)	(514) 630-0907	anebquebec.com
Angelman Respite Centre	(514) 316-9017	angelman.ca
Arthritis West Island Self Help Association (AWISH)	(514) 631-3288	awishmontreal.org
Big Brothers Big Sisters West Island	(514) 842-9715	westisland.grandsfreresgrandesoeurs.ca
Bread Basket	(514) 894-5850	corbeilledepain.com
Carrefour des 6-12 ans de Pierrefonds-est inc	(514) 685-9598	carfour612.wixsite.com/carrefour-des-6-12-
Carrefour familial Cloverdale Multi-Ressources	(514) 684-8228	famillescloverdale.org
Carrefour jeunesse-emploi de l'Ouest-de-l'Île	(514) 782-0433	cjeoieng.org
Centre communautaire multiculturel de l'amour	(514) 308-1118	amourccm.com
Centre d'Intégration Multi-Services de l'Ouest de l'Île (CIMOI)	(514) 693-1000 (514) 685-3000	cimoi.com
Centre de recherche d'emploi Pointe-Claire (CREPC)	(514) 697-1500	crepointeclaire.com
Christian Action Food Bank	(514) 695-6248	
Clinique Connexion	(514) 358-2710	cliniqueconnexion.org
Community Perspectives on Mental Health (PCSM - CPMH)	(514) 696-0972	pcsm-cpmh.org
Comptoir Alimentaire Ste-Anne-de-Bellevue	(514) 457-5499	
Cummings Centre	(514) 683-3761	cummingscentre.org/west-island
Cumulus Project	(514) 634-5774	projetcumulus.ca
DDO Seniors Club	(514) 684-1012 # 209	ddoclub55.com
Ecomuseum Zoo	(514) 457-9449	zoocomuseum.ca
Family Resource Centre	(514) 675-7775	centrefamille.com
Federation CJA West Island	514-624-5005	federationcja.org

Name of Organization	Phone Number	Website
Friends for Mental Health	(514) 636-6885	asmfmh.org
La Corde		9572 Gouin ouest, Pierrefonds
La Sortie	(514) 236-7255	lasortie.org
L'Équipe Entreprise	(514) 636-1081	equipeentreprise.org
Light a Dream	(514) 695-3310	lightadream.com
Literacy Unlimited	(514) 694-0007	literacyunlimited.ca
Little Brothers	(514) 247-1282	petitsfreres.ca
LOVE Québec	(514) 938-0006	quebec.leaveoutviolence.org
Maison des Jeunes A-MA-BAIE	(514) 685-2989	mdjamabaie.webnode.com
Maison des jeunes de Pierrefonds	(514) 683-4164	maisondj.wixsite.com/mdj-pierrefonds
NOVA West Island	(514) 695-8335	novawi.org
Omega Community Resources	(514) 631-2760	omegacenter.org
On Rock Community Services	(514) 696-1905	onrock.org
Portage	(514) 694-9894	portage.ca
Projet Communautaire de Pierrefonds (PCP)	(514) 684-5995	pages.videotron.com/pcp
Services West-Nette	(514) 626-1296	westnette.org
Snap West Island	(514) 675-7775	snapmontreal.ca
Table de Quartier du Nord-Ouest de l'île de Montréal (TQNOIM)	(514) 675-3006	tqnoim.org
Table de Quartier Sud de l'Ouest de l'île (TQ-SOI)	(438) 938-7764	tqsoi.org
Toward Independent Living (AVATIL)	(514) 634-8944	avatil.org
VOBOC	(514) 695-9292	voboc.org
Volunteer West Island	(514) 457-5445	cabvwi.org
Welcome Centre	(514) 421-2212	centrebienvenue.org
West Island Assistance Fund	(514) 683-0456	fdoi.org
West Island Association for the Intellectually Handicapped (WIAIH)	(514) 694-7090	wiaih.qc.ca
West Island Black Community Association (WIBCA)	(514) 683-3925	wibca.org
West Island CALACS	(514) 684-2198	calacsdelouest.ca
West Island Cancer Wellness Centre (WICWC)	(514) 695-9355	wicwc.org

Name of Organization	Phone Number	Website
West Island Cardiac Wellness Program	(514) 799-6104	cardiacwestisland.com
West Island Citizen Advocacy (WICA)	(514) 694-5850	volunteerwica.com
West Island Community Resource Centre (CRC)	(514) 694-6404	crcinfo.ca
West Island Community Shares (WICS)	(514) 695-8694	communityshares.ca
West Island Crisis Centre (WICC)	(514) 684-6160	centredecriseoi.com
West Island LGBTQ2+ Centre	(514) 794-5428	lgbtq2centre.com
West Island Mission	(514) 912-6813	wimmoi.org
West Island Palliative Care Residence	(514) 693-1718	residencesoinspalliatifs.com
West Island Volunteer Accompaniment Service (ABOVAS)	(514) 694-3838	abovas.com
West Island Women's Centre	(514) 695-8529	wiwc.ca
West Island Women's Shelter	(514) 620-4845	wiws.ca
West Island Youth Action (AJOI)	(514) 675-4450	ajoi.info
West Island Youth Symphony Orchestra (WIYSO)	(514) 421-9325	osjwi.qc.ca
YMCA West Island	(514) 630-9622	ymcaquebec.org

* List subject to change
Updated June 2019

Municipalities / Boroughs

Baie-d'Urfé City Hall

Address: 20410 Lakeshore Road, Baie-d'Urfé, QC H9X 1P7

Telephone: 514-457-5324

Website: www.baie-durfe.qc.ca

Beaconsfield City Hall

Address: 303 Beaconsfield Boulevard, Beaconsfield, QC H9W 4A7

Telephone: 514-428-4400

Website: www.beaconsfield.ca

Dollard-des-Ormeaux City Hall

Address: 12001 De Salaberry Boulevard, Dollard-des-Ormeaux, QC H9B 2A7

Telephone: 514-684-1010

Website: www.ville.ddo.qc.ca

Dorval City Hall

Address: 60 Martin Avenue, Dorval, QC H9S 3R4

Telephone: 514-633-4040

Website: www.ville.dorval.qc.ca

Île-Bizard/Sainte-Geneviève City Hall

Address: 350 Montée de l'Église, L'Île-Bizard, QC H9E 1B5

Telephone: 311 / 514-872-0311

Website: www.ville.montreal.qc.ca/ibsg

Municipalities / Boroughs

Kirkland City Hall

Address: 17200 Hymus Boulevard, Kirkland, QC H9J 3Y8

Telephone: 514-694-4100

Website: www.ville.kirkland.qc.ca

Pierrefonds/Roxboro City Hall

Address: 13665 Pierrefonds Boulevard, Pierrefonds, QC H9A 2Z4

Telephone: 311 or 514-872-0311

Website: www.ville.montreal.qc.ca/pierrefonds-roxboro

Pointe-Claire City Hall

Address: 451 Saint-Jean Boulevard, Pointe-Claire, QC H9R 3J3

Telephone: 514-630-1200

Website: www.pointe-claire.ca

Sainte-Anne-de-Bellevue City Hall

Address: 109 Sainte-Anne Street, Sainte-Anne-de-Bellevue, QC H9X 1M2

Telephone: 514-457-5500

Website: www.ville.sainte-anne-de-bellevue.qc.ca

Senneville City Hall

Address: 35 Senneville Road, Senneville, QC H9X 1B8

Telephone: 514-457-6020

Email: info@villagesenneville.qc.ca

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Addiction Resources

Alcoholics Anonymous

Telephone: 514-376-9230 / 514-350-3444

Website: www.aamontreal.com

Email: info@aamontreal.com

Services: Offers information and support groups for adults with drinking problems.

Drug: Help and Referral

Telephone: 514-527-2626

Website: www.drogue-aidereference.qc.ca

Services: Bilingual helpline offering information and referrals on substance abuse issues.

Gamblers Anonymous

Telephone: 514-484-6666

Website: www.gamontreal.ca

Email: info@gamontreal.ca

Services: Information and support groups for men and women who have a gambling addiction.

Gambling: Help and Referral

Telephone: 514-527-0140

Website: www.info-reference.qc.ca

Email: jar@info-reference.qc.ca

Services: This Centre offers a free bilingual program. It is strictly confidential and operates 7 days a week 24 h/day. It provides physical and mental health support to gamblers. The program also includes information on financial and legal aid and the necessary referrals.

Narcotics Anonymous

Telephone: 514-249-0555

Website: www.naquebec.org

Email: info@naquebec.org

Services: Offers a helpline, referral services and support group for people suffering from drug addiction.

Addiction Resources

Overeaters Anonymous

Telephone: 514-488-1812

Website: www.oa.org

Email: info@oa.org

Services: Overeaters Anonymous is about weight loss, weight gain and maintenance. It offers a support group for those struggling with food addiction.

S-ANON

Website: www.sanonmwi.weebly.com

Email: westislsanon@gmail.com

Services: S-Anon is a Twelve Step program. The inspiration behind S-Anon Montreal West Island is the strong belief and awareness that together, sharing our stories, our struggles and our pain that we can cope and eventually overcome the trauma caused by sex addiction.

Advocacy and Crisis Intervention

West Island Citizen Advocacy

Telephone: 514-694-5850

Website: www.volunteerwica.com

Email: wica@qc.aibn.com

Services: Offers a senior's advocacy program that assists and educates seniors who are facing financial, physical, emotional, sexual abuse, neglect or exploitation on the West Island.

West Island Crisis Centre

Telephone: 514-684-6160

Website: www.agressionssexuelles.gouv.qc.ca

Services: A 24 hours/7 days a week emergency hotline that offers psychological assessments, intervention and evaluations, and temporary emergency shelter.

Bereavement

Deuil-Secours (Grief)

Telephone: 514-389-1784

Services: A bilingual helpline and support groups for people who are bereaved.

NOVA West Island

Telephone: 514-695-8335

Email: info@novawi.org

Services: Bereavement programs for children, youth and adults in order to meet their needs and espouse their realities. Adult bereavement group sessions are offered three times a year.

West Island Palliative Care

Telephone: 514-693-1718, extension 231

Website: www.residencesoinspalliatifs.com

Services: Provide support groups and supportive calls to anyone who is bereaved.

Caregiver Support Resources

Alzheimer Group Inc. (A.G.I. Inc.)

Telephone: 514-742-2233

Website: www.agiteam.org

Email: info@agiteam.org

Services: Offers one-on-one consultations to families and diagnosed individuals. They offer support groups, an activity centre and training and education to caregivers and professionals. Respite is also available for caregivers.

Alzheimer Society of Montreal (ASM)

Telephone: 514-369-0800

Website: www.alzheimermontreal.ca

Email: info@alzheimermontreal.ca

Services: Offers support and information to caregivers and health care professionals through educational programs and core training. Support groups for caregivers that run on a weekly or monthly basis. Respite services are available.

Caregiver Support Resources

Appui for Caregivers

Telephone: 1-888-852-7784

Website: www.lappuimontreal.org

Services: A bilingual helpline for caregivers offering information and support, Monday to Friday from 8:00am-6:00pm.

Caring Voice Network

Telephone: 1-866-396-2433

Website: www.caringvoice.com

Services: A free confidential and bilingual support program that connects caregivers and families to information through the use of tele-learning.

CHSLD Vigi Dollard-des-Ormeaux

Address: 197 Thornhill Street, Dollard-des-Ormeaux, QC H9B 3H8

Telephone: 514-684-0173, extension 1367

Services: A caregiver program is offered by the Vigi Dollard-des-Ormeaux Day Centre in collaboration with the CLSC Pierrefonds.

CLSC Pierrefonds

Address: 13800 Gouin Boulevard West, Pierrefonds, QC H8Z 3H6

Telephone: 514-626-2572

Dorval Community Aid

Telephone: 514-633-4100

Services: Provide information and referral for seniors and their caregivers, daily hello program, youth for seniors, bus tickets program for low income earners, foot clinics, crisis situation support (heat waves/fires etc.), and income tax clinics.

Groupe des Aidants du Sud-Ouest

Telephone: 514-564-3061

Website: www.groupedesaidantsdusudouest.org

Email: groupedesaidantsdusudouest@videotron.ca

Services: Provide information and resources for caregivers, as well as, personalized support plans, workshops and activities, conferences and information sessions for residents of Dorval/Lachine/Verdun/ LaSalle/South-West of Montreal.

Caregiver Support Resources

Health and Social Services Centre (CSSS de l'Ouest-de-l'Île)

Website: www.csssouestdelile.qc.ca

Services: Provide home support services such as respite or in-house care during emergencies, counseling and emotional support, nursing care and support groups for caregivers and their loved ones who meet eligibility requirements.

NOVA West Island

Telephone: 514-695-8335

Website: www.novawi.org

Email: info@novawi.org

Services: Offers home support services, respite, nursing care for cancer and ALS clients, support groups for ALS/Alzheimer's caregivers, and adult day centres for seniors with cognitive deficits.

Recreation +

Telephone: 514-265-2581

Website: www.recreation-plus.org/en

Email: recreationplus@live.ca

Services: A Day Centre for seniors with changing levels of autonomy and for their sometimes exhausted and overwhelmed primary caregivers. Offers respite for the families and positive engagement for their loved ones.

Volunteer Accompaniment Services (Abo-Vas)

Telephone: 514-694-3838

Website: www.abovas.com

Email: info@abovas.com

Services: Volunteers drive clients to medical appointments and/or cancer treatments, accompany them to the waiting room and drive them back home afterwards. The service is offered to West Island residents who have no other means to get to their medical appointment and who are facing a loss in mobility.

Caregiver Support Resources

West Island Cancer Wellness Center

Telephone: 514-695-9355

Website: www.wicwc.org

Email: info@wicwc.org

Services: A non-profit centre that offers programs that focus on addressing the emotional, psychological, social and spiritual needs of those afflicted by cancer. Also provide information and support for caregivers.

West Island Citizen Advocacy

Telephone: 514-694-5850

Website: www.volunteerwica.com

Email: wica@qc.aibn.com

Services: Offers a volunteer matching program that includes companionship for seniors. Also provide defense of rights and individual assistance for seniors in the West Island.

West Island Women's Centre

Telephone: 514-695-8529

Website: www.wiwc.ca

Email: wiwc.@aibn.com

Services: Provide free education to caregivers about how to deal with aging parents. The classes are free but registration is required. Seminars and workshops help women deal with stressful situations.

Computer Courses

Carrefour des aînés de Pierrefonds

Address: 14068 Gouin Boulevard West, Pierrefonds, QC H8Z 1Y1

Telephone: 514-630-7285

Website: www.sites.google.com/site/carrefourdesainesdepierrefonds

Email: carrefourdesaines@videotron.ca

Services: A bilingual meeting place where seniors 50 years of age and over can participate in more than 25 activities plus special events, while making friends with their peers in a fun, safe and peaceful environment.

Computer Courses

Dollard des Ormeaux Library

Address: 12001 De Salaberry Boulevard, Dollard-des-Ormeaux, QC H9B 2A7

Telephone: 514-684-1496

Website: www.ville.ddo.qc.ca

Email: bibliotheque@ddo.qc.ca

Services: Offers computer courses for adults and seniors. Please call the library directly for the schedule.

Pointe-Claire Library

Address: 100 Douglas-Shand, Pointe-Claire, QC H9R 4V1

Telephone: 514-630-1218

Website: biblio.ville.pointe-claire.qc.ca

Services: Offers computer courses for people aged 55+. Please call library for schedule.

Volunteer West Island

Address: 1 de l'Église Street, Sainte-Anne-de-Bellevue, QC H9X 1W4

Telephone: 514-457-5445

Website: www.volunteerwestisland.org/home.htm

Services: Offers computer courses to people aged 55+.

Continuing Education

Adult Education – John Abbott College

Telephone: 514-457-6610

Website: www.johnabbott.qc.ca

Services: Offers through their Continuing Education department a variety of courses such as; Languages, Mathematics, Dance and Financial Planning.

Continuing Education

Centre d'éducation des adultes Jeanne-Sauvé

Address: 305 Mimosa Avenue, Dorval, QC H9S 3K5

Telephone: 514-855-4195

Website: www3.csmb.qc.ca/ecoles/jeanne-sauve/Accueil/tabid/3093/Default.aspx

Services: Education services to help complete a high school diploma, complete pre-requisites for CEGEP or improve on a language.

Cégep Gérald-Godin

Address: 15615 Gouin Boulevard West, Sainte-Geneviève, QC H9H 5K8

Telephone: 514-626-2666

Website: www.Cgodin.qc.ca

Services: Offers through their Continuing Education department a variety of courses.

Literacy Unlimited

Address: 501 St-Jean Boulevard, Pointe-Claire, QC H9R 3Z3

(Inside John Rennie High School)

Telephone: 514-694-0007

Website: www.literacyunlimited.ca

Email: info@literacyunlimited.ca

Services: Provide tutoring for adults who wish to improve their reading, writing and math skills. Also provide computer training for those working on improving their skills.

Place Cartier Adult Education Centre

Address: 257 Beaconsfield Boulevard, Beaconsfield, QC H9W 4A5

Telephone: 514-694-8500

Website: placecartier.lbpsb.qc.ca/index.htm

Services: Educational services to help complete a high school diploma, complete pre-requisites to CEGEP or improve on a language.

Crisis Intervention

Agence Ometz

Telephone: 514-343-3524

Website: www.ometz.ca

Email: info@ometz.ca

Services: Offers crisis intervention services such as; financial aid, food and shelter, access to government services and counselling.

West Island Citizen Advocacy

Telephone: 514-694-5850

Website: www.volunteerwica.com

Email: wica@qc.aibn.com

Services: Offers a senior's advocacy program that can help intervene in situations of abuse (ex: financial), social crisis (ex: eviction) and rights violation (ex: health care).

West Island Crisis Centre

Telephone: 514-684-6160

Website: www.wicrisiscenter.com

Services: A 24 hour/7 days a week emergency hotline that offers psychological assessments, intervention and evaluations, and temporary emergency shelter.

Day Centers

Denis Benjamin Viger Day Centre

Address: 3292 Cherrier, Ile-Bizard, QC H9C 1E4

Telephone: 514-620-6310

Website: www.csssouestdelile.qc.ca

Services: A long term care facility and day centre for seniors and other adults experiencing a moderate loss of autonomy who need help in their everyday activities. The request must be submitted by a CLSC social worker.

Day Centers

Foyer Dorval Day Centre

Address: 225 la Présentation, Dorval, QC H9S 3L7

Telephone: 514-631-9094

Website: www.csssdl.qc.ca

Services: Offers a day centre with activities for seniors that are experiencing loss of autonomy. A referral from the CLSC is required.

Liaison Centre for Veterans

Address: 305 Des Anciens-Combattants Boulevard, Ste-Anne-de-Bellevue, QC H9X 1Y9

Telephone: 514-457-3440

Services: A specialized day centre for veterans only.

NOVA West Island

Telephone: 514-695-8335 extension 216

Website: www.novawi.org

Email: info@novawi.org

Services: Provide a safe and pleasant environment for the frail, elderly, disabled and cognitively impaired adults to socialize and be stimulated in a safe, friendly and club-like environment. Designed to support and maintain client health, ability and independence; to provide respite for family caregivers. Activities include physical exercises, word and number games, crafts, music therapy, pet therapy and baking.

Vigi-Santé Ltd. Day Centre

Address: 197 Thornhill, Dollard-des-Ormeaux, QC H9B 3H8

Telephone: 514-684-0173

Website: www.vigisante.com/index.aspx

Services: A long term care facility and day centre for seniors and other adults experiencing a moderate loss of autonomy. The request must be submitted by a CLSC social worker.

Emergency Shelters

SAVA Centre-Ouest

Telephone: 514-903-3550

Website: www.savacentreouest.org

Email: info@savacentreouest.org

Services: Shelter and assistance for victims of elder abuse.

West Island Women's Shelter

Telephone: 514-620-4845

Website: www.wiws.ca

Email: info@rfoi.org

Services: Offers a service of secure shelter (accommodations at a shelter and 2nd phase assistance of transition housing), 24/7 telephone crisis support, external consultation meetings (without shelter services) as well as legal, financial and psychological support to women and their children who are victims of conjugal violence. Awareness workshops are also available in the community and in the schools.

Financial Resources

Canada Revenue Agency (CRA)

Address: 305 René-Lévesque Boulevard West, Montréal, QC H2Z 1A6

Telephone: 1-800-959-7383 (General Inquiries)

1-800-959-1953 (GST/HST credit)

1-800-959-8281 (Individual income tax and Trust enquiries)

Website: www.cra-arc.gc.ca

Services: Information about income tax credits, income tax documents and other financial resources in Canada.

Old Age Security

Telephone: 1-800-622-6232

Website: www.esdc.gc.ca/eng/retirement/oas/index.shtml

Financial Resources

Quebec Pension Plan (RRQ)

Telephone: 1-800-622-6232

Website: www.rrq.gouv.qc.ca

Revenu Québec

Address: C.P. 3000, Succursale Place-Desjardins, Montréal, QC H5B 1A4

Telephone: 514-864-6299 (General Inquiries)

Website: www.revenuquebec.ca

Financial Resources - Budget Clinics

Association coopérative d'économie familiale du sud-ouest (ACEF)

Telephone: 514-362-1771

Website: www.consommateur.qc.ca/acef-som

Email: acefsom@consommateur.qc.ca

Services: Organization that works to defend, assist and educate people to focus on debt solutions, finances, budgets planning and citizens' basic rights.

SOS Dettes

Telephone: 514-375-0138

Website: www.sosdettes.ca/en

Email: info@sosdettes.ca

Services: Organization that provides counselling services confidential and professional on budgeting, debt repayment plans and financial education.

Financial Resources - Social Solidarity

Employment and Income Security

Address: 1000 St-Jean Boulevard, 4th floor, Pointe-Claire, QC H9R 5Y8

Telephone: 514-694-9494

Website: www.emploiQuebec.net/index_en.asp

Services: Government agency that offers employment and income security services for anyone requiring employment or financial assistance.

Food Programs - Community Kitchens and Meals

Bread Basket Lac St-Louis

Telephone: 514-694-5850

Email: corbeilledepain@gmail.com

Services: Organize community kitchens for residents in the south of the West Island.

On Rock Community Services

Address: 9554 Gouin Boulevard West, Pierrefonds, QC H8Y 1R3

Telephone: 514-696-1905

Website: www.onrock.org

Email: onrock@onrock.org

Services: Organize a weekly community supper on Tuesday and Thursday from 5:30pm-7:30pm. Cost: \$2.00 (individual) \$5.00 (family).

Pierrefonds Community Project

Address: 12301 Colin, Pierrefonds, QC H9A 2X6

Telephone: 514-684-5995

Website: www.pcpwi.org

Services: Offers a community lunch each month for a small fee.

West Island Assistance Fund

Address: 9 rue Centre Commercial, Roxboro, QC H8Y 2N9

Telephone: 514-683-0456

Website: www.fdoi.org

Email: info@fdoi.org

Services: Organize community kitchens twice a month for a fee of \$2.50 per portion. Please call to reserve your spot.

Food Programs - Food Resources

Christian Action

Address: St. John's United Church, 98 Aurora, Pointe-Claire, QC H9R 3G7

Telephone: 514-694-9246

Services: Food program and vouchers for Pointe-Claire residents.

Food Programs - Food Resources

Comptoir Alimentaire Sainte-Anne-de-Bellevue

Address: 1 de l'église Street, Sainte-Anne-de-Bellevue, QC H9X 1W4

Telephone: 514-457-5499

Email: paroisse1703sab@hotmail.com

Services: Food program that takes place every 3rd Thursday of the month for Sainte-Anne-de-Bellevue residents.

Dorval Community Aid

Address: 1335 Lakeshore Road, Room S-020, Dorval, QC H9S 2E5

Telephone: 514-633-4100

Website: www.ville.dorval.qc.ca

Services: Emergency food resources available for Dorval residents.

Good Food Box

Telephone: 514-694-5850 (Bread Basket Lac St. Louis)

Website: www.moissonmontreal.org

Email: info@moissonmontreal.org

Services: A program that offers fresh fruits and vegetables at reasonable prices.

On Rock Community Services

Address: 9554 Gouin Boulevard West, Pierrefonds, QC H8Y 1R3

Telephone: 514-696-1905

Website: www.onrock.org

Email: onrock@onrock.org

Services: Offers food resources, school lunches and community dinners on Tuesdays and Thursdays for West Island residents.

West Island Assistance Fund

Address: 9 rue Centre Commercial, Roxboro QC H8Y 2N9

Telephone: 514-683-0456

Website: www.fdoi.org

Email: info@fdoi.org

Services: Offers food resources, furniture, collective kitchen and other activities for West Island residents who are living in difficult social conditions.

West Island Mission

Telephone: 514-912-6813

Website: www.wimmoi.com

Email: wimmoi@hotmail.com

Services: Food assistance program for West Island residents in need.

Food Programs - Meal Programs

Équipe Entreprise

Address: 1375 Trans Canada Route, Dorval, QC H9P 2W8

Telephone: 514-636-1081

Website: www.equipeentreprise.org

Email: info@equipeentreprise.org

Services: Offers a selection of nutritious frozen meals, soups and desserts for a reasonable price. These items are low in fat, salt free and MSG free. Please note: there is no delivery service available.

Meals on Wheels

Telephone: 514-457-5445

Website: www.cabvwi.org

Email: info@volunteerwestisland.org

Services: A program that provides hot nutritious meals to homebound or isolated seniors and to those with reduced autonomy.

Health and Medical Services - CLSC's

CLSC Dorval-Lachine

Address: 1900 Notre-Dame, Lachine, QC H8S 2G2

Telephone: 514-639-0650

CLSC Lac-St-Louis

Address: 180 Cartier, Pointe-Claire, QC H9S 4S1

Telephone: 514-697-4111

CLSC Pierrefonds

Address: 13800 Gouin Boulevard West, Pierrefonds, QC H8Z 3H6

Telephone: 514-626-2572

Health and Medical Services - Foot Care

Dorval Community Aid

Telephone: 514-633-4100

Website: www.ville.dorval.qc.ca

Services: Offers by appointment, foot care to residents of Dorval.

NOVA West Island

Telephone: 514-695-8335

Website: www.novawi.org

Services: Offers by appointment, foot care to seniors in the West Island.

The Teapot

Telephone: 514-637-5627

Website: www.theteapot.org

Services: Offers foot care to members of The Teapot.

Health and Medical Services - Hospitals

Lakeshore General Hospital

Address: 160 Stillview, Pointe-Claire, QC H9R 2Y2

Telephone: 514-630-2225

Website: www.westislandhssc.qc.ca

St. Anne's Hospital

Address: 305 Ancien-Combattants Boulevard, Sainte-Anne-de-Bellevue, QC H9X 1Y9

Telephone: 514-457-3440

Website: www.vac-acc.gc.ca

Health and Medical Services - Long Term Care

Centre Bayview

Address: 27 Lakeshore Road, Pointe-Claire, QC H9S 4H1

Telephone: 514-695-9384

Website: www.chsld-bayview.com

Health and Medical Services - Medical Clinics

Dollard-des-Ormeaux

Family Medicine Centre

Address: 3400 Du Marché #202, Dollard-des-Ormeaux, QC H9B 2Y1

Telephone: 514-683-0414 (By appointment only)

Source Unique Medical Clinic

Address: 4309-C St-Jean Boulevard, Dollard-des-Ormeaux, QC H9H 2A4

Telephone: 514-696-0707 (By appointment only)

Dorval

GMF Dorval (Centre Médical et Professionnel Présentation de Dorval Inc)

Address: 667 Lakeshore Road, Dorval, QC H9S 2B7

Telephone: 514-633-1510 (Walk-in clinic available)

GMF Dorval (Clinique les Jardins Dorval)

Address: 352 Dorval Avenue, Dorval, QC H9S 3H8

Telephone: 514-631-6086 (Walk-in clinic available)

Kirkland

Kirkland Medical Centre

Address: 100-17000 Hymus Boulevard, Kirkland, QC H9J 2W2

Telephone: 514-694-9991 (By appointment only)

Lakeshore Medical Clinic

Address: 38 Canvin Street, Kirkland, QC H9H 4S5

Telephone: 514-694-0886 (By appointment only)

Médi-Centre Kirkland

Address: 2971 St-Charles Boulevard, Kirkland, QC H9J 2W2

Telephone: 514-426-2311 (By appointment only)

Health and Medical Services - Medical Clinics

Pierrefonds

Pierrefonds Medical Centre

Address: 12774 Gouin Boulevard West, Pierrefonds, QC H8Z 1W5

Telephone: 514-684-8460 (Walk-in clinic available)

Medistat Clinic

Address: 4965 St-Pierre Street, Pierrefonds, QC H9H 4S4

Telephone: 514-624-4774 (Walk-in clinic available)

Pointe-Claire

Brunswick Medical Clinic

Address: 955 St-Jean Boulevard, Pointe-Claire, QC H9H 5K3

Telephone: 514-426-6677 (Walk-in clinic available)

McDermott Medical Centre

Address: 37 Donegani Avenue, Pointe-Claire, QC H9R 2V7

Telephone: 514-697-1410 (By appointment only)

Statcare Medical Centre

Address: 104-175 Stillview Avenue, Pointe-Claire, QC H9R 5B5

Telephone: 514-694-9282 (Walk-in clinic available)

Roxboro

Mariam Medical Clinic

Address: 4531 Sources Boulevard, Roxboro, QC H8Y 3C2

Telephone: 514-685-8840 (By appointment only)

Health and Medical Services - Medical Clinics

Sainte-Anne-de-Bellevue

Dental Hygiene Clinic (John Abbott College)

Address: 21275 Lakeshore Road (Stewart East Building)
Sainte-Anne-de-Bellevue, QC H9X 3L9

Telephone: 514-457-5010

Services: Dental services are provided by dental hygiene students under the supervision of licensed dental hygienists and dentists. The services provided are less expensive than a private dentist office. For more information or to make an appointment, please call the clinic directly.

Sainte-Anne Medical Clinic

Address: 113 Ste-Anne Street, Sainte-Anne-de-Bellevue, QC H9X 1M2

Telephone: 514-505-4433 (By appointment only)

Health and Medical Services - Specific Health Resources

Alzheimer 's Disease

Alzheimer Group Inc. AGI

Address: 72A Brunswick Boulevard, Dollard-des-Ormeaux, QC H9B 2C5

Telephone: 514-742-2233

Website: www.agiteam.org

Email: info@agiteam.org

Services: A non-profit organization that offers one-on-one consultations to families and diagnosed individuals. Services include support groups, in-home stimulation, an activity centre and training and education to caregivers and professionals.

Alzheimer Society of Montreal (ASM)

Telephone: 514-369-0800

Website: www.alzheimermontreal.ca

Email: info@alzheimermontreal.ca

Services: Offers support and information to caregivers and health care professionals through educational programs and core training.

Health and Medical Services - Specific Health Resources

Aphasia

Association Québécoise des personnes aphasiques (AQPA)

Telephone: 514-277-5678

Website: www.aphasie.ca

Services: Offers a group speech therapy program for people with aphasia in the West Island. Also, offers a service for caregivers of people with aphasia.

Arthritis

Arthritis West Island Self-Help (A.W.I.S.H)

Telephone: 514-631-3288

Website: www.awishmontreal.org

Email: arthritis@awishmontreal.org

Services: Offers support and information about arthritis through specialized exercise classes, arthritis management course, support groups, and information sessions.

Cancer

Info-Cancer Service in Quebec

Telephone: 1-800-363-0063

Website: www.fqc.qc.ca

Email: infocancer@fqc.qc.ca

Services: Provide information, support and resources related to cancer.

Look Good...Feel Better

Telephone: 514-630-2225, extension 1451

Website: www.lgfb.ca

Email: info@lgfb.ca

Services: Organizes workshops for women living with cancer to help them look and feel better about themselves. There are monthly sessions held at the Lakeshore General Hospital.

Health and Medical Services - Specific Health Resources

Montreal West Island Prostate Cancer Support Group

Telephone: 514-694-6412

Website: www.mtlwiprostcansupportgrp.ca

Email: info@mtlwiprostcansupportgrp.ca

Services: A volunteer-based support group for those diagnosed with prostate cancer.

NOVA West Island

Telephone: 514-695-8335

Website: www.novawi.org

Email: info@novawi.org

Services: Provide palliative and oncology nursing care, home care services with personal and companion care, bereavement support and respite for caregivers.

Organisation Montréalaise des Personnes atteintes du Cancer (OMPAC)

Telephone: 514-729-8833

Website: www.ompac.org

Email: info@ompac.org

Services: A non-profit organization that provides French speaking individuals information about cancer.

West Island Cancer Wellness Center

Telephone: 514-695-9355

Website: www.wicwc.org

Email: info@wicwc.org

Services: A non-profit centre that offers programs that focus on addressing the emotional, psychological, social and spiritual needs of those afflicted by cancer.

Chronic Fatigue

Myalgic Encephalomyelitis Association of Quebec (Chronic Fatigue)

Telephone: 514-369-1689

Website: www.aqem.org

Email: info@aqem.org

Services: This non-profit centre provides information about this disease and offers seminars and support groups.

Health and Medical Services - Specific Health Resources

Chronic Pain

Chronic Pain Support Group

Telephone: 514-685-2332

Website: www.chronicpaincanada.com/support

Services: A monthly support group held in the West Island for people dealing with chronic pain.

Diabetes/Hypoglycemia

Association of Hypoglycemics of Quebec

Telephone: 514-270-4400

Website: www.hypoglycemie.qc.ca

Services: Provide information, courses and blood tests.

Diabetes Day Centre – Lakeshore General Hospital

Telephone: 514-630-2225, extension 1821

Services: This centre monitors those living with diabetes and provides information and emotional support.

Info-Diabète

Telephone: 514-259-3422, extension 233

Website: www.diabete.qc.ca/en/html/contact/infodiabete.html

Email: infodiabete@diabete.qc.ca

Services: This group provides information and telephone referrals.

Quebec Diabetes Association

Telephone: 514-259-3422

Website: www.diabete.qc.ca

Email: info@diabete.qc.ca

Services: Provides information, support and exercise programs with the aim to help those living with diabetes.

Health and Medical Services - Specific Health Resources

Hearing Impaired

Communicaide for Hearing Impaired Persons (C.H.I.P.)

Telephone: 514-488-5552, extension 4500

Website: www.hearhear.org

Email: info@hearhear.org

Services: Located at the MAB-MacKay Rehabilitation Centre, it offers a variety of programs, courses, workshops and seminars and a resource center for people with a hearing impairment.

Heart and Stroke

Heart and Stroke Foundation of Quebec (West Island)

Telephone: 514-636-4599

Website: www.heartandstroke.ca

Email: info@heartandstroke.ca

Services: Provides information and support for survivors and families of those with heart disease.

Stroke Survivors Self Help Group

Telephone: 514-626-7123 or 514-684-1012, extension 209

Services: Support group for people who have suffered a stroke or other brain trauma.

West Island Cardiac Wellness Program (Lakeshore General Hospital)

Telephone: 514-630-2081

Email: info@foundationlakeshore.ca

Services: This centre offers free education, support, and a supervised exercise program. The rehabilitation center is for cardiac patients and their families. A doctor's approval is required.

Multiple Sclerosis

West Island MS Self-Help Group

Telephone: 514-676-1588

Website: chapters.mssociety.ca

Email: grpspb@videotron.ca

Services: This group provides support, information and referrals to those living with MS.

Health and Medical Services - Specific Health Resources

Parkinson's Disease

West Island Parkinson's Support Group

Telephone: 514-620-2655

Services: Support for people with Parkinson's disease. Meetings take place on the last Wednesday of the month.

Thyroid

Thyroid Foundation of Canada

Telephone: 514-482-5266 / 1-800-267-8822

Website: www.thyroid.ca

Email: info@thyroid.ca

Services: This group offers support and educational material about how to manage the disease.

Visually and Hearing Impaired

Montreal Association for the Blind (MAB)

Telephone: 514-489-8201

Website: www.mabmackay.ca

Email: info@mabmackay.ca

Services: Provides specialized adaptation and rehabilitation services to people with a visual impairment of all ages.

The Low Vision Self-Help Association

Telephone: 514-697-3852

Website: www.blindcanadians.ca

Email: info@blindcanadians.ca

Services: This is a non-profit voluntary social organization that meets monthly where the visually-impaired can meet friends, get information, listen to speakers and share ideas and strategies.

Helplines

Appui for Caregivers

Telephone: 1-888-852-7784

Website: www.lappuimontreal.org

Services: A bilingual helpline for caregivers offering information and support. Available Monday to Friday from 8:00am-6:00pm.

Elder Abuse Info line

Telephone: 514-489-2287 or 1-888-489-2287 from 8:00am-8:00pm

Website: www.aideabusaines.ca

Email: ligneaideabusaines@ssss.gouv.qc.ca

Services: A free, confidential and bilingual helpline that offers: listening and support, information and referral, intervention and follow up in regards to elder abuse.

Referral Helpline for Seniors

Telephone: 514-527-0007 (Monday to Friday, from 9:00-4:30)

Website: www.info-reference.qc.ca

Email: crgm@info-reference.qc.ca

Services: A helpline for people 65 years old and over who prefer to speak to counsellors instead of voice messaging. Also, provides information on community organizations that offers services for elderly people.

Sexual Assault Helpline

Telephone: 514-933-9007

Website: www.agressionssexuelles.gouv.qc.ca

Services: Provides 24/7 listening, guidance and information to victims of sexual assault and their families.

SOS Violence Conjugal

Telephone: 514-873-9010

Website: www.sosviolenceconjugale.ca

Email: sos@sosviolenceconjugale.ca

Services: A helpline and referral service for victims of domestic violence.

Helplines

Suicide Action Montreal Helpline (SAM)

Telephone: 514-723-4000

Website: www.suicideactionmontreal.org

Services: Offers a listening service and confidential crisis intervention for people contemplating suicide and for those affected by it.

Tel-Aide

Telephone: 514-935-1101

Website: www.telaide.org

Email: info@telaide.org

Services: Free, anonymous and confidential bilingual telephone listening service for people who need to confide in someone, talk about concerns, or are experiencing suicidal feelings.

Tel-Ainés

Telephone: 514-353-2463 or 1-877-353-2460 (for information 514-493-4512)

Website: www.tel-aines.org

Email: tel_ecoute@hotmail.com (to express yourself in writing);

tel-ecoute@tel-ecoute.org (info)

Services: Help seniors overcome their isolation and express their emotions in different stages of aging.

Tel-Écoute

Telephone: 514-493-4484 (in operation 7 days a week, from 10:00am to 10:00pm)

Website: www.tel-ecoute.org

Email: tel-ecoute@tel-ecoute.org (information)

Services: Anonymous and confidential active listening, suicide prevention and reference, to allow those in precarious situations or psychological distress to break the isolation and express emotions.

West Island Crisis Centre

Telephone: 514-684-6160

Website: www.wicrisiscenter.com

Services: A 24 hour/7 days a week emergency hotline that offers psychological assessments, intervention and evaluations, and temporary emergency shelter.

Home Support Services

Dorval Community Aid

Telephone: 514-633-4100

Website: www.ville.dorval.qc.ca

Services: A municipal program that provides home maintenance services for seniors and foot care clinics. Open to Dorval residents only, please check for eligibility.

NOVA West Island

Telephone: 514-695-8335

Website: www.novawi.org

Email: info@novawi.org

Services: Provide palliative and oncology home nursing care program. Also provides a home support program with services for personal hygiene care and companion respite.

Pierrefonds Community Aid

Telephone: 514-624-1448

Services: A non-profit organization that offers domestic home support services to seniors such as light house cleaning.

Pointe-Claire Aid for Seniors

Telephone: 514-630-1248

Website: www.ville.pointe-claire.qc.ca

Email: recreation@ville.pointe-claire.qc.ca

Services: An inter-generational program providing students with employment and seniors with house and yard maintenance. Open to Pointe-Claire residents only, please check for eligibility.

Volunteer West Island

Telephone: 514-457-5445

Website: www.cabvwi.org

Email: info@volunteerwestisland.org

Services: Meals on Wheels is a volunteer-driven program that provides hot nutritious meals to home bound or isolated seniors and to those with reduced autonomy. Also provides a Handyperson Service through which seniors, referred by the CLSC, can obtain help in completing light repairs around the house.

Home Support Services

West-Nette

Telephone: 514-626-1296

Website: www.services-west-nette.org

Email: serviceswestnette@services-west-nette.org

Services: Provides light and heavy house cleaning services at low cost. Please check for eligibility.

Housing Resources

There are several different housing options available for seniors depending on your specific needs or situation.

Seniors and Family Co-ops - Co-operative Housing: Buildings are owned and managed by the residents who live in the building. Rent is charged to the tenant by the co-op to cover the costs of running the building. Members (tenants) must agree to perform volunteer tasks to manage the building and keep the costs down. Some housing cooperatives have units subsidized according to one's income. The remaining apartments are rented at a lower cost as the volunteer aspect keeps the costs down. To live in co-op, seniors must be autonomous.

Belle-Lirette Cooperative

Address: 14867 Lirette Street, Pierrefonds, QC H9H 5M9

Telephone: 514-696-9438

De Jouvence Cooperative

Address: 29 Jouvence, Sainte-Geneviève, QC H9H 4T7

Telephone: 514-696-0859

L'Avenir de Pierrefonds Cooperative

Address: 14606 Lirette Street, Pierrefonds, QC H9H 5E7

Telephone: 514-784-1171

Housing Resources

Les Amis de Pierrefonds Cooperative

Address: 13747-A Gouin Boulevard West, Pierrefonds, QC H8Z 1Z6

Telephone: 514-784-1171

Place Bonny Cooperative

Address: 4986 Bonny Street, Pierrefonds, QC H8Y 2A3

Telephone: 514-685-2425

Terrasse Soleil Cooperative

Address: 11550 Pierrefonds Boulevard, Pierrefonds, QC H8Y 2Y9

Telephone: 514-683-4112

Village Cloverdale Cooperative

Address: 4689 Alexander Street, Pierrefonds, QC H8Y 2A9

Telephone: 514-683-9988

Seniors only Co-ops

Beaconsfield Housing Cooperative

Address: 160 Michael Crescent, Beaconsfield, QC H9W 2C5

Telephone: 514-426-9472

Haus Der Heimat Housing Cooperative

Address: 375 Louise Lamy Street, Dorval, QC H9S 5W6

Telephone: 514-828-1130

Néerlandais Housing Cooperative

Address: 200 Ernest Street, Dollard-des-Ormeaux, QC H9H 3A7

Telephone: 514-626-1749

North-West Housing Cooperative

Address: 4505 St- Jean Boulevard, Dollard-des-Ormeaux, QC H9H 2A4

Telephone: 514-626-5208

Housing Resources

Foster or Family Style Housing: These residences are for seniors and have up to 9 rooms in a residential home. Each resident has a private or semi-private room and circulates throughout the home as if it were their own. Residents generally have a physical and/or cognitive loss of autonomy which warrants assistance with bathing, medication management, dressing, meal preparation and/or housekeeping etc. Prices range from approximately \$1800-\$3000 per month in the West Island. Foster type residences must be accredited every 2 years. Respite is available on a per day basis.

Aviva-Life

Address: 192 St-Charles Boulevard, Beaconsfield, QC H9W 2X4

Telephone: 514-695-5372 or 514-573-5056

Email: residencevivalife@gmail.com

Services: Provides newly renovated and full-service rooms that are furnished or unfurnished. Services include; 24 hour care, home cooked meals, assisted daily living, social activities, warm family atmosphere, and access to lovely gardens.

Residence Victorienne

Contact: Brenda Moses

Address: 1 Hedge Row, Kirkland, QC H9H 3K7

Telephone: 514-426-4213

Fax: 514-426-1258

Services: Wheelchair accessible, 1st floor, charming housing for semi-autonomous residents and palliative care.

Low Rent Housing: Buildings are owned and administered by municipal housing boards (OMHM). All units are rent-subsidized; it is equivalent to 25% of the household income. There are no medical or social services provided.

Office municipal d'habitation de Montréal

Telephone: 514-872-6442 (Head office) - 514-868-5588 (Application request)

Website: www.omhm.qc.ca

Services: Montreal housing board that takes care of applications for low-income/ subsidized housing.

Housing Resources

Affordable Housing: Buildings are managed by either a non-profit organization composed of volunteers or by the municipality. The rent is a little lower as the government subsidizes the construction which keeps operating costs down. These buildings sometimes offer 5-7 lunches per week and an administrator to assist with organizing social activities. There are no medical services offered.

Résidence Des Sources

Address: 4200, Sources Boulevard, Dollard-des-Ormeaux, QC H9B 3M6

Telephone: 514-683-2323

Website: www.residencesenharmonie.qc.ca

Services: Provide 131 apartments with services for seniors with low or modest incomes (5 lunches from Monday to Friday, 2 breakfasts on weekends, around-the-clock surveillance, activities program, etc.).

Résidence Maywood

Address: 33 Maywood Avenue, Pointe-Claire, QC H9R 6B9

Telephone: 514-693-1754

Website: www.residencesenharmonie.qc.ca

Services: Provide 135 apartments with services for seniors with low or modest incomes (5 lunches from Monday to Friday, 2 breakfasts on weekends, around-the-clock surveillance, activities program, etc.).

Non-Profit Housing (OSBL): These types of units are managed by volunteer board of directors who live outside the building. However, there must be at least 1/3 of tenant representation on the board. The tenants elect the board members. Some buildings have units that are subsidized according to a person's income. The remaining apartments are rented at a lower cost as the volunteer aspect keeps costs low. There are no medical services in these buildings.

Residence Godard

Address: 4689 Alexander Avenue, Pierrefonds, QC H8Y 2A9

Telephone: 514-683-9988

Housing Resources

Residence Norma McAlister

Address: 5100 des Maçons, Pierrefonds, QC H8Z 2X8

Telephone: 514-620-9695

Villa Beaurepaire

Address: 23 Fieldfare, Beaconsfield, QC H9W 4W4

Telephone: 514-697-0123

Email: info@villabeaurepaire.com

Services: Provide welcoming and secure community apartment living for autonomous and semi-autonomous seniors. It is located in the heart of Beaurepaire Village.

Villa St-Louis

Address: 117 Cartier Avenue, Pointe-Claire, QC H9S 4R9

Telephone: 514-695-0558

Long-Term Care Residences: These residences are for seniors that require at least 3 hours of care per day. All services are included. Nurses on staff full-time, doctor visits regularly, therapeutic bath, lift for transfers, palliative care, and secure floor. Visiting specialists: dentist, physiotherapist, dietician, foot care, massage therapist. Respite is available on a per day basis.

Public Residences: application is made through your local CLSC, hospital or rehabilitation centre.

Application process:

- **Request for application:** A social worker from the CLSC, hospital or private social worker can complete the application for housing.
- **Application form:** A global evaluation of the patient is completed. It reviews medical, function and social aspects, environment, lifestyle and family support system.
- **Evaluation review:** Request is reviewed to determine the level of care needed and orientation to the appropriate care facility.
- **Admission:** Approximately 1-2 years wait time.
- **Cost:** Approximately \$1800 for a private room, \$1300 for a semi private room. Depending on the income, the person may be eligible for a subsidy.

Housing Resources

Centre Bayview

Address: 27 Lakeshore Road, Pointe-Claire, QC H9S 4H1

Telephone: 514-695-9384

Centre d'Accueil Pierrefonds

Address: 14775 Pierrefonds Boulevard, Pierrefonds, QC H9H 4X1

Telephone: 514-620-1220

Centre Denis Benjamin Viger

Address: 3292 Cherrier, Ile-Bizard, QC H9C 2N4

Telephone: 514-620-6310

Centre d'hébergement de Dollard

Address: 197 Thornhill, Dollard-des-Ormeaux, QC H9B 3H8

Telephone: 514-684-0173

Centre d'hébergement Dorval

Address: 225 de la Présentation, Dorval, QC H9S 3L7

Telephone: 514-631-2446

Income Tax Clinics

Club des personnes handicapées du Lac Saint Louis

Address: 3195 Remembrance Street, Lachine, QC H8S 1X9

Telephone: 514-634-0447

Email: clubph@cam.org

Services: Offers free income tax preparation to persons with a handicap. Check for eligibility. By appointment or drop off.

Income Tax Clinics

Dorval Community Aid

Address: 1335 Lakeshore Drive, Room S-020, Dorval, Quebec, H9S 2E5

Telephone: 514-633-4100

Services: Provides income tax preparation for low income earners living in Dorval only. Check for eligibility.

Volunteer West Island

Telephone: 514-457-5445

Website: www.cabvwi.org

Services: Provides free income tax preparation for low income earners for all age groups. Check for eligibility and West Island tax clinic locations. Please call for more information.

West Island Community Resource Centre

Telephone: 514-694-6404

Website: www.crcinfo.ca

Services: Provides an income tax preparation program in collaboration with Volunteer West Island for low income earners in the West Island. You must call to make an appointment to drop off your papers. Check for eligibility.

Legal Resources - Legal Clinics

West Island Black Community Association

Telephone: 514-683-3925

Website: www.wibca.org

Email: admin@wibca.org

Services: Offers free legal clinic every Thursday evening. Call to make an appointment.

West Island Community Resource Centre

Telephone: 514-694-6404

Website: www.crcinfo.ca

Email: info@crcinfo.ca

Services: Offers a confidential and free legal clinic to citizens in the West Island. A volunteer lawyer is available by appointment only. Please call for schedule.

Legal Resources - Legal Services

Consumer Protection

Telephone: 514-253-6556

Website: www.opc.gouv.qc.ca

Services: This governmental service offers phone service and focuses on help to keep consumers informed of their rights, obligations and possible recourses should they run into problems with a merchant.

Educaloi

Website: www.educaloi.qc.ca

Services: Website that informs Quebecers of their legal rights and responsibilities.

Legal info-line

Telephone: 1-800-668-2473

Services: An information line offers Quebecers the opportunity to speak free of charge with an experienced notary to facilitate access to basic legal information.

Legal Resources - Legal Support

Centre d'aide aux victimes d'actes criminels (CAVAC)

Telephone: 1-866-532-2822

Website: www.cavac.qc.ca/english/services/index.html

Services: Offers free and confidential support and information on legal process, rights and recourses for all victims of crime.

Centre d'assistance et d'accompagnement aux plaintes

Telephone: 514-861-5998

Website: www.caapidm.ca

Email: info@caapidm.ca

Services: An organization mandated by the Health and Social Services Minister to assist and support users not satisfied of the services provided by the Health and Social Services network institutions located on the Island of Montreal.

Legal Resources - Legal Support

Conseil pour la protection des Malades (CPM)

Telephone: 514-861-5922

Website: www.cpm.qc.ca

Email: info@cpm.qc.ca

Services: A council dedicated to defending and protecting the dignity and rights of impaired senior patients who use the health services.

Juri-pop

Telephone: 450-845-1637

Website: www.juripop.org

Services: Promotes access to the justice system by helping to defend the social, economic and human rights of individuals and by offering free legal clinics.

Ombudsman

Telephone: 514-873-2032

Website: www.protecteurducitoyen.qc.ca

Email: protecteur@protecteurducitoyen.qc.ca

Services: Reviews complaints from persons, enterprises, groups or associations who believe that they have been unfairly or improperly treated by a Government of Québec department or agency or by an institution in the health and social services network.

Pro-bono Centre

Telephone: 514-954-3434

Website: www.probonoquebec.ca

Email: info@probonoquebec.ca

Services: Promotes and coordinates free legal work to resolve cases that are either exceptional or of public interest for citizens not eligible for legal aid or lacking the financial resources to defend their rights.

Legal Resources - Legal Support

West Island Women's Shelter

Telephone: 514-620-4845

Website: www.wiws.ca

Email: info@rfoi.org

Services: Offers a service of secure shelter (accommodations at a shelter and 2nd phase assistance of transition housing), 24/7 telephone crisis support, external consultation meetings (without shelter services) as well as legal, financial and psychological support to women and their children who are victims of conjugal violence. Awareness workshops are also available in the community and in the schools.

Leisure

Ecomuseum

Telephone: 514-457-9449

Website: www.ecomuseum.ca

Email: info@ecomuseum.ca

Services: This is an educational wildlife park which offers seniors an opportunity to get involved in the research and conservation programs which are crucial steps in the protection of endangered species.

Montreal Lakeshore University Women's Club

Website: www.mluwc.com

Email: mluwc.membership@gmail.com

Services: This organization promotes cultural, social and political awareness through their monthly meetings. It encourages education by offering scholarships and bursaries.

Leisure

Quebec Family History Society Heritage and Library

Address: 173 Cartier Avenue, Pointe-Claire, QC H9S 4R9

Telephone: 514-695-1502

Website: www.qfhs.ca

Services: A registered Canadian charity that helps people of all backgrounds research their family history.

Toastmasters International

Address: Beaconsfield: 303 Beaconsfield Boulevard, Beaconsfield, QC H9W 4A7

Telephone: 514-912-5932

Dollard-des-Ormeaux: 100 Cadman, Dollard-des-Ormeaux, QC H9B 1X6

Telephone: 438-875-9291

Dorval: 1335 Lakeshore Road, Dorval, QC H9S 2E5

Telephone: 514-696-5973

Pierrefonds: 14668 Gouin Boulevard West, Pierrefonds, QC H8Z 1Y1

Telephone: 514-694-1118

Pointe-Claire: 250 Lanthier, Pointe-Claire, QC H9S 4G3

Telephone: 514-773-8305

Services: Toastmasters International is a world leader in communication and leadership development. Members improve their speaking and leadership skills by attending one of the 14,350 clubs worldwide.

West Island Rainbow Seniors 50+

Address: Beaconsfield United Church, 202 Woodside Road, Beaconsfield, QC H9W 2P1

Telephone: 514-826-3541

Website: www.beaconsfieldunitedchurch.com

Email: wirainbowseniors@gmail.com

Services: Is a lesbian, gay, bisexual, questioning, and transgender group meeting regularly to socialize and plan advocacy action in a homophobia-free setting.

West Island Women's Centre

Address: 11 Rodney, Pointe-Claire, QC H9R 4L8 (enter on Vincennes)

Telephone: 514-695-8529

Website: www.wiwc.ca

Services: Provide educational, social and recreational services for women living in the West Island and the community at large.

Material Assistance & Donations

Big Brothers and Big Sisters Foundation

Telephone: 514-845-7920, extension 222

Website: www.fongfgsmtl.org/eng/contact.php

Boutique 24

Address: 24 Maple, Sainte Anne de Bellevue, QC H9X 2E6

Telephone: 514-457-5819 or 514-500-9736 (to donate)

Website: www.unionchurch.ca/in-the-community/boutique-24

Services: Items to purchase or donate.

Diabètes Québec

Telephone: 1-866-313-7800

Website: www.entraidediabetique.org/en/entraide-diabetique-20/about-us

Fondation Québécoise de la Déficience Intellectuelle (FQDI)

Telephone: 514-725-9797

Website: www.fqdi.ca/en/home-pickup

Email: sac@fqdi.ca

NOVA Thrift Shops (will pick up)

Telephone: Beaconsfield: 514-694-8417 (Furniture)

Kirkland: 514-697-6692 (Clothing and china)

Pointe-Claire: 514-697-8457 (Clothing and china)

Sainte-Anne-de Bellevue: 514-457-1642 (Clothing and china) or 514-457-1948
(Books and games)

Services: Items to purchase or donate at various locations. All proceeds go directly to NOVA West Island.

Renaissance Stores

Address: Various locations in the West Island

Telephone: 514-276-3626

Website: www.renaissancequebec.ca

Email: information@renaissancequebec.ca

Services: Provide a thrift shop, donation centre and donation bins. Please call the head office to find the location near you.

Material Assistance & Donations

Village des Valeurs West Island

Address: 3399 Sources Boulevard, Dollard-Des-Ormeaux, QC H9B 1Z8

Telephone: 514-684-1326

Website: www.villagedesvaleurs.com

Services: Clothing and household items available to purchase or donate.

West Island Assistance Fund

Address: 9 rue Centre Commercial, Roxboro QC H8Y 2N9

Telephone: 514-683-3107 (Thrift shop)

Website: www.fdoi.org

Email: info@fdoi.org

Services: Thrift shop that includes clothing and household goods for West Island residents. Donations are accepted.

Mental Health Resources - Helplines

Centre Multi-Écoute

Telephone: 514-737-3604

Website: www.multiecoute.org

Email: info@multiecoute.org

Services: A multi-lingual centre for prevention and support of depression. It provides a listening service, psychological help and references.

Tel-Aide

Telephone: 514-935-1101

Website: www.telaide.org

Email: info@telaide.org

Services: Free, anonymous and confidential bilingual telephone listening service for people who need to confide in someone, talk about concerns, or are experiencing suicidal feelings.

Mental Health Resources - Helplines

Tel-Ainés

Telephone: 514-353-2463 / 1-877-353-2460

Website: www.tel-aines.org

Email: tel_ecoute@hotmail.com (to express yourself in writing)

Services: Help seniors overcome their isolation and express their emotions in different stages of aging.

Tel-Écoute

Telephone: 514-493-4484 (Hours: 7 days a week, from 10am to 10pm)

Website: www.tel-ecoute.org

Email: tel-ecoute@tel-ecoute.org (information)

Services: Anonymous and confidential active listening, suicide prevention and reference, to allow those in precarious situations or psychological distress to break the isolation and express emotions.

Mental Health Resources - Services

Action Autonomie

Telephone: 514-525-5060

Website: www.actionautonomie.qc.ca

Email: info@actionautonomie.qc.ca

Services: This group aims to educate those suffering from mental health problems about medication, doctors, institutions, laws and remedies for their disease. It aims to empower those afflicted to make them socially independent. An advisor will support and will help prepare and implement a plan of action.

Agence Ometz

Telephone: 514-343-3524

Website: www.ometz.ca

Email: info@ometz.ca

Services: Offers crisis intervention services such as: financial aid, food and shelter, access to government services and counselling.

Mental Health Resources - Services

ANEB Québec

Telephone: 514-630-0907

Website: www.anebquebec.com

Email: info@anebquebec.com

Services: Prevention, information and support including a helpline and support groups for people living with eating disorders. Services are also offered to friends and family of these people.

Centre Bienvenue

Telephone: 514-421-2212

Website: www.centrebienvenue.org

Email: info@centrebienvenue.org

Services: A centre that offers information, support and activities for individuals with a mental illness.

Community Perspectives in Mental Health

Telephone: 514-696-0972

Website: www.pcsm-cpmh.org

Email: info@pcsm-cpmh

Services: This organization offers support tailored to specific needs to help individuals with mental illness to achieve autonomy and their full potential.

CSSS West Island: Psycho-Social Intake

Telephone: Dorval-Lachine: 514-639-0650

Lac St-Louis: 514-697-4110

Pierrefonds: 514-626-2572

Services: Teams can help in case of problems related to mental health, abuse, social exclusion and emotional or psychological distress.

Family Life Centre

Telephone: 514-630-7791

Website: www.familylifecentre.ca

Email: familylifecentre@gmail.com

Services: To support individuals and families through referral services, short-term counselling and life skills education. No fee for services.

Mental Health Resources - Services

Friends for Mental Health

Telephone: 514-636-6885

Website: www.asmfmh.org

Email: asmfmh@qc.aira.com

Services: Helps families and friends with the support, information and education they need to help them cope with a loved one's mental illness.

Omega Community Resources

Telephone: 514-631-2760

Website: www.omegacenter.org

Email: info@omegacenter.org

Services: A centre that provides support, counseling and intervention for those living with a mental illness. It operates various housing arrangements to those eligible where there are recreational and enrichment activities offered. Included is 24-hour supervision where required, case management, coordination of treatment and referrals.

Revivre/Reliving

Telephone: 514-738-4873

Website: www.revivre.org

Email: info@revivre.org

Services: Information and helpline for those suffering from anxiety, depression or bipolar disorder.

West Island Citizen Advocacy

Telephone: 514-694-5850

Website: www.volunteerwica.com

Email: wica@qc.aibn.com

Services: Offers a senior's advocacy program that can help intervene in situations of abuse (ex: financial), social crisis (ex: mental health) and rights violation (ex: health care).

West Island Citizens Group

Telephone: 514-636-9952

Email: gcoi.wicg@gmail.com

Services: Information for those suffering with mental health concerns.

Mental Health Resources - Services

West Island Crisis Centre

Telephone: 514-684-6160

Website: www.wicrisiscenter.com

Services: Help and support for people (18+) in distress, including a 24/7 helpline.

Physical and Intellectual Disabilities

Adapted Transport (STM)

Telephone: 514-280-8211

Website: www.stm.info

Email: transport.adapte@stm.info

Services: Door to door transportation service for people with disabilities that operates on a reservation basis. Check for eligibility.

Altergo

Telephone: 514-933-2739, extension 243

Website: www.altergo.net

Email: info@altergo.net

Services: A social support service which provides a companion to accompany an individual with a handicap to various activities. This group will assume the responsibilities of hiring and remunerating such personnel.

Avatil

Telephone: 514-634-8944

Website: www.avatil.org

Email: avatil@aci.ca

Services: Offers services such as recreational activities and personal development programs for adolescents and adults with a mild intellectual handicap.

Physical and Intellectual Disabilities

Cheshire House

Telephone: 514-683-3400 (Pat Khal Residence)

514-472-0133 (Stewart Brown Residence)

Website: www.westislandphysicallydisabled.ca

Email: cheshirequebec@live.com

Services: Residential homes on a permanent or transitional basis for people with a physical handicap. Respite services are available.

Club des personnes handicapées de Lac St-Louis

Telephone: 514-634-0407

Website: www.cam.org

Email: clubph@cam.org

Services: Offers courses and various activities for people with a disability.

Office des personnes handicapées du Québec

Telephone: 514-873-3905 / 1-800-567-1465

Website: www.ophq.gouv.qc.ca

Email: info@ophq.gouv.qc.ca

Services: A government organization that promotes social integration into schools and offices through its activities and education. It offers information and financial support; it organizes conferences and issues related publications.

P.I.M.O

Telephone: 514-288-9775

Website: www.pimo.qc.ca

Email: accueil@pimo.qc.ca

Services: Accompaniment services to medical appointments and social activities for people with a physical handicap (18-65 years old). To become a member, you must pay the annual fee of \$12.

Physical and Intellectual Disabilities

Royal Canadian Legion for the Disabled (Quebec Division)

Telephone: 514-866-7491 / 1-613-591-3335

Website: www.legion.ca

Email: info@qc.legion.ca

Services: This national organization of veterans offers programs, resources and solutions to veterans' issues. They will represent the veterans seeking disability benefits with Veterans Affairs Canada and the Veterans Review and Appeal Board. They also provide additional support by making available necessary equipment like wheelchairs, hospital beds, walkers, etc.

Viomax

Telephone: 514-694-7090, extension 2329

Website: www.viomax.org

Email: info@viomax.org

Services: This is a non-profit organization composed of volunteers who help people with physical limitations in the use of exercise machines, the gym, the pool and other outdoor activities.

West Island Association for the Intellectually Handicapped (WIAIH)

Telephone: 514-694-7090

Website: www.wiaih.qc.ca

Email: info@wiaih.qc.ca

Services: A non-profit community organization that offers services and support to individuals as well as their families living with an intellectual disability or autism.

West Montreal Readaptation Centre (CROM)

Telephone: 514-363-3025

Website: www.crom-wmrc.ca/en

Services: A public social service that offers individuals with an intellectual disability or autism spectrum disorder and their families. The services offered are varied, based on the community approach and are offered on an ad hoc or recurring basis.

Recreation - Seniors' Clubs

Carrefour des aînés de Pierrefonds

Address: 14068 Gouin Boulevard West, Pierrefonds, QC H8Z 1Y1

Telephone: 514-630-7285

Website: www.sites.google.com/site/carrefourdesainesdepierrefonds

Email: carrefourdesaines@videotron.ca

Services: A bilingual meeting place where seniors 50 years of age and over can participate in more than 25 activities plus special events, while making friends with their peers in a fun, safe and peaceful environment.

Catholic Community Services (CCS)

Telephone: 514-630-7285

Website: www.ccs-montreal.org

Email: info@ccs-montreal.org

Services: A social group located in Roxboro offering seniors an opportunity to meet every week at the center. Activities include yoga, interactive games and outings.

Dollard-des-Ormeaux Seniors Club

Address: 12,001 de Salaberry Boulevard, Dollard-des-Ormeaux, QC H9B 2A7

Telephone: 514-684-1012, extension 209

Website: www.ville.ddo.qc.ca

Services: Offers a variety of courses to choose from, such as bridge, Spanish, French, tai-chi, yoga, line dancing, fitness and a special exercise program for seniors with arthritis given by a physiotherapist.

Kirkland 55+ Club

Address: 16,950 Hymus Boulevard, Kirkland, QC H9H 3W7

Telephone: 514-630-2744

Website: www.ville.kirkland.qc.ca/culture-and-recreation/associations-/seniors-social-clubs

Services: A social group that offers a meeting place in which to promote personal development, community involvement and social contact between members. The Club 55+ offers a variety of activities and social gatherings: line dancing, social dancing, exercise classes, drop-in activities, dinner dances, movie nights, Military Whist, Bridge, special events (Christmas, sugar shack, Easter, etc).

Recreation - Seniors' Clubs

Pointe-Claire Senior Centre

Address: 94 Douglas-Shand, Pointe-Claire, QC H9R 2A8 (To Register)

Telephone: 514-630-1248

Website: www.ville.pointe-claire.qc.ca/en/seniors-activities/senior-centre.html

Services: The Centre offers individuals aged 60 and over a variety of activities and social outings. Members have a chance to participate in a variety of activities such as Tai-Chi, line dancing, arts and crafts, ping pong, card groups, musical afternoons and more. There are also organized trips every month. The Centre is located at 365 St-Louis, Pointe-Claire (Arthur Séguin Chalet).

Stewart Hall Seniors

Address: 176 Lakeshore Road, Pointe-Claire, QC H9S 4L7

Telephone: 514-630-1220

Services: Come join the fun as we discover new avenues of interest, entertainment, dances, outings, and much more.

The Young at Heart 55 Club (Volunteer West Island)

Address: 1 de l'Église, Ste-Anne-de-Bellevue, QC H9X 1W4

Telephone: 514-457-5445

Website: www.volunteerwestisland.org/home.htm

Services: Offers a variety of activities for seniors including bingo, tai chi, yoga and line dancing. Also organize a monthly seniors' café.

The Teapot

Address: 2901 St. Joseph Boulevard, Lachine, QC H8S 4B7

Telephone: 514-637-5627

Website: www.theteapot.org

Email: teapot@ccs-montreal.org

Services: The Teapot offers ways for the 50+ community to thrive by keeping active and exploring their own interests and improve their quality of life through offering a place to gather together, socially, recreationally and educationally.

Recreation - Seniors' Clubs

West Island YMCA Club 60+

Address: 230 Brunswick Boulevard, Pointe-Claire, QC H9R 5N5

Telephone: 514-630-9864, extension 5202

Website: www.ymcaquebec.org/en/centre/news_events/west-island-ymca/6/1

Email: club60@ymcaquebec.org

Services: Provides seniors aged 60+ with the opportunity to meet new people, socialize, share common interests and expand their knowledge. Activities include: conferences, lunch and discussion, walking/running exercises and swimming.

Telephone Programs

Bonjour/Hello Program (P.A.I.R Program)

Telephone: 514-364-1541

Website: www.cvmlasalle.org

Services: A phone security and medication reminder service for seniors 50+ who reside in the West Island. The service is available Monday-Friday. Contact the Centre du Vieux Moulin de LaSalle for more information.

Contact

Telephone: 514-457-5445

Website: www.cabvwi.org

Email: info@volunteerwestisland.org

Services: A phone service offered by Volunteer West Island that provides friendly conversation to seniors in the West Island on a weekly basis.

Daily Hello

Telephone: 514-633-4100

Website: www.ville.dorval.qc.ca

Services: A phone service that provides friendly conversation for seniors in Dorval on a weekly basis.

Telephone Programs

Friendly Hello

Telephone: 514-630-1248

Website: www.ville.pointe-claire.qc.ca

Email: recreation@ville.pointe-claire.qc.ca

Services: A phone service offered by Pointe-Claire Aid for Seniors that provides friendly conversation to seniors in Pointe-Claire on a weekly basis.

Good Morning/Bon Matin

Telephone: 514-634-7033

Website: www.cmrl.ca

Email: accueil@cmrl.ca

Services: A phone security service offered by the Centre multi-ressources de Lachine for residents of Dorval and Lachine.

Tenants' Rights and Complaints

Régie du Logement

Telephone: 514-873-2245

Website: www.rdl.gouv.qc.ca/en/accueil/accueil.asp

Transportation Resources - Public Services

Adapted Transport (STM)

Telephone: 514-280-8211

Website: www.stm.info

Email: transport.adapte@stm.info

Services: Door to door transportation service for people with disabilities that operates on a reservation basis. Check for eligibility.

Transportation Resources - Public Services

Agence Métropolitaine de Transport (AMT)

Telephone: 514-287-8726

Website: www.amt.qc.ca

Services: Information and general inquiries about commuter train service.

Collective Taxi Service

Telephone: Pointe Claire: 514-630-1248

Dorval: 514-633-4100

STM - Information: 514-280-9055

Website: www.stm.info

Services: You can reserve a taxi to pick you up at one of the designated stops in your city. The fees are \$3.00 (regular fare) or \$2.00 (reduced fare). Call your local city or municipality or call the STM to see if this service is offered in your area.

Société de Transport de Montréal (STM)

Telephone: 514-786-4636

Website: www.stm.info

Services: Information about bus and metro schedules, trip planning, lost and found, general inquiries and comments.

Transportation Resources - Speciality Programs

Montreal Social Solidarity

Telephone: 514-288-9775

Services: People who currently receive social solidarity and have a medical history of reduced mobility. You can receive a reimbursement for a certain amount of transportation fees by bus, car or taxi. You must keep your receipts and fill out a form at their offices. Please call for more information.

Transportation Resources - Speciality Programs

P.I.M.O

Telephone: 514-288-9775

Website: www.pimo.qc.ca

Email: accueil@pimo.qc.ca

Services: Accompaniment services to medical appointments and social activities for people with a physical handicap (18-65 years old). To become a member, you must pay the annual fee of \$12.

Transportation Resources - Cancer Treatment

Canadian Cancer Society

Telephone: 514-255-5151, extension 2520

Services: Can reimburse certain transportation fees for people who have been diagnosed with cancer and need to travel for treatment. Call for more information.

NOVA West Island

Telephone: 514-695-8335

Website: www.novawi.org

Email: info@novawi.org

Services: Provide a transportation program for cancer or palliative patients who are clients of NOVA only. Please call for more information.

West Island Volunteer Accompaniment Service (Abo-Vas)

Telephone: 514-694-3838

Website: www.abovas.com

Email: info@abovas.com

Services: Volunteers drive clients to medical appointments and/or cancer treatments, accompany them to the waiting room and drive them back home afterwards. The service is offered to West Island residents who have no other means to get to their medical appointment and who are facing a loss in mobility.

Transportation Resources - Volunteer Based

Club des Personnes Handicapées du Lac-St-Louis

Telephone: 514-634-0447

Website: www.altergo.net/repervmp/dbv07_9_tourist/c08cph_9tour.htm

Email: clubph@cam.org

Services: Provide free transportation services to medical appointments for West Island residents with a disability. Some seniors may be eligible as well. Please call for more information.

NOVA West Island

Telephone: 514-695-8335

Website: www.novawi.org

Email: info@novawi.org

Services: Provide a free volunteer driver service for clients of NOVA who have cancer. Please call for more information.

West Island Citizen Advocacy

Telephone: 514-694-5850

Website: www.volunteerwica.com

Email: wica@qc.aibn.com

Services: Match volunteers with clients to provide assistance which may include transportation services to medical appointments or errands. Please call for more information.

West Island Volunteer Accompaniment Services (Abo-Vas)

Telephone: 514-694-3838

Website: www.abovas.com

Email: info@abovas.com

Services: Volunteers drive clients to medical appointments and/or treatments, accompany them to the waiting room and drive them back home afterwards. The service is offered to West Island residents who have no other means to get to their medical appointments and who are facing a loss in mobility.

Volunteering

Volunteer West Island

Telephone: 514-457-5445

Website: www.volunteerwestisland.org/home

Email: info@volunteerwestisland.org