



# CRC

West Island Community  
Resource Centre

# Discover the West Island Community Sector

*Rooted in Unity, Empowering Community*

Learn about the programs, services and resources available from over 70 not-for-profit organizations in the West Island community.

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## How can the West Island Community Sector support

- You?
- Your family?
- Your community?


Contact the CRC for information about the programs, services and resources available from over 70 local non-profit organizations.

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West Island Community  
Resource Centre



 514-694-6404

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

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

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*This directory is meant to provide general information on local West Island non-profit organizations. For specific and timely details about an organization's programs and activities, please use the provided coordinates to contact the organization directly.*

*This directory represents the non-profit organizations that were members of the CRC's list at the time of print (March 2023). We encourage other West Island non-profits to contact the CRC if they are interested in joining the CRC's listing.*

*All images in this publication were obtained from Unsplash.com and/or provided by the featured organizations.*

*This publication is available in French. Please contact the CRC for a copy or consult the online edition at: <https://crcinfo.ca/fr/nos-programmes/#publications>*

**Visit the CRC'S website to learn how you can get involved and support the West Island Community Sector**  
<https://crcinfo.ca/get-involved/>



# West Island Volunteer Accompaniment Service

ABOVA's mission is to provide volunteer accompanied-transport for appointments to West Island residents who are in a vulnerable situation.

## Accompaniment

- A program that helps West Island residents in a vulnerable situation who require accompanied-transport to get to their vital appointments on the Island of Montreal.
- ABOVAS offers two services. One for medical appointments and one for social needs.
- Areas served: Baie-d'Urfé, Beaconsfield, Dollard-des-Ormeaux, Dorval, Kirkland, L'Île-Bizard, Sainte-Geneviève, Pierrefonds-Roxboro, Pointe-Claire, Sainte-Anne-de-Bellevue, Senneville.
- To receive services, please fill out the online form at: <https://abovas.com/services/>

## Volunteering

- Volunteers do more than drive clients to their appointments. They listen to them and make them feel safe.

- They pick them up at home, accompany them for the duration of their appointment and drive them back home.
- Volunteers receive compensation for the wear and tear of their car and a parking pass.
- To become a volunteer, please consult the registration form on the website at: <https://abovas.com/en/volunteering>



Medical: 514-694-3838 | [info@abovas.com](mailto:info@abovas.com)  
 Social: 514-513-3838 | [info.social@abovas.com](mailto:info.social@abovas.com)  
 Fax: 514-316-3485  
[www.abovas.com](http://www.abovas.com)



# Action Jeunesse de l'Ouest-de-l'Île

AJOI's mission is to establish and maintain street outreach work services for youth aged 12-25 years old on the West Island.

## Outreach Street Work Services

- **Accompaniment:** Individuals are offered support by an outreach worker as they are guided through the resources needed to address the challenges they face.
- **Referrals:** The street outreach workers refer individuals to professionals and services that correspond to their needs such as housing, rehabilitation, food bank, access to a methadone treatment program, etc.
- **Emergency Assistance:** A free shuttle service to accompany an individual to front-line resources located outside of the West Island.
- **Housing Search:** A housing search service where an outreach worker can evaluate the needs of the individual and assist in searching through rental listings, attend visits or refer to shelters.
- **Mediation:** Individuals can request impartial mediation with an outreach worker.
- **Harm Reduction Supplies:** A program that offers distribution and exchange of harm reduction supplies such as condoms, syringes and crack pipes within a judgement free space.

- **Crisis Interventions:** Outreach workers are trained to evaluate, intervene and de-escalate a crisis situation if an individual's life is deemed at risk.
- **AJOI-Mobile:** A free shuttle service to accompany an individual to front-line resources located outside of the West Island.
- **Transition House:** An emergency housing resource for individuals experiencing homelessness. Pets are accepted. 5100 Château-Pierrefonds Ave., Pierrefonds.

## Community Outreach Services

- **Awareness & Prevention Workshops:** AJOI offers tailored workshops to the schools and the community covering multiple subjects such as: sexual and relational health, poly-substance abuse, rights and responsibilities, etc.
- **AJOI services & School Collaboration:** AJOI offers presentations and kiosks about the organization and its services.

Tel: 514-675-4450  
 Transition House: 438-497-4869  
 15632, boul. Gouin O, Ste-Geneviève, QC, H9H 1C4  
 adjoint@ajoi.info | www.ajoi.info





# Action main d'œuvre inc.

Action main d'œuvre's mission is to offer specialized support and job retention services to autistic people and people with intellectual limitations for the greater Montreal area.

Services are offered in English and French. The organization also offers a support and awareness service to employers to facilitate the integration and adaptation of people with autism or intellectual limitations to their work environment and their team.

## Employment Support

- The person will be accompanied by an employment counselor who will establish an action plan based on their needs, potential and professional project.
- Once hired for a position, the employment counselor remains available to support the person in his adaptation to the realities of the labor market.
- The person will be matched as needed, with an integration counselor who will offer structured intervention in the workplace according to the specific needs and difficulties encountered.

## Employer Services

- Analysis of positions to be filled and pre-selection of potential candidates.
- Individual employee support: learning support, productivity assessment, workplace adaptation, continuous monitoring if necessary.
- Assessment of the need for compensatory measures (financial assistance).
- Staff awareness and training for supervisors.





# The Quebec Adapted Sailing Association

Offering people with physical disabilities the opportunity to improve their quality of life and their integration into the community through the practice of sailing, in a spirit of self-actualization, inclusion and sharing.

## Recreation Program

For people who wish to experience some time on the water but are not necessarily interested in learning to sail themselves. This sailing is intended to provide a change of scenery as well provide new experiences of what can be done in a sailboat. The sailor is always accompanied by a certified sailing instructor or a trained companion.

## Learn to Sail Program

- Participants who wish to do a little more with their sailing may do so by enrolling in this program. It is a certified learn-to-sail program that will cover the first two levels of Sail Canada's CANSail certification. The courses include both theory and practical sessions.
- Learning sessions can be adapted to take into account the sailors abilities and learning pace.

## Learn to Race Program

- Each week, participants train at two levels: Silver and Gold. Under the supervision of our instructors, they develop their skills and their ability to participate in local, regional and even international regattas.

## Coupe du Québec

Each year, the AQVA organizes a major regatta that attracts sailors from all over the province and even from the United States. Competition, meals, prize-giving and fun are all part of the event!

## Group Sailing

- Every year, AQVA welcomes organizations, schools and groups that support people with reduced mobility. They offer these groups safe 1.5 hour-sailing trips with qualified instructors.
- They transfer the participants to the boat and an instructor supervises the maneuvers throughout the activity.

## Membership

It is necessary to become a member of AQVA to practice sailing.



**ACDPN**  
African Canadian Development  
and Prevention Network

**RDPAC**  
Réseau de Développement et  
de Prévention Afro-Canadien

# African Canadian Development and Prevention Network

Develop a network of organizations that can contribute to a thriving Black community by facilitating organizational capacity building, joint planning, resource development, promoting a healthy approach and best practice prevention models. Advocating for improved access to services for the Black community that are adapted both culturally and linguistically. Promoting and supporting the strengthening of Black families.

## Alliance for Community Adaptation (ACA)

- Offer support and cultural expertise to workers as they intervene with families with whom they may have a hard time connecting. Works with Batshaw and social workers to develop short/medium/long term plans for families to get out of the system.

## Network Partnership Initiative (NPI)

- The NPI program is designed to support Quebec's minority English-speaking communities in improving and maintaining access to the full range of Health and Social Services.

## Outreach

- **Sunshine Seniors Club:** Weekly club meetings that consist of sharing a meal and recreational activities. Invited guests come and share their expertise to promote healthy living
- **It's ok not to be ok: Youth Mental Health Initiative:** This initiative offers a safe space for open discussion among black youth aged 18-30 to discuss mental health and actively dispel myths and stigma. These events are facilitated by youth with support from health care professionals.

- **Community Connections:** This series seeks to empower the English-Speaking Black Community with useful information to empower families with the ability to advocate for themselves within public institutions which often operate solely in French. By facilitating an open discussion and an exchange of information between families in the English-speaking Black community and the Francophone service providers tasked with providing support, we hope to bridge the gaps of culture and language.
- **Community Health Educational Program:** Information sessions held 4 times a year on pertinent health issues.

4080 Sources Blvd.,  
Dollard-Des Ormeaux, QC H9B 2C8  
514-737-3213 | [info@acdpn.org](mailto:info@acdpn.org)  
[www.acdpn.org](http://www.acdpn.org)



## Agence Ometz

Ometz is a charitable organization that offers employment, immigration, school and social services to help people fulfill their potential, and secure the growth and vitality of the Montreal community. Ometz provides intervention, prevention, support services and programs to enhance quality of life.

### Youth and Young adults:

Offers support, guidance and learning so that children and youth grow up healthy, happy and safe. Ometz also provides a range of customized services for schools to help enrich a child's experience in the classroom.

### The Ometz Counselling Centre:

The Counselling centre helps families, couples, and individuals manage the stresses of unforeseen events and the challenges of everyday life. Counselling available in English, French, Hebrew, Spanish and Russian.

### Employment Services:

A service that provides job seekers with a range of services such as skills training and job search assistance.

### Employer Services:

A service to help employers find qualified candidates with specialized skills. A range of business consulting services are offered to entrepreneurs to help them start or grow a business.

### Newcomer Services:

Providing help to new arrivals in Montreal establish their lives in Canada through a range of services, from integration activities to employment services.

### Community services:

A service that provides short-term crisis intervention or ongoing guidance and support to individuals and families looking to regain control of their lives.

### Training & Workshops:

Development of skills and employability training provided for job seekers, employers and professionals. Training opportunities offered are online resources, access to information, career development, industry trends and computer and language training.

1 Cummings Square,  
5151 Cote Ste-Catherine Road,  
Montreal, QC, H3W 1M6  
514-342-0000 | [info@ometz.ca](mailto:info@ometz.ca) | [www.ometz.ca](http://www.ometz.ca)



## Alzheimer Groupe Inc.

AGI is a charitable organization that offers therapeutic programs to individuals living with Alzheimer's disease and other dementias. AGI provides support services to families and professional care partners, focusing on best practices in dementia care, while sensitizing the community at large through education and awareness.

**Helpline:** Helpline available from Monday to Friday for individuals with a diagnosis and family members. 514-485-7233.

**Counseling:** Phone and telehealth counseling available for individuals and family.

### For Families

- **Support Groups for Caregivers:** AGI offers spousal, adult-child and bereavement support groups. Groups are in person or online at no cost.
- **Therapeutic Yoga:** AGI offers virtual gentle yoga sessions that allow caregivers to learn new movements and breathing techniques to help ease their anxiety or stress.
- **Movement Group:** Group facilitators introduce a variety of movement exercises to help participants' mind and body stay engaged. This is a free online activity for the person living with dementia and their caregiver to do together.

### For Individuals with a Diagnosis

- **One-on-one meeting with a specialized counselor**
- **Art Therapy:** The program focuses on emotional well-being and quality of life rather than artistic achievement. AGI provides art therapy in our in-person and virtual activity programs according

to participant needs and their capacity to benefit from the program.

- **Sharing Sounds of Music:** An online drop-in music therapy group that aims to meet the needs of participants by inviting them to engage in musical experiences that are beneficial to their sense of well-being. Activities include vocal warm-ups, group singing, and receptive listening.
- **Music Therapy Sessions:** This program aims to foster a sense of emotional and psychosocial well-being in participants through music-listening and music-making experiences.
- **Activity Centre:**
  - AGI's Activity Centre offers the person living with dementia engaging activities while their family member benefits from respite.
  - AGI offers a virtual activity centre online for those unable to attend in-person programs.

514-485-7233  
 5555 Westminster Ave, Suite 304,  
 Cote St-Luc, QC, H4W 2J2  
[info@agiteam.org](mailto:info@agiteam.org) | [www.agiterm.org](http://www.agiterm.org)

## Alzheimer Society Montreal

The Alzheimer Society Montreal aids in alleviating the social and personal consequences of Alzheimer's disease and related disorders through the development and delivery of leading-edge intervention, care and support services in Montreal.

### For Caregivers

- Intake and referrals
- Counselling network
- Art Therapy
- Support group for caregivers

### For Individuals living with dementia

- Individual Consultations
- Art Therapy
- Weekly Meet-Ups
- Information and support groups

### For Individuals living with dementia and their caregivers

- Activity Centres
- In home respite and stimulation program
- Laughter Yoga
- Creative Dance with Les Grands Ballets Canadiennes
- Art links
- Tales and Travels

### For Professionals and organizations

- Training for healthcare professionals
- Workshops for healthcare professionals
- Public Conferences
- Annual Barclay family Colloquium

### For Everyone

- Guided yoga and relaxation
- My Cognitive Health resource



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Tel: 514-369-0800 | Fax: 514-369-4103  
info@alzheimermontreal.ca  
www.alzheimermontreal.ca



# Amcal Family Services

AMCAL's team of dedicated professionals is committed to serving the needs of youth, young adults and parents through our Residential, Outreach, Supervised Visits and Community Groups programs. The approach is to support youth by promoting and preserving healthy family relationships thereby strengthening communities.

## Residential Program:

A voluntary program for families with teens between the ages of 12—17 years who need help navigating the challenging adolescent years.

## Counseling Programs:

- **Outreach family counseling:** A short-term program to address issues of family dynamics and identify family strengths and solutions for youths aged 7-17 and their families.
- **Emerging Adults program:** A short-term program using the strength of families to guide them through the transition from adolescence to adulthood. For families with young adults aged 18-30 living in the family home.

## Parental Counselling:

A short-term program that address parenting goals and explored challenges that may be present and how to best address them as a parental unit.

## Supervised Visitation Program:

Supervised Visitation Program (SVP) provides a safe and supportive environment for families needing supervised access to their children.

## School Based Programs:

- **Social Skills:** The goal of this eight-week program is to help students develop positive social skills, strong relationships with peers & family, & peaceful solutions to problems.
- **Families First: Linking Home & School:** This is a short-term, 10-session program that includes home visits, to support the parents and provide tools & strategies to help the child and being the liaison between the school and the family (based on school referral).

## Community Groups

- **Emotional Management:** This program aims to assist adolescents aged 12- 17 in developing and maintaining positive relationships with others as well as using effective coping strategies when dealing with difficult situations.
- **Parenting in the 21st Century:** AMCAL offers workshops designed to provide tips, tools, & mutual support to parents of children from pre-schoolers to late teens.



# Angelman Respite Center

The Angelman Respite Center offers much needed respite for individuals with an intellectual disability living in their natural families.

Respite is provided per weekend for an overnight stay of 30 hours. During those stays, the center offers a full range of activities. Please consult the website for schedule of activities: [www.angelman.ca](http://www.angelman.ca)



## Facility services include:

- Pool
- Sensory room
- Gym
- Arts & crafts
- Music
- Playrooms
- Cooking activities
- 5 bedrooms

A virtual tour of the centre is available on YouTube under "The Angelman Respite Centre".





Anorexie et boulimie Québec

## Anorexia and Bulimia Québec

Anorexia and Bulimia Québec (ANEB) is a non-profit organization that guarantees free, immediate and specialized help to people with an eating disorder and to their loved ones. Through educational services and partnerships, ANEB helps to prevent and decrease the consequences of eating disorders.

### Help & Referral phone line:

Free confidential service which provides support to break the isolation, talk about what an individual is going through and address problems related to any disorders. Phone lines are offered every day. 1-800-630-0907 or 514-630-0907

### Online support:

Information available online for how to help a friend or a loved one at

<https://anebquebec.com/en/services/aider-un-proche>

### Open support groups:

- Open support groups are offered to people suffering from an eating disorder or for the loved ones of those that suffer from a disorder.

### Closed support groups:

Closed support groups are offered for people who are 17 years old and older who are struggling with an eating disorder or a body image obsession.

### Conferences:

ANEB Quebec offers interactive and informative conferences in order to gain a

better understanding of the development of an eating disorder. Conferences are offered for youth, adults and professionals.

### Youth:

- Information specifically for youth available at:  
[www.anebados.com](http://www.anebados.com)
- **Prevention kiosks:** ANEB travels to different youth environments to host prevention kiosks. These kiosks raise awareness for young people, first of all regarding factors that influence self-esteem and body image, and second of all regarding the consequences that low self-esteem and body image dissatisfaction can have, notably in terms of eating disorders.

### Training:

Training sessions to educate professionals address the nature of eating disorders (causes, consequences, triggers, warning signs) and suggest what to do and how to communicate with sufferers.

5500 Transcanadienne, Pointe-Claire, QC, H9R 1B6  
1-800-630-0907 or 514-630-0907  
[www.anebquebec.com](http://www.anebquebec.com) | [www.anebados.com](http://www.anebados.com)

## Arthritis West Island Self Help Association

AWISH serves those in the West Island and surrounding areas who suffer with arthritis and associated chronic pain. Through the process of Information, Education and Support, AWISH's mission is to aid in achieving a better quality of life by providing much-needed tools and assistance through professional program facilitators and empathetic volunteers.

### EXERCISE!

A whole-body exercise program led by qualified instructors. Located in Dorval, DDO or Pierrefonds.

### Arthritis Management Course:

A series of 5 sessions where participants are encouraged to share their day-to-day experience and learn coping skills.

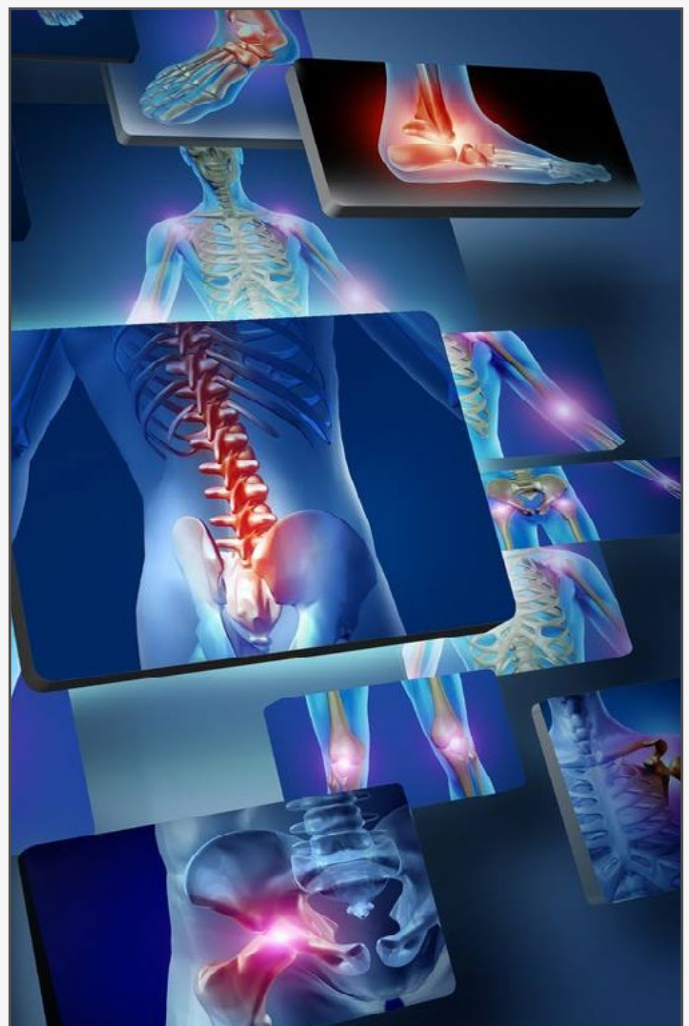
### Support Group

- Caring & Sharing group

### Free public information sessions & conferences:

With professional guest speakers working in the field of arthritis and rheumatology. Schedule available online.

Please consult the website at [www.awishmontreal.org](http://www.awishmontreal.org) for all information regarding special events.



640 Lakeshore, Suite 103, Dorval, QC, H9S 2B6  
 Tel: 514-631-3288 | Fax: 514-631-9484  
[www.awishmontreal.org](http://www.awishmontreal.org)  
[arthritis@awishmontreal.org](mailto:arthritis@awishmontreal.org)



# Apprentissage à la vie autonome - Towards Independent Living

AVATIL promotes autonomy, social participation, and a satisfying quality of life in the community for adolescents and adults with mild cognitive or social limitations. To fulfill this mission, AVATIL provides programs and services that promote independent living. AVATIL encourages family participation and support in achieving this mission.

## Adolescents and Young Adults:

- Adolescent Outreach Program
  - Weekly discussion groups for 15 to 17 year olds.
  - Outreach to schools.
  - Contact with family members.
- Young Adult Outreach Program
  - Offered for 18 to 25 years old who live with their families.
  - Aims to provide young adults with a sense of belonging to a group as well as to provide a supportive environment where they can discuss independent living, health, sexuality, internet safety and anger management.

## Residential Services:

- Transitional Living Program
  - Provides residents with a transition to independent living. Consists of 2 transitional living apartments.

- Support to Clients Living in the Community

- The community support program aims to support the autonomy of individuals living in the community and to promote a sense of belonging within a community.

## Social Development Activities:

- Monthly recreational/social activities for adolescents, young adults, and Comitas members.
- **Comitas Group:** Long-term support program of activities for older participants (aged 40+) of AVATIL.



# Big Brothers Big Sisters of West Island

Enable life-changing mentoring relationships to ignite the power and potential of young people.

## One-to-one mentoring

- Provides youth with a role-model, and friend, to talk and share the experiences of growing up.
- Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests, and is supported by our experienced case-workers.

## In-school mentoring

- For 1 hour a week, mentors meet with their mentee and engage in activities within school grounds such as board games, crafts or just hang out on school grounds.

## Big Couples Mentoring Program

- This program allows a couple to mentor a child together.

## “Big Bunch” Group Mentoring Program

- A monthly group mentoring program that provides children on the waiting list with access to consistent mentorship.

## Becoming a Mentor

- To become a Big Brother or Big Sister, please fill out the online form at: <https://westisland.bigbrothersbigsisters.ca/volunteer/>



16711 route Transcanadienne, Kirkland, QC, H9H 3L1  
 514-538-6100 | [bbbswi@bigbrothersbigsisters.ca](mailto:bbbswi@bigbrothersbigsisters.ca)  
[www.westisland.bigbrothersbigsisters.ca](http://www.westisland.bigbrothersbigsisters.ca)

# Breakfast Club of Canada

The Breakfast Club of Canada believes that all Canadian children deserve an equal chance at success. No child can learn on an empty stomach. They believe that a healthy breakfast can change a life, a journey and a society.

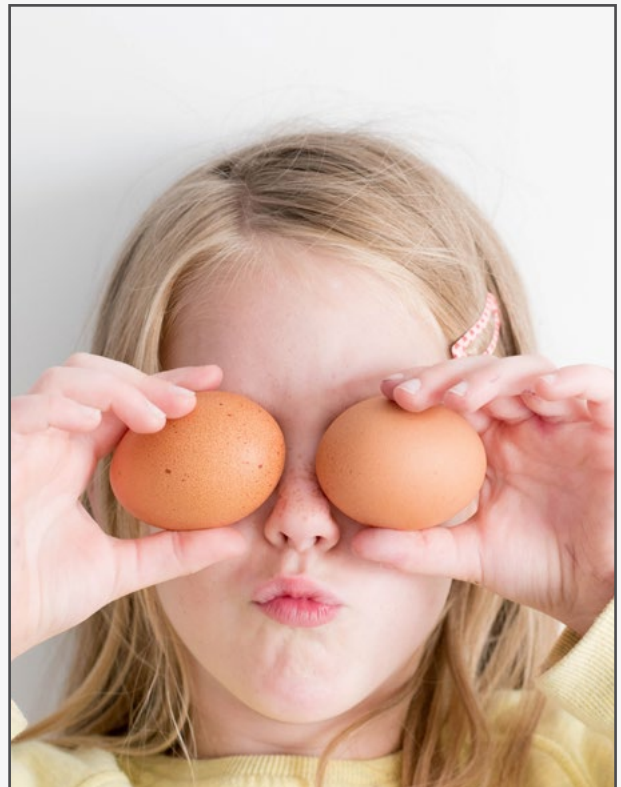
## School Breakfast

- Breakfast programs ensure that all students have reliable access to nutritious food in a safe and supportive environment, in order to positively impact health and learning.
- Create nutritious, varied and culturally adapted menus in line with Canada's Food Guide.
- Build community capacity through training, skill sharing and food procurement strategies.
- Improve access to nutrition through regional bulk-buying groups and centralized storage facilities.

## Food insecurity

- Working together with schools and hundreds of community organizations, Breakfast Club of Canada is part of the social safety net that supports thousands of families, especially in trying times such as these.

- Advocacy efforts and collaborations with various government ministries are made to raise the awareness of food insecurity and its impact on learning and academic success for millions of children.





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

The organization promotes the all-around development of children. With the help of parents and families, the organization works with youths aged 6 to 12 through socio-educational, sports and artistic activities.

### Family-Child Network Program:

Strengthens the child's resilience by teaching them about his or her rights and responsibilities.

### Workshops for 9-12 year-olds:

Rights Ambassador workshop, Peaceful Communicator workshop and Social Advocate workshop

### Adult Workshops:

These workshops are aimed at local parents and adults who want to know more about children's rights and responsibilities.

### Spring Break Camp:

Each year, youths have the opportunity to take part in camp activities, which vary every year.

### Play Sports With Me:

Opportunity for youth to play soccer and basketball.

### Art Workshops:

Offered Fridays after school. The kids present their art to their families in an exhibit

### Drama Workshops:

Sessions for youth which are structured around voice exercises, diction and projection exercises.

### School Work Support:

Assists students with their school-based learning, and also helps them become independent and acquire new skills.

### Home Support:

The Home Program offers youths further help and support with schoolwork with the participation of their families.

### Homework support:

Homework assistance and mentorship are provided to pupils from 1st to 6th grade who are referred by teachers or parents who feel they could benefit.

### Family Winter and Summer Camps:

A 3 day trip gives families the opportunity to have a unique experience outside their neighbourhood with a series of diversified and enriching activities that foster parent-child interaction, active participation and positive skills development.

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

Support young adults through the participation of community partners by offering a free range of bilingual services and programs in social reintegration, job search, back to school and awareness of the entrepreneurial reality.

## Programs

The CJE offers free services to all young people aged 16 to 35 in the West Island, regardless of their status, to help support them in their social and professional integration.

- **Job Search:** Employment assistance, including evaluation of individual needs and development of an action plan.
- **On-track:** Group activities, workshops and ongoing support to overcome obstacles and explore career opportunities for adults.
- **Broaden Your Horizons:** A program aimed at young adults in need of support towards entering the job market. The initiative will help develop their professional skills in an encouraging, team environment and lead to a paid position!
- **Créneau Carrefour:** Promotes academic perseverance, personal and social autonomy, as well as the participation of young people in entrepreneurship, volunteer and community projects.
- **Quebec Pluriel:** A mentoring program for individuals who are members of a cultural community and who have resided in Quebec for less than 5 years.

## Employment Services

- **Job Searching:** The employment assistance service located in the West Island will provide information on the best strategies available for an effective job search.
- **Guidance Counseling:** Guidance services are available to help individuals find and maintain employment and/or select a program of study that interests them.
- **Entrepreneurship:** The youth entrepreneurship advisor supports young people wishing to start a business through their efforts while promoting local entrepreneurship.
- **Educational Information:** An advisor will accompany an individual in their steps to access or return to studies.
- **In School Services:** The list of school services can be viewed online.



## Centre Bienvenue

The Centre Bienvenue is a non-profit organization in the West Island of Montreal whose mission is to equip individuals with mental health issues in order to help them recognize their value and offer them the necessary support and services that will enable them to actively contribute to society.

### Employment Support:

A social worker specializing in work integration from Centre Bienvenue listens to requests and works with the CSMB - (Centre d'Éducation Aux Adultes Jeanne Sauvé) to assist in the process to find work or do an internship through the Transit vers l'emploi program.

### Transit vers l'emploi:

A socio-professional integration program that can lead to the acquisition of a semi-specialized trade training certificate. The objective of this program is to develop bases in computer science, job interview preparation, interpersonal relations and in validation of a choice of profession. This is done with a full time teacher daily where courses are given in the Centre Bienvenue facilities.

### Workshops:

Each season a wide choice of cultural, sports, computer, culinary, philosophical, linguistic, etc. workshops are offered to help personal goals. Schedule of workshops available on-line.







# Centre de Recherche d'Emploi Pointe-Claire

CREPC provides personal support for individuals in their professional development and in their search for a job that meets their interests. Thanks to their excellent knowledge of customers and their needs, CREPC has developed strong relations with companies in the region in order to meet their personnel / employment needs.

## Personalized Support

- Create a personalized employment plan based on your needs.
- Specialized services for New Immigrants, providing information on how to integrate into the Quebec job market.
- Update, strengthen or create your CV and write a professional cover letter.
- Consider the new realities and explore both the hidden and open labor market.
- Provide strategies for approaching employers.
- Offer winning techniques and simulations for interviews.
- Learn how to strategically use social media platforms, develop a personal brand and create a strong online profile.

## Job Offers

Visit the website [crepointeclaire.com](http://crepointeclaire.com) for an updated list of job offers.

## Coffee Gatherings

Join the CREPC every 2nd Wednesday of the month to meet local employers and guest speakers who will discuss different employment related topics, current employment opportunities and have a chance to speak with them directly (via ZOOM).



1000, St-Jean blvd., Suite 95,  
Pointe-Claire, QC, H9R 5P1  
514-697-1500 | [info@crepointeclaire.com](mailto:info@crepointeclaire.com)  
[www.crepointeclaire.com](http://www.crepointeclaire.com)



# Centre d'Intégration Multiservices de l'Ouest-de-l'Île

CIMOI's mission is to assist with the linguistic, professional and social integration of all citizens, primarily, that of members of cultural communities, promoting their full participation in the host society and, in accordance with its core values.

## Integration & Installation

- **Integration & settlement support program:** Aims to promote the integration of immigrants established in Quebec.
- **Social Activities:** The CIMOI organizes various social activities such as visits to Quebec, sugar shacks, community dinners, Francofête, etc ...
- **Y'a personne de parfait:** Aims to deepen the parenting skills of families with children aged between 0 to 5 years of age.
- **Integration Objective Program:**
  - The Integration Objective program is a 24-hour session designed for immigrants with an intermediate level of French. The sessions focus on democratic values and Quebec values as expressed in the Charter of Human Rights and Freedoms, cultural codes in employment and the legal framework in the workplace.
  - An attestation of participation will be given to each individual who has completed a full session.

## Francisation for Immigrants

- French courses for immigrants.
- French courses for companies.

## Employment Assistance

- **The Project Contact-Employment:** A program in collaboration with Emploi-Quebec is offered to immigrant job seekers to meet employers working in their field.
- **Service Employment Assistance:** A program whose goal is to help immigrants integrate the Quebec labor market in becoming independent and finding a job.
- **Preparatory Project:** Provides employment which consists of 5 week workshops and 4 weeks of internship.

**CIMOI Pierrefonds:** 514-305-1919  
15650 Boul de Pierrefonds  
Pierrefonds, QC H9H 4K3

**CIMOI Alexander:** 514-685-3000  
4734, rue Alexander,  
Pierrefonds, QC H8Y 2B1

**CIMOI Dorval:** 514-305-1414  
1425 Transcanadienne # 140,  
Dorval, QC H9P 2W9

[info@cimoi.com](mailto:info@cimoi.com) | [www.cimoi.com](http://www.cimoi.com)



# Cloverdale Multi-Ressources

Help children and adults realize their full potential in a stimulating living environment.

## New & Expecting Parents

- **Newborn visits:** Sporadic visits to a family who has a newborn with the purpose of greeting and welcoming the baby into our community.
- **Visiting mothers:** Assistance to parents who have a newborn.
- **Parent-baby workshops:** Weekly workshops for parents and their babies in which a facilitator organizes fun activities and shares useful information for parents.

## Preschool

- 2 year olds play and socialize.
- 3 year old & 4-5 year old preschool programs.

## Children

- Summer camp for children ages 6-11
- **Youth exploration:** Cultural, artistic and ludic activities to stimulate integration and youth development in a relaxed and pleasant atmosphere.

## Family and Parent Support

- **Drop-in daycare:** Temporary daycare for children aged from 2 to 5 years old offered in priority to parents who need a break.
- **Parental support:** Support program for parents of children aged 3 to 12
- **Coffee talks:** Parents and grand-parents get together around an activity or to learn and discuss specific subjects, in a friendly environment.
- **Fathers at heart:** Assistance and social-recreational activities for West-Island Fathers and their children.
- **SCI – School Community Intervention:** Supporting immigrant parents and elementary schools to promote academic success.



## Community Perspective in Mental Health

PCSM-CPMH is dedicated to helping people with mental health problems achieve their fullest potential while meeting the challenges of everyday living within their community. Through a personalized relationship founded on mutual respect and trust, individuals receive the support they need to improve their quality of life.

### Support

- Community Perspective in Mental Health provides an essential service to individuals who are 18 years and older living in the West Island who are struggling with mental health issues.
- Community monitoring is available at the home of the person. The support services take place within the daily life of the individual, where the struggle for mental health is actually being experienced.
- The focus is on two primary areas: first, the basic management of living, such as budgeting, nutrition, housing and activities of daily living; and second, survival techniques for mental health, such as recognition of symptoms, stress reduction, development of interpersonal skills (socialization).

### Lodging

- The "HOMERUN" housing service helps people throughout the process of finding affordable housing in the West Island. CPMH provides assistance throughout the process, including how to plan, research, budget, conduct home tours, and learn about tenant rights.



## B

## Comptoir Alimentaire Ste-Anne-de-Bellevue

Helping residents in Sainte-Anne de Bellevue, Baie-D'Urfé and Senneville providing them with monthly food support. Assistance for emergency situations also available on request.

- Distribution of non-perishable food items.
- Vouchers for perishable food
- Christmas baskets
- To receive services, residents must present a proof of residence and ID, annual income (taxes) RAMQ card.



176 Sainte-Anne Street,  
Sainte-Anne-de-Bellevue, Montreal, QC, H9X 1N1  
514-820-7174 | [comptoirSADB176@gmail.com](mailto:comptoirSADB176@gmail.com)



# Corbeille de Pain

Corbeille de Pain's mission is to offer a variety of activities that promote the accessibility, availability and affordability of healthy foods, in collaboration with other community players for the population of Montreal's West Island.

## Community Kitchens

- Learn to cook healthy meals on a small budget.
- A cooking session of 3hrs preparing and cooking a 3-course meal in a relaxed atmosphere with others to share on-site with extra portions to bring home!

## Workshops

- Various topics that help participants learn about healthy food choices (individuals & organized groups).
- Topics can include diabetes, cooking for 1 or for 2, healthy lunch-box, micro-green and sprouts, diet trends, etc.

## Community Gardens

- Guidance and help on the development of collective gardens.
- Agro-food activities for all: families, camps, schools or community groups.

## Ugly but Loved

- Helping people access healthy food all year by using second-grade or unsold fruits and vegetables in workshops that offer a variety of cooking & preservation techniques.

Participants will go home with their productions or share a meal at the end of the workshop.

## Second life baskets

- Second life baskets of ugly fruits and vegetables are an inexpensive way for families to eat healthy food on a budget. Order online and pick-up at our offices year round.

## À-Ma-Baie Solidarity Market

- Offering fresh local fruits and vegetables at an affordable price through the “pay what you can” program, the solidarity market is an innovative model resulting from community and citizen mobilization to improve access to fresh fruits and vegetables at a fair price to the people of the neighborhood.



# Cummings Centre

To empower and enhance the quality of life of adults aged 50 and over by providing dynamic and innovative programs, social services, and volunteer opportunities in a vibrant, respectful, inclusive and compassionate environment.

With emphasis on creativity, self-expression and learning, the Cummings Centre provides dozens of opportunities for adults 50 years of age and older to discover hidden talents, hone an existing skill, learn something new or step out of their comfort zone.

Cummings flexible programming includes: in-person at the Westbury campus and various off-site locations, online via Zoom and a new hybrid format. Our diverse program delivery is designed to give you even more choice and flexibility.

- Fine Arts & Crafts
- Social Groups
- Music & Performing Arts
- Virtual Travel
- Adaptive Programming
- Continuing Education

## Health and Wellness

The Wellness Centre is uniquely designed for older adults 50 years and older. Small classes, personal attention and monitoring set us apart from standard gyms. Individual programs developed by the Centre's professionals emphasize brain health, physical movement, strength, balance, posture and flexibility.

- Fitness
- Wellness Centre
- Personal Training
- Events and Lectures
- Specialized Adaptive Programs

## Social Services

The Social Services Department is committed to enhancing the quality of life of older adults.

- Helpline and assistance (Covid-19)
- ATASE (Assisted Transportation)
- Caregiver Support
- Case Management
- Community Assistance Program
- Community Mental Health
- Day Services for People Living with Dementia
- Homecare
- Kosher Meals on Wheels
- Services for Holocaust Survivors

96 Roger Pilon St,  
Dollard-des-Ormeaux, QC, H9B 2E1  
514-343-3510 | [information@cummingscentre.org](mailto:information@cummingscentre.org)  
[www.cummingscentre.org](http://www.cummingscentre.org)



# Cumulus Project

Cumulus's mission is to prevent drug addiction by taking a global approach and focusing on the individual by taking actions that encourage the autonomy of the individual. Empathy, openness and respect are important values in Cumulus' interventions.

## Outreach Work

- The role of the outreach worker at Cumulus is to provide drug prevention services to youth outside of the traditional settings such as a school. By acting as a common thread between the different living environments of the youth (school, youth center, community organizations, parks, etc.), community workers are able to meet young people and their needs where they are.

## School Workshops

- Elementary School: A program of 5 workshops aimed at prevention. Topics include: The Human Body, Natural and Artificial Drugs, Peer Influence, The Influence of Advertising, Communication and Emotions.
- High School: A program of 5 ongoing workshops aimed at prevention, students receive a different workshop each year. Topics include: The Law of Effect, Pleasure, The Cycle of Habits, Drugs and Sexuality, After Prom-Festive Events.

## Individual Intervention

- Cumulus offers for the students the possibility of receiving confidential and individual interventions from the age of 14. The youth aged 13 and under can

still benefit from this service, but with a parental consent form signed by their parents. The student has the opportunity to discuss issues related to substance use and can take place during class hours.

## Ad modus Vivendi Program

- This program, which was created by Celine Lefebvre, presents a series of 5 workshops that aims to prevent young people, aged 15-17 who are part of a special education group, from developing an undesirable lifestyle based on overconsumption, psychotropic substances or any other form of addiction (psychological dependence).

## Parent Program

- This workshop aims to present tools to enable parents to discuss with their children about the usage of psychoactive substances. In addition, this gives parents an awareness of the various issues related to the consumption of psychoactive substances among young people.



## DDO Seniors Club

DDO Seniors Club is a non-profit organization that offers dynamic and enjoyable leisure programming that promotes the physical, social, and intellectual well-being of seniors.

### Social Well-Being

- A variety of activities and member-run groups are offered in the social well-being program.
- These can foster relationships, and connectedness, throughout the community to keep members happy and healthy!

### Physical Well-Being

- An adaptable physical well-being program that has a little something for everyone. This multi-level fitness and activities program offers courses and member-run groups that cater to the different needs and interests within the community.

### Intellectual Well-Being

- A variety of workshops, lectures, and conferences that provide opportunities for continued learning and growth, as well as to keep the community involved and informed.
- An online resource section featuring useful links related to community awareness, elder abuse, Canadian anti-fraud center, etc.



## D-Trois Pierres

D-Trois Pierres' mission is to offer a living and working environment that fosters individuals social and professional integration in everyday life. The goals of the organization are to offer work experience to adults 16 and older, to promote self-discovery and growth and to contribute to their social integration.

### Here are the services provided by D-Trois Pierres:

- Employability services, including profile assessment and evaluation of challenges to employability
- Assessment of behaviors that need to be worked on
- Identification and validation of professional options
- Support with the search for an internship and a job
- Internship and post-internship follow-up
- Psychosocial interventions as needed
- Training related to semi skilled trades
- Training from the CREP (socio-professional integration program with a diploma from the Ministry of Education (CFMS): certificate of training in semi-skilled trades, francization courses, individual and group interventions led by the integration team.

A total of 32 full-time weeks including 154 hours of direct intervention with the participant and 978 hours of field work in the four different work areas: Farm hand, Customer service agent, Building maintenance agent, Kitchen assistant.



183 chemin du Cap-Saint-Jacques,  
Pierrefonds, QC, H9K 1C6  
438-336-2876 | [parcours@d3pierres.com](mailto:parcours@d3pierres.com)  
[www.d3pierres.com](http://www.d3pierres.com)



## Ecomuseum Zoo

The Ecomuseum Zoo showcases Québec's wildlife in a natural setting, where every detail is considered to ensure the well-being of the animals in their care. The Ecomuseum Zoo is entirely dedicated to the well-being of Québec wildlife, both for the animals in our care and for endangered species in the wild.

### The Zoo:

The only zoo exclusively dedicated to Québec wildlife, the Ecomuseum Zoo welcomes non-releasable animals that cannot return to the wild and provides them a safe and loving home within an organization entirely devoted to their well-being.

### Educational Activities:

With a vast array of different animal species native to Québec, the Ecomuseum Zoo offers a wide variety of educational activities.

### Summer Camp Programs

- **Nature Camp:** Children aged 6 to 11 will have the opportunity to interact directly with certain animals and discover natural settings.
- **Teen Volunteers Summer:** Teens aged 14 to 18 interested in being a Counselor's Assistant for the Ecomuseum Zoo Nature Camps.
- **Wild Discovery Camp:** Activities for teens 12 to 15 on the road with zoologists to explore the wilderness in unique and unusual places.

### Conservation Initiatives:

The team of biologists is composed of experts dedicated to the conservation of wildlife and its habitats. Biologists are involved in, manage and direct concrete conservation projects to protect Québec's threatened species.



514-457-9449  
21125 Chemin Ste-Marie,  
Ste-Anne-de-Bellevue, QC, H9X 3Y7  
info@ecomuseum.ca | www.zooecomuseum.ca



# L'Équipe Entreprise

L'Équipe Entreprise aims to provide work to individuals living with a mental health issue in a positive and supportive environment, with the goal of helping them improve their work skills and enhance their self-esteem.

## Social Integration Program

- Under constant supervision of two chefs and the coordinator, work activities are offered.
- Tasks are related to kitchen work, but there are also other connected tasks. The purpose of these tasks are to develop skills and be autonomous.
- Tasks include: Kitchen tasks, maintenance tasks, customer service.

## Culinary Training

- L'Équipe Entreprise partnered with school boards of the West Island in a program to train and certify participants as cook assistants.

## Frozen Meals

- L'Équipe Entreprise offers a large selection of nutritious frozen meals, prepared with quality ingredients.

- Meals are low in fat, salt free, and contain no MSG or additives.
- Each dish is packaged so that it can be heated in either a conventional or microwave oven.



1375 route Transcanadienne, suite 100,  
Dorval, QC, H9P 2W8  
Hours: Monday to Thursday from 8:00am to 3:30pm  
514-636-1081 | [info@equipeentreprise.org](mailto:info@equipeentreprise.org)  
[www.equipeentreprise.org](http://www.equipeentreprise.org)



## Executives Available

Executive Availables partnered with Emploi Quebec to provide employment search services to a greater number of individuals regardless of ethnicity, creed, or language. It continues to help professionals return to the workplace at a faster rate than they could on their own.

Assistance in finding a job is offered to members by providing facilities and extensive career transition counselling experience. The program begins with group presentations over a three week period and continues with quality individual counselling until the person finds employment.

### Group sessions

- Writing an effective CV
- Job search planning
- The job market
- Productive networking
- Social media
- Letters and cold calls
- Interview preparation
- Interview questions

### Individual counselling sessions

- Counsellors meet with participants on a regular basis and assist them with the technical aspects of their job search including CV and letter writing.

### Networking sessions

- There are 2 group networking sessions weekly where clients can get together to share contacts and job leads.



189 Hymus Boulevard, suite #405,  
Pointe-Claire, QC, H9R 1E9  
Tel: 514-697-2227 | Fax: 514-697-7837  
info@ea-cd.ca | www.ea-cd.ca



Centre Famille & Ressource  
Family Resource Centre

# The Family Resource Centre

To help families with children experiencing learning and/or behavior problems by offering individual and group support to the children and their parents.

## Parents of children age 0 to 5

A 5-session workshop for parents of 0-5 year old children presenting with behavioral issues.

## Parent Programs

Mother and father specific programs designed for those struggling with parenting issues. The goals of the programs are to:

- Generate discussions relating to the struggles of mothers or fathering a child that has been labelled as "behavioral".
- Bridging the gap...genetics/step-parenting.
- Encourage sharing of experiences in order to discourage common myths (i.e isolation, parenting failure, etc.).
- Incorporate SNAP related strategies and principles to the issues discussed.
- Promote and encourage constructive maternal and paternal practices.
- Helping mothers and fathers look beyond stereotypes and to stop perpetuating them.
- Celebrating motherhood and fatherhood as an opportunity and not just a responsibility.

## Summer Camp

A summer day camp program.

## SNAP Program

A program that helps fill a critical gap in children's mental health services by teaching children with disruptive behaviors, and their parents, how to stop and think before they act and make better choices "in the moment".



12301 Rue Colin, Pierrefonds, QC, H9A 1C3  
514-676-7775 | [info@centrefamille.com](mailto:info@centrefamille.com)  
[www.centrefamille.com](http://www.centrefamille.com)



**FRIENDS FOR  
MENTAL HEALTH**  
**AMIS DE LA  
SANTÉ MENTALE**

# Friends for Mental Health

## Strengthening families, supporting caregivers

To offer support and other resources to the entourage of a person living with a mental health issue.

### Counseling

- Individual and group counseling to help support family members, friends, and/or caregivers of someone who has or has not been diagnosed with a mental health disorder.
- Phone and Zoom support available.
- Information and support regarding court ordered psychiatric assessments.

### Training

- Several trainings to demystify mental health disorders such as Borderline Personality Disorder, Bipolar Disorder, Schizophrenia, etc.
- Various workshops to learn how to calm and prevent crisis situations, how to navigate the healthcare system, how to preserve your mental health as a caregiver, etc.
- Creative expression workshops facilitated by an art therapist where individuals can express their ideas visually or verbally.
- Family-to-family training provided by certified peer caregiver volunteers

### Support groups

- Support groups for bipolar disorder & psychosis, BPD, anxiety and depression.
- Support groups for men and for grandparents who care for a loved one with a mental illness.
- Support group for parents of children living with anxiety (13 to 25 y/o).

### Respite

- Respite activities include christmas dinner, movie nights, other social and creative activities.

### Youth Program

- Individual counseling sessions for young people offered online or face-to-face.
- Introductory art therapy groups (ages 6-12): creative workshops during which children can demystify mental health issues, explore their emotions and recognize their strengths.

514-636-6885  
186 Sutton Pl, Beaconsfield, QC, H9W 5S3  
info@asmfmh.org | www.asmfmh.org



## KIGI Agency

Kigi Agency is a non profit organization dedicated to addressing the needs of semi retired and retired people to stay active, healthy and engaged via occasional work.

### Kigi Membership

- Kigi is focused on providing work opportunities from various employers which best match the time and capabilities of people 55 years and older.
- Members of Kigi will have access to view and apply for jobs. Employers can choose the services provided by Kigi to help fill their jobs. Members and employers will also have access to the Kigi Agency blog which contains helpful information for active older adults.

### Employers

- Kigi can assist with the appropriate wording for job descriptions, publish news about hiring on their social media, and remain in contact with the organization and the person hired throughout the process.

- A Kigi member (Kigier) can be hired in one click directly from the platform. Employers can post all their job needs, review a candidate's CV or work experience, and conduct interviews at no cost. Only when a Kigier is hired, will a fee be charged. Kigi Agency also offers payroll management.





# L'Arrimage <sup>Inc</sup> L'Arrimage

Service  
d'aide  
à l'emploi

Since 1976, L'Arrimage has been offering free, specialized services to help people living with mental health problems integrate into the labour market.

## Services for Job Seekers

- Identifying the person's interests and needs
- Defining the job seeker's profile
- Developing individualized action plan
- Informing on the labour market
- Helping with professional choices
- Preparing of CV and cover letters
- Preparing for job interviews

## Included in their services, L'Arrimage:

- Adapts their services to the needs of job seekers and employers.
- Recruits employers
- Recommends workplace accommodations as needed
- Provides job coaching
- Supplies long-term, work-related support
- Collaborates and maintains close ties with mental health professionals

## Service Requirements

To access L'Arrimage's services a person must:

- Have been diagnosed with a persistent mental health problem
- Have a clinical follow-up
- Live in Montréal or Laval
- Have the L'Arrimage referral form completed by a healthcare professional.

### Montréal :

1274, rue Jean-Talon Est  
Bureau 204  
Montréal (Québec) H2R 1W3  
514-389-9393 | [infos.mtl@larrimage.ca](mailto:infos.mtl@larrimage.ca)

### Laval :

1685, rue Fleetwood  
Bureau 110  
Laval (Québec) H7N 4B2  
450-967-9611 | [infos.laval@larrimage.ca](mailto:infos.laval@larrimage.ca)  
[www.larrimage.ca](http://www.larrimage.ca)



## La Corde

La Corde's mission is to nurture the physical, mental, social, and spiritual lives of the youth in the centre. La Corde provides a support system for the youth within the community that enables them to build a better and more stable future through education and compassion.

### Breakfast and Lunch program

Elementary-aged children can visit the La Corde centre to get fresh, healthy meals, snacks in a warm, safe environment that fosters growth.

### Homework Helper

A non-judgmental environment that provides access to educational materials and assistance to kids needing extra support.

### Girls Group

A small group designed to invest in girls to help them discover their intrinsic worth, talents and capabilities.

### Mentoring

An opportunity for youth to receive personalized ongoing support, encouragement and insight, from a caring staff member.

### Day Camps

The camps provide dynamic and interactive days for the children with great counsellors, lots of games, activities, soccer, pool days, outings and teaching opportunities.

### Family Support

Tools and resources to support parents.



9555 boul. Gouin Ouest,  
Pierrefonds-Roxboro, QC, H8Y 1R2  
Tel: 514-676-0761 | [lacorde@jslmontreal.org](mailto:lacorde@jslmontreal.org) |  
<https://www.facebook.com/lacordeyouthcenter/>  
[www.lacordejsl.org](http://www.lacordejsl.org)



## La Sortie

La Sortie is committed to accompanying women survivors and victims of sexual exploitation by offering them an alternative to the sex industry as well as safe housing. La Sortie's mission is structured around three objectives: to offer an intervention and housing service focused on social reintegration; to offer prevention activities to people at risk of sexual exploitation; and to offer awareness-raising activities to the population in relation to the reality of sexual exploitation.

### “Alternative to the Sex Industry” Rehabilitation Program:

Provides ongoing support and assistance to women who make the decision to leave the sex trade. Assistance is provided until full independence is achieved. The program implements a stable life plan for each woman. Each plan identifies appropriate services to meet individual needs.

- **Intake/Assessment/Orientation:** Determines needs to direct services, assistance and support.
- **Nurse Assessments:** Provides assessment and follow-up by a nurse.
- **Individual follow-up:** Assistance in the development of an action plan with regular follow-up in their environment.
- **Divers workshops:** Offers various training and educational workshops.
- **Social integration:** Helps victims of sexual exploitation to develop the social skills necessary to facilitate everyday life.
- **Assistance to relatives:** Provides individual support to the relatives of a woman who experienced sexual exploitation.

**Independent Housing Program:** A room, meals and other facilities are provided.

**Prevention Program:** Provides prevention workshops for people at risk of sexual exploitation. This program offers information and awareness in schools and provides a 24/7 crisis line.

**Awareness Program:** Provides information and awareness to the general population.



HELP LINE: 514-923-7255  
ADM: 514-236-7255  
1-4747 boul. St-Charles, Pierrefonds, QC, H9H 3C7  
info@lasortie.org | www.lasortie.org



## LI-BER-T House

To help alleviate poverty and homelessness, LI-BER-T House provides a safe housing alternative for women transitioning into society after they've completed a drug/alcohol treatment program (rehab), and seeks to empower them to become self-sufficient through learning, leadership, companionship and service.

LI-BER-T House services are available to women who have no safe housing alternative after completing rehab. External consultation services are also offered to women who have a safe place to live but wish to reinforce their sobriety with a reintegration plan geared specifically to their needs. LI-BER-T House serves women who are ready to change their lifestyles and patterns, and to become independent and self-sufficient members of our society.

LI-BER-T House offers relapse prevention counselling, mental health counselling, mentoring, community resource support and tailored services and programs to meet the specific needs of each client.





## Light a Dream

Light A Dream believes that young adults living with intellectual disabilities and/or autism are entitled to appropriate career training and vocational opportunities.

In recognition of the limited opportunities available to individuals with special needs, Light a Dream started a candle making business with the intention of promoting student's understanding of various business and economic principles. At Light a Dream, students and alumni are provided with a safe working environment where they can gain confidence and learn at their own pace. While working with Light a Dream, they are enhancing their self-esteem, social, interpersonal decision-making and leadership skills. The young adults establish an appreciation for the challenge of entrepreneurship and are provided with the necessary steps for launching and maintaining a business. As well, Light a Dream provides hands-on individualized training opportunities.

### Themed workshops

Themed workshops that are tailored to meet the needs of various individuals and groups; adults, children, daycare, special needs, etc.

### Fundraising

Ability to help raise money for a school with Light a Dream's fundraising opportunities; available for schools and groups.

### Custom & Corporate Orders

Ability to customize orders pertaining to personal needs or order large quantities for corporate events.

### Gift Baskets & DIY Kits

Ability to order gift baskets with a variety of favorite products for special times of the year. DIY kits to make candles at home are also available for order.

### Birthday Parties / Wedding Favours

Plan a candle-making workshop for a special day. Instructions and supplies will be provided and everybody gets to leave with what they have made.

### Container Refills

Bring in used containers or candle jars and get them refilled with a candle scent or color of choice.

# Literacy Unlimited

Literacy Unlimited's mission is to improve English language literacy through:

- Custom-tailored tutoring services
- Community education, programs, and partnerships

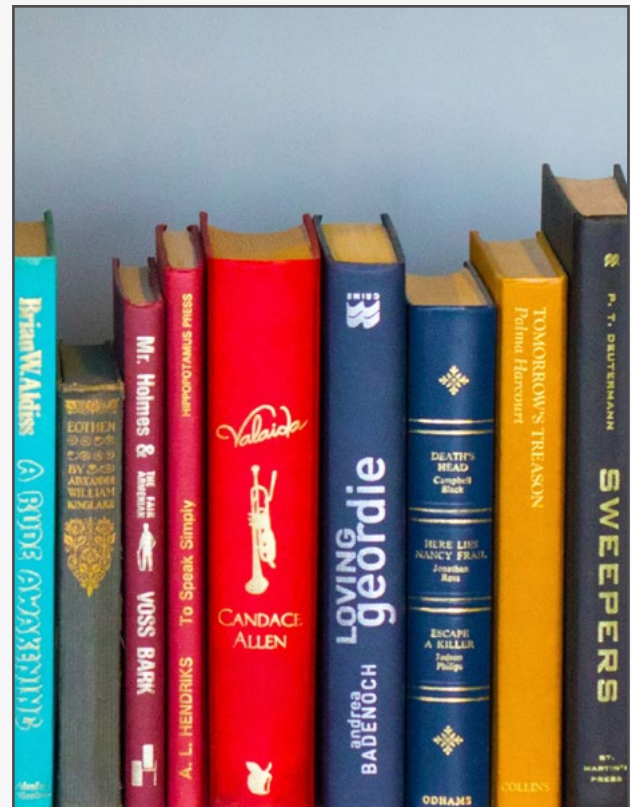
Literacy Unlimited strives to be the leading resource on literacy education in our area and is available to provide research, resources, referrals, and develop custom workshops.

## One-on-One Tutoring

- Literacy Unlimited offers free custom one-on-one tutoring for adult learners who want to improve their reading, writing and essential skills.

## Unlimited Seniors Club

- Literacy Unlimited offers literacy-friendly workshops for 55+. The club is inclusive and welcoming to all seniors, regardless of their backgrounds, interests, or abilities. For more information on the monthly workshops, please go to <https://literacyunlimited.ca>.





**Little Brothers** Embracing the Elderly

## Little Brothers West Island

To welcome and provide support to lonely elders by creating a caring and committed extended family that are around them dedicated to alleviating their isolation and staying by their side throughout their remaining years.

### Accompaniment:

The Little Brothers long-term accompaniment offering is one of the most effective solutions against solitude and loneliness. A volunteer companion can arrange to see a Great Friend every two weeks.

### Celebration and Outings

Little Brother's celebrates Christmas, Easter and the International Day of Older Persons on October 1. Little Brothers is proud to arrange a diverse lineup of activities that give Great Friends the chance to leave the solitude of their everyday lives behind, if only for a short time.

### Vacation Getaways

Great Friends can take a trip to one of the vacation lodges for the day, overnight or for anywhere up to a full week

### Quality of Life and Senior Wishes

Great Friends are allowed to shop free of charge at the La Boutique thrift shop in Montreal, featuring a wide range of donated items that can facilitate their day-to-day tasks.

### One on One Visits

Through the home visit program, severely isolated Great Friends can benefit from the support, empathy and TLC of the dedicated volunteers.

### Alzheimer's Disease and Cognitive Decline

Individuals who have various types and severities of cognitive decline and memory loss are accepted for accompaniment and are welcome at Little Brothers.

### End of Life Commitment

When a Great Friend enters the final phase of palliative care, it is made sure that they are watched over and surrounded by love.

514-247-1282  
204 Lakeview Ave, Pointe-Claire, QC, H9S 4C5  
westisland@littlebrothers.ca OR  
ouestdelile@petitsfreres.ca  
www.petitsfreres.ca/ouestdelile



## LOVE Quebec

LOVE supports youth to thrive through programs and healthy relationships that build emotional intelligence and help overcome the challenges they face. Participants that emerge from LOVE's programs leave with greater resilience, heightened skills, and the confidence to be inspirational leaders.

### Media Arts Program

Offers sessions throughout the academic year to youth for exploring their challenges & difficulties through creative media such as photography and writing while building self-esteem & resilience.

### Leadership Program

Offers a series of workshops and activities throughout the year to empower youth to become active agents of change in their schools and in the community.

### Sexology Program

Offers a series of workshops to allow youth to develop their emotional intelligence, self-esteem and knowledge of various sexological issues (body positivity, consent, etc.), including topics required by the Quebec Ministry of Education.

### National Leadership Camp

Unites youth from LOVE's chapters across Canada in order to hone their leadership skills through an intensive week of professionally developed activities.

### Community Outreach Workshops

Provides opportunities for youth leaders to apply their leadership skills by animating workshops to a public audience, allowing them to share their transformative experiences of overcoming various challenges.

### Summer Activities

Offers participants access to a diverse range of educational, artistic, and recreational activities aimed at building their confidence, peer relationships, and employability.

### Financial Aid

Offers young leaders exhibiting exceptional potential scholarships to cover their textbooks and school tuition fees.





# Low Vision Self-Help Association

The Low Vision Self-Help Association helps individuals live as independently as possible with vision loss and to enjoy active living and involvement in the community.

## Information and Resources

- Opportunity to learn about resources, services, technology and vision aids that are available for individuals with vision loss.
- Learn ways to live more independently and to enjoy leisure activities by developing strategies and skills that help with daily living.

## Group Support

- Become part of a group of persons who are living with vision loss, make new friends and be encouraged to remain active in the community.

## Monthly meetings

- Meetings are held once a month from September to May.
- Meetings can include presentations by guest speakers, group discussions, news and information about vision aids and technology, and entertainment.





# Maison des Jeunes À-Ma-Baie

The MDJ A-Ma-Baie is a meeting place for 12-17 year olds, who in the presence of significant adults, can become involved and responsible citizens. The activities aim to bring together, develop and flourish young people.

## Help With Homework

- Offers homework workshops. Tutors are university students who have the success of young people at heart and are motivated to help them overcome difficulties during their school career.
- This program is aimed to help develop the autonomy of young people and increase their academic productivity

## Activities

- Calendar of activities can be found on the website at: <https://lanou12.wixsite.com/mdjamb/activites>





## Maison des Jeunes de Pierrefonds

To encourage teens, aged 12 to 17 years old, to be active, think critically and be responsible young adults. This mandate is realized through the creation of cultural, social, educational and recreational activities and programs.

### Long term service (grow)

- Offering support and confidential listening without judgement.
- Accompaniment.
- Development of social and life skills.
- Providing academic support.
- Help develop self-esteem.
- Participation in Youth Council/ Board.

### Prevention/promotion (learn)

- Workshops.
- Collaborations with community organizations.
- Discussion/ debates on various topics.

### Educational/Recreational (play)

Drop- in centre with various activities such as:

- Sports and fitness
- Arts and music
- Healthy lifestyles
- Gardening and environment
- Cooking
- Homework assistance



514-683-4164  
 4855 Boul. des sources, Pierrefonds, QC, H8Y 3C8  
 maison@videotron.ca ou mdjstaff@videotron.ca  
<https://maison@videotron.ca>  
<https://maison@videotron.ca>  
 Instagram: [https://www.instagram.com/mdj\\_pierrefonds/](https://www.instagram.com/mdj_pierrefonds/)



# Mission Proaction

Mission Proaction's mission is to offer accessible professional services that support the optimal development of children and the empowerment and well-being of families.

## Brain Development

- An oral and written language stimulation program for children ages 3½ to 7.
- The goal of the Brain Development program is to address language delays as early as possible to prevent further developmental difficulties.
- Research-based small group activities are facilitated on weekends by an intervention worker under the supervision of a speech-language pathologist.

## Operation Prevention

- A program of stimulation activities run by educators that are designed to contribute to the development of reading and writing skills.

## Superhero Interactions

- Activities, games & information on language development.

## Family Interconnections

- A platform of online parent-child activities created by a speech and occupational therapist. Five fun activities are available that target language development, motor skills and activities of daily living for children ages 2-3 and 4-5.
- Online articles written by a psychoeducator will be available to inform and equip parents with information about developmental difficulties that could be experienced, such as the development of self-esteem in toddlers and the management of emotions.





# Ngadi Foundation

Ngadi Foundation is dedicated to using its resources to empower, educate, and encourage youths to attain their full potentials, as well as to use their talents and skills to be agents of positive changes in their communities.

## Scholarships

- Emeka Ngadi Scholarship - Pre Cégep
  - A scholarship opportunity for full time secondary school students in the West Island.
  - Students must be in their final year of secondary school and admitted into a full time cégep program.
- Emeka Ngadi Scholarship- Pre University
  - A scholarship opportunity for students in their final year of cégep.
  - Students must be admitted into a full time university undergraduate program.
- Please visit the website for application details:  
<https://www.ngadifoundation.org>

## Workshops

- The Ngadi foundation aims to offer various workshops to help youth advance and excel in their education, particularly in the areas of science, engineering and medicine.
  - Examples: Coding workshops, Youth Financial Independence Workshops, Mentorship Programs.





## NOVA West Island

Address the unmet needs of communities through the development and delivery of professional, innovative health services.

### Palliative/Home Nursing Care (Cancer/ALS)

- Compassionate and quality care by specialized nursing care (24/7 on-call service) and support to individuals living with cancer or ALS (Lou Gehrig's Disease) to enable people to stay at home with their loved ones as long as desired. Home nursing visits, arranged in collaboration with clients and/or family members allow for assessments, teaching, symptom management, nursing care and active listening.

### Bereavement Support (children/youth and adult)

- NOVA offers two bereavement support programs to meet the needs of the different realities for (children / youth and adults)

### Adult Day Centre

- Promotes socialization and independence for adults (60+) with cognitive deficits while providing a day of respite for families and caregivers. A safe and enjoyable "social club," atmosphere focusing on physical activity, cognitive stimulation, music, pet therapy, utilization of fine and gross motor skills, reminiscence, and activities that stimulate all five senses. Program currently offered virtually.

### Home Support

- Providing personal care assistance, while giving family caregivers time for well-deserved respite. Mobilization in or out of the house, bathing, toileting and dressing, washing and setting hair, shaving and filing nails. Possibility of laundry and bed making, preparing and serving a meal or snack.



# Omega Community Resources

Omega Community Resources is a non-profit community organization providing support and assistance to adults experiencing mental health issues. Omega's philosophy is to promote respect, integration and development of individuals living with a diagnosis of mental health.

## Group Home

- A transitional living resource for adults living with mental illness. Services include
  - 24 hour/day supervision
  - Case management
  - Coordinating and referral to community treatment providers
  - Crisis prevention and management
  - Medication management
  - Individual goal planning for each resident
  - Supervision and assistance with daily independent living skills and activities
  - Advocacy during medical appointments
- The group home accommodates up to 8 residents in individual bedrooms.

## Supervised Apartments

- Located in Pierrefonds, the supervised apartments offer tenants long term independent housing, while still having access to support and staff on site. There are 28 3 ½ fully furnished subsidized apartments.
- The building has a community recreation room that is equipped with a kitchen where there are activities, animated special events and collective cooking classes.

## Day Center

- The Centre has a professional team on-site that provides support and guidance.
- The Centre offers an employment assistance program with the opportunity to learn and develop through various activities in an educational context.
- Programming includes educational, therapeutic and recreational activities designed to promote socializing opportunities and minimize isolation. See schedule online at: [www.omegacenter.org](http://www.omegacenter.org)

600 Ave. de L'Église, Dorval, QC, H9S 1R3  
514-631-2760 ext. 104  
[www.omegacenter.org](http://www.omegacenter.org)

## On Rock Community Services

On Rock is a community organization committed to making a difference in the Montreal area by being a resource for the people in the community.

### Food Bank

- On Rock supports approximately 300 families per week with food resources.

### Community Diner

- An opportunity for community members to socialize and enjoy a healthy, low cost meal. Meals are 2\$ per person and 5\$ per family.

### School Lunch Program

- This program provides healthy lunches and snacks to kids who can't afford to bring lunch to school.

### Le Spot Café

- A "pay what you can" café that serves breakfast and lunch to help better serve the community.

### Thriftit Thrift Shop

- A thrift store selling new and gently used clothes, shoes and accessories.
- All profits from the store will be used to fund On Rocks food bank and community diner.







# Placement Potentiel Inc.

Specializes in providing sustainable employment opportunities to qualified candidates with disabilities who would otherwise have difficulty integrating into the regular job market.

## Building Maintenance Division

- Provides a diverse range of professional cleaning and janitorial services, tailored to each customer's specific requirements, and handled by Placement Potentiel trained staff.
- Services include general cleaning, window washing, carpet cleaning and steaming, and stripping, sealing and waxing of floors.

## Unique Benefits

- Continuous staff training to incorporate the latest innovations in the field.
- On site supervision and/or follow-up to ensure consistent quality control.
- Dedicated and highly-motivated work teams.





# Portage

Portage fosters the strengths and skills of substance-dependent persons to enable them, through comprehensive and cost-effective interventions based on the therapeutic community approach, to live lives of sobriety, filled with dignity, self-respect, and accomplishment.

## Adolescent Program- Age 14-18

- In a safe environment, English and French speaking youth aged 14 to 18, work on the root causes of their addiction and learn how to live a healthy and positive life without the use of drugs.

## Adult Programs

- Within the therapeutic community environment, residents deal with the root causes of their drug addiction problems and learn how to better function in their everyday lives, without needing drugs.

## Mother and Child program

- A residential drug addiction rehabilitation program for pregnant women and mothers with young children.
- Specialised educators work with the children at the on-site childcare service while the mothers are involved in therapeutic groups, and also with the mother-child duo in order to build and strengthen the mother's parenting skills.

## Mental Health and Addiction Program

- In a safe environment, men and women suffering from both mental illness (primarily schizophrenia and other related disorders) and substance abuse disorder, work on the root causes of their addiction problems and learn how to live a healthy and positive life free from drugs.

## Portage Academy

- To help them get back on track and learn how to succeed in a school environment, the drug addiction rehabilitation centres for youth feature on-site school programming, provided by local school boards.

## Aftercare and Continuing Care

- Once the residential component of the drug addiction rehabilitation treatment program is completed, clients receive Aftercare support for up to two years, through regular communication and meetings with Aftercare counsellors and the Aftercare community.
- This personalised two-year follow-up also applies to clients who, for whatever reason, did not complete all the components of their rehabilitation program. Portage's Continuing Care program supports these individuals and, if necessary, encourages them back into drug addiction treatment.



# Projet Communautaire de Pierrefonds

PCP is an impact-focused, community-centric organization providing programs and services that offer social, academic, linguistic, and emotional support to vulnerable families and children across the West Island.

**Preschool Program:** A personalized program that helps prepare children aged 3-5 for the transition to kindergarten, with a focus on academic, social and French linguistic skills.

**Halte-Garderie:** A fun and stimulating daycare service for children aged 3-5 from 12:30 – 5:30 PM every weekday.

**Tots & Talks Program:** An opportunity every two weeks for single and/or isolated mothers to gather in a welcoming, environment and discuss issues of concern and importance, make new friends, and learn new skills.

**Motiv-Action Program:** An after-school homework-help & tutoring program for students aged 6-12, that helps with academics, addresses social and linguistic skills as well as overall mental well-being.

**Perinatal Program:** A program of bi-weekly home visits to provide help, guidance and information during pregnancy to vulnerable and/or single mothers to be.

**Visiting Mothers Program:** Weekly visits from a support worker for single and/or isolated mothers at home to provide help, guidance and respite.

**Tech Coding Program:** A 12-week tech coding workshop in partnership with KIDCoders for kids aged 8-15.

**Art Club:** A seasonal 10-week art program to help children aged 6-12 unleash their artistic expression and improve self-esteem in a fun and engaging environment.

**Improv:** An opportunity for children aged 8-12 to learn about or improve their improv skills.

**Summer Camp:** A 6-week summer day camp for children aged 6-12 during July and August with weekly themes, plenty of outdoor activities, and special outings.

**Youth Mental Health Promotion Programs:** An in-school, group-based support services to address topics associated with mental health, establish peer-based conflict resolution approaches and teach coping skills.



# Table de Quartier du Nord de l'Ouest-de-l'Île de Montréal

The Table de Quartier du Nord de l'Ouest-de-l'Île de Montréal is a community roundtable that unites all residents and individuals involved in local community organizations, institutions, businesses and political life, to encourage social development and aims to fight against poverty and social exclusion in the north of the West Island.

## What are we working on?

- Access to health and social services
- Cultural diversity and welcoming community
- Socio-ecological transition
- Affordable housing, advocacy and housing sanitation
- Access to health and social services

## Our territory

The TQNOIM covers the territory of the Boroughs of Pierrefonds-Roxboro and Île-Bizard-Sainte-Geneviève and the City of Dollard-des-Ormeaux.

## Why become a member?

- Members participate in social change by addressing several issues present in the community.
- To stay informed about the activities of the TQNOIM, share your ideas, participate in social development projects, make decisions at general meetings and sit on the board of directors.

## How to become a member?

Everyone over the age of 16 who reside on the territory of the TQNOIM can become members. Contact us at [info@tqnoim.org](mailto:info@tqnoim.org) or at 514 788-4150.



13, rue du Centre Commercial, 2nd floor,  
Pierrefonds Roxboro, QC, H8Y 2N9  
514-788-4150 | [info@tqnoim.org](mailto:info@tqnoim.org)



# Table de Quartier Sud de l'Ouest-de-l'Île

The Table de Quartier Sud de l'Ouest-de-l'Île (TQSOI) is a community roundtable and non-profit organization that unites all residents and individuals involved in local community organizations, institutions, businesses and political life, to improve the quality of life and to encourage social development in the southern West Island.

## Territory

The TQSOI territory covers the following seven municipalities of the southern West Island: Baie d'Urfé, Beaconsfield, Dorval, Kirkland, Pointe-Claire, Sainte-Anne-de-Bellevue and Senneville.

## The TQSOI's Approach

The TQSOI establishes and promotes opportunities for residents and communities to develop their potential, to actively participate in society and to take their fair share of the collective wealth. Through this, the community of the southern West Island can progress socially, culturally and economically in connection with principles of social justice and sustainable development.

## How to join

All persons living, working, studying and involved in the southern West Island are encouraged to become a member of the TQSOI.





**Teresa Dellar**  
Palliative Care  
Residence

## Teresa Dellar Palliative Care Residence

A leader in palliative care within Quebec and Canada, the Teresa Dellar Palliative Care Residence provides active and compassionate care in order to comfort and support terminally ill patients and their loved ones.

### Patient Care:

The primary goal at the Teresa Dellar Palliative Care Residence is to uphold the quality of life for all patients and to support their families through this difficult period. The team of physicians, nurses, counselors, supportive care team and volunteers work together to address the physical symptoms, as well as the emotional, social and spiritual needs.

### Supportive Care:

At the Teresa Dellar Palliative Care Residence, the physical symptoms as well as the emotional, social and spiritual needs of the patients and their families are addressed. A team of skilled social workers, therapists, spiritual counselors, as well as our nurses, offer professional counseling during the entire process.

### Bereavement:

Bereavement support groups offer psychological support and peer mentoring help to adults, teens and young children after the death of a loved one. Group sessions include:

- Bereavement Group
- Growing with Grief Group
- Walking with Grief Group



265 André-Brunet Street, Kirkland, QC H9H 3R4  
Phone: 514 693-1718  
General inquiries: [info@wipcr.ca](mailto:info@wipcr.ca)



## VertCité

The Éco-quartier Pierrefonds-Roxboro offers a wide variety of workshops and projects on the following subjects: biodiversity, active transportation, energy and water consumption, urban agriculture, greening, waste management, sustainable development, and cleanup activities. These services are offered to individuals, institutions and community groups in Pierrefonds-Roxboro.

### Support and Consultation Service:

Environmental education provided to all residents of the Pierrefonds-Roxboro area.

### Clean Up Activities:

The Éco-quartier Pierrefonds-Roxboro organizes several cleanups every year. Equipment can be lent out to organize a clean up event with friends or neighbors.

### Subsidized Products:

Domestic composters and rain barrels can be purchased by residents.

### On-Site Advice:

Open four days a week to answer questions related to the environment.



Éco-quartier Pierrefonds-Roxboro point of service:  
13 Centre Commercial St, Roxboro, Quebec, H8Y 2N9  
514-752-0778



# VOBOC

VOBOC's mission is to equip, engage, and empower Adolescents and Young Adults (AYAs) with cancer to improve their experiences and health outcomes.

## Vo-Pak Program

- VOBOC delivers free Vo-Pak backpacks to hospital oncology units for them to give to their new AYA cancer patients on their first day of treatment. Each Vo-Pak contains practical items for a hospital stay as well as resources to help patients navigate the health care system. The Vo-Pak provides a moment of respite and a guide to available services. The Vo-Pak aims to break isolation, express community support and start a conversation with VOBOC. It is the first step in engaging the patient in their health care plan. Empowered patients have better health outcomes and a better quality of life.

## Last or Special Requests Program

- VOBOC's Last or Special Requests program works with medical teams to consider and grant requests to AYA patients who are in crisis, are transitioning to palliative care or are in palliative care.

## Courage Incentive Program

- The program's goal is to improve patient outcomes by providing health care professionals with a resource to assist their patients identified as distressed and struggling to adhere to their prescribed treatment.

## Education and Awareness

- VOBOC leads initiatives that raise awareness about the needs of AYAs living with cancer and promotes empowerment as a key strategy of early detection. VOBOC interacts with communities through schools, local organizations, corporate partners and the general public, and engages AYAs to become advocates for their peers through the **Youth-to-Youth Ambassador Program**.

269 Boulevard Saint-Jean, Suite 215,  
Pointe-Claire (Québec) H9R 3J1  
(514) 695-9292 or 1-866-418-6262  
[info@voboc.org](mailto:info@voboc.org) | [www.voboc.org](http://www.voboc.org)





## Volunteer West Island

Volunteer West Island is a non-profit organization dedicated to supporting the needs of volunteers as well as the needs of community organizations and groups that require volunteer help.

### Foster and Develop Volunteerism

- Promoting volunteerism, providing leadership on issues relating to volunteerism and recruiting and connecting people with hundreds of opportunities to serve on the West Island. For volunteering please call 514-457-5445 ext. 226 for corporate volunteer opportunities.

### Hot Meals

- 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.

### Frozen Meals and Purees

- This program is available to West Island seniors with a medical or social service reference.
- There is a wide selection of low sodium and low fat meals. Soups and desserts are also available.
- For information about all food services call 514-457-5445 ext. 225.

### Contact Program

- This is a free, friendly telephone reassurance service open to all residents of the West Island who are 55 or over. The calls are made 3 times a week by volunteers.

### Handyperson

- This service is provided for seniors referred to by the CLSC. Eligible West Islanders can obtain help in completing light repairs around the house.
- The handyperson can be present to assist you when you meet with contractors to discuss services and costs related to larger repairs.

### Income Tax Assistance Service

- Contact 514-457-5445 #228 for more information and eligibility criteria.

### The Young at Heart 55+ Club

- A comprehensive outreach program offering classes and weekly activities designed to engage seniors intellectually, culturally, and physically.

### Caring Paws Animal Therapy

- Dedicated volunteers provide therapy dog and cat visits to various facilities within the West Island.



## West Island Assistance Fund

The mission of the West Island Assistance Fund is to to promote and encourage cooperation between social workers working for the well-being of the community. To promote and encourage the development of initiatives that meet the basic needs of the community. As well as to offer food, clothing and hygiene services to the members of the community and to offer services that promote the autonomy of its members.

### Food Aid

- Through the food assistance programs employees and volunteers offer a food service to members of the community who are low-income or in a vulnerable situation.

### Thrift Shop

- The thrift shop offers clothing and small household items at reasonable prices. The proceeds from the sales are used for relief of food insecurity.
- They also give out coupons for people who request them.

### Garden of Hope

- The collective garden is a great place to get out of the house and socialize with new friendly faces within the community and pick fresh vegetables for a healthier diet.
- Produce will be shared equally among the members of the garden and any excess produce will be donated to the WIAF food assistance program.





# West Island Black Community Association

To educate the public on health issues, various cultures and multiculturalism. To relieve loneliness and isolation associated with aging and to provide recreational, educational and cultural activities for senior citizens.

**Saturday Morning Tutorials:** Tutorial subjects include French, math, English, science and history for youth Grade 1-11.

**Seniors Surf:** A program teaching seniors technology.

**Seniors Fit:** A program facilitating fitness classes for seniors.

**WIBCA's annual scholarship program:** The purpose of the Scholarship Awards is to recognize students with strong determination and commitment towards higher education and to assist students who have overcome adversity.

**Empowered Women Scholarship:** The purpose of this Scholarship Award is to recognize a female student with strong determination and commitment towards higher education and to assist students who have overcome adversity.

**Black Girls Gather:** A book club open to young black girls between 12-18 years of age.

**WIBCA Youth/Mentoring Group:** Mission is to engage, encourage and empower youth through educational programming and workshops promoting leadership and mentoring opportunities as well as community activism.

## **Confronting Racism Discussion Group:**

A group committed to confronting the racism in ourselves, our community, and our world by listening to BIPOC voices in anti-racism literature, films, podcasts, etc. with the ultimate goal of empowering Black, Indigenous and people of color.

**WIBCA's Free Legal Clinic:** Provide legal recourse to members of the community through a hotline service.

**Staying Power:** A support group for women of african/Canadian descent who are interested and committed to coming together twice a month to share their experiences, challenges, and coping mechanisms.

**Maasai Mentoring for Boys:** Mentoring for boys between 11-19 years of age.

**Robotics/Stem Program:** For black youths between 9-19 years of age.



## West Island CALACS

West Island CALACS is a non-profit feminist organization that advocates against sexual assault. It provides services to women and prevention services for the community.

### Services

Services are bilingual, free and confidential for women and teens aged 12 and over who have survived sexual assault.

- Phone support and references
- Crisis Intervention
- Individual follow-ups
- Support Groups
- Support for family members
- Legal resource and advocacy

### Prevention and Training

West Island CALACS offers an array of workshops to high schools and other organisations that wish to raise awareness about sexual assault. The workshops are specialized in providing support services to sexual assault survivors as well as providing hands-on training to front-line staff in both community and institutional settings that may encounter survivors of sexual violence in their work.

Some of the subjects discussed in workshops are:

- Sexual assault
- Sexual violence among elderly women
- Sexual exploitation





# West Island Cancer Wellness Centre

*West Island Cancer Wellness Centre* exists to empower people who are experiencing cancer by providing them with compassionate support and comprehensive information for mind, body, and spirit.

The Centre's free programs complement medical intervention by addressing the physical, emotional and spiritual needs of people living with cancer. Through the wellness programs, participants receive personal support, gain coping mechanisms, discover additional alternatives and become better educated about their cancer.

## Available activities include:

- Physical exercise activities for all levels (yoga, tai chi, personalized exercise plans, etc.)
- Creative arts (painting, journaling, drawing, etc.)
- Individual counseling and support groups
- Reflexology, reiki, sphere energy
- Massage therapy
- Meditation / Sound meditation

For more information on programs, services and how to register: <https://wicwc.com/services/>

## Living Well with Cancer Network:

A referral service for anyone seeking cancer wellness resources anywhere in Canada. Call: 514-695-9355 or toll-free number 1-833-274-9355.

## Zooming into Wellness for Adults:

Educational webinars featuring guest speakers on a range of cancer wellness topics. For more information or to view the webinars: <https://wicwc.com/zooming-into-wellness-for-adults/>

## OnCourage:

The communication hub and organizational tool for an individuals cancer journey. Create a personal webpage and easily share updates, photos, and stories with loved ones. For more information: <https://oncourage.org/en/>

115, rue Du Barry, Kirkland, QC H9H 0C4  
514-695-9355 | [info@wicwc.org](mailto:info@wicwc.org)  
Facebook: <https://www.facebook.com/wicwc>  
Instagram: @wicwc



# West Island Citizen Advocacy

WICA's purpose is to improve the quality of life & defend the rights of all those who are vulnerable in the community by supporting them and matching them with competent volunteers.

## Volunteer Matching

- Individuals living with a limiting condition in the community are supported and matched with a volunteer, whose purpose is to improve the quality of life and defend the rights of the individual.

## Church Apartment Program (CAP)

- Provides permanent housing and daily living support for adults living with mental health issues in the West Island.
- Individuals receive ongoing psychiatric care.

## Rendez-Vous Art

- Provides the opportunity for individuals who face special challenges to create works of art with the support of a volunteer instructor.

## Senior Advocacy

- Assists and educates seniors who are facing financial, physical, emotional, sexual abuse, neglect or exploitation in the West Island.

## Seniors Liaisons

- Outreach project aimed at providing much-needed practical support to under-served, vulnerable seniors, especially those in multicultural communities isolated by language and societal barriers.

## The Sentinel Program

- A project aimed to develop a network of citizen Sentinels in solidarity with vulnerable seniors. The objective is to encourage older adults to stay in their living environment for as long as possible.

## Courses & Volunteer Training

- Free courses to the volunteer advocates who are working with proteges. These courses are also open to the community at large



# West Island Community Resource Centre

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 and strengthens and supports the development of the West Island community in collaboration with community partners.

## Information and Referral Services

- An information and referral service that helps to connect West Islanders to the programs and services available in the West Island Community Sector.
- The information and referral service is offered by phone, in person and online.

## CRC Mobile

- CRC Mobile is an information and referral program that aims to improve the quality of life for seniors and families by connecting them to existing and suitable resources available in the West Island community.
- The CRC Mobile Facilitator can meet up at a convenient location to discuss the current circumstances & help identify the specific needs.

## Legal Clinic

- West Island residents can request a free, bilingual and confidential legal telephone consultation (15 minutes).

The CRC offers information tools on their website including on-line community calendars that promote events, fundraisers and support groups offered by West Island community organizations.

114 Donegani Ave., Pointe-Claire  
 514-694-6404  
[info@crcinfo.ca](mailto:info@crcinfo.ca)  
[www.crcinfo.ca](http://www.crcinfo.ca)



# West Island Crisis Centre

The West Island Crisis Center's mission is to meet the needs of adults experiencing a situational crisis, emotional distress, suicidal or otherwise. As well as to bring support to the loved ones of those in crisis.

## Crisis line 24/7:

The crisis line is available 24 hours a day, seven days a week and 365 days a year. 514-684-6160.

## Crisis Intervention in the Community 24/7:

An on-site crisis intervention service allows for intervention to take place at the scene of the crisis in the community.

## Short Term Housing 24/7

- Allows for the person to take a step back from their living environment and to regain control of their means.
- The transitional apartment recreates autonomous living conditions. Supervision is carried out according to the needs of the client. This service allows to estimate the capacity of the residents to function independently by allowing them to live the transition between a more structured living environment and a return to the community.

## Short Term Post- Crisis Follow-Up:

Allows the person to strengthen and to further utilize their achievements in order to reduce the likelihood of a relapse.

## Professional Services

Consultations available to:

- Explore the situation you are facing.
- Validate your intervention and assumptions.
- Provide necessary references as needed.



170 Rue du Buisson,  
Pierrefonds, QC H8Y 2Z6  
514-684-6160





# West Island LGBTQ2+ Centre

To create a place in which lesbian, gay, bisexual, transgender, questioning, two-spirit, and people of other sexual orientations and gender identities are welcomed with open arms.

## Social Programs

- **Youth Drop-In:** Twice weekly drop-in from 4 pm to 8 pm where LGBTQ2+ youth can engage with others who understand what it is like to be LGBTQ2+ in society, and find support and friendship.
- **Young Adult Social:** Twice monthly drop-in where LGBTQ2+ adults between the ages of 18 and 30 can come to hang out and openly express themselves with others they can relate to.
- **Adults and Seniors:** Thursday Dinners provide a space where adults and seniors who identify as LGBTQ2+ can share in a meal and connect with a welcoming community and break the isolation felt by LGBTQ2+ people.

## Support Groups

- **Transgender Support Group:** The Transgender Support Group welcomes trans people of all ages into a safe environment to get to know other trans individuals, have dinner together and group discussions.

- **Friends and Family:** A once monthly meeting where those who are struggling with a loved one's journey of discovery can come to find support in a judgement free space. This can include parents, friends and extended family.

## Outreach Initiatives

- **Secondary and Post-Secondary:** Outreach can take on many forms from info booths, to class presentations on LGBTQ2+ issues, to Gay-Straight alliance group facilitation.
- **From Isolation to Community:** Provides sensitivity and inclusion training to staff, volunteers and administration of senior based institutions such as residences and long term care facilities to build LGBTQ2+ inclusive and welcoming spaces.



## West Island Mission

The West Island Mission is a community based non-profit that provides well-balanced, high quality food assistance to those faced with food insecurity on the West Island of Montreal.

### **Food Assistance:**

Individuals and families faced with food insecurity can receive well-balanced, high quality food assistance and other related products. Members come by appointment to choose their groceries on a bi-weekly or monthly basis.

### **Food Donations:**

Food donations can be dropped off to our warehouse, 219 Labrosse ave, Pointe-claire on Monday, Tuesday and Thursday (8:30-3:30) or at one of our drop off locations:

- IGA Pointe-Claire, Rue de la Triade
- IGA Kirkland, Blvd. St-Charles
- Kirkland Library, Blvd. Hymus

### **Back to School:**

The back to School event takes place in August and provides new school bags, supplies and other related items to the community for those that pre-registered.

### **Christmas Basket and Toy Event:**

Takes place every December to help families during this tough time of year. The goal is to provide those registered with a turkey and food assistance to enjoy during the festive season. The toy event allows registered members to come and choose the toys for their children based on what their child would want and like. Providing some joy over the Holidays!



Centre des Femmes West Island  
West Island Women's Centre

# West Island Women's Centre

The West Island Women's Centre (WIWC) is a dynamic and widely-used non-profit community organization dedicated to improving the quality of life of women. They provide educational, social and recreational services for women living in the West Island and the community at large.

## Programs

The West Island Women's Centre offers a variety of courses to members in the following areas:

- Personal Development
- Special Interests
- Fitness

The list of available courses can be found on their website at [www.wiwc.ca](http://www.wiwc.ca)

## Outreach

**Support Groups:** The Women's Centre's support groups offer psychological and emotional support to help women take up a new challenge, handle a problem, or further develop as individuals. Groups offered:

- Dealing with Separation and Divorce
- Healing Together Perinatal Loss Support Group
- Infertility Support Group
- New Baby Conversation and Support Group

**Teen Workshops:** Each workshop series consists of 2 to 5 one-hour workshops that are designed for Secondary I – III female teens. Topics include:

- Girls Online
- Teen Sexuality
- Self Defence

**Moms & Tots Playgroups:** Time for Two encourages a positive and joyful experience to share between mother and child. An additional benefit of the project is the opportunity for mothers to interact with each other and to have a very positive mother-child relationship.

**55 Up! Women's Group:** A free drop-in women's group twice a month for women 55 years and up. This group offers an opportunity to openly exchange topics and issues with peers.

11 Rodney (entrance on Vincennes),  
Pointe-Claire, QC H9R 4L8  
Tel: (514) 695-8529



# West Island Women's Shelter

The mission of the West Island Women's Shelter's team is to work for social change, aiming at the elimination of conjugal violence and its impact on women and their children.

## 24/7 Crisis Line:

A 24 hours per day, 7 days per week telephone listening and support service:  
**514-620-4845, ext. 221**

## A Safe Shelter:

A warm and safe environment for women and their children who are victims of domestic violence, as well as a place of belonging that encourages sharing and the creation of meaningful and safe relationships.

## Apartments- Alternat'elle:

Alternat'Elle is a transitional and safe apartment service to assist women and their children who are victims of domestic violence and who have found refuge in one of the shelters in Canada for a minimum of one month and whose needs for safety, support and accompaniment remain.

## External Services:

The ability for women and their children to meet with a counsellor without being in the shelter, to help them better understand their feelings and the violent situation they may be experiencing.

## Support group for relatives:

Group meetings for relatives and friends of victims offer a place to share, to break their isolation and to help them better understand the reality that victims of conjugal violence experience.

## Awareness and Education in the Community:

The shelter plays an active role in the community to promote a collective vision of the problem of conjugal violence and to engage members of society to find global solutions. A variety of training, conferences and workshops are offered and can be adapted depending on the need. Please call 514-620-4845 ext.225 for more information.

Mailing Address: West Island Women's Shelter,  
P.O. Box 217, Kirkland Quebec, H9H 0A3  
514-620-4845 | [info@rfoi.org](mailto:info@rfoi.org)



# West Island YMCA

The West Island YMCA inspires and encourages all people to reach their full potential, thrive and contribute to their community.

## Youth Zone

- A secure and safe environment for youth 12- 17 years old to hang out or participate in activities.

## PlusOne Mentoring

- YMCA Plusone Mentoring is a program for youth ages 10 to 17 who are experiencing challenges in their social and academic lives to participate in activities of their choice in the community with a trusted mentor.

## Diversion

- A social group for youth ages 12-17 with high functioning special needs.

## Succession

- A social group for young adults ages 18- 25 and young adults ages 25-35 with high functioning special needs.

## Toxico

- Addiction prevention in secondary schools and support for young people who live with an addiction, all in a perspective of school perseverance.

## Équijustice Montréal (Ouest de l'Île)

- A restorative justice service that works with adult and youth offenders and supports victims. A mediation service to the community is also offered.

## Alternative Suspension

- Resources at the disposal of high schools, which offer support for students who, for various reasons, are temporarily suspended from school or need preventative aid.

## Community Mediation

- A volunteer-driven initiative that accompanies and supports those experiencing conflict. Respectful exchanges are organized between people with the goal of restoring social harmony through constructive communication.

## Pivot

- For youth in alternative academic settings, aiming to build positive bonds between them and their community by fostering positive social integration, providing access to community-based programs and services and expanding the youth's network of support.



# West Island Youth Symphony Orchestra

The West Island Youth Symphony Orchestra brings together young musicians within an orchestral ensemble and enables them to perfect their music under the direction of a professional conductor.

## Symphony Orchestra

- The Symphony Orchestra is conducted by a professional conductor for musicians ages 14-25.
- The rehearsals are Sunday afternoons and the orchestra plays a classical repertoire.
- Music camp is available at the beginning of the season, as well as workshops led by professional musicians.

## String Orchestra

- The String Orchestra is for musicians ages 9-16 and plays both a classical and popular repertoire.
- The rehearsals are Sunday afternoons and a music camp is offered every spring.

## Small Ensembles

- Various small ensembles, such as string quartets and trios, woodwind and brass ensembles, are formed from members of the WIYSO.

- These ensembles rehearse separately from the main orchestra and give public and private performances.



**Mailing address :**  
 West Island Youth Symphony Orchestra  
 P.O. Box 1028, succ. Pointe-Claire  
 Pointe-Claire, QC H9S 4H9  
 Tel: 514-834-9025



## Services West-Nette

Services West-Nette is a social economy company in the West Island of Montreal that provides domestic help services for the elderly or anyone with a loss of autonomy.

### Light Housekeeping

- Frequency of visits can be every week, 2 weeks or 4 weeks
- Cleaning includes:
  - Clean kitchen and all appliances visible on the counter
  - Wash dishes if necessary
  - Wash the bathrooms
  - Dust all furniture, frames and objects
  - Change bed linen
  - Laundry
  - Empty the trash
  - Vacuum and wash floors
- Rates net from government aids, 11.26 - 25.50\$/hr. To get an estimate of financial assistance, visit the Revenue Quebec website at [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help)

### Heavy Housekeeping

- Indoor Cleaning:
  - Clean walls and ceilings
  - Clean venetian blinds, chandeliers and fans
  - Clean carpets and some upholstered furniture
  - Wash windows (inside and outside), including the patio door
- Outdoor Cleaning:
  - Snow clearing access to the front door
  - Pick up dead leaves
- Rates net from government aids, 19.26-33.50\$/hr. To get an estimate of financial assistance, visit the Revenue Quebec website at [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help)

# WIAIH

## WIAIH

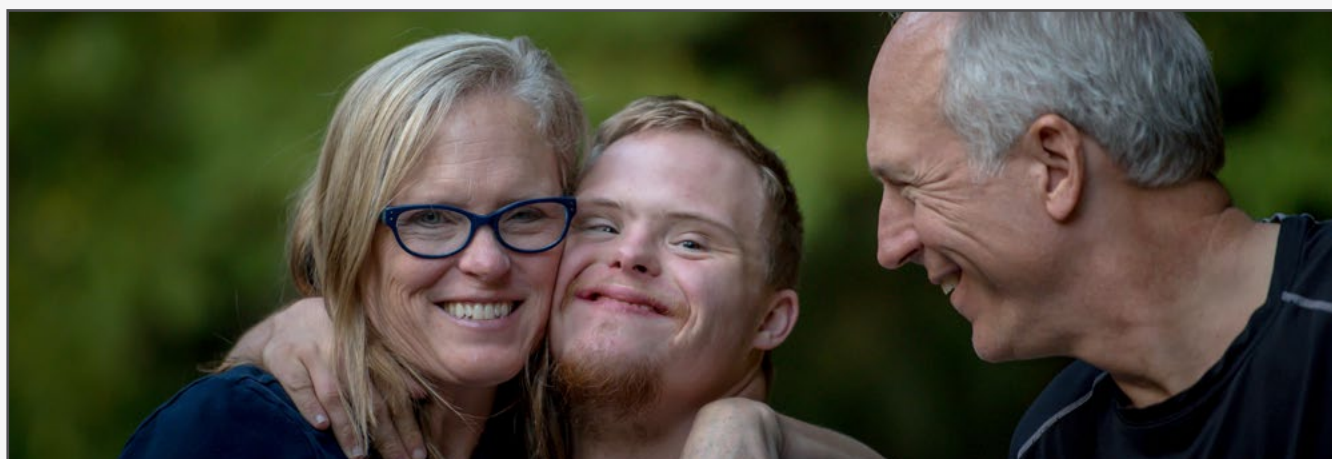
The West Island Association for the Intellectually Handicapped (WIAIH) offers services to enhance the lives of people with intellectual handicaps or autism, provide support to their families, maintain and develop innovative services and sensitize the community.

WIAIH, pronounced « why-ah », is the West Island Association for the Intellectually Handicapped. We strive to enhance the lives of people with an intellectual disability or an autism spectrum disorder, to provide support to their families, and to maintain and develop innovative services and sensitize the community..

### Our activities include:

- Recreation services
- Specialized camps
- Social activities

- Support/parent groups
- Information sessions
- A permanent residence for adults
- A developmental centre for early childhood
- A day program for seniors
- An afternoon care program for 12-21 year olds and much more









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# Thank you

to the West Island Community Resource  
Centre's funding partners.

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**CONNECT. PROMOTE. SUPPORT.**  
the West Island Community Sector



West Island Community Resource Centre  
114 Donegani, Pointe-Claire, QC H9R 2V4  
[www.crcinfo.ca](http://www.crcinfo.ca) | [info@crcinfo.ca](mailto:info@crcinfo.ca)