

New to Quebec? *You are not alone.*

Helpful Resources & Personalized Support for Newcomer Families in the West Island

Settling into a new community can bring many questions — about housing, schools, language learning, employment, healthcare and daily life. The CRC and AMCAL can help connect newcomer families with trusted organizations, practical resources and personalized support delivered with dignity, empathy and a human-centered approach.



Housing & Tenant Rights

DID YOU KNOW?

You can access housing support services? Finding housing and understanding tenant rights can be challenging, but support is available to help you understand your options and protect your rights.

West Island Community Resource Centre (CRC)

Housing information, referrals, navigation support and housing clinic.

514-694-6404

crcinfo.ca

CALODI

Tenant rights advocacy and support regarding leases, rent increases and notices.

514-543-2616

calodi.info

Tribunal administratif du logement (TAL)

Official information about tenant and landlord rights in Quebec.

1-800-683-2245

tal.gouv.qc.ca



Language & Integration

DID YOU KNOW?

Learning French or English and connecting with community services can help you and your family feel more at home and connected.

CIMOI

French courses, settlement services and newcomer integration support.

514-685-6000

cimoi.com

English & French Classes for adults

Improve your English and French reading, writing, and speaking skills.

lbpce.ca/language-classes



Employment & Education

DID YOU KNOW?

The West Island has free services to support job searching, school registration and educational planning for children and adults. Children usually attend public school free of charge in Quebec. School placement and language of instruction depend on eligibility and individual circumstances.

Centre de services scolaire Marguerite-Bourgeoys (CSSMB)

School registration, newcomer welcome classes and education information.

514-855-4500

cssmb.gouv.qc.ca

Centre de recherche d'emploi de l'Ouest-de-l'Île (CRE)

Employment counselling, job search assistance and career support.

514-697-1500

cceml.ca/cre-ouest-ile-montreal

Carrefour jeunesse-emploi de l'Ouest-de-l'Île (CJE)

Employment workshops, CV preparation and employment support for young adults 16-35 yrs.

514-626-4111

cjeouestile.qc.ca



Legal, Immigration & Financial Support

DID YOU KNOW?

As a newcomer, you may have access to free legal information, integration support and government financial assistance for your family.

Educaloi

Free legal information in plain language about housing, work, immigration and family matters.

educaloi.qc.ca/en/web-guide/newcomers-quebec

Montreal Legal Aid

Provides free or low-cost legal representation and advice to individuals who meet specific financial criteria.

514-864-2111

aidejuridique.quebec/montreal-laval-offices

Social Programs – Information for New Residents of Canada

Financial assistance and tax credits for eligible Quebec families.

Revenu Quebec Social Programs

Newcomers to Canada and the CRA

The Canada Revenue Agency (CRA) offers financial support through various benefits, credits, and programs.

CRA Newcomers to Canada



Health, Food & Family Support

DID YOU KNOW?

Free health advice, food support and family services are available in the West Island, even if you do not yet have a family doctor or local network.

Info-Santé / Info-Social 811

Telephone access to nurses and social workers for health and social guidance.

Dial 811

quebec.ca/en/health/finding-a-resource/info-sante-811

West Island Assistance Fund (WIAF/FDOI)

Food assistance, thrift services, school supplies and community support programs.

514-683-0456

fdoi.org

Projet Communautaire de Pierrefonds (PCP)

Social, academic, linguistic and family support programs for children and families.

514-684-5995

pcpwi.ca

On Rock Community Services

Food bank, community meals and practical assistance programs.

514-696-1905

onrock.org

Cloverdale Multi-Resources

Parenting, preschool, respite and family support programs.

514-684-8228

famillescloverdale.org

West Island Mission

Food assistance, school supplies and psychological support.

514-912-6813

wimmoi.org

More Resources Are Available

This directory highlights **only some of the many organizations, cultural communities, and services in the West Island** – but it's just a starting point.

For personalized support and information, contact the CRC or AMCAL.

West Island Community Resource Centre (CRC)

514-694-6404

info@crcinfo.ca

crcinfo.ca

AMCAL Family Services

514-694-3161 ext 305

malary@amcal.ca

amcal.ca