

West Island Seniors Resource Directory (55+)

For more detailed resources please consult the CRC's website
www.crcinfo.ca or send an information request to info@crcinfo.ca



Community Organizations

Organization	Services	Contact
West Island Community Resource Centre (CRC)	Information, referral, navigation support, housing support, legal clinic.	514-694-6404 crcinfo.ca
Volunteer West Island (VWI)	Meals on Wheels, friendly calls, volunteer opportunities, 55+ activities, tax clinic.	514-457-5445 www.cabvwi.org
NOVA West Island	Specialized home nursing, bereavement support, day centres for seniors with loss of autonomy.	514-695-8335 novawi.org
ABOVAS (Accompagnement Bénévole Ouest-de-l'Île)	Volunteer accompaniment and medical transportation for seniors and vulnerable adults.	514-694-3838 abovas.com
West Island Women's Centre (WIWC)	Free and low-cost courses, wellness programs, social activities, support groups for women.	514-695-8529 wiwc.ca
African Canadian Development and Prevention Network (ACDPN – West Island)	Programs for Black seniors and families: wellness, social integration, community development.	514-769-9740 acdpn.org
AWISH Montreal (Arthritis West Island Self-Help)	Support groups, exercise classes, education for people with arthritis and chronic pain.	514-631-3288 awishmontreal.org
CALODI (Comité d'action des locataires de l'Ouest-de-l'Île)	Tenant rights advocacy, housing support.	514-543-2616 calodi.info
Corbeille de Pain (Bread Basket)	Community kitchens, gardens, food security programs.	514-894-5850 corbeilledepain.com
Friends for Mental Health	Family support, counselling, workshops for relatives of people with mental illness.	514-636-6885 asmfmh.org
West Island Cancer Wellness Centre (WICWC)	Free programs for people with cancer and caregivers: wellness, emotional, physical support.	514-695-9355 wicwc.com
West Island Crisis Centre	24/7 crisis intervention, housing, and support.	514-684-6160 centredecriseoi.com
L'APPUI Montréal (Caregiver Support)	Information, referral, respite, and support for caregivers of seniors.	Helpline: 1-855-852-7784 lappui.org
Alzheimer Society of Montreal	Support, information, and programs for people living with Alzheimer's or other dementia. Services for caregivers: support groups, education, counselling, respite	514-369-0800 alzheimermontreal.ca
Literacy Unlimited	Improves English literacy through one-on-one tutoring and tailored education programs. Their Unlimited Seniors Club also offers free workshops for individuals 55+: arts & crafts, health, tech support, cooking classes, and social events.	514-694-0007 literacyunlimited.ca

Health & Social Services

Service	Description	Contact
CIUSSS de l'Ouest-de-l'Île-de-Montréal	CLSCs, home care, social services, mental health, rehabilitation, long-term care centres.	Info-Santé: 811 ciusss-ouestmtl.gouv.qc.ca
CLSCs (Dorval–Lachine, Pierrefonds, Lac St-Louis, Ste-Anne-de-Bellevue)	Primary health care, walk-in clinics, home care, psychosocial support.	General: 514-630-2225 Via CIUSSS website
Teresa-Dellar Palliative Care Residence	23-bed residence providing free end-of-life care, symptom management, family and bereavement support.	514-693-1718 tdpcr.ca
Elder Mistreatment Helpline (Ligne Aide Abus Aînés – LAAA)	Confidential bilingual helpline for seniors experiencing abuse, or caregivers/professionals seeking advice.	1-888-489-2287 (7 days, 8 am–8 pm) Montreal 514-489-2287 aideabusaines.ca
Répit-Ressource	Home support services for adults in the West and East of Montréal (including light & deep housekeeping, personal care, meal & shopping assistance), and respite services for caregivers. Subsidies available.	514-353-1479 repit-ressource.com

Municipal Seniors Clubs & Recreation

Municipality	Seniors' Services	Contact
Pointe-Claire	55+ Seniors Club, Stewart Hall programs, fitness, art & culture activities.	514-630-1200 pointe-claire.ca
Beaconsfield	55+ Club, recreation centre activities, outings, lectures.	514-428-4400 beaconsfield.ca
Dollard-des-Ormeaux (DDO)	Senior programs at the DDO Civic Centre and libraries; social clubs.	514-684-1010 ddoclub55eng.com
Kirkland	Kirkland Seniors Club, fitness, arts, games, events.	514-694-4100 ville.kirkland.qc.ca
Dorval	Dorval 55+ Club, Aquatic Centre programs, community outings.	514-633-4000 ville.dorval.qc.ca
Baie-d'Urfé	Social and fitness activities for seniors through the recreation centre.	514-457-5324 baie-durfe.qc.ca
Senneville	Local seniors' social programs, small community events.	514-457-6020 villagesenneville.qc.ca
Pierrefonds-Roxboro	55+ programs, aquatic/fitness centres, cultural centre.	514-624-1100 montreal.ca/pierrefonds-roxboro
Île-Bizard–Ste-Geneviève	55+ seniors' club, fitness, wellness programs at local recreation centre.	514-872-0311 https://montreal.ca/ile-bizard-sainte-genevieve

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