











NDG COMMUNITY COUNCIL HEALTH AND SOCIAL SERVICE RESOURCE GUIDE

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LEGEND













Services Provided in English and/or in French	 	Must Be Registered with Family Doctor	
Services are Wheelchair Accessible		Services Require Referral	
Services Located in NDG and/or Located Outside NDG	 	Must Call for Location and/or Support	


















GLOSSARY



ABA	Applied Behaviour Analysis
ASD	Autism Spectrum Disorder
ADHD	Attention Deficit Hyperactivity Disorder
CIUSSS	Integrated Health and Social Services University Network for West-Central Montréal Centre Intégré Universitaire de Santé et de Services Sociaux du Centre-Sud-de-l'Île-de-Montréal
CHU	University Hospital Centre Centre Hospitalier Universitaire
CLSC	Local Community Service Centre Centre Local de Services Communautaires
CNESST	Committee on Standards, Equity, Health and Safety at Work Commission des Normes, de l'Équité, de la Santé et de la Sécurité du Travail
CRIPHASE	Resource and Intervention Centre for Men Sexually Abused In Childhood Centre de Ressource et d'Intervention pour Hommes Abusés Sexuellement dans leur Enfance
CSSS	Health and Social Service Centres Centre de Santé et de Services Sociaux
DYP/DPJ	Director of Youth Protection Directeur de la Protection de la Jeunesse
ECG	Electrocardiogram Électrocardiogramme
GACO	Access Desk for People Without a Family Doctor Guichet d'Accès pour la Clientèle Orpheline
GAMF	Québec Family Doctor Finder Guichet d'Accès à un Médecin de Famille
GMF	Family Medicine Groupe Groupe de Médecine de Famille
IFHP	Interim Federal Health Program Programme Fédéral de Santé Intérimaire
IUD	Intrauterine Device
MTESS	Ministry of Labour, Employment and Social Solidarity Ministère du Travail, de l'Emploi et de la Solidarité Sociale


MUHC	McGill University Health Centre
RAMQ	Régie de l'Assurance Maladie du Québec Québec Health Insurance Board
SAAQ	Quebec Automobile Insurance Corporation Société de l'Assurance Automobile du Québec
STI	Sexually Transmitted Infection
TEACCH	Treatment and Education of Autistic and Related Communication Handicapped Children
TTY	Teletype Télétype
YPA	Youth Protection Act Loi sur la Protection de la Jeunesse













INTEGRATED HEALTH AND SOCIAL SERVICES UNIVERSITY NETWORK FOR WEST-CENTRAL MONTRÉAL (CIUSSS)











CSSS Cavendish	   
<p>The CSSS Cavendish offers a large variety of services in eight different facilities:</p> <ul style="list-style-type: none"> - 2 CLSCs - 2 Hospitals - 4 Resident Centres 	<p>Administrative offices ONLY Monday to Sunday: 8am to 8pm</p> <p>5425 Bessborough Avenue Montréal, Québec H4V 2S6</p> <p>514-484-7878 https://www.cssscavendish.qc.ca/en/</p>
CLSC René Cassin	   
<ul style="list-style-type: none"> - Services include: routine health and social services including nursing, blood tests, vaccinations, morning-after contraception, preventive services, rehabilitation and reintegration services - Test centre is first come, first serve (7 days a week, 7:30am to 11:30am) - Nurse consultations are first come, first serve (7 days a week, 8am to 3pm) - Physician consultations available by appointment for clients who are registered with a Family Medicine Group physician at the CLSC physician 	<p>Monday to Friday: 8am to 6pm Saturday, Sunday and Holidays: 8am to 4pm</p> <p>5800 Cavendish Boulevard Côte Saint-Luc, Québec H4W 2T5</p> <p>514-484-7878 https://www.ciusswestcentral.ca/sites-and-resources/clsc/clsc-rene-cassin/</p>
CLSC Benny Farm	   
<ul style="list-style-type: none"> - Services include: routine health and social services including nursing, blood tests, vaccinations, morning-after contraception, preventive services, rehabilitation and reintegration services, and public health activities - Test centre is first come, first serve (Monday to Friday 7:30am to 9:30am) - Physician consultations available by appointment for clients who are registered with a CLSC physician 	<p>Monday to Friday 8am to 6pm Saturday, Sunday and Holidays: Closed</p> <p>6484 Monkland Avenue Montréal, Québec H4B 1H3</p> <p>514-484-7878 https://www.ciusswestcentral.ca/sites-and-resources/clsc/clsc-benny-farm/</p>

<p>Richardson Hospital</p>	   
<ul style="list-style-type: none"> - In- and out-patient rehabilitation programs for adults living with one or more disabilities during and post hospitalization - Support planning for a safe return home or help planning alternate living arrangements 	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>5425 Bessborough Avenue Montréal, Québec H4V 2S7</p> <p>514-484-7878 https://www.richardsonhospital.ca/</p>
<p>Catherine Booth Hospital</p>	   
<ul style="list-style-type: none"> - Rehabilitation and specialized services for adults living with one or more disabilities 	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>4375 Montclair Avenue Montréal, Québec H4B 2J5</p> <p>514-484-7878 https://www.ciusswestcentral.ca/programs-and-services/lifestyle-habits-and-prevention/prevention-of-cardiovascular-problem/resources-in-a-hospital-setting/catherine-booth-hospital/</p>
<p>Father-Dowd Residential Centre</p>	    
<ul style="list-style-type: none"> - Care for aging members of the community who are no longer able to live independently and whose safety and well-being are entrusted to the centre - Services include: accommodation, assistance, support, supervision, psychological services, nursing care, drug administration, and rehabilitation services 	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>6565 Hudson Road Montréal, Québec H3S 2T7</p> <p>514-932-3630 or 514-484-7878 (extension #7) https://www.fatherdowd.ca/en/</p>
<p>Henri-Bradet Residential Centre</p>	   
<ul style="list-style-type: none"> - Care for aging members of the community who are no longer able to live 	<p>Monday to Sunday: 9am to 10pm</p>







<p>independently and whose safety and well-being are entrusted to the centre</p> <ul style="list-style-type: none"> - Services include: accommodation, assistance, support, supervision, psychological services, nursing care, drug administration, and rehabilitation services 	<p>6465 Chester Avenue Montréal, Québec H4V 2Z8</p> <p>514-484-7878 (extension #2) https://www.henribradet.ca/en/</p>
<p>Saint Andrew Residential Centre</p>	
<ul style="list-style-type: none"> - Care for aging members of the community who are no longer able to live independently and whose safety and well-being are entrusted to the centre - Services include: accommodation, assistance, support, supervision, psychological services, nursing care, drug administration, and rehabilitation services 	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>3350 Cavendish Boulevard Montréal, Québec H4B 2M7</p> <p>514-484-7878 (extension #6) https://www.saint-andrew.ca/en/</p>
<p>St. Margaret Residential Centre</p>	
<ul style="list-style-type: none"> - Care for aging members of the community who are no longer able to live independently and whose safety and well-being are entrusted to the centre - Services include: accommodation, assistance, support, supervision, psychological services, nursing care, drug administration, and rehabilitation services 	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>50 Hillside Avenue Westmount, Québec H3Z 1V9</p> <p>514-484-7878 (extension #8) https://www.saint-margaret.ca/en/</p>











<p>FAMILY MEDICINE GROUPS (GMF)</p>	
<p>Queen Elizabeth Family Medicine Group (GMF)</p>	
<ul style="list-style-type: none"> - GMF clinic (only for patients registered with a family doctor at the Queen Elizabeth Health Complex GMF) - Comprised of over 30 family physicians, in addition to nurse clinicians, nurse practitioners, nurse assistants, social workers, nutritionists and a pharmacist 	<p>Call or use online booking service to schedule appointment Monday to Friday: 8am to 4pm</p> <p>2100 Marlowe Avenue Montréal, Québec H4A 3L5</p>





	<p>514-934-8080</p> <p>https://www.gmfqe.ca/family_medicine_muhc.php</p>
Force Médic Clinic (GMF)	   
<ul style="list-style-type: none"> - GMF clinic (only for patients registered with a family doctor at the Clinique Force Médic GMF) - Services include: acupuncture, CNESST & SAAQ workers' clinic, multidisciplinary rehabilitation program, nutrition clinic, occupational therapy, osteopathy, physiotherapy, psychology, rehabilitation for seniors over 65, sleep clinic, specialized medicine, STI and blood-borne virus screening clinic, women's health clinic 	<p>Call to schedule appointment Monday to Friday: 8am to 8pm Saturday and Sunday: 8am to 1pm</p> <p>1 Westminster North Avenue 2nd Floor Montréal, Québec H4X 1Y8</p> <p>514-787-1818 https://www.forcemedic.com/en/our-clinics/montr-eal-ouest/</p>
Santé Kildare Medical Center (GMF)	   
<ul style="list-style-type: none"> - GMF clinic (only for patients registered with a family doctor at the Santé Kildare GMF) - Services include: physician consultation, medical examination, medication review, nurse practitioner, nutrition, social work, and counselling 	<p>Call to schedule appointment Monday to Friday: 7:30am to 7:30pm Saturday and Sunday: 7:30am to 11:30am</p> <p>5555 Westminster Avenue Suite 200 Côte Saint-Luc, Québec H4W 2J2</p> <p>514-397-0777 https://www.santekildare.ca/</p>
Sainte-Catherine Medical Group (GMF)	   
<ul style="list-style-type: none"> - GMF clinic (only for patients registered with a family doctor at the Sainte-Catherine Medical Group) - Services include: physician consultation, contraception, medication review, and sampling (for fee) 	<p>Call to schedule appointment Monday to Friday: 8am to 5pm</p> <p>5025 Sherbrooke Road West Office 660 Montréal, Québec H4A 1S9</p> <p>514-932-6122 https://bonjour-sante.ca/uno/clinic/groupe-saint</p>




	ecatherine
Clinique MDCM-STAT (GMF)	    
<ul style="list-style-type: none"> - GMF clinic (only for patients registered with a family doctor at the Clinique MDCM-STAT GMF) - Services include: physician consultation, nurse practitioner, nursing services, mental health, counselling, social work, nutrition, PAP clinic, and pharmacist 	<p>Call or use online booking service to schedule appointment Monday to Friday: 8am to 12pm, 1pm to 8pm Saturday and Sunday: 9am to 1pm</p> <p>5515 Saint Jacques Road Suite 100 and 203 Montréal, Québec H4A 2E3</p> <p>514-483-9911 and 514-484-0999 https://www.mdcmlclinic.com/</p>
Hampstead Medical Clinic	    
<ul style="list-style-type: none"> - Not an official GMF, but only for patients registered with a family doctor at Clinique Médicale Hampstead - Services include: physician consultation, medical examination, vaccinations, electrocardiogram (ECG)(fee required), blood tests (fee required) 	<p>Call to schedule appointment Monday to Friday: 8am to 4pm</p> <p>5141 Coolbrook Avenue Montréal, Québec H3X 2L2</p> <p>514-481-6399 http://www.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=32511</p>

MEDICAL WALK-IN CLINICS	
Queen Elizabeth Health Complex	    
<ul style="list-style-type: none"> - Medical walk-in super clinic (no family doctor required) - Services include: physician and nurse consultations, medical examinations, and splints and casts for fractures and stitches for minor injuries (small fee required) 	<p>Walk-in clinic Monday to Sunday: 8am to 8pm</p> <p>2100 Marlowe Avenue Montréal, Québec H4A 3L5</p> <p>514-481-4343 https://www.qehc.org/walkin</p>





<p>Force Médic Clinic</p>	 
<ul style="list-style-type: none"> - Medical walk-in super clinic with and without appointment (no family doctor required) - Services include: physician and nurse consultations, and medical examinations 	<p>Walk-in clinic Monday to Friday: 8am to 8pm Saturday and Sunday: 8am to 1pm</p> <p>1 Westminster North Avenue 2nd Floor Montréal, Québec H4X 1Y8</p> <p>514-787-1818 https://www.forcemedic.com/en/our-clinics/montr-eal-ouest/</p>
<p>Westside Medical Clinic</p>	 
<ul style="list-style-type: none"> - Contraception and emergency oral contraception provided to non-registered and registered patients - Medical walk-in with and without appointment only for patients registered with a family doctor at the Clinique Santé d'Abord Westside 	<p>Call to check admissibility and availability Monday and Tuesday: 10am to 6pm Thursday and Friday: 10am to 6pm Wednesday, Saturday, and Sunday: Closed</p> <p>4260 Girouard Avenue Office 240 Montréal, Québec H4A 3C9</p> <p>514-489-5753 https://www.doctr.ca/app/clinics/40946/CLINIQUE-SANT%C3%83%C2%89-D'ABORD-WESTSIDE-</p>
<p>Clinique MDCM-STAT</p>	 
<ul style="list-style-type: none"> - Medical walk-in super clinic without an appointment is available, but limited in availability for non-registered patients - Services include: physician consultation, nurse practitioner, nursing services, mental health, counselling, social work, nutrition, PAP clinic, and pharmacist 	<p>Walk-in clinic (call ahead and/or consult Bonjour Santé to check for availability) Monday to Friday: 8am to 12pm, 1pm to 8pm Saturday and Sunday: 9am to 1pm</p> <p>5515 Saint Jacques Road Suite 100 and 203 Montréal, Québec H4A 2E3</p>

	514-483-9911 and 514-484-0999 https://www.mdcmlclinic.com/walk-in-clinic/
Crowley Medical Clinic	    
<ul style="list-style-type: none"> - Medical walk-in super clinic - Services include: physician consultation, nurse practitioner, nursing services, and on-site pharmacy 	<p>Walk-in clinic (call ahead and/or consult Bonjour Santé to check for availability) Monday to Saturday: 8am to 8pm</p> <p>5325 Crowley Street Montréal, Québec H4A 2C6</p> <p>514-856-5609 https://bonjour-sante.ca/uno/clinic/crowley</p>
Clinique Médecins du Monde	    
<ul style="list-style-type: none"> - Free and confidential medical clinic only for migrants with precarious status (men, women, and children), people without a health insurance card and are not eligible for the Interim Federal Health Program (IFHP), undocumented persons, and people in precarious financial situations - This clinic is not intended for people travelling in Canada (tourists) or residents of other Canadian provinces - Services provided in English and French 	<p>Please read admission criteria prior to calling or arriving in person</p> <p>For admissible pregnant women and children: Wednesday: 11:30am to 2:30pm</p> <p>For everyone who is admissible: Thursday: 11:30am to 2:30pm</p> <p>560 Crémazie Boulevard East Montréal, Québec H2P 1E8</p> <p>514-281-8998 (extension #246) https://www.doctorsoftheworld.ca/clinique-pour-l-es-migrants-sans-couverture-medicale-en/</p>

HOSPITALS	
Jewish General Hospital	   
<ul style="list-style-type: none"> - Services include: emergency medicine, cardiology diagnostic testing, dentistry, dermatology, endocrinology, family practice centre, medical records, 	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>3755 Côte-Sainte-Catherine Road</p>

<p>obstetrics and gynecology, ophthalmology, otolaryngology, lung cancer centre, psychiatry, radiology, Segal cancer centre, and surgery</p>	<p>Montreal, Quebec H3T 1E2</p> <p>514-340-8222 https://www.jgh.ca/</p>
<p>St. Mary's Hospital Centre</p>	
<p>- Services include: emergency medicine, cancer care, surgery, geriatrics, maternal/child care, ambulatory care, mental health, and family medicine</p>	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>3830 Lacombe Avenue Montréal, Québec H3T 1M5</p> <p>514-345-3511 http://smhc.qc.ca/en/</p>
<p>CHU Sainte-Justine Children's Hospital</p>	
<p>- Services include: emergency medicine, audiology, augmentative and alternative communication, cardiology, dental medicine, dermatology, diabetes, endocrinology, gynaecology, immunology, medical genetics, medical imaging, neurodevelopment, ophthalmology, orthopedics, palliative care, pediatrics, psychiatry, and speech therapy</p>	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>3175 Chemin de la Côte-Sainte-Catherine Montréal, Québec H3T 1C5</p> <p>514-345-4931 https://www.chusj.org/en/Home</p>
<p>McGill University Health Centre</p>	
<p>- Services include: emergency medicine, allergy and immunology, endocrinology and metabolic diseases, cardiology, gastroenterology, hematology, tropical medicine, dermatology, oncology, palliative care, surgery, obstetrics, gynecology, and Montréal Children's Hospital</p>	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>Glen Site 1001 Décarie Boulevard Montréal, Québec H4A 3J1</p> <p>514-934-1934 https://muhc.ca/</p>







SUPPORT FOR CANCER, LOSS & BEREAVEMENT


Hope and Cope Cancer Wellness Centre	   
<ul style="list-style-type: none"> - Support for those dealing with a new diagnosis, a recurrence, or advanced cancer and support for caregivers - Services include: peer support groups, peer mentors, cancer clinics, palliative care, bereavement, wellness, exercise and rehabilitation, stress reduction, creative arts, young adults and young family programs, and cancer “Fight Club” 	<p>Monday to Thursday: 9am to 5pm</p> <p>4635 Chemin de la Côte-Sainte-Catherine Montréal, Québec H3W 1M1</p> <p>514-340-3616 https://www.hopeandcope.ca/</p>



SUPPORT FOR SURVIVORS OF VIOLENCE


Crime Victims Assistance Centre of Montréal	   
<ul style="list-style-type: none"> - Services include: accompaniment, post-traumatic and psychosocial intervention, referrals to specialized resources, legal information, information on rights and remedies, and technical assistance 	<p>Must call for appointment before visiting centre Monday to Friday: 9am to 5pm</p> <p>6530 De Chateaubriand Avenue Montréal, Québec H2S 2N7</p> <p>514-277-9860 https://cavac.qc.ca/en/</p>

SUPPORT FOR SURVIVORS OF CONJUGAL VIOLENCE



SOS Violence Conjugale	  
<ul style="list-style-type: none"> - Offers bilingual, free, anonymous, and confidential reception, evaluation, information, support, and referral services to survivors of domestic violence and their families - Available by phone, teletype, or email 	<p>Open 365 days a year, 24 hours a day</p> <p>514-873-9010 (Montréal) 1-800-363-9010 (Québec-wide) sos@sosviolenceconjugale.ca http://www.sosviolenceconjugale.ca/</p>
Auberge Transition Shelter	  







<ul style="list-style-type: none"> - Offers shelter, information, counselling, and follow-up services to women who are currently experiencing or have experienced any form of spousal abuse or intimate partner violence. - Services are available by phone or by email 	<p>Shelter: Open 365 days a year, 24 hours a day 514-481-0495</p> <p>External Support Center: Monday to Friday: 9am to 4pm 514-439-6930</p> <p>https://www.aubergetransition.org/</p>
<p>Women Aware</p>	
<ul style="list-style-type: none"> - Supports those living with domestic and intimate partner violence - Services include: long-term support, support groups, drop-in services, telephone help line, workshops for youth (12 to 25 years old), and court accompaniment 	<p>Telephone Help Line: Monday to Friday: 10am to 3pm</p> <p>514-489-1110 (Montréal) 1-866-489-1110 (Québec-wide)</p> <p>https://www.womenaware.ca/</p>





<p>SUPPORT FOR SURVIVORS OF SEXUAL VIOLENCE</p>	
<p>Montréal Sexual Assault Centre for Victims</p>	
<ul style="list-style-type: none"> - Offers a range of services free of charge to anyone who has been a victim of sexual assault, sexual abuse, or incest. Services are also offered to the victim's family and close friends - Services include: medical and legal services for anyone 18 years of age and older, clinical follow-up services for anyone 18 years of age and older, listening, support and referral services for all ages, and telephone toll-free telephone helpline service for all ages 	<p>Telephone Help Line: Available 365 days a year, 24 hours a day 514-933-9007 (Montréal) 1-888-933-9007 (Québec-wide)</p> <p>Mailing Address Only: 1801 de Maisonneuve Boulevard West Suite #600 Montréal, Québec H3H 1J9</p> <p>514-934-0354 (extension #7456) info@cvasm.ca</p> <p>http://cvasm.org/en/</p>
<p>Women's Centre of Montréal</p>	
<ul style="list-style-type: none"> - Provides education and vocational training, as well as information, 	<p>Monday to Friday: 9am to 5pm</p>









<p>counselling, and referral services to help women help themselves</p> <ul style="list-style-type: none"> - Services include: personal support, job support, group activities, and external and employer services 	<p>3585 Saint-Urbain Street Montréal, Québec H2X 2N6</p> <p>514-842-1066 https://centredesfemmesdemtl.org/en/</p>
<p>Resource and Intervention Centre for Men Sexually Abused In Childhood</p>	
<ul style="list-style-type: none"> - Provides services to men who have experienced sexual trauma and abuse in their childhood - Services include: group support meetings, trainings for the general public, and information and referrals - Fees are based on the participant's income 	<p>Monday to Friday: 9am to 5pm</p> <p>8105 Gaspé Avenue Montréal, Québec H2P 2J9</p> <p>514-529-5567 http://criphase.org/</p>




















SUBSTANCE USE SERVICES




<p>Drugs: Help and Referral Telephone Help Line</p>	
<ul style="list-style-type: none"> - Offers a free, confidential, and anonymous telephone helpline - Services include: provides support, information, and referral to people coping with addiction throughout Québec 	<p>Telephone Help Line: Available 365 days a year, 24 hours a day</p> <p>514-527-2626 (Montréal) 1-800-265-2626 (Québec-wide) http://www.drogue-aidereference.qc.ca/www/index.php?locale=en-CA</p>
<p>Drug Use and Drug Dependency Services (French)</p>	
<ul style="list-style-type: none"> - Provides rehabilitation and social reintegration services to French-speaking people living in the Montréal region - Services include: specialized drug use and dependency rehabilitation services that aim to prevent, reduce, and treat the problems related to alcohol, drugs (including prescription medications), gambling, smoking cessation, compulsive buying, and internet use - Clients are directed to a central intake number and then referred through 	<p>For People 25 Years Old and Under: 514 982-1232</p> <p>For People 26 Years Old and Over: 514 385-1232</p> <p>https://ciusss-centresudmtl.gouv.qc.ca/soins-et-services/problemes-de-consommation-ou-de-dependance</p>

internal system to appropriate services	
Drug Use and Drug Dependency Services (English)	 
<ul style="list-style-type: none"> - Provides rehabilitation and social reintegration services to English-speaking people living in the Montréal region - Services include: specialized drug use and dependency rehabilitation services that aim to prevent, reduce and treat the problems related to alcohol, drugs (including prescription medications), gambling, compulsive buying, and internet use - Clients are directed to a central intake number and then referred through internal system to appropriate services 	<p>Centralized Intake Line: 450-443-4413 (Montréal) 1-866-964-4413 (Québec-wide)</p> <p>https://santemonteregie.qc.ca/en/services/addictions</p>
Narcotics Anonymous (French)	 
<ul style="list-style-type: none"> - Services include: free weekly support groups for people pursuing abstinence from alcohol and drug use - Schedule of weekly meetings available through website of over the phone 	<p>Telephone Help Line: 1-855-544-6362</p> <p>https://naquebec.org/</p>
English Area of Narcotics Anonymous	 
<ul style="list-style-type: none"> - Services include: free weekly support groups for people pursuing abstinence from alcohol and drug use - Schedule of weekly meetings available through website or over the phone 	<p>Telephone Help Line: 514-249-0555 (Montréal) 1-855-544-5362 (Québec-wide)</p> <p>http://www.eanamontreal.org/</p>

SUPPORT FOR MENTAL HEALTH	
Agence Ometz	   
<ul style="list-style-type: none"> - Provides intervention, prevention, and support to individuals and families based on Jewish values - Services include: services for mental health and counselling services, youth 	<p>Monday to Friday: 9am to 5pm</p> <p>1 Cummings Square 5151 Côte Ste-Catherine Road Montréal, Québec</p>

and young adults, employment services, services for newcomers, community services including crisis intervention, and training and workshops	H3W 1M6 514-342-0000 https://www.ometz.ca/
Club Ami	 
<ul style="list-style-type: none"> - Provides services to men and women living with mental health problems - Services include: a day center and a range of bilingual programs to promote social inclusion and integration for people living with mental health problems 	<p>Monday: 1pm to 5pm Tuesday to Thursday: 9am to 12pm</p> <p>6767 Chemin de la Côte-des-Neiges Local 596 Montréal, Québec H3S 2T6</p> <p>514-739-7931 https://amiquebec.org/day-centres/</p>
Forward House	 
<ul style="list-style-type: none"> - Provides community-based mental health services and offers a wide range of programs and services to adults who have experienced or are experiencing severe psychiatric difficulties - Services include: day program, evening program, residences, volunteer placement, and community support 	<p>Monday to Friday: 9am to 6pm</p> <p>2240 Girouard Avenue Montréal, Québec H4A 3C3</p> <p>514-488-9119 https://www.forwardhouse.org/</p>
Open Door	 
<ul style="list-style-type: none"> - Provides a drop-in centre to homeless and low-income people in downtown Montréal - Services include: food and clothing, laundry services, day-time shelter, counselling, referrals to mental health and drug use dependency services, and employment assistance 	<p>Monday to Sunday: 7:30am to 3pm</p> <p>3535 du Parc Avenue Montréal, Québec H2X 2H8</p> <p>514-939-1970 https://www.opendoortoday.org/</p>
Donald Berman UP House	 
<ul style="list-style-type: none"> - Provides a peer-supported, self-help 	Monday to Friday: 9am to 4pm

<p>community to address social isolation and to rebuild confidence, purpose and community among adults living with a serious mental illness</p> <ul style="list-style-type: none"> - Services include: projects, and workshops focusing on education, support and outreach, and activity groups 	<p>5215 Namur Street Montréal, Québec H4P 2R7</p> <p>514-764-5599 http://www.uphouse.org/</p>
<p style="text-align: center;">Diogène</p>	<p style="text-align: center;">    </p>
<ul style="list-style-type: none"> - Provides services adapted to the needs of adults living with severe and persistent mental health problems associated with legalization and/or homelessness and promotes their quest for autonomy - Services include: clinical intervention, group intervention, and activities 	<p>Mailing Address Only: C.P. 608, Succ. C Montréal, Québec H2L 4L5</p> <p>514-874-1214 https://www.diogeneqc.org/</p>
<p style="text-align: center;">AMI-Québec Action on Mental Illness</p>	<p style="text-align: center;">      </p>
<ul style="list-style-type: none"> - Helps families in managing the effects of mental illness through support, education, guidance, and advocacy - Services include: workshops, support groups, counselling, online learning, events, public awareness, and hospital support 	<p>Monday to Thursday: 9am to 5pm</p> <p>5800 Décarie Boulevard Montréal, Québec H3X 2J5</p> <p>514-486-1448 (Montréal) 1-877-303-0264 (Québec-wide) https://amiquebec.org/</p>
<p style="text-align: center;">Alzheimer Society of Montréal</p>	<p style="text-align: center;">      </p>
<ul style="list-style-type: none"> - Offers programs and services to help living with dementia, caregivers, and health-care professionals - Services include: individual and family support, peer support groups for persons with dementia and caregivers, brain health activities, and educational opportunities to learn about dementia 	<p>Monday to Friday: 9am to 5pm</p> <p>4505 Notre-Dame Street West Montréal, Québec H4C 1S3</p> <p>514-369-0800 (Montréal) 1-888-636-6473 (Québec-wide) https://www.alzheimermontreal.ca/?lang=en</p>
<p style="text-align: center;">Compeer Montréal</p>	<p style="text-align: center;">       </p>

<ul style="list-style-type: none"> - Recruits and matches adults 18 years of age and over who are living with a mental illness with a volunteer friend and must be currently followed by a therapist - Services include: educational and recreational workshops, activities for inclusion, home visits, help with daily living tasks, and linking to community resources 	<p>Call for information and referral</p> <p>5461 Décarie Boulevard Suite 101 Montréal, Québec H3W 3C6</p> <p>514-489-1007 http://www.compeermontreal.ca/</p>
<p>Impact: Mental Health Support Group</p>	
<ul style="list-style-type: none"> - Provides services to support the reintegration of people living with mental health conditions in Saint-Henri and Petite-Bourgogne - Services include: day centre, housing program, individual intervention, and recreational and therapeutic activities 	<p>Organization Hours: Monday to Friday: 9am to 5pm</p> <p>Day Centre for Members: Monday to Friday: 1pm-5pm</p> <p>2460 Saint-Antoine Street West Office 107 Montréal, Québec H3J 1B1</p> <p>514-939-3132 https://impactsantementale.org/en/home/</p>
<p>Home in the City (L'Abri en Ville)</p>	
<ul style="list-style-type: none"> - Provides a stable and fulfilling environment for persons living with a mental illness - Services include: safe, affordable shared housing and an inclusive community that supports social, material, and spiritual needs 	<p>Call for referral, application, interview, and hours</p> <p>2352 Duvernay Street Montréal, Québec H3J 2X1</p> <p>514-932-2199 http://www.labrienville.org/</p>
<p>MUHC Montréal Children's Hospital Psychiatry Department</p>	
<ul style="list-style-type: none"> - Provides emergency and acute care psychiatric services to children and adolescents 17 years old and under 	<p>Open 365 days a year, 24 hours a day Visiting hours vary</p> <p>1001 Décarie Boulevard Montréal, Québec H4A 3J1</p>

514-412-4400 (request Psychiatry Department)
<https://www.thechildren.com/>

RESOURCES FOR DEVELOPMENTAL & INTELLECTUAL DISABILITIES

Giant Steps School



- Offers schooling for students ages 4 to 21 years old who have a diagnosis of Autism Spectrum Disorder (ASD)
- Services include: primary and secondary school programs, academic, social and vocational inclusion, therapeutic services (speech and occupational therapy, behaviour management, music therapy), and ASD resources and training for families and professionals

Monday to Friday: 9am to 4pm

5460 Connaught Avenue
Montréal, Québec
H4V 1X7

514-935-1911
<https://giantstepsmontreal.com/>

Autism Montréal



- Offers support to individuals living with ASD and their family members
- Services include: individual and family support services, support groups, documentation and information centre, training sessions, babysitting/shadowing service, weekend respite service, group outings, summer day camps, residential camps, swimming lessons, special events, and human rights advocacy

Monday to Friday: 8:30am to 12pm and 1pm to 4:30pm

4450 Saint-Hubert Street
Room 320
Montréal, Québec
H2J 2W9

514-524-6114
<https://autisme-montreal.com/en/>

ABILI-T Program Miriam Foundation Gold Centre

















- Supports young children with ASD and other developmental disabilities
- Services include: highly individualized one-on-one services based on the principles of Applied Behaviour Analysis (ABA)





Monday to Thursday: 8:30am to 4:15pm
Friday: 1pm to 3pm




5331 Ferrier Street
Montréal, Québec
H4P 1M1

514-345-8330
<https://www.goldlearningcentre.com/abili-t/>
















<p align="center">Trampoline Program Miriam Foundation Gold Centre</p>	
<ul style="list-style-type: none"> - Provides specialized intervention to young children with ASD and other developmental disabilities - Services include: highly individualized services based on the principles of the TEACCH model (Treatment and Education of Autistic and Related Communication Handicapped Children) 	<p>Call for hours and availability</p> <p>5499 Earnscliffe Avenue Montréal, Québec H3X 2P8</p> <p>514-487-4894 https://www.goldlearningcentre.com/trampoline/</p>
<p align="center">Autism Spectrum Disorder Montréal</p>	
<ul style="list-style-type: none"> - Provides programming and instruction for children with ASD and other developmental disabilities - Services include: clinical services, curriculum planning and programming, social integration day sessions, and outreach services 	<p>Monday to Friday: 9am to 4pm</p> <p>2360 Notre-Dame Street West Suite 207 Montréal, Québec H3J 1N4</p> <p>514-484-9996 http://www.asdmontreal.com/</p>
<p align="center">Database: Special Needs Resources and Behaviour Intervention Specialists</p>	
<ul style="list-style-type: none"> - A resource list for parents, caregivers and teachers regarding special needs resources and behaviour intervention specialists 	<p>Updated December 2018 by Fay Schipper, English Montréal School Board</p> <p>http://www.inspirationsnews.com/pdf_en/Database/Dec2018-DatabaseDec112018revisionfin.pdf</p>
<p align="center">Montréal Autism Centre</p>	
<ul style="list-style-type: none"> - Provides assessment and treatment services to young children with ASD - Services include: assessment and treatment, training and education workshops, outreach services for mainstream integration, and research opportunities 	<p>Call to schedule appointment</p> <p>Queen Elizabeth Health Complex 2100 Marlowe Avenue Suite 23 Montréal, Québec H4A 3L5</p> <p>514-369-2688 http://www.autismcentre.org/</p>

<p>West Montréal Readaptation Centre</p>	  
<ul style="list-style-type: none"> - Offers a range of specialized services to children, their families, and loved ones - Services include: intensive behavioural intervention for young children with ASD, habilitation and rehabilitation, residential integration, community and workplace integration, and support to partners and caregivers 	<p>Call for information, referral, and hours</p> <p>8000 Notre-Dame Street Lachine, Québec H8R 1H2</p> <p>514-363-3025 https://ciuss-ouestmtl.gouv.qc.ca/en/care-services/intellectual-disability-autism-spectrum-disorder-and-physical-disability/</p>
<p>Miriam Home and Services</p>	    
<ul style="list-style-type: none"> - Provides support to children, adolescents, and adults living with intellectual disabilities and/or ASD - Services include: readaptation, residential, vocational integration and community integration services, programs for teens, and specialised educational assistance for clients, families and significant others 	<p>Call for program hours</p> <p>Lori Black Community Centre 8160 Royden Road Mount Royal, Québec H4P 2T2</p> <p>514-345-0210 https://www.centremiriam.ca/en/</p>
<p>Montréal Centre for Learning Disabilities</p>	 
<ul style="list-style-type: none"> - Information, awareness and services for children and adults living with learning disabilities and Attention Deficit Hyperactivity Disorder (ADHD) - Services include: advocacy and defense, parenting workshops, gym programs for children, and socialization groups 	<p>Call for hours and location</p> <p>Mailing Address Only: P.O. Box 163, Succ. NDG Montréal, Québec H4A 3P5</p> <p>514-482-7196 https://ldmontreal.ca/</p>




<p align="center">SPECIAL NEEDS EDUCATION</p>	
<p>Centennial Academy High School</p>	   
<ul style="list-style-type: none"> - Provides a supportive and inclusive 	<p>Call or visit for more information and admissions</p>














<p>secondary education environment with adapted teaching schedules and methods for students with special needs</p> <ul style="list-style-type: none"> - Services include: 25 specialized accommodations and teaching strategies, lunchtime activities, and specialized clubs and groups for students 	<p>Monday to Friday: 8:30am to 5pm</p> <p>3501 Prud'homme Avenue Montréal, Québec H4A 3H6</p> <p>514-486-5533 https://centennial.qc.ca/</p>
<p>Mackay Centre School</p>	
<ul style="list-style-type: none"> - Provides a safe, caring educational environment for deaf students and students with motor, speech and language impairments between the ages of 4 and 19 years old - Programs include: language and speech therapy, literacy, computers, augmentative communication, physical education, and swimming 	<p>Call or visit for more information and admissions Monday to Friday: 8:30am to 4:30pm</p> <p>6333 Terrebonne Street Montréal, Québec H4B 1A8</p> <p>514-483-0550 http://mackay.emsb.qc.ca/</p>
<p>Philip E. Layton School</p>	
<ul style="list-style-type: none"> - Provides educational and vision rehabilitation services for students between the ages of 4 and 21 years old - This centre has been merged with the Mackay Centre School and shares the same building 	<p>Call or visit for more information and admissions Monday to Friday: 8:30am to 4:30pm</p> <p>6307-6399 Terrebonne Street Montréal, Québec H4B 1A8</p> <p>514-483-0550 http://mackay.emsb.qc.ca/</p>
<p>Montréal Oral School for the Deaf</p>	
<ul style="list-style-type: none"> - Provides education and therapy for deaf or hearing-impaired students from infancy to young adulthood - Services include: auditory-verbal education, parent-infant programs, preschool programs, elementary school programs, mainstream school support programs, and neighbourhood school support programs 	<p>Call or visit for more information and admissions Monday to Friday: 8:30am to 4:30pm</p> <p>4670 Sainte Catherine Street West Westmount, Québec H3Z 1S5</p> <p>514-488-4946 https://montrealoralschool.com/</p>












SUPPORT FOR SENIORS & SENIORS WITH PHYSICAL DISABILITIES &/OR LOSS OF AUTONOMY















NDG Senior Citizens' Council	    
<ul style="list-style-type: none"> - Provides seniors 50+ with information and referrals, advocacy, annual tax clinics, seniors groups, outreach and a drop-in social “Boomers Café” - Develops collective action campaigns for public transport and pedestrian safety 	<p>Call for information and specific hours</p> <p>88 Ballantyne Avenue North Montréal, Québec H4X 2B8</p> <p>514-487-1311 http://ndgsc.ca/</p>
Henri-Bradet Day Centre	    
<ul style="list-style-type: none"> - Provides a community day program that provides preventative and therapeutic activities for seniors living at home who have lost some autonomy (physical, cognitive, or psychosocial) - Services include: a day centre that provides transportation (between homes and the centre), and lunch at a low price 	<p>Call for hours and admissibility</p> <p>6465 Chester Avenue Montréal, Québec H4V 2Z8</p> <p>514-484-7878 (extension #2) http://fatherdowdfoundation.org/henri-bradet-centre.html</p>
St. Margaret's Day Centre	    
<ul style="list-style-type: none"> - Supports and facilitates the social inclusion of seniors living at home who have physical and/or cognitive deficits - Services include: a morning or afternoon of activities for seniors living at home who have physical and/or cognitive deficits 	<p>Call for hours and admissibility</p> <p>50 Hillside Avenue Westmount, Québec H3Z 1V9</p> <p>514-484-7878 (extension #8) https://www.saint-margaret.ca/en/day-centre/day-centre/</p>







RESOURCES FOR CHILDREN, YOUTH & FAMILIES

<p>Engaged Parents for Early Childhood</p>	
<ul style="list-style-type: none"> - Supports parents in their role as an educator of their child and facilitates a successful start to school for children - Services include: weekly activities for parents to do with their children, books and learning materials, workshops and training sessions for parents, and special family parties 	<p>Call for hours and admissibility</p> <p>5964 Notre-Dame-de-Grâce Avenue Office 208 Montréal, Québec H4A 1N1</p> <p>514-484-1417 (extension #230) https://www.parentsengages.org/</p>
<p>Elizabeth House</p>	
<ul style="list-style-type: none"> - Services are for families with children ages 0 to 5 years old - Private rehabilitation centre that offers a continuum of intensive intervention and specialized support services to parents, particularly young mothers and mothers-to-be, who are experiencing serious difficulties adjusting to pregnancy or in their new parenting role - Programs include: prenatal support, parenting skills, psychosocial support, independent living and life skills, semi-supervised and transitional apartment programs, and counselling, advocacy, referrals, and accompaniment 	<p>Call for hours and admissibility</p> <p>2131 de Marlowe Avenue Montréal, Québec H4A 3L4</p> <p>514-482-2488 http://maisonelizabethhouse.com/home-eng/</p>
<p>Mosaik Family Resource Centre</p>	
<ul style="list-style-type: none"> - Fosters aspects of the modern family by promoting bonding between parents and children, providing educational workshops, and introducing families to other resources in the community such as parks and libraries - Programs include: infant stimulation, baby massage, story times, activities, meet-up café, and fun outdoor excursions 	<p>Call for hours and admissibility</p> <p>6215 Côte Saint Luc Road Hampstead, Québec H3X 2H3</p> <p>514-227-1270 https://maisonmosaik.wixsite.com/english</p>













<p style="text-align: center;">Head & Hands</p>	    
<ul style="list-style-type: none"> - Young Parents Program: Provides a place for parents or parents-to-be under the age of 25 years old to meet and connect with other parents in a friendly, casual, and inviting atmosphere - Youth Clinic: Provides a medical clinic for youth between the ages of 12 and 25 years old, including youth who do not have any health insurance coverage. Services include: STI screening and lab testing, contraception and IUD insertion and removal, abortion support, legal clinic, hormone therapy, counseling and mental health support, emergency food pantry, sterile substance use/consumption supplies, free clothing and boots, outreach workers, and harm reduction trainings for youth and community partners - Jeunesse 2000/J2K: Provides a non-judgmental and welcoming drop-in centre that caters to Montréal youth between the ages of 12 and 17 years old 	<p>Call for hours and admissibility</p> <p>Young Parents Program and Youth Clinic: 3465 Benny Avenue Montréal, Québec H4B 2R9 514-481-0277</p> <p>Jeunesse 2000/J2K: 3770 Décarie Boulevard Montréal, Québec H4A 3J7 514-872-9444</p> <p>https://headandhands.ca/</p>
<p style="text-align: center;">O3 - On Our Own</p>	   
<ul style="list-style-type: none"> - Supports young parents in difficult in the achievement of their goals by providing them with affordable, subsidized housing and opportunities for personal, educational, and parental growth - Services include: subsidized housing program, individual action planning, workshops, resident meetings, child drop-off evenings, and special events 	<p>Monday to Thursday: 9:30am to 4:30pm Friday: 9:30am to 8pm Saturday: 9am to 8pm Sunday: 9am to 6pm</p> <p>3970 Cavendish Boulevard Suite #1 Montréal, Québec H4B 2N3</p> <p>514-369-0757 http://www.o3onourown.com/</p>
<p style="text-align: center;">Women on the Rise</p>	   
<ul style="list-style-type: none"> - Supports isolated, low income and single 	<p>Monday to Friday: 10am to 5pm</p>

<p>mothers with children between the ages of 0 and 5 years old</p> <ul style="list-style-type: none"> - Programs include: activities to help child development, nutritional programs, respite time for mothers, outdoor activities, educational workshops, and community resources 	<p>6897 Somerled Avenue Montréal, Québec H4V 1V2</p> <p>514-485-7814 https://www.womenontherise.ca/</p>
<p>Youth for Youth Québec (Y4Y)</p>	  
<ul style="list-style-type: none"> - Supports English-speaking youth (ages 16 to 30) in accessing support resources and networks and offers training and networking opportunities, and employment/career services for English-speaking youth via outreach to communities throughout Québec 	<p>Call for information and hours</p> <p>5964 Notre-Dame-de-Grâce Suite #204 Montréal, Québec H4A 1N1</p> <p>514-612-2895 https://y4yquebec.org/</p>
<p>Grossesse-Secours</p>	  
<ul style="list-style-type: none"> - Provides women, men, and adolescents with listening, support, and information related to pregnancy with respect for their personal choices - Services include: telephone listening line (during office hours), pregnancy testing services, a community thrift store, school awareness programs, and sex education workshops 	<p>Monday to Friday: 9am to 5pm</p> <p>79 Beaubien Street East Montréal, Québec H2S 1R1</p> <p>514-271-0554 https://www.grossesse-secours.org/</p>
<p>Pregnancy Counselling Centre</p>	    
<ul style="list-style-type: none"> - Offers non-judgemental friendship, assistance, and support services to pregnant teens and women as well as to their partners during pregnancy - Services include: free pregnancy tests, listening and help during crisis, education on available options, referrals to other agencies, accompaniment, maternity and baby clothes, follow-up after birth, and support after abortion 	<p>Call to schedule appointment Tuesday to Friday: 10am to 4pm</p> <p>7394 19th Avenue Montréal, Québec H2A 2L7</p> <p>514-593-1720 https://www.pregnancycc.org/</p>

<p>Melons & Clémentines</p>	   
<ul style="list-style-type: none"> - This private resource offers information, support, and services to mothers wishing to learn more about breastfeeding - Services include: breastfeeding friendly café, breastfeeding and lactation consultations, perinatal care workshops, specialized breastfeeding boutique, and breastfeeding resources 	<p>Monday to Friday: 10am to 5pm Saturday: 11am to 4pm</p> <p>5659 Sherbrooke West Montréal, Québec H4A 1W6</p> <p>514-482-5248 https://www.melonsetclementines.com/</p>
<p>Nourri-Source Montréal Cavendish</p>	   
<ul style="list-style-type: none"> - Offers a weekly space for mothers and mothers-to-be to consult breastfeeding specialists and ask questions about breastfeeding - Provides a space for mothers and mothers-to-be to share information and experiences with other mothers 	<p>Tuesday: 10am to 12pm</p> <p>CLSC Benny Farm 6484 Monkland Avenue Room 042 Montréal, Québec H4B 1H3</p> <p>514-484-7878 nourrisourcecavendishndg@gmail.com https://nourri-source.org/ https://www.nourrisourcemontreal.org/</p>
<p>Herzl-Goldfarb Breastfeeding Clinic</p>	     
<ul style="list-style-type: none"> - Offers an interdisciplinary referral centre for mothers and babies who are experiencing breastfeeding difficulties - Services include: management and treatment of complex breastfeeding cases, education and training of medical and non-medical learners and professionals, and informational materials on a range of breastfeeding topics 	<p>Call to schedule appointment</p> <p>Jewish General Hospital 3755 Côte-Ste-Catherine Road Pavilion B, 5th Floor Room B-556 Montréal, Québec H3T 1E2</p> <p>514-340-8222 ext. 23269 https://www.jgh.ca/care-services/goldman-herzl-family-practice-centre/herzl-goldfarb-breastfeeding-clinic/</p>

<p>Côte-des-Neiges Birthing Centre Maison de Naissance Côte-des-Neiges</p>	 
<ul style="list-style-type: none"> - Provides personalized and continuous follow-up by midwives during pregnancy, as well as a warm and safe environment for birth - Services include: prenatal consultations, prenatal workshops and discussion groups, at home birth support, access to birthing centre, postnatal follow-up care, and breastfeeding information and support 	<p>Monday to Friday: 8:30 to 5pm</p> <p>6560 Côte-des-Neiges Road Montréal, Québec H3S 2A7</p> <p>514-736-2323 https://www.ciusswestcentral.ca/sites-and-resources/birthing-centres/cote-des-neiges-birthing-centre/</p>
<p>Batshaw Youth and Family Services</p>	 
<ul style="list-style-type: none"> - Provides psychosocial, rehabilitation, and social integration services to youth and families - Ensures the provision of services related to child placement, adoption, adoption disclosure, reunification, expertise to the Superior Court, and mediation - Services provided to the residents of Montréal who wish to receive services in English and to the Jewish community of Montréal, in either English or French 	<p>Monday to Friday: 9am to 5pm</p> <p>5 Weredale Park Westmount, Québec H3Z 1Y5</p> <p>514-989-1885 http://www.batshaw.qc.ca/en</p>
<p>Director of Youth Protection (DYP)(French)</p>	 
<ul style="list-style-type: none"> - Responsible for the application of the Youth Protection Act (YPA), which applies to children (0 to 17 years old) who live in situations that compromise or may compromise their safety or development - Services include: prevention, protection, rehabilitation, mediation, adoption, foster care, legal issues, and evaluation services to the residents of Montréal who wish to receive services in French 	<p>Monday to Friday: 9am to 5pm</p> <p>1001 de Maisonneuve Boulevard East Montréal, Québec H2L 4P9</p> <p>514-896-3100 https://www.quebec.ca/en/family-and-support-for-individuals/assistance-and-support/director-of-youth-protection-dyp/</p>

COMMUNITY COUNCILS AND COMMUNITY CENTRES

<p style="text-align: center;">Notre-Dame-de-Grâce Community Council</p>	   
<ul style="list-style-type: none"> - Acts to promote, improve, and sustain the well-being of the Notre-Dame-de-Grâce community and its residents - One of 31 Tables de Quartier on the Island of Montréal and brings together and mobilizes various actors in the community for consultation to identify community needs, set priorities for action, and ensure implementation 	<p>Hours may vary Monday to Friday: 9am to 5pm</p> <p>5964 Notre-Dame-de-Grâce Suite #206 Montréal, Québec H4A 1N1</p> <p>514-484-1471 http://ndg.ca/en/</p>
<p style="text-align: center;">Notre-Dame-de-Grâce Community Centre</p>	   
<ul style="list-style-type: none"> - Community centre located in Notre-Dame-de-Grâce - Programs for all ages include: art classes, dance classes, infant, child and youth activity groups, physical activity classes (ex. yoga and pilates, Taï Chi, self-defense), language and conversation classes, and music classes 	<p>Call or visit for information on specific programs and hours</p> <p>3757 Prud'homme Street Montréal, Québec H4A 3H8</p> <p>514-484-6123 http://www.ccondg.org/</p>
<p style="text-align: center;">Community Leisure Centre of Côte-des-Neiges</p>	   
<ul style="list-style-type: none"> - Recreation and leisure centre located in Côte-Des-Neiges - Programs for all ages include: daycare, arts and culture clubs, youth clubs, activity clubs, language clubs, sports, music, dance, game room, walking clubs, workshops, and cultural events - Programs can often be subsidized based on income level and/or income source 	<p>Call or visit for information on specific programs</p> <p>Monday to Thursday and Sunday: 9am to 10pm Friday and Saturday: 8am to 10pm</p> <p>5347 Côte-Des-Neiges Road Montréal, Québec H3T 1Y4</p> <p>514-733-1478 https://www.cclcdn.qc.ca/</p>

USEFUL LINKS AND INFORMATION

Régie de l'Assurance Maladie du Québec - Québec Health Insurance Board (RAMQ)

Medical Services Covered by RAMQ	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/covered-services/Pages/medical-services.aspx
Dental Services Covered by RAMQ	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/covered-services/Pages/dental-services.aspx
Optometric Services Covered by RAMQ	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/covered-services/Pages/optometric-services.aspx
Other Services Covered by RAMQ	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/covered-services/Pages/other-services.aspx
Reimbursement Covered by RAMQ	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/covered-services/Pages/reimbursement.aspx
Fees Billed by a Physician	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/covered-services/Pages/covered-services-accessory-costs.aspx
RAMQ Eligibility	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/registration/Pages/eligibility.aspx
How to Register for RAMQ	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/registration/Pages/how-to-register.aspx
Proof of Residence to Register for RAMQ	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/registration/Pages/prof-residence.aspx
How to Get Your RAMQ Health Card (Photo and Signature)	http://www.ramq.gouv.qc.ca/en/citizens/health-insurance/health-insurance-card/Pages/photo-signature.aspx

Health Coverage for Protected Persons, Refugees, and Other Groups

Interim Federal Health Program (IFHP)	Description of Overseas IFHP Coverage: The IFHP covers certain pre-departure medical services for refugees coming to
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Canada for resettlement. This coverage includes the following services:

- Immigration medical exams and follow-up treatment of health conditions that would make someone inadmissible to Canada under paragraph 38(1)(a) of the Immigration and Refugee Protection Act
- Vaccinations
- Outbreak management and control
- Medical support needed for safe travel

Description of In-Canada IFHP Coverage:

In Canada, the IFHP provides limited, temporary coverage of health-care benefits to people in the following groups who aren't eligible for provincial or territorial (PT) health insurance:

- Protected persons, including resettled refugees
- Refugee claimants
- Certain other groups

The IFHP does not cover the cost of health-care services or products that a person may claim (even in part) under a public or private health insurance plan. The IFHP does not coordinate benefits with other insurance plans/programs so co-payments aren't possible.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html>

FREQUENTLY ASKED QUESTIONS (FAQ)

Question: How can I find a family doctor in Montréal and Québec?

Answer: Due to a shortage of both family doctors and pediatricians in Montréal and Québec in general, health service users wishing to find a family doctor must register on the provincial waiting list (GAMF - Guichet d'Accès à un Médecin de Famille/Québec Family Doctor Finder). You can register by using the online GAMF system, by using the online Québec Health Booklet, or by telephoning your territory waiting list. The waiting list requires that you currently have a valid health insurance card, that you are not already registered with a family doctor, that you live at the address indicated in your RAMQ file, that you are at least 14 years of age or older, and that you live in Québec and your postal code is listed by Canada Post.

<https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor/>

Question: How can I access medical care in Montréal without a family doctor?

Answer: Due to a shortage of both family doctors and pediatricians in Montréal and Québec in general, health service users (adults and children) often use walk-in clinics for medical examinations. Some walk-in clinics offer appointments and others do not. In order to get an appointment in a walk-in clinic, service users can either call their chosen clinic in the early morning for appointment availability (if appointments are offered) or they can book an appointment online using Bonjour Santé. For a \$15 service fee, Bonjour Santé will find appointments in your community

and surrounding areas. You are required to pay the \$15 fee in order to book the appointment and be given the address.

<https://www.bonjour-sante.ca/LandingPage/en.html>

Question: How can I access medical care in an emergency?

Answer: If you are in a serious medical emergency, dial 9-1-1 and ask for assistance. The operator will dispatch emergency personnel (police officers, firefighters, ambulance) within minutes. Hospital emergency rooms are the next emergency service location. Each hospital has an emergency room and the closest in the NDG community is located at McGill University Health Centre (1001 Décarie Boulevard, Montréal, Québec, H4A 3J1). An emergency room for children is also available at the Montréal Children's Hospital (1001 Décarie Boulevard, Montréal, Québec, H4A 3J1). If you are unsure if you are in need of emergency assistance, please call 8-1-1 (Info-Santé and Info-Social). Please consult the link below for a list of all hospitals located in the Montréal region.

<https://santemontreal.qc.ca/en/public/support-and-services/hospital-emergencies/#c2370>

Question: How can I access medical care in Montréal without medical coverage?

Answer: The Clinique Médecins du Monde provides free and confidential health and social services **only** to migrants with precarious status (men, women, and children), people without a health insurance card and are not eligible for the Interim Federal Health Program (IFHP), undocumented persons, and people in precarious financial situations. This clinic is **not** intended for people travelling in Canada (tourists) or residents of other Canadian provinces. Please consult their website for admissibility and clinic hours.

<https://www.doctorsoftheworld.ca/clinique-pour-les-migrants-sans-couverture-medicale-en/>

Question: What is 8-1-1 (Info-Santé and Info-Social)?

Answer: 8-1-1 (Info-Santé and Info-Social) is a free and confidential telephone consultation service available 24 hours a day, 7 days a week. If you have a health related question of any kind, nurses and social workers will answer and give advice about health and psychosocial issues. They may also direct you to a resource in the health and social services network in your community. Services are provided in English and French. People with hearing impairments can use a relay service to access 8-1-1.

<https://santemontreal.qc.ca/en/public/support-and-services/info-sante-and-info-social-8-1-1/>