



Created by the Table de concertation jeunesse NDG (2010)  
Find the guide online at [www.ndg.ca](http://www.ndg.ca)

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**Directory of sports and activities:** [ville.montreal.qc.ca/loisirsenligne](http://ville.montreal.qc.ca/loisirsenligne)

## ➤ NDG

### **Sports Associations in NDG**

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**Montreal Regional Athletic Club (Volleyball):** 514-365-4681 (day) 514-872-6126 (evening), [www.marcvolleyball.com](http://www.marcvolleyball.com)

**NDG Aquatic Club:** 514-296-6285, [www.clubaquatiquendg.com](http://www.clubaquatiquendg.com)

**NDG Minor Hockey Association:** 514-487-6799, [www.ndghockey.com](http://www.ndghockey.com)

**NDG Ringuette Association:** 514-481-1295, [www.ndgringuette.com](http://www.ndgringuette.com)

**NDG Soccer Association:** 514-488-7784, [www.ndgsa.com](http://www.ndgsa.com)

**NDG Minor Baseball League:** 514-359-6788, [www.ndgbaseball.org](http://www.ndgbaseball.org)

**Mount Royal Fencing Club:** 514-483-6944, [www.escrimemont-royal.blogspot.com](http://www.escrimemont-royal.blogspot.com)

**Questo rhythmic gymnastic club:** 514-486-0533 (day) 514-872-6181 (evening)

**Flexart Gymnastic Club:** 514-872-0489, [www.flexart.ca](http://www.flexart.ca)

**Shidokan International Karate Club:** 514-342- 9988 or 514-735-4389

**Montreal Figure Skating Club:** 514-483-0543, [www.cpamfsc.org](http://www.cpamfsc.org)

**NDG Outdoor Sports Club:** 514-872-6200

### **NDG Black Community Association**

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NDGBCA is dedicated to improving life for the Black Community in NDG.

**What they offer:** Drop in basketball, recreation center & gym.

**Phone:** (514) 481-3598

**Address:** 3757 Prud'Homme 2nd floor

**Hours:** TBA. Please call for more information.

**Website:** N/A

### **Jeunesse 2000 (J2K)**

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A project of Head and Hands/À Deux Mains, J2K provides a welcoming, non judgmental space for youth in NDG.

**What they offer:** drop in space to hang out, music space, listening and support, drop in basketball

**Phone:** (514) 872-9444

**Address:** 3770 Decarie (corner St Antoine).

**Hours:** Monday-Friday 3pm-8pm Saturday 1pm-6pm

**Website:** [www.headandhands.ca/j2k](http://www.headandhands.ca/j2k)

### **Loyola Center**

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Loyola Center is a community center which caters to a variety of age groups in NDG.

**What they offer:** A variety of sports & leisure activities, after school activities

**Phone:** (514) 872-6721

**Address:** 7065 Somerled

**Hours:** Monday-Friday 3pm-9 or 10pm, Saturday 12pm-9pm. Please call for times of specific activities.

**Website:** N/A

### **Montreal Wado Ryu Association**

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Montreal Wado Ryu Association is dedicated to helping people make healthy lifestyle choices, thereby improving life for those in their community.

**What they offer:** Family karate, karate, kickboxing, yoga, workshops on healthy living and self-defence courses

**Phone:** 514-229-5513

**Address:** 6591 Somerled Avenue

**Hours:** Varied. Please check the website or call for full description of activities and time.

**Website:** [www.dojostudio.org](http://www.dojostudio.org)

### NDG Community Center

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The NDG Community Center is a non-profit organization that operates in the NDG/CDN area and whose goal is to help build a dynamic community.

**What they offer:** Recreational activities (sports, visual arts, music, theatre), language classes, homework help, social clubs. Call for more information.

**Phone & E-mail:** 514-484-6123, ccndg@qc.aira.com

**Address:** 3757 Prud'homme

**Hours:** Monday-Thursday 10am-5pm, Friday 10am-4pm

**Website:** [www.ccndg.org](http://www.ccndg.org)

### St Raymond Community Center

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St Raymond's is an NDG community center that strives to build a healthy community and improve the quality of life for people in the area.

**What they offer:** A variety of sports teams and activities, language classes and homework help. Call for more information.

**Phone:** (514) 872-1765

**Address:** 5600 Upper Lachine

**Hours:** Monday and Wednesday 9am-11:30pm, Tuesday Thursday and Friday 9am-10pm  
Tutoring: Monday-Friday 4pm-6pm.

**Website:** <http://cjndg.org/home>

### Teen Zone YMCA

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The YMCA Teen Zone NDG provides a safe environment where young people (12-17) can come and hang out, see their friends, relax or get involved in extra-curricular activities.

**What they offer:** Recreational activities (sports, arts), drop in basketball, chill space, listening and intervention, individual tutoring and homework help

**Phone:** (514) 486-7315

**Address:** 4335 Hampton St, NDG

**Hours:** Monday-Wednesday 3:30pm-8pm Thursday & Friday 3:30pm-10pm (September to June for tutoring)

**Website:** <http://www.yquebec.org/en/>

**\*Several other YMCA's in Montreal have Teen Zones, including: Pointe-St-Charles, Centre Ville, Du Parc, and the West Island YMCA. Please see the website [www.yquebec.org](http://www.yquebec.org) for more information. Each center has its own hours for drop-in and gym time.**

## **Walkley Community Centre**

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Walkley Community Centre is a community space for all ages in NDG.

**What they offer:** A variety of educational and recreational programs for children and adults, Tiny Tots, after school program, Saturday leadership camp, teen drop-in, language courses

**Address:** 6650 Chemin Côte-St-Luc

**Phone & E-mail:** 514-872-1391, walkley.center@gmail.com

**Hours:** Monday 9am-7pm, Tuesday-Friday 9am-9pm. Please call for specific program times.

**Website:** N/A

## **Westhaven-Elmhurst Community Association**

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Westhaven-Elmhurst Community Association provides a community space for all ages in NDG.

**What they offer:** Teen drop in space, basketball teams for ages 9-12, music studio, sports programs, dance group for teens, after school homework help for 6-12

**Phone:** (514) 872-6134

**Address:** 7405 Harley Ave

**Hours:** Monday-Wednesday 10am-7pm, Thursday 10am-9pm, Friday 9:30am-10pm, Saturday 9:30am-9pm

**Website:** N/A

## **➤ OTHER RESOURCES IN MONTREAL**

### **Jeunesse 2000; Centre du Plateau**

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Jeunesse 2000 is a leisure club for youth 12-17 who want to be active and have fun.

**What they offer:** A variety of activities including floor hockey, video nights, chill space, language lessons, swimming, kickboxing, and drop in sports on Wednesdays

**Phone:** (514) 872-1179

**Address:** 2275 Blvd St Joseph East

**Hours:** Monday-Thursday 4pm-8:30pm, Friday 5:30pm-9:45pm (Jeunesse 2000 drop in centre).

**Website:** <http://www.centreduplateau.qc.ca/activites-montreal>

### **Sun Youth Organization**

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Sun Youth strives to provide services that promote well being through education, awareness and assistance.

**What they offer:** Drop in sports center, food baskets, clothing and medical services to those in need

**Phone:** (514) 842-6822

**Address:** 4251 St Urbain

**Hours:** Monday-Friday 9am-5pm (food and emergency services) Monday-Friday 3:30pm-9pm (drop in sports and tutoring).

**Website:** <http://sunyouthorg.com/index.asp>

**\*The City of Montreal offers a complete listing of Youth Centres and Sports and Recreation Centers located in the city of Montreal. Please see their website for more information!**

**Go to [www.ville.montreal.qc.ca](http://www.ville.montreal.qc.ca), click on "Activities and Recreation". From there, scroll down and choose "Recreational Facilities". When the new page loads, the top option is "Activities for Youth". When you choose "Youth Centres" it will give you a complete list of Youth Centers in Montreal, including those with sports facilities.**



## ➤ NDG

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**Address:** 3770 Decarie (corner St Antoine).

**Hours:** Monday-Friday 3pm-8pm Saturday 1pm-6pm

**Website:** [www.headandhands.ca/j2k](http://www.headandhands.ca/j2k)

### **Jeunes Leaders NDG**

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A project of the Table Jeunesse, Jeunes Leaders offers a volunteer opportunity for youth to learn leadership skills and create change for other youth in their community.

**What they offer:** Weekly meetings with dinner provided, workshops and training skills

**Phone:** (514) 482-6665 ext. 204

**Address:** N/A

**Hours:** Monday-Friday 9am-5pm for info, Tuesday 5pm-8pm for meeting

**Website:** [www.CJE-NDG.com](http://www.CJE-NDG.com)

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**Phone & E-mail:** 514-484-6123, ccndg@qc.aira.com

**Address:** 3757 Prud'homme

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**Website:** [www.ccndg.org](http://www.ccndg.org)

### **Prevention NDG/CDN**

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Prevention NDG is an organization dedicated to the citizens of CDN/NDG by offering resources to improve the quality of their lives.

**What they offer:** Graffiti workshops for youth as well as programs to encourage graffiti as art, ecological information for recycling and composting, workshops and consultations on personal, private and public safety for youth and adults alike.

**Tandem:** Tandem provides individual and group consultations on personal, private, public or home safety. They also offer workshops on social mediation and safety in the city.

**Hours:** Monday to Friday 9am-5pm

**Address & Phone:** 5319 Avenue Notre-Dame-de-Grâce, (514) 489-6567

**Website:** [www.preventionndg.org](http://www.preventionndg.org)

### **St-Raymond Community Center**

---

St Raymond's is an NDG community center that strives to build a healthy community and improve the quality of life for people in the area.

**What they offer:** A variety of sports teams and activities, language classes and homework help. Call for more information.

**Phone:** (514) 872-1765

**Address:** 5600 Upper Lachine



**Hours:** Monday and Wednesday 9am-11:30pm, Tuesday Thursday and Friday 9am-10pm  
Tutoring: Monday-Friday 4pm-6pm.

**Website:** <http://cjndg.org/home>

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**Phone:** (514) 486-7315

**Address:** 4335 Hampton St, NDG

**Hours:** Monday-Wednesday 3:30-8pm Thursday & Friday 3:30-10pm (September to June for tutoring)

**Website:** <http://www.yquebec.org/en/>

**\*Several other YMCA's in Montreal have Teen Zone's including: Pointe St Charles, Centre Ville, Du Parc, and the West Island YMCA. Please see the website for more information [www.yquebec.org](http://www.yquebec.org). Each center will have its own hours for drop in and gym time.**

### **Walkley Community Centre**

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**What they offer:** A variety of educational and recreational programs for children and adults, Tiny Tots, after school program, Saturday leadership camp, teen drop-in, language courses

**Address:** 6650 Chemin Côte-St-Luc

**Phone & E-mail:** 514-872-1391, [walkley.center@gmail.com](mailto:walkley.center@gmail.com)

**Hours:** Monday 9am-7pm, Tuesday-Friday 9am-9pm. Please call for specific program times.

**Website:** N/A

### **Westhaven-Elmhurst Community Association**

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Westhaven-Elmhurst Community Association provides a community space for all ages in NDG.

**What they offer:** Teen drop in space, basketball teams for ages 9-12, music studio, sports programs, dance group for teens, after school homework help for 6-12

**Phone:** (514) 872-6134

**Address:** 7405 Harley Ave

**Hours:** Monday-Wednesday 10-7, Thursday 10-9, Friday 9:30-10, Saturday 9:30-9

**Website:** N/A

## ➤ **Montreal**

### **Chez Pops Day Centre**

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Chez Pops is the beating heart of the Youth Organization Dans La Rue. They provide a safe and welcoming environment to youth in need.

**What they offer:** Nutritious meals, a safe space to hang out, programs and workshops, counselling, clothing and other necessities.

**Phone:** (514) 526-7677

**Address:** 1662 Ontario Street

**Hours:** Monday-Friday, 10-11:30 am & 12:30-4pm. Wednesday and Friday the Centre closes at 3pm.

**Website:** [www.danslarue.com](http://www.danslarue.com)

### **DESTA**

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DESTA (Dare Every Soul To Achieve) is a black youth network located in Little Burgundy. They work to mentor marginalized youth in the areas of education, employment and personal growth.

**What they offer:** Mentoring, chill space, employment counselling, individual tutoring and educational support with correspondence schooling

**Phone:** (514) 932-7597

**Address:** 1950 St Antoine St W

**Hours:** Monday to Friday 9am-5pm

**Website:** <http://www.destanetwork.ca/>

### **Jeunesse 2000; Centre du Plateau**

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Jeunesse 2000 is a leisure club for youth 12-17 who want to be active and have fun.

**What they offer:** Floor hockey, video nights, chill space, drop in sports on wednesdays. The Centre du Plateau offers a variety of activities, from language lessons to swimming to kickboxing

**Phone:** (514) 872-1179

**Address:** 2275 Blvd St Joseph Est

**Hours:** Monday-Thursday 4pm-8:30pm, Friday 5:30pm-9:45pm (Jeunesse 2000 drop in centre).

**Website:** <http://www.centreduplateau.qc.ca/activites-montreal>

### **Sun Youth Organization**

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Sun Youth strives to provide services that promote well being through education, awareness and assistance.

**What they offer:** drop in sports center, food baskets, clothing and medical services to those in need

**Phone:** (514) 842-6822

**Address:** 4251 St Urbain

**Hours:** Monday-Friday 9am-5pm (food and emergency services) Monday-Friday 3:30pm-9pm (drop in sports and tutoring).

**Website:** <http://sunyouthorg.com/index.asp>



## ➤ NDG

### **Carrefour jeunesse emploi NDG**

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CJE supports the social and professional integration of youth aged 16-35 into Quebec's society.

**What they offer:** Information, referral, workshops, employment counselling, job bank, job search assistance, career exploration, access to computer, printer, photocopier, and documentation centre

**Phone:** (514) 482-6665

**Address:** 6370 Sherbrooke West

**Hours:** Monday-Friday 9am-5pm. Tuesdays, 1pm-5pm

**Website:** <http://joomla.cje-ndg.com/>

## ➤ Montreal

### **Operation Placement Jeunesse**

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OPJ is dedicated to the personal, professional and social integration of youth.

**What they offer:** Intensive job search and interview preparation, counselling, referrals and training (French only)

**Phone:** (514) 281-1030

**Address:** 1077 St Denis

**Hours:** Monday-Friday 9am-5pm

**Website:** <http://www.opj.ca/>

### **Youth Employment Services**

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YES provides support services to help Quebecers find employment.

**What they offer:** Information and referral, counselling and CV preparation, job bank, workshops (English only)

**Phone:** (514) 878-9788

**Address:** 666 Sherbrooke West, 7th floor

**Hours:** Monday-Friday 9am-5pm

**Website:** [www.yesmontreal.ca](http://www.yesmontreal.ca)



**HOT LINE : INFO SANTÉ - (514) 521-2100**

Free health information and advice by a registered health care professional (non life threatening only). 24 hours a day, 7 days a week

➤ **NDG**

**CLSC/CSSS NDG Mtl Ouest**

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CLSC/CSSS NDG Mtl Ouest seeks to provide a variety of health care services to residents in the neighbourhood they serve.

**What they offer:** Doctor's appointments, mental health services (including counselling and referrals), rehabilitation, home care, abortion services, vaccinations and support for survivors of abuse

**Phone:** (514) 484-7878

**Address:** 2525 Cavendish

**Hours:** Monday to Friday 8am-8pm, Saturday-Sunday 8am-4pm

**Website:** <http://www.cssscavendish.qc.ca/>

**Head and Hands/À Deux Mains**

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Head and Hands provides holistic healthcare for youth aged 14-25.

**What they offer:** Counselling and social services, sexual health services, free and confidential testing for STIs and HIV/AIDS, hormone treatment for trans-identified clients, legal information, support for young parents and referrals

**Phone:** (514) 481-0277

**Address:** 5833 Sherbrooke West

**Hours:** The medical clinic is open on Tuesdays and Thursdays 5pm-9:30pm (arrive before 5pm to take part in the intake process). A Health Educator is also available Monday-Thursday for appointments, general health information and free condoms. Please call for more information.

**Website:** [www.headandhands.ca](http://www.headandhands.ca)

## **Vendome Medical Centre**

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Vendome Medical Centre provides a walk in clinic to NDG residents.

**What they offer:** Walk in doctors' visits, appointments, blood tests

**Phone:** (514) 484-4711

**Address:** 5175 de Maisonneuve W, Suite 100

**Hours:** Monday-Friday 9am-6pm

**Website:** N/A

## ➤ **OTHER RESOURCES IN MONTREAL**

### **Allan Memorial Institute**

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The Allan Memorial Institute provides mental health services for children and young adults (up to 17).

**What they offer:** Out-patient therapeutic services and diagnosis, in-patient services, day centres for children and adults.

**Phone:** (514) 843-1619

**Address:** 3666 McTavish

**Hours:** Monday-Friday 9am-5pm

**Website:** N/A

### **AMI-Quebec**

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AMI-Quebec is a grassroots organization committed to helping families manage the effects of mental illness through support, education, guidance and advocacy.

**What they offer:** Support groups, education programs, recovery workshops, roundtable discussions, tele-workshops.

**Phone:** 514-486-1448

**Address:** 5253 Decarie Blvd., Suite 200

**Hours:** Monday-Thursday 9am-5pm, Friday 9am-4pm

**Website:** [www.amiquebec.org](http://www.amiquebec.org)

### **Montreal Children's Hospital of the MUHC**

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The Adolescent Medicine and Gynaecology Program provides complete medical services to youth from 12-17 years old (new patients by referral only).

**What they offer:** Specialized clinics in: contraception, sexual abuse, adolescent parenting, STIs.

**Phone:** (514) 412-4481

**Address:** 1040 Atwater

**Hours:** Monday-Friday 8:30am-4:30pm

Website: [www.thechildren.com](http://www.thechildren.com)

## Women's Health

### ➤ Montreal

#### Morgentaler Clinic

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The Morgentaler Clinic is the first freestanding clinic to offer safe abortion services in Canada. Please note that these services are covered by the medical system.

**What they offer:** Medical and surgical abortion and care

**Phone:** (514) 844-4844

**Address:** 30 St Joseph Blvd East #710

**Hours:** Monday-Friday 9am-5pm

**Website:** [www.morgentalermontreal.ca](http://www.morgentalermontreal.ca)

#### Ville Marie Women's Health Center

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The Ville Marie Medical and Women's Health Center strives to provide complete healthcare to women in Montreal.

**What they offer:** General Doctor Appointments, gynaecology, breast care and other specialized clinics

**Phone:** (514) 923-2778

**Address:** 1538 Sherbrook West, 10th floor

**Hours:** Monday-Friday 9am-5pm

**Website:** <http://www.villemariemed.com>



## ➤ NDG

### **NDG Food Depot**

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NDG Food Depot strives to eliminate hunger by working with our community in a manner that ensures dignity, community engagement and the development of human potential.

**What they offer:** Information and referral services, cooking programs, emergency food baskets (limit of two visits per month)

**Phone:** (514) 483-4680

**Address:** 2121 Oxford (corner of de Maisonneuve)

**Hours:** Monday 4pm-7pm, Wednesday 9:30am-12pm, Friday 10am-2pm for food pick up.

**Website:** <http://www.depotndg.org/>

### **Head and Hands/À Deux Mains**

---

Head and Hands provides holistic healthcare for youth aged 14-25. All services are welcoming for LGBT and questioning youth.

**What they offer:** Counselling and social services, sexual health services, confidential STI and HIV/AIDS testing, hormone treatment for trans identified clients, legal information, support for young parents and referrals.

**Phone:** (514) 481-0277

**Address:** 5833 Sherbrooke West

**Hours:** Monday to Thursday 10am to 9:30pm, Friday 10am to 5pm

**Website:** [www.headandhands.ca](http://www.headandhands.ca)

## ➤ OTHER RESOURCES IN MONTREAL

### **Auberges Du Coeur**

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Les Auberges du Coeur offer shelter to youth (12-30) who are homeless or experiencing difficulty.

**What they offer:** Short or long term shelter, a stable environment, counselling and support



**Phone:** (514) 523-8559

**Address:** There are nine Auberges du Coeur in Montreal. These addresses are all available on their website (see below). At the top of the page, choose the option "The Auberges". This will open up a new window. Under "Trouver une auberge" you can choose a list or map of locations.

**Hours:** N/A

**Website:** <http://www.aubergesducoeur.com/>

### **Dans la Rue**

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Dans la Rue is a grassroots, community based organization that works with street kids and at-risk youth aged 12-21.

**What they offer:** Emergency overnight shelter and counselling at **The Bunker**, healthcare, food and listening at the day centre **Chez Pops**, food, hot drinks and warm clothing from **The Van**, which circulates in downtown Montreal every night

**Phone:** **The Bunker:** (514) 524-0029 **Chez Pops:** (514) 526-7677

**Address:** **The Bunker:** Call for address. **Chez Pops:** 1662 Ontario Street

**Hours:** **The Bunker:** Monday-Thursday 8:30pm to 12 noon, Friday-Sunday 10pm-9:30am.

**Chez Pops:** Monday-Friday 9am-11:30am & 12:30pm-4:30pm. Fridays and Wednesdays closed at 3:30pm.

**The Van:** Circles downtown Montreal every night from 8:30pm-3am.

**Website:** <http://danslarue.com/en/home>

### **Montreal Diet Dispensary (MDD)**

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Montreal Diet Dispensary's (MDD) mission is to promote health in the community, especially among pregnant mothers whose babies are at risk.

**What they offer:** Nutritional information as well as vitamins, eggs, and milk, workshops, encouragement and support for breastfeeding and parenting skills

**Phone:** (514) 937-5375

**Address:** 2182 Lincoln Ave

**Hours:** Monday-Friday 9am-5pm

**Website:** <http://www.ddm-mdd.org/>

### **Mother Hubbard's Cupboard**

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Mother Hubbard's Cupboard is dedicated to providing nutritious food while sharing with others.

**What they offer:** A delicious vegan meal once a week (cost: \$2), workshops and a drop in space

**Phone:** N/A

**Address:** 2090 Mackay, Room 105 & 106

**Hours:** Thursdays 1pm-5pm (help cook) 5pm-7pm (eat!)

**Website:** N/A

### **Open Door**

---

Open Door is a drop in centre that provides food, clothing, counselling and friendship to those in need.

**What they offer:** Meals, laundry, employment assistance, emergency food boxes, registered nurse available

**Phone:** (514) 939-1970

**Address:** 4006 Dorchester Blvd (corner of Rene-Levesque and Atwater)

**Hours:** Monday-Friday 9:30am-2pm

**Website:** <http://www.ststephens.qc.ca/opendoor/index.htm>

### **Passages**

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Passages offers support and guidance to young women in need, 18-30 years old.

**What they offer:** Short term shelter, guidance and support in improving health and living circumstances

**Phone:** (514) 875-8119

**Address:** Call for address

**Hours:** 24 hours a day, 7 days a week

**Website:** N/A

### **Sun Youth Organization**

---

Sun Youth strives to provide services that promote well being through education, awareness and assistance.

**What they offer:** Food baskets, clothing and medical services to those in need and a drop in REC centre

**Phone:** (514) 842-6822

**Address:** 4251 St Urbain

**Hours:** Monday-Friday 9am-5pm (food and emergency services) Monday-Friday 3:30pm-9pm (drop in sports and tutoring).

**Website:** <http://sunyouthorg.com/index.asp>

### **Teen Haven-Havre Jeunesse**

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Teen Haven-Havre Jeunesse offers homes to youth (12-18) in conflict (must be referred by Batshaw Youth and Family Centre)

**What they offer:** Shelter and rehabilitation, alternative schooling, integration support

**Phone:** (514) 769-5050

**Address:** 4360 LaSalle Blvd, Verdun

**Hours:** 24 hours a day, 7 days a week

**Website:** N/A



## ➤ **NDG**

### **Pavillon Foster Addiction Rehabilitation Centre**

---

Pavillon Foster provides rehabilitation services for alcohol, drug and gambling addictions.

**What they offer:** Individual, group and family counselling, individual evaluation of needs (English only)

**Phone:** (514) 486-1304

**Address:** 3285 Cavendish BLVD, Suite 100

**Hours:** Monday–Thursday 8:30am to 8:00pm, Friday 8:30am to 4:30pm

**Website:** <http://www.pavillonfoster.org/index.asp>

### **Head and Hands/À Deux Mains**

---

Head and Hands provides holistic healthcare for youth aged 14-25.

**What they offer:** Drug gear and crises support through their Street Work team, counselling and social services, legal information

**Phone:** (514) 481-0277

**Address:** 5833 Sherbrooke West

**Hours:** Monday to Thursday 10am to 9:30pm, Friday 10am to 5pm

**Website:** [www.headandhands.ca](http://www.headandhands.ca)

## ➤ **OTHER RESSOURCES IN MONTREAL**

### **Alcoholics Anonymous**

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Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism

**What they offer:** Group meetings and support groups for men, women and youth

**Phone:** (514) 376-9230

**Address:** Changes based on meeting type

**Hours:** Call for information

**Website:** <http://www.alcoholicsanonymousmontreal.com/>

### **Batshaw Youth and Family Centres**

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Batshaw seeks to provide psychosocial, rehabilitation and social integration services to English speaking children and their families of the island of Montreal (clients must be referred by the Direction of Youth Protection following a signalement).

**What they offer:** Services related to child protection, child placement, young offenders, adoption, adoption disclosure, reunification, voluntary placement, expertise to the Superior Court and mediation.

**Phone:** (514) 989-1885

**Address:** 5 Weredale Park, Westmount QC

**Hours:** Monday-Friday 9am to 5pm

**Website:** [www.batshaw.qc.ca](http://www.batshaw.qc.ca)

### **Drugs: Help and Referral**

---

Drugs is dedicated to providing free help and information via telephone.

**What they offer:** Information, listening and referral

**Phone:** (514) 527-2626 or 1-800-265-2626

**Address:** N/A

**Hours:** 7 days a week, 24 hours a day.

**Website:** <http://drogue-aidereference.qc.ca/index.html>

### **Teen Haven-Havre Jeunesse**

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Teen Haven-Havre Jeunesse seeks to provide a temporary home to youth (12-18) in need (must be referred by Batshaw, see above info).

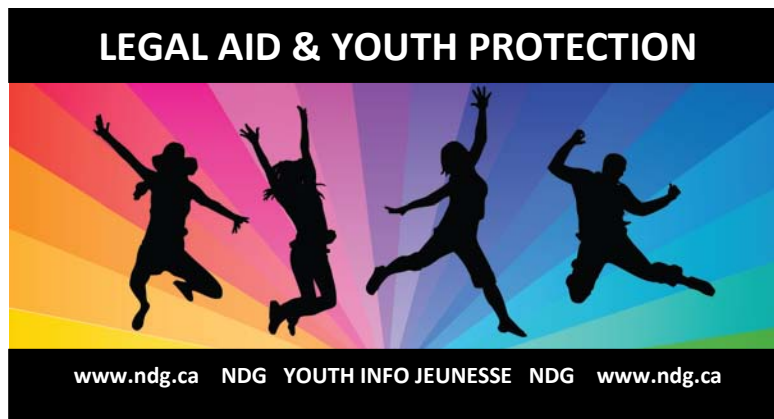
**What they offer:** Shelter, rehabilitation, outside school help, social integration skills

**Phone:** (514) 769-5050

**Address:** 4360 LaSalle Blvd, Verdun QC

**Hours:** 7 days a week, 24 hours a day

**Website:** N/A



## ➤ NDG

### Head and Hands/À Deux Mains

---

Head and Hands provides holistic healthcare for youth aged 14-25.

**What they offer:** Counselling and social services, sexual health services, legal information, accompaniment to various services (court, abortion clinics, welfare offices, etc), after-school tutoring, support for young parents and referrals

**Phone:** (514) 481-0277

**Address:** 5833 Sherbrooke West

**Hours:** Legal Clinic: Tuesday 1pm-4pm, Friday 10am-12pm. Call for an appointment.

**Website:** [www.headandhands.ca](http://www.headandhands.ca)

### Prevention NDG/CDN - Tandem

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Prevention NDG is an organization dedicated to the citizens of CND/NDG by offering resources to improve the quality of their lives.

**What they offer:** Workshops and consultations on personal, private and public safety for youth and adults alike, graffiti workshops for youth as well as programs to encourage graffiti as art, ecological information and workshops on recycling and composting

**Tandem:** Tandem provides individual and group consultations on personal, private, public or home safety. They also offer workshops on social mediation and safety in the city.

**Hours:** Monday to Friday 9-5

**Address & Phone:** 5319 Avenue Notre Dame de Grace, (514) 489-6567

**Website :** [www.preventionndg.org](http://www.preventionndg.org)

## ➤ Other resources in Montreal

### Batshaw Youth Protection and After-hour Emergencies

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Batshaw provides support to youth in crisis and evaluates situations of abuse, abandonment, and neglect (must be referred by the Director of Youth Protection following a signalement).

**What they offer:** Reception of reports, youth protection rights, afterhours emergency listening and intervention (English only), expertise to the Superior Court and mediation.

**Phone:** (514) 989-1885

**Address:** 4515 St Catherine West, Westmount QC

**Hours:** Monday-Friday 9am-5pm (for after hours emergencies, call any time and a staff member will call you right back).

**Website:** [www.batshaw.qc.ca](http://www.batshaw.qc.ca)

### McGill Legal Information Clinic

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McGill Legal Aid provides free legal information and referrals.

**What they offer:** Free legal information and referrals

**Phone:** (514) 398-6792

**Address:** 3480 McTavish St

**Hours:** Monday-Friday 9-5 (closed during exams)

**Website:** [www.mlic.mcgill.ca](http://www.mlic.mcgill.ca)

### Westmount Legal Clinic

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Westmount Legal Clinic provides low cost legal advice, information and referrals.

**What they offer:** Information, advice and referrals (by donation)

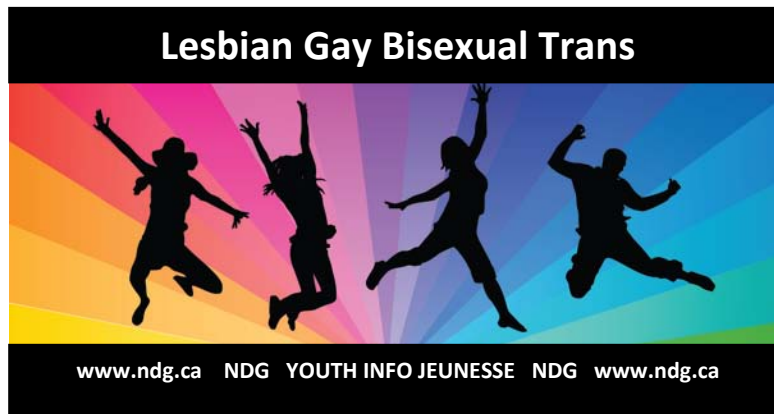
**Phone:** (514) 931-8046

**Address:** 4585 Sherbrooke W (Westmount YMCA)

**Hours:** Wednesday 3:30-6:30pm

**Website:** N/A

**\*Legal services listed here are either free or extremely low cost, call for more information.**



## ➤ **NDG**

### **Head and Hands/À Deux Mains**

---

Head and Hands provides holistic healthcare for youth aged 14-25. All services are welcoming for LGBT and questioning youth.

**What they offer:** Counselling and social services, sexual health services, confidential STI and HIV/AIDS testing, hormone treatment for trans identified clients, legal information, support for young parents and referrals.

**Phone:** (514) 481-0277

**Address:** 5833 Sherbrooke West

**Hours:** Monday to Thursday 10am to 9:30pm, Friday 10am to 5pm

**Website:** [www.headandhands.ca](http://www.headandhands.ca)

### **Project 10**

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P10 works to promote the personal, social, sexual and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, inter-sexed and questioning youth and adults 14-25.

**What they offer:** Advocacy work, online groups, drop-in, workshops and help line

**Phone:** (514) 989-0001 (admin) (514) 989-4585 (help line)

**Address:** #218 2000 Northcliffe Square

**Hours:** Monday's 6pm-8pm (drop in) Monday's-Thursday's 12pm-6pm (listening line)

**Website:** [www.p10.qc.ca](http://www.p10.qc.ca)

## ➤ OTHER RESOURCES IN MONTREAL

### Gai Ecoute

---

Gai Ecoute offers support to people with questions regarding their sexual orientation.

**What they offer:** Phone line for information, referrals and support (French only)

**Phone:** (514) 866-0103 or 1-888-505-1010

**Address:** N/A

**Hours:** 7 days a week, 8am-midnight

**Website:** [www.gai-ecoute.qc.ca](http://www.gai-ecoute.qc.ca)

### Gay Line

---

Gay Line offers support to people with questions regarding their sexual orientation.

**What they offer:** Phone line for information, referrals and support

**Phone:** (514) 866-5090 or 1-888-505-1010

**Address:** N/A

**Hours:** 7 days a week, 7am-11pm

**Website:** <http://www.caeoquebec.org/>

### Jeunesse Lambda

---

Jeunesse Lambda is a group created by and for LGBT youth.

**What they offer:** Friday night drop-in group, support, activities for LGBT youth (French only)

**Phone:** (514) 528-7535

**Address:** 2075 Plessis

**Hours:** Fridays 7:30pm (drop in)

**Website:** <http://www.algi.qc.ca/asso/jlambda>

### Queer McGill

---

**Queer McGill (QM)** is a non-profit organization which offers social, political, information and support services for lesbian, bisexual, gay, transgender students and their friends.

**What they offer:** Several discussion groups and social activities at McGill and across the city, an extensive library and resource centre, space in which to speak safely about queer identity and other topics

**Phone:** (514) 398-2106

**Address:** 3480 McTavish, Shatner 432

**Hours:** Monday-Friday 10am-5pm

**Website:** [www.queermcgill.ca](http://www.queermcgill.ca)



## **2110 Centre for Gender Advocacy**

---

2110 is a Concordia Student organization that promotes gender equality and empowerment.

**What they offer:** Peer-to-peer support, workshops, advocacy, and film screenings

**Phone:** (514) 848-2424 ext. 7880

**Address:** 2110 Mackay

**Hours:** Monday-Tuesday 12pm-5pm, Wednesday-Thursday 12pm-6pm

**Website:** <http://www.centre2110.org>

\*There are many other wonderful LGBT organizations in Montreal, please use these services as referral points if you can't find what you are looking for!



## ➤ NDG

### Loyola Center

---

Loyola Center is a community center which caters to a variety of ages in NDG.

**What they offer:** A variety of sports & leisure activities, after school activities and homework help for ages 9-12. Quiet space is available for older youth to work as well. Call for more information.

**Phone:** (514) 872-6721

**Address:** 7065 Somerled

**Hours:** Monday-Friday 3pm-9 or 10pm, Saturday 12pm-9pm. Please call for times of specific activities.

**Website:** N/A

### Quebec Board of Black Educators

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QBBE's mission is to promote the educational development of Black Youth in the Montreal area.

**What they offer:** Summer school course, upgrading, high school preparation workshops for youth, after school homework help (tutors available) for elementary and high school students

**Phone:** (514) 481-9400

**Address:** 3333 Cavendish Blvd, Suite 310

**Hours:** Monday-Thursday 9am-4pm (office) 4pm-6pm (homework help)

**Website:** [www.qbbe.org](http://www.qbbe.org)

### St. Raymond Community Center

---

St Raymond's is an NDG community center that strives to build a healthy community and improve the quality of life for people in the area.

**What they offer:** A variety of sports teams and activities, language classes and homework help for ages 9-12. Quiet space is available for older youth to work as well. Call for more information.

**Phone:** (514) 872-1765

**Address:** 5600 Upper Lachine

**Hours:** Monday and Wednesday 9am-11:30pm, Tuesday Thursday and Friday 9am-10pm  
Tutoring: Monday-Friday 4pm-6pm.

**Website:** <http://cjndg.org/home>

### **Teen Zone YMCA**

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The YMCA Teen Zone NDG provides a safe environment where young people (12-17) can come and hang out, see their friends, relax or get involved in extra-curricular activities.

**What they offer:** Recreational activities (sports, arts), chill space, listening and intervention, personal tutoring and homework help

**Phone:** (514) 486-7315

**Address:** 4335 Hampton St, NDG

**Hours:** Monday-Wednesday 3:30-8pm Thursday & Friday 3:30-10pm (September to June for tutoring)

**Website:** <http://www.yquebec.org/en/>

**\*Several other YMCA's have Teen Zone's and offer homework help, including: Pointe St Charles, Centre Ville, Du Parc, and the West Island YMCA. Please see the website for more information [www.yquebec.org](http://www.yquebec.org). Each center will have its own hours for tutoring and drop in.**

### **Walkley United Families Association**

---

Walkley United Families Association is a community space for all ages.

**What they offer:** A variety of educational and recreational programs for children and adults, Tiny Tots, after school program, Saturday leadership camp, teen drop-in, language courses

**Address:** 6650 Chemin Côte-St-Luc

**Phone & E-mail:** 514-872-139, [walkley.center@gmail.com](mailto:walkley.center@gmail.com)

**Hours:** Monday 9am-7pm, Tuesday-Friday 9am-9pm. Please call for specific program times.

**Website:** N/A

### **Westhaven-Elmhurst Community Association**

---

Westhaven-Elmhurst Community Association provides a community space for all ages in NDG.

**What they offer:** Teen drop in space, basketball teams for ages 9-12, music studio, sports programs, dance group for teens, after school homework help for 6-12.

**Phone:** (514) 872-6134

**Address:** 7405 Harley Ave

**Hours:** Monday-Wednesday 10am-7pm, Thursday 10am-9pm, Friday 9:30am-10pm, Saturday 9:30am-9pm

**Website:** NA

## ➤ OTHER RESOURCES IN MONTREAL

### DESTA

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DESTA (Dare Every Soul To Achieve) is a black youth network located in Little Burgundy. They work to mentor marginalized youth in the areas of education, employment and personal growth.

**What they offer:** Mentoring, chill space, employment counselling, individual tutoring and educational support with correspondence schooling

**Phone:** (514) 932-7597

**Address:** 1950 St Antoine St W

**Hours:** Monday-Friday 9am to 5pm

**Website:** <http://www.destanetwork.ca/>

### Programme Mile End

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Mile End is designed for students (16-18) who have not realized their full potential in traditional high school settings.

**What they offer:** Alternative education to prepare youth for CEGEP, small and dedicated staff team, relaxed and encouraging learning environment.

**Phone:** (514) 227-9826

**Address:** 3171 de Bullion

**Hours:** Monday-Friday 9am to 5pm

**Website:** [www.emsb.qc.ca/mileend](http://www.emsb.qc.ca/mileend)

**\*Please note: The English Montreal School Board offers a variety of alternative school programs to suit different individual needs. Their website ([www.emsb.qc.ca](http://www.emsb.qc.ca)) offers a brief description and contacts for each. From the main page, choose "Schools" from the drop down menu, and then "Outreach Schools" for further information.**

### Annex Access Est

---

Annex offers an alternative educational system to those who have not succeeded in a traditional setting. Students must be referred by their school of origin.

**What they offer:** Small classes, community involvement, extracurricular activities, guidance and counselling

**Phone:** (514) 596-5588

**Address:** 5015 9E Ave, Rosemont

**Hours:** Monday-Friday 9am to 5pm

**Website:** N/A

**\*Please note: Le Commission Scolaire de Montreal offers a variety of alternative school programs to suit different individual needs. Their website ([www.csdm.qc.ca](http://www.csdm.qc.ca)) offers a brief description and contacts for each. From the main page, choose "Écoles Spécialisée" for more options.**



## ➤ NDG

### Family Net

---

Family net provides social support, community resources and parenting skills for parents with small children.

**What they offer:** Parenting skills, education on health and community resources, workshops (childcare provided)

**Phone:** (514) 937-5375

**Address:** Westhaven Community Centre 7405 Harley

**Hours:** Fridays 10:15am-1pm

**Website:** N/A

### Young Parents Program

---

Young Parents Program (a project of Head and Hands/À Deux Mains) provides support and a caring environment for young parents in NDG.

**What they offer:** A space for pregnant women or young parents to meet and connect in a welcoming atmosphere, couples counselling, activities such as dance and art therapy, workshops on healthy living and parenting

**Phone:** (514) 483-0660

**Address:** 6870 Terrebonne, corner Rosedale

**Hours:** Monday to Thursday 10am to 9:30pm, Friday 10am to 5pm  
Young Parents Program: Wednesdays and Fridays 12pm-3:30pm

**Website:** [www.headandhands.ca](http://www.headandhands.ca)

### Maison Elizabeth House

---

Maison Elizabeth House provides a comfortable, age appropriate environment to encourage clients to adopt a healthy lifestyle.

**What they offer:** Money management, counselling and development, cooking classes, prenatal programs, conflict resolution, parenting skills, supervised apartments

**Phone:** (514) 482-2488

**Address:** 2131 Marlowe Ave

**Hours:** Call for information on specific programs

**Website:** <http://www.maisonelizabethhouse.com/>

## ➤ **OTHER RESOURCES IN MONTREAL**

### **Fondation de la Visite/ Visiting Mother Program**

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The Visiting Mother Program is a free support system for young families.

**What they offer:** Visiting mother program allows the new mother to be paired with a woman in her community, who is available 24/7 for support and guidance

**Phone:** (514) 329-2800

**Address:** 11 832 Bellevois Montreal North

**Hours:** Monday-Friday 8am-5pm

**Website:** <http://delavisite.org/>

### **Héberjeune de Parc Extension**

---

Héberjeune de Parc Extension helps young adults take charge of their lives.

**What they offer:** Special services for young mothers, housing for young adults in crisis (cost: about 25% of monthly income), counselling, and drug prevention

**Phone:** (514) 273-2700

**Address:** 7004 Hutchinson Street Suite 2

**Hours:** Call for information

**Website:** N/A

### **Montreal Diet Dispensary**

---

Montreal Diet Dispensary helps women give birth to healthy babies.

**What they offer:** Nutritional information as well as vitamins, eggs and milk, workshops, encouragement and support for breast feeding and parenting skills

**Phone:** (514) 937-5375

**Address:** 2182 Lincoln Ave

**Hours:** Monday-Friday 9am-5pm

**Website:** <http://www.ddm-mdd.org/>



## ➤ NDG

### Prevention NDG/CDN

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Prevention NDG is an organization dedicated to the citizens of CDN/NDG by offering resources to improve the quality of their lives.

**Tandem:** Tandem provides individual and group consultations on personal, private, public or home safety. They also offer workshops on social mediation and safety in the city.

**Hours:** Monday to Friday 9-5

**Address & Phone:** 5319 Avenue Notre Dame de Grace, (514) 489-6567

**Website :** [www.preventionndg.org](http://www.preventionndg.org)

**\*Outreach workers in NDG:** [karlprevndg@gmail.com](mailto:karlprevndg@gmail.com); [mesayprevndg@gmail.com](mailto:mesayprevndg@gmail.com)

### Head and Hands/À Deux Mains

---

Head and Hands provides holistic healthcare for youth aged 14-25.

**What they offer:** Counselling and social services, sexual health services, legal information, accompaniment to various services (court, abortion clinics, welfare offices, etc), crises support through the Street Work team.

**Phone:** (514) 481-0277

**Address:** 5833 Sherbrooke West

**Hours:** Monday to Thursday 10am to 9:30pm, Friday 10am to 5pm

**Website:** [www.headandhands.ca](http://www.headandhands.ca)



## ➤ OTHER RESSOURCES IN MONTREAL

### CAVACs (Centres d'aide aux victimes d'actes criminels)

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CAVACs offer front-line services to all victims of crime and their immediate family, and also to witnesses of a crime. The centres provide assistance regardless of whether the perpetrator of the crime has been identified, apprehended, prosecuted or convicted.

**What they offer:** Post-trauma and psychosocial intervention, information on crime victim rights and remedies, technical assistance, accompaniment, referrals to specialized services

**Phone:** 1-866-532-2822

**Address:** **Montreal Centre** 1030 Beaubien East, 4<sup>th</sup> floor  
**East End Montreal** 6070 Sherbrooke East, Suite 207  
**West End Montreal** 404 Boulevard Decarie, Suite 306

**Hours:** Monday-Friday 9am-5pm

**Website:** <http://www.cavac.qc.ca/english/index.html>

### Sortie de secours

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The Sortie de secours project is overseen by the Fondation Québécoise pour les Jeunes Contrevenants (FQJC), a non-profit organization. The project's objective is to strengthen and activate a network of community support and commitment for youth, boys or girls, at risk or involved in a gang.

**Services offered:** Support for youth looking to disaffiliate themselves from a gang, working in collaboration with the youth in question and the organizations and institutions in the community in order to determine the best possible course of action, crisis support and referral

**Phone:** (514) 236 0754

**Address:** 75 Sir Georges-Étienne-Cartier Square

**Hours:** Monday to Friday 9am-5pm

**Website:** <http://www.securitepublique.gouv.qc.ca/index.php?id=1508>



## ➤ NDG

### Action Communiterre

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Action Communiterre is a non profit organization dedicated to raising public awareness about food security and urban agriculture, while improving the community's access to healthy organic produce through collectively-managed vegetable gardens and other urban agricultural projects in the Montreal area.

**What they offer:** A variety of activities including collective gardening, inter-generational cooking, greening projects, and educational workshops on subjects such as recycling and composting, preserving and increasing biodiversity, environmental protection and empowerment in food security, community involvement.

**Phone:** 514-484-0223

**Address:** 6244 Sherbrooke W.

**Hours:** Please call for dates and times of specific activities.

**Website:** [www.actioncommuniterre.qc.ca](http://www.actioncommuniterre.qc.ca)

### Prevention NDG/CDN – Eco-Quartier

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Prevention NDG is an organization dedicated to the citizens of CND/NDG by offering resources to improve the quality of their lives.

**What they offer:** Ecological information and workshops on recycling and composting, workshops and consultations on personal, private, and public safety for youth and adults alike, graffiti workshops for youth as well as programs to encourage graffiti as art

**Eco-Quartier:** Eco-Quartier provides information for your ecological questions, workshops, sale of composters, distribution of recycling bins, and special events

**Address & Phone:** 6575 Somerled, (514) 486-2727

**Hours:** Tuesday-Friday 10am-6pm, Saturday 10am-1pm

**Tandem:** Tandem provides individual and group consultations on personal, private, public or home safety. They also offer workshops on social mediation and safety in the city

**Address & Phone:** 5319 Avenue Notre-Dame-de-Grâce, (514) 489-6567

**Hours:** Monday to Friday 9am-5pm

**Website :** [www.preventionndg.org](http://www.preventionndg.org)



### **Drugs: Help and Referral**

---

Drugs is dedicated to providing free help and information via telephone.

**What they offer:** Information, listening and referral

**Phone:** (514) 527-2626 or 1-800-265-2626

**Address:** N/A

**Hours:** 7 days a week, 24 hours a day.

**Website:** <http://drogue-aidereference.qc.ca/index.html>

### **Gai Ecoute**

---

Gai Ecoute offers support to people with questions regarding their sexual orientation.

**What they offer:** Phone line for information, referrals and support (French only)

**Phone:** (514) 866-0103 or 1-888-505-1010

**Address:** N/A

**Hours:** 7 days a week, 8am-midnight

**Website:** [www.gai-ecoute.qc.ca](http://www.gai-ecoute.qc.ca)

### **Gay Line**

---

Gay Line offers support to people with questions regarding their sexual orientation.

**What they offer:** Phone line for information, referrals and support

**Phone:** (514) 866-5090 or 1-888-505-1010

**Address:** N/A

**Hours:** 7 days a week, 7am-11am

**Website:** <http://www.caeoquebec.org/>

## **Info Santé**

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Info Santé is a health information hotline.

**What they offer:** Free health information and advice by a registered health care professional (non life threatening only)

**Phone:** (514) 521-2100

**Address:** N/A

**Hours:** 24 hours a day, 7 days a week

**Website:** N/A

## **Jeunesse J'écoute**

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Jeunesse J'écoute is an anonymous and confidential help line for children and youth.

**What they offer:** Listening, counseling, information and referral.

**Phone:** 1-800-668-6868

**Address:** N/A

**Hours:** 24 hours a day, 7 days a week

**Website:** [www.jeunessejecoute.ca](http://www.jeunessejecoute.ca)

## **Montreal Sexual Assault Center**

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MSAC provides support to survivors of sexual assault.

**What they offer:** 24 hour help line, listening services, referrals

**Phone:** (514) 934-4504

**Address:** N/A

**Hours:** 24 hours a day, 7 days a week

**Website:** [www.cvasm.org](http://www.cvasm.org)

## **Suicide Action Montreal**

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Suicide Action Montréal's mission is to prevent suicide and help survivors of suicide cope with its serious repercussions.

**What they offer:** Telephone crisis/listening line, support for survivors of suicides, support for the family and friends of a suicidal person

**Phone:** (514) 723-4000 Toll Free Outside of Montreal: 1-866-277-3553

**Address:** N/A

**Hours:** 24 hours a day, 7 days a week.

**Website:** [www.suicideactionmontreal.org](http://www.suicideactionmontreal.org)

## Tel Jeunes

---

Tel Jeunes is a help line for kids and youth.

**What they offer:** Information, referral and listening

**Phone:** 1-800-263-2266

**Address:** N/A

**Hours:** 24 hours a day, 7 days a week.

**Website:** [www.teljeunes.com](http://www.teljeunes.com)