



**CONTACT  
US!**

**[INFO@AGIRMONTREAL.ORG](mailto:INFO@AGIRMONTREAL.ORG)**

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**July 2024**

# RESOURCE GUIDE



# EMERGENCY SERVICES



**911**

fire department  
police  
ambulance  
coast guard

**SOS DOMESTIC  
VIOLENCE**

**1-800-363-9010**

**CRISIS CENTERS IN  
THE MONTREAL AREA**  
**1-800-361-5085**

24/7, free and confidential  
for adults in state of psychological  
or psychosocial distress

**SUICIDE ACTION**  
**1-866-277-3553**

24/7  
free and confidential  
for people in distress or suicidal  
and their loved ones

**HELP FOR SURVIVORS  
OF SEXUAL ASSAULT**  
**1-888-933-9007**

24/7  
free and confidential  
for victims of sexual assault and  
their loved ones

# EMERGENCY SERVICES - CRISIS CENTERS -



**L'APPOINT**

**514-351-6661**

**LE TRANSIT**

**514-282-7753**

**TRACOM**

**514-483-3033**

**EQUIPE MOBILE DE  
CRISE RESOLUTION**

**514-351-959**

**ASSOCIATION IRIS**

**514-388-9233**

**CENTRE DE CRISE DE  
L'OUEST DE L'ILE DE  
MONTREAL**

**514-684-6160**

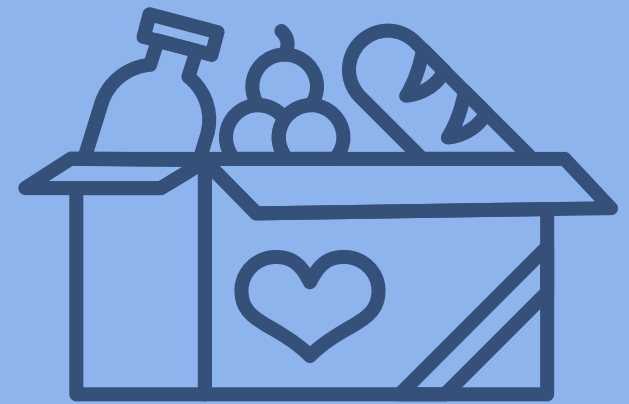
**L'AUTRE MAISON**

**514-768-7225**

# FOOD BANKS

OTHER FOOD ASSISTANCE SERVICES:

[HTTPS://WWW.211QC.CA/EN/FOOD](https://www.211qc.ca/en/food)



## PARTAGE ET SOLIDARITE

by appointment

4191, Rue Fullum, Le Plateau-Mont-Royal, Montreal, QC, H2H 2S3

[Website](#)  
[Facebook Group](#)

## NDG COMMUNITY FOOD DEPOT

if you live in NDG

6450 Somerled Avenue, Montreal, Quebec, H4V 1S5

[Website](#)  
[Registration](#)

## RACINE CROISEE

Friday 3:30-6:30 p.m

\$5 registration, \$7 basket

4526 avenue du Parc, Montreal, H2V 4E3  
514-225-3448

[Website](#)  
[Registration](#)

## LES PIRATES VERTS

free for all

no ID/proof of income required

bring your own bags and containers

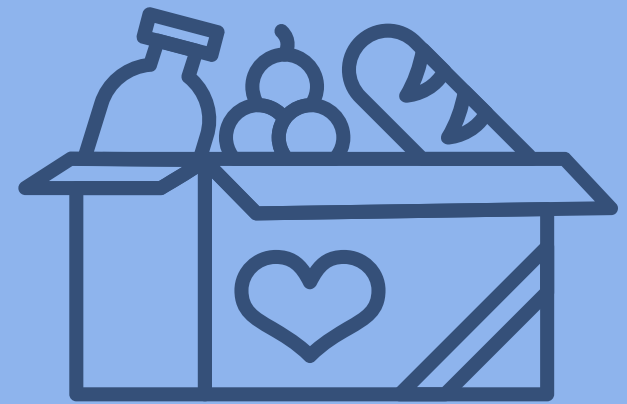
1893 Moreau (Hochelaga), Montreal, Quebec, H1W 2L5 - metro Prefontaine  
514 773-9227

[Website](#)  
[Facebook](#)

# FOOD BANKS

OTHER FOOD ASSISTANCE SERVICES:

[HTTPS://WWW.211QC.CA/EN/FOOD](https://www.211qc.ca/en/food)



## LES MAINS DU QUARTIER

- open to all
- call to register monday before 12pm
- 7\$ basket

1857 De Maisonneuve Boulevard West, Ville-Marie, Montreal, QC, H3H 1J9  
514 989-1735  
[lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

[Website](#)

## BANQUE ALIMENTAIRE ROSEMONT

CLOSED FOR THE SUMMER, OPENS IN SEPTEMBER

- every friday
- open to all, no ID
- appointment by telephone

438 763-3488  
1487 Rue Aylwin, Montreal, H1W 3B6

[Facebook](#)

## AFRIQUE AU FEMININ

- food baskets for women in need
- every Tuesday from 12-3 p.m
- registration with proof of identity, income and Montreal residence

7000 Park Avenue, suite 106-107,  
Montreal, H3N 1X1  
514 272 3274

[Website](#)

## PARTAGE ET SOLIDARITE

- free for all, no ID
- everyday except thursday
- by appointment on the website

514 659 1773  
[info@partageetsolidarite.org](mailto:info@partageetsolidarite.org)

[Website](#)

# SHELTERS



## LE BUNKER (DANS LA RUE)

mixed

for 12-21 year olds

for trans people: up to 25

Open Sunday to Wednesday from 6 p.m. to 10:30 a.m

514-524-0029

Website

## PASSAGES

Cis and Trans Women and Non-Binary people with a female gender expression

aged 18-30

open 24 hours, 365 days

514-875-8119

Website

## MONTREAL YOUTH SHELTER

for homeless young men aged 17 to 26

1836 Ste-Catherine Street East  
in Montreal

514-849-4221

Website

## OTHER SHELTERS FOR ADULTS

211 website

# ACCOMODATION



## HOUSING COMMITTEES

information and resources for tenants with housing problems

find your local committee:

[Website](#)

## PROJECT GENESIS

legal information and support for housing  
open to all, confidential

514-738-2036

4735 Cote-Sainte-Catherine Road  
Montreal, Quebec H3W 1M1

[Website](#)

## CHEZ QUEER MONTREAL

facebook group  
safe LGBTQAI+ housing and/or roommates.

[Facebook link](#)

## AT IBPOC-TIOHTIA:KE/MONTREAL

facebook group  
housing for people who identify as Indigenous, Black, and/or people of colour

[Facebook link](#)

# HELPLINES



## INTERLIGNE

**LGBTQ+ realities  
listening by phone, SMS, chat  
and email  
514 866-0103  
Website**

## TRANS LIFELINE

**emotional support to trans  
people  
by the trans community  
English and Spanish  
+1 (877) 330-6366**

## PHONE HELP (TEL AIDE):

**for people in distress  
or suffering from mental  
health problems  
French and English**

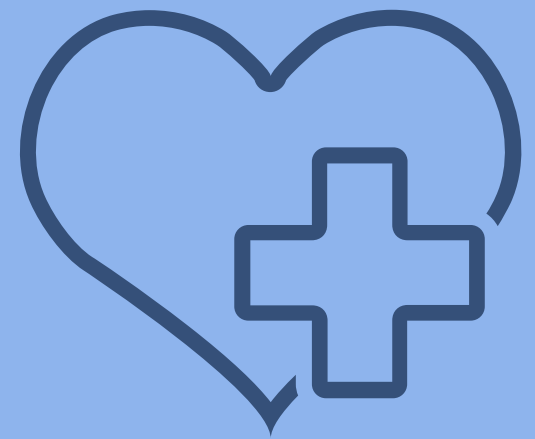
**514-935-1101  
Website**

## KIDS HELP PHONE

**text-based support  
for young people  
french and english  
everyday 10 a.m to 10 p.m.  
1-800-668-6868  
Website**



# HEALTH



## 811 HEALTH INFO (INFO SANTÉ)

reach a nurse or social worker  
non-emergency

[Website](#)

## CLSC (Local Community Service Center)

- health and social services
- medical consultation with or without an appointment
- rehabilitation and reintegration services

Find a CLSC by postal code:

[Website](#)

## CLINIQUE L'ACTUEL

screening and treatment of STBBIs  
care for people living with HIV/AIDS.

514-524-1001 or 514-524-3831

Address: 1001, boul. De Maisonneuve East,  
suite 1130 Montreal, Quebec H2L 4P9

[Website](#)

## CACTUS MONTREAL

community organization for the  
prevention of STBBIs

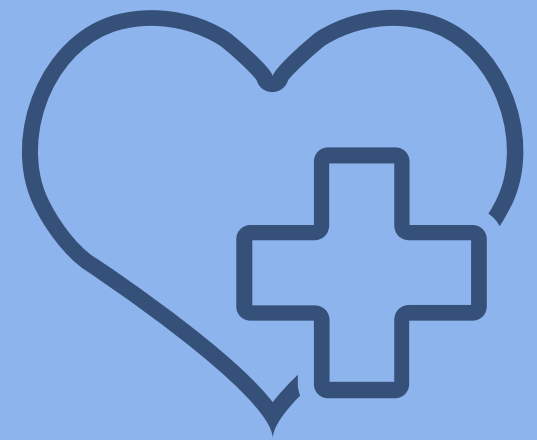
514-847-0067

1244 Berger Street, Montreal,  
Quebec, H2X 1M1

[info@cactusmontreal.org](mailto:info@cactusmontreal.org)

[Website](#)

# HEALTH



## **MEDICAL CLINIC 1851**

**accepts patients  
with IFHP (Interim  
Federal Health  
Program)**

**514-524-7564**

**1851 R.**

**Sherbrooke E**

**Bureau 101,**

**Montreal, QC H2K**

**4L5**

**Website**

## **SIDEP+**

**clinic for men who  
have sex with men  
and/or trans  
people**

**accepts people  
without ID or  
insurance.**

**514-527-9565 x  
1480**

**1705, rue de la  
Visitation,**

**Montreal H2L 3C3**

**Appointment link**

## **HEADS AND HANDS MEDICAL SERVICES**

**medical services  
for youth ages  
12-25**

**with or without  
health insurance**

**Website**

# OPHTHALMIC CARE/ VISION



## REFUGEE PROGRAM AT THE JEWISH GENERAL HOSPITAL

Eye exam and frame with  
covered corrective lenses

Dr Shelton  
Regismarianayagam  
(Optometrist) Jonathan  
Abitbol (Optician)

514 738-0000 to make an  
appointment  
5767 rue Légaré, Pav. K,  
Montreal, H3T 1E4

## THE MAN WITH GLASSES (LE BONHOMME À LUNETTES)

optician services at  
affordable prices t

points of service in  
Montreal:  
Website

# GENDER AFFIRMING CARE



## **CENTRE MERAKI**

**Gender Variance Program  
for children and adults**

**info@centremeraki.com  
(514)-933-3393  
Website**

## **CLINIC QUORUM – TRANSGENDER CARE**

**for trans and gender non-conforming people**

**(514)-360-0614  
info@cliniquequorum.com  
Website**

## **CLINIC 1851–TRANSGENDER CLINIC**

**Dr. Charles-Olivier Basile**

**(514) 524-7564 or (514) 527-5251**

**Website**

## **HEADS AND HANDS – HRT**

**for youth from 12-25 years**

**(514)-481-0277  
clinic@headandhands.ca  
Website**

**MATT MCLAUHLIN, MSW**  
**letters of reference for transition-  
related care**

**438 341-6776  
matt.mcl@protonmail.com**

**Website**

## **CLINIQUE D'ENDOCRINOLOGIE DE MONTREAL**

**endocrinology of transsexuality**

**514-866-3681  
info@endocrinomtl.com  
Website**

# LEGAL RESOURCES



**AQAADI (ASSOCIATION OF  
IMMIGRATION LAWYERS IN  
QUEBEC)**

**Website**

**HEADS AND HANDS LEGAL  
SERVICES:**

**Website**

**LEGAL AID WEBSITE**

**Website**

**BAR OF QUEBEC**

**Website**

# LANGUAGE COURSES



## FRENCH COURSES FOR IMMIGRANTS - MIFI

- asylum seekers accepted part-time
- accepted refugees full-time
- must be available to start when you apply

free, financial assistance available

[Registration link](#)

## THE REFUGEE CENTRE

- french and english courses
- free (refundable deposit)

[communications@therefugeecentre.org](mailto:communications@therefugeecentre.org)

[Website](#)

## THE HOUSE OF FRIENDSHIP (MAISON DE L'AMITIÉ)

- french and english language courses for adults
- open to everyone
- no documents required for registration

[Website](#)

# AID ORGANIZATIONS



## PRAIDA

- ✓ for asylum seekers
- ✓ social worker at the PRAIDA reception team from 8:30 a.m. to 4:30 p.m. Monday to Friday

- ✓ call to make an appointment.  
Telephone: 514-484-7878, Text 64500

35 Port-Royal East,  
Montreal (Quebec) H3L  
3T1

[Website](#)

## ASTT(e)Q

- ✓ for the trans community
- ✓ support services
- ✓ walk-in individual support and discussion groups

514 847-0067  
1300 Sanguinet Street,  
Montréal, QC H2X 3E7  
info@cactusmontreal.org

[Website](#)

## THE REFUGEE CENTRE

- ✓ integration structure for refugees and immigrants
- ✓ support to students and immigrants

514 846-0005  
610 Saint-Catherine St  
W Suite 402, Montreal,  
Quebec H3H 2S2

[Website](#)

# FURNITURE



## MUTUAL AID OF FRIENDS OF MONTREAL

furniture and appliances at low prices

Website

514-846-9222

3723 Notre-Dame Street West,  
Montreal, QC H4C 1P8

## FACEBOOK GROUP - DO YOU HAVE THAT? GREATER MONTREAL

free articles

Facebook group link

## FACEBOOK GROUP - REFUGEE CLAIMANT DONATIONS MONTREAL

for asylum seekers to request furniture and appliances

Facebook Group Link

## FACEBOOK GROUP - GEEV MONTREAL

exchange and donate second-hand items

Facebook group link

## FACEBOOK GROUP - DO YOU HAVE THIS? MONTREAL

free articles

Facebook group link

## FACEBOOK GROUP - MEUBLES ABANDONNÉS

pictures and locations of furniture that was abandoned on the street

Facebook Group Link



# (WINTER) CLOTHES



## CSRI – COMMUNITY SERVICES FOR REFUGEES AND IMMIGRANTS

- clothing and furniture, essential household items and appliances
- for newcomers who have been in Canada for less than six months

35 Port Royal E.,  
Montréal, H3L 3T1  
info@migrantmontreal.org  
514 387-4477

[Website](#)

## RENAISSANCE

chain of thrift stores in Quebec

Find the store closest to you:

[Website](#)

## VALUE VILLAGE (VILLAGE DES VALEURS)

Used clothing at reduced prices

Find the store closest to you:

[Website](#)