



**CONTACT
US!**

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

[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

[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

ACCOMMODATION



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):

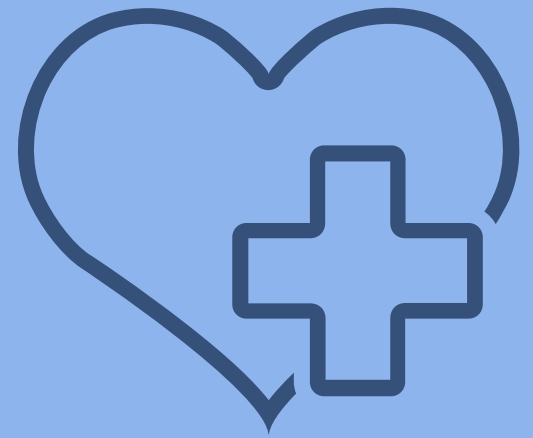
**for people in distress
or suffering from mental
health problems
French and English**

**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

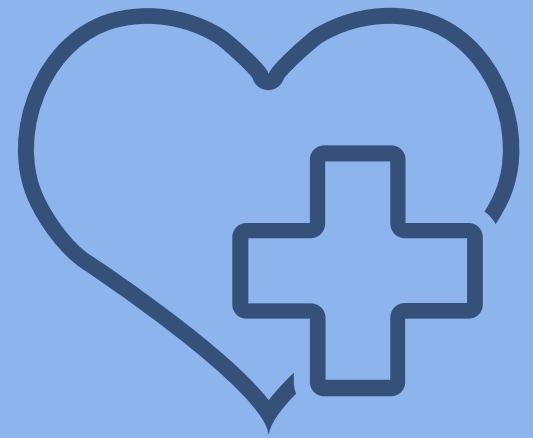
514-847-0067

1244 Berger Street, Montreal,
Quebec, H2X 1M1

info@cactusmontreal.org

[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 MCLAUCHLIN, 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

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

AID ORGANIZATIONS



Welcome Collective

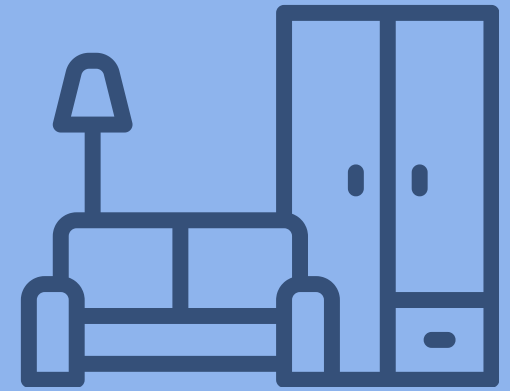
- ☒ **supports asylum seekers and newcomers in precarious situations by providing furniture, winter clothing, and essential household items.**
- ☒ **also offers psychosocial support and administrative assistance.**

Monday to Friday, 10 AM to 4 PM

Address: Warehouse in Ahuntsic, near Sauvé metro station (by appointment only).

[Site Web](#)

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

ENTERTAINMENT



FREE ACTIVITIES IN MONTREAL

SEE THIS LIST OF FREE ACTIVITIES IN
MONTREAL DURING THE FALL:

[HTTPS://WWW.MTL.ORG/EN/WHAT-
TO-DO/FALL](https://www.mtl.org/en/what-to-do/fall)