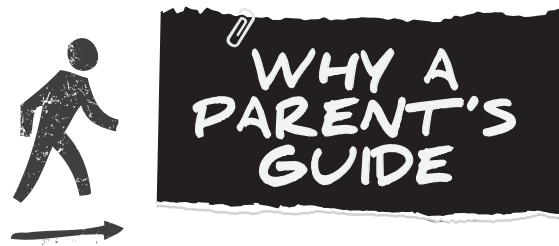


# Community Resource Guide for Parents

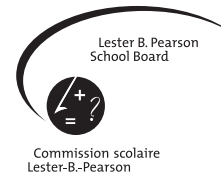


LaSalle and Ville St-Pierre



This guide was created in response to a need identified by several parents of the LaSalle and Ville St-Pierre communities. It was created especially for parents but may also be helpful for professionals working with children, youths and families.

This guide is an initiative of the Lester B. Pearson School Board's Student Services Department and was developed in collaboration with the CSSS Dorval-Lachine-LaSalle.



Centre de santé et de services sociaux  
de Dorval-Lachine-LaSalle



## HELP LINES



### EMERGENCY HELP | 911

**POISON CONTROL CENTER**  
1-800-463-5060

**SUICIDE-ACTION MONTREAL**  
514-723-4000 | [www.suicideactionmontreal.org](http://www.suicideactionmontreal.org)

**TEL-AIDE**  
514-935-1101 | [www.telaide.org](http://www.telaide.org)

**TEL-ÉCOUTE**  
514-493-4484 | [www.tel-ecoute.org](http://www.tel-ecoute.org)

**GAMBLERS ANONYMOUS**  
1-888-424-3577 | [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

**DRUGS: HELP & REFERRAL – ALCOHOL, DRUGS & MEDICATION**  
1-800-265-2626 | [www.drogue-aidereference.qc.ca](http://www.drogue-aidereference.qc.ca)



## HELP LINES



**ÉDUCATION COUP-DE-FIL**  
514-525-2573 | [www.education-coup-de-fil.com/english.php](http://www.education-coup-de-fil.com/english.php)

**LIGNE PARENTS**  
1-800-361-5085 | <http://parentsline.net/menu/index.php?lang=en>

**SOS VIOLENCE CONJUGALE**  
1-800-363-9010 | [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)

**TEL-JEUNES**  
1-800-263-2266 | <http://en.teljeunes.com/home>

**KIDS HELP PHONE**  
1-800-668-6868 | <http://kidshelpphone.ca/Teens/home.aspx>

**GROSSESSE SECOURS**  
514-271-0554 | [www.grossesse-secours.org](http://www.grossesse-secours.org)



## POLICE



### INFO-CRIME

1-800-711-1800 | [www.infocrime.org](http://www.infocrime.org)

### POSTE DE QUARTIER 13 (PDQ 13)

514-280-0113 | [www.spvm.qc.ca](http://www.spvm.qc.ca)  
8745 LaSalle Blvd., LaSalle



## FOOD ASSISTANCE



*Sometimes at low cost, sometimes at no cost.*

### SOCIÉTÉ ST-VINCENT DE PAUL DE MONTREAL (FOR LASALLE RESIDENTS)

514-526-5937 | [www.ssvp-mtl.org](http://www.ssvp-mtl.org)

*\*You need to call this number. It will redirect you to the right food bank: have your postal code ready.*

### SOCIÉTÉ ST-VINCENT DE PAUL DE MONTREAL: SAINT-PIERRE-AUX-LIENS

514-634-3471, ext. 334 | [www.ssvp-mtl.org](http://www.ssvp-mtl.org)  
69 Saint-Pierre Avenue, Ville St-Pierre

### H.O.P.E. SOCIETY - St John Brébeuf Parish

514-363-4578 | [www.johnbrebeuf.ca](http://www.johnbrebeuf.ca)  
7777, Georges Street, LaSalle

### ÉGLISE LASALLE NEW LIFE

514-368-9004  
7780 Champlain Blvd., LaSalle



## FOOD ASSISTANCE

Sometimes at low cost, sometimes at no cost.

**L'OEUVRE DE LA SOUPE MAISON**  
(FOR LACHINE AND VILLE ST-PIERRE RESIDENTS)  
514-469-9954

**EXTENDED HANDS**  
514-469-2408 | <http://extendedhands.net>  
1850 St-Antoine, Lachine

### Legend

**F** French Services only

**E** English Services only



## OTHER FOOD RESOURCES

**NUTRI-CENTRE LASALLE**  
*Community lunches / Cooking classes / Collective garden /  
Infant feeding information*  
514-365-3670 \*Registration is mandatory

**"GOOD FOOD BOX " PROGRAM**  
*Fruits and vegetables at low cost*  
514-364-4999

**F LA PETITE MAISON**  
*Second-hand clothing, "Good food box "; cooking classes, others*  
514-544-1319  
41 Ouellette Street, Ville St-Pierre

**ST-PIERRE FOOD MARKET**  
*Open Wednesday through Sunday*  
514-439-3353  
59 St-Pierre Avenue, Ville St-Pierre



## OTHER FOOD RESOURCES

### **SOCIÉTÉ D'HORTICULTURE DE LASALLE**

*Community gardens Charles-Naguy*

**514-367-1000, ext. 6809**

### **SOCIÉTÉ D'HORTICULTURE DES RAPIDES**

*Community gardens Des Rapides*

**514-367-1000, ext. 6819**

### **COLLECTIVE GARDEN "TRIANGLE FLEURI"**

**514-300-2045** | [www.concertactionlachine.com/jardinscollectifs.html](http://www.concertactionlachine.com/jardinscollectifs.html)  
Ville St-Pierre



## SECOND-HAND CLOTHING, FURNITURE

*Sometimes at low cost, sometimes at no cost.*

### **SALVATION ARMY**

**514-935-7425** | [www.salvationarmy.ca](http://www.salvationarmy.ca)  
1620, Notre-Dame Street West, Montreal

### **ÉCONOMIE FAMILIALE VILLANI**

**514-637-9339**  
98, 6<sup>th</sup> Avenue, Lachine

### **FRIPE-PRIX RENAISSANCE – BOUTIQUE VERDUN**

**514-766-5059** | [www.renaissancequebec.ca](http://www.renaissancequebec.ca)  
4261, Wellington Street, Verdun

### **FRIPE-PRIX RENAISSANCE – BOUTIQUE SAINT-JACQUES**

**514-484-0145** | [www.renaissancequebec.ca](http://www.renaissancequebec.ca)  
7205, St-Jacques Street West, Montreal

### **HALL MISSION**

**514-937-1323** | <http://missionbonaccueil.com/en/services/familles/index.php>

### **CARREFOUR D'ENTRAIDE LACHINE**

**514-634-3686** | <http://carrefourentraide.org>  
1176 Provost Street, Lachine



## HOUSING



**COMITÉ LOGEMENT LACHINE/LASALLE**  
514-544-4294

**OFFICE MUNICIPAL D'HABITATION DE MONTREAL (OMHM)**  
514-868-3676 | <http://www.omhm.qc.ca>

**RÉGIE DU LOGEMENT**  
514-873-2245 | [www.rdl.gouv.qc.ca/en/accueil/accueil.asp](http://www.rdl.gouv.qc.ca/en/accueil/accueil.asp)



## BUDGET



**ACEF DU SUD-OUEST DE MONTREAL**  
514-362-1771 | [www.consommateur.qc.ca/acef-som](http://www.consommateur.qc.ca/acef-som)  
6734, Monk Blvd., Montreal



## LEGAL ASSISTANCE

### LEGAL INFORMATION CLINIC AT MCGILL

*Free legal information*

514-389-6792 | [mlic.mcgill.ca](http://mlic.mcgill.ca)

### MONTREAL LEGAL AID

Youth matters	514-864-9833
Criminal and penal matters	514-842-2233
Immigration matters	514-849-3671
Civil and family matters	514-864-9437

[www.cajm.qc.ca/index\\_eng.html](http://www.cajm.qc.ca/index_eng.html),  
click on *should you require a legal aid lawyer*

### CRIME VICTIMS ASSISTANCE CENTER – CAVAC WEST END OF MONTREAL

514-744-5048 | [www.cavac.qc.ca/english/network/montreal/index.html](http://www.cavac.qc.ca/english/network/montreal/index.html)



## ADVOCACY

### WELFARE RIGHTS COMMITTEE

514-932-5916 | [welfarerightscommittee.blogspot.com](http://welfarerightscommittee.blogspot.com)  
2365, Grand Trunk Street, Montreal

### AU BAS DE L'ÉCHELLE

*Advocacy for non-unionized workers*  
514-270-7878 | [www.aubasdelechelle.ca](http://www.aubasdelechelle.ca)

### ORGANISATION D'AIDE AUX SANS-EMPLOIS (ODAS) 514-932-3926





## IMMIGRATION AND INTEGRATION

**CENTRE PRISME – PROMOTION, RÉFÉRENCE, INFORMATION ET SERVICES MULTI-ETHNIQUES**

**514-364-0939**

414 Lafleur Avenue, bureau 1-10, LaSalle

**E LASALLE MULTICULTURAL RESOURCE CENTRE**

**514-367-3383** | [www.lmrcenter.com](http://www.lmrcenter.com)

1464 Shevchenko Blvd., LaSalle



## EMPLOYEMENT / TRAINING RESOURCES

**DESTINATION TRAVAIL/CARREFOUR JEUNESSE EMPLOI LASALLE (CJE LASALLE)**

*Services offered for 16+*

**514- 368-1832** | [www.destinationtravail.org/cje/en/cjemission.html](http://www.destinationtravail.org/cje/en/cjemission.html)  
1191, 90<sup>th</sup> Avenue, LaSalle

**CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE ET COMMUNAUTAIRE LASALLE-LACHINE (CDEC)**

**514-469-0288** | <http://www.cdec-lasallelachine.ca/employabilite-chercheuremploi.htm>

735, Notre-Dame Street, Lachine

**F CENTRE EUREKA INC.**

*Services offered for 40+*

**514-937-8998** | [www.centreeureka.org](http://www.centreeureka.org)

4377 Notre-Dame Street West, Montreal

**CENTRE LOCAL D'EMPLOI DE LASALLE (CLE)**

**514-365-4543**

2212, Dollard Avenue, 2<sup>nd</sup> Floor, Montreal



## WOMEN RESOURCES

### **YWCA MONTREAL – Y DES FEMMES**

514-866-9941 | [www.ydesfemmesmtl.org/En/Home\\_English.html#](http://www.ydesfemmesmtl.org/En/Home_English.html#)  
1355 René-Lévesque Blvd. West, Montreal



## FAMILY-CHILDREN-YOUTH RESOURCES

### **F MAISON DES FAMILLES DE LASALLE**

514-364-1332 | [www.mflasalle.com](http://www.mflasalle.com)  
535 Lafleur Avenue, LaSalle

### **E CCS EARLY HEAD START PROGRAM (0-2 years old)**

514-937-5351 | [www.ccs-montreal.org](http://www.ccs-montreal.org)

### **E TENDER LOVING CARE (2-5 years old)**

514-363-2017 | [www.tlclasalle.org](http://www.tlclasalle.org)  
240 9<sup>th</sup> Avenue, LaSalle

### **BOYS AND GIRLS CLUB OF LASALLE (3-18 years old)**

514-364-4661 | [www.bgclasalle.com](http://www.bgclasalle.com)  
8600 Hardy Street, LaSalle

### **MAISON DES JEUNES « LA BICOQUE » (12-17 years old)**

514-788-3938  
170 Orchard Avenue, LaSalle



## FAMILY-CHILDREN-YOUTH RESOURCES

**LA CASERNE DES JEUNES (12-17 years old)**  
514-634-3471, ext. 822  
59 Saint-Pierre Avenue, Ville St-Pierre

**MAISON DES JEUNES L'ESCALIER (12-17 years old)**  
514-637-0934 | <http://www.colba.net/~mdjpc>  
560, 5<sup>th</sup> Avenue, Lachine

**F BUREAU DE CONSULTATION JEUNESSE (14-25 years old)**  
514-274-9887 | [www.bcj14-25.org](http://www.bcj14-25.org)

**CENTRE COMMUNAUTAIRE LASALLE (18+)**  
514-363-4506  
15 Highlands Avenue, LaSalle

**F CENTRE MULTI-RESSOURCES DE LACHINE**  
514-637-0934 | <http://cmrl.ca>  
800 Sherbrooke Street, Lachine

**F CORPORATION L'ESPOIR (Special needs)**  
514-367-0444 | [www.corporationespoir.org](http://www.corporationespoir.org)  
55 Dupras Street #511, LaSalle



## DAYCARE

**MINISTÈRE DE LA FAMILLE ET DES AINÉS**  
*To locate a daycare*

<http://www.mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index.aspx>

**COOPÉRATIVE ENFANCE-FAMILLE**  
*To put your name on waiting lists*  
[http://www.enfancefamille.org/\\_home](http://www.enfancefamille.org/_home)

**BC FAMILIGARDE**  
*To find a home daycare in Dorval-Lachine-LaSalle*  
514-595-9955 | [http://cpefamiligarde.com/\\_home](http://cpefamiligarde.com/_home)



## SCHOOLS

### **ALLION ELEMENTARY SCHOOL**

**514-595-2040** | <http://allion.lbpsb.qc.ca>

140, 9<sup>th</sup> Avenue, LaSalle

### **CHILDREN'S WORLD ACADEMY**

**514-595-2043** | <http://cwa.lbpsb.qc.ca>

2241 Menard Street, LaSalle

### **ORCHARD ELEMENTARY**

**514-366-2270** | <http://orchard.lbpsb.qc.ca>

400, 80<sup>th</sup> Avenue, LaSalle

### **ST-LAWRENCE ACADEMY – JUNIOR CAMPUS**

**514-798-0743** | <http://stlawrenceacademyjr.lbpsb.qc.ca>

8340 David-Boyer Street, LaSalle

### **ST-LAWRENCE ACADEMY – SENIOR CAMPUS**

**514-798-0744** | <http://stlawrenceacademysr.lbpsb.qc.ca>

121 Summerhill Avenue, LaSalle



## SCHOOLS

### **LASALLE COMMUNITY COMPREHENSIVE HIGH SCHOOL**

**514-595-2050** | <http://lcchs.lbpsb.qc.ca>

240, 9<sup>th</sup> Avenue, LaSalle

### **LESTER B. PEARSON SCHOOL BOARD**

**514-422-3000** | <http://www.lbpsb.qc.ca/eng/main.asp>

1925 Brookdale, Dorval



## HEALTH AND SOCIAL SERVICES

**INFO-SANTÉ | 811**

**CSSS DORVAL-LACHINE-LASALLE:**

**LASALLE HOSPITAL**

514-362-8000 | [www.csssdll.qc.ca](http://www.csssdll.qc.ca)  
8585 Terrasse-Champlain, LaSalle

**CLSC LASALLE**

514-364-2572 | [www.csssdll.qc.ca](http://www.csssdll.qc.ca)  
8550 Newman Blvd., LaSalle

**CLSC DORVAL-LACHINE**

514-639-0660 | [www.csssdll.qc.ca](http://www.csssdll.qc.ca)  
1900 Notre-Dame Street, Lachine



## PEDIATRIC AND MEDICAL CLINICS

**LASALLE PEDIATRIC CLINIC**

514-364-5229 | 1801 Dollard Avenue, LaSalle

**LASALLE CHILDREN'S MEDICAL CLINIC**

514-368-0441 | 1791 Dollard Avenue, LaSalle

**LASALLE FAMILY HEALTH**

514-595-8867 | 2101 Dollard Avenue, LaSalle

**GYNECOLOGY AND MATERNITY CLINIC**

514-364-3700 | 1811 Dollard Avenue, LaSalle

**NAZARETH MEDICAL CENTRE**

514-368-5500 | 1771 Dollard Avenue, LaSalle

**VILLE EMARD MEDICAL CLINIC**

514-767-5307 | 5824 Monk Blvd., Montreal

**VERDUN MEDICAL CLINIC**

514-737-2496 | 55 de l'Église Street, Verdun



## BOROUGH SERVICES

### LASALLE BOROUGH

514-367-1000 | <http://ville.montreal.qc.ca>

### OCTOGONE LIBRARY

514-367-6376 | <http://octogone.ville.lasalle.qc.ca>  
1080 Dollard Avenue, LaSalle

### VILLE SAINT-PIERRE LIBRARY

514-634-3471, ext. 826  
183 Des Érables Street, Ville St-Pierre

### AQUADOME

514-367-6460 | [www.aquadome-lasalle.com](http://www.aquadome-lasalle.com)  
1411 Lapierre Street, LaSalle



## BOROUGH SERVICES

### MARTIN LAPOINTE ARENA

514-634-3471, ext. 828 | <http://ville.montreal.qc.ca>  
183 Des Érables Street, Ville St-Pierre

### JACQUES LEMAIRE ARENA

514-367-6361  
8681 Champlain Blvd., LaSalle



Aisha Shaikh  
St. Lawrence Academy Junior, 2<sup>ème</sup> année