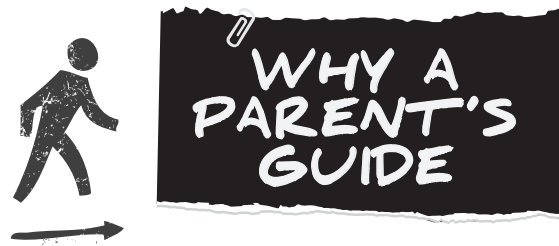


Community Resource Guide for Parents

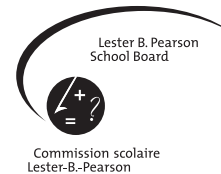


LaSalle and Ville St-Pierre



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

TEL-AIDE
514-935-1101 | www.telaide.org

TEL-ÉCOUTE
514-493-4484 | www.tel-ecoute.org

GAMBLERS ANONYMOUS
1-888-424-3577 | www.gamblersanonymous.org

DRUGS: HELP & REFERRAL – ALCOHOL, DRUGS & MEDICATION
1-800-265-2626 | www.drogue-aidereference.qc.ca



HELP LINES



ÉDUCATION COUP-DE-FIL
514-525-2573 | 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

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



POLICE



INFO-CRIME

1-800-711-1800 | www.infocrime.org

POSTE DE QUARTIER 13 (PDQ 13)

514-280-0113 | 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

**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
69 Saint-Pierre Avenue, Ville St-Pierre

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

514-363-4578 | 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
Ville St-Pierre



SECOND-HAND CLOTHING, FURNITURE

Sometimes at low cost, sometimes at no cost.

SALVATION ARMY

514-935-7425 | www.salvationarmy.ca
1620, Notre-Dame Street West, Montreal

ÉCONOMIE FAMILIALE VILLANI

514-637-9339
98, 6th Avenue, Lachine

FRIPE-PRIX RENAISSANCE – BOUTIQUE VERDUN

514-766-5059 | www.renaissancequebec.ca
4261, Wellington Street, Verdun

FRIPE-PRIX RENAISSANCE – BOUTIQUE SAINT-JACQUES

514-484-0145 | 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



BUDGET



ACEF DU SUD-OUEST DE MONTREAL
514-362-1771 | 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

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,
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



ADVOCACY

WELFARE RIGHTS COMMITTEE

514-932-5916 | welfarerightscommittee.blogspot.com
2365, Grand Trunk Street, Montreal

AU BAS DE L'ÉCHELLE

Advocacy for non-unionized workers
514-270-7878 | 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

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
1191, 90th 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

4377 Notre-Dame Street West, Montreal

CENTRE LOCAL D'EMPLOI DE LASALLE (CLE)

514-365-4543

2212, Dollard Avenue, 2nd Floor, Montreal



WOMEN RESOURCES

YWCA MONTREAL – Y DES FEMMES

514-866-9941 | 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
535 Lafleur Avenue, LaSalle

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

514-937-5351 | www.ccs-montreal.org

E TENDER LOVING CARE (2-5 years old)

514-363-2017 | www.tlclasalle.org
240 9th Avenue, LaSalle

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

514-364-4661 | 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, 5th Avenue, Lachine

F BUREAU DE CONSULTATION JEUNESSE (14-25 years old)
514-274-9887 | 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
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

BC FAMILIGARDE
To find a home daycare in Dorval-Lachine-LaSalle
514-595-9955 | http://cpefamiligarde.com/_home



SCHOOLS

ALLION ELEMENTARY SCHOOL

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

140, 9th 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, 80th 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, 9th 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.csssdl.qc.ca
8585 Terrasse-Champlain, LaSalle

CLSC LASALLE

514-364-2572 | www.csssdl.qc.ca
8550 Newman Blvd., LaSalle

CLSC DORVAL-LACHINE

514-639-0660 | www.csssdl.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
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^{ème} année