

# LE BULLETIN DE SAINT-LAURENT



MAY 2020



## COVID-19

## AT SAINT-LAURENT, WE ARE HERE FOR YOU!

Even remotely in some cases, Saint-Laurent's teams have remained loyal to their mission to support the population during the crisis.

Whether providing accurate and relevant information on the situation at hand and the measures in progress, processing citizen requests, maintaining infrastructures and public buildings and supporting initiatives in the socio-community milieu, municipal employees have heeded the call with efficiency and ingenuity.

In mid-March, the Borough joined the local crisis cell also comprising the CIUSSS du Nord-de-l'Île-de-Montréal, the Comité des organismes sociaux de Saint-Laurent and the Commission scolaire Marguerite-Bourgeoys. With the mission of centralizing information and coordinating local

actions, this cell has made it possible to take concrete actions for those in need. For example, some municipal employees have participated in the delivery of food aid.

At the time of writing these lines, Saint-Laurent is also preparing to resume activities by planning for the reopening of non-essential services and the resumption of its cultural, sports and leisure programs, among others. To safely accommodate visitors at its public buildings, the service counters have been reconfigured and signs have been posted to remind users of the physical distancing rules.

For information on the resumption of activities and the measures in place to ensure community safety, follow **@ArrSaintLaurent** on social media!

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311

montreal.ca/en/saint-laurent  
ville.montreal.qc.ca/saint-laurent/newsletter

f t i /ArrSaintLaurent

▶ /MTLsaintlaurent

Urban Security Patrol:

514 855-5700

Published by the Borough of Saint-Laurent for its residents



The Mayor of Saint-Laurent, Alan DeSousa, dropped by the Centre d'action bénévole et communautaire Saint-Laurent to encourage and thank the members of this team that has been ever-present in the community as are several other Saint-Laurent agencies, since the beginning of the crisis.



Municipal employees distributing food aid in collaboration with the local crisis cell.

# MESSAGE FROM THE MAYOR



Dear fellow citizens of Saint-Laurent,

As is case for every family in Saint-Laurent, our organization has had to work very quickly to implement major changes due to the COVID-19 coronavirus pandemic. One thing remains unchanged, however, for Saint-Laurent's administration, and that is our commitment to be here for you.

Our recovery and business continuity plan has been operational since mid-March, making it possible to continue to offer you the best services notwithstanding the challenges that arise. At the same time, we have bolstered the tremendous wave of solidarity that has swept over the community with financial and logistical assistance.

While space is limited here to underscore all the past and present worthy initiatives by our teams, the socio-community milieu and the business community, among others, during this crisis, I can confirm that my colleagues on Council and I have witnessed these and are very appreciative.

At the time of writing this message, Quebec is only now starting to define the scenario for partially easing the lockdown. It is impossible for us to predict the situation that will prevail when you receive this publication by mail. Accordingly, we cannot provide information on these pages about the resumption of our recreational activities or the reopening of our buildings, for example. For urgent information, our website and social media accounts are the best information sources, and I urge you to refer to them.

Even after the recovery, needs are likely to remain high for some time. For this reason, this special issue contains the contact information for local resources that can provide emergency support. This list is certainly not exhaustive, because Saint-Laurent has the privilege of counting on the services of some 300 socio-community agencies with a wide variety of missions. For specific needs, do not hesitate to refer to the Centre de référence du Grand Montréal 211 for the most appropriate resource.

In closing, I encourage you to continue your positive efforts while complying with the official guidelines. We are once again entering an unknown phase however this time, we are backed by the experience of recent months.

Alan DeSousa, FCPA, FCA  
The Mayor of Saint-Laurent

## COUNCIL OF SAINT-LAURENT



**Aref Salem**  
City Councillor,  
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District



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City Councillor,  
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## COUNCIL MEETING WEBCAST

It is now possible to attend all  
Council meetings without having  
to venture out, and even to ask  
questions in advance on line.

The next meeting will be held  
on **Tuesday, June 2 at 7:30 p.m.**  
and will be webcast at the  
following address:

[stlaurent.maestro-vision.com/live](http://stlaurent.maestro-vision.com/live)

To learn more, visit the new  
Saint-Laurent site at:  
[montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)



## SAFETY AND COOPERATION GO HAND IN HAND

As quarantine measures start to  
gradually be eased, several controls to  
prevent the coronavirus from spreading  
will remain in place for as long as the  
authorities deem it necessary. In Saint-  
Laurent, the Urban Security Patrol and  
the Service de police de la Ville de  
Montréal are overseeing compliance  
with these. If either of them approaches  
you, please cooperate because they are  
acting in the best interests of everyone's  
safety.

### URBAN SECURITY PATROL

Already dedicated to supervising the  
territory, ensuring compliance with  
municipal bylaws and collaborating with  
primary emergency services, the **Urban  
Security Patrol** is also responding  
during the pandemic. At the peak of the  
crisis, some 50% of the interventions by  
the patrols related to the rules issued  
by the Direction régionale de santé  
publique. Although their role essentially  
involves issuing warnings and not tickets,  
the patrols are abreast of the measures  
in place that citizens are required to  
respect. The patrol can be reached 24/7  
at 514 855-5700.

### SERVICE DE POLICE DE LA VILLE DE MONTRÉAL

Officers with the Service de police de la  
Ville de Montréal have full authority to  
intervene in the case of non-compliance  
with the rules and government directives  
for COVID-19 and can proceed with  
warnings, tickets and arrests.

### HOW TO REPORT A SITUATION RELATING TO COVID-19?

911 should only be called in situations  
requiring immediate response.

To report incidents such as prohibited  
gatherings, non-compliance with health  
or physical distancing measures at a  
retail establishment or non-essential  
businesses that are open, visit:  
[spvm.qc.ca/FR](http://spvm.qc.ca/FR)



## 1000 FREE MON JARDIN ÉCOLO BASKETS FOR DISTRIBUTION

The quarantine period has helped produce a gardening trend. Saint-Laurent is offering its residents the opportunity to participate in urban farming without stepping outdoors!

The Borough will distribute a **Mon jardin écolo** basket to the first 1000 residents who request one to gain an introduction to creating a small eco-friendly garden on a balcony or deck or in the back yard.

Each basket will contain a brochure of tricks and tips and, depending

on availability, plants and seeds for the following: tomatoes, cucumbers, strawberries, beans and flowers.

### How to get yours?

From May 15 to 27, register online at [montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)

For as many families as possible to benefit, the free baskets will be limited to one per address.

Home distribution will take place in June in a safe manner, in accordance with physical distancing guidelines.

HAPPY GARDENING!



## WINNING THE BATTLE AGAINST RAGWEED

Did you know that ragweed causes 75% of seasonal allergies?

To get rid of ragweed it is important to systematically cut it or pull it out by the roots before July 15.

It is preferable not to compost ragweed because its seeds can spread and grow new plants.

Information:

[www.quebec.ca/en/homes-and-housing/healthy-living-environment/identifying-and-limiting-the-presence-of-ragweed/](http://www.quebec.ca/en/homes-and-housing/healthy-living-environment/identifying-and-limiting-the-presence-of-ragweed/)



## GREEN WASTE COLLECTION

To help you with your gardening projects, the Borough will offer green waste collection until November 27 for buildings with 9 or more units.

Residents of buildings with 8 or less units can discard their green waste in

the brown bin provided for organic waste collection.

Refer to Info-collectes for the collection schedule:

[servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/)



## FOLLOW THE LOCAL BUYING TREND!

The gradual reopening of retail businesses and specialized services in the metropolitan region and across Quebec will take place according to a calendar established by provincial officials and may be reassessed as the situation unfolds.

During the pause ordered by the Québec government, many of Saint-Laurent's businesses and restaurants have continued to offer their products for pick-up or delivery.

Physical distancing measures will stay in place for an indefinite period however you can still shop from your favourite merchants and restaurants while limiting contact and transit.

Several initiatives have led to the creation of online directories. If your favourites are not listed, don't hesitate to call them directly.

- Association des marchands du boulevard Décarie Directory: [quartierd.ca](http://quartierd.ca)
- Directory supported by the government of Québec: [lepanierbleu.ca](http://lepanierbleu.ca)
- Vitrine du fait au Québec : [boutique.signelocal.com](http://boutique.signelocal.com)

## VIRTUAL SERVICES OFFERED AT ALL TIMES

As part of the Accès Montréal network, the **Bureau du citoyen** is the gateway for Saint-Laurent residents with respect to queries and information requests relating to the Borough and to the Ville de Montréal.

For its part, the **Permit Counter** processes all requests relating to permits, as well as those pertaining to inspections and other urban planning matters.

Several online resources can help with the preparation of a permit application: [ville.montreal.qc.ca/saint-laurent/infosheets](http://ville.montreal.qc.ca/saint-laurent/infosheets)

These two services can be reached by telephone at 311 or by email at the following address: [saint-laurent@ville.montreal.qc.ca](mailto:saint-laurent@ville.montreal.qc.ca)

### DO YOU HAVE AN ACCOUNT ON MONTREAL.CA?

On its new **montreal.ca** website, Ville de Montréal is also offering a wealth of information and virtual services relating to, among others, fines, collections, parking, property taxes, pet permits, public property occupancy and swimming pool and hot-tub permits, and certain exterior renovation permits. Problems such as potholes and defective lamp posts can also be reported here.

To benefit, visit the following page and create an account: [montreal.ca/en/articles/use-online-services](http://montreal.ca/en/articles/use-online-services)

## RESSOURCES À CONSERVER

Divers organismes sont en mesure d'apporter de l'aide et d'offrir de l'accompagnement aux familles et aux commerçants toujours touchés par les mesures mises en place pour freiner la pandémie.

Voici une liste non exhaustive de ces ressources. À noter que certains services pourraient s'être ajoutés ou ne plus être disponibles depuis sa création.

## RESOURCES TO KEEP HANDY

Many agencies are on hand to provide aid and guidance for families and merchants who continue to be affected by the measures put in place to battle the pandemic.

Here is a non-exhaustive list of these resources. It should be noted that since it was created, some services may have been added or may no longer be available.

### AIDE AUX AÎNÉS ASSISTANCE FOR SENIOR CITIZENS

Plusieurs organismes laurentiens offrent leur aide aux aînés du territoire. Des frais peuvent s'appliquer pour la sécurité alimentaire.

*Several agencies in Saint-Laurent provide senior citizens with assistance on the territory. Fees may apply for food security.*

### SÉCURITÉ ALIMENTAIRE FOOD SECURITY

#### • Centre d'action bénévole et communautaire Saint-Laurent (ABC)

Popote roulante et aide aux courses pour les 65 ans et plus

*Meals on wheels and grocery shopping assistance for seniors aged 65 and over*  
514 744-5511, poste 226

#### • Corporation culturelle latino-américaine de l'amitié (COCLA)

Camelot-Aînés : Service de dépannage alimentaire et service de livraison disponible pour les aînés

*Camelot-Aînés: Food assistance and delivery service available for senior citizens*  
514 967-5511

#### • La Maryse

Livraison à domicile de repas surgelés par le service Festigoût traiteur

*Home delivery of frozen meals by Festigoût traiteur*  
La Corbeille : 514 856 -5371 ou lamaryse.ca

### SOUTIEN PSYCHOSOCIAL PSYCHOSOCIAL SUPPORT

#### • Accueil psychosocial CLSC

Pour parler à une travailleuse sociale de votre CLSC  
*To speak to a social worker at your CLSC*  
514 940-3300

#### • Centre d'action bénévole et communautaire Saint-Laurent (ABC)

Appels d'amitié pour briser l'isolement des aînés et les sécuriser durant cette période difficile

*Friendly telephone calls to break the isolation for senior citizens and make them feel secure during this difficult period*  
514 744-5511, poste 226

### AIDE AUX COMMERÇANTS ET ENTREPRENEURS ASSISTANCE FOR MERCHANTS AND ENTREPRENEURS

#### • Développement économique Saint-Laurent (DESTL)

Services-conseils au sujet des divers programmes et mesures offerts pour surmonter la crise  
*Advisory services on different programs and measures being offered during the crisis*  
514 855-5757  
info@destl.ca  
www.destl.ca

Répertoire de mesures et programmes préparé par DESTL :  
montreal.ca/articles/soutien-aux-commerçants-et-entrepreneurs-de-saint-laurent

*Directory of measures and programs prepared by DESTL:*  
montreal.ca/en/articles/support-saint-laurent-merchants-and-entrepreneurs

#### • COVID-19 :

**Mesures en soutien aux entreprises montréalaises**  
montreal.ca/articles/covid-19-mesures-en-soutien-aux-entreprises-montrealaises

**Support measures for Montréal businesses**  
montreal.ca/en/articles/covid-19-support-measures-montreal-businesses

### AIDE AUX IMMIGRANTS ASSISTANCE FOR IMMIGRANTS

#### • CARI Saint-Laurent

Centre de référence sociale et économique pour nouveaux arrivants  
*Social and economic referral centre for newcomers*  
514 748-2007  
info@cari.qc.ca  
cari.qc.ca

### AIDE AUX JEUNES • YOUTH ASSISTANCE

#### • RAP Jeunesse

Aide aux personnes vivant des situations de pauvreté, isolement, rupture familiale, conflit générationnel, violence, etc.  
*Assistance for youths experiencing poverty, isolation, family break-ups, inter-generational conflicts, violence, etc.*  
514 388-7336  
rapjeunesse.org

### AIDE PSYCHOLOGIQUE PSYCHOLOGICAL ASSISTANCE

#### • Centre de référence du Grand Montréal : 211

Assistance personnalisée sur l'aide alimentaire et les services communautaires et sociaux de la région métropolitaine  
*Personalized assistance for food aid and community and social services in the metropolitan region*  
211  
211qc.ca

#### • Jeunesse, J'écoute

Service d'assistance offert en tout temps  
*Help line available at all times*  
1 800 668-6868

Besoin d'aide maintenant? Texte PARLER au 686868  
*Need help now? Text CONNECT to 686868*

#### • SOS violence conjugale

1 800 363-9010  
sosviolenceconjugale.ca

#### • Suicide Action Montréal

514 723-4000 ou  
1 866 277-3553 (1 866 APPELLE)  
suicideactionmontreal.org

### BÉNÉVOLAT • VOLUNTEERING

Pour offrir votre aide à la communauté.  
*To offer your help in the community.*

#### • Centre d'action bénévole et communautaire Saint-Laurent (ABC)

514 744-5511, poste 222  
centreabc.org

#### • Je bénévole

jebenevole.ca



## INFORMATIONS SUR LA COVID-19 INFORMATION ON COVID-19

Symptômes, dépistage, actualités, etc.  
*Symptoms, screening, news, etc.*

- **Santé Montréal**  
santemontreal.qc.ca/population
- **Questions concernant le coronavirus COVID-19**  
*For any questions regarding the COVID-19 coronavirus*  
514 644-4545
- **Questions concernant la santé**  
*For any questions regarding health*  
811
- **Urgence • Emergency**  
911
- **Mesures annoncées • Measures announced :**
  - Arrondissement de Saint-Laurent  
311  
montreal.ca/saint-laurent
  - Ville de Montréal  
311  
montreal.ca/articles/le-coronavirus-covid-19
  - Gouvernement du Québec  
www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019  
www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus

## LOGEMENT • HOUSING

- **Comité logement Saint-Laurent**  
Informations au sujet des droits et obligations et appuis dans les démarches des locataires  
*Information about rights and obligations, and support for tenant proceedings*  
514 331-9898 ou  
514 431-7395

## RÉPERTOIRE DE DIVERTISSEMENTS GRATUITS FREE ENTERTAINMENT DIRECTORY

Créé par les bibliothèques de Saint-Laurent, ce répertoire réunit une foule de sources de divertissements gratuits en ligne : activités du Mixlab, livres numériques, cours en ligne, concerts, heures du conte, etc.

*Created by Saint-Laurent's libraries, this directory contains a wealth of free online entertainment sources: Mixlab activities, digital books, online courses, concerts, story time, etc.*

sites.google.com/montreal.ca/biblio-ressources

## SÉCURITÉ ALIMENTAIRE FOOD SECURITY

Voir aussi Aide aux aînés et Centre de référence du Grand Montréal  
*Also refer to Assistance for senior citizens and Centre de référence du Grand Montréal*

- **Corporation culturelle latino-américaine de l'amitié (COCLA)**
  - Comptoir alimentaire Harvest pour épicerie à coût modique
  - Dépannage alimentaire disponible sur demande
  - *Harvest food bank for low-cost groceries*
  - *Food assistance available on request*
- Lundi au samedi de 10 h à 17 h  
*Monday to Saturday from 10 a.m. to 5 p.m.*  
135, rue Saint-Louis  
514 543-0416
- **Centre communautaire Bon courage**
  - Dépannage alimentaire tous les jeudis
  - Livraison pour les résidents de Hodge-Place-Benoît
  - *Food aid every Thursday*
  - *Delivery for Hodge-Place-Benoît residents*
- 155, place Benoît, bureau 02  
514 744-0897

## CENTRE DE RÉFÉRENCE DU GRAND MONTRÉAL

Assistance sur l'aide alimentaire et les services communautaires et sociaux de la région métropolitaine

Assistance with food aid and with community and social services in the metropolitan region

 211  
211qc.ca

## LE CIUSSS DU NORD-DE-L'ÎLE-DE-MONTRÉAL VOUS ACCOMPAGNE PENDANT LA CRISE

Le **Centre intégré universitaire de santé et de services sociaux (CIUSSS) du Nord-de-l'Île-de-Montréal** est un établissement de santé qui offre des soins et des services à la population montréalaise. Visitez son site Internet pour obtenir de l'information et des outils pour mieux vivre la pandémie.

On y retrouve notamment l'état des services (ouverts ou fermés) mis à jour en continu et les publications du MSSS (guide autosoins, feuillet sur le stress, l'anxiété et la déprime).

Abonnez-vous à son infolettre mensuelle pour bénéficier des conseils de ses experts :  
[www.ciussnordmtl.ca/infolettre/](http://www.ciussnordmtl.ca/infolettre/)

Vous avez une question sur les soins et services offerts par le **CIUSSS NIM?**  
**514 336-NORD (6673)**

Vous vivez des difficultés personnelles, professionnelles ou familiales?  
**514 940-3300** (accueil psychosocial)

[www.ciussnordmtl.ca](http://www.ciussnordmtl.ca)

## THE CIUSSS DU NORD-DE-L'ÎLE-DE-MONTRÉAL IS HERE FOR YOU DURING THE CRISIS

The **Centre intégré universitaire de santé et de services sociaux (CIUSSS) du Nord-de-l'Île-de-Montréal** is a healthcare establishment that offers care and services to the Montréal population. Visit the website for information and tools for living better during the pandemic.

Here you will find the updated service status (open or closed) as well as the MSSS publications (self-care guide, brochure on stress, anxiety and depression).

Subscribe to the monthly newsletter to benefit from expert advice:  
[www.ciussnordmtl.ca/infolettre/](http://www.ciussnordmtl.ca/infolettre/)

Do you have a question about the care and services offered by the **CIUSSS NIM?** **514 336-NORD (6673)**

Are you experiencing personal, professional or family problems?  
**514 940-3300** (psychosocial guidance)

[www.ciussnordmtl.ca](http://www.ciussnordmtl.ca)