

DIRECTORY

of resources,
organisms,
and partners
and other
information



Emergency Numbers

Police, firefighters, ambulance: 911
Info-santé (health line): 811
Neighbourhood police: 514-280-0108
Poison control: 1-800-463-5060
S.O.S. Violence conjugale
(Domestic Violence): 514-873-9010
• 1-800-363-9010
Suicide Action Montreal: 514-723-4000

COMMUNITY CORNER
FALL-WINTER

2017
2018

Tear out and keep

Répertoire des ressources, des organismes et des partenaires

FOOD AND MATERIAL ASSISTANCE

Carrefour d'entraide Lachine

1176 rue Provost

www.carrefourdentraide.org

514-634-3686, ext. 222 or 228

Offers a sympathetic ear, referrals, a second-hand clothing store, community and emergency kitchens, a food bank, recreational activities, and public education services.

Meals on wheels

Central Lachine : 514 403-0511

Eastern Lachine : 514 634-0398

Provides hot meals for the sick, disabled, and elderly.

Le Relais populaire de Lachine

740 rue Esther-Blondin

514 855-4232, ext. 9

Prepares meals for the disadvantaged, in cooperation with the school network.

SENIORS



Associations offering services, programs, and assistance:

La ligne Aide Abus Aînées

1-888-489-2287

www.aideabusaines.ca

Québec helpline and referral service specializing in mistreatment of the elderly.

The Tea Pot

2901 boulevard Saint-Joseph

www.theteapot.org

514 637-5627

Educational, social, recreational, cultural, and community activities, community kitchens, hot lunches, companion services, transportation, and home support.

Centre multi-ressources de Lachine

800 rue Sherbrooke, Suite 204

www.cmrl.ca

514 634-3658

Transportation and companion services, friendly calls and visits, safety check-ins, community activities, breakfast talks.

Recreational Associations (Seniors Clubs):

**Club d'âge d'or
de l'Annunziata** 514 636-4544

**Club d'âge d'or
Le soleil de Lachine inc.** 514 634-0219

**Club d'âge d'or
Saints-Ange** 514 422-1075

**Club d'âge d'or
Saint-Pierre** 514 634-3471,
poste 827

Club social Or et Argent 514 912-6179

Le Réveil de Lachine 514 634-8975

Directory of resources, organisms and partners

211 Laval, Montréal

MRC de l'Assomption/ Service 211

1-844-387-3598

www.211qc.ca/info

VOLUNTEERING

Volunteer West Island

1 rue de l'Église, Sainte-Anne-de-Bellevue

www.volunteerwestisland.org

514 457-5445, ext. 222

Centre multi-ressources de Lachine

800 rue Sherbrooke, Suite 204

www.cmrl.ca

514 634-3658

CHARITY

La Guignolée de Lachine

2901 boulevard Saint-Joseph

514 634-3471, ext. 348

Annual food and coin drive for disadvantaged people during the holiday season.

L'Oeuvre soupe maison (Lachine)

1170 rue Notre-Dame

514 469-9954

Provides three hot meals a week (Tuesdays, Wednesdays, and Thursdays) to disadvantaged people. September to May. Registration required.

Resurrection of Our Lord/Society of Saint Vincent de Paul

34 34^e Avenue

514 637-2379

Food bank.

Société Saint-Vincent-de-Paul Saint-Pierre-aux-Liens

514 634-3471, ext. 334 (voicemail)

Food bank for residents of Saint-Pierre.

SERVICE CLUBS

Knights of Columbus of Lachine

514 639-1776

Knights of Columbus of Saint-Pierre

514 364-3567

Lions Club of Lachine

514 639-6563

Club Optimiste Lachine inc.

514 634-9253

Lachine Royal Canadian Legion, Branch 85/90

514 637-8002

CULTURAL ASSOCIATIONS

**Airsom Prisme
Multiethnic Community Centre**
414 rue Lafleur, Suite 1-10
LaSalle
www.airsomprisme.org
514 364-0939

New arrivals, referrals, social and linguistic integration, French classes, job search and workplace integration support, and parent/child activities and outings.

CONCERTATION

Concert'Action Lachine
735 rue Notre-Dame
info@concertactionlachine.com
www.concertactionlachine.com
514 300-2045

Fosters cooperation among social development partners and supports and coordinates the community to improve residents' lives with a view to social and sustainable development. With:

- Lachine Borough's urban safety action committee (CASUAL)
514-634-3471, ext. 825
- Lachine's intercultural reflection and action group (TRAIL)
- Housing committee
- Education committee
- Lachine food security working group (GTSAL)
- Dorval-Lachine seniors roundtable
- Lachine youth roundtable
- Dorval-Lachine early childhood roundtable

CULTURE

Performing Arts

Choeur Ambiance
514 273-7306

Concerts Lachine
514 571-0012

Éclusiers de Lachine folk group
514 634-7526

Festival de théâtre de rue de Lachine
514 639-6403

Harmonie de Lachine wind band
514 636-2111

Les productions Multisens inc.
514 639-8019

Visual Arts

Les Pics-Bois sculpture workshop
514 634-3471, poste 310

Vision Photo Club
514 366-7416

Lachine Pottery Guild
514 266-7315

Lachine Weavers' Guild
514 453-0752

Société d'Arts Visuels en Direct
514 634-4459

History and Heritage

Lachine Historical Society
514 634-9508

**The Fur Trade at Lachine National
Historic Site**
514 637-7433

**Pôle des Rapides (organizer of Lachine's
350th anniversary)**
514 364-4490

Lachine Canal National Historic Site
514 283-6054

ÉCO-QUARTIER LACHINE

735 rue Notre-Dame
www.grame.org
514 634-7205

GRAME is an organization that promotes environmental awareness among Lachine residents.

EDUCATION

Centres de la petite enfance

CPE de Lachine
514 637-4323

CPE Familigarde de LaSalle
514 595-9955

Le Jardin des Frimousses
514 637-7733

La Petite Caserne
514 634-4787

Les Petits Pierrots
514 364-3993

Écoles primaires

Catherine-Soumillard
514 855-4231

Des Berges de Lachine
514 748-4662

Jardins-des-Saints-Anges
514 855-4200

Martin-Bélanger
514 595-2057

Maple Grove
514 637-5868

Paul-Jarry
514 855-0450

Philippe-Morin
514 855-4233

Très-Saint-Sacrement
514 855-4234

Victor-Thérien
514 855-4202

High Schools

**Collège Sainte-Anne (private)
(also a CEGEP since 2011)**
514 637-3571

Collège Saint-Louis
514 855-4198

École Dalbé-Viau
514 855-4232

Lakeside Academy
514 637-2505

Vocational Training

**Centre d'éducation aux adultes
de LaSalle, édifice Boileau**
514 855-4197

**Centre de formation professionnelle
de Lachine**

Édifice Dalbé-Viau
514 855-4185

Édifice de la Rive
514 855-4189

PUBLIC EDUCATION AND ADVOCACY

**ACEFSOM (Association d'économie
familiale du Sud-Ouest de Montréal)**
6734 boulevard Monk, Montréal
www.consommateur.qc.ca/acef-som
514 362-1771

Defending individual and collective rights to better assess consumer choices.

Lachine-LaSalle Housing Committee
426 rue Saint-Jacques
logement.lachine-lasalle@videotron.ca
514 544-4294

Information and public awareness for renters in need, self-directed public education, collective advocacy, one-on-one support.

**Social Accompaniment and Mentorship
In Lachine:**
750 rue Dawson, Suite 111, Dorval
www.volunteerwica.com
514 631-9151

EMPLOYMENT SERVICES

Marquette CJE (Carrefour Jeunesse emploi)
735 rue Notre-Dame
www.cjmarquette.qc.ca
514 634-0450

Employment programs and services for teens and young adults age 13 to 35.

Lachine CLE (Centre local d'emploi)
2740 rue Remembrance, Suite 70A
514 634-2425

**Corporation de développement
économique et communautaire (CDEC)
LaSalle/Lachine**
735 rue Notre-Dame
www.cdec-lasallelachine.ca
514 469-0288

Employment and recruitment assistance, economic development, immigration, and local initiatives budget.

Association centre-ville de Lachine
1024 rue Notre-Dame
514 469-0288, poste 236

West Island of Montreal Chamber of Commerce
71870 boul. des Sources, Suite 106
Pointe-Claire
info@ccoim.ca
514 697-4228

**Montreal South-West Chamber
of Commerce and Industry**
410 avenue Lafleur, Suite 32, LaSalle
www.ccisom.ca
514 365-4575

**Club de recherche d'emploi
du Sud-Ouest de Montréal inc.**
7625 boul. Newman, LaSalle
www.cresom.com
514 366-0660

PME MTL West Island
7300 autoroute Transcanadienne
Pointe-Claire
514 426-2888

Regroupement affaires Lachine inc. (R.A.L.I.)
735 rue Notre-Dame
514 639-4881

FAMILIES

Centre jeunesse de Montréal (DPJ - child protection agency)
4675 rue Bélanger, Montréal
www.centrejeunessedemontreal.qc.ca
514 593-3979

Batshaw Youth and Family Centre
191 place Frontenac, Pointe-Claire
www.batshaw.qc.ca
514 935-6196 / 514 989-1885

Protection, support, and rehabilitation for child victims of abuse or neglect and for children with behavioural disorders.

Centre multi-ressources de Lachine
800 rue Sherbrooke, bureau 206
www.cmrl.ca
514 634-3658

Parent workshop on early childhood stimulation (0 to 2 years). Parent relief (6 months to 5 years). Growth and development activities (3 to 5 years). Social activities for adults.

Fondation de la Visite
www.delavisite.org
514 329-2800

Support and home visits for pregnant women and parents of newborns.

JAME (J'apprends avec mon enfant)
1201 rue Argyle, Suite 203
www.japprendsavecmonenfant.org
514 765-7686, ext. 7017

Fostering a love of reading at home and at school.

Big Brothers Big Sisters of West Island
www.bbbsofwi.org
514 538-6100

Union des familles de Lachine
800 rue Sherbrooke
514 634-4842

Cultural, sports, and social outings and activities.

WOMEN

Cercle de fermières de Lachine
514 639-3788

Cercle de fermières de Saint-Pierre
514 634-3471, ext. 837

Le Parados inc.
514 637-3529

Support for women and families who are victims of domestic violence.

YOUTH

Lachine Club Zone
clubzonedelachine@gmail.com

Computer lab, music, games, and sports for west borough youth age 12 to 17.

Cumulus
www.projetcumulus.ca
514 634-5774

Alcoholism and drug addiction (youth and school-aged children).

Squadron 686 Lachine-Dorval
www.escadron686.com
514 634-3888

Girl Guides of Canada
www.guidesquebec.ca
514 933-5839

Summerlea Scouts
514 639-0407

La Maison des Jeunes l'Escalier de Lachine inc.
560 5^e Avenue
www.mdjescalier.com
514 637-0934

In Saint-Pierre:

La Caserne des Jeunes
59 avenue Saint-Pierre
lacaserne@hotmail.com
514 634-3471, ext. 822

School programs and interventions, extracurricular activities for children age 8 to 12. Homework help (by request), activities, sports, outings, cooking workshops, social work.

Collective Community Services
451 de l'Église, Verdun
514 937-5351

Activities and support aimed at community development for Greater Montréal's anglophone population, with a focus on mutual assistance, sharing, and solidarity.

TRAC – Street Work/Community Action
Suite 212
75 carré Sir Georges-Étienne-Cartier,
514 939-2122

T.R.A.C delivers general street-level services for people age 12–35. The organization provides on-going support in natural settings such as streets, parks, and schools to help people who are alienated from their social setting and connects them with appropriate resources.

PEOPLE WITH DISABILITIES

West Island Association for the Intellectually Handicapped
111 avenue Donegani, Pointe-Claire
www.wiaih.qc.ca
514 694-7090

Social and cultural activities.

AVA-TIL inc.
387 40^e Avenue
www.avatil.org
514 634-8944

Integrated services for individuals with mild and borderline intellectual disabilities.

Club des personnes handicapées du Lac-Saint-Louis
3195 rue Remembrance
514 634-0447

Companion services, adapted transportation, health clinics, tax preparation clinics, snow removal, wheelchair loans, meals, computers, board games, handicrafts.

Corporation L'Espoir
55 avenue Dupras
LaSalle
www.corporationespoir.org
514 367-3757



Adapted services for people with intellectual disabilities.

HEALTH

Dorval-Lachine CLSC
1900 rue Notre-Dame
514 639-0660

Lachine Hospital
650 16^e Avenue
514 637-2351

MENTAL HEALTH

Groupe d'entraide Lachine
1310 rue Notre-Dame
514 639-4941

Group meals, community kitchens, supportive housing, and social, recreational, and sports activities.

Oméga
www.omegacenter.org
514 631-2760

Drop-in centre open six days a week. Activities, outings, and special events.

Parents et amis du bien-être mental du Sud-Ouest
www.pabemsom.org
514 368-4824

Services for the friends and family of those suffering from mental illness.

Projet suivi communautaire
www.projetsuivicommunautaire.com
514 366-0891

Medium- and long-term one-on-one support for adults suffering from mental illness.

PSYCHOLOGICAL SUPPORT

Groupe des aidants du Sud-Ouest
Dorval, Lachine, LaSalle, and Verdun
206-8564 boulevard Newman
LaSalle
www.aidantssudouest.org
514 564-3061

groupeidesaidantssudouest@videotron.ca

A sympathetic ear, information and referrals, psychosocial support, talks, and workshops among caregivers.

Nova West Island
www.novawi.org
514 695-8335

Palliative home care and support groups for grieving children and adults. Volunteer opportunities.

These organizations connect citizens with local resources:

Agoraphobics Anonymous
514 368-0338

Al-Anon/Al-Ateen
www.al-anon-montreal.org
514 866-9803

Alcoholics Anonymous
www.aa-quebec.org
514 376-9230

Allô prof (in French)
www.alloprof.qc.ca
514 527-3726

ANEB Quebec (anorexia and bulimia)
55 rue Dupras, LaSalle
www.anebquebec.com
514 630-0907

SPORTS AND RECREATION

Montreal Sexual Assault Centre

www.agressionsexuelle.com

514 934-4504

Cocaine Anonymous

514 527-9999

Co-dependents Anonymous (DAA)

www.daa-quebec.org

514 990-4744

Depressed Anonymous

514 278-2130

Drugs: Help and Referrals

www.drogue-aidereference.qc.ca

514 527-2626

Emotions Anonymous

www.emotifs-anonymes.org

514 990-5886

Gai Écoute - bilingual sexual orientation and gender identity helpline

www.gaiecoutte.org

514 866-0103

Gamblers Anonymous

www.gamblersanonymous.org

514 484-6666

Kids Help Phone

1 800 668-6868

kidshelpphone.ca

Parents Anonymous

1 800 361-5085

Narcotics Anonymous

www.naquebec.org

514 249-0555

Phobies-Zéro

www.phobies-zero.qc.ca

514 276-3105

S.O.S. violence conjugale – domestic violence helpline

sosviolenceconjugale.ca

514 873-9010

Suicide Action Montreal

www.suicideactionmontreal.org

514 723-4000

Montreal Island Seniors Roundtable

www.tcaim.org

514 286-8226

Tel-Aide

www.telaide.org

514 935-1101

Tel-Aînés

514 353-2463

Tel-Écoute

www.tel_ecoute.org

514 493-4484

Tel-Jeunes

www.teljeunes.com

1 800 263-2266

Association Art Martial Moderne Inc.

www.artmartialmoderne.com

514 634-3471, ext. 355

Association de baseball amateur de Lachine Inc.

www.baseballlachine.com

514 634-3471, ext. 313

Association de basketball de Lachine

514 639-5312

Dixie Pool Association Inc.

(in season only)

www.piscinedixiepool.com

514 637-6149

Association du hockey sur glace de Lachine Inc.

www.hockeylachine.com

514 634-2471

Lachine Rowing

www.avironlachine.ca

514 639-0006

Badminton Lachine inc.

www.badmintonlachine.com

514 634-3471, ext. 888

Centre de loisirs de Lachine (recreational centre)

www.centre-de-loisirs-lachine.com

514 465-2635

- Recreational activities for all ages
- Club Déclit Lachine
- Le Phoenix de Lachine day camps
514-863-1934

Western Lachine Recreation Centre Inc.

(in season only)

www.crlq-wlrc.ca

514 637-0703

Lachine Track & Field Club

athletismelachine@videotron.ca

514 403-4543

Club de canoë de course de Lachine Inc.

www.canoelachine.com

514 634-4402

Club de croquet

514 634-0455

Club de curling de Lachine Inc.

www.lachinecurling.com

514 637-9521

Club de natation de Lachine (2007)

www.clubnatationlachine.com

514 307-3470

Club de patinage artistique de Lachine

www.cpalachine.com

514 634-0015

Club de raquetteurs Le Marquette de Lachine inc.

450 632-8905

Lachine SC Soccer Club

www.lachinesoccer.com

514 639-3573

Lachine Gymnitours Club

www.gymnitours.ca

514 639-6510

Karaté-Do Lachine

calistru@videotron.ca

514 884-4899

Lachine Sailing School

www.voilelachine.com

514 634-4326

Lac Saint-Louis Game Hunting and Fishing Club

514 634-3908

VIE DE QUARTIER

Saint-Pierre Integrated Urban Revitalization Committee

183 rue des Érables

www.revitalisationsaintpierre.blogspot.com

514 365-7000

Engages citizens, social and cultural stakeholders, and corporations. Supports activities and projects with the potential to improve residents' quality of life and revitalize the neighbourhood.

Duff Court Neighbourhood Committee (COVIQ)

1830 rue Duff Court

514 634-5055

Homework help, handicrafts, family workshops, community kitchens, youth activities, intercultural interventions, parent relief, outings, tax preparation clinics, second-hand clothing store (intermittent).

Canine Family of Lachine

chiens.lachine.dogs@gmail.com



514 634-3471, ext. 517

Manages the dog park on Rue Victoria (near 28^e Avenue)

La P'tite maison du quartier Saint-Pierre

41 avenue Ouellette

514 544-1319

"Bonne boîte, bonne bouffe" fruit-and-veggie boxes, coffee 'n' conversation, second-hand clothing store, drop-in daycare, public education workshops, and monthly community kitchens.

Saint-Pierre Market

59 avenue Saint-Pierre

59saintpierre@gmail.com

514 439-3353

Neighbourhood grocery, emergency and community kitchens, meeting and public education space.

OBNL Regroupement de Lachine

735 rue Notre-Dame

Seven community organizations under the same roof.

PRIVATE BUSINESSES OFFERING RECREATION SERVICES IN LACHINE*

Art Premier

514 538-3755

www.artpremier.info

Cardio Plein Air

514 707-2050

www.cardiopleinair.ca

lachine-ndg@cardiopleinair.ca

Centre musical de Lachine music centre

L'oreille Musclée

514 418-1511

www.loreillemusclee.com

Cubaritmo

514 639-6780

www.cubaritmo.ca

Studio Avenue Dance School

514 300-5018

www.studioavenue.ca

facebook.com/studioavenue.lachine

Empire Fitness Lachine

514 886-3164

Empirefitnesslachine@gmail.com

Spinning Rossi

514 910-4240

Studio Panache

514 538-6599

www.studiopanache.ca

Swet Performance Entraînement

514 634-7938

Viveka Yoga

514 634-2200

www.vivekayoga.ca

* If you'd like to be on this list, call us at 514-634-3471, ext. 302