

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 negligence and for children with behavioural disorders.

Centre multi-ressources de Lachine
800 rue Sherbrooke, Suite 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.

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

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

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, bureau 203
www.japprendsavecmonenfant.org
514 765-7686, ext. 7017

Promoting a love of reading at home and in schools.

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

YOUTH

Lachine Club Zone
230 15^e Avenue, Suite 100
amansour514@gmail.com

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

Substance abuse prevention project: 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
514 245-9366
514 769-5565

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 ages 8 to 12. Homework help (by request), activities, sports, outings, cooking workshops, social work

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

T.R.A.C delivers general street-level services for people age 12–35. The organization provides ongoing 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 or borderline intellectual disabilities.

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

Accompaniment, 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 those with intellectual handicaps.

HEALTH

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

Hôpital de Lachine
650 16^e Avenue
514 637-2351

Lachine Community Social Pediatric Centre
Centre Fernand-Laplaine, salle 103
183 rue des Érables, Lachine
www.cpscdelachine.ca
cpscdelachine@hotmail.com

MENTAL HEALTH

Groupe d'entraide Lachine
1310 rue Notre-Dame
514 639-4941
Group meals; community cooking; supervised housing; social, recreational, and sports activities.

Oméga
www.omegacenter.org
514 631-2760

Day centre, open six days a week. Activities, outings, and special events.

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

Alzheimer Society of Montréal
4505 Notre-Dame, Montréal
www.alzheimermontreal.ca
514 369-0800

Groupe des Aidants du Sud-Ouest
Dorval, Lachine, LaSalle and Verdun
405-7475, boulevard Newman
LaSalle
www.aidantssudouest.org
514 564-3061
groupepedesaidantssudouest@videotron.ca
A sympathetic ear, information and referrals, psychosocial support, talks, and workshops among caregivers.

These associations provide referrals to 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

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.

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-aiderreference.qc.ca
 514 527-2626

Emotions Anonymous
www.emotifs-anonymes.org
 514 990-5886

Gai Écoute - bilingual sexual orientation and gender identity helpline
www.gai-ecoute.qc.ca
 514 866-0103

Gamblers Anonymous
www.gamblersanonymous.org
 514 484-6666

Kids Help Phone
 1 800 668-6868
jeunessejecoute.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-Ainés
 514 353-2463

Tel-Écoute
www.tel_ecoute.org
 514 493-4484

Tel-Jeunes
www.teljeunes.com
 1 800 263-2266

SPORTS AND RECREATION

Association "Art martial moderne" inc. (martial arts club)
www.artmartialmoderne.com
 514 634-3471, ext. 355

Association de baseball amateur de Lachine inc. (amateur baseball association)
www.baseballlachine.com
 514 634-3471, poste 313

Association de basketball de Lachine (basketball association)
 514 601-2317

Dixie Pool Association Inc. (in season only)
www.piscinedixiepool.com
 514 637-6149

Association du hockey sur glace de Lachine inc. (ice hockey association)
www.hockeyslachine.com
 514 634-2471

Lachine Rowing
www.avironlachine.ca
 514 639-0006

Badminton Lachine inc.
www.badmintonlachine.com
 514 634-3471, poste 888

Centre de loisirs de Lachine (recreational centre)
www.centre-de-loisirs-lachine.com
info@centre-de-loisirs-lachine.com
 438 504-2635

- Recreational activities for all
- Club Déclic Lachine
- Le Phoenix de Lachine day camps

Western Lachine Recreation Centre Inc. (in season only)
www.crlo-wlrc.ca
 514 637-0703

Lachine Track & Field Club
athletismelachine@videotron.ca
 514 701-6009

Club de canoë de course de Lachine inc. (sprint canoe club)
www.canoelachine.com
 514 634-4402

Club de croquet (croquet club)
 514 634-0455

Club de curling de Lachine inc. (curling club)
www.lachinecurling.com
 514 637-9521

Club de natation de Lachine (2007) (swim club)
www.clubnatationlachine.com
 514 307-3470

Club de patinage artistique de Lachine (figure skating club)
www.cpalachine.com
 514 634-0015

Le Marquette de Lachine inc. (raquetball club)
 450 619-6200

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

L'École de voile de Lachine inc. (sailing school)
www.voilelachine.com
 514 634-4326

Les pêcheurs et chasseurs sportifs du Lac-Saint-Louis inc. (sports fishing and hunting club)
 514 634-3908


NEIGHBOURHOODS

Saint-Pierre integrated urban revitalization committee
 183 rue des Érables
www.revitalisationsaintpierre.ca
 514 365-7000

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

Duff Court Neighbourhood Committee (COVID)
 1830 rue Duff Court
 514 634-5055

Homework help, handicrafts, family workshops, community cooking, 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, popular education workshops, and monthly community cooking sessions.

OBNL Regroupement de Lachine
 735 rue Notre-Dame
 Seven community organizations under the same roof.

PRIVATE BUSINESSES OFFERING RECREATION SERVICES IN LACHINE*

Cardio Plein Air
 514 707-2050
www.cardiopleinair.ca

Centre musical de Lachine
 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
www.swet.ca

Viveka Yoga
 514 634-2200
www.viveka-yoga.com

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

Greater Montréal 211: When you don't know who to turn to

Dial 211 is a service by the Greater Montréal referral centre (Centre de Référence du Grand Montréal) to fight poverty and social exclusion by referring people experiencing non-emergency social needs to frontline community resources that can help them find a way out of their difficulties.

www.211qc.ca

- Referrals to social and community resources
- Assistance provided in some 200 languages
- Available 8 a.m. to 6 p.m., 7 days a week
- Over 5,000 organizations ready to help