



# parents



Équipe Santé mentale jeunesse  
Youth Mental Health Team  
CIUSSS-ODIM



## **Projet Communautaire Pierrefonds:**

514-684-5995, <https://www.pcpwi.ca/>

Preschool program, academic, linguistic and social support, visiting mothers, community kitchen, summer camp.

## **AMCAL Family Services:**

514-694-3161, <https://www.amcal.ca/>

Residential program, family counselling, supervised visits, groups.

## **Family Resource Center:**

514-676-7775, <https://www.centrefamille.com/>

Workshops, groups, lunch program, camp, SNAP (Stop Now And Plan).

## **Première Ressource aide aux Parents:**

514-525-2573, 1-866-329-4223, <https://premiereressource.com/>

Bilingual telephone support line for parents, conferences.

## **West Island Black Community Association (WIBCA):**

514-683-3925, <https://wibca.org/>

Groups, workshops, tutoring, legal clinic, mentoring.

## **Ometz:**

514-342-0000, <https://www.ometz.ca/>

Employment, immigration, school and social services for the Jewish community.

## **Carrefour Familial Cloverdale Multi-Ressources:**

514-684-8228, <https://www.famillescloverdale.org/>

Preschool, drop-in daycare, French classes, employability services, parental support, fathers at heart program.

## **Carrefour des 6-12 ans de Pierrefonds Est:**

514-685-9598, <http://www.carrefour6-12.org/>

Workshops, academic & home support, sports, art & drama activities, winter and summer camps.

## **Legal Information Clinic at McGill:**

514-398-6792, <https://licm.ca/>

Free legal info, workshops, accompaniment.

## **Legal aid:**

514-864-4828, 514-864-9437

<https://www.justice.gouv.qc.ca/en/programmes-et-services/services/laide-juridique/>

Free legal services for eligible clientele.

## **Educaloi:**

<https://educaloi.qc.ca/en/>

Legal information by topic, workshops.

## **Community Justice Centers:**

1-844-522-6900, <https://avantlamediation.ca>

Information and preparation for mediation.





# Youth

## **Kids Help Phone / Jeunesse J'écoute:**

1-800-668-6868 <https://kidshelpphone.ca/>

## **Tel-Jeunes:**

1-800-263-2266, text 514-600-1002,  
online chat or email: <https://www.teljeunes.com/Tel-jeunes>  
Telephone or online support.

## **Big Brothers Big Sisters of West Island:**

514-538-6100 <https://westisland.bigbrothersbigsisters.ca/>  
Various types of mentoring.

## **Action Jeunesse de l'Ouest-de-l'Île (AJOI):**

514-292-1270 / 514-546-2270, <https://www.ajoi.info/>  
Outreach, help with material needs (food, clothing, shelter), mediation,  
crisis intervention, sexual health and safety.

## **Maison Des Jeunes de Pierrefonds:**

514-683-4164, <https://maisonmj.wixsite.com/mdj-pierrefonds>

## **Maison des jeunes A-MA-BAIE:**

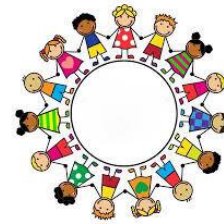
514-685-2989, <https://rmjq.org/>  
Educational & recreational activities, discussion groups.

## **West Island YMCA:**

514-687-9622, <https://www.ymcaquebec.org/>  
Homework help, youth travel and cultural exchanges, recreational &  
leadership activities, after school activities, summer camp.

## **Volunteer West Island:**

(514) 457-5445, <https://cabvwi.org/>  
Volunteer opportunities including animal therapy, handyman services  
meals on wheels, income tax assistance.



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## **Batshaw Youth and Family Center (DYP):**

514-935-6196, <http://www.batshaw.qc.ca/>  
Psychosocial, rehabilitation and social integration services  
for the English and Jewish communities of Montreal.

## **Centre Jeunesse de Montréal (CJ):**

514-896-3100, <https://ciuss-centresudmtl.gouv.qc.ca/>  
Services psychosociaux, de réadaptation et d'intégration  
sociale pour la communauté francophone de Montréal.



## **Carrefour Jeunesse Emploi de l'Ouest de l'Île:**

514-782-0433, <https://www.cjeoieng.org/>  
Employment and academic orientation services for youth up  
to 29 yrs. of age, including promoting local entrepreneurship,  
allowances for returning to school, job search, assistance  
with budgeting and debt management.





**West Island Community Resource Center (CRC):**

514-694-6404, <http://www.crcinfo.ca/>

Free legal & income tax clinic for West Island residents with low-incomes, referrals.

**West Island Mission:**

514-912-6813, <http://www.wimmoi.org/>

Food baskets, school supplies.

**West Island Assistance Fund:**

514-683-0456, <https://fdoi.org/>

Food bank, thrift shop with clothing and small household items.

**La Fondation des Auberges du Cœur :**

514-523-3659, 1-866-992-6387,

<http://www.aubergesducoeur.com/>

Residences and shelter for youth in difficulty.

**Canadian Tire Jumpstart Charities:**

1-844-YES-PLAY, <https://jumpstart.canadiantire.ca/>

Helps children overcome financial and accessibility barriers to sport and recreation to provide inclusive play for kids of all abilities.

**Sun Youth:**

514-842-6822, <https://sunyouth.org/>

Material assistance (food, school supplies, clothing), sports program, recreational activities.

**Native Friendship Centre of Montreal:**

514-499-1854, 1-855-499-1854, <https://nfcmm.org/>

Outreach, day centre, material needs.

**West Island Association for the Intellectually Handicapped:**

514-694-7090, <http://www.wiaih.qc.ca>

Services to adolescents and adults with intellectual disabilities, as well as support for families, including support services for recreational integration to persons with disabilities of any type.

**West Montreal Readaptation Centre (C.R.O.M.):**

514 363-3025, <http://www.crom.ca>

Services for people with intellectual, physical disabilities or ASD.



**C.I.M.O.I.:**

514-305-1616, 514-685-3000, <http://www.cimoi.com/>

Integration & settlement accompaniment, including French courses and employment assistance.

**Maison Caracol - Centre de pédiatrie sociale Pierrefonds-Est :**

514 545-1977, <https://maisoncaracol.com/>

Assessment and follow up by pediatricians, academic, linguistic and social support, activities promoting fitness, nature, social skills and self-esteem. Support with parenting skills, immigration process, family mediation.

**PROMIS:**

514-345-1615, <https://promis.qc.ca/>

Support for immigrants, refugees and their families throughout their cultural, social, and professional integration.

**Community Services for Refugees and Immigrants:**

[514-387-4477](http://514-387-4477), <https://migrantmontreal.org/>

Training and skills, assistance programs (housing, education, health), assistance with immigration and integration processes.





**Friends for Mental Health:**

514-636-6885, <https://info@asmfmh.org>

Support for individuals and families to better cope with their loved one's mental illness. Services include counseling, training, support groups, art therapy, respite activities, mindfulness, and conferences.

**West Island Crisis Center:**

514-684-6160, <https://centredecriseoi.com/>

24/7 crisis line, crisis intervention in the community, short term housing, short term post-crisis follow up.

**Suicide Action Montréal:**

1-866-277-3553, <https://suicideactionmontreal.org/>

24/7 crisis line, counselling & support groups for suicidal people, their loved ones and those bereaved by suicide.



**Montreal Children's Hospital:**

514 412-4400, <https://www.thechildren.com/>

**Douglas Mental Health University Institute:**

514 761-6131, <http://www.douglas.qc.ca/>

**Lakeshore General Hospital:**

514-630-2225, <https://ciuss-ouestmtl.gouv.qc.ca/en/contact-location/general-and-specialized-care-hospitals/lakeshore-general-hospital/>

**CHU Sainte-Justine:**

514 345-4931, <https://www.chusj.org/>

**Info-Sociale / Info-Santé:**

8-1-1, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

**CLSC Psychosocial Intake:**

CLSC Lac St. Louis - 514-697-4110

CLSC Pierrefonds – 514-626-2572

<https://ciuss-ouestmtl.gouv.qc.ca/accueil/>

**West Island Women's Center:**

514-695-8529, <https://wiwc.ca/>

Workshops, groups, educational, social and recreational services for women and children.

