

Free, bilingual non-profit community resources available during pandemic

Côte-des-Neiges–Notre-Dame-de-Grâce (Montréal) version

If you have a resource to add, or an update to make, please contact Marlo Turner Ritchie at info@socialimpactconsultingmtl.com

COVID-19

If you have symptoms (sore throat, cough, fever, difficulty breathing) or have been in contact with someone who tested positive or has symptoms, please stay at home and call the Montreal hotline for COVID-19 health questions: 514.644.4545 (Bilingual)

Call 911 if your breathing is very challenging

Call “211” to get bilingual information on community and social services in your neighbourhood or visit the [website](#). Open 7 days / week from 8am-8pm. (Bilingual)

Walk-in or drive-in screening clinic at Place des Festivals (Entrance corner Saint-Urbain and deMaisonneuve). Important: read information [here](#) before going.

Access to the COVID-19 screening clinics is open to everyone, regardless of their immigration status, with or without RAMQ coverage.

[COVID-19 information for obstetrical patients in Quebec \(pregnant women\)](#)

[Montreal Public Health information - Bilingual](#)

[Ville de Montréal COVID-10 information page - Bilingual](#)

[Santé Québec Health information - Bilingual](#)

[Government of Canada COVID-10 information pages - Bilingual](#)

[Jebénévole.ca. Centralized volunteer database](#)

Register to volunteer for non-profits offering essential services in this difficult time.

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Please contact me if you can translate or know someone who can.

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[COVID Virtual support groups in various neighbourhoods across Montreal](#) (resource list)

[Covid community support NDG](#) (open Facebook group)

COVID-19 information available in languages other than French & English:

[ACCESSSS Facebook](#)

[And via Corporation du développement communautaire CDN website \(see bottom of their main website page\)](#)

General Health

Call “811” for general health questions NOT related to pandemic to speak to a nurse. (Bilingual, 24/7, free, confidential). Do not go to any of the places below if you are experiencing COVID-19 symptoms or have been in contact with someone who is, or who has tested positive.

[À deux mains / Head & Hands \(youth\) - Bilingual](#)

General health, sexual health, mental health support for youth 12-25
514.481.0277

[Centre de pédiatrie Fondation Dr. Julien - Bilingual](#)

Medical, social services for babies & children
[Facebook](#) free activities and tips posted during pandemic
514.341.2220

[CIUSSS de l'Oueste de l'Île](#)

CLSC Benny & CLSC de la Montagne - Bilingual

Do not walk in if you are having cough, fever, difficulty breathing. See resource at top

Free, government-run centre with multiple types of health & social services open to everyone

Home support for seniors, psychological support, how to access a doctor etc.

514.630.2123

[Fondation de la Visite](#)

Les services réguliers de visite à domicile et d'accompagnement pour les femmes enceintes et les familles de nouveau-nés se sont adaptés pour faire face à la pandémie du Coronavirus. Un service de soutien à distance a été mis en place pour aider les familles pendant la période de crise.

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(514) 329 2800
pour plus de renseignements

Regular home visit and accompaniment services for pregnant women and families of newborns have adapted to cope with the Coronavirus pandemic. A remote support service was set up to assist families during the crisis period.

(514) 329 2800
for more information

[Hear Entendre Québec - Bilingual](#)

Services and support for those dealing with hearing loss available via phone & email during pandemic
514.797.2447

[Maison Bleue - Bilingual](#)

Support & services for pregnant women
514.509.0833

[Queen Elizabeth Health Clinic \(NDG\) - Bilingual](#)

Walk-in clinic, radiology, X-rays, ultrasound, medical specialists, mental health, family medicine, alternative therapy etc.

Call to get information about what services are available during the pandemic
514.485.5013

Food security:

Grocery deliveries

A partnership project between the CLSC, Concordia University's ACT and New Hope to provide groceries to seniors 70+ in age living in NDG is going well. Seniors can call the 1-800-406-6254 number on their own to order food from Provigo. Safe, free delivery is provided and the senior must pay with a credit/debit card at the door. Please pass this on to anyone who fits the parameters and might need this service.

[À deux mains / Head & Hands \(youth\) - Bilingual](#)

Basic food support for youth 12-25
514.481.0277

[Concordia Food Coalition](#) & [Concordia Farmer's Market](#) - More Anglophone

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Piloted food baskets one week for students and greater community and were overwhelmed with requests. They are gathering funding & volunteers and will re-launch early April.
Possibly re-launching emergency food baskets available for pick-up. .

[Jamaica Association of Montreal inc. - English](#)

Food baskets available during the pandemic.
514-737-8229

[Le Dépôt / The Depot \(NDG\) - Bilingual](#)

Community food centre. Every household will be eligible for one extra-large emergency food basket between now and May 1st. Emergency Food Baskets distributed by appointment only. If you have access to the internet, fill out their request form online or just call.
514.483.4680

[Mada Community Center - Bilingual](#)

Passover baskets by delivery. Jewish teachings / spiritual content online via [Facebook](#)
Information & referrals. Used furniture depot.
Volunteers needed
514.342.4969

[Multicaf \(Côte-des-neiges\) - more Francophone](#)

Meals on wheels. Emergency food baskets. By appointment. Call to get info.
Volunteers needed
514.733.0554

[NDG Senior Citizens' Council](#)

For 50+population. "We are providing subsidized groceries with the Provigo project (New Hope and CIUSSS) and we also have a driver and shopper for people who are unable to use this service for different reasons."
514.487.1311

Mental health / crises / suicide prevention:

Call 911 if you are someone who you know is in immediate danger

[AMI Quebec - Bilingual](#)

Daily update at 11 am via [Facebook](#) live

Services via phone, email, online

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For people who have a loved one experiencing mental health challenges
Special support groups specific to certain mental health diagnoses
514.486.1448

[Canadian Mental Health Association - Bilingual](#)

1-866-APPELLE (1-866-277-3553)

[Suicide Action - Bilingual](#)

1.866.277.3853 Open 24/7

[TRACOM \(NDG\) - Bilingual](#)

Crises centre offering a listening line and emergency shelter with limited beds.
514.483.3033 Open 24/7

Addiction / Treatment / Recovery / Harm reduction

Call 811 to speak to a nurse anytime (bilingual) and to get information on treatment facilities that are open during pandemic and accepting new patients.

Call 911 if you or someone you know is experiencing dangerous withdrawal symptoms or is experiencing an overdose.

[A deux mains / Head & Hands](#)

Drug and health related support. Harm reduction gear. Call or drop-in
514.481.0277

[Alcoholics Anonymous: AA meetings online / phone support - Bilingual](#)

514.374.3688

[Al-Anon: For friends, family and colleagues someone with a drinking problem - Bilingual](#)

[Al-Anon on Facebook](#)

514.866.9803

[CACTUS Montreal - Bilingual \(downtown\)](#)

Services for drug users including safe injection site, harm reduction gear, psycho-social support
Via phone, email, in-person during pandemic
514.847.0067

[Narcotics Anonymous \(Québec\) - Bilingual](#)

Closed group available via [Facebook](#) for NA Quebec
1.855.544.6362

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[Centre anglophone de réadaptation en dépendance - Point de service externe Montréal](#)

["Foster Pavillion" or "Foster's"](#)

Pavillon Foster

514.486.1304

[Fondation CDRM Dollard-Cormier de Montréal](#) (Bilingual)

514 282-5544 or 514 288-1232

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Housing / Tenant's rights

Chez Soi (NDG)

Housing & occasional meal service for autonomous seniors
514.488.6985

[Elizabeth House \(NDG\) - Bilingual](#)

Housing & support for young mothers & their children
514.482.2488

[Les Habitations TANGO \(NDG\) - Bilingual](#)

Accessible units for adults living with physical disabilities
514.487.5080

[Logis Action \(NDG\) - Bilingual](#)

514.484.1471 #227
Services via phone and email for tenants.

[L'Oeil - Bilingual](#)

Tenant's rights - support offered via phone & email during pandemic
514.738.0101

[Maison Transitionnelle 03 "On Our Own" \(NDG\) - Anglophone](#)

Housing & support for young parents
514.369.0757

[Project Genesis \(CDN\) - Bilingual](#)

Services via phone during pandemic. Information, referral, assistance with government programs, tenant's rights
514.738.2036

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Information, referrals, conversation, general support:

[À deux mains / Head & Hands \(youth\) \(NDG\) - Bilingual](#)

Basic health, social, legal info, streetwork, young parents' program, drop-in centre for youth 12-25 years old. Some services offered during pandemic via phone and email.

Special fund during pandemic: Youth who identify as queer, trans, black, indigenous or people of color can apply to a special project to receive \$1000 to build community.

See their [Facebook](#) page for info or call/email them.

514.481.0277

[Agence Ometz & Cummings Centre \(CDN\) - Bilingual](#)

Community help-line & social services available during pandemic, employment support, services for families & seniors

514.734.1411

[Baobab Maison Familiale \(CDN\) - Bilingual](#)

Information & support for families

[Facebook](#) page has information and activities for families during pandemic

514.734.4907

[Corporation du Développement Communautaire Côte-des-Neiges](#)

Information & referrals online during pandemic

Sign up to receive regular newsletter for activities and resources in CDN.

514.739.7731

[Face a Face: Listening & referral centre - Bilingual](#)

514.934.4546

[Femmes du Monde \(CDN\) - Bilingual](#)

Women's resource centre

Support offered via phone and email during the pandemic

514.735.9027

[Kids Help Phone - English](#)

Jeunesse J'Écoute - French

1-800-668-6868 Open 24/7

Text: CONNECT to 686868

Volunteers needed

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[Ligne Parents - Francophone](#)

Stress, anxiety, challenges with children etc.

1-800-361-5085 Open 24/7

[Native Montreal - Bilingual](#)

Offering activities online during pandemic via [Facebook](#) and via phone, email

514.331.6587

[NDG Community Council \(NDG\) - Bilingual](#)

Info on community resources and government programs available via phone & email during pandemic. See also [Facebook page](#) for covid updates

Sign up to receive regular newsletter "What's happening in NDG"

514.484.1471

[NDG Senior Citizens' Council \(NDG\) - Bilingual](#)

Info on community resources and government programs available via phone & email during pandemic, psycho-social support.

514.487.1312

[Westhaven Community Centre](#)

Info on various free activities for youth & families posted regularly on [Facebook](#).

514.872.6134

Conjugal violence / violence experienced by women & children:

Call 911 if you or someone you know is in immediate danger

[Auberge Shalom - Bilingual](#)

Women's shelter.

514.731.0833 Open 24/7

[Auberge Transition - Bilingual](#)

Women's shelter.

514.481.0495 Open 24/7

[Montreal sexual assault resource centre - Bilingual](#)

514.933.9007

[S.O.S Violence Conjugale - Bilingual](#)

1.800.363.9010

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Homeless shelters (downtown)

[Chez Doris - Bilingual](#)

Female-identified / Women

514.937.2341

Up to 40 beds available downtown at a time during pandemic. Meals and necessities. Accepting various types of donations. See website for details.

[Old Brewery Mission - Bilingual](#)

For men / male-identified people

Limited number of beds available downtown during pandemic. Meals and necessities. Accepting various types of donations. See website for details.

[Resilience Montreal](#) & [Native Women's Shelter](#)

For First Nations, Inuit, Métis women and children

(514) 933-4688 [Facebook](#)

Resilience drop-in centre has been closed temporarily but food, information and psycho-social support is available in Cabot Square and soon in other parts of the city, including emergency isolation shelters for people who have symptoms or who have tested positive with COVID-19. Various donations being accepted via Montreal Indigenous Community Network. Volunteers needed as well. See website for more info

Legal resources

[À deux mains / Head & Hands \(youth\) \(NDG\) - Bilingual](#)

Free legal info for youth by phone. Appointments by phone for adults with lawyers of different areas of expertise e.g. family, immigration, tenancy, business.

514.481.0277

[Educaloi - Bilingual](#)

Online resources & referrals

[Greater Montreal Community Justice Centre - Bilingual](#)

514.227.3782

[Ligue des droits et libertés - Prisoner's rights advocacy](#)

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Employment

[Carrefour Jeunesse Emploi \(CDN\) - Bilingual](#)

Fill out contact form on their website or call them
514.342.5678

[Carrefour Jeunesse Emploi \(NDG\) - Bilingual & open to ALL ages](#)

Fill out their contact form on website to set up appointment via phone or skype or call them
514.482.6665

[Youth Employment Services Montreal \(downtown\)- Bilingual](#)

Employment & entrepreneurship counselling, coaching, workshops available online during pandemic. Call or email for info and support.
514.878.9788

LGBTQ2S+

[Gender Creative Kids Canada](#)

Support & resources via email & phone

[Interligne - Bilingual](#)

Listening line for LGBTQ2S+ community (lesbian, gay, bisexual, transgender, queer, 2 spirit +)
514.866.0103 & via chat on their website

[Project 10 / Project 10 - Bilingual](#)

LGBTQ2S+ youth (lesbian, gay, bisexual, transgender, queer, 2 spirit +)
Support groups online, phone & email support. Harm reduction and gender gear.
514.989.0001

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Immigrants & refugees:

[Bienvenue a NDG \(NDG\) - Multiple languages](#)

Support by and for immigrants. Integration support, information on government & community services. Support available via phone & email during pandemic.

514.561.5850

FAMAS (Filipino Association Of Montreal and Suburbs)

514.341.7477

[Immigrant Worker's Centre \(CDN\) - Bilingual](#)

Info on your legal rights during the pandemic, support via phone and email

514.342.2111

[PROMIS \(CDN\) - Bilingual](#)

Support for refugees & immigrants. Support available via phone and email during pandemic

514.345.1615

Emergency funds for individuals and families:

If you need support accessing emergency funds, contact any of the organizations listed in the "information & referral" section and they can walk you through the government applications.

[Federation CJA](#)

Foundation supporting front line services in the Jewish community

Donate to their COVID emerg relief fund.

[Jeunesse Loyola Centre](#) (NDG) - Bilingual

[Donate](#) to fund to help lower-income families in NDG.

Contact Loyola Centre if you need support.

514.872.6721

[Government of Canada](#) - Bilingual

Example: \$2000 / month up to four months if you lost income related to the pandemic. Financial support for small businesses & non-profits.

Call 1-800-O-CANADA (Service Canada) for info

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