



**F.a.c.e.s.**  
Foster a Child to Excel in Society

# **The FACES Foster care awareness campaign**

*May 2021*

## **Medical Resources**

## Medical Resources

### Head And Hands<sup>1</sup>

#### VISION:

At Head & Hands we envision a society in which all youth are participants and are inspired by the endless possibilities available to them.

#### MISSION:

Head & Hands strives to promote the physical and mental well-being of youth. Our approach is preventative, inclusive, non-judgmental, and holistic, with a fundamental commitment to providing a supportive environment for youth experiencing marginalization(s). We seek to empower youth, and to facilitate social change based on the needs of youth within our community and society at large.

#### APPROACH:

Our approach to youth health and empowerment is guided by the following principles:

**HARM-REDUCTION:** Harm reduction is an approach to public health that aims to provide people with the information, support, and supplies they need to reduce the harm that could be caused by engaging in risky behaviour. For us, harm reduction is about meeting youth where they are at and supporting them in making healthier choices. We recognize that a solution that works for one person may not work for another, and that youth make decisions based on many complex factors in their lives. We encourage client autonomy and dignity at all times.

**NON-JUDGMENT:** We believe that individuals are best suited to make decisions about their lives, and fundamentally respect our clients' choices. We remain open and receptive no matter the situation, without making moral judgments.

**EDUCATION:** From our Sense Project peer-based sex-ed program to our Know Your Rights legal workshops\*, we are committed to providing youth with tools to help them make informed, empowered, and healthy decisions. Check out our Downloads page to access our zines and pamphlets, or our Community Workshops page to find out more about what we offer!

\*These legal workshops are for information purposes only and do not contain any legal advice.

**Holistic care:** We see youth as complex individuals, and actively work to promote their holistic physical, mental and social well-being. We benefit from a diverse team that is able to work together to support each client. For example, a youth could come into our medical clinic but also be struggling with a food security or legal issue. In this case, we could meet not only the youth's medical needs, but also provide them with a food basket or an appointment with our Legal Coordinator.

**CONFIDENTIALITY:** All Head & Hands services and information about those who access them are confidential.



## Head And Hands Medical Service<sup>2</sup>

COVID – 19:

The Medical Clinic is still open, but we are no longer operating on a drop-in basis. To make an appointment, please email [clinic@headandhands.ca](mailto:clinic@headandhands.ca) or call 514-481-0277.

### APPROACH

The Head & Hands Youth Clinic delivers healthcare and education to youth 12-25 years old. The clinic operates on a mixed drop-in and appointment-based model. Once clients are in the clinic, they first meet with the Medical Coordinator, for anywhere from 15 to 30 minutes, before seeing a doctor. After the intake process, clients can be with the doctor for up to 45 minutes.

### PROCESS

Currently, we hold 1-2 half-day clinics a week. All our doctors are volunteers.

Call or email the Health Coordinator to discuss when to get into the clinic and see a doctor; [clinic@headandhands.ca](mailto:clinic@headandhands.ca) or **514-481-0277**.

When you call, be prepared to give:

- Your full name
- Your pronoun(s)
- Your date of birth
- Your insurance/RAMQ status

You may also be asked to give some demographic information (ex. gender, race/ethnicity, etc). Though our clinic is open to all youth between 14 and 25, we want to recognize that certain populations experience oppression and marginalization in very different capacities and because of colonization, patriarchy, racism, transphobia and white supremacy, the current health care system can be inaccessible and possibly harmful to certain populations. Indigenous youth are given special priority within the clinic, in line with Head & Hands' Indigenous Solidarity Statement & Commitments.

### CLIENTS WITHOUT QUEBEC MEDICARE

Head & Hands believes in access to healthcare for everyone, and welcomes clients between the ages of 14-25 who don't have any health insurance or RAMQ coverage. That being said, we ask that if patients do have health insurance or RAMQ, they bring their card or insurance information with them. Temporary medicare cards, out-of-province cards, Blue Cross insurance, Desjardins and IFHP (Interim Federal Health Program coverage for refugees) are also accepted by the clinic.

THE HORMONE REPLACEMENT THERAPY WAITING LIST IS CURRENTLY CLOSED. WE WILL UPDATE WHEN IT RE-OPENS.

Want to visit another clinic? Check out our [Clinic Referral Sheet](#)



[admin@fosterachildtoexcel.org](mailto:admin@fosterachildtoexcel.org)



## Medical consultations

### COVID-19: Medical consultation during the pandemic:

Regardless of your health need, if you have flu-like symptoms or gastroenteritis symptoms or similar to COVID-19, call 418-644-4545, 450-644-4545, 514-644-4545, 819-644-4545 or 1-877-644-4545 (toll free) to be referred to the right resource. If you do not have any of these symptoms and you have a health problem, you can consult even during the pandemic. Wearing a face covering is recommended during a consultation. For more information, go to the page [If you need a consultation during the COVID-19 pandemic](#).

Here are resources offering medical consultations on the same or next day for people without a family doctor or whose doctor is not available in the Montréal region:

#### [CENTRE DE SANTE LA PYRAMIDE](#)

1405, Route Trans Canada, bureau 120, Dorval (Québec) H9P 2V9  
Phone number: 514.685-3850 or 514.683-0414

#### [CENTRE MÉDICAL CENTRALE](#)

7584, Rue Centrale, Montréal (Québec) H8P 1K5  
Phone number: 514.68.4860

#### [CENTRE MÉDICAL ET DENTAIRE PROMED](#)

1250, Rue Mansfield, bureau 2eme étage, Montréal (Québec) H3B 2Y3  
Phone number: 514.845.1800

#### [CENTRE MÉDICAL GESTION ELNA PIERREFONDS](#)

12774, Boulevard Gouin Ouest, Montréal (Québec) H8Z 1W5  
Phone number: 514.684.8460

#### [CLINIQUE COMMUNAUTAIRE DE POINTE SAINT-CHARLES \(AVENUE ASH\)](#)

500, Avenue Ash, Montréal (Québec) H3K 2R4  
Phone number: 514.937.9251, xt. 7239

#### [CLINIQUE CUREL-MED INC.](#)

2021, Avenue Atwater, bureau 180, Montréal (Québec) H3H 2P2  
Phone number: 514.343.9964

#### [CLINIQUE DE CARDIOLOGIE CDL](#)

6900, Boulevard Décarie, bureau M-260, Côte-Saint-Luc (Québec) H3X 2T8  
Phone number: 514.731.4912

#### [CLINIQUE D'URGENCE SAINT-DENIS](#)

8415, Rue Saint-Denis, bureau 101, Montréal (Québec) H2P 2H1  
Phone number: 514.388.5723



[CLINIQUE MEDICAL EN ROUTE - GARE CENTRALE](#)

895, Rue De La Gauchetière Ouest, bureau F5, Montréal (Québec) H3B 4G1  
Phone number: 514.954.1444

[CLINIQUE MÉDICALE BEAUBIEN ET DES ÉRABLES](#)

2175, Rue Beaubien Est, Montréal (Québec) H2G 1M5  
Phone number: 514.721.6560

[CLINIQUE MÉDICALE DU HAUT ANJOU](#)

7500, Boulevard des Galeries-d'Anjou, bureau 45, Montréal (Québec) H1M 3M4  
Phone number: 514.493.19999

[CLINIQUE MÉDICALE ET SANTÉ VOYAGE PROVISION](#)

5428, Avenue Victoria, Montréal (Québec) H3W 2P4  
Phone number: 514.731.9899

[CLSC DE L'EST-DE-MONTRÉAL](#)

13926, Rue Notre-Dame Est, Montréal (Québec) H1A 1T5  
Phone number: 514.642.4050

[CLSC DE PARC-EXTENSION](#)

7085, Rue Hutchison, Montréal (Québec) H3N 1Y9  
Phone number: 514.273.9591

[CLSC DE RIVIÈRE-DES-PRAIRIES](#)

8655, Boulevard Perras, Montréal (Québec) H1E 4M7  
Phone number: 514.494.4924

[CLSC DE SAINT-MICHEL](#)

3355, Rue Jarry Est, Montréal (Québec) H1Z 2E5  
Phone number: 514.722.3000

[CLSC MÉTRO](#)

1801, Boulevard De Maisonneuve Ouest, Montréal (Québec) H3H 1J9  
Phone number: 514.934.0354

[COMPLEXE DE SANTÉ REINE ELIZABETH \(ADMINISTRATION\)](#)

2100, Avenue de Marlowe, Montréal (Québec) H4A 3L5  
Phone number: 514.485.5013

[GMF 8260 ET RIVIÈRES-DES-PRAIRIES \(CLINIQUE MÉDICALE 8260\)](#)

8260, Boulevard Maurice-Duplessis, bureau 212, Montréal (Québec) H1E 3A3  
Phone number: 514.643.1113



[GMF 8260 ET RIVIÈRES-DES-PRAIRIES \(CLINIQUE MÉDICALE RIVIÈRE-DES-PRAIRIES\)](#)

12021, 15e Avenue (R.-d.-P.), Montréal (Québec) H1E 0A1  
Phone number: 514.494.1603

[GMF AHUNTSIC \(CLINIQUE MÉDICALE OMNISANTÉ\)](#)

3400, Boul Henri-Bourassa E, Montréal (Québec) H2B 1T9  
Phone number: 514.903.9995

[GMF AHUNTSIC \(CLINIQUE MÉDICALE SAINT-SULPICE\)](#)

1420, Rue Legendre Est, bureau 12, Montréal (Québec) H2M 1H5  
Phone number: 514.382.0552

[GMF AHUNTSIC \(URGENCE 241 AHUNTSIC INC.\)](#)

10302, Eue Chambord, bureau 106, Montréal (Québec) H2C 2R5  
Phone number: 514.382.0062

[GMF CENTRE DE MÉDECINE FAMILIALE SAINT-LAURENT \(CENTRE D'URGENCE SAINT-LAURENT\)](#)

1605, Boulevard Marcel-Laurin, bureau 200, Montréal (Québec) H4R 0B7  
Phone number: 5814.747.2555

[GMF CHEMIN DE LA STATION SAINT-HENRI \(CENTRE MÉDICAL SAINT-HENRI\)](#)

3968, RUE NOTRE-DAME OUEST, MONTRÉAL (QUÉBEC) H4C 1R1  
Phone number: 514.935.4330

[GMF CLINIQUE MD SANTÉ \(CLINIQUE MD-SANTÉ\)](#)

8127, Boulevard Saint-Laurent, bureau 200, Montréal (Québec) H2P 2M1  
Phone number: 514.687.4372

[GMF CLINIQUE MDCM \(CLINIQUE MDCM\)](#)

5515, Rue Saint-Jacques (Montréal), bureau 203, Montréal (Québec) H4A 2E3  
Phone number: 514.484.0999 or 514.483.9911

[GMF CLINIQUE MÉDICALE DIAMANT \(CENTRE MÉDICAL DE LA PLAZA\)](#)

6700, Chemin de la Côte-des-Neiges, bureau 235, Montréal (Québec) H3S 2B2  
Phone number: 514.342.2941 ou 514.342.2942

[GMF CLINIQUE MÉDICALE L'ACTUEL \(CLINIQUE MÉDICALE L'ACTUEL \(MTS\)\)](#)

1001, Boulevard De Maisonneuve Est, bureau 1130, Montréal (Québec) H2L 4P9  
Phone number: 514.524.1001



[GMF CLINIQUE MEDISTAT \(CLINIQUE MÉDICALE MEDISTAT\)](#)

4965, Rue Saint-Pierre, Montréal (Québec) H9H 5M9  
Phone number: 514.624.4774

[GMF CLINIQUE MEDNAM LACHINE \(CITÉ MÉDICALE LACHINE\)](#)

2600, Rue Victoria (Lachine), appartement A, Montréal (Québec) H8S 1Z3  
Phone number: 514.634.7146

[GMF CLINIQUE MEDNAM LACHINE \(CLINIQUE MEDNAM LACHINE\)](#)

2000, Rue Notre-Dame, bureau 301, Montréal (Québec) H8S 2G4  
Phone number: 514.780.1873

[GMF CLINIQUE RÉSEAU FORCEMÉDIC \(FORCEMEDIC 4\)](#)

601, Boulevard Henri-Bourassa Est, Montréal (Québec) H2C 1E3  
Phone number: 514.787.1818

[GMF CLINIQUE RÉSEAU FORCEMÉDIC \(FORMEDIC 1\)](#)

1021, Rue Jean-Talon Est, bureau 200, Montréal (Québec) H2R 1V6  
Phone number: 514.787.1818

[GMF COSMOPOLITE DE SAINT-LAURENT \(CENTRE DE MÉDECINE INTÉGRÉE\)](#)

2040, Boulevard Marcel-Laurin, bureau 240, Montréal (Québec) H4R 1J9  
Phone number: 514.747.9936

[GMF DÉSY - SAINTE-COLETTE \(CLINIQUE MÉDICALE DÉSY\)](#)

5636, Boulevard Henri-Bourassa Est, Montréal (Québec) H1G 2T2  
Phone number: 514.326.9060

[GMF DORVAL \(CLINIQUE LES JARDINS DORVAL\)](#)

352, Avenue Dorval, bureau 204, Dorval (Québec) H9S 3H8  
Phone number: 514.631.8861 or 514.631.6086

[GMF ELNA DECARIE - CENTRE MÉDICAL DES BOUTS DE CHOUX - DDO](#)

3400, Rue du Marché, suite 203, Dollard-Des Ormeaux (Québec) H9B 2Y1  
Phone number: 514.685.3531

[GMF ELNA DÉCARIE - CLUB TINY TOTS - CLINIQUE MÉDICALE DES BOUTS DE CHOUX](#)

6900, Boulevard Décarie, bureau 3550, Côte-Saint-Luc (Québec) H3X 2T8  
Phone number: 514.342.9911, xt. 602

[GMF ESPACE SANTÉ IDS \(ESPACE SANTÉ IDS\)](#)

8, Place du Commerce, bureau 200, Montréal (Québec) H3E 1N3  
Phone number: 514.798.2228





[GMF FORCEMÉDIC 3 \(FORCEMEDIC GFM 6\)](#)

2229, Avenue Dollard, Montréal (Québec) H8N 1S2

Phone number: 514.787.1818

[GMF GROUPE SANTÉ WESTMOUNT SQUARE \(GROUPE SANTÉ WESTMOUNT SQUARE\)](#)

1, Carré Westmount, suite 300, Westmount (Québec) H3Z 2P9

Phone number: 514.934.2334

[GMF MÉDICENTRE LASALLE SUITE 201 \(MÉDICENTRE LASALLE\)](#)

1500, Avenue Dollard, suite 201, Montréal (Québec) H8N 1T5

Phone number: 514.366.4507

[GMF MÉDICO-CENTRE MONT-ROYAL \(CLINIQUE MONT-CARMEL\)](#)

933, Boulevard René-Lévesque Est, Montréal (Québec) H2L 4S4

Phone number: 514.282.9197

[GMF MÉDICO-CENTRE MONT-ROYAL \(CLINIQUE MÉDICALE ALPHA MÉDIC CENTRE-VILLE MONTRÉAL INC.\)](#)

1253, Rue Guy, Montréal (Québec) H3H 2K5

Phone number: 514.933.8383

[GMF MÉDICO-CENTRE MONT-ROYAL \(CLINIQUE MÉDICO-CENTRE MONT-ROYAL\)](#)

4689, Avenue Papineau, Montréal (Québec) H2H 1V4

Phone number: 514.521.5555 or 514.521.0951

[GMF MÉTRO MÉDIC CENTRE-VILLE \(CLINIQUE MÉDICALE MÉTROMÉDIC CENTRE-VILLE\)](#)

1538, Rue Sherbrooke Ouest, bureau 100, Montréal (Québec) H3G 1L5

Phone number: 514.932.2122

[GMF PHYSIMED \(GROUPE SANTÉ PHYSIMED INC.\)](#)

6363, Route Transcanadienne, bureau 121, Montréal (Québec) H4T 1Z9

Phone number: 514.747.8888

[GMF PLATEAU MONT-ROYAL \(CLINIQUE MÉDICALE PLATEAU MONT-ROYAL\)](#)

1374, Avenue du Mont-Royal Est, bureau 103, Montréal (Québec) H2J 1Y7

Phone number: 514.527.3997

[GMF QUEEN-ÉLIZABETH \(CENTRE MÉDICALE QUEEN ÉLIZABETH URGENT CARE\)](#)

2111, Avenue Northcliffe, Montréal (Québec) H4A 3K6

Phone number: 514.481.4343 or 514.485.5013





[GMF SANTÉ MONT-ROYAL \(CLINIQUE SANTÉ MONT-ROYAL\)](#)

4480, Chemin de la Côte-de-Liesse, bureau 110, Mont-Royal (Québec) H4N 2R1

Phone number: 514.819.6649

[GMF-R 1851 \(CLINIQUE MÉDICALE 1851\)](#)

1851, Rue Sherbrooke Est, bureau 101, Montréal (Québec) H2K 4L5

Phone number: 514.524.7564

[GMF-R 1851 \(CLINIQUE MÉDICALE DES DEUX TOURS INC.\)](#)

1001, Boulevard Robert-Bourassa, bureau C-14, niveau A, Montréal (Québec) H3B 4L4

Phone number: 514.954.4444

[GMF-R 3000 \(CLINIQUE MÉDICALE 3000\)](#)

3000, Rue Bélanger, Montréal (Québec) H1Y 1A9

Phone number: 514.376.7702

[GMF-R BRUNSWICK \(CENTRE MÉDICAL BRUNSWICK\)](#)

955, Boulevard Saint-Jean, suite 308, Pointe-Claire (Québec) H9R 5K3

Phone number: 514.426.6677

[GMF-R CENTRE MÉDICAL MÉTRO MONK \(CENTRE MÉDICAL MÉTRO MONK\)](#)

2529, Rue Allard, Montréal (Québec) H4E 2L5

Phone number: 514.769.9999

[GMF-R CLINIQUE MÉDICALE ANGUS \(CLINIQUE MÉDICALE ANGUS\)](#)

4101, Rue Molson (Montréal), bureau 101, Montréal (Québec) H1Y 3L1

Phone number: 514.807.2333

[GMF-R CLINIQUE MÉDICALE DIAMANT \(CLINIQUE MÉDICALE DIAMANT\)](#)

5885, Chemin de la Côte-des-Neiges, bureau 401, Montréal (Québec) H3S 2T2

Phone number: 514.731.5994

[GMF-R CLINIQUE MÉDICALE DU SUD-OUEST \(CLINIQUE MÉDICALE DU SUD-OUEST\)](#)

4475, Rue Bannantyne, bureau 103, Montréal (Québec) H4G 1E2

Phone number: 514.765.3600

[GMF-R CLINIQUE MÉDICALE VIAU \(CLINIQUE MÉDICALE VIAU INC.\)](#)

4750, Rue Jarry Est, bureau 204, Montréal (Québec) H1R 1X8

Phone number: 5214.326.7203

[GMF-R COLLECTIF MÉDICA](#)

5700, Rue Saint-Zotique Est, bureau 102-104, Montréal (Québec) H1T 3Y7

Phone number: 514.256.5700



[GMF-R COSMOPOLITE DE SAINT-LAURENT \(CLINIQUE MÉDICALE LE PLEIN CIEL\)](#)

475, Boulevard de la Côte-Vertu, Montréal (Québec) H4L 1X7  
Phone number: 514.337.3171

[GMF-R FORCEMÉDIC 3 \(CLINIQUE MÉDICALE ET CENTRE DE RÉADAPTATION FORCEMEDIC WEST-MINSTER\)](#)

1, Avenue Westminster Nord, 2e étage, Montréal-Ouest (Québec) H4X 1Y8  
Phone number: 514.787.1818

[GMF-R HERZL \(CLINIQUE SANS RENDEZ-VOUS HERZL\)](#)

5858, Chemin de la Côte-des-Neiges, Montréal (Québec) H3S 1Z1  
Phone number: 514.340.8311

[GMF-R MAISONNEUVE-ROSEMONT - DOMUS MÉDICA \(CLINIQUE MÉDICALE MAISONNEUVE-ROSEMONT\)](#)

5345, Boulevard de l'Assomption, bureau RC-60 et 360, Montréal (Québec) H1T 4B3  
Phone number: 514.257.7000

[GMF-R POLYCLINIQUE LEVASSEUR \(POLYCLINIQUE LEVASSEUR\)](#)

8000, Boulevard Langelier, bureau 601, Montréal (Québec) H1P 3K2  
Phone number: 514.383.0559

[GMF-R POLYCLINIQUE POINTE-AUX-TREMBLES \(POLYCLINIQUE POINTE-AUX-TREMBLES\)](#)

12905, Rue Sherbrooke Est, bureau 103, Montréal (Québec) H1A 1B9  
Phone number: 514.498.4050

[GMF-R STILLVIEW \(CLINIQUE RÉSEAU STATCARE\)](#)

175, Avenue Stillview, bureau 104-155, Pointe-Claire (Québec) H9R 4S3  
Phone number: 514.694.9282

[GMF-U DE VERDUN \(GMF-U DE VERDUN\)](#)

3950, Boulevard Lasalle, Montréal (Québec) H4G 2A3  
Phone number: 514.765.7325

[POLYCLINIQUE MÉDICALE TRANSIA](#)

750, Côte de la Place-d'Armes, Montréal (Québec) H2Y 2X8  
Phone number: 514.316.1987

[POLYCLINIQUE ROSEMONT](#)

3377, boulevard Rosemont, Montréal (Québec) H1X 1K4  
Phone number: 514.798.8688



## Mental Health & Crisis Line Phone Services

### Ajoi<sup>3</sup>

#### ABOUT US

#### VISION

AJOI aims to improve the quality of life of young people and to break the denial of poverty in the West Island.

#### VALUES

Respect : Listening, empathy, non-judgment, sensitivity, tolerance, sharing in the opinions and points of view.

Transparency : Honesty, put into question, integrity, humility, right to error.

Openness : Listening, sensitivity, non-judgmental, patience.

Solidarity : Team spirit, a common team purpose, coherence, cohesion, responsibility.

Confidence : Pride, sense of belonging.

#### OUR MISSION

Our mission is to establish and maintain street outreach work services for youth aged 12 to 25 years old on the West Island.

#### OUR OBJECTIVES

At AJOI, we believe in each worker's capabilities and sense of creativity. We thrive for them to reach their full potential by employing the values of humanistic psychology.

Through listening, support, accompaniment, distribution of harm-prevention supplies, information and referral, we aim to provide services to the youth and young adults facing one or multiple challenges and realities such as : homelessness, substance abuse, mental health, suicidal tendencies, isolation, judicial process, poverty and social exclusion, violence, sexual health, sex industry, criminality and delinquency, etc.

Our objectives are :

- Developing and offering prevention services about sexual health, drug and alcohol addiction, homelessness and violence;
- Promoting youth participation within the community through the animation and support of collective projects;
- Criminality and street gang affiliation prevention;
- Promoting and fostering collaboration and partnership between West Island organizations.



Contact Us

ADMINISTRATION

15632, boul. Gouin O. Ste-Geneviève, Québec H9H 1C4

[adjoint@ajoi.info](mailto:adjoint@ajoi.info)

Tel: 514.675.4450

Fax: 514.675.4425

CLINICAL COORDINATION

514.292.1270 - [coordoclinique@ajoi.info](mailto:coordoclinique@ajoi.info)

IMMIGRATION COORDINATION

514.873.1076 - [coordoimmigration@ajoi.info](mailto:coordoimmigration@ajoi.info)

COMMUNITY OUTREACH COORDINATION

514.546.2270 - [coordomilieu@ajoi.info](mailto:coordomilieu@ajoi.info)

SEXUAL EDUCATION PROGRAM

438.872.1076 - [sexo@ajoi.info](mailto:sexo@ajoi.info)

SPORTS AND CULTURAL ACTIVITIES

514.267.6029 - [animation@ajoi.info](mailto:animation@ajoi.info)

STREET OUTREACH WORKERS

PIERREFONDS-ROXBORO

514.887.1270 - [tr\\_pfds@ajoi.info](mailto:tr_pfds@ajoi.info)

438.831.1270 - [tr\\_pfds2@ajoi.info](mailto:tr_pfds2@ajoi.info)

514.702.1270 - [tr\\_pfds3@ajoi.info](mailto:tr_pfds3@ajoi.info)

L'ÎLE-BIZARD-SAINTE-GENEVIÈVE

514.952.1270 - [tr\\_ibsg@ajoi.info](mailto:tr_ibsg@ajoi.info)

DOLLARD-DES-ORMEAUX

514.647.1443 - [tr\\_ddo@ajoi.info](mailto:tr_ddo@ajoi.info)

DORVAL

438.393.9696 - [tr\\_dorval@ajoi.info](mailto:tr_dorval@ajoi.info)

438.354.9695 - [tr\\_dorval2@ajoi.info](mailto:tr_dorval2@ajoi.info)

POINTE-CLAIRE ET SUD DE L'OI

514.882.5392 - [tr\\_pointeclaire@ajoi.info](mailto:tr_pointeclaire@ajoi.info)

438.837.1076 - [tm\\_immigration2@ajoi.info](mailto:tm_immigration2@ajoi.info)

SUBSTANCE ADDICTION

438.862.1264 - [tr\\_toxicomanie@ajoi.info](mailto:tr_toxicomanie@ajoi.info)

ADULT HOMELESSNESS

438.862.1261 - [tr\\_itinerance\\_sud@ajoi.info](mailto:tr_itinerance_sud@ajoi.info)

514.708.1270 - [tr\\_itinerance\\_nord@ajoi.info](mailto:tr_itinerance_nord@ajoi.info)

OUTREACH WORKERS IMMIGRATION PROGRAM

PIERREFONDS-ROXBORO

438.871.1075 - [tm\\_immigration1@ajoi.info](mailto:tm_immigration1@ajoi.info)

438.837.1076 - [tm\\_immigration2@ajoi.info](mailto:tm_immigration2@ajoi.info)

AJOI'S SERVICES ARE ONLY OFFERED IN PERSON AND NEVER BY E-MAIL.

**In case of emergency please call 911.**



## Le Centre Option/Prévention TVDS<sup>4</sup>

LE CENTRE OPTION-PRÉVENTION T.V.D.S.

Better known by the acronym T.V.D.S. (Toxicomanies, Delinquency, Violence, Suicide), the organization specializes in the prevention and intervention of risky behaviours and brings together people interested in the creation, organization and maintenance of several services of assistance and support for the entire Quebec population.

Its main mandate is to intervene in prevention and intervention by providing quality services to all Quebecers, young and adults, struggling with different or less complex situations such as substance abuse (and other addictions), delinquency, violence and suicide.

The TVDS team is made up of qualified professionals in the following fields: criminology, education, communication and support relationship (psychosocial intervention).

CONTACT US TODAY  
615 rue Provost, Bureau 1  
Lachine, Québec  
H8S 1M5

[centretvds@gmail.com](mailto:centretvds@gmail.com)  
[centretvds@videotron.ca](mailto:centretvds@videotron.ca)  
(514) 898-9805



[admin@fosterachildtoexcel.org](mailto:admin@fosterachildtoexcel.org)



## Agence Omertz<sup>5</sup>

### OUR MISSION

Ometz is a charitable organization offering employment, immigration, school and social services to help people fulfill their potential, and secure the growth and vitality of the Montreal community.

Reaching more than 13,000 people annually, we provide intervention, prevention, support services and programs to enhance your quality of life.

- SERVICES FOR YOUTH AND YOUNG ADULTS offer support, guidance and learning so that our children and youth grow up healthy, happy and safe—and prepared to transition into adulthood successfully and with confidence. We also provide a range of customized services for schools to help enrich a child's experience in the classroom.
- THE OMETZ COUNSELLING CENTRE helps families, couples, and individuals manage the stresses of unforeseen events and the challenges of everyday life. Counselling is available in English, French, Hebrew, Spanish and Russian.
- EMPLOYMENT SERVICES provide job seekers with a range of services, from skills training to job search assistance.
- SERVICES FOR EMPLOYERS help you find qualified candidates with specialized skills. For entrepreneurs, we offer a range of business consulting services to help start or grow your business.
- SERVICES FOR NEWCOMERS help new arrivals to Montreal establish their lives in Canada through a range of services, from integration activities to employment services.
- COMMUNITY SERVICES help with short-term crisis intervention or provide ongoing guidance and support to individuals and families looking to regain control of their lives.
- TRAINING & WORKSHOPS provide skills development and employability training for job seekers, employers and professionals. Online resources, access to information, career development, industry trends, and computer and language training are just some of the training opportunities offered at Ometz.

### CONTACT US

1 Cummings Square,  
5151 Côte Ste-Catherine Road  
Montreal, Quebec H3W 1M6

T | 514.342.0000 F | 514.342.2371

E | [info@ometz.ca](mailto:info@ometz.ca)



[admin@fosterachildtoexcel.org](mailto:admin@fosterachildtoexcel.org)



## Ami Québec<sup>6</sup>

### WHAT WE DO:

AMI-Quebec Action on Mental Illness is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy.

### WHO WE HELP:

AMI-Quebec helps family caregivers cope with mental illness in a loved one. Family includes those in the circle of support of someone living with mental illness (parents, spouses, siblings, adult children, friends, etc.) Many of our programs are open to anyone and may also be of special interest to those living with mental illnesses.

### WHY WE DO WHAT WE DO:

Caregiving is often a difficult and long-term task for which family members are not necessarily prepared. We help families to cope with these difficulties by better understanding mental illness and their own situations. This helps caregivers to provide the best support to their loved one while taking care of their own well-being.

### WHERE:

Our office is in Montreal (5800 boul. Decarie, Montreal, Quebec H3X 2J5).  
Some of our programs are available across Quebec by phone or internet.

### WHEN:

Our office is open Mondays-Thursdays 9am-5pm and Fridays from 9am-4pm.

### COST:

Our programs are free!

### CONTACT US:

AMI-Quebec is located at  
5800 boul. Decarie,  
Montreal, Quebec H3X 2J5

Our office is open Monday to Thursday from 9am to 5pm and Friday from 9am to 4pm.

Call us! **514-486-1448** (1-877-303-0264 outside Montreal).

Email us! [info@amiquebec.org](mailto:info@amiquebec.org)





## Crisis Line Phone Services

### [KIDS HELP PHONE \(24 HOURS\)](#)

24/7 confidential professional online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada. Kids Help Phone has expanded its mandate to include former youth in care of any age.

Phone number: 1-800-668-6868

### [BIG WHITE WALL](#)

An online peer-to-peer support community for your mental health for those aged 16 and over.

Phone number: (416) 987-7725 / Toll Free: 1-800-718-1797

### [BOUNCE BACK](#)

Skill-building program managed designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.

Phone number: 1-866-345-0224

### [FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE \(24HOURS\)](#)

Immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut.

Phone number: 1.855.242.3310

### [TELEHEALTH ONTARIO](#)

Free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.

Phone number: 1.866.797.0000

### [TEENLINE](#)

Confidential hotline for teenagers for mental health.

Phone number: 1-310-855-HOPE / 1-800-852-8336

Or text TEEN to 839863

### [ASSAULTED WOMEN'S HELPLINE](#)

24-hour telephone and TTY crisis line to all woman who have experienced abuse including: counselling, emotional support, information and referrals.

Phone number: 416-863-0511 (Toronto) / Toll Free 1-866-863-0511

1-866-863-7868 (TTY)

### [GOOD2TALK](#)

Free, professional and confidential counselling support for post-secondary students in Ontario.

Phone number : 1-866-925-5454



[NASEEHA YOUTH HELPLINE](#)

Peer support for Muslim youth.  
Phone number: 1-866-627-3342

[TRANS LIFE LINE](#)

Peer support service run by trans people, for trans and questioning callers.  
Phone number: 1-877-330-6366

[LGBT YOUTHLINE](#)

Confidential and non-judgemental peer support through our telephone, text and chat services for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

Phone number: 1-800-268-9688

Text: 647-694-4275

Chat: [www.youthline.ca](http://www.youthline.ca)

[INSTITUT DE FORMATION D'AIDE COMMUNAUTAIRE À L'ENFANT ET À LA FAMILLE](#)

Psychotherapy reduced fees: 90/hr

Location: 4694 Gouin Boulevard East, Montréal-Nord, Montréal, QC, H1H 1E7

[SUICIDE ACTION MONTREAL \(SAM\)](#)

All communications are available 24/7 and free of charge at 1 866 277 3553 (1 866 APELLE)

[THE CENTRE DE CRISE DU QUEBEC \(TRACOM\)](#)

Offers 24-hour telephone support. In addition, they offer up to 2 weeks of short-term housing, and up to 8-weeks of in-person support to help resolve ongoing problems (e.g., finding a job).

Phone number: 514-483-3033

[THE MONTREAL CENTER FOR ANXIETY & DEPRESSION](#)

Queen Elizabeth Health Center

2111 Northcliffe, Suite 440

Montreal, Quebec (Metro Vendôme)

H4A 3K6

Phone number: 514-777-4530 or 514-796-4357 (after hours number: 514-777-4530)

[JEWISH GENERAL HOSPITAL](#)

3755 Côte-Ste-Catherine Road

Montreal, Quebec H3T 1E2

Phone number: 514-340-8222



## REFERENCES

<sup>1</sup> [HTTPS://HEADANDHANDS.CA/ABOUT/](https://headandhands.ca/about/)

<sup>2</sup> [HTTPS://HEADANDHANDS.CA/PROGRAMS-SERVICES/MEDICAL-SERVICES/](https://headandhands.ca/programs-services/medical-services/)

<sup>3</sup> [HTTPS://WWW.AJOI.INFO/ABOUT-US](https://www.ajoi.info/about-us)

<sup>4</sup> [HTTPS://CENTRETVDS.ORG/A-PROPOS-DE-NOUS/](https://centretvds.org/a-propos-de-nous/)

<sup>5</sup> [HTTPS://WWW.OMETZ.CA/ABOUT+US/](https://www.ometz.ca/about+us/)

<sup>6</sup> [HTTPS://AMIQUEBEC.ORG/](https://amiquebec.org/)

