



FREE DELIVERY

Lulu Événements

☎ 514-409-4790
@ COVID-19@luluevenements.com

St-Henri Support Group

☎ 438-523-6243
@ entraide.st.henri@gmail.com
f St-Henri Community Support



FAMILY AND YOUTH

Famijeunes

Online activities and support for children and parents.

☎ 514-931-5115 ext. 0
@ information@famijeunes.org

Milieu éducatif La Source

Online activities and support for school age children

☎ 438-520-4089
f @Milieueducatiflasource

Maison des jeunes La Galerie

Online activities and support for youth aged 11 to 18.

☎ 514-933-7290
f @Anni-m La Galerie
@lagalerie.st.henri



SENIORS

Centre Saint-Antoine 50+

Support and accompaniment of seniors.

☎ Alicia : 438-397-8698

Prévention Sud-Ouest

Outreach to seniors.

☎ Renée : 514-984-7761



LEGAL SUPPORT

COVID-19 Legal Aid Clinic

Free legal advice in the context of COVID-19.

☎ 514 789-2755

Family law helpline for victims of domestic violence

☎ 1-844-312-9009



STREET WORK

Travail de rue/Action communautaire (TRAC)

Promoting access to resources through street work outreach.

☎ Amélie : 514-550-7055
☎ Jonathan : 514-942-0815
☎ Laurent : 514-942-1314



COVID-19 RESSOURCES IN ST-HENRI

This free resource directory was prepared by the CDC Solidarité St-Henri.



Need help?

514-933-0207 ext. 58417

More ressources and French version at

STHENRI.ORG

COVID-19 Information Line

If you have questions related to COVID-19 or symptoms.

☎ Montreal : 514 644-4545
☎ Hearing impaired : 1 800 361-9596

Info-santé / Info-social 811

☎ Nurse : 8-1-1, #1
☎ psychosocial counselor : 8-1-1, #2

211 Greater Montréal

Social and community resources.


☎ 2-1-1



FOOD


Benedict Labre House

Home delivery of emergency food baskets by appointment.

 514-970-5973

Share the Warmth


Home delivery of emergency food baskets by appointment.

 514-933-5599, dial 0

 info@partageonslespoir.ca

Welcome Hall Mission

Food baskets by appointment.


 514-937-9317

 marchebonaccueil@missionba.com

 606 Courcelle


Meals on wheels

Home delivery of meals.

 514-937-4798


Sun Youth

Home delivery of emergency food baskets by appointment.

 514-937-4798

Union United Church

Emergency food aid.

 514-932-8731



IMMIGRATION

Comité d'éducation aux adultes de la Petite-Bourgogne et de Saint-Henri (CÉDA)

Help and reference for immigrants.

 514 596-4419


 immigration1.ceda@gmail.com




HOUSING

P.O.P.I.R. Comité logement

Free legal information for tenants on their rights.

 514-935-4649


 info@popir.org




LISTENING

SOS violence conjugale

Domestic violence hotline.

 1 800 363-9010

LigneParents (Parents Helpline)


 1 800 361-5085

Suicide Action Montréal

Suicide prevention and support line.


 1 866 APPELLE (277-3553)

Tel-Aînés (Seniors Helpline)

 514 353-2463

Jeunesse, J'écoute (Youth Helpline)

 1 800 668-6868


 SMS : 686868



EMPLOYMENT, UNEMPLOYMENT AND SOCIAL ASSISTANCE


Regroupement économique et social du Sud-Ouest (RESO)

Job search and employment insurance support.

 514-931-5737 ext. 254

Carrefour jeunesse-emploi du Sud-Ouest de Montréal

For job seekers aged 16 to 35.

 514-562-9456

 info@cjeso-mtl.org

Comité des personnes assistées sociales (CPAS)

Information and advocacy service for people who are on welfare, unemployed or economically disadvantaged.

 514 931-6025


Welfare Rights Committee of South-West Montreal

Information and advocacy service on welfare issues for anglophones.

 514-445-5321 or 514-932-5916

L'Association coopérative d'économie familiale (ACEF) du Sud-Ouest de Montréal

Defences of the rights of consumers and budget consultation.

 514 362-1771 ext. 0

 acefsom@consommateur.qc.ca