Covid-19
CHECKLIST FOR CITIZENS

Plateau-Mont-Royal borough

Need help or want to talk?
Info-Sociale: dial 811
Accueil psychosocial du CIUSSS Centre-Sud
Phone: 514 527-2361, ext. 1466
Tel-aide (24h/24): 514 935-1101
Tel-écoute: 514 493-4484
Tel-ainés: 514 353-2463
Ligne-Parents: 1 800 361-5081
Tel-jeunes: 514 600-1002
Centre de crise le Transit: 514 282-7753
SOS Violence conjugale: 1 800 363-9010
Suicide prevention: 1 866 APPELLE (277-3553)

Looking for a resource or service?
Dial 211 (multilingual)

Questions and concerns about COVID-19?
Phone: 514 644-4545

Want to volunteer?
Volunteer access
514 523-6599, ext. 28
Jebenevole.ca

Need volunteers?
514 523-6599, ext. 32

Questions about community organizations in the neighbourhood?
CDC Action solidarité Grand Plateau:
Phone: 514 528-8656
Email: info@cdcasgp.org
Website: cdcasgp.org

Need for housing support?
(Defence of tenants’ rights)
Comité logement du Plateau-Mont-Royal:
514 527-3495
At risk of being without a residence?
Dial 311

Need job search support?
CODEM-CJE Plateau-Mont-Royal–Mile-End:
514 522-9151
Travail Sans Frontières: 514 499-0606

Questions about municipal services?
Dial 311

To reach the office of elected officials:
Office of Luc Rabouin
Plateau-Mont-Royal borough mayor
Phone: 514 872-8123
Email:
 ptr.bureaudumaire@ville.montreal.qc.ca

Office of Ruba Ghazal
MPP of Mercier
Phone: 514 525-8877
Email: ruba.ghazal.merc@assnat.qc.ca

Office of Steven Guilbeault
MP of Laurier–Sainte-Marie
Phone: 514 522-1339
Email: steven.guilbeault@parl.gc.ca

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Food security
See reverse side
Food security resources in the borough

1. Ateliers d'éducation populaire du Plateau
   4273, Drolet Street
   514 350-8881
   For people needing food assistance
   On site

2. Centre d’aide à la famille
   514 982-0804
   For families and seniors
   On site and home delivery

3. Women’s Centre of Montréal
   3585, Saint-Urbain Street
   514 842-4780
   For single women or women with families
   On site and home delivery

4. Centre Communautaire Restauration Vertical
   3767, Berri Street
   514 750-3946
   Available to all / On site

5. Mile-End Community Mission
   99, Bernard Street West
   514 274-3401
   Community meals to go
   For everyone
   Tuesday, Wednesday and Friday for lunch

6. Partage & solidarité
   4191, Fullum Street
   Subscribe on Facebook or by email (info@partageetsolidarite.org)
   For everyone
   On site

7. Racine Croisée
   120, Duluth Avenue East
   For everyone
   On site

8. La Maison d’Aurore
   4816 Garnier Street • 514-527-9075
   Distribution of prepared meals (3 $)
   Fruit and vegetables baskets at a low price
   For families with a low income.
   On site order and distribution every two weeks.

9. Cuisines collectives du Grand Plateau
   4095, Saint-André Street
   514 523-1752
   For people 60 years old +
   On site and home delivery

10. Diners St-Louis
    1818, Gilford Street
    514 521-8619
    For young people aged 18-30
    On site

11. Maison des amis du Plateau-Mont-Royal
    1370, Saint-Joseph Blvd
    514 527-1344, ext. 226
    For people in a vulnerable situation
    Meals to go served outside

12. Resto Plateau
    4450, Saint-Hubert Street
    514 527-5997
    Services for all
    Meals to go, served inside

13. Santropol Roulant
    111, Roy Street East • 514 284-9335
    Upon referral from health professionals
    For seniors, people with reduced mobility or loss of autonomy
    Home delivery

14. La Porte Ouverte Montréal / The Open Door Montreal
    3535, Park Avenue
    514 939-1970
    For people in situation of insecurity
    On site

Contact the organizations before visiting to find out the terms and conditions of their services.

Revised version - December 2020