

Resource Booklet for LaSalle Families with Children 0 to 5 years of Age



Table d'action et de concertation Enfance/ famille de LaSalle

Forward

This resource booklet was developed for LaSalle families who have children between the ages of 0 and 5 years. The objective of this booklet is to provide a quick and easy telephone reference tool. The majority of the services listed in this booklet are offered in LaSalle.

This resource booklet will be updated regularly on the CSSS Dorval LaSalle Lachine website www.santemontreal.qc.ca/csss/dorvallachinelasalle (documentation section) where it can be easily downloaded and printed. This booklet will also be available for families to purchase through organizations who are a member of the “Table d’action et de concertation enfance/famille de LaSalle”. We hope that this resource booklet will be used by a variety of families and helps with accessing resources.

This booklet was developed by the “Table d’action et de concertation enfance/famille de LaSalle” whose members include:

- The LaSalle Borough
- Bureau de Consultation Jeunesse (BCJ)
- Catholic Community Services (CCS)
- Centre Prisme
- CPE Brindami
- CPE Familigarde
- CPE Forêt Enchantée
- CPE Globules Roses
- CSSS Dorval LaSalle Lachine
- Club Garçon et filles de LaSalle (Boys and Girls Club of LaSalle)
- Orchard Elementary School
- Batshaw Youth and Family Centres
- LaSalle Black Resource Center
- Maison des Famille de LaSalle
- Elisabeth House
- Ministère de la famille
- Nutri-centre Lasalle

For more information about the “**Table d’action et de concertation enfance/ famille de LaSalle**” contact Luc Paradis, Community Organizer, at 514 639-0660 p.492.

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EMERGENCY

| | |
|--|----------------|
| POLICE – FIRE DEPARTMENT – AMBULANCE | 911 |
| INFO-SANTÉ HEALTH HOTLINE | 811 |
| CANADIAN POISON CONTROL CENTRE | 1-800-463-5060 |
| POLICE- LASALLE DISTRICT | 514-280-0113 |
| Centre de la Jeunesse de Montréal (French) | 514-896-3100 |
| • (Youth protection) | |
| Batshaw Youth and Family Centres (English) | 514-935-6196 |
| • (Youth protection) | |

Health and Social Services

| | |
|--|----------------------------|
| LaSalle CLSC | 514-364-2572 |
| ▪ Psychosocial services | poste 2232 ou 2233 ou 5128 |
| ▪ Prenatal meeting | poste 2200 |
| ▪ Workshops : infant nutrition..... | poste 2200 |
| ▪ Oasis grossesse (support group for pregnant immigrant women) | poste 5110 |
| ▪ Vaccination clinic..... | poste 2249 |
| ▪ First years (support group for parents) | poste 2342 |
| ▪ OLO (healthy babies)..... | poste 2232 ou 2233 ou 5128 |

Breastfeeding

| | |
|--|-------------------------|
| ▪ Nourri-source (support and information) Liaison Nurse..... | 514-364-2572 poste 2350 |
| ▪ Breastfeeding support group (thursday morning from 10h00 to noon)..... | 514-364-2572 |
| ▪ Quebec Association of Lactation Consultants..... | 514-990-0262 |
| ▪ La Leche League | 1-866-255-2483 |
| ▪ Hospital grade electric breastpump rental | |
| ○ Pharmacie Brunet | 514-365-0505 |
| ○ Pharmacie Portelance | 514-366-4134 |
| ○ Pharmacie Place Newman | 514-363-4402 |
| ▪ Pharmacies offering private consultation on breastfeeding | |
| ○ Pharmacie Boutin- Laval (free) | 450-969-1421 |
| ○ Pharmacie Blouin- Lachine (free) | 514-637-4441 |
| ○ Pharmacie Athanasoulas- Montréal (cost) | 514-695-7544 |

Hospitals

| | |
|--|--------------|
| LaSalle Hospital | 514-362-8000 |
| ▪ Birthing center | poste 1815 |
| Ste-Justine Hospital..... | 514-345-4931 |
| ▪ Emergency | 514-345-4611 |
| Montréal Children's Hospital | 514-412-4400 |
| ▪ Dental clinic | 514-412-4499 |
| Douglas Hospital | 514-761-6131 |
| ▪ Child and adolescent psychiatry division | poste 2057 |
| Maisonneuve-Rosemont Hospital | |
| ▪ Pediatric emergency..... | 514-252-3400 |
| Jewish General Hospital..... | 514-340-8222 |
| Royal Victoria Hospital..... | 514-934-1934 |
| Lakeshore General Hospital | 514-630-2225 |

Pediatric and Medical Clinics

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|---|--------------|
| Clinique Pédiatrique de LaSalle (LaSalle paediatric clinic)..... | 514-364-5229 |
| Centre médical pour enfants (Children's medical clinic)..... | 514-368-0441 |
| Médecine familiale de LaSalle (LaSalle family medicine) | 514-595-8867 |
| Centre de gynécologie et de maternité (Gynaecology and maternity clinic)..... | 514-364-3700 |
| Nazareth Medical Center..... | 514-368-5500 |
| Ville Émard Medical Clinic | 514-767-5307 |
| Verdun Medical Clinic | 514-737-2496 |

Community Resources for Children and Families

Bureau de Consultation Jeunesse (French)..... 514-274-9887

www.bcj14-25.org

- Supervised apartments for 17-22 years olds (young mothers, young families, single)
- Group for young mothers and groups for young fathers
- Information, consultation, individual support and referral
- Advocacy services

Centre PRISME (Bilingual) 514-364-0939

www.centreprisme.net

- Respite service for parents
- Babysitting services in the community (2-5 years old)
- School préparation programs based on the programs *Jouer c'est magique and Brindami*
- Workshops and outing for parents and children

CCS Early Head Start program (English) 514-937-5351

www.ccs-montreal.org

Busy Babies and Tumbling Toddlers

- Programs for parents of children aged 0-2
- The program includes:
 - Weekly meetings and activity for parents and children
 - Infant stimulation
 - Integration into the community
 - Parent educational programs

Club Garçons et Filles de LaSalle/ Boys and Girls Club of LaSalle (Bilingual) 514 364-4661

www.bgclasalle.com

- Infant stimulation groups (babies 0-6 months) in collaboration with the CSSS
- Small Friends program (Preschool 3-5 years)
- Summer day camp from end of June to end of August (3-5 years)
- Orientation, accompanying and referral of families to various community resources
- Family activities (animated parties, outing)

Maison des Familles de LaSalle (Bilingual) 514-364-1332

www.mflasalle.com

- Parent child workshop focused on, child development, for children under 5
- Parent workshops focused on enriching the parenting experience
- Round Table Discussions (every Wednesday)
- Day care services (flexible hours with an educational program)
- Family activities (holidays, outing, variety of workshops, etc.)
- Internet access

Nutri-Centre LaSalle (French)..... 514-365-3670

- Baby food workshop (pureed food)
- “Little Cooks” workshop (parents and children aged 4-12)
- Community garden
- Community kitchen
- Themed workshops
- Community meals (for parents)

TLC (Tender Loving Care) (Bilingual)514-363-2017
www.tlclasalle.org
 ▪ Children’s play group ages 2-5
 ▪ Parent workshops

Corporation de l’espoir (French)514-367-3757

Daycares

Centre de la petite enfance (CPE)

CPE Familiarde and home daycare coordinating office514-595-9955
 ▪ Administration..... poste 228
 ▪ Daycare centre division poste 229
 ▪ Home daycare division..... poste 223
 CPE Brindami 514-363-3131
 CPE Les Globules Roses (For the employees of the hospital) 514-362-8000 p.1991
 CPE La Forêt Enchantée de LaSalle 514-368-2020
 CPE Éducative André-Laurendeau (For the employees of the CEGEP)..... 514-367-1424
 CPE L’Aventurlure de LaSalle..... 514-367-6703
 CPE Jacqueline..... 514-367-2187

Daycares

Garderie La Ruche..... 514-365-1114
 Centre préscolaire Montessori..... 514-363-6603
 Garderie centre D’imagination 514-365-5115
 Garderie Les Petits Bouts de Choux de LaSalle..... 514-363-5356
 Garderie Internationale de LaSalle 514-365-6727
 Garderie Les Petits Futés..... 514-366-6979
 Garderie Les Aventuriers 514-365-3515
 Garderie Éducative Piccoli Bambini (opening ?????)..... 514-328-8711
 Garderie Les Bons Élèves 514-365-1685
 Garderie Centre de L’exploration..... 514-366-9395
 Garderie Éducative les Canaries (II) 514-366-7648
 Garderie Centre Créatif de LaSalle 514-364-9111
 Garderie de LaSalle 514-365-0843
 Garderie Janina..... 514-595-8061

Halte-garderie (Short Term Daycare)

Maison des Familles de LaSalle 514-364-1332
 Centre PRISME..... 514-364-0939

Borough Services for Early Childhood

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|---|--------------|
| Borough of LaSalle | 514 367-1000 |
| ville.montreal.qc.ca/lasalle | |
| L'Octogone Library..... | 514 367-6376 |
| octogone.ville.lasalle.qc.ca | |
| ▪ Mini-tales (2-year-olds) | |
| ▪ Story Hour (3-5-year-olds) | |
| ▪ Les samedis racontés (Saturdays bilingual storytelling) (3-7-year-olds) | |
| ▪ Books, DVD, toys etc.. loans | |
| ▪ Kids'corner | |
| Aquadôme | 514 367-6460 |
| aquadome-lasalle.com | |
| ▪ <i>Aquanatal, aquabébé, aquapoussette</i> | |
| (aquafitness for pregnant women, for infants and for Moms, babies in strollers) | |

School Boards

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|---|--|
| Lester B. Pearson School Board (English) | 514-422-3000 |
| | www2.lbpsb.qc.ca |
| • Orchard Elementary school | 514-366-2270 |
| • (Kindergarten for 4 year olds) | |
| • Allion Elementary School | 514-595-2040 |
| • Children's World Academy..... | 514-595-2043 |
| • St. Lawrence Academy Junior (K-2)..... | 514-798-0743 |
| • St. Lawrence Academy Senior (3-6) | 514-798-0744 |
| • LaSalle Community Comprehensive High School..... | 514-595-2050 |
| • Adult Education..... | 514-798-5588 |
| • Vocational Training..... | 514-363-6213 |
| Commission Scolaire Marguerite-Bourgeois (School Board) (French). | 514-855-4500 |
| www.csmb.qc.ca | |
| • École des Rapides-de-Lachine | 514-366-0028 |
| • École du Grand-Héron | 514-365-9337 |
| • École Notre-Dame-des-Rapides | 514-595-2052 |
| • École Henri-Forest | 514-595-2046 |
| • École Laurendeau-Dunton..... | 514-595-2049 |
| • École Pierre-Rémy | 514-595-2067 |
| • École Sainte-Genevieve | 514-595-2055 |
| • École Sainte-Catherine-Labouré. | 514-595-2054 |
| • École Terre-des-Jeunes | 514-595-2056 |
| • Collège Saint-Louis..... | 514-595-2045 |
| • École Cavelier-De LaSalle | 514-595-2044 |
| • Centre D'éducation des Sdultes Clément | 514-595-2041 |
| • Centre D'éducation des Adultes de LaSalle, édifice LaSalle..... | 514-595-2047 |
| • Centre de Formation Professionnelle | 514-765-7500 |

Emergency Food Support

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|--|------------------------------|
| Saint-Vincent-de-Paul | |
| ▪ Notre-Dame du Sacré-Cœur Parish..... | 514-366-8661 |
| ▪ Saint-Nazaire Parish..... | 514-365-5749 |
| ▪ Sainte-Catherine Labouré Parish..... | 514-363-5437 |
| ▪ Saint-Télésphore Parish | 514-366-4640 |
| Hope Society (St-John Brebeuf Parish)..... | 514-363-4578 |
| Salvation Army | 514-935-7425 ou 514 254-1123 |
| ▪ www.armeedusalut.ca | |
| Sun Youth Organisation | 514-842-6822 |
| ▪ www.sunyouthorg.com | |
| Welcome Hall Mission | 514-937-9317 |
| ▪ www.mbahm.com | |

Employment Support and Financial Counselling

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| ACEF du sud-ouest (budget, credit, and debt resolution workshops) | 514-362-1771 |
| Emploi Quebec (local employment center)..... | 514-365-4543 |
| YWCA (return to work support) | 514-866-9941 |
| Cible retour en employ (Target return to work) | 514-362-7340 |
| Carrefour Jeunesse Emploi de LaSalle (CJE) (Youth employment centre) | 514-368-1832 |
| Commission des Normes du Travail (Employee rights and labour standards) | 514-873-7061 |
| ▪ www.cnt.gouv.qc.ca | |

Housing

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|--|--------------|
| Comité Logement Lachine – LaSalle (Housing Committee of Lachine-LaSalle) | 514-639-8070 |
| Centre PRISME..... | 514-364-0939 |
| (Lodging directory for immigrants) | |
| FECHIM (coop housing)..... | 514-843-6929 |
| Office Municipal D’habitation (OMHM) (Municipal housing office) | |
| ▪ www.omhm.qc.ca | |
| ▪ Housing applications | 514-868-5588 |
| ▪ Complaints office | 514-686-5999 |
| Régie du Logement (Rental board) | 514-873-2245 |
| ▪ www.rdl.gouv.qc.ca | |

Telephone Help lines and Family Support

Pregnancy

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|--|----------------|
| Grossesse – secours (Pregnancy support)..... | 514-271-0554 |
| • www.grossesse-secours.org | |
| Regroupement Les Sages-femmes du Québec | 514-738-8090 |
| SAFERA (Consuming alcohol during pregnancy) | 1-866-272-3372 |
| • www.safera.qc.ca | |
| CSST (Preventative leave) | 1-866-302-2778 |
| ▪ www.csst.qc.ca | |

Help lines

| | |
|--|-----------------------------|
| Drugs : help and referral (24/7)..... | 1-800-265-2626/514-527-2626 |
| • www.drogue-aidereference.qc.ca | |
| Gambling Center (24/7)..... | 514-527-0140 |
| • www.info-reference.qc.ca | |
| Multi-Écoute Center (Monday to Friday – 9 to 12 and 13 to 17)..... | 514-737-3604 |
| Suicide Action Montréal (24/7)..... | 514-723-4000 |
| • www.suicideactionmontreal.org | |
| Tel-Aide (24/7)..... | 514-935-1101 |
| • www.tel-aide.org | |

Support For Parents

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|--|--------------------------|
| Adoption Internationale (International Adoptions, CLSC du Lac-St-Louis) | 514-697-4110, poste 1307 |
| Association de Parents de Jumeaux et Triplets de Montréal (support for parents with twins and triplets) | 514-990-6165 |
| Association Québécoise de la Dysphasie (Quebec association for dysphasia) | 514-495-4118 |
| Éducation Coup-de-Fil (Mon. to Fri. 9 to 16 // Tues. to Thurs. – 18:30 to 21:00)..... | 514-525-2573 |
| La Ligne Parents (Parents line 24/7) | 1-800-361-5085 |
| Parentaide (Mon. to Fri. de 8:00 to 16:00) | 514-633-8944 |
| PANDA (For parents with children with ADD or ADHD)..... | 514-990-4353 |
| Prema Québec (For parents with premature babies) | 450-651-4909 |
| Solidarité de Parents (Parents of handicap children from 0-30 years of age)..... | 514-254-6067 |

Violence/Sexual Abuse

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|---|----------------|
| CAVAC (Crime Victim Assistance Center) | 1-866-532-2822 |
| • www.cavac.qc.ca | |
| Collectif de Femmes de Montréal (Mon. to Fri. from 9 :30 to 16:30) (An emergency line for victims of sexual aggression)..... | 514-934-4504 |
| Mouvement Contre le Viol et L'inceste???? | 514-278-9383 |
| OPTION (Conjugal and family violence) | 514-527-1657 |
| PROGAM (Conjugal and family violence) | 514-270-8462 |
| SOS Violence Conjugale (conjugal violence)..... | 514-873-9010 |

Government Services

Services Québec (Information on all government services)514-644-4545

- www.servicesquebec.gouv.qc.ca

Ministère de la Famille et des Aînés

www.mfa.gouv.qc.ca

- Information and complaints 1-888-643-4721

Day cares and community organizations..... 514-873-7200

Aide Juridique (Legal aide) 514-864-9437

- www.csj.qc.ca

Régie des Rentes du Québec (Family Allowance) 514-864-3873

- www.rrq.gouv.qc.ca

CSST (Preventative leave) 1-866-302-2778

- www.csst.qc.ca

État civil (Civil Status-registration of a new birth) 514-864-3900

- www.etatcivil.gouv.qc.ca

Commission des Normes du Travail (Employee rights and labour standards) 514-873-7061

- www.cnt.gouv.qc.ca

Régie du Logement (Rental board) 514-873-2245

- www.rdl.gouv.qc.ca

Régie de L'assurance Maladie du Québec (medicare) 514-864-3411

- www.ramq.gouv.qc.ca

Government of Canada

Service Canada (Information on all government services).....1-800-622-6232

- www.servicecanada.gc.ca

Canada Child Tax Benefit (Canada Revenues Agency)..... 1-800-387-1194

- www.cra-arc.gc.ca