

RENT AID

Resource Guide

Montreal, QC

Service

Telephone

Address

Utility Bank

Hydro-Québec Assistance Programs Assistance with utility arrears  hydroquebec.com/residentiel/	1-888-385-7252	
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Food Bank

Moisson Montréal Assistance with food  info@moissonmontreal.org  moissonmontreal.org/	514-344-4494	555, rue de l'Esplanade, Montréal
Canteen of Hope Assistance with food  info@canteenofhope.com	514-426-0845	146, rue St. Jean, Pointe-Claire

Clothing Bank

The Salvation Army Montreal  montreal@salvationarmy.ca  salvationarmy.ca/	514-288-1841	300, rue Rachel Est, Montréal
St. Vincent de Paul Society  info@ssvpqc.com	514-525-0566	1248 rue du Couvent, Montréal
Renaissance Thrift store  info@renaissancequebec.ca  renaissancequebec.ca/		

Job Bank

Government of Canada Assistance with job search  www.on.jobbank.gc.ca/home		
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Health Resources

Seniors Action Quebec Health Service  info@seniorsactionquebec.ca  https://www.seniorsactionquebec.ca/	514-271-1420	5800 Rue Saint-Denis, Suite 903, Montreal
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1133 Yonge Street, 2nd Floor, Toronto ON M4T 2Y7
1-866-898-8868 hazelviewproperties.com

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Mental Health Resources

Montreal West Island Mental Health Network

Mental Health resources

✉ info@westislandnetwork.com

🌐 ciusss-ouestmtl.gouv.qc.ca/

514-684-1150

3015, boul. des Sources, Dorval



Resource Directory

211 Québec

Source of Information for Services

🌐 211qc.ca/

211



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