

YOU NEED HELP OR SUPPORT FOR

A SITUATION



Tel - jeunes

1 800 263-2266

Parents line

1 800 361-5085

Trouve ta ressource
PARENTS • INTERVENANTS • JEUNES

Tools for parents, caregivers and youth



Domestic violence

1 800- 363-9010

DIRA -Laval : support seniors line (violence, abuse and more)

450 681-8813

Suicide prevention line 24/7 - Laval

450 629-2911



25 ans ensemble



In collaboration with :



Our financial partners :



Find others translations on our website :
www.cdlchomedey.org

Jun 2023

Are you living in Chomedey ?

Neighborhood organisations are there for you !



General informations

Laval -Community and social services	Call 211 or 211.qc.ca
Health and social services & Info santé	Call 811 option 1: health services option 2: social services option 3: first line counter
Municipal services Multicultural Library	Call 311 450-978-5995
Housing search assistance	450 505-6025 sarl@omhlaval.ca

For information or support : **Lydia Douville**
(CDLC) 438 408-9800 or mobilisation@cdlchomedey.org

The Comité de développement local de Chomedey (CDLC) is a neighborhood round table that contributes to improving life quality of citizens and community development.
450 688-9800 @ Cdlchomedey



FOOD



Enfant d'abord

Emergency food assistance

Community gardens

450 681-1154

Au Panier

Solidarity grocery store

Food assistance

450 681-1154

Société St-Vincent-de-Paul/ secteur St-Martin

Food assistance

450 682-5493

Partage St-Maxime

Food assistance Community bazaar

450 973-4242

SCAMA

Food assistance (for seniors), Community canteen

450 681-4240

SENIORS



SCAMA

Food assistance, community center

-50 years old & over

450 681-4240

AGAPE

Support for english speaking seniors

450 934-1122

Gériatrie sociale

450 972-1313 poste 247

CHILDHOOD- FAMILIES



Maison de la Famille

Centre communautaire Val-Martin

Daycare, activities for 0-5 years old & parental support

450 973-8787

Maison des enfants le Dauphin

Activities for 0-12 years old & parental support

450 978-2664

CPE Le marmot qui rit

Daycare 0-5 years old

450 681-0692

Centre du Sablon

Activities for 2-5 years old & for special needs children

450 688-8961

AGAPE (For english speakers)

Food assistance, clothes, Daycare 0-5 years old

450 686-4333

Centre de pédiatrie sociale

Health and social support

450 688-4666

Nourri-Source Laval

Breastfeeding clinics and support - Virtual assistance

450 233-2116

Bureau coordonnateur - Le chez-moi des petits

Family home childcare

450 973-3833

IMMIGRATION



Carrefour d'Intercultures de Laval

Welcoming and Support for newcomers & refugee,

French courses

450 686-0554

Perspective Carrière

Career coaching and employment assistance

"Objectif intégration" session

Part-time French courses

450 682-2278

LEISURE , SPORTS



Centre du Sablon

Leisure activities, pool, day camp

450 688-8961

FC Laval

450 978-1043

Football Chomedey Blues

450 608-5923

Hockey L'Express de Laval

450 681-1703

Loisirs Chomedey

Leisure activities for children and adults

514 703-6566

YOUTH (12 to 25 years old)



Maison des jeunes

Centre communautaire Val-Martin

Activities & support

for 11 to 17 years old

450 973-8787

Projet ÇaCLIQ

Centre communautaire Val-Martin

Support for 15 to 18 years old at risk of dropping out of school

450 973-8787

Bureau de consultation jeunesse de Laval

Support program for youth and young parents

(14-25 years old)

Supervise apartment

(17-22 years old)

450 688-2401

Diapason-Jeunesse

School Support for youth

(12 to 17 Years old)

450 668-8839

Centre LREC

Educational & Cultural

Ressources

450 934-3313

