

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



DIRA-Laval: Aide aux aînés victimes d'abus et de maltraitance

450 681-8813

Groupe ALPA - Service and assistance for caregivers

450 686-2572

AQDR - Advocacy for seniors' rights and fight against fraud

450 978-0807

LAMAA - The mistreatment helpline 7/7

450 978-0807

Domestic violence line

1 800 363-9010

Suicide crisis helpline 24/7

988

En collaboration avec:



**Our financial
partners:**



Fév 2025

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

Do you live in Chomedey?

Neighborhood organisations
are all there for you!



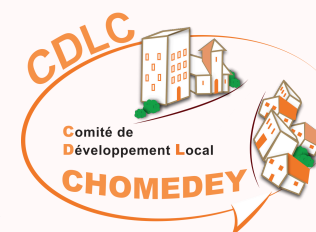
General Information

Emergency	Call 911
Police General Information	450 662-4242
Laval-Community and social services	Call 211 or 211.qc.ca
Health services (info-santé) and social services (info-social)	Call 811 Option 1: Health services Option 2: Social services Option 3: Primary care access point
Municipal services Multicultural Library	Call 311 450 978-5995

For more information or support:

Call **438 408-9800** or mobilisationcdldchomedey.org

The Comité de développement local de Chomedey (CDLC) brings together citizens and organizations who wish to collaborate for the improvement of opportunities and equity for all.
450 688-9800 @Cdldchomedey



FOOD



Enfant d'abord

Emergency and food assistance
Community gardens
workshops on urban agriculture
450 681-1154

Au Panier

Solidarity grocery store (to come)
438 497-6140

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 center
450 681-4240

SENIORS



SCAMA

Food assistance, community center - 50+
450 681-4240

AGAPE

Support for english speaking seniors
450 934-1122

Gériatrie sociale

Free of charge service for seniors
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

Centre du Sablon

Activities for 2-5 years old & for
special needs children
450 688-8961

AGAPE (For english speakers)

HEY program for families with neuro
divergent children
450 686-4333

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

HEALTH



Sourires Solidaires

Community Dental Clinic
Accessible & tailored services for
ages 0-17
450 232-5540

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

SCAMA

French courses for seniors
450 681-4240

LEISURE, SPORTS



Centre du Sablon

Leisure activities, pool, day camp
450 688-8961

FC Laval (soccer)

450 978-1043

Football Chomedey Blues

For boys

Cobras de Laval

For girls 15-17

514 434-5858

Hockey L'Express de Laval

450 681-1703

Loisirs Chomedey

Leisure activities for children and adults
514 703-6566

SCAMA

Leisure activities for seniors
514 681-4240

YOUTH (12 to 25 years old)



Maison des jeunes

Centre communautaire Val-Martin
Activities & support
for ages 11-17
450 973-8787

Projet ÇaCLIQ

Centre communautaire Val-Martin
Support for ages 15-18 at risk of
dropping out of school
450 973-8787

Bureau de consultation jeunesse de Laval

Support program for youth
and young parents for ages 14-25
Supervise apartment for ages 17-22
450 688-2401

Diapason-Jeunesse

School Support for youth
for ages 12-17
450 668-8839

Centre LREC

Educational & Cultural Resources
450 934-3313

Théâtre fêlé

Creation theatre for children and
youth
514 928-1864

MENTAL HEALTH



Pôle Du Bien-Être/Laval Wellness Hub

Mental health services for english
speaking youth
450 688-1914

