

QUEBEC

COVID Social Resource Connector

This listing of resources complements the "COVID-19 Social Care Guidance" (available at upstreamlab.org/covid19) developed in partnership with the Centre for Effective Practice and the Department of Family and Community Medicine at the University of Toronto. These resources have been compiled and maintained by a team of volunteers and we are grateful for their time and effort. This list of resources is intended to support Canadians during the COVID-19 pandemic. Listing here does not mean the Upstream Lab, or other entities endorse the resources listed or their services. Use at your own risk. Please contact us immediately (upstreamlab@smh.ca) if you are aware of new resources or have concerns about any specific resource.

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Resources

Food Resources

Food Banks

Please see this list of Food Banks:

<https://www.211qc.ca/en/search?cat-id=3&sub-cat=food-assistance>

Meals on Wheels

Please use this interactive map to find Meals on Wheels in your area (French only):
<https://www.popotes.org/trouve>

Grocery and Delivery

The Depot Community Food Centre

Description: Providing emergency food baskets

Hours: Friday 10am-2pm, Tuesday 2pm-7pm

Location: 6450 Somerled Ave, Montreal, Quebec

Contact: 514-483-4680

Multi Caf

Description: Free frozen meals, food baskets and delivery once per week to the Cote-des-Neiges area.

Hours: Mon-Thurs 9am-4pm, Fri 11am-4pm

Location: 3600 Avenue Barclay, Montréal, QC

Contact: To order: info@multicaf.org

West Island Mission

Description: Providing monthly food assistance for residents in the West Island area.

Location: 219 Labrosse, Pointe-Claire, QC,

Contact: To order: 514-912-6813; info@wimmoi.org

West Island Citizen Advocacy: Grocery Support

Description: They have a grocery pick up program to help the vulnerable in the community, anywhere from Lachine to Sainte Anne de-Bellevue. Contact any participating grocery to place your order and volunteers will deliver the groceries.

List of grocers: <https://volunteerwica.com/en/grocery-stores/>

Verdun Food Assistance

Brief description: The delivery service is a collaborative project between the Verdun Mutual Aid Network and the Verdun Women's Center. It is an emergency food breakdown service for people who cannot come to pick up a food basket. This service is currently temporary, but we are working to ensure its sustainability.

Contact: For more information on the delivery service, please contact Alex at the Verdun Women's Center at 514-767-0384. For more information on food assistance from the Verdun Mutual Aid Network, contact 514 762-0705.

Share the Warmth

Brief description: Providing emergency food baskets distributed by delivery only.

Location: 625 Fortune St, Montreal, Quebec

Contact: You can request an appointment for a delivery by filling out their online form (<https://sharethewarmth.ca/what-we-do/food-bank/>); Calling us at (514) 933-5599 (dial 0) and leaving a short voicemail with your full name and telephone number; Emailing your information to info@sharethewarmth.ca

Homelessness Resources

Drop-In Centres

Chez Doris

Description: Daytime drop-in centre for women. Services are now limited to breakfast and lunch, take-out dinners, respite beds, emergency clothing, showers, hygiene products, access to caseworkers and services from Cheque Administration Program

Hours: 8:30 AM – 3:00 PM, 7 days a week

Location: 1430 Chomedey, Montreal

Contact: 514.937.2341; info@chezdoris.org

Emergency Shelters

Complexe Guy-Favreau

Description: Temporary overflow shelter: emergency shelter with high accessibility threshold for homeless men.

Hours: 7 days, 20h00 to 8h00

Location: 200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC

Website: <https://www.211qc.ca/en/organization/overflow-shelter-complexe-guy-favreau-67405966>

Jean-Claude-Malepart Centre

Description: Temporary overflow shelter: mixed emergency shelter with high accessibility threshold for homeless people

Hours: 7 days, 20h00 to 8h00

Location: 2633 Ontario Street East, Ville-Marie, Montréal, QC

Website: <https://cjcm.ca/>, <https://www.211qc.ca/en/organization/overflow-shelter-jean-claude-malepart-centre-67437581>

Legal Resources

Government of Quebec

Description: COVID-19 Telephone legal clinic; free legal assistance phone line in connection with the impact of the current pandemic on your rights and obligations.

Contact: 1 866 699-9729

The Juripop Legal Clinic

Description: Family law lawyers are offering free advice for women who are victims of domestic violence. They have created a hotline to answer questions about childcare during COVID-19.

Location: 200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC

Contact: 1-844-312-9009

Well-being Resources

Social Isolation

The Breaking Social Isolation Project

Description: It aims to break the monotony of isolation and loneliness by creating a virtual space for residents to talk about their concerns through different communication tools, which include language conversation groups, cultural community groups, etc.

Contact: More information, please contact ndgcc@ndg.ca or visit www.ndg.ca or follow us on [Facebook](#)

Women of the World Côte

Description: Listening and support; they host discussion groups through Zoom every other week (one in French and one in English).

Contact: 514-735-9027 (leave a message with your name and phone number).

To participate, send an email to activites@femmesdumondecdn.org and further instructions will be given.

Facebook group: <https://www.facebook.com/femmesdumondecdn/>

West Island Citizen Advocacy

Description: If you're looking for a friendly ear for support, we are here for you. During COVID-19 we are practicing "Distance Matching" whereby a volunteer will call you to provide social support services.

Contact: 514-694-5850, ext 22

www.volunteerwica.com

Beaconsfield Senior Support

Description: The City of Beaconsfield invites all citizens over the age of 70 to subscribe to its special list in order to ensure the best possible response should an emergency occur.

Contact: Those interested in subscribing to the list can do so by email at 70plus@beaconsfield.ca with their full name, age, address, phone number, email address and preferred language (French or English).

<https://www.beaconsfield.ca/en/living-in-beaconsfield/services-to-seniors>

Interpersonal Violence

Kids Help Phone

Description: offers professional counselling, information and referrals and volunteer-led support to young people in both English and French. Available by phone, text or live-chat.

Contact: 1-800-668 6868

<https://kidshelpphone.ca/>

ShelterSafe

Description: Website that can help women and children fleeing violence find shelter in their area. Call a shelter for support, information, referrals or just to talk. Most shelters on this site have staff available 24 hours, 7 days per week to answer your call.

<https://www.sheltersafe.ca/>

First Nations and Inuit Hope for Wellness Help Line

Description: Offers immediate, culturally competent telephone-based crisis intervention counselling and support for Indigenous people. Available 24 hours per day, 7 days per week in English and French. Cree, Ojibway and Inuktitut may also be available. Call or online chat.

Contact: 1-855-242-3310

hopeforwellness.ca

SOS Domestic Violence Line

Description: Telephone hotline offering listening, information and referral services for the victims of conjugal violence, family members and responders. Free, bilingual and confidential, accessible 24 hours a day and 7 ways a week throughout Québec.

Contact: 1-800 363-9010

<http://www.scf.gouv.qc.ca/index.php?id=61&L=1>