

Community Resources in Côte-des-Neiges



Research Project 2011

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Addictions

Name	Description	Contact info	Other info
Chabad Lifeline	Immediate services for those suffering from addiction (drug abuse, drinking, sex or gambling). Day program offers workshops, meetings & one-on-one counseling or referral to appropriate resource if detox required.	chabadlifeline.com 4615 Côte-St-Catherine (514) -738-7700	-Free for initial assessment (Sliding scale fees for longer term therapy) -English -Call to make appointment (within 24hrs) -Staff include social workers, psychologists & addictions counselors
Centre Dollar-Cormier	Alcohol, Drug & Problem gambling Rehabilitation Centre. Inpxt & Outpxt services	centredollardcormier.qc.ca (514) 385-1232 (514) 982-1232 (youth <24)	-Free -French -All ages incl. age specific programs: Youth (<24yrs) & ≥55 program
Foster	Alcohol, Drug & Problem gambling Rehabilitation Centre. Inpxt (Detox) & Outpxt services	pavillonfoster.org (514) 486-1304	-Free -English -Youth program (age 12-18) also avail.
Portage	Substance abuse program for patients with: a) <u>schizophrenia, mentally ill</u> b) <u>mothers w/children</u> (stay together during treatment)	portage.ca a) (514) 935-3431 b) (514) 935-3152	-Bilingual -Voluntary commitment -Residential long-term program up to 1yr

<p>Smoking cessation</p>	<p>Interactive sessions & pamphlets w/ info on smoking, methods to quit & to stay off cigarettes Support & Rx available at Quit-Smoking Centres</p>	<p>iquitnow.qc.ca jarrete.ca/fr Help line: 1-866-527-7383 Quit-Smoking Centre @ CSSS de la Montagne (514) 273-3800 ext.6494</p>	<p>-Bilingual -RAMQ covers NRT (nicotine replacement therapy) patch + gum/lozenge for 12wks/yr</p>
<p>Inspire Smoking cessation program at Montreal Chest Institute</p>	<p>Hard Core Smokers w/ complex medical issues (lung nodules, pre-op COPD, post-MI) Physician & nurse evaluation of nicotine dependency, personalized plan, Rx & f/u with ind. counseling.</p>	<p>To schedule an appointment: (514) 843-2080 More info about program: (514) 934-1934 ext.32503</p>	<p>-Bilingual -Priority based waiting list (~1-2mo)</p>

Mental Health

Name	Description	Contact info	Other info
Tracom Crisis center	Safety Net for pxt w/suicide risk	24/7 HELP line: (514) 483-3033	-Bilingual -Also available: crisis housing for 2wks w/24hr supervision
Seasonal Affective Disorder Treatment	Indoor lamps help overcome SAD & winter blues (fatigue, irritability, sleep disorder, decr. libido)	northernlighttechnologies.com	-Variety of Lamps costing btw 169-269\$
Canadian Coalition for Senior's Mental Health	Information, Support for seniors, their families and health professionals for delerium, depression and SI	ccsmh.ca	-Printable info brochures, packages online
Montreal Anger Management Center	Ind, Couple, Group therapy for anger management, acting-out adolescents, and substance abuse	(514) 737-7208 (514) 737-0497 Fax	-Bilingual -Sliding Scale: 1x fee 40-60\$ then 20-30\$/session -With or without referral -No waiting list
AMI-Quebec Action on Mental Illness	For <i>families</i> of pxts affected by mental illness. Support groups, education programs, recovery workshops, roundtable discussions, books.	amiquebec.org 6875 Décarie Suite 300 (514) 486-1448	-English -Calendar of activities on the website -\$25 annual membership (fee waved if limited income)

AQPAMM Association québécoise des parents et amis de la personne atteinte de maladie mentale	Same organization as AMI-Quebec but for francophone families	aqpamm.ca 1260 Ste-Catherine E. #202A (514) 524-7131	-French -Patient calls for information & to set up appt.
Revivre	For individuals affected by anxious and mood disorders. Group meetings, workshops, conferences.	revivre.org 5140 St-Hubert (514) 529-3081 (info) HELP line (Mon-Fri 9-9): 1-866-Revivre	-French -\$30 annual membership -\$45-\$60 for certain workshops
Argyle Institute	Psychotherapy for individuals, couples & families <i>Multilingual Services</i>	4115 Sherbrooke St. W 5 th floor (514) 931-5629	-Multilingual services -Sliding scale payment plan: 1x Admin. Fee (30-40\$) then 30-75\$/session -With or without Referral
Couple & Family Therapy at JGH	Short & Long term psychotherapy for couples & families. Run as a training program for residents & other health professionals under supervision.	4333 Cote Ste Catherine Rd (514) 340-8222 ext.5887	-Free (covered by RAMQ) -With or without referral

<p>Queen Elizabeth Health Complex: Mental and Emotional Health</p> <p><i>Example:</i> Montreal Therapy Centre</p>	<p>Many psychologists available. CBT, marriage & family clinic, grief centre, drama/art/music therapy etc...</p> <p><u>Bilingual Psychotherapy for ind, couples & families</u></p>	<p>qehc.org/psychology.php</p> <p>2100 Marlowe St. @Vendome metro (514) 485-5013 (General #)</p> <p><u>(514) 244-1290</u></p>	<p>-Comprehensive list on website -Therapy for all ages -Price based on clinic</p> <p><u>Sliding scale:50-95\$/session</u></p>
<p>Psychotherapy for Eating Disorders</p>	<p>Jac Mestel specializes in therapy for patients with eating disorders.</p>	<p>(514) 880-9248</p>	<p>-Private -Referral for private insurance</p>
<p>Ordre des psychologues du Québec</p>	<p>Find a psychologist</p>	<p>ordrepsy.qc.ca</p>	<p>-Search by location, type of therapy -Multilingual services avail.</p>

Women's Health

Name	Description	Contact info	Other info
Femmes du monde	Women's center offering resources and activities (e.g. collective cooking, language workshops) confidential listening, childcare.	6767 Côte-des-neiges #597 (514)735-9027	-Bilingual -Drop-in hours: Mon,Wed,Thu: 9-12 & 1-5pm Tue 1-5pm Fri: 9-12pm -Pick up a schedule of the activities for the season
Auberge Shalom Women's Shelter	Offers emergency housing to women & children in abusive relationships, 24 hour hotline, counseling & resources.	aubergeshalom.org (514) 485-4783 (info) 24/7 HELP line for housing: (514) 731-0833	-Bilingual -No charge -Safe & confidential environment
SOS violence Conjugale	24 hour help line	sosviolenceconjugale.ca 24/7 HELP line: 1-800-363-9010	-Bilingual
Abortion Clinics: a) <u>RVH</u> b) <u>Clinic Morgantaler</u> c) <u>MCH</u> d) <u>Ste Justine</u> e) <u>Centre De Coordination</u>	Free abortion services with Medicare. No referral required. (Both medical & surgical Rx available, call for details)	a) (514) 843-1637 b) (514) 844-4844 c) (514) 412-4481 d) (514) 345-4662 e) (514) 380-8299	a) <16 wk GA b) <20wk GA c) <10wk GA (<18 yrs old) d) <20wk GA (<19 yrs old) e) # pxt can call for fastest & closest available clinic

Prenatal screening: a) <u>Ovo Clinic</u> b) <u>Procrea</u>	Prenatal screening with 1 st trimester U/S and bloods (11/4-----13/6wks) Blood test only if >14wks	a) (514) 798-2000 b) (514) 345-8535	a) 390\$ (Blood only 290\$) b) 390\$ (Blood only 260\$)
MotherRisk	Information on risks of medications in pregnancy & breastfeeding. Info on substance abuse, and Nausea/Vomiting also avail.	motherisk.org HELP line (Mon-Fri 9-5pm): 1-877-439-2744	-For Public & Professionals -English & French
Centre D'IMAGE Info-Médicaments en Allaitement et Grossesse	Information on risks of medication in pregnancy & breastfeeding.	HELP line (M-F 9-12 & 1-4): (514) 345-2333	-For Professionals ONLY -Mostly French
Cord Blood Donation	Hema-Quebec Public Cord Blood Bank	1-800-565-6635	-If interested, must register <36wk GA
Breastfeeding website	Useful information for mothers and health professionals	drjacknewman.com	
Menopause Information Website		menopauseandU.ca mamenopause.ca	
<i>See Diet & Affordable food for Montreal Diet Dispensary, OLO (pregnant woman).</i>			

Support for the Elderly

Name	Description	Contact info	Other info
Alzheimer's Society	Useful information about the disease, treatment & planning for the future.	alzheimer.ca/english/index.php 1-800-616-8816	
Cummings Center	Weekly activities and courses for active adults >50 yrs. Bridge, language learning, craft center, book club	cummingscentre.org 5700 Westbury Avenue (514) 342-1234	-English -Must register for the session -Cost ranges from 0-100\$ depending on activity.
Centre des aînés CDN	Activities (dance, aquafit, bridge, board games) & one day excursions for semi- & fully autonomous elderly.	ainecd.org 6585 Côte-des-Neiges (514) 344-1210	-French -Drop-in or registration Mon-Fri: 9am-12pm & 1-5pm
SARPAD	Assistance for elderly living at home: getting to medical appointments, help with groceries, friendly visits.	sarpad.com 6555 Côte-des-Neiges (514) 737-2454	-Bilingual -Free -Eligible: >55 yrs old, living in CDN
We Care	Agency for home care services: registered nurses personal support workers and home care staff	wecare.ca (514) 933-4141 1-877-853-1195	-Office hours: 9am-5pm -Services available 24hours -Approximatly 20\$/hour

Foot Care Clinic Von Canada	Foot care by nurses for DM & elderly: includes ingrown toenails, nail clipping, & gen. maintenance	(514) 866-6801	-First Visit 35\$ -Regular visits 30\$ each -Multiple sites, pxt directed to closest site by # provided
Rotary Lifeline	24-hour Home Emergency phone service. Patients wear a waterproof button: by pressing it they contact the emergency service.	Royal Victoria Hospital 2155 Guy St (514) 843-1670	-70\$ registration & installation then 42\$/mo
Ligne Aide Abus Aïnés	Support and counseling for elderly abuse victims and witnesses.	1-888-489-2287	-7 days a week, 8am-8pm -French & English
Maimonides Geriatric Centre: Respite Stays	Respite care for elderly with lost autonomy.	Access to this program is made by contacting the local CLSC	2-4 wk stays, 15\$/day -Max 8 wk/yr
Alzheimer Groupe Inc: The Aisenstadt Activity Centre	Activity Center providing stimulation and socialization. (Brain teasers, physical activities, creative therapy) Also, respite services and counseling for caregivers.	5555 Westminister # 304 Agiteam.org Support line& information: (514) 485-7233	-Mon-Thu: 9am-5pm -Fri: 9am-4pm -Staff consists of social workers, recreational & art therapists, musicians.
<i>See Medical Referrals for Day Hospitals Assessment of Elderly with recent loss of ADL function, or deteriorating health status</i>			

Immigrant Integration & Legal Aid

Name	Description	Contact info	Other info
PROMIS	Multiple services for new immigrants. <i>Examples:</i> a) <u>Free French courses</u> b) <u>Help finding employment</u> c) <u>Collective cooking</u>	promis.qc.ca (514) 345-1615 a) ext.244 b) ext.234 c) ext.247	-Call general number for more services -Sponsored by the government of Quebec
TRAIDA previously SARIM Accueil et Integration des Demandeurs d'Asil	Services for refugee claimants.	CLSC CDN 6600 Côte-des-Neiges (514) 731-8531 ext :2469	-Drop in social worker : Mon-Fri : 9-12pm & 1-5pm - English, French, Spanish on site & other translators available on demand.
Project Genesis	Individual counseling services regarding housing & basic income rights.	genese.qc.ca 4735 Côte-Ste-Catherine (514) 738-2036	-Drop-in Centre: Mon, Tue: 9am-5pm Wed: CLOSED Thu: 9am-7pm Fri: 9am-3pm
OEIL-CDN Organisation d'éducation et d'information logement de Côte-des-Neiges	Provides information & support to tenants (e.g. Water infiltration, Noise, Mold, Heating, Vermin, Rent increase)	oeilcdn.org 3600 Barclay #344 (514) 738-0101	-Drop-in Centre: Mon: 2pm-5pm Tues: CLOSED Wed: 9:30-12pm & 2-5pm Thurs: CLOSED Fri: 9:30am-12pm

Diet & Affordable Food

Name	Description	Contact info	Other info
Nutrition Workshops: a) <u>SMH Cardiac Nutrition Workshop</u> b) <u>SMH DM Nutrition Teaching</u> c) <u>CLSC CDN</u>	a) 1x 2hr group workshop for pxts at risk for CVD (Obese/HTN/Chol) b) 1x group session then 1x 1on1 F/U for pxts w/DM c) 1x group session teaching for pxts w/HTN& Chol or DM	a) (514) 734-2612 b) (514) 345-3511 ext.3363 c) (514) 731-8531 ext.2850	-Pxt to call & reserve -Multiple dates available in either English or French -∅ referral, free -Bilingual, referral required -Bilingual, ∅ referral, free
Weight Loss: TOPS (Take Off Pounds Sensibly)	Non-profit wt loss support & wellness edu. organization. Combines healthy eating tips, reg. exercise, support & recognition.	tops.org	-30\$ yearly membership + 5\$/month -Weekly meetings, multiple locations
Dieticians students at Université de Montréal	Nutritional evaluation and elaboration of a nutritional plan. Done by a student with supervisor.	clinut.umontreal.ca 2405 Côte-Sainte-Catherine (514) 343-7055	-French -First appointment (1 hr) 65\$ -Follow up (30min) 30\$
Ordre professionnel des diététistes du Quebec	Listing of dieticians available on the website	opdq.org	

Multi-Caf	Community cafeteria serves breakfast, lunch, distributes monthly food baskets & offers meals on wheels.	multicaf.org 3591 av. Appleton (514) 733-0554	-Breakfast (free) Mon-Thu 9:30-10:30am -Lunch (\$1.50) Mon-Fri 11:45-1pm -Food baskets: \$1.00 -Meals on Wheels: \$3.75
OLO Oeuf-Lait-Orange	Coupons for milk, eggs & oranges for pregnant women living in poor socioeconomic conditions.	olo.ca CLSC CDN: (514) 731-8531	-To access program patients must go through their local CLSC
Montreal Diet Dispensary	Provides nutrition and support to women in need during their pregnancy.	ddm-mdd.org 2182 Lincoln Ave (Atwater metro) (514) 937-5375	-Bilingual -Women call to open a file

Sexual Health

Name	Description	Contact info	Other info
Sexuality Information Website		sexualityandU.ca masexuality.ca	
Sex & Couple therapy service MUHC Psychology Dept.	Assessment & treatment for sexual problems: Anorgasmia, lack of sexual desire, vagismus, post-menopausal, ejaculation issues & erectile dysfunction.	sexandcoupletherapy.com 1025 Pine Ave. West (2nd floor) (514) 398-6094	-55\$/session (sliding scale avail. based on income) -Referral appreciated but not required
Mcgill University Sexual Identity Clinic MUSIC	Mental health care regarding sexual orientation issues for individuals, couples & families. Ind & Group therapy avail.	mcgill.ca/cosum music-cosum@mcgill.ca 1650 Cedar, MGH A2-160 (514) 934-1934 ext.43585	-Covered by RAMQ -Referral required
Spermogram semen analysis	Publicly funded semen analysis	Fleury Hospital	-Pxt to bring prescription requesting spermogram to hospital

Children's Health

Name	Description	Contact info	Other info
Poison Control Centre	Provides rapid & accurate poison management information.	24/7 HELP line: 1 (800) 463-5060	-# should be easily accessible in any home with children
Youth Protection Services/DPJ Directeur de la Protection de la Jeunesse	Call to report child abuse, negligence, abandonment, skipping school, run away.	24/7 HELP lines: (514) 935-6196 English (514) 896-3100 French	
A Parent's Guide to Immunization	Published by Public Health Agency of Canada	Google : <i>A Parent's Guide to Immunization</i> (first hit) Hard copy available (free) : 1-800-0-Canada	Guide available in 13 languages.
ADHD Information Website		adhdandyou.ca cdc.gov	
Head and Hands	For youth aged 12-25 Social services, counseling, psychotherapy, sexual education, legal advice & health clinic.	headandhands.ca 5833 Sherbrooke West (514) 481-0277	-Bilingual -By Appt or Walk-in -Up to 8 free psychotherapy sessions
<i>See Mental Health for Child Psychologists</i> <i>See Medical Referral for Child Development Clinics</i> <i>See Other section for Hearing Tests, Dentists</i>			

Rehabilitation

Name	Description	Contact info	Other info
Clinique de Physiatrie CDN	PT for >65 yrs old (\$Free; Covered by RAMQ)	5515 St Jacques West #201 (514) 735-5547 (514) 735-5722 Fax	-Fax in referral (incl # where pxt can be reached) -Waiting list: <6 month
Institute de Physiatrie du Quebec	PT for >65 yrs old (\$Free; Covered by RAMQ)	2049 Sherbrooke E (514) 527-4155 (514) 598-9963 Fax	-Fax in referral (incl # where pxt can be reached) -Waiting list: 1 month
Clinique de Réadaptation CDN	PT for > 65 yrs old 20\$ per visit	6700 CDN suite 125 (514) 733-5313 (514) 342-3976 Fax	-Fax in referral (incl # where pxt can be reached) -NO Waiting List
Physiotherapy for Perineal & Pelvic re-education	Biofeedback & PT for stress, urge & fecal incontinence, dyspareunia, vulvodynia, vaginismus, post-partum & post-prostate surgery	Myra Siminovitch 5252 De Maisonneuve W #100 (Vendome metro) (514) 486-0111	-85\$/session -Waiting list: 1 week -Referral for insurance purposes only
Osteopathy	Multiple osteopaths available with experience. [Recommended: Karen Thomas]	La Maison de l'Osteopathie 5637 Stirling Ave (Edouard-Montpetit Metro) (514) 342-8204	-85\$/session -Waiting list: 3 weeks -Referral for insurance purposes only

<p>Cardiogenix</p> <p>Founded by Dr. Oommen (former member of SMH)</p>	<p>Comprehensive Preventative Medicine Clinic. Includes medically supervised programs for Weight loss, Cardiac prevention & Rehab</p>	<p>cardiogenix.com (514) 731-2491</p>	<p>-Private. Programs starting at 35\$/mo</p>
<p>McGill Cardiovascular Health Improvement Program CHIP</p>	<p>Supervised exercise classes for post-MI/CABG patients. Education, dietician also available. Programs also available for prevention of CVD, parkinsons & osteoporosis.</p>	<p>3505 Atwater (514) 489-6630</p>	<p>-Price btw \$500-\$1000 depending on the program (25-75% cost reduction available if financial assistance required)</p>
<p>Outpvt Pulmonary Rehab Program Mount Sinai Hospital</p>	<p>Program for motivated, autonomous pxts w/SOBOE even with optimized medications (inclu. COPD, Asthma, Pulm Fibrosis) Rx. includes Cardiovasc. Training & lectures</p>	<p>(514) 369-2222 ext.1211 (to sign up) ext.2202 (for Questions)</p>	<p>-No cost to program (+10\$ parking/day) -Waiting list 3-4 months -Referral required -8wk program, 3 sessions/wk</p>
<p>Slawners</p>	<p>Orthodics & other medical supplies. Compression stockings available.</p>	<p>5713 Côte des Neiges (514) 731-3378</p>	<p>-For stockings prescribe level of compression (btw 20-60) & model (knees, thighs, full) -Make appt. for fitting -Cost: 110\$ to >200\$</p>
<p>J. E .Hanger</p>	<p>Orthotic and prosthetic devices as well as home care supplies. Compressions stockings available.</p>	<p>jehanger.com 5545 rue Saint-Jacques (514) 489-8213</p>	<p>-Similar to above -See website for more info</p>

Medical Referrals*

*Many specialists and clinic information can be found on a list carried and updated by your team secretary (including name, hospital, phone number and fax). Examples include lists of dermatologists, orthopedic and plastic surgeons, ophthalmologists as well as the specific clinics found at each of the English hospitals. The list below highlights some of the possibly lesser-known but still important medical referrals possible.

Name	Description	Contact info	Other info
Adult ADHD Clinic	MCH	(514) 412-4400 (514) 412-4257 Fax	-Fax referral, pxt calls for apt
Child Development Program at MCH	Assess & treat children with developmental concerns & learning difficulties. Includes referral to appropriate community resources.	Montreal Children's Hospital 2300, rue Tupper D-280 (514) 412-4314 (514) 412-4280 Fax	-Covered by RAMQ -Referral to be faxed with pertinent info, phone & address of child -Waiting list based on priority
Rich Rewards Child Development Center	Private assessment & treatment for children w/ suspected dev. delay. Involves child psychologists, OT, PT, Play Therapist	collagetherapies.ca /en/westmount-qc 4141 Sherbrooke # 300 (514) 933-TALK (8255)	-Free 20 minute screening to assess if child meets developmental milestones -Private clinic, decreased waiting time
Dizziness Clinic	Dr A. Katsarkas Otolaryngologist @ RVH Assessment & Treatment for patients w/ multifactorial or unclear causes of dizziness	(514) 934-1934 ext. 34976	-Referral required -Patient to call for appt. Mon, Tues, Fri btw 9:30-3pm
Dysphagia Clinic	Dr. J. Young Otolaryngologist @ MGH	(514) 934-1934 ext. 42285 (514) 934-8587 Fax	-Fax referral including patient's meds, relevant tests

Eating Disorders	Douglas Hospital Eating Disorders Program (EDP). Run by psychiatrist Dr. Israel.	(514)-761-6131 ext. 3895/2895 (514) 888-4085 Fax	-Call for more info or a phone consultation w/ Dr. Israel -Fax referral w/ case history & patient's contact info -They will contact patient
RVH Geriatric Day Hospital	Medical evaluation and treatment rehabilitation for elderly who present with recent deterioration of their health status	muhc.ca/clinic/geriatric-day-hospital-rvh-geriatrics (514) 843-1518 (514) 843-1734 Fax	-Transportation provided -Must live within territory - Cost 5\$ - Bi-weekly attendance -Fax DSIE & detailed referral
Institut Universitaire de Gériatrie de Montreal	Complete geriatric assessment clinics for: chronic pain management, urinary incontinence, dementia, dysphagia.	iugm.qc.ca 4565 Queen Mary St. (514) 340-2800 ext. 2410 (514) 340-3542 Fax	-French -Complete special form for patient to be considered (call or fax referral to get form)
Maimonides Geriatric Centre: Day Hospital	For assessment, treatment & rehabilitation for elderly patients with recent loss of autonomy in ADLs (eg. stroke or Parkinson's) Program is 2day/wk, 4 mo long.	maimonides.net 5795, avenue Caldwell (Cote-Saint-Luc) (514) 483-2121 ext. 2310 (514) 489-0010 Fax	-English -Complete special form for patient to be considered (fax referral to get form) -To be eligible patient must: >65 y.o, live in CDN territory, have rehab potential
Hemorrhoid Banding	Dr. G. Ghitulescu Colorectal Surgeon @JGH	(514) 340-8222 ext. 3937	-Referral required
Peyronie's Disease	Scarring tissue causing lumps, bumps, curves & bends in the penis of 5% of men (80% develop depression)	(514) 890-8000 ext. 36446 (514) 412-7451 Fax	-Fax referral to Dr. F. Benard, Urologist @St Luc Hospital

Other

Name	Description	Contact info	Other info
Audiology Center West	Private audiology clinic providing hearing tests, tinnitus evaluation, vertigo assessment.	audiology-centre-west.com 2100 Marlowe #441 (Queen Elizabeth Centre) (514) 488-5558	-Adult hearing test 75\$ -Children < 5 y.o. 90\$ -Covered by private insurance w/ referral
Audiology at MCH	Provides diagnostic assessment of the auditory function of children 0-18y.o.	Montreal Children's Hospital 2300, rue Tupper A-622 (514) 412-4454 (514) 412-4367 Fax	-Fax medical referral (inclu. phone & address of child.) -Between 1-8mo waiting list based on priority (Parents can call for estimate) -Covered by RAMQ
Canadian Cancer society	Support services for patients with cancer (including information, financial aid, hair donation)	cancer.ca/Quebec/Support Services.aspx 1-888-939-3333	
Dentists For Children & Adults	a) <u>Retter Dental Care</u> b) <u>Centre Dentaire Mag-Dent</u>	a) 5165 Queen Mary #305 (514) 488-9579 b) 3535 Queen Mary #218 (514) 738-2143	-Cleaning: \$60-235 (price incr. w/age), no referral -Cleaning: \$58-198 (price incr. w/age), no referral
General Disease Information Website	Verified facts & Information for patients on different diseases (Obesity, ADHD, Asthma, malaria, cancer, travel vaccines, STIs, etc...)	cdc.gov	-Multiple languages avail. -Printable pamphlets

Social Work	Multiple social workers available to talk with one-on-one, no appointment necessary	5700 CDN (CLSC CDN) (514) 731-8531	-Bilingual -Drop-in: Mon-Sat 8am-8pm
My Tool Box	Workshops to help patients living w/chronic conditions (DM, CAD, asthma, cancer, MS, stroke, HTN, chronic pain) through Fitness & healthy living, dealing with stress, communicating effectively, managing pain.	Mytoolbox.mcgill.ca	-Bilingual -Workshops led by trained volunteers -Weekly meetings x 6wks for 2.5hrs, different locations in Montreal -Registration online
Travel Clinics: a) <u>Clinique Sante-Voyage de Montreal</u> b) <u>McGill University Centre for Tropical Diseases</u> c) <u>Clinique du Voyageur</u> d) <u>Montreal Travel Health Clinic (Medisys)</u>	a) \$30 + cost of vaccines b) \$30 + cost of vaccines c) \$60 + cost of vaccines d) \$60 + cost of vaccines	a) 5855 Rue Sherbrooke Est (514) 252-3890 b) MGH 1650 Cedar D7-153 (514) 934-8049 c) 4689 Papineau (514) 521-0630 d) 500 Sherbrooke St W. (11 th floor, Lotto Quebec Building) (514) 499-2772	- Walk-in (call day of to confirm) & by appointment Mon, Thurs: 1-9pm Tues, Wed, Fri: 8-4pm -By Appointment Only Mon-Fri: 9-4pm -By Appointment Only Mon, Fri: 9-5pm Tues-Thurs: 9-9pm Sat: 10-4pm -By Appointment Only Mon-Fri: 9am-4:30pm

