The Black Community Resource Guide
2010-2011

A directory of community, para-public and public organizations, associations, programs
and services of relevance to members of Montreal’s Black community

BLACK COMMUNITY RESOURCE CENTRE

A non-profit organization dedicated to meeting the health, educational, and
socio-economic needs of Montreal’s Black Community.

In order to improve the quality and appropriateness of relevant and necessary services,
BCRC is committed to collaboration and partnership with Black community
organizations as well as public and para-public agencies.

In addition to organizational support services and several youth focused programs,
BCRC offers information resources and referral services to individuals and
organizations within both the Montreal Black community and the community at large.

For assistance contact:

Black Community Resource Centre (BCRC)
6767 Ch. De la Côte-des-Neiges, Suite 497
Montréal (Québec) H3S 2T6
Phone: 514-342-2247 ~ Fax: 514-342-2283
Email: berc@qc.aira.com
Website: www.bercmontreal.com
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COMMUNITY & PARA-PUBLIC ORGANIZATIONS

AFRICAN CANADIAN DEVELOPMENT AND PREVENTION NETWORK (ACDP)
6999 Côte-des-Neiges, suite 30
Montréal (Québec) H3S 2B8
Telephone: 514-737-8321
Fax: 514-737-6893
Email: info@acdpnetwork.org
Website: acdpnetwork.org

Services Offered:
• Development and prevention program
• Black entrepreneurship program
• Strengthening Black family program

Contact Person: Aissata Sow
Hours: 10am to 6pm (Monday to Friday)

AMCAL FAMILY CENTRE
7 St-Anne
Pointe-Claire (Québec) H9S 4P6
Telephone: 514-694-3161
Fax: 514-694-1109
Website: www.amcal.ca
Email: afs@amcal.ca

Services Offered:
• Promotion of healthy family relationships
• Groups for children of divorce
• Parents of step-families
• Parents of divorce

Hours: 8am to 5pm (Monday-Thursdays)
8am to 12pm (Fridays)

ALFIE ROBERTS INSTITUTE
5871 Victoria
Montréal (Québec) H3W 3H8
Telephone: 514-313-8938
Email: info@ari-iar.org
Website: www.ari-iar.org

Services Offered:
• Research and Publication
• Social and cultural exchange
• Popular Education

Hours: Please call prior to visitation.

ALLIANCE DES COMMUNAUTÉS CULTURELLES POUR L’ÉGALITÉ EN SANTÉ ET SERVICES SOCIAUX (ACCESSS)
7000 ave. du Parc, bureau 408
Montréal (Québec) H3N 1X1
Telephone: 514-287-1106
Fax: 514-287-7443
Email: access@access.net
Website: www.accessss.net

AMCAL FAMILY CENTRE
7 St-Anne
Pointe-Claire (Québec) H9S 4P6
Telephone: 514-694-3161
Fax: 514-694-1109
Website: www.amcal.ca
Email: afs@amcal.ca

Services Offered:
• Promotion of healthy family relationships
• Groups for children of divorce
• Parents of step-families
• Parents of divorce

Hours: 8am to 5pm (Monday-Thursdays)
8am to 12pm (Fridays)
ASSOCIATION OF BLACK LAWYERS AND NOTARIES

10 Notre-Dame East, suite 310
Montréal (Québec) H2Y 1B7
Telephone: 514-878-9112
Email: silversandiford@bellnet.ca

Service Offered:
- Referrals to various Black lawyers & notaries within the Montreal area

Contact Person: Sharon Sandiford
Hours: 8:30am to 5pm

"The question is not whether we can afford to invest in every child; it is whether we can afford not to."

Marian Wright Edelman

BARROW INSTITUTE (THE)

7850 Jean-Talon West, suite 147
Montréal (Québec) H4R 2G8
Telephone: 514-235-7816 / 233-4532

Services Offered:
- Development of girls from marginalized communities
- Distribution of food and other relief items
- Leadership training
- Community & governmental outreach
- Self-esteem & empowerment workshops
- Networking & coalition building

Contact Persons: Antonia Sealey
Hours: Please call prior to visitation.

BARBADOS HOUSE OF MONTREAL

P.O. Box 367, Station NDG
Montréal (Québec) H4A 3P9
Telephone: 514-747-3932
Fax: 514-496-8058

Service Offered:
- Social-Cultural events and activities

Contact Person: Mr. Earl Smith

BATSHAW YOUTH AND FAMILY SERVICES

5 Weredale Park
Westmount (Québec) H3Z 1Y5
Telephone: 514-989-1885
Fax: 514-989-2295
Website: www.batshaw.qc.ca

Services Offered:
- Youth Protection
- Foster Care & Adoption
- Family Preservation

Hours: 9am to 5pm (Monday to Friday)
BCRC’s document collection can help you find the information you need about Montreal’s Black community. Visit us and check it out!

BLACK COALITION OF QUEBEC
5201 Decarie Blvd.
Montréal (Québec) H3W 3C2
Telephone: 514-489-3830
Fax: 514-489-2843
Website: www.liguedesnoirs.org
Email: info.ligue@videotron.ca

Services Offered:
• Youth programs
• Advocacy - Immigration/Human Rights

Contact Person: Mr. Dan Philip
Hours: 9am to 5pm (Monday to Friday)

BLACK FAMILYS SUPPORT NETWORK
719 rue des Seigneurs
Montréal (Québec) H3J 1Y2
Telephone: 514-933-1867
Fax: 514-933-1808
Email: lbbfs@bell.net

Contact Person: Rosemary Segee
Hours: 10am to 5pm (Monday)
10am to 9pm (Tuesday to Friday)

BLACK LEGAL EDUCATION & SUPPORT FOUNDATION
765 Jean-Talon West
Montréal (Québec) H3N 1S3
Telephone: 514-271-2733
Email: blesf@yahoo.com

BLACK STUDIES CENTER
1968 de Maisonneuve Blvd. West
Montréal (Québec) H3H 1K5
Website: www.blackstudies.ca

Services Offered:
• Incubation services for Black businesses
• Support of structures that improve the position of Black people in Québec

Hours: 9am to 5pm (Monday to Friday)

BLACK THEATRE WORKSHOP
3680 Jeanne-Mance, suite 432
Montréal (Québec) H2X 2K5
Telephone: 514-932-1104 ext 225
Fax: 514-932-6311
Website: www.blacktheatreworkshop.ca

Services Offered:
• Theatre that reflects works of Black Canadian writers, artist and performers
• Youth Works - summer program for Black youth interested in performance arts

Contact Person: Adele Benoit
Hours: 9am to 5pm (Monday to Friday)
CANADA WORLD YOUTH
2330 Notre-Dame West, suite 303
Montréal (Québec) H3J 1N4
Telephone: 514-931-3526
Fax: 514-939-2621
Website: www.cwy-jcm.org

Services Offered:
• Educational programs
• Immigration services

CARREFOUR JEUNESSE EMPLOI
CÔTÉ-DÉS-NEIGES
6555 Côte-des-Neiges, suite 240
Montréal (Québec) H3S 2A6
Telephone: 514-342-5678
Fax: 514-342-6377
Email: info@epoc-montreal.ca

Services Offered:
• Job bank
• Career counseling
• Entrepreneurship Support
• Visible minority project (services to increase employability of visible minority youth)

Contact Person: Mr. Brian Smith
Hours: 9am to 5pm (Mon. Tues. Thurs.)
1pm to 9pm (Wednesday)
1pm to 5pm (Friday)

CARREFOUR JEUNESSE EMPLOI
NOTRE-DAME-DE-GRÂCE
6370 Sherbrooke West
Montréal (Québec) H4B 1M9
Telephone: 514-482-6665
Fax: 514-482-8185

Services Offered:
• Job bank
• Career counseling
• Entrepreneurship support

Contact Person: Ms. Darine Charlot
Hours: 9am to 5pm (Mon. Wed. Fri)
1pm to 5pm (Tuesday)
9am to 8pm (Thursday)

CARREFOUR JEUNESSE EMPLOI
LIONEL-GROUX
6370 Sherbrooke West
Montréal (Québec) H4B 1M9
Telephone: 514-482-6665
Fax: 514-482-8185

Services Offered:
• Job bank
• Career counseling
• Entrepreneurship support

Contact Person: Ms. Darine Charlot
Hours: 9am to 5pm (Mon. Wed. Fri)
1pm to 5pm (Tuesday)
9am to 8pm (Thursday)
CARIBBEAN PIONEER WOMEN OF CANADA
5264 Coolbrook
Montréal (Québec) H3X 3T3
Telephone: 514-488-3716
Email: jntsmith@yahoo.com

Service Offered:
• Social/cultural events and activities

Contact Person: Janet Smith
Hours: Please call prior to visit.

CARIBBEAN CULTURAL FESTIVITIES ASSOCIATION
6338 Victoria, suite 7
Montréal (Québec) H3W 2S5
Telephone: 514-735-2232

Contact Person: Charleton Farmer

CENTRE D’ACCUEIL ET DE RÉFÉRENCE SOCIALE ET ÉCONOMIQUE POUR NOUVEAUX IMMIGRANTS (CARI ST-LAURENT)
1179 Decarie, suite 10
Montréal (Québec) H4L 3M8
Telephone: 514-748-2007
Fax: 514-748-2766
Email: carist@cari.qc.ca
Website: www.cari.qc.ca

Services Offered:
• Family and social programs for immigrants
• Employment services
• French courses

CÔTE-D’NEIGES BLACK COMMUNITY ASSOCIATION
6999 Côte-des-Neiges, suite 30
Montréal (Québec) H3S 2B6
Telephone: 514-737-8321
Fax: 514-737-6893
Email: cdnbca@cdnbca.org
Website: www.cdnbca.org

Services Offered:
• Cultural, recreational, social activities for youth and adults
• After-school tutorials
• Summer camp
• Teen leadership program
• Adult classes and sports activities
• Strengthening family program

Contact Person: Michael Gittens
Hours: 10am to 6pm (Monday to Friday)

“The animals of the world exist for their own reasons. They were not made for humans any more than Black people were made for white, or women created for men.”

Alice Walker
COTE-DES-NEIGES COUNCIL FOR REFUGEES

6839 Drolet, suite 302
Montréal (Québec) H2S 2T1
Telephone: 514-277-7223
Fax: 514-277-1447

Services Offered:
• Immigration services
• Advocacy for refugees

Contact Person: Janet Dench
Hours: 9am to 5pm (Monday to Friday)

CENTRE AFRIQUE AU FEMININ

419 St. Roch
Montréal (Québec) H3N 1K2
Telephone: 514-272-3274
Fax: 514-272-8617
Email: aaf@bellnet.ca

Services Offered:
• Services for young mothers
• Food bank (Tuesdays)
• Subsidized daycare
• French classes

Contact Person: Valerie Balton
Hours: 9am to 5pm (Monday to Friday)

CENTRE AFRIKA

1644 St. Hubert
Montréal (Québec) H2L 3Z3
Telephone: 514-843-4019

Services Offered:
• Social/cultural events and activities
• Youth programs

Contact Person: Jean-François Bégan
Hours: Please call prior to visit.

CENTRE FOR RESEARCH-ACTION ON RACE RELATIONS (CRARR)

460 St. Catherine West, suite 610
Montréal (Québec) H3B 1A7
Telephone: 514-939-3342
Fax: 514-939-9763
Email: crarr@primus.ca
Website: www.crarr.org

Service Offered:
• Advocacy, research, education, training and litigation in the interest of promoting racial harmony and equity in Canada

Contact Person: Fo Neimi
Hours: 9am to 5pm (Monday to Friday)

“Both tears and sweat are salty, but render a different result. Tears will get you sympathy; sweat will get you change.”

Jesse Jackson
CENTRE INTERNATIONAL DE DOCUMENTATION ET D'INFORMATION HAÏTIENNE, CARIBÉENNE ET AFRO-CANADIENNE (CIDIHCA)

430 St-Hélène, suite 401
Montréal (Québec) H2Y 2K7
Telephone: 514-845-0880
Fax: 514-842-5647
Email: edition@cidihca.com
Website: www.cidihca.com

Services Offered:
- Information on Haitian, Caribbean and Afro-Caribbean culture and history
- Library of English, French, Spanish and Creole books
- Publishes books
- Archives documents

Contact Person: Frantz Voltaire
Hours: 9am to 5pm (Monday to Thursday)

CONGRESS OF BLACK LAWYERS AND JURISTS OF QUEBEC

445 Saint-Laurent Blvd., suite 500
Montréal (Québec) H2Y 3T8
Telephone: 514-954-3471
Fax: 514-954-3451
Email: meleblond@barreau.qc.ca

Hours: Please call prior to visit.

CARREFOUR DE LIAISON ET D'AIDE MULTI-ÉTHNIQUE (CLAM)

7290 Hutchinson, 2nd floor
Montréal (Québec) H3N 1Z1
Telephone: 514-271-8207
Fax: 514-271-8254
Email: clam@bellnet.ca
Website: www.leclam.org

Services Offered:
- Immigration
- Employment placement
- French classes

Hours: 9am to 12pm & 1pm to 5pm (Monday to Friday)

CORPORATION DE DÉVELOPPEMENT ÉCONOMIQUE COMMUNAUTAIRE CDN/NDG

4950 Queen-Mary Road, suite 101
Montréal (Québec) H3W 1X3
Telephone: 514-342-4842
Fax: 514-342-4712

Services Offered:
- Financial assistance & advice for new businesses
- Financial assistance for community projects

Contact Person: Claude Lauzon
Hours: 9am to 5pm (Monday to Friday)
CÔTE-DÉS-NEIGES JOB SEARCH CENTRE
3600 Barclay, suite 421
Montréal (Québec) H3S 1K5
Telephone: 514-733-3026
Fax: 514-733-7120
Email: info@crecdn.com
Website: www.ccrecdn.com

Service Offered:
- Employment services and assistance

Hours: 8:30am to 4:30pm

“Success is liking yourself, liking what you do, and liking how you do it.”

Maya Angelou

Elijah McCoy (1843-1929).
Invented a device to lubricate railway machinery. His invention became so Indispensable that no engine was considered complete until it had a genuine McCoy Lubricator, hence the term
“The Real McCoy.”

COUNCIL FOR BLACK AGING
3021 Delisle
Montréal (Québec) H4C 1M8
Telephone: 514-935-4951
Fax: 514-935-8466
Email: counb@rogers.com

Services Offered:
- Accompaniment for seniors: home and hospital visits, classes arts & crafts, aerobics, computers
- Community Lunches and info sessions

Contact Person: Elisee Faure
Hours: 9am to 3pm (Monday to Friday)

DESTA BLACK YOUTH NETWORK
The Padua Centre
1950 St. Antoine West
Montréal (Québec) H3J 1A5
Telephone: 514-932-7597
Fax: 514-932-9468
Email: info@destanetwork.ca
Website: www.destanetwork.ca

Service Offered:
- Prepares young adults to become autonomous and responsible

Georges-Vanier
EBONY PERSPECTIVES IN MONTREAL

Email: Black_glbtq_committee@sympatico.ca

A growing organization for Black lesbian, gay, bisexual, and transsexual/transgendered individuals

Contact Person: Vanessa Dorlivy
Please email for meetings and events.

ELIZABETH HOUSE

2131 Marlowe
Montréal (Québec) H4A 3L4
Telephone: 514-482-2488
Fax: 514-482-9467
Email: elizabethhouse@sympatico.ca
www.maisonelizabethhouse.com

Services Offered:
- Residence for young mothers and children
- Rehabilitation, prevention, education, and outreach services

Contact Person: Linda Schachtler
Hours: 9am to 5pm (Monday to Friday)
(24hr Residence)

ERS YOUTH DEVELOPMENT CORPORATION

5250 Ferrier, suite 520
Montréal (Québec) H4P 1L4
Telephone: 514-731-3419
Fax: 514-731-4999
Email: ers@ersyouth.ca
Website: www.ersyouth.ca

Services Offered:
- Computer and language courses
- Personal and professional development programs
- Work placement and internship

Hours: 9am to 5pm (Monday to Friday)

EPOC MONTREAL

420 St. Éloi
Montréal (Québec) H2Y 2S5
Telephone: 514-877-7810
Fax: 514-877-8559
Email: info@epoc-montreal.ca
Website: epoc-montreal.ca

Services Offered:
- Computer application programs
- Second language training
- Personal counseling and professional development workshops
- Career testing and vocational counseling
- Workshops in job search methods

Hours: 8am to 4pm (Monday to Friday)

Vendôme

Place D’Armes

Namur
The highest test of the civilization of any race is in its willingness to extend a helping hand to the less fortunate”

Booker T. Washington

GARVEY INSTITUTE (THE)
P.O. Box 119, Station Saint-Laurent
Saint-Laurent (Québec) H4L 4V4
Email: admin@garveyinstitute.org
Website: www.garveyinstitute.org

Service Offered:
• Educational scholarships

Contact Person: Patrick Filiatrault
Hours: 8am to 5pm (Office Hours)

HEAD AND HANDS
5833 Sherbrooke West
Montréal (Québec) H4A 1X4
Telephone: 514-481-0277
Fax: 514-481-2336
Email: info@headandhands.ca
Website: www.headandhands.ca

Services Offered:
• Medical, social and legal services to youth
• Promote youth empowerment through education
• Young Parents Program (YPP)

Contact Person: Marlo Turner-Ritchie
Hours: 10am to 9pm (Monday to Thursday)
10 am to 5pm (Friday)

GUYANA CULTURAL ASSOCIATION OF MONTREAL
P.O. Box 29640
Succ. St. Hubert (Québec) J3Y 9A9
Telephone: 450-445-0747
Email: Design-cedric@cedbec.com
Website: gcaom.org

Service Offered:
• Social/cultural events and activities

Contact Person: U. Leebert Sancho
Hours: Please call prior to visit.

HIRONDELLE
4652 Jeanne-Mance, 2nd & 3rd floor
Montréal (Québec) H2V 4J4
Telephone: 514-281-5696
Fax: 514-281-5628
Email: administration.hirondelle@qc.aira.com
Website: www.hirondelle.qc.ca

Services Offered:
• Integration programs and aid for new arrivals
• Job search workshops
• Job and study placement
• Counseling development workshops
• French courses

Hours: 9am to 12pm & 1pm to 5pm
(Monday to Friday)
IMANI FAMILY AND FULL GOSPEL CHURCH

540 Richmond
Montréal (Québec) H3J 1V3
Telephone: 514-846-2020
Fax: 514-846-0202
Email: imanimtl@hotmail.com
Website: imanifamilyandfullgospelchurch.org

Services Offered:
- Sunday worship: 11am
- Bible study: Wednesdays 7pm at UNIA Hall (page 28)

Contact Person: Rev. Darryl Gray

JAMAICA ASSOCIATION OF MONTREAL

4065 Jean-Talon West
Montréal (Québec) H4P 1W6
Telephone: 514-737-8229
Fax: 514-737-4861
Email: jamaica-inc@yahoo.ca
Website: jam-montreal.com

Services Offered:
- After-school/evening classes for youth and adults (Math, French, English, Computers)
- Saturday morning Program (Children 0-11) to promote parent involvement

Contact Person: Noel Alexander
Hours: 9am to 5pm (Monday to Friday)

JAMAICAN CANADIAN COMMUNITY WOMEN’S LEAGUE OF MONTREAL

5465 Queen-Mary Road, suite 302
Montréal (Québec) H3X 1V5
Telephone: 514-486-5704
Fax: 514-486-7230
Email: jacwwlm2001@hotmail.com

Service Offered:
- Education & social programs

Contact Person: Ivyline Fleming
Hours: 10am to 5pm (Monday to Friday)

JEUNESSE 2000 NDG/CDN

Notre-Dame-de-Grâce
NDG Youth Centre
3770 Decarie Blvd.
Telephone: 514-872-9444

Côte-des-Neiges
3220 Appleton Ave.
Telephone: 514-342-5235

Services Offered:
- Youth drop-in centre
- Recreational activities for youth 12 to 18 years old
JEUNE CHAMBRE DE COMMERCE HAÎTENNE (JCCH)

429 ave Viger East, bureau 4
Montréal (Québec) H2L 2N9
Telephone: 514-383-7191
Fax: 514-383-7191
Email: info@jcch.ca
Website: www.jcch.ca

Service Offered:
• Mentorship

Contact Person: Sandra Joseph
Hours: Monday– Thursday 10am - 3:30pm
Please call prior to visit.

JOB GENERATION / GÉNÉRATION EMPLOI

7000 Park Avenue, suite 414
Montréal (Québec) H3N 1X1
Telephone: 514-948-0000
Fax: 514-948-5097
Email: generationemploi@qc.aira.com
Website: www.info.generationemploi.org

Service Offered:
• Job training for individuals aged 25-50

Contact Person: Lucy Dupont
Hours: 9am to 12pm and 1pm to 5pm

JOUJOUTHÈQUE
(CDN PARENTS ASSOCIATION)

6767 Côte-des-Neiges, suite 498
Montréal (Québec) H3S 2T6
Telephone: 514-341-2844
Fax: 514-341-4865
Email: asscdn@cooptel.qc.ca

Services Offered:
• Toy lending
• Organized activities for parents and children

Contact Person: Fatmah Djebar
Hours: Mon, Tues & Fri 2pm to 4:30pm
Wed & Thurs 9:30am to 12pm

LACHINE BLACK COMMUNITY ASSOCIATION

P.O. Box 34042
Lachine (Québec) H8S 4H4
Telephone: 514-634-1862

Service Offered:
• Social/Cultural events and activities

Contact Person: Marcia Babb
Hours: Please call for upcoming events.
LA MAISON DU PERE
550 René-Lévesque Blvd., East
Montréal (Québec) H2L 2L3
Telephone: 514-845-0168
Fax: 514-845-2108
Email: infom@ison
Website: www.maisondupere.org

Services Offered:
• Refuge and shelter for men 25 and up
• Orientation services
• Homeless shelter

Hours: 3:15pm to 8am

Berri-UQAM

LAVAL BLACK COMMUNITY ASSOCIATION
936 100th Ave.
Laval (Québec) H7W 4A1
Telephone: 450-687-0605
Email: alsees@yahoo.ca
Website: www.al-sees.com

Services Offered:
• Social/cultural events and activities

Contact Person: Althea Seaman
Hours: Please call for upcoming events.

Montmorency

LASALLE BOYS AND GIRLS CLUB
8600 Hardy
LaSalle (Québec) H8N 2P5
Telephone: 514-364-4661
Fax: 514-364-3907
Email: info@bgclasalle.com
Website: bgclasalle.com

Services Offered:
• Preschool, children and teen programs
• Summer leadership program

Contact Person: Mark Branch
Hours: 9am to 6pm (Monday to Friday)

Angrignon #106

LITTLE BURGUNDY EMPLOYMENT CENTRE
753 Des Seigneurs
Montréal (Québec) H3J 1Y2
Telephone: 514-989-2155
Fax: 514-989-1662
Email: lbec753@videotron.ca

Services Offered:
• Pre-employability program
• Retail Sales & warehouse training programs
• French courses
• Job postings/referrals & career counseling

Contact Person: Cynthia Homan
Hours: 8:30am to 5pm (Monday to Thursday)
8:30am to 1pm (Friday)

Georges-Vanier

“Injustice anywhere is a threat to justice everywhere.”

Martin Luther King Jr.
L.O.V.E. (LEAVE OUT VIOLENCE)

460 St-Paul East, suite 204
Montréal (Québec) H2Y 3V1
Telephone: 514-938-0006
Fax: 514-938-2377
Email: info@leaveoutviolence.org
Website: www.leaveoutviolence.org

Services Offered:
- Youth journal/newspaper, photo journalist and video broadcasting
- Projects to help youth stop violent behavior

Contact Person: Myron Weeke
Hours: 9am to 5pm (Monday to Friday)

MAISON D’HAÏTI

8833 Boul. St. Michel, suite 2
Montréal (Québec) H1Z 3G3
Telephone: 514-326-3022
Fax: 514-326-3024
Email: mhaiti@mhaiti.org
Website: www.mhaiti.org

Services Offered:
- Summer camp
- CV writing & referrals
- French classes for immigrants
- Assistance with immigration and residency forms
- Young mothers program (16-34 yrs-old)

Contact Person: Célitard Toussaint
Hours: 9am to 4pm (Monday to Friday)

“When I discover who I am, I will be FREE.”

Ralph Ellison

MAISON DES JEUNES DE LA CDN

3220 Appleton (Kent Chalet)
Montréal (Québec) H3S 2T3
Telephone: 514-342-5235
Fax: 514-342-0036

Contact Person: Robints Paul

MAISON DU GHANA HOUSE 2000 INC. (Ghana Canada House Inc.)

415 Saint Roch
Montréal (Québec) H3N 1K2
Telephone: 514-906-2663
Fax: 514-636-5329
Email: administrator@ghanacanadahouse.com
Website: ghanacanadahouse.com

Service Offered:
- Advocacy in youth protection cases

Contact Person: Gabriel Hgbokou
MONTREAL CARIBBEAN SOCIAL ORGANIZATION
382 Lafleur Ave.
LaSalle (Québec) H8R 3H6
Telephone: 514-364-5113
Service Offered:
• Social and cultural events
Contact Person: Pauline Thompson

MOSAIK FAMILY RESOURCE CENTRE
6215 Côte-Saint-Luc (First Baptist Church)
Montréal (Québec) H3X 2H3
Telephone: 514-227-1270
Email: maisonmosaik@yahoo.ca
Services Offered:
• Mother Goose
• Drop-in & Halte-Garderie
• Parent resource & toy library
• Infant stimulation program
• Parenting discussions & special events

MULTI-CAF
3600 Barclay Ave, suite 320
Montréal (Québec) H3S 1K5
Telephone: 514-733-0554
Fax: 514-733-2760
Email: info@multicaf.org
Website: www.multicaf.org/en
Services Offered:
• Food donation
• Supper meals, collective cooking and grocery shopping
Contact Person: Louise Tremblay
Hours: 9am to 4pm (Monday to Thursday)
11am to 4pm (Friday)

Rosemary Brown (1930-2003), community activist, academic, politician. First Black woman in Canadian history to be a member of a Canadian parliamentary body.

MULTI-ÉCOUTE CENTRE
3600 Barclay Ave, suite 460
Montréal (Québec) H3S 1K5
Telephone: 514-737-3604
Fax: 514-737-5631
Web Email: multiecoute@cooptel.qc.ca
Website: www.multiecoute.org/en/index
Services Offered:
• French & English courses
• Socio-cultural activities
• Reference and information services
• Translation and certification of documents
• Help with filling out forms (appointment only)
Contact Person: Nathalie Basmadgion
Hours: 9am to 12pm and 1pm to 5pm
NDG BLACK COMMUNITY ASSOCIATION / NDG REC
3770 Prud’homme, 2nd floor
Montréal (Québec) H4A 3H7
Telephone: 514-481-3598
Fax: 514-481-3845

Services Offered:
• After-school daycare
• Patrice Lumumba cultural summer day camp
• Teen leadership training
• Multi-sports

Contact Person: Colleen Cadogan
Hours: 10am to 5pm (Monday to Friday)
Please call prior to visit.

NDG COMMUNITY COUNCIL
5964 Notre-Dame-de-Grâce, suite 204
Montréal (Québec) H4A 1N1
Telephone: 514-484-1471
Fax: 514-484-1687
Email: ndgcc@cam.org
Website: www.ndg.ca

Service Offered:
• Promotes and improves the well-being of the community and its residents

Contact Person: Gillian Keefe
Hours: 9am to 5pm (Monday to Friday)

NDG GOOD FOOD BOX
Telephone: 514-582-6908
Email: goodfood_bonnebouffe@yahoo.ca

Service Offered:
• Boxes of fresh organic fruit & vegetables at cheap prices ($5, $9, $15)

Contact Person: Bonnie Soutar
Hours: N/A. Please call to place an order and to determine closest pick-up location.

NDG FOOD DEPOT/INFO DEPOT
2121 Oxford
Montréal (Québec) H4A 2X7
Telephone: 514-483-4680
Fax: 514-484-1687
Email: admin@depotndg.org
Website: www.depotndg.org

Services Offered:
• Information, referral and advocacy service of the NDG Community Council
• Provides direct service through telephones inquiries and walk-ins (2 days per week)
• Food support

Contact Person: Fiona Keats
Hours: 5pm to 7pm (Monday) 10am to 2pm (Wednesday & Friday)

“If I didn’t define myself for myself, I would be crunched into other people’s fantasies for me and eaten alive.”
Audre Lorde
NIGERIAN CANADIAN ASSOCIATION OF MONTREAL

382 Lafleur, suite 50
LaSalle (Québec) H8R 3H6
Telephone: 514-223-4064
Fax: 514-989-1589
Email: admin@ncamontreal.org
or info@ncamontreal.org
Website: www.ncamontreal.org

Service Offered:
• Social/cultural events and activities

Contact Person: Johnson Ariwei
Hours: Please call prior to visitation.

PLAYMAS MONTREAL CULTURAL ASSOCIATION

83 rue Bélanger
C.P. 446 Succursale N.D.G.
Montréal (Québec) H2S 1E1
Telephone: 514-620-6612
Email: info@atasteofthecaribbean.ca
Website: www.atasteofthecaribbean.ca

Service Offered:
• Youth-focused and open community events
• Volunteer training program
• Promoting the cultural community
• Triumph through Adversity program and scholarships

Contact Person: Gemma Raeburn-Baynes
Hours: 9am to 5pm (Monday to Friday)

OLD BREWERY MISSION

915 Clark
Montréal (Québec) H2Z 1J8
Telephone: 514-798-2244
Fax: 514-798-2209
Email: info@oldbrewerymission.ca
Website: www.oldbrewerymission.ca

Services Offered:
• Free breakfast meals
• $1 supper meals
• Night accommodations for homeless men

Contact Person: James Hughes
Hours: 8am to 4pm (Monday to Friday)
(24 hrs. Residence)

PETITES-MAINS

7595 Saint-Laurent Blvd.
Montréal (Québec) H2R 1W9
Telephone: 514-738-8989
Fax: 514-738-6193
Email: info@petitesmains.com
Website: www.petitesmains.com

Service Offered:
• Parent-child activities

Contact Person: Nahid Aboumansour
Hours: 9am to 5pm (Monday to Friday)
Rufus Rockhead (1912-1981). Jamaican-born immigrant. Owner of renowned jazz nightclub Rockhead's Paradise, which stood at the corner of Mountain and St. Antoine. Rockhead’s Paradise hosted many famous performers such as Billie Holliday, Redd Foxx, Sammy Davis Jr. and many more.

PLACE BENOIT ‘BON COURAGE’ COMMUNITY CENTRE

155 Ave. Cartier
Montréal (Québec) H9S 4R9
Telephone: 514-744-0897
Fax: 514-744-6205

Service Offered:
- Local services for immigrants

Contact Person: Dayonn Vann
Hours: 9am to 5pm (Monday to Friday)

PROJECT CHANCE

3860A Cavendish
Montréal (Québec) H4B 2N3
Telephone: 514-369-1010
Fax: 514-369-1070

Services Offered:
- Social housing for single mothers (18-30) pursuing full-time post-secondary education
- Parenting workshops, food bank and after-school program

Contact Person: Margaret Frederick
Hours: 9am to 4pm (Monday to Thursday)

QUEBEC BLACK MEDICAL ASSOCIATION

1822 Sherbrooke St. West, suite 101
Montréal (Québec) H3H 1E4
Telephone: 514-937-8432
Fax: 514-933-5929

Services Offered:
- Annual awards ceremony and symposium
- Information on Black physicians

Contact Person: Dr. E.C. Tucker
Hours: 9am to 5pm (Monday to Thursday)

PROJECT GENESIS

4735 Côte-Sainte-Catherine
Montréal (Québec) H3W 1M1
Telephone: 514-738-2036
Fax: 514-738-6385
Website: www.genese.qc.ca

Services Offered:
- Community organization, advocacy and education
- Legal advice (tenants rights, debt & bankruptcy, family law, immigration)

Contact Person: Michael Chervin
Hours: Monday & Tuesday 9am to 5pm
Thursday 9am to 7pm
Friday 9am to 3pm
QUEBEC BOARD OF BLACK EDUCATORS

3333 Cavendish Blvd, suite 310
Montréal (Québec) H4B 2M5
Telephone: 514-481-9400
Fax: 514-481-0611
Email: qbbe@videotron.ca
Website: www.qbbe.org

Services Offered:
- Development and implementation of educational programs geared towards the improvement of Montreal Black community, equal educational opportunity
- Summer school (elementary & high-school)
- Adult literacy programs
- Educational/cultural programming

Contact person: Phylicia Burke
Hours: Please call in advance.

SALVATION ARMY

1620 rue Notre-Dame West
Montréal (Québec) H3J1M1
Telephone: 514-935-7425
Fax: 514-935-6095

Service Offered:
- Clothing, shelter, food and other needs

Contact Person: Nhun Ngenyen
Hours: 10am to 9pm (Monday to Friday)
9am to 5pm (Saturday)

SALVATION ARMY WOMEN’S SHELTER

2000 Notre-Dame West
Telephone: 514-934-5615

SITE D’AIDE AUX JEUNES ENTREPRISES

5160 Decarie Blvd, suite 820
Montréal (Québec) H3X 2H9
Telephone: 514-485-7253
Fax: 514-485-4933
Email: info@sajemontrealcentre.com
Website: www.sajemontrealcentre.com

Services Offered:
- Information & assistance for young people interested in entrepreneurship
- Evaluation of commercial and financial projects
- Business start-up and development advice

Contact Person: Yvan-Julien Ntwari
Hours: 9am to 5pm (Monday to Friday)
ST. VINCENT AND THE GRENADINES ASSOCIATION OF MONTREAL

P.O. Box 396, Snowdon Station
Montréal (Québec) H3X 3T3
Telephone: 514-747-0049
Website: www.svgamontreal.com

Service Offered:
• Social, cultural and educational activities, advocacy in legal issues (immigration, medical)

Contact person: Jack Dear

TANDEM PREVENTION NDG/CDN

6767 Côte-des-Neiges, suite 598
Montréal (Québec) H3S 2T6
Telephone: 514-736-2732
Fax: 514-736-2734
Email: info@preventionndg.org
Website: www.preventionndg.org

5319 Notre-Dame-de-Grâce
Montréal (Québec) H4A 1L2
Telephone: 514-489-6567
Fax: 514-868-4008
Email: info@preventionndg.org
Website: www.preventionndg.org

Service Offered:
• Crime prevention, environmental projects, graffiti removal

TYNDALE ST-GEORGES

870 Richmond Square
Montréal (Québec) H3J 1V7
Telephone: 514-931-6265
Fax: 514-931-1343
Email: tsgadmin@videotron.ca
Website: www.tyndalestgeorges.ca

Services Offered:
• Parent & child workshops (Mom & Tots group)
• After-school, evening, Saturday and summer programs
• Adult English language courses, and computers and job skills courses
• Referral service for immigrants & refugees

Contact Person: Patricia Murphy
Hours: 8:30am to 4:30pm (Monday to Friday)
UNION UNITED CHURCH
3007 Delisle
Montréal (Québec) H4C 1M8
Telephone: 514-932-8731
Fax: 514-932-8846
Email: office@unionunitedchurchmtl.ca
Website: unionunitedchurchmtl.ca

Services Offered:
• Weekly church services
• Local community meetings
• Food bank
• Meals on wheels

Contact person: Outreach Minister
Hours: 9am to 5pm (Monday to Friday)

WALKLEY CENTRE
6650 Côte-St-Luc
Montréal (Québec) H4V 1G8
Telephone: 514-369-9449
Fax: 514-872-1391

Services Offered:
• After-school, Saturday and summer programs
• Morning Tiny Tots program
• Teen drop-in (Friday evening)

Contact Person: June McGibbon
Hours: Noon to 7pm (Monday to Friday)

WEST ISLAND BLACK COMMUNITY ASSOCIATION (WIBCA)
48C 4th Avenue South
Roxboro (Québec) H8Y 2M2
Telephone: 514-683-3925
Email: wibca@bellnet.ca
Website: www.wibca.org

Services Offered:
• Summer day camp
• Numerous annual events
• Social/cultural events and activities

Contact Person: Veronica Johnson
Hours: 11am to 7pm (Monday to Wednesday)
4pm to 9pm (Thursday)
11am to 1pm (Friday)

Looking for space to hold a community event or meeting? Well, BCRC gives organizational support to local Black businesses and community groups.

UNIVERSAL NEGRO IMPROVEMENT ASSOCIATION (UNIA)
2741 Notre-Dame West
Montréal (Québec) H3J 1N9
Telephone: 514-846-0049

Service Offered:
• Banquet Hall

WEST ISLAND BLACK COMMUNITY ASSOCIATION (WIBCA)
48C 4th Avenue South
Roxboro (Québec) H8Y 2M2
Telephone: 514-683-3925
Email: wibca@bellnet.ca
Website: www.wibca.org

Services Offered:
• Summer day camp
• Numerous annual events
• Social/cultural events and activities

Contact Person: Veronica Johnson
Hours: 11am to 7pm (Monday to Wednesday)
4pm to 9pm (Thursday)
11am to 1pm (Friday)

Looking for space to hold a community event or meeting? Well, BCRC gives organizational support to local Black businesses and community groups.
WESTHAVEN/ELMHURST COMMUNITY CENTRE

7405 Harley
Montréal (Québec) H4B 1L5
Telephone: 514-872-6134
Fax: 514-872-6134
Email: westhaven@videotron.ca

Services Offered:
- Tiny Tots
- Teen drop-in (Thurs & Fri evening)
- After-school & Saturday program

Contact Person: Rashid Lawall
Hours: 10am to 3pm (Tuesday to Friday)

WOMEN’S CENTRE OF MONTREAL

3585 St. Urbain
Montréal (Québec) H2X 2N6
Telephone: 514-842-4780
Fax: 514-842-5613

Services Offered:
- Food and clothing aid for women in need
- Referrals (immigration, housing, healthcare)
- Counselling and support groups
- Language and computer courses
- Job bank

Contact Person: Johanne Belisle
Hours: 9am to 5pm (Monday to Friday)

WOMEN ON THE RISE

5775 St. Jacques West
Montréal (Québec) H4A 2E8
Telephone: 514-485-7814
Fax: 514-485-7814
Email: womenontherise@bellnet.ca

Services Offered:
- Services for young mothers with children ages five and under
- Drop-in centre
- Social outings

Contact Person: Grace Campbell
Hours: 9am to 5pm (Monday to Friday)

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”

Booker T. Washington
WOMEN’S Y OF MONTREAL

1355 Blvd. René-Lévesque West, 3rd fl.
Montréal (Québec) H3G 1T3
Telephone: 514-866-9941 ext. 416
Fax: 514-866-4866
Website: www.ydesfemmesmtl.org

Services Offered:
- Service and training to help women and single mothers integrate into the workplace
- CV writing skills, interviewing training
- Mentoring program

Contact Person: Raymonde Levesque
Hours: 8:30am to 4:30pm (Monday to Friday)

YOUTH EMPLOYMENT SERVICES (YES)

666 Sherbrooke West, suite 700
Montréal (Québec) H3A 1E7
Telephone: 514-878-9788
Fax: 514-878-9950
Email: info@yesmontreal.ca
Website: www.yesmontreal.ca

Services Offered:
- English language job search and self-employment skills for youth (16-34)
- Artists program
- CV writing skills
- Business coaching

Contact Person: Iris Unger
Hours: 9am to 5pm (Monday to Friday)

YOUTH IN MOTION

852 St. Martin
Montréal (Québec) H3J 1W7
Telephone: 514-931-5510
Fax: 514-931-2282
Email: info@youthinmotion-qc.org
Website: youthinmotion-qc.org

Services offered:
- Social, educational, and recreational programs geared toward youth empowerment
- Teen drop-in centre
- Teen committee
- Outings and discussion evening

Contact Person: Michael Farkas
Office Hours: 9am to 5pm (Mon to Fri)
Youth hours: 4pm to 9pm

“There are battles that count aren’t the ones for gold medals. The struggles within yourself – the invisible, inevitable battles inside all of us - that’s where it’s at”

Jesse Owens

The Yeshiva University Institute for Jewish Education

23 BCRC Resource Guide
CONSULATES AND EMBASSIES

HIGH COMMISSION OF THE BAHAMAS
Metropolitan Life Centre
50 O’Connor, suite 1313
Ottawa (Ontario) K1P 6L2
Telephone: 613-232-1724
Fax: 613-232-0097

HIGH COMMISSION OF BARBADOS
130 Albert Street, suite 1204
Ottawa (Ontario) K1P 5G4
Telephone: 613-236-9517
Fax: 613-230-4362
Email: ottawa@foreign.gov.bb

EMBASSY OF BELGIUM
360 Albert St., suite 820
Ottawa (Ontario) K1R 7X7
Telephone: 613-236-7267
Fax: 613-236-7882
Email: ottawa@diplobel.org
Emergencies outside of business hours: 613-769-8335

EMBASSY OF BENIN
58 Glebe Ave.
Ottawa (Ontario) K1S 2C3
Telephone: 613-233-4868 / 613-233-4429
Fax: 613-233-8952
Email: ambaben@benin.ca

CONSULATE OF BENIN
85 Ste. Catherine Street West, 15th floor
Montréal (Québec) H2X 3P4
Telephone: 514-287-8500 / 514-287-8607
Fax: 514-287-8643

EMBASSY OF BOTSWANA
30 Chinook Crescent
Ottawa (Ontario) H2H 7E1
Telephone: 613-596-0166
Fax: 613-596-2342
Email: belanger1003@rogers.com

EMBASSY OF BRAZIL
450 Wilbrod Street
Ottawa (Ontario) K1N 6M8
Telephone: 613-237-1090 / 613-755-5160
Fax: 613-237-6144
Email: mailbox@braembottawa.org

BRITISH HIGH COMMISSION
80 Elgin
Ottawa (Ontario) K1P 5K7
Telephone: 613-237-1530
Fax: 613-237-7980
After hours emergency line: 613-239-4288

EMBASSY OF BURKINA FASO
48 Range Rd.
Ottawa (Ontario) K1N 8J4
Telephone: 613-238-4796
Fax: 613-238-3812
Email: burkina.faso@sympatico.ca

EMBASSY OF CAMEROON
170 Clemow Ave.
Ottawa (Ontario) K1S 2B4
Telephone: 613-236-1522
<table>
<thead>
<tr>
<th>Consulate/Embassy</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Email Addresses</th>
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<tbody>
<tr>
<td>Embassy of Chad</td>
<td>340 Gloucester, suite 606 Ottawa (Ontario) K1R 1A8</td>
<td>613-236-4861 / 613-230-2061</td>
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<tr>
<td>Embassy of Cuba</td>
<td>388 Main Street Ottawa (Ontario) K1S 1E3</td>
<td>613-563-0141 / 613-563-0068</td>
<td><a href="mailto:cuba@embacubacanada.net">cuba@embacubacanada.net</a></td>
</tr>
<tr>
<td>Consulate of Egypt</td>
<td>1 Place Ville-Marie, suite 2617 Montréal (Québec) H3B 4G3</td>
<td>514-866-8455 / 514-866-8456</td>
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<tr>
<td>Consulate of Ethiopia</td>
<td>575 Island Park Crescent Ottawa (Ontario) K14 3P2</td>
<td>613-798-7852 / 613-235-4638</td>
<td><a href="mailto:infoethi@magi.com">infoethi@magi.com</a></td>
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<tr>
<td>Consulate of France</td>
<td>1501 McGill College, bureau 1000 Montréal (Québec) H3A 3M8</td>
<td>514-878-4385 / 514-878-3981</td>
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<td>Embassy of Gabon</td>
<td>4 Range Road Ottawa (Ontario) K1N 8J5</td>
<td>613-232-5301 / 613-232-6916</td>
<td><a href="mailto:ambgabon@sprint.ca">ambgabon@sprint.ca</a></td>
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<td>High Commission to Ghana</td>
<td>153 Gilmour Street Ottawa (Ontario) K2P 0N8</td>
<td>613-236-0871 / 613-236-0874</td>
<td><a href="mailto:ghanacom@ghc-ca.com">ghanacom@ghc-ca.com</a></td>
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<tr>
<td>Consulate General for Grenada</td>
<td>4604 Van Horne Montréal (Québec) H3W 1H7</td>
<td>514-737-8313 / 506-734-2244</td>
<td><a href="mailto:johill@hotmail.com">johill@hotmail.com</a></td>
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<td>Guinea-Bissau</td>
<td>15929 Yukon Lane, Washington, DC 20855</td>
<td>Telephone: 301-947-3958, Fax: 301-947-3958</td>
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<tr>
<td>Guinea</td>
<td>483 Wilbrod St., Ottawa (Ontario) K1N 6N1</td>
<td>Telephone: 613-789-8444 / 613-789-3418, Fax: 613-789-7560</td>
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<td>Email: <a href="mailto:ambaguineaott@sympatico.ca">ambaguineaott@sympatico.ca</a></td>
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<td>Guyana</td>
<td>151 Slater, suite 309, Ottawa (Ontario) K1P 5H3</td>
<td>Telephone: 613-235-7249 / 613-235-7240, Fax: 613-235-1447</td>
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<tr>
<td>Haiti</td>
<td>130 Albert, no.1409, Ottawa (Ontario) K1P 5G4</td>
<td>Telephone: 613-238-1628, Fax: 613-238-2986</td>
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<tr>
<td>Ivory Coast</td>
<td>9 Marlborough Ave., Ottawa (Ontario) K1N 8E6</td>
<td>Telephone: 613-236-9919, Fax: 613-563-8287, Email: <a href="mailto:acica@ambaci-ottawa.org">acica@ambaci-ottawa.org</a></td>
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<tr>
<td>Jamaica</td>
<td>Standard Life Building, 275 Slater, suite 800, Ottawa (Ontario) K1P 5H9</td>
<td>Telephone: 613-233-9311, Email: <a href="mailto:hc@jhcottawa.ca">hc@jhcottawa.ca</a></td>
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<tr>
<td>Kenya</td>
<td>415 Laurier Ave. East, Ottawa (Ontario) K1N 6R4</td>
<td>Telephone: 613-563-1773, Fax: 613-233-6599, Email: <a href="mailto:info@kenyahighcommission.ca">info@kenyahighcommission.ca</a></td>
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<tr>
<td>Lesotho</td>
<td>130 Albert St., suite 1820, Ottawa (Ontario) K1P 5G4</td>
<td>Telephone: 613-234-0770, Fax: 613-234-5665, Email: <a href="mailto:lesotho.ottawa@bellnet.ca">lesotho.ottawa@bellnet.ca</a></td>
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<td>Libya</td>
<td>170 Laurier Ave. West Side, suite 1400, Ottawa (Ontario) K1P 5V5</td>
<td>Telephone: (consular section) 613-216-0136, Telephone: (cultural section) 613-216-0137</td>
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<td>Libya</td>
<td>81 Metcalf St., suite 1000, Ottawa (Ontario) K1P 6K7</td>
<td>Telephone: 613-230-0919, Fax: 613-230-0683, Email: <a href="mailto:info@libya-canada.org">info@libya-canada.org</a></td>
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<td>Ottawa (Ontario)</td>
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<td><strong>EMBASSY OF MOZAMBIQUE</strong></td>
<td>1990 M St. NW, suite 570</td>
<td>Washington</td>
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<td><strong>EMBASSY OF NIGER</strong></td>
<td>38 Blackburn Ave.</td>
<td>Ottawa (Ontario)</td>
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<td><strong>NIGERIA HIGH COMMISSION</strong></td>
<td>295 Metcalf St.</td>
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<td><strong>EMBASSY OF SENEGAL</strong></td>
<td>57 Marlborough</td>
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<td><strong>CONSULATE OF SEYCHELLES</strong></td>
<td>800 2ND Ave., suite 400c</td>
<td>New York</td>
<td>NY 10017</td>
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<tr>
<td><strong>HIGH COMMISSION OF SIERRA LEONE</strong></td>
<td>1701 – 19TH St. NW</td>
<td>Washington</td>
<td>DC 20009</td>
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<tr>
<td><strong>CONSULATE GENERAL FOR ST. VINCENT AND THE GRENADES</strong></td>
<td>500 Place d’Armes, suite 2100</td>
<td>Montréal (Québec)</td>
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<td><strong>HIGH COMMISSION OF SOUTH AFRICA</strong></td>
<td>15 Sussex Dr.</td>
<td>Ottawa (Ontario)</td>
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<td><strong>CONSULATE FOR ST-KITTS AND NEVIS</strong></td>
<td>2600 Avenue Dupuy, # 217</td>
<td>Montréal (Québec)</td>
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<td><strong>EMBASSY OF SUDAN</strong></td>
<td>354 Stewart St.</td>
<td>Ottawa (Ontario)</td>
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<td><strong>CONSULATES AND EMBASSIES CONT’D</strong></td>
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<td><strong>HIGH COMMISSION OF UGANDA</strong></td>
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<td>231 Cobourg St.</td>
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<td>Ottawa (Ontario) K1L 8J2</td>
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<td>Telephone: 613-789-7797 / 613-789-0110</td>
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<td>Fax: 613-789-8909</td>
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<td><strong>CONSULATE OF THE UNITED KINGDOM</strong></td>
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<td>1000 rue De la Gauchetière West, suite 4200</td>
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<td>Montréal (Québec) H3B 4W5</td>
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<td>Telephone: 514-866-5863</td>
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<td>Fax: 514-866-0202</td>
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<td>Email: <a href="mailto:bcgmtl@bellnet.ca">bcgmtl@bellnet.ca</a></td>
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<td><strong>CONSULATE OF THE UNITED STATES</strong></td>
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<td>1155 rue St-Alexandre</td>
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<td>Montréal (Québec) H3B 1Z1</td>
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<td>Telephone: 514-398-9695</td>
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<td>Emergency after hours: 514-981-5059</td>
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<td><strong>EMBASSY OF THE UNITED STATES</strong></td>
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<td><strong>Courier address:</strong> 207 Bank St. Suite 418</td>
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<td>Ottawa (Ontario) K2P 2N2</td>
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<td>Telephone: 613-688-5335</td>
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<td>Ottawa (Ontario) K1P 5T1</td>
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<tr>
<td><strong>Organization of Eastern Caribbean States</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>States- Serving Antigua &amp; Barbuda, Grenada, St. Kitts &amp; Nevis, St- Lucia, St. Vincent &amp; the Grenadines, Barbados.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>130 Albert Street, suite 700</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ottawa (Ontario) K1P 5G4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Telephone: 613-236-8952</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fax: 613-236-3042</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:echcc@travel-net.com">echcc@travel-net.com</a></td>
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## EMERGENCY AND SPECIAL SERVICES

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<thead>
<tr>
<th>Service</th>
<th>Address/Location</th>
<th>Telephone</th>
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<tr>
<td><strong>GAS-ODOR DETECTION</strong></td>
<td></td>
<td>514-598-3111</td>
</tr>
<tr>
<td><strong>HAZARDOUS WASTE COLLECTION</strong></td>
<td>6925 chemin de la Côte-des-Neiges</td>
<td>514-872-3517</td>
</tr>
<tr>
<td><strong>HYDRO-QUÉBEC</strong></td>
<td></td>
<td>514-385-7252 / 1-800-790-2424</td>
</tr>
<tr>
<td><strong>POLICE &amp; FIRE</strong></td>
<td></td>
<td>(911)</td>
</tr>
<tr>
<td><strong>QUEBEC POISON CONTROL CENTRE</strong></td>
<td></td>
<td>1-800-463-5060</td>
</tr>
<tr>
<td><strong>REGIONAL HEALTH AND SOCIAL SERVICES</strong></td>
<td></td>
<td>514-286-5500</td>
</tr>
<tr>
<td><strong>STM (Bus &amp; Metro)</strong></td>
<td></td>
<td>514-288-6287</td>
</tr>
<tr>
<td><strong>STM—Specialized Transportation</strong></td>
<td></td>
<td>514-280-5341</td>
</tr>
<tr>
<td><strong>WEATHER INFO-LINE</strong></td>
<td></td>
<td>514-283-4006</td>
</tr>
<tr>
<td><strong>TRANSPORT QUÉBEC</strong></td>
<td>Anywhere in Québec 511</td>
<td>514-385-7252 / 1-800-790-2424</td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.theweathernetwork.com">www.theweathernetwork.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.quebec511.gouv.qc.ca">www.quebec511.gouv.qc.ca</a></td>
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## GOVERNMENT SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Address/Contact Information</th>
</tr>
</thead>
</table>
| **CANADA PENSION PLAN / OLD AGE SECURITY**  | P.O. Box 1816, Québec (Québec) G1K 7L5  
Telephone: 514-283-5218  
Toll-Free: 1-800-999-6899  
Website: www.hrsdc.gc.ca |
| **CANADIAN HUMAN RIGHTS COMMISSION**         | 470-1253 McGill College Avenue, Montréal (Québec) H3B 2Y5  
Telephone: 514-283-5218  
Toll-Free: 1-800-999-6899  
Fax: 514-283-5084  
Website: www.chrc-ccdp.ca |
| **CITIZENSHIP AND IMMIGRATION CANADA**       | For information on Citizenship & Immigration  
Toll-Free: 1-888-242-2100  
Website: www.cic.gc.ca  
For information on Permanent Resident Card |
| **COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE** | 360 Saint-Jacques, 2<sup>nd</sup> floor, Montréal (Québec) H2Y 1P5  
Telephone: 514-873-5146  
Toll-Free: 1-800-361-6477 |
| **EMPLOI-QUÉBEC**                            | Direction des affaires publiques et des communications  
800, rue du Square-Victoria, C.P. 100  
Montréal (Québec) H4Z 1B7  
Website: emploiquebec.net |
| **ENVIRONMENT CANADA INQUIRY CENTRE**        | Environment Canada  
Toll-Free: 1-866-283-2333  
Ministry of the Environment of Québec  
Toll-Free: 1-866-694-5454 |
| **FAMILY ALLOWANCE**                        | Child Assistance and Family Benefits  
Montréal Region 514-864-3873  
Toll-Free: 1-800-667-9625 |
| **FEDERAL INCOME TAX**                      | 305 René Lévesque Boulevard West  
Montréal (Québec) H2Z 1A6  
Toll-Free: 1-800-959-8281  
Website: www.cra-arc.gc.ca |
<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>HEALTH CANADA</td>
<td>Complexe Guy-Favreau, East Tower</td>
<td>514-842-2411</td>
<td><a href="http://www.revenu.gouv.qc.ca">www.revenu.gouv.qc.ca</a></td>
</tr>
<tr>
<td>PROVINCIAL INCOME TAX</td>
<td>500 René-Lévesque Blvd. West, bureau 10.00</td>
<td>514-864-6299</td>
<td><a href="http://www.revenu.gouv.qc.ca">www.revenu.gouv.qc.ca</a></td>
</tr>
<tr>
<td>NATIONAL PARDON CENTRE</td>
<td>2000 Peel, suite 650</td>
<td>514-842-8406</td>
<td><a href="mailto:info@nationalpardon.org">info@nationalpardon.org</a></td>
</tr>
<tr>
<td>PASSPORT OFFICE</td>
<td>Complexe Guy-Favreau, West Tower</td>
<td>1-800-567-6868</td>
<td></td>
</tr>
<tr>
<td>QUEBEC AUTOMOBILE INSURANCE</td>
<td>Montreal: 514-873-7620</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QUEBEC PENSION PLAN</td>
<td>Édifice La Tourelle</td>
<td>514-873-2433</td>
<td></td>
</tr>
<tr>
<td>RECYCLING (ÉCO-QUARTIER)</td>
<td>6767 Côte-des-Neiges, suite 591</td>
<td></td>
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<tr>
<td>RÉGIE DU LOGEMENT (RENTAL BOARD)</td>
<td>Village Olympique Pyramide West, (D)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RÉGIE DE L’ASSURANCE MALADIE DU QUÉBEC (MEDICARE CARD)</td>
<td>425 de Maisonneuve Blvd., West 3rd floor, bureau 300</td>
<td>514-864-3411</td>
<td><a href="http://www.ramq.gouv.qc.ca">www.ramq.gouv.qc.ca</a></td>
</tr>
</tbody>
</table>
CSSSs AND HEALTH SERVICES

AIDS COMMUNITY CARE MONTREAL (ACCM)
2075 Plessis, basement
Montréal (Québec) H2L 2Y4
Telephone: 514-527-0928

Services Offered:
- Support for persons who have the HIV/AIDS virus
- Drop-In Centre
- Educational and Prevention Programs
- Treatment -Buddy Program

CSSS CÔTE-DES-NEIGES
5700 Côte-des-Neiges
Montréal (Québec) H3T 2A8
Telephone: 514-731-8531
Refugee Service ext. 2239

CSSS DES FAUBOURG
1250 Sanguinetti
Montréal (Québec) H2X 3E7
Telephone: 514-527-2361

CSSS LASALLE
8550 Newman Blvd.
LaSalle (Québec) H8N 1V5
Telephone: 514-364-2572 ext. 2214

CSSS MÉTRO
1801 de Maisonneuve Blvd. West
Montréal (Québec) H3H 1J9
Telephone: 514-934-0354

CSSS NDG MONTREAL WEST
2525 Cavendish Blvd.
Montréal (Québec) H4B 2Y4
Telephone: 514-485-1670 / 514-484-7878

CSSS RENÉ CASSIN
5800 Cavendish Blvd. suite 500
Côte St. Luc (Québec) H4W 2T5
Telephone: 514-484-7878

PORTAGE
865 Richmond Square
Montréal (Québec) H3G 1V8
Telephone: 514-939-0202

Services Offered:
- Support Group/Programs for Drug and Alcohol Abuse

Hours: 9am to 5pm (Monday to Friday)

SÉRO-ZÉRO
P.O. 246, succursale C.
Montréal (Québec) H2L 4K1
Telephone: 514-521-7778

Services Offered:
- HIV/AIDS education & prevention

Hours: Please call before visitation.
CSSSs AND HEALTH SERVICES

SEXUAL ASSAULT CENTRE OF MCGILL’S STUDENT SOCIETY (SACOMSS)
Box Y06, 3480 McTavish, room B27
Montreal (Quebec) H3A 1X9
Telephone: 514-398-8500
Support Group: 514-801-2903
Fax: 514-398-7490
TTY: 514-398-1091
Website: www.sacomss.org

Services Offered:
• Support group for sexual abuse & rape victims

Hours: Please call and leave a message.

WEST ISLAND SEXUAL ASSAULT CENTRE (CALACS)
C.S.P. 46547
C.O.P. St-Jean blvd. R.O.P.
Pierrefonds (Quebec) H9H 5G9
Telephone: 514-620-7433
Fax: 514-620-6882
Email: calacs@bellnet.ca
Website: www.calacsdelouest.ca

Services Offered:
• Support Group (In English/French)
• Counseling
• Advocacy

Hours: 9am to 5pm (Monday to Friday)

“The first wealth is health”

Ralph Waldo Emerson

Harry Jerome (1940-1982). Was the world’s fastest man with records in the 100 metres, 100 yard dash and indoor 60 metres. He also helped to establish a world record in the 4 x 100 metre relay. Jerome won the bronze medal at the 1964 Olympics, and gold at the 1966 Commonwealth Games. Born in Prince Albert, SK. Lived in Vancouver, BC.
<table>
<thead>
<tr>
<th>RELIGIOUS ORGANIZATIONS</th>
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<tbody>
<tr>
<td><strong>BAHA’I CENTRE OF MONTREAL</strong></td>
</tr>
<tr>
<td>177 Avenue des Pins East</td>
</tr>
<tr>
<td>Montréal (Québec) H2W 1N9</td>
</tr>
<tr>
<td>Telephone: 514-849-0753</td>
</tr>
<tr>
<td>Contact Person: Stan Phillips</td>
</tr>
<tr>
<td><strong>BIBLE WAY PENTECOSTAL CHURCH</strong></td>
</tr>
<tr>
<td>2390 Coursol</td>
</tr>
<tr>
<td>Montréal (Québec) H3J 1C7</td>
</tr>
<tr>
<td>Telephone: 514-932-8225</td>
</tr>
<tr>
<td>Contact Person: Pastor Thomas Fergus</td>
</tr>
<tr>
<td><strong>EVANGEL PENTECOSTAL CHURCH</strong></td>
</tr>
<tr>
<td>1235 Lambert Closse</td>
</tr>
<tr>
<td>Montréal (Québec) H3H 1M7</td>
</tr>
<tr>
<td>Telephone: 514-935-9656</td>
</tr>
<tr>
<td>Contact Person: Pastor Dan Mann</td>
</tr>
<tr>
<td><strong>FAITH MINISTRIES</strong></td>
</tr>
<tr>
<td>250 St. Zotique West</td>
</tr>
<tr>
<td>Montréal (Québec) H2V 1A3</td>
</tr>
<tr>
<td>Telephone: 514-274-2542</td>
</tr>
<tr>
<td><strong>GHANA PRESBYTERIAN CHURCH OF MONTREAL</strong></td>
</tr>
<tr>
<td>9898 Beaumont</td>
</tr>
<tr>
<td>Montréal (Québec) H3N 1V5</td>
</tr>
<tr>
<td>Telephone: 514-388-8600</td>
</tr>
<tr>
<td><strong>IMANI FAMILY &amp; FULL GOSPEL CHURCH</strong></td>
</tr>
<tr>
<td>550 Richmond</td>
</tr>
<tr>
<td>Montréal (Québec) H3J 1V3</td>
</tr>
<tr>
<td>Telephone: 514-846-2020</td>
</tr>
<tr>
<td>Email: <a href="mailto:imanimtl@hotmail.com">imanimtl@hotmail.com</a></td>
</tr>
<tr>
<td>Contact Person: Reverend Darryl Gray</td>
</tr>
<tr>
<td><strong>MONTREAL NATION OF ISLAM</strong></td>
</tr>
<tr>
<td>9078 St. Michel</td>
</tr>
<tr>
<td>Montréal (Québec) H3B 4B5</td>
</tr>
<tr>
<td>Telephone: 514-387-7205</td>
</tr>
<tr>
<td>Contact Person: Mr. Karriem Shabazz</td>
</tr>
<tr>
<td><strong>MOUNT ZION APOSTOLIC CHURCH</strong></td>
</tr>
<tr>
<td>4685 De Courtrai</td>
</tr>
<tr>
<td>Montréal (Québec) H3W 1A2</td>
</tr>
<tr>
<td>Telephone: 514-345-0497</td>
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<tr>
<td>Contact Person: Ms. Karen Sewell</td>
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<tr>
<td><strong>MOUNT ZION SEVENTH DAY ADVENTIST CHURCH</strong></td>
</tr>
<tr>
<td>2020 Wellington</td>
</tr>
<tr>
<td>Montréal (Québec) H3K 1W8</td>
</tr>
<tr>
<td>Telephone: 514-933-3109</td>
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<tr>
<td><strong>NATION OF ISLAM CANADA MUHAMMAD’S TEMPLE # 2</strong></td>
</tr>
<tr>
<td>9078 Saint-Michel</td>
</tr>
<tr>
<td>Montréal (Québec) H1Z 3G5</td>
</tr>
<tr>
<td>Telephone: 514-387-7205</td>
</tr>
<tr>
<td>Email: <a href="mailto:info@noic.ca">info@noic.ca</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.noic.ca">www.noic.ca</a></td>
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</table>
NORWOOD ADVENTIST CHURCH
1555 Poirier
Montréal (Québec)
Telephone: 514-747-5109

SEVENTH DAY ADVENTIST CHURCH
940 Chambly Road
Longueuil (Québec) J4H 3M3
Telephone: 514-747-5621

ST. LAWRENCE ANGLICAN CHURCH
520 75th Avenue
LaSalle (Québec) H8R 2P5
Telephone: 514-366-4652
Fax: 514-366-4652
Contact person: Dorothy Samuels

ST. PAUL'S ANGLICAN CHURCH
3970 Côte St-Catherine
Montréal (Québec) H3T 1E5
Telephone: 514-733-2908
Contact Person: Revered Jim Bennett

UNITY OF MONTREAL
3455 Girouard Ave.
Montréal (Québec) H4A 3C5
Telephone: 514-485-7618

UNION UNITED CHURCH
3007 Delisle
Montréal (Québec) H4C 1M8
Telephone: 514-932-8731
Fax: 514-932-8846

WESTMOUNT SEVENTH DAY ADVENTIST CHURCH
571 Victoria Avenue
Westmount (Québec) H3Y 2R7
Telephone: 514-481-9554

REUNIFICATION JUDAH & ISRAEL
6767 Côte-des-Neiges, suite 497
Montréal (Québec) H3S 2T6
Telephone: 514-745-8872
Alternative telephone: 514-576-4710
Website: www.rjudaisrael.org

TRINITY MEMORIAL CHURCH
5220 Sherbrooke St. West
Montréal (Québec) H4A 1T8
Telephone: 514-484-3102

TRINITY PENTECOSTAL CHURCH
1050 Blvd. Shevchenko
LaSalle (Québec) H8N 1N6
Telephone: 514-363-1500
Contact Person: Ms. June Chevrier

UNION UNITED CHURCH
3007 Delisle
Montréal (Québec) H4C 1M8
Telephone: 514-932-8731
Fax: 514-932-8846
<table>
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<tr>
<th>Black Student Associations</th>
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<tbody>
<tr>
<td><strong>ACSION</strong></td>
</tr>
<tr>
<td>Email: <a href="mailto:acsion@acsionmontreal.org">acsion@acsionmontreal.org</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.acsionmontreal.org">www.acsionmontreal.org</a></td>
</tr>
<tr>
<td><strong>AFRICAN LEGACY (Dawson College)</strong></td>
</tr>
<tr>
<td>3040 Sherbrooke Street West</td>
</tr>
<tr>
<td>Montréal (Québec) H3Z 1A4</td>
</tr>
<tr>
<td>Telephone: 514-931-8731 ext. 3502</td>
</tr>
<tr>
<td>Email: <a href="mailto:african.legacy@mydsu.ca">african.legacy@mydsu.ca</a></td>
</tr>
<tr>
<td><strong>AFRICAN STUDENTS ASSOCIATION OF CONCORDIA (ASAC)</strong></td>
</tr>
<tr>
<td>1455 de Maisonneuve Blvd. West</td>
</tr>
<tr>
<td>Hall Building, H 1031-7 (10th Floor)</td>
</tr>
<tr>
<td>Montréal (Québec) H3G 1M8</td>
</tr>
<tr>
<td>Telephone: 514-848-2424 ext. 3530</td>
</tr>
<tr>
<td>Email: <a href="mailto:asacextcomm@gmail.com">asacextcomm@gmail.com</a></td>
</tr>
<tr>
<td><strong>ASSOCIATION OF AFRICAN STUDENTS (UQAM)</strong></td>
</tr>
<tr>
<td>P.O. Box 8888 Centre-Ville Station</td>
</tr>
<tr>
<td>Montréal (Québec) H5C 3P8</td>
</tr>
<tr>
<td>Telephone: 514-987-3000 ext. 7988</td>
</tr>
<tr>
<td>Email: <a href="mailto:aseauqam@hotmail.com">aseauqam@hotmail.com</a></td>
</tr>
<tr>
<td><strong>ASSOCIATION OF CARIBBEAN and HAITIAN STUDENTS (UQAM)</strong></td>
</tr>
<tr>
<td>320 St-Catherine East</td>
</tr>
<tr>
<td>Telephone: 514-987-3000 ext. 7020</td>
</tr>
<tr>
<td>Fax: 514-987-3615</td>
</tr>
<tr>
<td>Email: <a href="mailto:aeohc@hotmail.com">aeohc@hotmail.com</a></td>
</tr>
<tr>
<td><strong>CARIBBEAN STUDENTS’ SOCIETY OF MCGILL UNIVERSITY (CSS)</strong></td>
</tr>
<tr>
<td>3480 McTavish</td>
</tr>
<tr>
<td>William Shatner Bldg., room 413</td>
</tr>
<tr>
<td>Montréal (Québec) H3A 1Y4</td>
</tr>
<tr>
<td>Telephone: 514-938-3001</td>
</tr>
<tr>
<td>Email: <a href="mailto:mcgillcss@hotmail.com">mcgillcss@hotmail.com</a></td>
</tr>
<tr>
<td><strong>CONCORDIA CARIBBEAN STUDENTS’ UNION (CCSU)</strong></td>
</tr>
<tr>
<td>1455 de Maisonneuve Blvd. West</td>
</tr>
<tr>
<td>Hall Building H-733-3</td>
</tr>
<tr>
<td>Montréal (Québec) H3G 1M8</td>
</tr>
<tr>
<td>Telephone: 514-848-2424 ext. 3527</td>
</tr>
<tr>
<td>Email: <a href="mailto:Concordia.caribbean@gmail.ca">Concordia.caribbean@gmail.ca</a></td>
</tr>
<tr>
<td><strong>CONCORDIA NATIONAL SOCIETY OF BLACK ENGINEERS (NSBE)</strong></td>
</tr>
<tr>
<td>2160 Bishop, suite 305</td>
</tr>
<tr>
<td>Montréal (Québec) H3G 1M8</td>
</tr>
<tr>
<td>Telephone: 514-848-2424 ext. 8756</td>
</tr>
<tr>
<td>Email: <a href="mailto:nsbe@ecaconcordia.ca">nsbe@ecaconcordia.ca</a></td>
</tr>
<tr>
<td><strong>CONCORDIA RALLIEMENT ÉTUDIANT HAITI</strong></td>
</tr>
<tr>
<td>Telephone: 514-991-6437</td>
</tr>
<tr>
<td>Fax: 514-848-7450</td>
</tr>
<tr>
<td>Email: <a href="mailto:rehc.club@gmail.com">rehc.club@gmail.com</a></td>
</tr>
</tbody>
</table>
BLACK STUDENT ASSOCIATIONS

MCGILL AFRICAN STUDENTS’ SOCIETY (MASS)
3480 McTavish
William Shatner Building
Montréal (Québec) H3A 1X9
Telephone: 514-398-3001
Email: mast15@hotmail.com

MCGILL BLACK STUDENTS NETWORK (BSN)
3480 McTavish
William Shatner Building, room 415
Montréal (Québec) H3A 1X9
Telephone: 514-398-4400 ext. 09974
Email: bsnmcgill@hotmail.com

MCGILL NATIONAL SOCIETY OF BLACK ENGINEERS (NSBE)
3600 McTavish
William Shatner Building, room 412
Montréal (Québec) H3A 1Y2
Telephone: 514-398-4400 ext. 09950

QUEBEC BLACK MEDICAL ASSOCIATION YOUTH INITIATIVE
1822 Sherbrooke St. West, suite 101
Montréal (Québec) H3H 1E4
Telephone: 514-937-8432
Fax: 514-933-5929
Email: qbma_youthinitiative@yahoo.ca

UMOJA CONCORDIA
Telephone: 514-848-2424 ext. 3530
Email: umoja.concordia@gmail.com

For more information about Scholarships, call or visit the BCRC office to obtain one of our Scholarship & Employment Services Guide