

**Food banks**

Organisation	Program	Details	Phone number	Address
<b>West Island Mission</b>	Food bank/assistance. School supplies for back to school. Christmas baskets	Registration is mandatory	514-912-6813	(dons alimentaires seulement) 139 Labrosse, Pointe-Claire, QC, H9R 1A3
<b>On Rock Community Services</b>	Food bank, dinners, school lunches, Christmas baskets	Registration is mandatory	514-696-1905	9554 Boul Gouin O, Montréal, QC, H8Y 1R3
<b>West Island Assistance Fund</b>	Emergency food assistance/food bank. Christmas baskets	Registration is mandatory	514-683-0456	9 Rue du Centre Commercial, Roxboro, QC, H8Y 2N9
<b>Comptoir Alimentaire of Ste-Anne-de-bellevue Parish</b>	Food bank	Ste-Anne residents only (with proof of residence)	514-497-5499	1, rue de l'Église, Sainte-Anne-de-Bellevue, QC, H9X 1W4
<b>La Maison Entre Famille</b>	Food bank and Christmas baskets		514-814-0402	12301 rue Colin, Pierrefonds, QC H9A 1C3 (In Saint-Barnabas Church )
<b>Dorval Community Aid</b>	Affordable food groceries and gift cards on Holidays. Christmas baskets	Dorval citizens only	514-633-4100	1335, chemin Bord du Lac, bureau S-020, Dorval, QC, H9S 2E5

**Government Programs**

Organisation	Program	Details	Phone number	Address
<b>CIUSSS de l'Ouest-de-l'Île</b>	OLO Programs: Coupons for food supplements and vitamins	For pregnant women	514 630-2225	Contactez le CLSC ou CIUSSS situé près de chez vous
<b>Pointe-Claire Aid for Seniors</b>	Monthly lunches and nutrition workshops	Pointe-Claire senior residents only	514-630-1214, ext. 1644	94 Douglas-Shand Ave, Pointe-Claire, Q.C H9R 2A8
<b>Cégep Gérald Godin</b>	Emergency food assistance	For the Cegep's students only	514-626-2666 #5232	15615 Boul Gouin O, Sainte-Geneviève, QC H9H 5K8
<b>DDO club 55</b>	Coffee, muffins & activities; monthly lunch	DDO senior residents only	514 684-1012 # 209	12001 boul. De Salaberry Dollard-des-Ormeaux, QC, H9B 2A7
<b>John Abbott College</b>	Gift cards and food banks	John Abbott students only	Via referral from the CEGEP only	21275 Lakeshore Dr, Sainte-Anne-de-Bellevue, QC, H9X 3L9

**Community organisations**

Organisation	Program	Details	Phone number	Address
<b>West Island Volunteer Bureau</b>	Meals on wheels, frozen&puréed meals, coffee for seniors		Meals on wheels: 514-457-5445, ext. 225; Seniors' Café: 514-457-5445, poste 231	1, rue de l'Église Sainte-Anne-de-Bellevue, QC, H9X 1W4
<b>Bread Basket Lac St-Louis</b>	Monthly lunches, community kitchens, assistance for community garden developments, cooking workshops, nutrition seminars, school lunches		514-894-5850	68 Prince Edward, Pointe-Claire, QC, H9R 4C7
<b>Carrefour des 6-12 ans de Pierrefonds Est</b>	Kitchen workshops	For parents	514-685-9598	4773 boul.Lalande Pierrefonds, QC, H8Y3H4

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 (514) 694-6404 |  (514) 782-0777 |  info@crcinfo.ca |  CRCinfo.ca

**Community organisations (cont.)**

Name	Program	Details	Phone #	Address
<b>Maison des jeunes À-ma-Baie</b>	Kitchen workshops, cultivation of fresh produce	For youth 12-17 years old	514-685-2989	9625 Blvd Gouin Ouest Pierrefonds, QC, H8Y 1R4
<b>Centre Cummings</b>	Kosher meals on wheels, activities & services for adults of 50 years and older	Seniors from the Jewish community only	514-342-1234	96 Roger Pilon St., Dollard-des-Ormeaux, QC, H9B 2E1
<b>Projet Communautaire de Pierrefonds</b>	Kitchen workshops and community dinners for mothers		514-684-5995	8 Ste-12301 Rue Colin, Pierrefonds, QC H9A 2X6
<b>Centre communautaire multiculturel de l'amour</b>	Food bank, school lunches		(514) 308-1118 (514) 501-6005 (514) 449-4725	16312 Boulevard Gouin Ouest Sainte-Genève, QC, H9H 1E1
<b>Équipe Entreprise</b>	Healthy and affordable frozen meals	Online or phone orders. No delivery service	(514) 636-1081	1375 Trans Canada Route #100, Dorval, Quebec H9P 2W8
<b>La Corde</b>	Breakfasts, lunches and snacks for kids from the Cloverdale Coop	For children		9572 Boul Gouin O, Pierrefonds, QC, H8Y 1R3

**Places of worship and cultural resources**

Organisation	Program	Details	Phone number	Address
<b>Christian Action</b>	Food bank, Christmas baskets		514-695-6248	275 Braebrook Ave, Pointe-Claire, QC, H9R 1V9
<b>St Columba by the Lake Church</b>	Food shopping and free community dinners every first Friday of the month, lunch, food baskets, gardening lessons		514-697-2091	11 avenue Rodney, Pointe-Claire, QC, H9R 4M4
<b>First Church of Nazarene Montreal</b>	Community dinners		514-684-2220	455 Spring Garden Dollard-des-Ormeaux, QC, H9B 1T2
<b>Cedar Park United</b>	Community dinners on Fridays			204 Lakeview Ave Pointe-Claire, QC, H9S 4C5
<b>St. George's Church, Ste. Anne-de-Bellevue</b>	Food cupboard and community meals	Register in advance	514-457-6934	23 Perrault, St-Anne-de-Bellevue, QC, H9X 2C6

Support and programs offered are subject to change. Please contact the organisations for more details.

**Contact the CRC if you have questions about community resources in the West Island**

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