



# 2021

## CALENDAR

**A year for bonding. These ties that we knit and weave over the days keep us connected. They keep us healthy so we can face the challenges of life.**



Office municipal  
d'habitation  
de Montréal

## CHEAPER SERVICES FOR ALL



### VISION CARE

FREE optometrist exam for children under 18, seniors 65 and over and for social assistance recipients.

### EYE GLASSES

- Le Bonhomme à lunettes  
Good prices for low-income individuals /  
\$20 for social assistance recipients /  
free for children  
Info: 514-303-4315 /  
[bonhommealunettes.org/english/](http://bonhommealunettes.org/english/)
- See Better to Succeed  
Financial Assistance Program that provides  
\$250 towards the purchase of  
glasses or contact lenses for children  
(under 18 years of age)  
Info: [formulaires.ramq.gouv.qc.ca/lunettes](http://formulaires.ramq.gouv.qc.ca/lunettes)  
(French only)



### DENTAL CARE

- Clinique-école du Collège de Maisonneuve  
(Dental Clinic/School)  
3800, rue Sherbrooke Est, Exterior Door A-28  
Appointments: 514-787-1702
- Clinique dentaire de l'Université de Montréal  
(University of Montreal Dental Clinic)  
2900, boulevard Édouard-Montpetit  
Appointments: 514-343-6750



### PSYCHOLOGY

- University clinic of  
psychology – Montreal  
Marie-Victorin Pavilion, Room D-331  
1525, boulevard Mont-Royal Ouest  
Info: 514-343-7725



### HAIRSTYLING SERVICES

- St-Laurent Académie  
914A, rue Sainte-Catherine E.  
Appointments: 514-284-0661  
Info: [stlaurentcoiffure.com/?lang=en](http://stlaurentcoiffure.com/?lang=en)



### MASSAGE THERAPY

- Académie de massage scientifique  
(Scientific Massage Academy)  
1001, rue Sherbrooke Est, Suite 840  
(8th floor)  
Info: 1-888-475-1964



### LEGAL SERVICES

- Juripop  
300-2006, rue Plessis  
Appointments: 514-705-1637  
ext. 245  
Info: [juripop.org/en/](http://juripop.org/en/)

NEED HELP ?



IN ORDER TO HELP YOU  
QUICKLY FIND  
COMMUNITY AND SOCIAL  
RESOURCES NEAR YOU



2-1-1



211qc.ca

Happy New Year 2021!



The tenant association  
at Habitations Saint-Michel Nord  
hosted a welcome event in the  
park across the street.



# JANUARY 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1 New Year Rent Offices closed	2	3
4 Offices closed	5	6	7 Offices closed	8	9	10
11	12	13 	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 	29	30	31

"During the event, two tenants realized that they  
lived next door to each other. It gives people a chance to meet."

Magalie Gaston, President of the Association





Art as therapy. Balconfinés.es' balcony shows have helped break the isolation during the lockdown. The Drôldadon street theatre company put on a show outside the low-rent buildings in Rosemont.

# FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Rent	<b>2</b> Advisory Committee of Tenants meeting Groundhog Day	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> ☉	<b>12</b>	<b>13</b>	<b>14</b> Valentine's Day
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> ●	<b>28</b>

"A resident told me, 'It's breathing life back into life'. Another woman was very moved to see an artist on stilts playing the fiddle. It reminded her of how her father would play when she was young."

Judith Lemaire, organisatrice communautaire (Community Organizer)





"We need to ensure that our people aren't getting too lonely, even if our community rooms are closed and we can't play together. Please call the people in your life who are most vulnerable and alone. We need to support them."

Lise Sévigny, President of the Association at Habitations Curé-Vianney-Savaria



# MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Rent	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> International Women's Day	<b>9</b> Advisory Committee of Tenants meeting	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> ☉	<b>14</b> Eastern Daylight Time
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Spring Equinox	<b>21</b>
<b>22</b> Registration for the Flower and Garden Club 514-521-5608 World Water Day	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> ☀
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

Habitations Charlebois also hosted several musical performances! The Saint-Henri Centre for Active Women went to great lengths to entertain residents. Mrs. Loyer was proud to take part.

# APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1 Rent	2 Good Friday Offices closed	3	4 Easter
5 Easter Monday Offices closed	6 Advisory Committee of Tenants meeting	7 World Health Day	8	9	10	11
12 Rent	13	14	15	16	17	18 Volunteer Week
19	20	21	22 Earth Day	23	24	25
26	27	28	29	30 Deadline to file your tax returns	1	2



Music is good for the soul!

Residents were happy to attend the Montreal Symphony Orchestra's outdoor show for Habitations Favard, Montmorency and Charlevoix.





A well-deserved respite for families who just moved into Habitations Saint-Michel Nord ! Tasty frozen meals were delivered to many families and items with the Montreal Canadiens' logo were handed out to children.

# MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	1 Rent	2
3	4	5	6	7	8	9 Mother's Day
10	11 Advisory Committee of Tenants meeting	12	13	14	15 International Day of Families	16
17	18	19	20	21 World Day for Cultural Diversity	22	23
24 Journée nationale des patriotes  Offices closed	25	26 ●	27	28	29	30
31  World No Tobacco Day						



"There are two of us who come here regularly.  
The others are too elderly to make it out here.  
This garden is kind of ours."

Mrs. Abbasi, Resident of Habitations Place Newman

# JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1 Rent	2	3	4	5	6
7	8	9	10 ☉	11	12	13
14	15 World Elder Abuse Awareness Day	16	17	18	19	20 Father's Day
21 Summer Solstice	22 Advisory Committee of Tenants meeting	23	24 ☀ Fête nationale du Québec Offices closed	25	26	27 Canadian Multiculturalism Day
28	29	30	1	2	3	4



"I like garden-fresh vegetables. They are so much better. I set up a few shorter, lower bins at the back to make it easier for people with disabilities. And I look after the flowers at the front of the building."

Mrs. Poirier, resident of Habitations Côte-des-Neiges







"Let's take full advantage of this youthful energy to enact change and make our voice be heard. Let's also have some fun, since our youth won't last forever!"

Sihem Youbi, member of MOUV



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1 Rent Canada Day Offices closed	2	3	4
5	6	7	8	9	10 ☉	11
12	13	14	15	16	17	18
19	20	21	22	23	24 ●	25
26	27	28	29	30	31	1

"To all young people: we must break down the barriers between us; there are already enough of them in society. Let us unite and encourage each other!"

Leidy Paola Duque, youth spokesperson, with sisters Sihem and Iman Youbi, for the OMHM Foundation

# AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1 Rent
2	3	4	5	6	7	8
9	10	11	12 International Youth Day	13	14	15
16	17	18	19 World Humanitarian Day	20	21	22
23	24	25	26	27	28	29
30	31					

The year of the mask! Tenants, organizations and employees came together to distribute masks in several neighbourhoods around Montreal.





Tea time! Employees continue to be present in living environments. Even children are following the rules during visits from employees.



# SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1 Rent	2	3	4	5
6 Labour Day Offices closed	7	8 International Literacy Day	9	10	11	12
13	14 Advisory Committee of Tenants meeting	15	16	17	18	19
20	21 International Day of Peace	22 Fall Equinox	23	24	25	26
27	28	29	30	1	2	3



The non-profit organization MU has set up a new project at Habitations Rosemont to inject life and colour into the yard. Children are able to have fun and get some exercise in the giant game of snakes and ladders.



Make way for magic! Tenants were able to attend a recital dreamed up and conceived by Marc-Alexandre Brûlé. A truly colourful show!

# OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1 Rent  International Day of Older Persons	2  International Day of Non-Violence	3
4	5  World Habitat Day	6 ●	7	8	9	10  World Mental Health Day
11  Thanksgiving  Offices closed	12	13	14	15	16	17  International Day for the Eradication of Poverty
18	19	20 ●	21	22	23	24
25	26  Advisory Committee of Tenants meeting	27	28	29	30	31  Halloween





Mrs. Vadivelu just moved into her new apartment. She was eager to get settled in and show off her new place to her loved ones.

# NOVEMBER 2021



"I compile all the little joyful moments in the day, and think about them before I go to sleep. There is happiness inside us all. I am happy."

Mrs. Laporte, Resident of  
Habitations Saint-Vallier

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Rent	<b>2</b>	<b>3</b>	<b>4</b> ☉	<b>5</b>	<b>6</b>	<b>7</b> End of Eastern Daylight Time
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Remembrance Day	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> International Day for Tolerance	<b>17</b>	<b>18</b>	<b>19</b> ☀	<b>20</b> World Children's Day	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> Advisory Committee of Tenants meeting	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

# DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1 Rent	2	3	4 ☉	5
6	7	8	9	10 Human Rights Day	11	12
13	14	15	16	17	18	19 ☀
20	21 Winter Solstice	22	23	24 Offices closed	25 Christmas	26
27 Offices closed	28 Offices closed	29	30	31 Offices closed	1 New Year Rent Offices closed	2



Children often play an essential role in helping to translate and pass on information to their families. The show was about to begin, it was necessary to inform all neighbourhood families. The children could not miss this great opportunity!

An Action-Gardien initiative brought to tenants by the Pointe-Saint-Charles Development Corporation.





# Resources Directory

## 811 Info-Santé and Info-Social

An Info-Santé nurse or an Info-Social worker answers your questions, provides you with expert advice and refers you to the right resource in the health or social services network as needed. 24/7. Free and confidential.

## 311 Ville de Montréal Services

A single phone number for any enquiries regarding municipal services.

- Monday through Friday: 8:30 a.m. to 8:30 p.m.
- Saturday, Sunday and on holidays: 9 a.m. to 5 p.m.

## 211 Information and Referral Centre of Greater Montreal

### By phone

211 is a multilingual information and referral service available 7 days a week from 8 a.m. to 6 p.m.

### Online

211 also makes all current information about community and social resources available on the Internet: [211qc.ca/en](http://211qc.ca/en)

### SENIORS

- FADOQ  
(Québec association of people aged 50 and over)  
514-252-3017 [fadoq.ca](http://fadoq.ca)
- Elder Mistreatment Helpline  
(Ligne Aide Abus Aînés)  
514-489-2287
- Tel-Aînés (phone support and referral centre)  
514-353-2463
- Senior-Aware  
(fraud, mistreatment and intimidation of seniors)  
[aineavise.ca/en](http://aineavise.ca/en)

### YOUTH

- Tel-jeunes  
1-800-263-2266
- LigneParents  
(ParentsLine)  
1-800-361-5085
- Kids Help Phone  
1-800-668-6868
- Director of Youth Protection (DYP)  
514-896-3100
- Batshaw Youth and Family Centres  
514-935-6196

### EMPLOYMENT AND INCOME

- Local Employment Centres (CLE)  
[mess.gouv.qc.ca/services-en-ligne/index\\_en.asp](http://mess.gouv.qc.ca/services-en-ligne/index_en.asp)
- Women's Centre of Montreal  
514-842-4780 [en.centredesfemmesdemtl.org](http://en.centredesfemmesdemtl.org)
- Carrefour Jeunesse Emploi for Montreal's neighbourhoods (16 to 35 years)  
[trouvetoncje.com](http://trouvetoncje.com)
- Association coopérative d'économie familiale (ACEF)  
(budget support)  
ACEF du Sud-Ouest: 514-362-1771  
ACEF du Nord: 514-277-7959  
ACEF de l'Est: 514-257-6622

### DOMESTIC VIOLENCE

- SOS Violence conjugale  
514-873-9010 [sosviolenceconjugale.ca](http://sosviolenceconjugale.ca)
- À cœur d'homme — Men's Help Network for a Violence-Free Society  
1-877-660-7799 [acoeurdhomme.com](http://acoeurdhomme.com)

### VICTIMS OF CRIME

- Crime Victims Assistance Centre (CAVAC)  
1-866-532-2822 [cavac.qc.ca/english](http://cavac.qc.ca/english)
- Sexual Assault Help Centre (CALACS)  
514-529-5252 [rqcalacs.qc.ca/index-en.php](http://rqcalacs.qc.ca/index-en.php)
- Montreal Sexual Assault Centre (MSAC)  
(helpline)  
514-933-9007

### MENTAL HEALTH AND ADDICTIONS

- Suicide action Montréal (suicide prevention helpline)  
1-866-277-3553 [suicideactionmontreal.org/en](http://suicideactionmontreal.org/en)
- Tel-Aide (24/7 anonymous crisis helpline)  
514-935-1101 [telaide.org/en](http://telaide.org/en)
- Crisis Centres  
(adults in psychological or psychosocial distress)  
811 to find the nearest centre  
[centredecrise.ca](http://centredecrise.ca)
- Drugs: Help and Referral  
(support, information and referral for persons dealing with substance abuse) 24/7  
514-527-2626 [drogue-aidereference.qc.ca](http://drogue-aidereference.qc.ca)
- Gambling: Help and Referral  
(support, information and referral related to excessive gambling) 24/7  
514-527-0140 [jeu-aidereference.qc.ca/en](http://jeu-aidereference.qc.ca/en)

### GENERAL RESOURCES

- Legal Aid  
514-864-2111 [aidejuridiquedemontreal.ca/en](http://aidejuridiquedemontreal.ca/en)
- Services Québec  
514-644-4545 [quebec.ca/en](http://quebec.ca/en)
- Interligne  
(centre that provides help and information to LGBTQ+ persons)  
514-866-0103 Texto : 1-888-505-1010 [interligne.com](http://interligne.com)

# To serve you better!

One number for ALL your OMHM inquiries

 **Call Centre: 514-872-6646**

To make things easier, you can now dial the Call Centre for all your needs:

- ✓ Security
- ✓ Repairs
- ✓ Lease
- ✓ Extermination
- ✓ Maintenance
- ✓ Cohabitation
- ✓ Parking
- ✓ Building rules, etc.

If the agent handling your call cannot answer your question, they will direct you to the appropriate OMHM team member.

## THREE ADDRESSES FOR DIFFERENT SERVICES



### Service Desk East

3330, boul. de l'Assomption  
Montréal (Québec)  
H1N 3S4



**Metro**  
Assomption

### Services offered

- ✓ Rent payments
- ✓ Various requests and information
- ✓ Complaints



### Service Desk West

2247, rue Delisle  
Bureau 300  
Montréal (Québec)  
H3J 1K4



**Metro**  
Lionel-Groulx



### Lease Management Administrative Office

255, boul. Crémazie Est  
Bureau 150  
Montréal (Québec)  
H2M 1M2



**Metro**  
Crémazie

### Services offered

- ✓ Lease renewals and amendments
- ✓ Lease termination
- ✓ Parking spaces
- ✓ Housing transfer applications



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