



2020



CALENDAR



Office municipal
d'habitation
de Montréal



**Free winter activities await, along with resources for all.
Take advantage!**



OUTDOOR ACTIVITIES!

Noël dans le Parc (Christmas in the Park)

December 1st to 24, 2019

Place Émilie-Gamelin / Parc des compagnons de
Saint-Laurent / Parc Lahaie

FREE

Info: noeldansleparc.com/en/

Merry Montreal

December 19 to 31, 2019

Place Jacques Cartier and Place Nordique
FREE

Info: montrealenfetes.com/en

Fête des neiges de Montréal (Snow Festival)

January 18 to February 9, 2020

(4 weekends)

Parc Jean-Drapeau

Early bird passport sales - 25% off until January
17 (access to all activities)

Info: parcjeandrapeau.com

Montréal en lumière (Light Festival)

February 20 to March 1st, 2020

Quartier des spectacles / Place des Festivals
FREE

Info: montrealenlumiere.com

Nuit blanche

Saturday, February 29, 2020

Over 200 cultural activities throughout the city
FREE (activities and Metro rides too!)

Info: nuitblanchemtl.com/index_en.html

Barbegazi - Action Sports Festival

March 7 and 8, 2020

Esplanade at the Olympic Park

FREE

Info: barbegazifest.ca/index_en.html

INDOOR ACTIVITIES!

Montréal Joue Festival

February 22 to March 8, 2020 (spring break)

Over 300 fun activities organized by 45 librairies of
Montreal.

FREE

Info: montrealjoue.ca (French only)

Rio Tinto Alcan Planetarium

FREE any time, except for in-room multimedia
projections \$8 on Thursday evenings starting at 5 pm

Info: espacepourlavie.ca/en

Museum of Fine Arts

December 21, 2019 to January 5, 2020

FREE during the Holiday period and on the first Sunday
of each month

Info: mbam.qc.ca/en/

MAC (Contemporary Art Museum)

FREE on the first Sunday of each month

Info: macm.org/en/

TOHU / Falla des enfants Workshops

Creative workshop for kids aged 4 to 12, one Saturday
per month

FREE for families in the Saint-Michel neighbourhood

Info: tohu.ca

LOW-COST SERVICES!



VISION CARE

Optometrist examination

FREE for residents 18 and under, over 65 and recipients
of social assistance

Eye glasses

The "Bonhomme à lunettes"

Good prices for low-income individuals / \$20 for
recipients of social assistance / free for children
Info: 514-303-4315 / bonhommealunettes.org/english/

See Better to Succeed

This financial assistance program reimburses \$250 for
the purchase of glasses or contact lenses for children
(18 and under)

Info: formulaires.ramq.gouv.qc.ca/lunettes



DENTAL CARE

Maisonneuve College School Clinic

3800, rue Sherbrooke Est, Exterior Door A-28

Appointments: 514-787-1702

University of Montreal Dental Clinic

2900, Édouard-Montpetit Blvd.

Appointments: 514-343-6750



LEGAL SERVICES

Juripop

300-2006, rue Plessis

Appointments: 514-705-1637 ext. 245

Info: juripop.org/welcome-to-clinique-juridique-juripop/



HAIRSTYLING SERVICES

Pure académie

3458, rue Saint-Denis, Montréal

Appointments: 514-849-9048

Info: academiepure.com (French only)

Tornado

3460, rue Saint-Denis

Appointments: 514-382-2021

Info: tornadecoiffure.com (French only)

St-Laurent Académie

914A, rue Sainte-Catherine E.

Appointments: 514-284-2206

Info: stlaurentcoiffure.com (French only)

211 Grand Montréal

Free service to find community and social resources.

Dial 2-1-1 or visit qc.211.ca/en/

7 days a week – 8 a.m. to 6 p.m.



JANUARY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

30

31

1 New Year

2

3

4

5

Offices closed

Rent
Offices closed

Offices closed

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

 Full Moon

 New Moon



Major renovations change the lives of tenants. At Habitations Nicolet, tenants are happy to be living the good **life** in their new and improved building.

Photo: Martin Alarie





The environment, a matter that the younger generation takes to **heart**. At Habitations André-Grasset, a number of young people took part in a clean-up blitz. By cleaning the grounds, they made a real effort to reduce pollution.

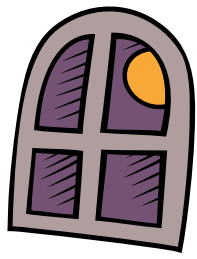
Photo: Ndeye Fatou Mar



FEBRUARY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1 Rent	2 Groundhog Day
3	4 Advisory Committee of Tenants meeting	5	6	7	8	9
10	11	12	13	14 Valentine's Day	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	



MARCH 2020



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

24

25

26

27

28

29

1

Rent

2

3

4

5

6

7

8

Advisory Committee
of Tenants meeting

International
Women's Day,
Eastern Daylight Time

9



10

11

12

13

14

15

16

17

18

19

20

21

22

Spring Equinox

Registration for the
Flower and
Garden Club
514-521-5608

World Water Day

23

30

24



31

25

26

27

28

29

The Flower and Garden Club has over 1,000 tenant members. Several activities are being organized for them. Whether you have a green thumb or not, it's never too late to register and to start **growing** your knowledge!

Photo: Sentier Urbain





APRIL 2020

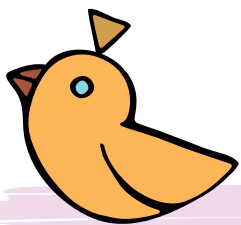


The *papillonnère* at Habitations La Pépinière houses several hundred butterflies throughout the summer to help ensure the survival of several endangered species. All summer long, Projet Harmonie will be offering workshops on the **environment** to neighbourhood youth.

Photo: Marie-Ève Lapointe

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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



MAY 2020



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

27

28

29

30

1

Rent

2

3

4

5

Advisory Committee
of Tenants meeting

6

7



8

9

10

Mother's Day

11

12

13

14

15

International Day
of Families

16

17

18 Journée des
Patriotes

19

20

21

World Day for
Cultural Diversity

22



23

24

Offices closed

25

26

27

28

29

30

31

World No
Tobacco Day



Magalie Gaston is the president of her tenant association. In an interview with CBC/Radio-Canada, she discusses the extensive work done at Habitations Saint-Michel Nord, which has changed her life and that of her neighbours. She is already looking forward to organizing parties and activities to bring the community **together**.

Photo: OMHM





MOUV youth organize the first edition of the KerMesse for youth. MOUV members are actively engaged citizens who are making their voices **heard** and getting involved in the social development of young people living in low-rent housing.

Photos: Martin Alarie

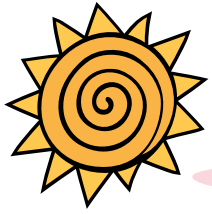


JUNE 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Rent	2 Advisory Committee of Tenants meeting	3	4	5 ●	6	7
8	9	10	11	12	13	14
15 World Elder Abuse Awareness Day	16	17	18	19	20 Summer Solstice	21 ○ Father's Day
22	23	24 Fête nationale du Québec Offices closed	25	26	27 Canadian Multiculturalism Day	28
29	30					





JULY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Canada Day

Rent
Offices closed

4 ●

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



A portrait of Émile Nelligan welcomes tenants and visitors at Habitations Émile-Nelligan. Tenant Suzanne Comptois was **pleased** to select some of this important Quebec poet's lines to be included in the mural.

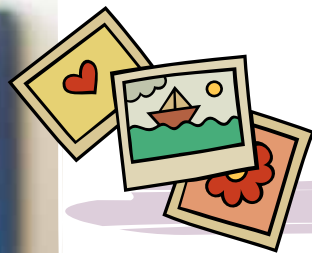
Photo: Olivier Bousquet



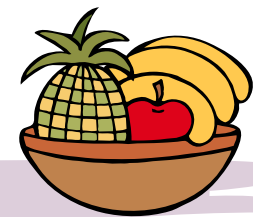


The OMHM hosts a recognition ceremony to highlight volunteers who have helped change living environments in low-rent housing projects. Chantal Daneau is one of these volunteers who is always ready to contribute her abundant **energy** to the service of her community.

Photo: Martin Alarie

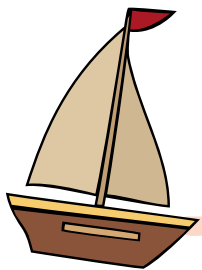


AUGUST 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 31	25	26	27	28	29	30





SEPTEMBER 2020



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

31

1

2



3

4

5

6

7

Labour Day

8

Advisory Committee of Tenants meeting

9

10

11

12

13

Offices closed

International Literacy Day

14

15

16

17



18

19

20

21

International Day of Peace

22

Fall Equinox

23

24

25

26

27

28

29

30

In 2019, the OMHM celebrated 50 years of social housing in the heart of our neighbourhoods. As a reminder of these years, Habitations Bourret is unveiling its immense mural *Chez Nous*, created by Montréal-based artist Cécile Gariépy. The work illustrates **mutual support** and building a community on the strengths and differences of its members.

Photo: OMHM





Low-rent housing youth have dreams. They must **trust** and believe in themselves to bring their dreams to life. At the OMHM Foundation's fundraising event, which encourages youth in low-rent housing to continue their studies, the young dancers from Place Normandie impressed guests.

Photo: Martin Alarie



OCTOBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1 ● Rent International Day of Older Persons	2 International Day of Non-Violence	3	4
5 World Habitat Day	6 Advisory Committee of Tenants meeting	7	8	9	10 World Mental Health Day	11
12 Thanksgiving Offices closed	13	14	15	16 ○	17 International Day for the Eradication of Poverty	18
19	20	21	22	23	24	25
26	27	28	29	30	31 ● Halloween	





NOVEMBER 2020



Tenants are experts on their living environments. They participate actively in guiding the OMHM's vision and commitments. Carole Guilbault has been elected on the Advisory Committee of Tenants and is determined to make her **voice** heard.

Photos: René Cordero / Martin Alarie



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

26

27

28

29

30

1

Rent

End of Eastern Daylight Time

2

3

4

5

6

7

8

9

10

11

12

13

14

15



Remembrance Day

16

17

18

19

20

21

22

International Day for Tolerance

Advisory Committee of Tenants meeting

World Children's Day

National Housing Day

23

24

25

26

27

28

29

30





DECEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	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 Offices closed	26	27
28 Offices closed	29 ☀	30	31 Offices closed			

The OMHM is building an 11th ENHARMONIE residence above the Rosemont metro station. In 2022, 193 housing units with services will become **available** to seniors. Danielle Cécile, Executive Director of the OMHM, and Valérie Plante, Mayor of Montreal, were proud to share this exciting news with the media.

Photo: Martin Alarie



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 Services of the City of Montreal

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

SENIORS

- FADOQ
(Québec association of people aged 50 and over)
514-252-3017 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

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 (CLEs)
mess.gouv.qc.ca/services-en-ligne/index_en.asp
- Women's Centre of Montreal
514-842-4780 en.centredesfemmesdemtl.org
- Your neighbourhood's Carrefour Jeunesse Emploi (16 to 35 years)
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
- À cœur d'homme — Men's Help Network for a Violence-Free Society
1-877-660-7799
acoeurdhomme.com

VICTIMS OF CRIME

- Crime Victims Assistance Centre (CAVAC)
1-866-532-2822 cavac.qc.ca/english
- Sexual Assault Help Centre (CALACS)
514-529-5252 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
- Tel-Aide (24/7 anonymous crisis helpline)
514-935-1101 telaide.org/en
- Crisis Centres
(adults in psychological or psychosocial distress)
811 to find the nearest centre
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
- Gambling: Help and Referral
(support, information and referral related to excessive gambling) 24/7
514-527-0140 jeu-aidereference.qc.ca/en

GENERAL RESOURCES

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

Three keywords for YOUR **SAFETY**



LOCK

Always lock your apartment door, even if you will be absent for just a few minutes.

IDENTIFY

Always ask people to identify themselves by intercom before opening the door.

CLOSE

When you enter or leave the building, be sure to close the door behind you and not allow access to strangers.