



IMPROVE

BEAUTIFY

BLOSSOM

PARTICIPATE

GROW

CONTRIBUTE

2023 Calendar

CULTIVATE

SOW



Office municipal
d'habitation
de Montréal

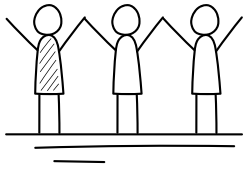
CARE

MAINTAIN

HARVEST

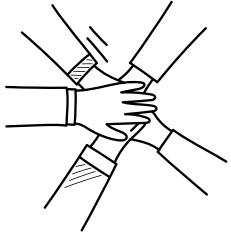
GREEN





TOGETHER, WE GO FURTHER!

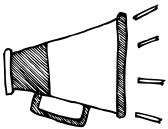
The participation of tenants – young and old – is important. Did you know that you can join a tenant group? Contact the Service de la gestion des milieux de vie (Community Relations Management Department) at **514-872-2104**.



TENANT ASSOCIATION

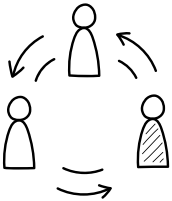
The tenants of a low-rent housing building share a living environment. If they wish, they can form an association. Each association is free to choose its objectives and activities.

- See to the well-being and improvement of the quality of life of tenants.
- Represent and defend the interests and rights of tenants.
- Promote the participation and support of tenants in the management of low-rent housing buildings.
- Provide recreational, self-help, educational, cultural and social services.



COMITÉ CONSULTATIF DES RÉSIDANTS

The Comité consultatif des résidents (CCR or Advisory Committee of Tenants) is your spokesperson. It is consulted by the OMHM on important questions and acts to improve the quality of your living environment. The CCR represents all tenants. Email them at **ccr.mtl@gmail.com**.



GROUPE LOCATAIRES-RESSOURCES

For three years, the Groupe locataires-ressources (GLR or Tenant Resource Group) has been there for you! Its experienced members can help you run and manage your association. For assistance, email them at **ccr.mtl@gmail.com**.



LE MOUV

Le MOUV is the movement of young people living in low-rent housing for the improvement of their living conditions. The primary objective is to create a space for exchange and dialogue with the management of the OMHM. They organize a host of sporting, artistic and other activities. Visit their Facebook page or Instagram account!



FIND COMMUNITY
AND SOCIAL
RESOURCES NEAR YOU



2-1-1



211qc.ca

JANUARY

IMPROVE

**Habitations
Thomas-Chapais**

Mural by the
organization MU
on the Garage des
jeunes wall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Rent New Year	2 Offices closed	3 Offices closed	4 Offices closed	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				



New moon



Full moon



Did you know...

That there are many murals
on our walls in Montreal?
They're projects that
partners and tenants of all
ages have done together!
Creativity has no age limit.

CULTIVATE

FEBRUARY

Habitations
Vinet A et B



"In front of my house, I saw people throwing their garbage in front of the door. I thought to myself, I'm going to plant flowers there, like Rose did at the back of the building," said Pak Ling Cheng, aka Miko. Will you be the next one to plant some flowers?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Rent

2

Groundhog
Day

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Advisory
Committee of
Tenants meeting

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Valentine's Day

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MARCH

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1 Rent	2	3	4
5	6	7  Advisory Committee of Tenants meeting	8 International Women's Day	9	10
11	12 Eastern Daylight Time	13	14	15	16
17	18	19	20 Spring Equinox 	21 World Water Day	22
23	24	25	26	27	28
29	30	31			

CONTRIBUTE

Manoir Anjou



Did you know ...
That there are meetings for tenants during major work? Tenants are consulted, informed and supported. You can make a difference by attending these meetings!

APRIL

SOW

Trip to the Botanical Garden
Club Fleurs et Jardins



Did you know...

That the Club Fleurs et Jardins has over 1,000 members? You can also get involved to make our living environments beautiful! The Club has planned several activities for participants, including a trip to the Botanical Garden. Call us at 514-521-5608. Membership is free!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Rent

2

3

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

4

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Good Friday
World Health Day
Offices closed

8

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Easter

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Easter Monday
Offices closed

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Volunteer Week

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Advisory
Committee of
Tenants meeting

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Earth Day

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MAY

HARVEST

Habitations
Côte-Des-Neiges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Rent Deadline to file your tax returns	2	3	4	5 	6
7	8	9	10	11	12	13
14 Mother's Day	15 International Day of Families	16	17	18	19 	20
21 World Day for Cultural Diversity	22 Journée nationale des patriotes Offices closed	23	24	25	26	27
28	29	30	31 World No Tobacco Day			



"I am very proud of my flowers.
This year, I also planted mint,
Indian spices and medicinal herbs."
Mr. Kanagaratnam is a member of
the Club Fleurs et Jardins.
Are you going to plant flowers on
your balcony, too?

JUNE

GREEN

Habitations
Sackville



Did you know...

That there are 8,000 trees and over 175 different species on OMHM grounds? The less greenery there is, the warmer it is. Greening the land is important for tenants' health.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Rent

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Advisory
Committee of
Tenants meeting

World Elder Abuse
Awareness Day

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Father's Day

Summer Solstice

Fête nationale
du Québec

25

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30

Offices closed

Canadian
Multiculturalism Day

JULY

BEAUTIFY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Habitations
Alexandra**

Project of L'abricot and
Éco-quartier Sud-Ouest.

1 Rent

Canada Day

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Offices closed

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Did you know...

That children often play
in parking lots? Why not
use colour to brighten up
children's lives? Check with
your community organizer to
see whether such a project
can be done.

BLOSSOM

AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Habitations
De Marseille

Did you know...

That Addrienne Lambert has been a member of the Club Fleurs et Jardins for several years? She loves growing flowers in front of the building. And the other tenants love it too! "I have a lot of fun!"



						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 30	24 31	25	26	27	28	29

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAINTAIN					1 Rent	2
3	4 Labour Day Offices closed	5	6 Advisory Committee of Tenants meeting	7	8 International Literacy Day	9
10	11	12	13	14	15	16
17	18	19	20	21 International Day of Peace	22	23 Fall Equinox
24	25	26	27	28	29	30

Habitations
De Mentana



Did you know...

That Édouard has seen the impact of his work on the grounds of his home? Over the weeks, this young man collected hundreds of pieces of garbage and cigarette butts. He also removed weeds to help maintain the grounds. Well done, Édouard and to the hundred or so young people who have done like him!

GROW

OCTOBER

Habitations
Beaumont-Durocher



Did you know...

That having less asphalt and more greenery results in a better quality of life? It's wonderful to see trees growing taller with the children. Tenants deserve to live in environments where they can connect with nature.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Rent International Day of Older Persons	2 International Day of Non-Violence	3	4	5	6	7
8	9 Thanksgiving Offices closed	10 Advisory Committee of Tenants meeting World Mental Health Day	11	12	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

CARE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Rent

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End of Eastern
Daylight Time

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Remembrance Day

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International Day
for Tolerance

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Semaine de
l'intervention de
milieu en HLM

International
Men's Day

20

World Children's
Day

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Advisory
Committee of
Tenants meeting

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Habitations
André-Grasset



Did you know...

That taking care of nature and our environment means taking care of others? "I think anyone who loves nature and plants must love people!" Katia Gabriel enlists her neighbours to make their living environment beautiful.

DECEMBER

PARTICIPATE

Habitations
Marie-Victorin



Did you know...

That everyone can help take care of their living environment? You are not alone. Ask for help if you have a project to make your building more beautiful. Thank you to those who are working for future generations!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Rent

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Advisory
Committee of
Tenants meeting

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Winter Solstice

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Christmas
Offices closed

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Offices closed

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Offices closed

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RESOURCE 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 questions 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 (CLE)
mess.gouv.qc.ca/services-en-ligne/index_en.asp
- Women's Centre of Montreal
514-842-4780 en.centredesfemmesdemtl.org
- Carrefour Jeunesse Emploi for Montreal's neighbourhoods (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.com



The OMHM at your service!

7/7 – 7 a.m. to 11 p.m. / Security and emergency repairs 24/7

One number for ALL your OMHM inquiries

Call Centre: 514-872-6646



For online repair requests, visit omhm.qc.ca/en/

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

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

TWO ADDRESSES FOR IN-PERSON SERVICES



Service Desk East

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



Assomption

Services offered

- ✓ Questions about your lease
- ✓ Rent payments
- ✓ Various requests and information
- ✓ Complaints



Service Desk West

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



Lionel-Groulx



Office municipal
d'habitation
de Montréal