

UNOFFICIAL SUGGESTIONS FOR VOLUNTEERING EXPERIENCES

ORGANIZATION/ INSTITUTION	TYPE	BRIEF DESCRIPTION	CONTACT INFORMATION
Alzheimer Society of Montreal	Community, geriatric	Help reduce Alzheimer's social and personal impact by animating services and activities. Provide one-on-one companionship to participants. Promote Alzheimer's and dementia research to better understand disease cause and cure.	Language: English & French; other Location: 4505 Notre-Dame West (Metro Place Saint-Henri) Contact: (514) 369-0800 info@alzheimermontreal.ca Web: www.alzheimer.ca/montreal
Ambulance St. Jean	Community; urgent care	Give back to the community while learning essential life-skills, whether it's being a therapy dog volunteer handler, working with the St. Jean Youth Program, or volunteering as a Medical First Responder.	Language : English & French Location : 110, Boul. Cremazie Ouest, # 10 Contact: info@qc.sja.ca (514) 842-4801 Web: www.sja.ca
Amis de l'est pour la déficience intellectuelle	Community	Looking for volunteers for weekend activities, including dance and bowling. Gain specialized training while working with a dynamic team,	Language: French & English Location: 9140 rue Perras (Bus 48, 49)

		servicing both people living intellectual deficiencies and their families.	Contact: Farah Etienne (514) 648-0254 benevoleaedi@hotmail.com Web : www.lesamisdelest.com
Association des bénévoles CHSLD Vigi Reine-Élizabeth	Long-term care; Geriatric	Volunteers needed for friendly visits and to accompany residents during leisure activities in sports and recreation. Particularly needed on Tuesday afternoons.	Language: English & French Location: NDG/Montreal-Ouest Contact: France Goulet (514) 788-2085 x343; fgoulet@vigisante.com
Association des Sports pour Aveugles de Montréal	Community	Accompany people with vision impairment, both in Montreal's urban events and on hikes in regional parks. Shifts vary from daytime, nighttime, and weekend.	Language : French Location: 4450 rue St-Hubert, # 438 (Metro Mont-Royal) Contact: Jocelyne (514) 524-4715 or info@asam.ca Web: www.asam.ca
Association Québécoise de Voile Adaptée	Community; leisure	Be part of the sailing family by assisting people living with disabilities in adapted sailing. Will receive training in wheelchair/sailing transfers and maneuvers . Also looking for an assistant for the organization's general director, who has physical limitations, in administrative tasks (emails, agenda updates). Must be patient, organized, and quick to think on their feet.	Language: French & English Location: 2025 rue Quesnel #35 Contact: administration@aqvaqc.com Web: www.aqvaqc.com

Batshaw Youth and Family Centres	Youth	Help young people and facilitate their reintegration into the community via mentoring, friendly visits, fun recreational activities, and individual support.	Language: English & French Contact: (514) 989-1885 x1234 Web: http://www.batshaw.qc.ca/en
Beyond Me (SSMU-affiliated)	Youths with disabilities	Become a mentor and work with a children and teens aged 3-21 throughout the year. Beyond Me is currently partnered with five schools, and is looking for volunteers for tutoring, play stimulation, language development, and more. Also recruiting general volunteers for monthly events. Must be able to dedicate 8h/month; schedule flexible.	Language: English & French Location: SSMU, Off-campus, wherever the volunteer and buddy can meet. Contact: montrealbeyondme@gmail.com
Centre de réadaptation Lucie-Bruneau (CRLB)	Rehab	Support people with motor or neurological deficiencies and maximize their quality of life. Assist in OT, PT, speech language pathology, transport, social leisure activities, and client-visitor guidance.	Language: French & English Location: 2275 ave Laurier E. Contact: Catherine Douville (514) 527-4527 x2635, Catherine.douville.ccsmtl@ssss.gouv.qc.ca
Centre d'hébergement Denis-Benjamin-Viger	Long-term care	Service a clientele coping with severe loss of autonomy through permanent and temporary housing. Be part of the rehabilitation and psychosocial service team through recreational activities, friendly visits, mealtime assistance, and spiritual care.	Language: French & English Location: 3292 rue Cherrier, Ile-Bizard Contact: benevolat.chdbv.comtl@sss.gouv.qc.ca

Centre Viomax	Community	Encourage and assist indoor and outdoor physical programming for people with physical disabilities.	Language: French & English Location: 2275 ave Laurier Est Contact: (514) 527-4527 informaitons@viomax.ca Web: www.viomax.ca
Contactivity Center	Geriatric; community	Enable autonomy and improve the quality of life in seniors and retirees. Assist in artistic activities and accompany older adults during errands. Help accompany clients to medical appointments, and explore novel rehabilitation programs. Completion of application, statement of confidentiality, and police check required.	Language: English & French Location: 4695 Boul. De Maisonneuve O. Contact: (514) 932-2326, contactivity@bellnet.ca Web : www.contactivitycentre.org
Cummings Center	Geriatric	This center services a broad variety of clients, including those affected by stroke, Parkinson's, and Alzheimer's. Facilitate weekly post-stroke rehabilitation classes, work as a fitness coach, assist in adapted exercise classes, assist in task-specific exercises, and collaborate with a dynamic team of volunteers and clinical exercise physiologists.	Language: English & French Location: 5700 Westbury Avenue Contact: Marcie Scheim (514) 342-1234 x3111, Marcie.scheim@cummingscentre.org Web: www.cummingscentre.org
Défi Sportif Altergo	Sporting, community	Be part of an annual international sporting event that hosts over 5000 athletes with disabilities of all levels. Officiate or animate a match! Event duration:	Language: French & English Location: Complexe sportif Claude-Robillard

		mid-April to early-May. Apply online. Training mandatory.	Contact: benevoles@defisportif.com (514) 933-2739 x228 Web : www.defisportif.com/en
Donald Berman Maimonides Geriatric Center – casual volunteering	Geriatric	Be a regular weekly volunteer in the Day Hospital OT/PT programs, adult education program, speech language pathology, friendly visiting, therapeutic recreation, and many more opportunities. Apply online.	Language: English Location: 5795 Caldwell Avenue Contact: Roz Friend (514) 483-2121 Web: www.donaldbermanmaimonides.net
Donald Berman Maimonides Geriatric Center – MISSIVE summer program (in collaboration with Jewish Eldercare Center)	Geriatric	The Maimonides Intensive Summer Session for Individual Volunteer Experience (MISSIVE) is an intensive 8-week volunteer stage/internship. It consists of daily educational lectures given by health-care professionals and hands-on practical interisplinary placements. Apply online.	Language: English Location: 5795 Caldwell Avenue Contact: Roz Friend (514) 483-2121 Web: www.donaldbermanmaimonides.net
Douglas Mental Health University Institute	Mental Health	Help reintegration of clients into the community via riendly visits and calls, recreational activities (excursions, walks, etc.) mentoring and listening, individual support.	Language: English & French Location: 6875 Boul. Lasalle Contact: (514) 761-6131 Web: www.douglas.qc.ca
Entraide Bénévole Métro	Geriatric	Help Seniors living in downtown remain independent in the community. Main services include friendly visits, medical accompaniments, and grocery	Language: English, French, & Spanish Location: 1801 Boul. De Maisonneuve #750

		errands. Must be patient and able to adapt activities to physical and mental abilities. Training required.	Contact: ebmmetro@vif.com Web : www.ebm.cam.org
Grace Dart Extended Care Center	Long-term care	Service a clientele coping with severe loss of autonomy through permanent and temporary housing. Be part of the rehabilitation and psychosocial service team through recreational activities, friendly visits, mealtime assistance, and spiritual care.	Language: English Location: 5155 Ste-Catherine East (Metro Papineau, Bus 34E) Contact: (514) 25502834 x3334 Web: www.gracedart.ca
Installation Gingras-Lindsay-de-Montreal	Rehab	Assist a diverse clientele in regaining autonomy via medical accompaniments, mealtime assistance, massage therapy, active listening and friendly visits.	Language: French & English Location: 6363 chemin Hudson Contact: Gylaine Forest (514) 340-2085 x2714, gylaine.forest.irglm@ssss.gouv.qc.ca
Jewish Eldercare Center	Geriatric; long-term care	Be a regular weekly volunteer in adapted exercise, adult education programs, friendly visiting, therapeutic recreation, and many more opportunities.	Language: English & French Location: 5725 ave. Victoria Contact: (514) 738-4500 Web: www.jewisheldercare.ca
Jewish General Hospital	Hospital	Volunteering in patient programs, including nursing units (friendly visits), information, clinics (oncology, colorectal, obstetrics, orthopedics, etc.), emergency	Language: English & French Location: 5750 Cote-des-Neiges, Room A033 (Pavillon A, Cote-des-neiges entrance)

		department, Hope & Cope, Humanization of Care, and Auxillary projects.	Contact: Joanne Laing (514) 340-8222 x25983
Jewish Rehabilitation Hospital	General rehab	Assist in OT, PT, recreation, psycho-education, aquatherapy, research, and clerical departments. Cares offered are of a wide variety, including neurology, pulmonary, oncology, traumatology, pediatrics, and driving evaluations. Accompany patients in mealtimes and friendly visits.	Language: English & French Location: 3205 Place Alton Goldbloom, Laval (Metro Cartier) Web: http://hjr-jrh.qc.ca/en/
Les Petits Frères	Geriatric	Give your time to spend with an elderly person near you and join the big Little Brothers family. Be part of the buddy program, driver help program, vacation-accompaniment, special events crew, hospital visits group, and administrative team. As a volunteer in the 'naviguons ensemble' initiative, volunteers help engage their older buddy in digital expeditions and skills building on the iPad.	Language: French & English Location: Various locations Contact: 1(866) 627-8653 Web: www.petitsfreres.ca
McGill Counselling and Mental Health Service (paid)	Mental health	Co-facilitate Wellness Recovery Action Planning (WRAP) groups in weekly 2-hour sessions. Sensitively discuss mental health concerns and wellness strategies in an inclusive group setting. Mandatory training and certification required.	Language: English Location: McGill Brown Building 5 th floor, 3600 McTavish, #5500
McGill Peer Support Center	Mental Health	Be a supporter who is available to chat about anything on your peer's mind during drop-ins or appointments. Positions include working in the	Language: English Location: SSMU Building Room 411

		executive team, promotions and outreach team, and being a peer supporter.	Contact: mcgill.psc@gmail.com Web: http://ssmu.mcgill.ca/psc/get-involved/
Montreal Center for Learning Disabilities – AQUA Kids program	Pediatric; community	Weekly program targeting social development in kids with learning disabilities, ADHD, and autism. Help lead gym, pool, and art activities. Training session required.	Language: English & French Contact: volunteer@ldmontreal.ca Web: www.ldmontreal.ca/volunteer.html
MUHC (General) - The Glen - Montreal General Hospital - Lachine Hospital - Montreal Children’s	Hospital	General volunteering in oncology services, palliative care, emergency room, friendly ward visiting, and many more departments. Apply online.	Language: English & French Web: https://muhc.ca/volunteer/page/volunteer-now
Ste. Anne’s Hospital	Long-term care	Be part of the rehabilitation and psychosocial service team through recreational activities, friendly visits, mealtime assistance, and spiritual care. Service a clientele coping with severe loss of autonomy through permanent and temporary housing.	Language: English & French Location: 305 Boul. Des anciens-Combattants, Ste-Anne-de-Bellevue Contact: (514) 457-3440 x2399
Ste-Justine (Marie Enfant Rehabilitation Center)	Pediatric; general rehab	Collaborate in the improvement of the child’s quality of life by offering a presence that will help fill his or her affective and recreational needs. Support parents. Requires good understanding of psychosocial impacts of illness in children.	Language: French & English Location: 5200 rue Bélanger Contact: (514) 345-4840

			Web: www.readaptation.chusj.org
Sportball	Community; athletic	A program focused on building developmentally appropriate skills in children through non-competitive sports, games, and activities.	Language: French & English Location: 63 Rue Beacon, Kirkland Contact: (514) 331-3221, adminqc@sportball.ca Web: https://www.sportball.ca/quebec
Summit School	Pediatric	Private school that provides services to students ranging in age from 4 to 21 with developmental disabilities that result in cognitive, social, and/or behavioural impairments. Internships and volunteering opportunities.	Language: English & French Location: 1750 rue Deguire Saint Laurent Contact: (514) 744-2867 (school campus) Web: http://summit-school.com/ContactUs.aspx
Taylor Adolescent Program (TAP)	Adolescent; community	Charitable institution that offers specialized services in speech-language pathology to the community. Volunteers involved in administrative tasks and hands-on experience assisting with programs. Minimum commitment of 2 hours per week for 12 weeks.	Language: English & French Location: 4626 Ste. Catherine Street West Contact: (514) 489-4320 ext 237, info@montrealfluency.com Web: http://montrealfluency.com/
Verdun's Hospital	Hospital	Friendly visiting and informative consultation for patients and their loved ones in oncology, hemodialysis, day surgery, and emergency	Language: French Location: 4000 Boulevard LaSalle (Metro de l'Eglise)

		departments. Visit and accompany hospitalized patients in outings.	Contact : (514) 362-1000 ext. 65210 Web : www.ciuss-centresudmtl.gouv.qc.ca
Villa Medica	General rehab	Great way to develop skills, acquire professional experience, and improve the quality of life and well-being of the community. Support and help patients who want to have fun while in rehab (e.g., welcome patients and explain the recreational program, help in browsing the Internet, provide medical assistance, or lend an ear).	Language: French & English Location: 225 rue Sherbrooke Est Contact: (514) 288-8201, ext. 4269, benevolat@villamedica.ca Web: http://villamedica.ca/
West Montreal Readaptation Center	General rehab	This center is seeking volunteers for individual support services to children, teens, and adult clients. It also offers various opportunities in the mentoring program, tutoring program, friendly calls and visiting, animating small group activities, support with administrative tasks and office work.	Language: English & French Location: 8000 Notre-Dame, Lachine Contact: Melinda Dadamo (514) 363-3025 x2255, mdadamo@ssss.gouv.qc.ca
Yellow Door	Geriatric; community	Engage in community and creative projects promoting social inclusion, combat urban isolation, and spark positive societal change. Help in the Café, help set-up events, etc.	Language: English & French Location: 3625 rue Aylmer Contact: (514) 845-2600, admin@yellowdoor.org Web: http://www.yellowdoor.org/ , http://www.yellowdoor.org/join.html

YMCA	Community	Help people improve their health, help children learn, support youth as they transition into adulthood, support new immigrants as they settle in Québec and integrate into their new community, create a welcoming and inclusive environment in our centers or simply make a difference in the lives of people in your community.	Language: French & English Location: Various locations Contact: http://www.ymcaquebec.org/en/Contact-en Web: http://www.ymcaquebec.org/en/Home
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NOTE: For students wishing to gain experience in a clinical setting, many previous students have worked/volunteered in local rehabilitation clinics, assisting physical and occupational therapists. Tasks often included setting up and assisting in therapeutic activities, as well as ensuring a clean and well-equipped work environment. It is a great opportunity to gain hands-on experience and scope out different specialties to better prepare for the work-field.

Though there is no by-the-book method of attaining such an opportunity, students may contact the clinic's administrative office to inquire whether it is possible to volunteer/shadow. Be sure to politely introduce yourself, and if possible, bring a CV. Not all clinics will be available to supervise or train volunteers.