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Région
île de Montréal

Le Montréal FADQ

WINTER 2025 | VOLUME 28, NUMBER 2



WINTER PROGRAMMING

REGISTRATION BEGINS: DECEMBER 5

PRESENTATION OF MONTRÉAL POUR TOUS

THE CONFIDENCES OF A PARK! HISTORICAL CHRONICLE

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Have you moved?

To continue receiving our communications, notify us as soon as possible at 514 271-1411, extension 221, or by email at info@fadoqmtl.org.

To reach us

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Le Montréal FADOQ

Winter 2025, Volume 28, Number 2

Randy Soumahoro *Editor-in-chief*
Valentina Vlassova *Graphic design*
Printing SOLISCO

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Offres réservées aux membres FADOQ, valables jusqu'au 30 juin 2024. Sur présentation de votre carte de membre FADOQ. * Recevez un rabais de 25 \$ additionnel à la promotion « la deuxième paire à 1 \$ ». Avec l'offre 2^e paire à 1 \$, achetez n'importe quelle paire de lunettes complète de notre collection de marques Exclusives avec monture et lentilles traitées antireflet premium, et recevez une deuxième paire de la même collection Exclusives et d'une valeur identique ou moindre pour seulement un dollar! **Rabais applicables sur le prix régulier, ces offres ne peuvent pas être jumelées. Sujets à changements sans préavis. Monture à titre indicatif. Jacinthe Laurendeau opticienne.

2025: A Year of Renewal, Modernity, and Commitment



As we usher in the year 2025, it's with great joy that I address you for our winter newsletter. This year promises to be one of continuity and innovation for the FADOQ – Région île de Montréal, and I am delighted to share with you the progress and projects that will unfold in the months to come.

We are concluding 2024 with many successes, including the inspiring participation of our members in the Provincial Games. Their determination and team spirit remind us why we are so proud of this community. In 2025, we will continue to improve our activities and programming to get closer to your needs and expectations.

Last year, we enthusiastically launched a Running Club, which quickly gained many followers. In 2025, we hope to see it grow, offering even more opportunities to meet, move, and create connections in a friendly and caring atmosphere. We know that our challenges

continue to evolve, and one of the major issues for our members is fraud prevention. Unfortunately, we are seeing that fraud attempts targeting seniors continue to increase. In 2025, FADOQ – Région île de Montréal will strengthen its efforts to raise awareness and equip each of you in order to help prevent these situations. Protecting seniors against these threats is a priority for us.

For the year 2025, we will be focusing on this spirit of well-treatment. We hope that each initiative, each project that we carry out continues to reflect this value which is essential for our community. We also want the FADOQ – Région île de Montréal to continue its modernization, to stay in touch with the needs and realities of its members. By making our tools and services more accessible and up-to-date, we guarantee you an inclusive organization, in tune with each and every one of you.

The coming year will also be devoted to the development of new partnerships. We are

committed to collaborating with organizations that share our values and that can provide useful and relevant resources to our network.

On behalf of everyone on the Board of Directors and the entire team, I would like to wish you all the best for 2025. May this year bring you serenity, health, and precious moments with your loved ones. Together, we will continue to build a united, dynamic and respectful community.

Thank you for your commitment and trust. We look forward to sharing with you the new developments that will make 2025 an extraordinary year for the FADOQ – Région île de Montréal and for you, its members.

Jocelyne Wiseman
President, FADOQ – Région île de Montréal

PartÂge Savoir project: for ageing in good health

The “Part’Âge pour vieillir en santé” project is currently active in the Laval area, notably in the Seniors’ Residences le Marronnier and l’Oasis. This pilot project, born of a partnership between FADOQ-Région île de Montréal and the Laval and Montreal regional public health departments, aims to improve the health and well-being of seniors.

Awareness-raising workshops, run by and for seniors, cover essential topics such as **falls prevention, cognitive health, nutrition, sleep** and more. These workshops include active breaks to encourage participants to integrate exercise routines into their daily lives.

By training volunteers and providing practical tools such as checklists, the project aims to improve seniors’ quality of life by enhancing their independence and helping them to adopt health-promoting behaviours



If you’re interested in taking part or finding out more, stay tuned on our various platforms for the next stages of the project in your community!

Thanks to the financial participation of



A tribute to Rosaire

It is with deep sadness that we announce the passing of Mr. Rosaire Huard, on September 7, 2024, at the age of 97. An emblematic figure at the FADOQ - Région Île de Montréal, Rosaire was recognized as the godfather of the Montreal FADOQ Games. We offer our most sincere condolences to his family, friends and all those who had the privilege of knowing him.

Rosaire embodied the very spirit of our organization, proving that there’s no age limit to staying active and passionate. His last participation in the FADOQ Games in 2022, where he competed brilliantly in three disciplines, was a testament to his vitality and unwavering commitment. Over the years, he has distinguished himself in various events, including walking and swimming, demonstrating a limitless determination. More than just an accomplished athlete, Rosaire was a dear friend to many members of our community. His contagious enthusiasm and benevolence made him an exemplary ambassador for the FADOQ - Région Île de Montréal. His radiant smile and zest for life left a lasting impression on all those who came into contact with him.



Rosaire’s inspiring legacy will continue to influence future generations. We will remember him as a proud representative of the FADOQ - Région Île de Montréal, a passionate athlete and a devoted friend. His commitment and determination will remain an inspiration to us all.



Rest in peace, dear Rosaire. We will deeply miss your energy and your smile, but your example will continue to light up our lives. You will remain forever in our thoughts and hearts.

A look back at the International Day of Older Persons 2024

On October 1, 2024, the FADOQ - Région Île de Montréal took part in the 4th edition of the big walk organized as part of the International Day of Older Persons. The day was marked by an incredible mobilization, and we'd like to extend a huge thank you to everyone who walked alongside us, with a special mention to our members, whose energy and enthusiasm made the day a resounding success.

We are also grateful to the organizers and all the partner organizations who helped make the day a wonderful celebration of solidarity, respect and inclusion for seniors.



Collaboration between the City of Montreal Police Department and the FADOQ Région île de Montréal

COLUMN INFO-PREVENTION



You receive a phone call. They address you by your first and last name. It's a representative from a financial institution contacting you to inform you that there has been fraud on your credit card. You're even more surprised when the financial institution employee asks you if you've made such-and-such transactions on such-and-such dates. You say yes, and you are immediately gripped by stress. You fear, with good reason, that your savings are being taken from you. The employee suggests quick solutions to protect your assets. They say it's urgent, because the bad actors have already made other attempts.

They offer to change your credit card over the phone. They try to reassure you by texting you a security code, and offer to have someone go to your residence to pick up your current card. Your card will be cancelled and the new one mailed to you. It may even be suggested that someone will pick you up by car and take you to an ATM, the aim being to make a cash

withdrawal and get you involved in the investigation. You're worried, you're scared, the employee is pleasant and reassuring, but he/she tells you that you have to act quickly. To protect you, the employee says he/she needs your information. They ask for the card number, the name on the card, the expiry date and the 3-digit security number on the back of the card. They say once this has been verified, the danger will be over.

What intentions will motivate your next moves? You probably want to protect yourself from fraud, theft and monetary loss. It's only natural. So how can you be sure that there really is a fraud in progress? **The only way is to check**, without relying on the help offered by the employee on the phone. Remember: you've been contacted. You don't really know who the caller is, and there are many ways of fooling you: a false callback number, doctored information on your incoming caller ID; none of this is coming from you.

In order check, don't use the contact details the person gives you. **You must find the telephone number of your financial institution yourself.** Ideally, you should already have it written down in your contacts and phone book. A service number is also printed on the back of your card. This way, you can be sure of who you're talking to. Once you've made contact with your institution, ask if there have been any irregular transactions and if anyone is supposed to have contacted you. If the answer is yes, because it's still possible

that real fraud is taking place, take the necessary steps with them. If the answer is no, you'll breathe a sigh of relief and feel proud that you didn't take the fraudster's bait.

Things to remember:

If you're contacted about an urgent situation and the solution is to give access to your personal or financial information, or if you're asked for money, **check for yourself, using contact details you know to be genuine. This is the only way to confirm whether the problem is real.** Remember, fraudsters always go about their business the same way. They contact you, they scare you and the only solution they come up with is a financial one, either by providing your bank details or by you giving them money.

WHATEVER THE EMERGENCY SITUATION PRESENTED TO YOU, END THE CONVERSATION AS QUICKLY AS POSSIBLE AND CONTACT THE INSTITUTION, COMPANY OR PERSON IN QUESTION, USING CONTACT DETAILS YOU KNOW TO BE REAL AND TRUE.

If the caller is genuine, he/she will not object to letting you carry out YOUR verifications.

Sergeant Sébastien Hébert
Strategic Advisor
Prevention strategy and
community relations module
Urban Prevention and Safety Division
City of Montreal Police Department

WALKERS RENDEZ-VOUS

For a safe and pleasant hike, remember the essentials: a bottle of water and proper clothing according to the temperature.

Walking Club

Walk in good company through the trails of various Montreal parks for a 3-to-6-kilometer journey.

Cost: \$5 – 12-week session

Maisonneuve Park Chalet,
4601 Sherbrooke Street East
Marche santé et rythmée

Date: Mondays, January 13th to
March 31st

Time: 10 am to 12 pm

Gouin Trail Reception pavilion
(Henri-Bourassa metro station),
10905 Basile-Routhier Street
Health Walk

Date: Tuesdays, from January 14th
to April 1st

Time: 1:30 pm to 3:30 pm

Frédéric Bach Park, at the end
of Paul Boutet Street, corner of Jarry
(at the rotunda)
Rhythmic Walk

Date: Fridays from January 17th
to April 4th

Time: 1:30 pm to 3:30 pm

Snowshoe and Walking-stick Hikes

In the company of a GUEPE naturalist, enjoy a hike with interpretation of the natural environment along the way.

Snowshoes and walking poles will be provided as needed.

Prerequisite: be physically fit enough for a two-hour outdoor activity.

Date: Thursday, February 6th

Time: 1 pm to 3 pm

Location:

Parc-nature de l'Île-de-la-
Visitation: 2425 Gouin
Boulevard East, Montreal

Cost: \$30

SPORTING ACTIVITIES



In collaboration with
the Centre du Vieux
Moulin de LaSalle



Essentrics

A dynamic and global workout that combines both strengthening and stretching of the body's 650 muscles. By increasing your flexibility and range of motion, this class will help you achieve a healthy, toned and pain-free body.

Dates : Tuesdays, January 21st
to March 25th

Time: 2 pm to 3 pm

Location: Centre du Vieux Moulin de
LaSalle, 7644 Édouard
Street, LaSalle

Cost: \$68 – 10-week session

Tai Chi Chen

Alternating slow and fast movements, Tai Chi Chen is characterized by its low postures, its "silk coils" (chan si jin) and its explosive bursts.

Dates: Wednesdays from
January 22nd to March 26th

Time: 1 pm to 2 pm

Location: Centre du Vieux Moulin de
LaSalle, 7644 Édouard
Street, LaSalle

Cost: \$68 – 10-week session

Toning and stretching

This class involves gaining muscle tone through stretching. It includes not only exercises promoting flexibility to improve joint mobility, but also muscular exercises which aim to strengthen postural and stabilizing muscles.

Dates: Thursdays, January 23rd
to March 27th

Time: 2 pm to 3 pm

Location: Centre du Vieux Moulin de
LaSalle, 7644 Édouard
Street, LaSalle

Coût : \$68 – 10-week session

In collaboration with l'Association
sportive et communautaire du Centre-
Sud (ASCCS)



Association sportive
et communautaire
du Centre-Sud

Cardiovélo

A class on a stationary bike to the beat of music, simulating climbs, accelerations and sprints. There's nothing like a group workout to boost motivation!

Dates: Thursdays, January 9th
to April 10th

Time: 1 pm to 2 pm

Location: ASCCS, 2093, De la
Visitation Street

Cost: \$140 – 14-week session

Fitness

This course aims to strengthen bones, preserve breathing and muscular capital, lower blood pressure, soften the body, control weight gain while promoting socialization.

Dates: Mondays from January 6th
to April 7th

Time: 10:30 am to 11:30 am

Location: Association sportive et
communautaire du Centre-
Sud, 2093 De la Visitation
Street

Cost: \$140 – 14-week session

PROGRAMMING

In collaboration with
the Cummings Centre



The body shop (Bilingual virtual training)

This class focuses on developing strength throughout the body starting with the core! Movements will be a combination of upper and lower body exercises, with an emphasis on core rotation, stability and posture. A chair can be used for added support, but exercises will be done standing.

Dates: Tuesdays, from January 7th to April 8th

Time: 4 pm to 4:45 pm

Location: Virtual

Cost: \$63

OUTINGS/TRIPS

Cross-country skiing and/ or snowshoeing outing

Come and enjoy the magnificent winter scenery on Île Saint-Bernard in Chateaugay. There are two kilometres of walking trails, four kilometres of snowshoeing trails and 15 kilometres of cross-country skiing trails. Equipment rental available on site (\$).

Date: February 2, 2025

Departure time:
9 am from Montreal Bus Station (Berri-UQAM)

Return boarding time:
4 pm Scheduled arrival time:
5 pm

Cost: \$35 including transportation. Bring your own lunch.

OutPLAY Winter

An all-inclusive package at Le Baluchon Inn, in the magnificent Mauricie region. Cross-country skiing and snowshoeing on 35 km of trails, skating rink, inner tube sliding, hiking, access to the pool and indoor hot tub are the activities offered during your stay.

Includes:

- 1 gourmet 3-course supper
- 1 overnight stay in a regular ambiance room
- 1 gourmet breakfast
- 2 lunches
- Gratuities on meals
- Free outdoor pass and equipment
- Bus transportation

Dates: Friday, January 31st to Saturday, February 1st

Departure:
Friday, 11 a.m. from 7600 Sherbrooke Street East

Expected return:
Saturday, 1 pm to 7600 Sherbrooke Street East

Cost: Single occ.: \$535
Double occ.: \$399

Registration deadline:
December 12th.

Sugar Shack



At the Cabane à sucre D'Amours, you'll experience a memorable day out in nature, in a setting that reflects the charm of yesteryear, on the borders of the Lanaudière and Laurentian regions.

Date: Wednesday, March 26th
Departure:
10 am - 7600 Sherbrooke Street East

Return: 3 pm - 7600 Sherbrooke Street East

Cost: \$65 - Transportation, lunch and taffy on snow included





Every Moment Deserves to Be Heard

Hearing plays a crucial role in our lives. It allows us to connect with those around us, appreciate the subtleties and nuances that enrich our interactions with loved ones, and be enchanted by the sounds of our environment.

Hearing loss can have repercussions in various everyday situations. For example, it may become more difficult to hold a conversation on the phone or in a noisy environment, to fully understand the television, or to enjoy a show from the back of the room.

We are not always aware of the presence of hearing loss until it reaches a rather significant degree. Very often, it is those around us who first notice the early signs of hearing decline:

- We often ask others to repeat themselves.
- We increase the volume of the television.
- We struggle to understand speech in noise or in groups.
- We confuse certain words like «trees» and «cheese».

This is the precise moment when it is important to schedule an appointment for a free hearing consultation*, which includes a brief evaluation of your hearing with a hearing health professional.

Hearing health professionals are valuable allies in our process of adapting to the sound world. They listen to us, respond to our needs, consider our lifestyle, and provide advice tailored to our reality. Healthy hearing is not just about hearing; it's also about understanding well and providing our brains with essential stimulation.

Our hearing health deserves our full attention because every moment deserves to be heard.

Just one call. We listen. We care.™

If you have any doubts about the quality of your hearing, don't hesitate to make an appointment for a free hearing consultation*, which includes a brief evaluation of your hearing.

This service is offered within the Lobe clinics. Call **1 866 411-5623**.

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Presentation of Montréal Pour Tous and the Pedneaud-Jobin evening on October 7, 2024

We are a network of homeowners in the 5-unit and under category in all boroughs of the City of Montreal.

For the past 13 years, montrealpourtous.com has kept a close eye on budgeting and finance issues in the City of Montreal. What's more, every three years we help small residential property owners in all boroughs to understand the assessment of their property by the Evaluation Service, compare it with our free tools and then decide whether it's worth spending the money required to contest it. A large number of "disputants" have obtained significant reductions of their property evaluations.

Our group is voluntary and non-partisan, and we make constructive proposals, while criticizing where necessary. For example, at the annual Finance Commission meetings open to the public, we tabled recommendations for the City to help elderly homeowners on fixed or declining incomes cope with recurring property tax increases. To this end, we have formulated a Property Tax Deferral Program (PRIF). The Finance Commission, then the Executive Committee, adopted it and proposed it to Quebec. However, Quebec did not accept our request.

We then continued our work at another level. In November 2013, we proposed a booklet of 40 recommendations for municipal tax reform in Montreal and Quebec's major cities. The City of Montreal, entangled in the scandals of the Office de consultation publique de Montréal (OCPM), was slow to respond, as was Quebec City, which has yet to respond.

Then our hope for a response came from the mayors of Quebec's major cities and one of their main representatives, the former mayor of Gatineau, Mr. Maxime Pedneaud-Jobin. Their proposals for municipal tax reform are very much in line with our own. What's more, Mr. Pedneaud-Jobin has spelled out these proposals in his book "Libérer les villes, Pour une réforme du monde municipal", published in 2023 by Éditions XYZ.

With the support of the Conseil central CSN du Montréal Métropolitain, the Attaq-Qc group, and the nonpartisan citizen mobilization Prenons la Ville, we asked Mr. Pedneaud-Jobin to present the gist of his book, and then to explain how his proposals will deliver more social justice, more climate justice and more control over developers. We're calling for more affordable housing accessible to the majority of people, better access to home ownership for young people, and more ways and means for older people to keep their homes in their neighborhoods.

Pierre Pagé for Montréal Pour Tous
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The confidences of a park!

By Stéphane Tessier

Along with Mount Royal and Île Sainte-Hélène, Lafontaine Park was one of three major parks created in the second half of the 19th century. Montreal was living to the rhythm of the Industrial Revolution, with unbridled urbanization and a staggering population increase. Montrealers lived in squalid working-class neighborhoods.

Within the bourgeoisie, the idea of creating healthy cities emerged. These “hygienists” spread the belief that green spaces were good for people’s health.

Lafontaine Park before its creation ...

In 1788, a Scottish immigrant by the name of James Logan acquired property stretching from Lagauchetière Street to Laurier Street to establish a farm.

In 1840, the Logan family built a villa on the site of the intersection of Mont-Royal Avenue and Garnier Street. The villa was demolished in 1908.

The Logans sold part of their property in 1845 to serve as a training ground for the British army. Lafontaine Park, like Île Sainte-Hélène Park, was once used for military purposes.

The City of Montreal leased the land in 1874 and purchased it in 1888 in order to create a park in a rapidly urbanizing area. A number of luxury homes were built around the new park. Originally named “Logan,” it was renamed Lafontaine in 1901 in honour of Louis-Hippolyte Lafontaine, who represented compromise and consensus.

Its layout symbolizes both a linguistic duality, as the section west of Calixa-Lavallée Avenue is English-style with its winding paths, while to the east the paths are French-style in straight lines.

In 1889, the City of Montreal appointed Auguste Pinoteau as superintendent. He was responsible for the design of the trails. In 1902, he created a pond fed by an existing stream. His residence, built in 1890, was located at the corner of Rachel and La Roche. It disappeared in 1953.

The Dollard des Ormeaux monument was inaugurated in 1920. It was designed by Alfred Laliberté. It does celebrate Des Ormeaux, but above all it’s about the nationalist desire to write the history of Quebec.

From 1889, the future site of the Dollard des Ormeaux monument was occupied by a greenhouse that originated from Viger Square, located



Logan Family Villa
Credit: McCord Museum



Aerial view, circa 1947
Credit: City of Montreal Archives

opposite the former Viger Hotel-Station. Here, the city established a botanical collection, which was moved to the Botanical Garden in 1931.



Dollard des Ormeaux Monument
Credit: Wikipedia



The greenhouse in 1924
Credit: Bibliothèque et Archives nationales du Québec



Lafontaine Park in 1915
Credit: City of Montreal Archives



Lafontaine Park culvert, circa 1955
Credit: City of Montreal Archives

HISTORICAL CHRONICLE

In 1929, the Westinghouse company donated an illuminated fountain.



Louis-Hippolyte Lafontaine Monument
Credit: Stéphane Tessier

In 1930, sculptor Henri Hébert created a monument to Louis-Hippolyte Lafontaine. It depicts a man of the law rather than a politician, in recognition of his contribution to the establishment of the rule of law.

The Centre culturel Calixa-Lavallée was inaugurated in 1932. Its construction was part of a public works program to combat the effects of the Great Depression.

The Le Plateau school moved into the park in 1930. The Montreal Symphony Orchestra made its debut in its auditorium in 1934.

Another structure was built in 1931 as part of the public works program. It was a Vespasian toilet. It's no longer in use since the area has been deserted by users. When the Jacques-Cartier Bridge opened in 1930, Papineau Avenue became an intercity highway, degrading this part of the park. In recent years, avenues Calixa-Lavallée and Émile-Duployé have been closed to motorized traffic.

In 1990, a bronze tribute to Félix Leclerc was erected. This work, entitled "Debout" by sculptor Roger

Langevin, is as unusual in size as Félix was. His trousers represent the bark of a tree, reminding us that he said: "I am a tree of this country."

In 1992, for its 350th anniversary, France presented Montreal with an obelisk celebrating General Charles de Gaulle. French artist Olivier Debré created a work offering different perspectives depending on your vantage point. Like our interpretation of General de Gaulle.

The present chalet-restaurant was inaugurated in 1951.

In 1953, Claude Robillard was appointed Superintendent of Parks in the Public Works Department. It was under his reign that a Montreal cultural institution was born, "le Théâtre de la Roulotte" with Paul Buissonneau.

Claude Robillard was behind the famous Jardin des merveilles, inaugurated in 1957 and closed in 1988. Some 350,000 visitors came here each season to observe birds and mammals. The enclosures recalled the world of fairy tales, such as Goldilocks' and the three Bears, Jonah's Whale, Mr. Seguin's Goats, Noah's Ark and Petit Poucet...

This brief overview shows that Lafontaine Park has evolved and changed through the ages, but it has remained a gathering place for residents of the neighborhood, Montreal and beyond. It's a place

where access to nature and culture is democratic. It's a heritage site that has changed and will continue to change, but we must ensure that its original mission is not diminished.



Théâtre de Verdure in 1961
Credit: City of Montreal Archives



Jonah's Whale from the Jardin des merveilles
Credit: City of Montreal Archives



Jardin des merveilles
Credit: City of Montreal Archives



Illuminated fountain circa 1939
Credit: Bibliothèque et Archives nationales du Québec



Centre culturel Calixa-Lavallée
Credit: City of Montreal Archives



Former chalet-restaurant before it burned down in 1944
Credit: Bibliothèque et Archives nationales du Québec

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