

AUBERGE TRANSITION

Volunteer Services

- Assist women and children who are victims of conjugal violence on their road to recovery
- Assist women around the home
- Care for children while their mothers are at appointments
- Flexible schedule: Monday to Sunday, 9 am - 9 pm

Contact Person: Hema Shroff

(514) 481-0495

aubtrans@gmail.com



BIENVENUE NDG

Organization dedicated to integrating immigrant families in NDG

5964 Notre-Dame-de-Grâce, Montreal, H4A 1N1

Volunteer Services

- Helping newcomers to settle down
- Translation
- Office support
- Planning community events to welcome immigrant families

Contact Person: Miguel Cristancho

(514) 484-1471 ext. 233

bienvenuendg@ndg.ca



CIUSSS CSSS CAVENDISH

6484 Monkland, Montreal, H4B 1H3

Consist of 8 sites: Catherine Booth Hospital, CLSC de Benny Farm, CLSC René Cassin, Father Dowd, Henri Bradet Centre, Richardson Hospital, St. Andrew and St. Margaret.

Volunteer Services

- Recreation activities, pastoral services, meal assistance & friendly visiting in our long term care facilities and hospitals
- Friendly visits for housebound seniors
- Childcare while the parents meet
- Reception and office work

Contact Person: Edward Cho

(514) 484-7878, ext. 3146

edward.cho.cvd@ssss.gouv.qc.ca



ÉCO-QUARTIER NDG

6575 Somerled, suite 206 Montreal, H4B 1T1

Volunteer Services

- Door to door visits to share recycling and composting tips
- Office support
- Workshops and animation events
- Posting flyers on community bulletin boards

Contact Person: Nazmus Syed

(514) 486-2727

benevoles.econdg@gmail.com



EXTRA MILES SENIOR VISITING PROGRAM

Montreal West United Church Outreach Project

88 Ballantyne N., Montreal, H4X 2B8

Volunteer Services

- Weekly friendly visits to housebound seniors for companionship
- Intergenerational events

Contact Person: Tracie Swim

(514) 482-3210

extramiles.senior@gmail.com



MOSAIK FAMILY RESOURCE CENTRE

6215 Côte St. Luc Road, Montreal, H3X 2H3

Volunteer Services

- Support parents during groups (infant stimulation, baby massage, café rencontre)
- Caring for children in drop-in respite service (KidzTime)
- Participate in special & fundraising events.

Contact Person: Teresa Kaeser

(514) 227-1270

maisonmosaik@bellnet.ca



NDG COMMUNITY COUNCIL

5964 Notre-Dame-de-Grâce # 204 Montreal, H4A 1N1

Volunteer Services

- Organizing community events
- Translation
- Reception and office support
- Accounting during tax season
- New and renewed membership

Contact Person: Annick Munyana

(514) 484-1471 # 229

annickmunyana@ndg.ca



NEW HOPE SENIORS CENTRE

6225 Godfrey Avenue, Montreal, H4B 1K3

Volunteer Services

- Meals On Wheels to isolated seniors
- Day Centre activities (exercises for seniors, arts & crafts, etc.)
- Special activities
- Community lunch

Contact Person: Aida Vidzer

(514) 484-0425 ext. 201

aida.vida@hotmail.com



WOMEN ON THE RISE

6870 Terrebonne, Montreal, H4B 1C5

Volunteer Services

- Assisting with workshops for the parenting program
- Supporting parents and children in early childhood education
- Helping educators with the Time Off for Mom Program
- Participating in fundraisers and other activities

Contact Person: Sheetal Guddy

(514) 485-7814

sguddy@gmail.com



Established in 2000, the NDG/Montreal West Volunteer Recruitment Committee currently consists of nine coordinators responsible for the recruitment and training of volunteers for 9 local non-profit organizations that include 16 facilities.

Notre-Dame-de-Grâce (NDG) and Montreal West are vibrant neighborhoods with a long history of community involvement.

NDG AND MONTREAL WEST VOLUNTEER OPPORTUNITIES



NDG/MONTREAL WEST VOLUNTEER RECRUITMENT COMMITTEE

Our Committee works together to recruit volunteers for one another and to provide each other with support.

This brochure lists the names and locations of our organizations, brief descriptions of possible volunteer assignments and how to contact us.

All sites are accessible by public transportation.

BECOME A VOLUNTEER AND HELP TO BUILD A STRONG COMMUNITY!



Revised: July 27, 2016