Action Centre Ville is a community centre that promotes the wellbeing of seniors living in the downtown area.

Details:
- Visiting seniors
- Welcoming clients at reception
- Preparing and delivering meals

Location: 105 Ontario St. East (Metro St-Laurent)
Contact: 514.878.0847
Web: www.acv-montreal.com

OTHER WAYS TO PRACTICE FRENCH:

On-Campus:
- “Oui Can Help” offers weekly conversation sessions for all levels.
- “Jazz-on” is a conversation group which welcomes students with a limited knowledge of French interested to practice speaking in a group setting. Find out more: http://www.concordia.ca/students/oui-can-help/practice.html

Off-campus resources:
- Meetup
Le iFrench Montreal Club organizes social and cultural activities for students who want to learn French and discover Francophone culture outside the classroom. To join the group, sign up on Meetup, look up ‘Montreal French Language’, and ask to join the group. http://meetup.com

- Cuisines Collectives du Grand Plateau
Become a member of Cuisines Collectives to practice your French while cooking with a group. http://www.ccgp-montreal.org/

Robin des Bois is a restaurant whose profits are given to non-profits supporting people in need.

Volunteer Tasks include:
- Working in the kitchen supervised by the chef
- Taking orders and serving meals to clients (waiting tables)

Location: 4653 St. Laurent blvd (Metro Mont-Royal)
Contact: 514.288.1010
Web: www.robindesbois.ca

Famijeunes provides support to parents in order for them to manage their family life responsibly.

Details:
- Helping prepare and set up special events
- Assisting with office work

Contact: Fill out their online form: famijeunes.org
Location: 3904, Notre-Dame West (Place-St-Henri Station)

Dix Milles Villages provides vital, fair income to unprivileged people by marketing their products and handicrafts and sharing their experiences.

Details:
- Helping customers, working at the cash

Location: 4128 St-Denis (Mont Royal metro station)
Contact: 514-848-0538 or montreal.stdenis@villages.ca
Web: www.tenthousandvillages.ca

Bon jour.
OPPORTUNITIES FOR BEGINNERS

**Le Musée des Maîtres et Artisans du Québec** promotes Quebec’s cultural heritage and provides space for the artistic expression of Canada’s diverse cultural communities.

**Details:**
- Assistant animator: assist animators during school workshops; ideal for adults learning French

**Location:** 615 Ste-Croix Ave. (Metro du Collège)
**Contact:** 514.747.7367 ext. 7203
**Web:** [www.mmaq.qc.ca](http://www.mmaq.qc.ca)

**Le Chaînon** offers shelter to women in difficulty.

**Details:**
- Working at the food counter
- Helping in the kitchen

**Location:** 4373 de l’Esplanade Ave. (Metro Mont-Royal)
**Contact:** 514.845.0151 or benevolat@lechainon.org
**Web:** [www.lechainon.org](http://www.lechainon.org)

**Les Petits Frères** reduces the isolation of seniors in old age, providing services and friendships.

**Details:**
- Accompanying seniors for outings
- Helping in the kitchen
- Setting up for special events
- Sorting clothing and other items in the Boutique

**Location:** 4624 rue Garnier (Metro Laurier)
**Contact:** 514 527-8653 or info@petitsfreres.ca
**Web:** [www.petitsfreres.ca](http://www.petitsfreres.ca)

**CORPORATION FÉLIX-HUBERT-D’HÉRELLE** helps people living with HIV/AIDS by providing health and social services in a safe environment.

**Details:**
- Helping in the kitchen
- Setting up tables for dinner service

**Location:** 3742, St-Hubert (Metro Sherbrooke)
**Contact:** 514.844.4874
**Web:** [www.maisonherelle.org](http://www.maisonherelle.org)

**Maison Marguerite** is an organization dedicated to helping women of low-income

**Details:**
- Serving meals
- Sorting clothing donations

**Location:** Rosement-Petite-Patrie
**Contact:** 514-932-8872 ext. 104
**Web:** [www.maisonmarquerite.com](http://www.maisonmarquerite.com)

**Note:** Opportunity for female volunteers.

**SOCIÉTÉ DE SAINT-VINCENT-DE PAUL DE MONTRÉAL** is an organization that provides support to individuals in need in order to ensure their dignity, autonomy, and integration.

**Details:**
- Sorting donations

**Location:** Various locations
**Contact:** 514-526-5937 or to apply submit your CV to archives@ssvp.mtl.org
**Web:** [www.ssvp.mtl.org](http://www.ssvp.mtl.org)

**ROBIN DES BOIS** is a volunteer restaurant whose profits are given to people in need.

**Details:**
- Kitchen work—supervised by the chef
- Serve meals to clients
- Wait tables

**Location:** 4653 St. Laurent blvd (Metro Mont-Royal)
**Web:** [www.robindesbois.ca/en](http://www.robindesbois.ca/en)
**Contact:** Judy Servay, Director (514) 288-1010

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INTERMEDIATE-ADVANCED LEVEL OPPORTUNITIES

**Association Québécoise de Gérontologie** is an organization dedicated to helping the elder community in Montreal.

**Details:**
- General Office work
- Publicity/Promotion
- 6 hours a week, one or two days a week

**Location:** 6510, Rue de Saint-Vallier, Montreal, Metro Beaubien
**Contact:** 513-387-3612
**Web:** [www.aqg-quebec.org](http://www.aqg-quebec.org)

**Comité d’éducation aux adultes de la Petite-Bourgogne et de St-Henri (CEDA)** helps adults be more active and engaged in their community.

**Details:**
- Helping organize excursions and activities
- Greeting participants at reception
- Assisting with office work
- Support participants in the media lab
- Help out at the media lab
- Preparing meals

**Location:** 2515 rue Delisle, (Metro Lionel-Groulx)
**Contact:** 514 596-4422 or ceda@ceda22.com
**Web:** [www.ceda22.com](http://www.ceda22.com)

**CHSLD Providence Notre-Dame de Lourdes** is a senior center that focuses on helping seniors who have lost their autonomy.

**Details:**
- Help to organize the Bingo game
- Hand out prizes and snacks

**Location:** 1870 Pie-X, H1V 2C6, Metro Pie-X
**Contact:** 514-527-4595 ext. 318
**Web:** [www.chsld-providence-notre-dame-lourdes.com](http://www.chsld-providence-notre-dame-lourdes.com)

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**ÇA VA!**