STAY HOME. STAY SAFE.
City of Côte Saint-Luc’s response to COVID-19
April 8, 2020

Where to volunteer
In his telephone message of April 5, Mayor Mitchell Brownstein called on healthy people in their 20s, 30s, or even 40s who are able to volunteer to help the community. Two of the biggest needs right now are access to food and having someone to talk to.

Grocery shopping or delivery in Côte Saint-Luc
Send an e-mail to groceries.csl@gmail.com. Please use VOLUNTEER AVAILABLE in the subject heading of your message. Include your name, availability (days and times) and capability (shopping, delivering and/or calling).

Jebenenevole.ca
A matching service that connects volunteers with organizations looking for help. More info at Jebenenevole.ca.

Moisson Montreal Food Bank
Contact 514-344-4494, ext. 256 or benevolat@moissonmontreal.org. More info at moissonmontreal.org/en/get-involved/volunteer-work-at-moisson-montreal

MADA Community Centre
Complete the form at madacenter.com/volunteer.

Federation CJA

CSL programs on your home phone
We know many people in our community don’t have access to a computer, smartphone, or Internet. To help keep you connected, join Côte Saint-Luc staff each weekday from 2pm to 3pm. All you need is a regular home phone. You will hear an interesting discussion each day. It’s like listening to the radio... on your home phone. It’s a free call.

When: weekdays at 2pm
How: call 438-809-7799

After calling the telephone number, press these numbers on your phone: 500 514 054 # #
To hear the list of all our programming, call the library at 514-485-6900.

Where to get help

Daily care calls
Receive daily calls from volunteers to check up on you.
City of Côte Saint-Luc: Register at 514-485-6800 x2021 or cziga@cotesaintluc.org
MADA: Register at madacenter.com/project/call-care-program
FederationCJA: Register at 514-734-1411 or Ometz-Cummings-helpline@ometz.ca

Food

Local grocery orders
Volunteer initiative to take IGA grocery orders for older adults living in Côte Saint-Luc. For senior members of the community who do not have a friend or family member who can shop on their behalf.
Please call 514-532-1277 and leave a message with your name, telephone number and address. A volunteer will call you back within 24 hours to take your order and arrange for delivery within 1 to 2 days.

The Depot (formerly known as the NDG Food Depot)
Offering one extra-large emergency food basket per family between now and May 1. By appointment only. Leave a message at 514-483-4680 or info@depotmtl.org.
Côte Saint-Luc will help deliver food baskets to those who cannot get to The Depot. Location: 6505 Somerled Ave. Info: www.depotsmtl.org.

MADA Community Centre
Once a month, patrons choose from a list of available products (eg, fresh produce and non-perishable foods, detergents, personal grooming products, and baby items, including diapers).
Location: 6875 Decarie Blvd. Contact: 514-342-4969 or mada@madacenter.com.

Federation CJA
Centralized logistics and coordination of food, pharmaceutical and critical goods deliveries for various organisations. Contact 514-734-1411 or Ometz-Cummings-helpline@ometz.ca.

Happy Easter and Happy Passover
But remember, for the health and safety of all, no one is allowed to be in your home if they don’t live there. The Quebec government directive is clear. Police departments now have the power to knock on your door and ask for identification from everyone in a household to ensure there are no outside guests. Celebrate apart this year, so you can celebrate together and in good health next year.

CoteSaintLuc.org/Coronavirus