

## **ESSENTIAL RESOURCES AVAILABLE IN LASALLE:**

The following is a small list of community resources available in LaSalle. Please note that services are in high demand.

Reach out in case of EMERGENCY, we will do our best to guide you.

Organization	Provides	Phone Number	website
Midnight Kitchen	Food baskets	Online only	<a href="http://www.midnightkitchen.org">www.midnightkitchen.org</a>
Triad	\$7-\$10 food boxes	514-368-3640	Call
Salvation Army	Various resources/services	514-766-2155 ext.5	Call
Sun Youth	Various resources/services	514-842-6822	Call
St-Vincent-de-Paul	Pick up goods/food bank	514-363-2202	<a href="mailto:lasalle@ssvp-mtl.org">lasalle@ssvp-mtl.org</a>
CLSC	Psychological support	514-364-2572	<a href="mailto:info@nutricentrelasalle.com">info@nutricentrelasalle.com</a>
Emergency Food Baskets Montreal	Food bank	514-483-4680 For appointment (certain postal codes)	<a href="https://depotmtl.org/eng/">https://depotmtl.org/eng/</a>
Nutri-Center LaSalle	Various resources/services	514-365-3670	<a href="mailto:administration@nutricentrelasalle.com">administration@nutricentrelasalle.com</a>
Parish of St Jean Brebeuf	HOPE food bank	514-363-4578	<a href="mailto:office@johnbrebeuf.ca">office@johnbrebeuf.ca</a>
Share the Warmth	Emergency Food access	514-768-2093	<a href="https://sharethewarmth.ca/what-we-do/food-bank/">https://sharethewarmth.ca/what-we-do/food-bank/</a>