

2025 calendar



Office municipal
d'habitation
de Montréal

RESOURCE DIRECTORY



811 Info-Santé and Info-Social

An Info-Santé nurse or an Info-Social worker answers your questions, provides you with expert advice and refers you to the right resource in the health or social services network as needed. 24/7. Free and confidential.

311 Ville de Montréal Services

A single phone number for any questions regarding municipal services.

- Monday through Friday: 8:30 a.m. to 8:30 p.m.
- Saturday, Sunday and on holidays: 9 a.m. to 5 p.m.

211 Information and Referral Centre of Greater Montreal

By phone

211 is a multilingual information and referral service available 7 days a week from 8 a.m. to 6 p.m.

Online

211 also makes all current information about community and social resources available on the Internet: 211qc.ca/en

SENIORS

- FADOQ
(Québec association of people aged 50 and over)
514-252-3017 fadoq.ca
- Elder Mistreatment Helpline
(Ligne Aide Abus Aînés)
514-489-2287
- Tel-Aînés (phone support and referral centre)
514-353-2463
- Senior-Aware
(fraud, mistreatment and intimidation of seniors)
aineavise.ca/en

YOUTH

- Tel-jeunes
1-800-263-2266
Text: 514-600-1002
- Tel-jeunes Parents
(ParentsLine)
1-800-361-5085
- Kids Help Phone
1-800-668-6868 Text: 686868
- Director of Youth Protection (DYP)
514-896-3100
- Batshaw Youth and Family Centres
514-935-6196

EMPLOYMENT AND INCOME

- Women's Centre of Montreal
514-842-4780 en.centredesfemmesdemtl.org
- Carrefour Jeunesse Emploi for Montreal's neighbourhoods (16 to 35 years)
trouvetoncje.com
- Association coopérative d'économie familiale (ACEF)
(budget support)
ACEF du Sud-Ouest: 514-362-1771
ACEF du Nord: 514-277-7959
ACEF de l'Est: 514-257-6622

DOMESTIC VIOLENCE

- SOS Violence conjugale
514-873-9010
sos@sosviolenceconjugale.ca
- À cœur d'homme – Men's Help Network for a Violence-Free Society
1-877-660-7799 acoeurdhomme.com

VICTIMS OF CRIME

- Crime Victims Assistance Centre (CAVAC)
1-866-532-2822 cavac.qc.ca/english
- Sexual Violence Helpline
1 888 933-9007 (Voicemail or text)
sexualviolencehelpline.ca

MENTAL HEALTH AND ADDICTIONS

- Suicide action Montréal (suicide prevention helpline)
1-866-277-3553 suicideactionmontreal.org/en
- Tel-Aide (24/7 anonymous crisis helpline)
514-935-1101 telaide.org/en
- Crisis Centres
(adults in psychological or psychosocial distress)
811 to find the nearest centre
centredecrise.ca
- Drugs: Help and Referral
(support, information and referral for persons dealing with substance abuse) 24/7
514-527-2626 aidedrogue.ca/en/
- Gambling: Help and Referral
(support, information and referral related to compulsive gambling) 24/7
514-527-0140 aidejeu.ca/en/

GENERAL RESOURCES

- Legal Aid
514-864-2111 aidejuridiquedemontreal.ca/en
- Services Québec
514-644-4545 quebec.ca/en
- Interligne
(help and information for LGBTQ+ persons)
514-866-0103
Text: 1-888-505-1010
interligne.com



January



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

NOTES

1 Rent

New Year
Offices closed

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Offices closed

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New moon

Full moon





February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

1 Rent

2 Groundhog Day

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4
Advisory
Committee of
Residents meeting

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Valentine's Day

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27 ○

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March

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

NOTES

1 Rent

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8
International Women's Day


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Eastern Daylight Time

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11
Advisory Committee of Residents meeting

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Spring Equinox

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April



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	1 Rent	2	3	4	5	6
7 World Health Day	8	9	10	11	12	13
14	15 Advisory Committee of Residents meeting	16	17	18 Good Friday Offices closed	19	20 Easter
21 Easter Monday Offices closed	22 Earth Day	23	24	25	26	27 National Volunteer Week
28	29	30 Deadline to file your tax returns	NOTES			



May



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

1 Rent

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11
Mother's Day

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13
Advisory
Committee of
Residents meeting

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15
International Day
of Families

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19
Journée nationale
des patriotes
Offices closed

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21
Day for Cultural
Diversity for
Dialogue and
Development

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31






June

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

NOTES

 Rent

2	3	4	5	6	7	8
9	10	11 	12	13	14	15 Father's Day World Elder Abuse Awareness Day
16	17 Advisory Committee of Residents meeting	18	19	20	21 Summer Solstice	22
23 30	24 Fête nationale du Québec Offices closed	25 	26	27 Canadian Multiculturalism Day	28	29





July



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Rent

Canada Day
Offices closed

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NOTES





August



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

1 Rent

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International Youth Day

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World Humanitarian Day

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September



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Rent

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Labour Day
Offices closed

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International
Literacy Day

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Advisory
Committee of
Residents meeting

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21

International
Day of Peace

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Fall Equinox

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National Day
for Truth and
Reconciliation

NOTES





Octobre

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Rent
National Seniors Day

2 International Day of Non-Violence

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10 World Mental Health Day

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13 Thanksgiving Offices closed

14 Advisory Committee of Residents meeting

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17 International Day for the Eradication of Poverty

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21 ☀

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31 Halloween

NOTES





November



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY


NOTES

1 Rent

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End of Eastern Daylight Time

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Remembrance Day

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16
International Day for Tolerance

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International Men's Day

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World Children's Day

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23

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25
Advisory Committee of Residents meeting

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December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Rent	2	3	4 ●	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 ○	20	21 Winter Solstice
22	23	24 Offices closed	25 Christmas Offices closed	26 Offices closed	27	28
29	30	31 Offices closed	NOTES _____ _____ _____			

2026 CALENDAR

JANUARY 2026

L	M	M	J	V	S	D
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2026

L	M	M	J	V	S	D
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23	24	25	26	27	28	

MARCH 2026

L	M	M	J	V	S	D
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16	17	18	19	20	21	22
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APRIL 2026

L	M	M	J	V	S	D
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27	28	29	30			

MAY 2026

L	M	M	J	V	S	D
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25	26	27	28	29	30	31

JUNE 2026

L	M	M	J	V	S	D
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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30					

JULY 2026

L	M	M	J	V	S	D
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13	14	15	16	17	18	19
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27	28	29	30	31		

AUGUST 2026

L	M	M	J	V	S	D
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17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

SEPTEMBER 2026

L	M	M	J	V	S	D
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14	15	16	17	18	19	20
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28	29	30				

OCTOBER 2026

L	M	M	J	V	S	D
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19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2026

L	M	M	J	V	S	D
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16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

DECEMBER 2026

L	M	M	J	V	S	D
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21	22	23	24	25	26	27
28	29	30	31			



The OMHM

at your service!

7/7 - 7 a.m. to 11 p.m. / Security and emergency repairs 24/7

One number for ALL your OMHM inquiries

Call Centre: 514-872-6646



For online repair requests, visit omhm.qc.ca/en/

To make things easier, you can contact the Call Centre for all your needs:

- Security
- Repairs
- Lease
- Extermination
- Maintenance
- Cohabitation
- Parking
- Building rules, etc.

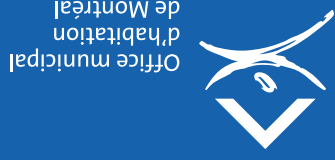
TWO ADDRESSES FOR IN-PERSON SERVICES



Assomption

3330, boul. de l'Assomption
Montréal (Québec)
H1N 3S4

- Services offered**
- Questions about your lease
 - Rent payments
 - Various requests and information
 - Complaints



Office municipal
d'habitation
de Montréal



Lionel-Groulx

Service Desk West
2247, rue Delisle
Bureau 300
Montréal (Québec)
H3J 1K4