

** note on the difference between legal info vs. legal advice : see [Organizations](#)
(some orgs are more strict about this than others)

General

1. [Accueil - Boussole juridique](#)
 - free or low cost legal resources directory (can search by category and by region)
2. [Mile End Legal Clinic](#)
 - Offers legal information, including:
 - explaining your rights and obligations regarding your situation
 - conduct a law research, including case law research
 - explaining the procedure of a specific Court or Tribunal
 - details all the options you have and the consequences of each option so that you can make an enlightened choice
 - Remotely or in person by appointment only
 - 3 locations:
 - Park Extension Legal Clinic
 - Mondays, 3pm-6pm
 - Hosted by the Comité d'action de Parc-Extension (CAPE)
 - 419 St-Roch Street H3N 1K2
 - (basement, office SS.04)
 - Tyndale St-Georges Legal Clinic
 - Mondays, 6pm to 7pm
 - Hosted by the Tyndale St-Georges Community Centre
 - 870 Richmond Square, H3J 1V7
 - (Corner of Saint-Antoine West)
 - Mile End Legal Clinic
 - Wednesdays, 4pm to 7pm
 - Hosted by the Mile End Community Mission
 - 99 Bernard Street West, Montréal, H2T 2J9
 - (Corner of Saint-Urbain)
 - TO MAKE AN APPOINTMENT:
 - Phone : 514-507-3054
 - Email: info@melc.ca
 - See info on [Our Services](#)

3. Head and Hands

- Legal information services, support services and court accompaniment services by lawyer. For young people ages 12 to 25. In various areas of law that concern them. Available free of charge. Service provided by phone, by e-mail (legal@headandhands.ca) and in person without an appointment.
- Clients of any age are welcome to take advantage of advice and/or information from the volunteer lawyers at our legal clinics. We have a team of 10-12

volunteer lawyers with different areas of law expertise. Appointments are for half hour consultations (or fifteen minutes, with some lawyers). We ask for a suggested donation of \$20 to help support our legal services for youth. Service provided in person without an appointment.

- Contact info
 - 5833, rue Sherbrooke Ouest
 - Montréal (Québec)
 - H4A 3P5
 - 514-481-0277
 - Website www.headandhands.ca
- Opening hours
 - Monday to Thursday from 10:00 a.m. to 9:30 p.m.
 - Friday from 10:00 a.m. to 5:00 p.m.
 - Legal clinic : Wednesday and Thursday from 7:00 p.m. to 9:30 p.m.

4. **Greater Montreal Centres de Justice de Proximite**

- The Center is a free legal clinic and no appointment is required :
 - we provide legal information with regard to your legal questions to help you make informed decisions;
 - we can help you better understand the judicial system, identify your different options and procedures;
 - we can help you get additional support through specialized resources such as a government agency, a community or non-profit organization, a legal adviser or a mediation center.
- Services available in person or by phone
 - To get a call back from a lawyer for legal information, you can leave us a message on our voicemail at 514-227-3782 (option 4) and specify :
 - First name, last name
 - Phone number
 - City of residence
 - Availabilities
 - Reason of the call
- Website lists the kinds of questions they can and can't help with
- Other info
 - How should one prepare for a visit at the Center?
 - Bring a piece of identification. Prepare your questions in advance. List and bring all the relevant documents to facilitate understanding of your file: Examples : A judgment | A contract | A letter of dismissal | Etc.

5. **Legal Aid Montreal**

- To find out if your legal problem is covered by legal aid, call us at 514-864-2111.

- Fee scale based on income :
<https://www.aidejuridiquedemontreal.ca/wp-content/uploads/2021/06/admissibilitebareme2021-2022.pdf>

6. [We can help you - Justice Pro Bono](#)

- If not eligible for Legal Aid, you can apply for free legal services from Justice Pro Bono
- To be eligible, you have to meet certain conditions listed [here](#)
- Notes
 - 20\$ non-refundable fee
 - Processing the application can take two weeks, and applications need to be submitted at least 8 weeks before any hearing or deadlines related to the file

7. YWCA Legal Information Clinic

- The Legal Information Clinic offers confidential, individual, 30 minutes information sessions* by appointment, with a volunteer lawyer or notary with experience in a variety of legal areas, such as:
 - Family law
 - Immigration Law
 - Criminal Law
 - Civil Law
 - Consumer protection
 - Administrative law
 - Housing Law
 - Labour Law
- More info
 - The individual consultations are reserved for women and their families only and the cost varies between 0\$ to 20\$.
 - Individual consultations are offered up to a maximum 3 times per year per person.
 - From October to March, a team of volunteer law students is also available to offer resources and information thanks to a partnership with Pro Bono Students Canada.
 - Please note: the Legal Information Clinic is not a legal aid clinic. It is a non-profit legal information service only. The YWCA Montreal is not responsible for the legal information given by the various volunteer lawyers and notaries or for the follow-up services arranged between the parties.
- Contact
 - Can call at t (514) 866-9941 or fill out the form online

Housing

1. [Find a housing committee - Regroupement des comités logement et associations de locataires du Québec](#)
 - Over 50 housing committees and tenant associations in Quebec help tenants defend their rights. Find the organization nearest you.

Labour and employment

1. **Immigrant Workers Center** – <https://iwc-cti.ca/>
 - We offer a safe space where vulnerable workers can challenge and improve their working conditions.
 - They have drop-in office hours where workers can ask questions, or individual meetings can be booked through the website.
 - Contact info
 - 4755, Van Horne Av., Office #110
 - Montréal, QC H3W 1H8
 - Phone: +1 514 342-2111
 - info@iwc-cti.ca
 - Office hours
 - Monday: 13:00 – 17:00
 - Tuesday: 13:00 – 20:00
 - Wednesday: 13:00 – 17:00
 - Thursday: 13:00 – 20:00
2. **Groupe d'aide et d'information sur le harcèlement au travail de la province de Québec**
 - [Complaints Department - GAIHST Website](#)
 - Contact info:
 - Téléphone: 514-526-0789
 - Adresse
 - 2231, rue Bélanger
 - Montréal (Québec) H2G 1C5
 - info@gaihst.qc.ca
 - Help people experience harassment issues in the workplace through active listening and moral support, as well as technical assistance throughout the process (help with which steps to take, and help with documents and forms)
 - The complaints department can also offer assistance throughout the process, during steps including: mediation or conciliation process, a process of revision or appeal, an investigation process, or a hearing before an administrative court.
3. [Pour les travailleurs | Au bas de l'échelle](#)
 - Services for non-unionized workers:
 - Free phone information service for workers to discuss workplace issues or learn about their rights and recourses

- Information sessions on: psychological harassment, employment standards, or mediation
- Free legal information guides and resources on employment rights and recourses before the *Commission des normes du travail*
- Telephone information service / hotline: **514 270-7878**
 - Our telephone service is free and confidential. We can inform you of your rights at the workplace and of the possible remedies at your disposal, especially those contained in the Act Respecting Labour Standards
 - If the line is busy or if you call at a time out of our working hours, please leave us a message and we will get back to you as soon as possible.
 - If you prefer to send us your request for information by e-mail, please send it to the following address (abe@aubasdelechelle.ca). Do not forget to leave us your name and telephone number! However, we must insist that we cannot respond to your requests by e-mail. In effect, we believe it to be of utmost importance to be able to speak to you directly in order to ensure that we have a complete understanding of your situation. The quality of the information we provide you depends on our level of understanding of your situation.

4. FILIPINO WOMEN'S ORGANIZATION IN QUEBEC (PINAY)

- PINAY is a not-for-profit grassroots organization for migrant and immigrant Filipino women. Our mission is to empower Filipino women, and in particular domestic workers, to fight for their basic rights and welfare. As an organization, we educate caregivers on their rights, organize migrant and immigrant women workers, provide services to our members and advocate for progressive changes to immigration and labour policy in Quebec. For over two decades, PINAY has brought together caregivers and their supporters in the struggle to improve the working and living conditions of domestic workers.
- Services
 - PINAY does not represent individual cases in a legal capacity but rather provides information and helps our members access appropriate resources. Available free of charge. Service provided in person, by phone or by e-mail.
- Contact details
 - 4755 Van horné,
 - Montréal (Québec)
 - H3W 1H8
 - info@pinayquebec.org
- Telephone
- 514-238-0089
- [Filipino Women's Organization in Quebec \(PINAY\) - Votre boussole juridique](#)

Immigration / migrant justice / support

1. [Just Solutions Clinic](#) / Clinique Solutions Justes –

- Provides free legal information and assistance, rights advocacy and accompaniment in the areas of immigration and refugee law
- Assist refugee claimants and people with precarious immigration status
- Services are free of charge (except for the fees required with certain forms)
- Services over the phone or by appointment
- To make an appointment, call 514-844-9128 # 204 or email solutions.justes@gmail.com or js@montrealcitymission.org
- Opening hours Monday, Tuesday and Thursday from 9:00 a.m. to 4:30 p.m.
- Address
 - 1435, rue City Councillors, 3ème étage
 - Montréal (Québec)
 - H3A 2E4

2. [Action Réfugiés Montreal](#)

- Action Réfugiés Montréal provides support to people detained in the Laval Immigration Holding Centre through weekly visits to detention, accompaniment to detention review hearings, and assistance by telephone during office hours. Due to the COVID-19 pandemic, we provide support to people in detention by telephone.
- Action Réfugiés Montréal can also provide information and support over the phone to people in detention or to their friends and family members. If you know someone who has been detained, call us at 438-527-4935, 438-526-9340 or leave a message at the office at 514-935-7799.

Elder Law

[Roger Snelling Senior's Legal Clinic](#)

- The Clinic provides services to **people aged 55 and up**, mainly immigrants, irrespective of their status in Canada. Its clientele is equally divided between people with a precarious immigration status and Canadian citizens and permanent residents.
- The Roger Snelling Clinic is a free legal information clinic that specializes in information and services in immigration and administrative law to a low-income immigrant population aged 55 and up, as well as Canadian born seniors. The Clinic uses an interdisciplinary approach in resolving their clients' issues and relies on the support of social workers, doctors and other community workers.
- The Clinic provides information by phone or by appointment. The office is located on the third floor of St. James United Church, and is not wheel-chair accessible. If you cannot come to the Clinic because of a handicap, please inform us.
 - Phone: (514) 844-9128, ext. 106
 - E-mail: mcm.cjma@gmail.com
 - Hours of Operation: Monday – Tuesday – Thursday 9:00 am - 4:30 pm

Human rights and discrimination

CENTER FOR RESEARCH-ACTION ON RACE RELATIONS (CRARR)

- The Center for Research-Action on Race Relations is a Montreal-based independent, non-profit civil rights organization that was founded in 1983 with the mandate to promote racial equality and combat racism in Canada.
 - Services
 - Advocacy and defense for victims of discrimination based on race, religion, ethnic or national origin, citizenship status and related characteristics, and to victims of any other violation of a right recognized by the human rights charters. Service is also provided to organizations. Fees vary according to the client's economic capacity. Service provided in person by appointment. Phone or e-mail for an appointment.
 - Telephone
 - 514-939-3342
 - Website www.crarr.org

Criminal law

Legal information service at Montréal Municipal Court

- The Young Bar of Montreal (YBM), the Association des avocats de la défense de Montréal (AADM), the Bar of Montreal, Pro Bono Québec, and Montréal's Municipal Court have launched the SIJ (Service d'information juridique), a pro bono legal information service at Montréal's Municipal Court, to improve access to justice and its administration.
- This pilot project offers ad hoc assistance to self-represented parties before Montréal's Municipal Court in serious criminal and penal matters (e.g. hit and run offences, excessive speeding, ect.).
- Volunteer lawyers should be present at least one morning per month to meet with litigants referred by judges sitting in the 14 hearing rooms of Montréal's Municipal Court.
- The consultations take place in the morning, Monday through Friday from 9:15 a.m. to 12:30 p.m. in room 1.310 of the Municipal Courthouse.
- Depending on what the judge considers should be clarified, the information provided can relate to many issues such as the nature of the charge, an explanation of the judicial process, the consequences of a guilty plea, etc.

NATIVE PARA-JUDICIAL SERVICES OF QUEBEC (SPAQ)

- Native Para-Judicial Services of Quebec (SPAQ) is a non-political, not-for-profit organization. It was created following negotiations between Quebec First Nations and the Quebec Department of Justice. Native Para-Judicial Services of Quebec assists native people in matters relating to the criminal justice system. It is wholly committed to developing alternatives to the euro-Canadian justice system in order to better meet the needs of native communities in the province of Quebec.
- Native Courtworkers :

- The Native Courtworkers program offers legal assistance to Native persons involved in the criminal and penal justice system as victims, witnesses or accused. This service is available to persons in adult court and in juvenile court. Native Courtworkers provide counselling and assistance to clients to ensure their just and fair treatment in a judicial process unfamiliar with the ways and customs of Native people. Native Courtworkers meet with, advise and assist any Native person charged with an offence under federal or provincial law, or under municipal or band bylaws. Support service in court and at meetings with the defence attorney or with judges.
 - Available free of charge. Service provided by phone and in person. Phone the office nearest you for details.
- Contact
 - Kahnawake: 450 638-5647
 - Montréal: 514 499-1854
 - [SPAQ NPJSQ](#)

Mental health

Action Autonomie

- Not strictly a legal resource, but provide support to people with labels of mental illness in navigating a range of issues relating to housing, health and social services, employment insurance, curatorships...
- Note: website is only in French

See also **AMI Quebec's** [list of resources](#)

Misc / other areas of law

- [About SOS — SOS domestic violence](#)
- <https://www.cji-mlc.org/> (mobile legal clinic)
- **Project Genesis**
 - Project Genesis is a community organization committed to the values of social justice, equality and non-discrimination, and empowerment. With our members, we work towards social change with the goal of improving the quality of life of the disadvantaged.
 - Services
 - Project Genesis' drop-in Storefront offers free-of-charge, confidential help in areas such as housing, welfare, pensions, and family allowances. Our services are available to everyone. For example, we do not refuse service based on immigration status, age, religion, country of origin, neighbourhood in which you live, income or housing situation. We offer a walk-in service with trained volunteers supervised by experienced and knowledgeable staff. We also provide information by telephone. In some cases, we are able to provide services in languages other than English

and French; please call for more details. Please come at least 2 hours before closing time.

- Available free of charge. Service provided by phone and in person without an appointment.
- Contact details
 - 4735, chemin de la Côte-Ste-Catherine
 - Montréal (Québec)
 - H3W 1M1
 - Opening hours Monday and Tuesday from 9:00 a.m. to 4:00 p.m. | Thursday from 9:00 a.m. to 7:00 p.m. | Friday from 9:00 a.m. to 2:00 p.m.
- Telephone
- 514-738-2036
- Website www.genese.qc.ca

- **Juristes a Domicile**
 - [Juristes à Domicile - Votre boussole juridique](#)
 - [Services d'accompagnement | juristesadomicile](#)
 - Juristes à Domicile (JAD) is a non-profit organization whose mission is to guide and support its members who may be in a difficult situation or who may be vulnerable or powerless in enforcing their rights. JAD can also facilitate access to low-cost legal services where necessary.
 - A key asset of the organization's services is that they are provided by lawyers on the team who will go out to see a member requesting this.
 - Services
 - Legal information, guidance and mediation services are provided at low cost by Juristes à Domicile, and the first hour of consultation is free. A member who requires legal services has the chance to obtain service at low cost, on a flat-rate or percentage basis, with the organization referring the member to a lawyer who agrees to provide service at low cost.
 - Juristes à Domicile may be reached by phone or be e-mail at juristesadomicile@gmail.com or at info@juristesadomicile.com
 - Telephone
 - 514-944-9929
 - Website www.juristesadomicile.com

- **MOUVEMENT ACTION-CHÔMAGE DE MONTRÉAL**
 - <http://macmtl.qc.ca/>
 - Telephone
 - 514-271-4099
 - Group that defends the rights of the unemployed. It informs and supports jobless people while aiming to safeguard and improve the employment insurance system.
 - Services

- Legal information hotline on employment insurance. Available free of charge.
- Two-hour group information sessions on employment insurance. No additional information or steps will be provided prior to attendance at a session. Subsequently, anyone with additional questions or problems requiring intervention may meet a representative. Available free of charge.
- Remedies: Administrative review, representation before the Social Security Tribunal (general division and appeals division).
- Opening hours
 - Information sessions : Tuesday at 1:00 p.m., Wednesday at 7:00 p.m. and Thursday at 1:00 p.m.
 - Telephone line: Tuesday from 1:00 - 3:00 p.m., Wednesday from 5:00 - 8:00 p.m. and Thursday from 1:00 - 3:00 p.m.
- **Stella**
 - <https://chezstella.org/en/home/>
 - <https://boussolejuridique.ca/en/resource/stella/>
 - Stella is run by sex workers, for sex workers. We provide information, health clinics & other social services. Stella's primary mission is to improve quality of work and life for sex workers, to educate the greater public on the different ways that sex work happens as well as about our lived experiences as sex workers, so that sex workers might also enjoy and benefit from the same rights to safety and security that are commonplace for other people.
 - Services
 - The stakeholders provide our tools and our documentation, listening, discussion and referral support as well as a guidance service. Available free of charge for female sex workers.
 - The legal consultant provides legal workshops on an ad hoc basis.
 - Support related to every area of law, as well as for other approaches.
 - Legal information on criminal, municipal and immigration offences (available on our website and at our premises).
 - Legal information available at the premises on various legal issues (e.g., housing and sex work, criminalization of failure to disclose HIV status and sex work, sex workers and police powers).
 - We also provide an array of other services and activities for sex workers, such as an anonymous medical clinic, community activities and distribution of prevention material.
 - Contact the organization by phone or by e-mail (info@chezstella.org).
 - 514-285-8889 (Collect calls from women in prison are accepted)
 - Administration : 514-285-1599
- **Chez Doris**

- Chez Doris is a charitable organization offering a daytime shelter 7 days a week for all women in difficulty. The house provides meals, respite, clothing, socio-recreational activities as well as practical assistance in a secure and accepting environment. To give women in need a safe and nonjudgmental environment where confidentiality is assured. We pride ourselves in our welcoming, secure, inclusive, confidential, respectful, supportive and helpful environment for every woman who passes through our doors.
- **Services**
 - The interns are supervised by a law professor, and help with legal matters which may pertain to tenant rights, family law, criminal law and assist with drafting letters to landlords, accompanying our clients to legal appointments as well as outlining their rights. For women in need, in all areas of law that concern them.
 - Available free of charge. Service provided in person without an appointment. Visit during opening hours.
- **Contact details**
 - 1430, rue Chomedey
 - Montréal (Québec)
 - H3H 2A7
 - Opening hours Everyday from 8:30 a.m. to 1:00 p.m.
- Telephone
 - 514-937-2341
- Website www.chezdoris.ca
- **Clinique Droits Devant**
 - Organization whose mission is helping people who are, have been or are at risk of being homeless to regularize their legal records. The clinic provides information, referrals and guidance to people throughout penal and criminal proceedings to facilitate the exercise of their rights and remedies.
 - **Services**
 - Legal information service regarding criminal proceedings (minor infractions) as well as referrals and guidance at Municipal Court and the Palais de Justice for people who are at risk or who have experienced a period of homelessness.
 - Assistance in drafting complaints and guidance in remedies in cases of police abuse or discrimination.
 - Legal information and training workshops on criminal proceedings and remedies in cases of abuse or discrimination, for organizations requesting them. Phone for details.
 - **Contact details**
 - 105 Ontario Est, bureau 214,
 - Montréal, (Québec)

- H2X 2G9
 - coordination@cliniquedroitsdevant.org | intervention@cliniquedroitsdevant.org
 - Opening hours
 - Without appointment : Monday and Tuesday from 9:00 a.m. to 12:30 p.m. and from 1:30 p.m. to 4:00 p.m.
 - On appointment only : Thursday and Friday
 - Telephone
 - 514-603-0265
 - Website www.cliniquedroitsdevant.org
- COALITION DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE CONTRE LE SIDA (COCQ-SIDA)**
- Organization with the mission of bringing together the various community players involved in the fight against HIV/AIDS and exercising leadership to encourage, support, consolidate and promote autonomous community action in this struggle in Québec.
 - Services
 - HIV info-rights service: legal information service provided by a lawyer on the legal issues related to HIV/AIDS for people living with HIV/AIDS or involved in a situation in which the rights of people living with HIV/AIDS are affected. Available free of charge. Service provided by phone and in person by appointment.
 - Legal information available on their website.
 - Contact details
 - 1, rue Sherbrooke Est
 - Montréal (Québec)
 - H2X 3V8
 - info@cocqsida.com
 - Opening hours
 - Monday to Friday from 9:00 a.m. to 5:00 p.m. (The person in charge of the service works three days a week, and opening hours may need to change. However, messages can be left by voicemail or e-mail at any time.)
 - Telephone
 - 514-844-2477 # 34
 - toll-free : 1-866-535-0481
 - Website www.cocqsida.com