



2024/2025

ONE VOICE COALITION DIRECTORY

OUR HISTORY AND STEWARDSHIP

The One Voice Coalition was initiated in 2019 by the English–Speaking Catholic Council (ESCC) and Catholic Action Montreal (CAM) “to improve access to healthcare and decrease social isolation” for English–speaking seniors. Then, during the pandemic, the Coalition exploded in size and energy, as senior care came under siege. This was a time when information was urgently needed and not often available. There was a clear need to band together, try to make sense of the rapidly shifting landscape, and create “one voice” to demand support.

After the pandemic, stewardship of the Coalition transitioned to **Seniors Action Quebec** in 2022, who then partnered with **Community Health and Social Services Network (CHSSN)** to lead the process of collective reflection that generated the current statement of mission, principles and vision. The 2023/2024 collective reflection process made it clear that One Voice should not be structured and managed as a Seniors Action Quebec program. If it is to deliver on its potential, the Coalition must be co-created by participants “in a spirit of partnership and mutual responsibility.” This means:

- Seeking to create the conditions for participation, commitment, self-organisation and emergence of new possibilities.
- Cultivating a culture of care and connection, taking shared responsibility not only for what happens, but for how it happens.
- Taking guidance from the mission, principles and vision in determining actions and evaluating how well we are living up to our intentions.

Lead Stewards: In this spirit, Seniors Action Quebec has taken on lead stewardship of the Coalition, with partnership from CHSSN. That means:

- Seniors Action Quebec will provide resources to support Coalition meetings, as well as staff time to coordinate core Coalition activities and communications.
- CHSSN will provide support through staff time and occasional funding of meetings and other expenses.
- Both will explore whether there is a need to distinguish between when they are in a stewardship role (contributing process) and when they are in a participant role (contributing content, like any other participant).

A Rotating Co-Stewardship Team: The emerging vision is that a small number of other participants will serve as co-stewards on a rotating basis. The exact number, selection method, term length and responsibilities of co-stewards is to be determined.



The Lead Stewards are



**SENIORS
ACTION
QUEBEC**



**COMMUNITY HEALTH &
SOCIAL SERVICES NETWORK**

**RÉSEAU COMMUNAUTAIRE DE
SANTÉ ET DE SERVICES SOCIAUX**

Thank you to our funder

***Secrétariat aux relations
avec les Québécois
d'expression anglaise***

Québec



WHAT IS THE ONE VOICE COALITION

We are the One Voice Coalition, diverse people from a wide range of community organisations actively supporting and representing English-speaking older adults and seniors in the Greater Montreal area.

We come together in order to:

Coordinate, cooperate and collaborate

- Leverage our collective experience and lived experiences
- Share stories, information and resources
- Mobilise around issues, challenges and opportunities
- Broaden our networks, and foster collaborative projects.

Like a village:

We do this in a spirit of partnership and mutual responsibility, gathering in ways that inspire growth, collaboration and hope, and embracing the power of our diversity to nurture creativity and shared learning.

This is our vision:

Personally and professionally, we are each nourished by relationships and mutual support, knowing we are not alone.

English-speaking older adults and those who assist and accompany them are supported within a vibrant space of agency, connection and care.

Our organisations are better connected and equipped to achieve their mandates.



All members of the greater community value and embrace the aged and the process of ageing.

We are stronger and wiser together.



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ONE VOICE COALITION PARTICIPANTS

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- **Catholic Action Montréal**
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- **Contactivity Centre**
- **Cummings Centre**
- **The English-Speaking Catholic Council (ESCC)**
- **Eva Marsden Centre**
- **Extra Miles Senior Visiting Program**
- **Gay and Grey Montreal**
- **LaSalle D&D 50+ Centre**
- **McGill Community for Lifelong Learning (MCLL)**
- **New Hope - Senior Citizens' Centre**
- **Quebec Community Groups Network (QCGN)**
- **The East Island Network for English Language Services (REISA)**
- **SASMAD (Service d'accompagnement spirituel des personnes malades ou âgées à domicile) - Pastoral Home Care**
- **South Shore Community Partners Network (SSCPN)**
 - **The South Shore Literacy Council**
- **WIN Intergenerational Network**
- **The Yellow Door**



MISSION AND VISION

Our mission is to enhance the quality of life of seniors in the Montreal east community by offering social services and programs, in order to favor independence, autonomy and community engagement.

- **Health Promotion services:** Blood Pressure Clinic, Exercise Classes, Home Visits & Assessments, Physical and Mental Health workshops.
- **Educational, Recreational, and Social Integration:** Arts & Crafts, Line Dancing, Knitting Group, Bingo, Community Meals (Tuesdays and Wednesdays), Karaoke Nights, etc.
- **Support Services:** Meals on Wheels Program, Subsidized Transportation, Friendly Visits, Friendly/Reassurance Calls, Individual & Family Counselling.

CONTACT INFORMATION

Name of the Executive Director: Mirella Castrechini (until April 7th),
Sabrina Di Ioia (after April 7th).

Name of the contact person for the Coalition: Mirella Castrechini.

Telephone number: (514) 355-1712

Email address: info@almage.org

Website: <https://almage.org>



MISSION AND VISION

Our mission is to assist and empower people of all ages to access health and social services, information, resources, programs and activities in English on the South Shore.

Area of activities / services: Montérégie-Centre

CONTACT INFORMATION

Interim Executive Director: Debra Dorey

Email: pm@arc-hss.ca

Telephone: 514 743-8058

Contact person for the Coalition: Tania Blood

Email: gpk@arc-hss.ca

Telephone: 514 213-3744

General email: info@arc-hss.ca

Telephone:

Website: www.arc-hss.ca

Regional offices in:

- St-Jean-sur-Richelieu
- LaColle



MISSION AND VISION

Our mission and area of activity is to "share our gifts to serve our neighbour" with an emphasis on social justice projects in service of vulnerable populations in the Greater Montreal Area.

CONTACT INFORMATION

Executive Director: Terrel Joseph

Contact person: Terrel Joseph (Executive Director)

Email: ExecutiveDirector@catholicaction.ca

Telephone: (514) 578-2134 (Terrel's cell)

Website: catholicaction.ca



MISSION AND VISION

The St-Antoine 50+ Community Centre is a non-profit social service organization that offers diverse programs and services to all seniors, as well as to other adults, in the community. We strive to enhance the quality of life of individuals and communities in the Southwest sector of Montreal. We strive to foster friendships and create opportunities for members to share with and learn from people coping with similar life experiences.

CONTACT INFORMATION

Executive Director: Rose Mary Silletta

Email: rosemarys@centrestantoine.com

Telephone: 514 933-7351 ext. 108; Cell.: 514 298-1001

Contact person: Rose Mary Silletta

Website: centrestantoine50plus.org



MISSION AND VISION

Our mission is to connect and support older adults through programs and services that promote social inclusion, health and well-being. We offer social activities; recreational, fitness, and education programs; lunches; information and referral/outreach services; and volunteer opportunities for older adults to stay active, engaged, and connected.

CONTACT INFORMATION

Executive Director: Benita Goldin

Email: Benita.goldin@contactivitycentre.org

Contact person: Jawdat Dib

Email: outreach@contactivitycentre.org

Telephone: 514 932-2326

General enquiries: admin@contactivitycentre.org

Website: www.contactivitycentre.org



MISSION AND VISION

Our mission is to empower and enhance the quality of life of adults aged 50 and over by offering dynamic and creative programming, social services, and volunteer opportunities in a vibrant respectful, compassionate and inclusive environment created by dedicated staff, kind-hearted volunteers, and knowledgeable specialists.

CONTACT INFORMATION

Executive Director: Pauline Grunberg

Email: pauline.grunberg@cummingscentre.org

Contact person: Joy Lawee

Email: joy.lawee@cummingscentre.org

Telephone: 514 734-1805

Website: www.cummingscentre.org



MISSION AND VISION

Mission:

- The English-Speaking Catholic Council is reclaiming its role as the unifying voice of Montreal's English-speaking Catholics-mobilizing leadership, fostering collaboration, and building a connected, mission-driven community.

Strategic Vision:

- The ESCC is going back to its roots and evolving from being primarily a supporter of partner projects to becoming a central hub and voice for the English-speaking Catholic community. Our renewed focus on fostering connection, collaboration, and leadership development will aim to strengthen the community, address its needs more effectively, and build unity across ministries, parishes, and organizations.

CONTACT INFORMATION

Executive Director: Cory Johnson

- Email: escc.ed@catholiccouncil.ca
- Telephone: 438 470-6680

Contact person (for the Coalition): Cory Johnson

General information / Communications and Project Coordinator

- Email: escc@catholiccouncil.ca
- Telephone: 438 470-6828

Website: <https://catholiccouncil.ca>



MISSION AND VISION

The Eva Marsden Centre for Social Justice and Aging is dedicated to restoring humanity and dignity to the experience of growing older in our society. We work to improve all aspects of health and well-being while collectively addressing systemic issues that impact daily life.

Area of activity:

- Services are offered to residents of Notre-Dame-de-Grâce, Montreal West and the two most disadvantaged sectors of Côte Saint-Luc (Bailey and Westminster).

CONTACT INFORMATION

Executive Director: Sheri McLeod
Email: direction@emcmtl.org

Contact person for the Coalition: Jessica Formichella
Email: jformichella@emcmtl.org

Telephone: 514 487-1311
Website: <https://emcmtl.org>



Extra Miles Senior Visiting Program



Extra Miles...

Programme de visites à domicile pour personnes âgées
Friendly senior visiting program

Église Unie de Montréal Ouest / Montreal West United Church

MISSION AND VISION

Extra Miles is an outreach project of the Montreal West United Church, ensuring frail and isolated older adults feel valued and connected to their community with friendly visits and intergenerational programming.

- Weekly in-home visits
- Opportunities for older adults to participate in programs connecting older people and younger people (Pen Pal program; In class curriculum based program; activity day).

CONTACT INFORMATION

Program coordinator: Tracie Swim

Name of the contact person for the Coalition: Tracie Swim

Telephone number: 514-482-3210; Mobile: 514-919-5262

Email address: extramiles.senior@gmail.com

Website: <https://www.mwuc.org/extra-miles-senior-visiting-program>



MISSION AND VISION

We are dedicated to supporting English-speaking LGBTQ+ older adults and seniors by fostering inclusion, offering social support, and addressing issues related to aging in the community.

CONTACT INFORMATION

Board President: Ada Sinacore

Email: ada.sinacore@ggmontl.com

Telephone: 514 487-6760

Email Addresses:

- **General Inquiries: info@ggmontl.com**

Website: <https://gayandgreymontreal.com/>





MISSION AND VISION

The LaSalle D&D 50+ Centre provides a welcoming space for English-speaking older adults, focusing on reducing isolation and promoting wellness through quality activities and services. Our programs foster community participation and support physical, mental and social well-being, all while valuing and respecting the contributions of older adults.

CONTACT INFORMATION

Executive Director: No executive director

Contact person: Diane Doonan, Vice President

Email: dianedoonan@gmail.com

Contact person: Alex Pitcher, Activity Coordinator

Email: activity.coordinatorddd50@gmail.com

Contact person: Joy Ibrahim, Centre Coordinator

Email: coordinator.dd50@gmail.com

Telephone: 438 882-7771

Facebook page: <https://www.facebook.com/p/LaSalle-DD-50-Centre-100066810090750/>



MISSION AND VISION

MCLL provides lifelong learning opportunities for older adults through peer-led study groups, lectures and special events. Its mission is to foster intellectual stimulation and social engagement through a rich and dynamic lifelong learning community.

CONTACT INFORMATION

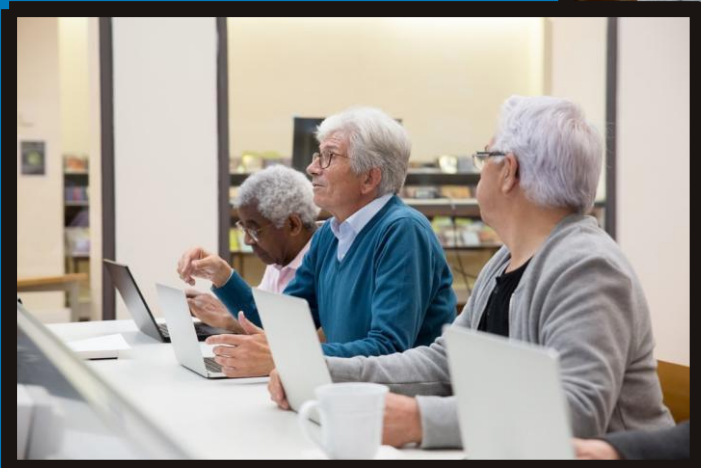
Executive Director: no Executive Director; the program is overseen by the School of Continuing Studies at McGill University.

Contact for the Coalition: MCLL Program Administrator

General reception email: mcll.scs@mcgill.ca

Telephone: 514 398-8234

Website: mcgill.ca/mcll



New Hope Senior Citizens' Centre



MISSION AND VISION

New Hope Senior Citizens' Centre is a community-based non-profit organization dedicated to serving seniors in Notre-Dame-de-Grâce (N.D.G.).

We strive to create a welcoming space where seniors can stay active, engaged, and connected through a variety of social and community-based programs. By encouraging volunteerism, civic participation, and access to essential services, New Hope works to reduce isolation and promote the overall well-being of our aging population.

We offer a vibrant day program with a range of physical, artistic, and social activities. Our kitchen serves fresh, nutritious community lunches on Mondays and Wednesdays, bringing people together over a warm meal.

For those unable to join us in person, our Meals on Wheels program delivers delicious, home-cooked meals to residents of NDG and Côte-Saint-Luc on Tuesdays and Thursdays.

CONTACT INFORMATION

Director: Evita Karasek – direction@newhopendg.com

Phone: 514-484-0425 ext. 4

Website: newhopendg.com

Address: 6225 Av. Godfrey, Montreal, QC, H4B 1K3

Opening Hours: Monday – Thursday, 9:00 AM – 3:30 PM



MISSION AND VISION

TALQ formerly known as The Quebec Community Groups Network provides leadership and representation through dialogue, public awareness and advocacy for English-speaking Quebecers and their diverse institutions, organization and communities.

Vision: English-speaking Quebec is a recognized, respected and diverse linguistic minority that is an integral contributor to the development of all aspects of Quebec and Canadian society.

TALQ principle with respect to Official Languages: QCGN respects French as the official language of Quebec. It supports the protection, support and enhancement of the linguistic rights of Canadian to thrive in our two official languages. English-speaking Canadians living in Quebec represent one of the two official language minority communities in Canada with equality of status, rights and privileges.

Areas of activity:

- **Advocacy and Representation**

Acts as a non-partisan advocate for the rights and vitality of the English-speaking community at all levels for English-speaking Quebecers and their communities.

- **Community Vitality**

Works to enhance the vitality and resiliency of the English-speaking communities in Quebec by developing and strengthening networks through dialogue, capacity building, partnering and joint action.

- **Organizational Leadership**

Organizes and operates to exemplary standards and maintains a value-based culture.

TALQ: TALKING, ADVOCATING.

LIVING IN QUEBEC

talq

Talking.
Advocating.
Living in
Québec.

CONTACT INFORMATION

Executive Director: Sylvia Martin-Laforge

Email: sylvia.martin-laforge@qcgq.ca

Phone: 514 868-9044, ext. 225

Contact person for the Coalition: Maggie Severs

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Telephone: 514 868-9044, ext. 233

General:

Phone: 514 868-9044

Email: info@qcgq.ca

Website: www.qcgq.ca



MISSION AND VISION

The East Island Network for English-Language Services-REISA is composed of community and public partners who work to develop and promote access to English-language health and social services in the East and North of Montreal.

English-speaking communities in the east and north ends of the island represent a significant 17.8% of the area's population. However, it is common that the needs of these communities are overlooked. REISA seeks to promote access to health and social services in the English language in areas where minority groups are more comfortable receiving services in English than in French.

Our programs:

NPI: designed to support Quebec's minority English-speaking communities in improving and maintaining access to the full range of Health and Social Services.

Outreach: REISA's outreach activities are designed to support community health and social services networks in their outreach efforts, to better identify and engage vulnerable and often hard-to-reach English speakers. REISA supports activities such as:

- Information gathering/studies to better understand needs;
- Offering information and referral;
- Navigation of services;
- Accompaniment;
- Communications and advocacy;
- Outreach initiatives designed to improve overall health and well-being of this clientele; and
- Informing and supporting health and social service providers to better reach and serve vulnerable English-speaking populations.

SWI: Health education and health promotion activities for English-speaking seniors in Saint-Laurent. These sessions are designed to increase access to knowledge of health and social services and decrease social isolation through purposeful and informed programming.

The East Island Network for English Language Services (REISA)

CONTACT INFORMATION

Executive Director: Claudia Maiolo

Contact person for the Coalition: Caitlin Thomas, Programme Manager

Email: liaison@reisa.ca

Telephone: 514 955-8370, ext. 2217

Website: <https://reisa.ca/>



MISSION AND VISION

Our mission is to provide spiritual accompaniment to seniors or those who are ill in their own homes. We visit those who are religious or non-religious, listening deeply and focusing on what helps their spiritual health and sense of meaning in their lives.

CONTACT INFORMATION

Executive Director: André Dupré

Contact person: Cathie Macaulay

Telephone: 514 983-2685

Email: cmacaulay@diocesemontreal.org

Telephone SASMAD: 514 272-4441

Website:

<https://microsites.diocesemontreal.org/microsites/sasmad/enhome-2/>



MISSION AND VISION

The SSCPNN is a volunteer-based, non-profit corporation whose objective is to build a sense of community among the Montreal South Shore English-speaking community, by helping encourage awareness of various volunteer groups' activities, programs, and support services within our community. We assist in promoting Government programs along with organizations that could be of benefit to our community.

Territory: Montreal South Shore (Brossard, Greenfield Park, Saint Lambert, Saint Hubert, Candiac, Delson, St-Jean, Longueuil, La Prairie, Boucherville, Otterburn Park, Saint-Bruno and surrounding areas). We also will take information and referrals from in and around Greater Montreal.

For Health & Social Services, plus various community programs, information and support contact the following Local NPIs (Network Partnership Initiative) and/or visit their individual Facebook pages for updates:

- For Chateauguay area: Montérégie West Community Network (MWCN)

Email: info@mwcn.ca Tel: 450-691-1444 (leave a message / laissez un message)

- For Montérégie East Partnership for the English-speaking Community (MEPEC)

E-Mail info@mepec-pemca.org or call 450-281-3732 (leave a message / laissez un message)

- In the Montérégie Center: ARC Assistance and Referral Centre, 106 Churchill, Greenfield Park

Email: info@arc-hss.ca or call 514-605-9500 (leave a message / laissez un message).

MISSION AND VISION

The SSCPNN helps individuals and community-based organizations and services by:

- Supporting community-based initiatives and services
- Supporting a range of programs and networking outreach aimed towards the English-speaking population on the South Shore
- Aiding Community organizations in promoting their programs
- Providing general awareness and assistance at all levels of Government benefit programs,

i.e., Senior and Family Tax Credits and information on government assistance programs.

- Information and referral about a range of local services – Meals on Wheels, Day Centre, Caregiver support, Home Care Services (Private and Public), Seniors Clubs, Exercise programs, Health awareness, social groups (Arts-Culture-Life Long Learning), individuals and private agencies that provide support services
- Providing assistance when choosing a seniors' residence, homecare, nursing centres with English services along with very general advice when navigating the health system.

We provide these services for families and friends of loved ones who may be living outside of the South Shore or even outside of Quebec. We can help by explaining local services, programs, how to access them and make referrals. We host sessions and post information on programs and services in the English-language.

The South Shore Literacy Council is a non-profit organization dedicated to offering free literacy programming. We offer literacy tutoring for adults, a Care-Share Program for adults with developmental delays, the Mother Goose Pre-Literacy Music Program for parents and their infant children ages 0-4) and inclusive senior programming.

We are committed to life-long learning. We are committed to improving the quality of life through transmitting basic literacy skills.

Website: www.southshoreliteracy.org

Email: info@southshoreliteracy.org

Phone: 450-671-4375

Director: Rachel Wagner Lemblé



MISSION AND VISION

Connecting, sharing, learning and building. The WIN Intergenerational Network facilitates collaboration and sharing of resources among community partners, to raise awareness about Intergenerational practice, promote Intergenerational connections and foster the creation of innovative programs across generations encouraging inclusion and belonging for people of all ages.

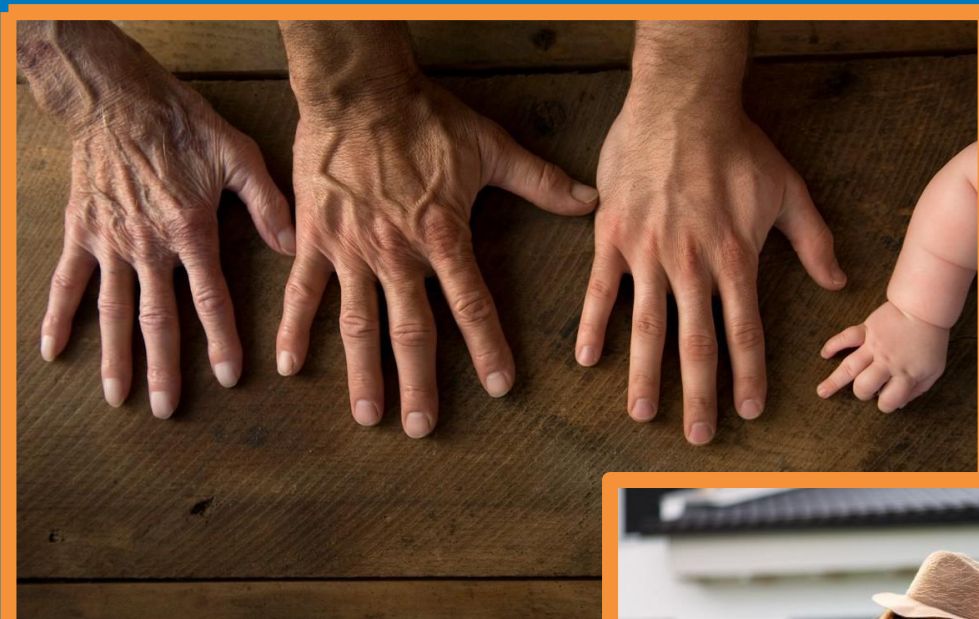
CONTACT INFORMATION

Contact person for the Coalition: Tracie Swim, Co-founder

Email: info@winmontreal.org

Telephone: 514 919-5262

Website: www.winmontreal.org



MISSION AND VISION

Our mission is to reduce social isolation of vulnerable groups in downtown Montreal. Over the decades we have come to mean so many things to so many people. We are a place to receive support, to find resources, to socialize, to discover new skills, to truly connect with others, to be part of a larger community. We are a place for all ages to come together.

The Yellow Door evolved out of the YMCA of McGill University founded in 1887 whose work was assumed by the Student Christian Movement of Canada in 1928. In the late 1960s, the Yellow Door Coffeehouse grew out of an initiative of the Student Christian Movement and was staffed by local artists and provided a showcase for music and poetry. The Coffeehouse also played an active role in the community, and between 1967 and 1971, a lunch program served meals to war resisters, students, the elderly and itinerant persons. From 1970 to 1972, in response to the counterculture drug scene, a drop-in psychiatric clinic was set up and Douglas Hospital doctors counseled youth with drug addictions. As the longest-running coffeehouse in Canada, the Yellow Door Coffeehouse has become a landmark while remaining a lively folk music and spoken word venue.

In 1972, the current Generations program was started as the result of a Local Initiatives Projects grant that was used by a group of McGill students to conduct a door-to-door survey of the elderly residing in the community. The program has been maintained with the help of grants from Centraide, the Quebec government and the generosity of private individuals and corporations.

The Yellow Door (La Porte Jaune)



CONTACT INFORMATION

Executive Director: Kaitlin Fahey

Email: director@yellowdoor.org

Contact person for the Coalition: as above

Email: as above

Telephone: 514 845.2600 ext. 4

Website: <https://www.yellowdoor.org/>

Facebook: <https://www.facebook.com/TheYellowDoor.LaPorteJaune/>

Instagram: [@theyellowdoororg](https://www.instagram.com/theyellowdoororg)

Linkedin: <https://www.linkedin.com/company/the-yellow-door-la-porte-jaune/?viewAsMember=true>

General: info@yellowdoor.org

Phone: 514 845-2600





For more information visit:
<https://www.seniorsactionquebec.ca/>



<https://www.facebook.com/Onevoicecoalition/>