

Legal Information and Referrals Guide



ēducaloi

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The information is up to date as of December 2024.

1. Free Legal Information online and some with telephone service

General (multiple areas of law)

- Éducaloi

educaloi.qc.ca/en/

- Justice Québec

quebec.ca/en/justice-and-civil-status

Wills, estates, family law, property sales

- Chambre des Notaires
(notaries' association)

cnq.org/en/

Protection mandates and other protections for vulnerable people

- Curateur public (Public Curator)

curateur.gouv.qc.ca/cura/en/

(Montreal)

514-873-4074

(elsewhere in Quebec)

1-844-532-8728

Rental housing

- Tribunal administratif du Logement (formerly Régie du logement or rental board)

tal.gouv.qc.ca/en

(Montreal, Laval and Longueuil)

514-873-2245

(elsewhere in Quebec)

1-800-683-2245

Labour standards, pay equity and workplace health and safety

- Commission des normes, de l'équité, de la santé et de la sécurité du travail

cnesst.gouv.qc.ca/en

1-844-838-0808

Commission des droits de la personne et des droits de la jeunesse (CDPDJ)

- Handling of complaints from anyone who believes they have been victims of discrimination or exploitation within the meaning of the Charter of Human Rights and Freedoms or who believes the rights of a child have been infringed upon by an institution, organization or person providing services under the Youth Protection Act or the Youth Criminal Justice Act.

- Legal information service on discrimination and human rights and help in formulating complaints.
 - Available free of charge.
 - Service provided by phone, by e-mail and in person with or without an appointment
- Legal information service on discrimination and human rights and help in formulating complaints.
 - Available free of charge.
 - Go to the website to order information leaflets.

cdpdj.qc.ca/en

1-844-361-6477

Consumer protection

- Office de la protection du consommateur

opc.gouv.qc.ca/en/

Tel: see opc.gouv.qc.ca/en/contact/consumer for list of phone numbers by region

- Option consommateurs

option-consommateurs.org/en/legal-information-services/

(Montreal)

514-598-7288

(elsewhere in Quebec)

1-888-412-1313

Human rights and youth rights

- Commission des droits de la personne et des droits de la jeunesse

cdpdj.qc.ca/en

1-800-361-6477

Rights of persons with disabilities

- Office des personnes handicapées du Québec

ophq.gouv.qc.ca/

(website in French only)

1-800-567-1465

Complaints about Quebec government services

- Protecteur du citoyen
(ombudsperson)

protecteurducitoyen.qc.ca/en

(Quebec City)

418-643-2688

(elsewhere in Quebec)

1-800-463-5070

Information about complaints regarding health and social services

quebec.ca/en/health/health-system-and-services/rights-recourses-and-complaints

Help with complaints about phone, TV and Internet services

- Commission for Complaints for Telecom-television Services

ccts-cprst.ca

Quebec Bar Association's free legal information phone lines

If you've been arrested

1-866-666-0011

Immigration emergency

1-866-954-3525

Young offender emergency

514-954-3500

Landlord-tenant info

1-844-227-3790

(five-minute consultation)

Criminal law info

1-888-954-9447

Small claims court preparation

1-844-227-3781

2. Free Legal Information Clinics

telephone
and in-person

Some legal information clinics may also offer legal advice. You can ask the clinic about this when you contact them.

Community Justice Centre

- 13 centres across Quebec. To find address and phone number of nearest one go to

justicedeproximite.qc.ca/en/

- Covers multiple areas of law
- Provides “pre-mediation” services (preparation for mediation) for family law and small claims court cases
- No appointment necessary (when walk-in services operating)

The Legal Collective

lecollectifjuridique.ca/en/

- Operates four legal info clinics in Montreal:
 - Tyndale St-Georges Community Centre, 870 Richmond Square
 - Comité d'action de Parc-Extension, 419 Saint-Roch.
 - Organisme accès bénévolat, 2544 Rosemont Boulevard
 - Mordecai-Richler Library, 5434 Park Ave
- Covers multiple areas of law
- By phone or appointment
514-507-3054

University-based legal clinics

McGill

438-944-6545

Université de Montréal

514-343-7851

(by appointment only)

UQAM

514-987-6760

Université de Sherbrooke

819-821-8000 # 65221

University of Ottawa

613-562-5600

Some university-based legal clinics may also provide legal advice. If you need legal advice, ask the clinic if they offer this service.

Head and Hands

headandhands.ca/programs-services/legal-services

- 3465 Benny Ave, Montreal

By phone and email only:

514-237-8445 or email info@headandhands.ca

- Covers multiple areas of law but oriented toward legal education and support of youth
- Free of charge for youth 12-25

Project Genesis

genese.qc.ca/

- 4735 Côte-Ste-Catherine Road, Montreal
- Covers mainly access to government programs (e.g., welfare, pensions, family allowances) and tenant's rights
- By phone or appointment
514-738-2036

Montreal City Mission's Just Solutions Clinic for Immigration and Refugee Law and Seniors' Legal Clinic

montrealcitymission.org/en

- 1435 City Councillors Street, 3rd Floor, Montreal
- By phone or appointment

Immigration and refugee law

514-844-9128 ext. 108 or 106

Seniors' Mobile Legal Clinic

514-844-9128 ext. 108 or 106

Arnold Bennett Tenants' Rights Hotline

[facebook.com/groups/
HousingHotline](https://facebook.com/groups/HousingHotline)

- Information provided only by phone or via Facebook page (no in-person consultations)
- Phone info line
514-488-0412

West Island Community Resource Centre Legal Clinic

crcinfo.ca/en/

- 114 Donegani, Pointe Claire
- Covers multiple areas of law
- By phone or appointment
514-694-6404

Young Bar of Montreal Public Services

ajbm.qc.ca/en/

- Can provide assistance to people in Montreal representing themselves before the small claims court, the Tribunal administratif du logement (rental board), the Tribunal administratif du travail and the Tribunal administratif du Québec (regarding crime victim's compensation).
- Also provides on-site assistance to people representing themselves in criminal matters at the Montreal municipal court.

Clinique droits devant

- 105 Ontario East, office 214, Montreal
- 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.

514-603-0265

Clinique juridique du Grand-Montréal

cjgm.ca/en/contact-us/

- 3735 Rue Monselet, 2nd floor, Montréal-Nord
- 5347 Ch. De la Côte-des-Neiges, Montréal
- Support during a legal process, helping every step of the way
- Workshops to learn more about a certain area of law
- Legal advice (free consultation on Saturdays)

514-789-2823

Migrant Justice Clinic

cliniquejusticemigrante.ca/en

- Legal information on the different stages of the migration process (workshops)
- Legal representation and psychological accompaniment for migrants

514-523-6666

YWCA Montreal Legal Information Clinic

[Legal Information Clinic - YWCA Montreal \(ydesfemmesmtl.org\)](http://ydesfemmesmtl.org)

- 30 minutes information session (individual) at low cost (0-\$20)
- For women and their family only

514-866-9941 ext. 293

3. Free and Low-cost Legal Consultation (Advice) and Legal Representation

Quebec Bar Association's low-cost consultation with a lawyer

- Cost of a consultation with a lawyer varies between \$50 and \$60 depending on your region
- For the cost, duration of consultation and the phone number to call for your region see:

barreau.qc.ca/en/find-lawyer/referral-services/

- This cost is only for an **initial consultation**. If you ask the lawyer for further services (for example, further consultations or for representation) you must reach an agreement regarding fees.

Quebec Legal Aid

- Provides free (or in some cases low-cost) legal representation for low-income people in all regions of Quebec.
- For information on eligibility criteria and to find a Legal Aid office, see:
csj.qc.ca/commission-des-services-juridiques/aide-juridique/Quest-ce-que-aide-juridique/en
- Any lawyer in private practice can also accept legal aid work.

Juripop

- Provides legal consultation and representation in most areas of law at \$60 per hour for people who slightly exceed the financial cut-offs for Quebec Legal Aid.
- The request must be made online, with proof of income.
- For more information and to apply: [\[juripop.org/en/i-need-a-lawyer-eligibility/\]\(https://juripop.org/en/i-need-a-lawyer-eligibility/\)](https://juripop.org/en/i-need-a-lawyer-eligibility/)

Justice Pro Bono

justiceprobono.ca/en/we-can-help-you/

- Offers free legal representation in some areas of law to people who do not qualify for legal aid
- Areas of law include family law, services to non-profit organizations and refugee law

Rebâtir

rebatir.ca/index-1.htm?lang=en

- Free legal consultation (4h) for victims of sexual abuse and domestic violence in all areas of the law

1-833-732-2847

4. Online Legal Resources Directory

Boussole juridique

- An online directory of free or low-cost legal resources across Quebec covering many areas of law

boussolejuridique.ca/en/

This guide was made possible with the financial support of the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA).

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

Québec 



éducaloi

Éducaloi is a non-profit organization whose mission is to explain the law to the population of Quebec in everyday language and develop their legal skills.