



# Directory of social and environmental organizations

## Volunteer activities







# See the city with an open heart

Conventions and major events are powerful drivers of economic activity for Montréal. More and more, business tourists are looking to leave a positive mark on their destination.

This directory is designed to support convention and corporate event organizers ready to join the movement toward socially and environmentally sustainable business tourism. It is part of Tourisme Montréal's **Sustainable Destination Policy**, and supplements the **Guide to Best Practices for Sustainable Events** with opportunities and information relating to group volunteering activities.

Tourisme Montréal wishes to thank the participating organizations for taking part in this heartfelt project.

By working together, we can make Montréal an even more community-focused, resilient, and sustainable city!

## About the UN Sustainable Development Goals

Tourisme Montréal's sustainable tourism initiatives use the United Nations' Sustainable Development Goals (SDGs) as a frame of reference.

"The Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including poverty, inequality, climate change, environmental degradation, peace and justice. Learn more and take action." – United Nations

In this guide, SDG icons are shown next to each proposed activity or organization to illustrate which UN sustainable development goal(s) they support.





# Table of volunteer activities

Organization	Food insecurity	Social inclusion	Homelessness	Poverty	Environment	Youth	Women
Accueil Bonneau			•				
Chez Doris			•				•
Dans la rue			•			•	
Dress for success Montreal / L'étoffe du succès Montréal		•					•
Sun Youth / Jeunesse au Soleil		•		•		•	
La Maison du Père			•				
La Tablée des Chefs	•						
La Transformerie	•						
Le Chaînon			•	•			•
Mission 1000 tonnes					•		
Moisson Montréal	•						
Robin des bois	•		•	•			
Santropol Roulant	•	•					
Soverdi					•		
The YMCAs		•				•	



Click on the name of the organization to go to the corresponding page



Accepts donations	Group size	Free	Half or full day	Period
●	Both	Yes	2 hours	Year-round
●	Less than 10 people	Yes	Variable	Year-round
●	Less than 10 people	Yes	2 hours, Wednesday evenings from 5 p.m. to 7 p.m	Year-round
●	Less than 10 people	Yes	Half day	Year-round
●	More than 10 people	Yes	Half day	Year-round, holiday season
●	Both	No	Half day	Year-round
●	Both	No	Half day	Mid-September to mid-June
●	Less than 10 people	Yes	Half day	Year-round, Sunday to Thursday
●	More than 10 people	Yes	Full day	Year-round, holiday season
●	More than 10 people	Variable	Half day	April to October
●	More than 10 people	Yes	Half day or full day	Year-round, holiday season
●	Less than 10 people	Yes	Half day	Year-round
●	More than 10 people	No	Half day	Meals-on-Wheels: Year-round Farm: May to October
●	Both	No	Half day or full day	Mid-May through November
●	Both	No	Half day or full day	Year-round

Throughout the document, click on this icon to return to this table.





# **Volunteer activities**

This section describes the range of volunteer activities offered by various organizations. Participants in these activities work on such issues as **homelessness, food insecurity, protecting the environment and reducing social inequalities.**

We encourage you to **identify the cause with which you would like to get involved** and contact the organization of your choice directly to plan a visit for your group. All organizations can help you in English or French.









# Accueil Bonneau



**CAUSE(S):**  
Homelessness



**GROUP SIZE**  
5 to 20



**COST:**  
Free (monetary  
donations appreciated)



**ACTIVITY LENGTH:**  
2 hours



**PERIOD:**  
Year-round



**AREA:**  
downtown

## SUSTAINABLE DEVELOPMENT GOAL(S):



Each and every day, Accueil Bonneau opens its doors to hundreds of people who are homeless or at risk of homelessness. The centre provides shelter to help people meet their basic needs and support services to help them get back on their feet and find stable housing.

Come spend a few hours helping the Accueil Bonneau staff to serve meals. It's a unique, enriching volunteer experience and an opportunity to learn about the organization's services and make a concrete contribution to the well-being of the people who use it.

You can also organize a clothing drive, collect other items to donate, or hold a fundraising drive for Accueil Bonneau (refer to the **Directory** of social and environmental organizations - **Donations, recycling and reuse**).

Find out more [here](#)

## CONTACT:

**Daphné Mailloux-Rousseau**  
Director, Accueil Bonneau Foundation  
[directionfab@accueilbonneau.com](mailto:directionfab@accueilbonneau.com)







# Chez Doris



**CAUSE(S):**  
Homelessness, women



**GROUP SIZE:**  
2 to 4. Larger groups are possible for special events, a few times per year.



**COST:**  
Free



**ACTIVITY LENGTH:**  
Variable



**PERIOD:**  
Year-round



**AREA:**  
Downtown,  
Little Burgundy

## SUSTAINABLE DEVELOPMENT GOAL(S):



Chez Doris provides a range of services and programs to meet the needs of vulnerable and homeless women. As the only women's shelter in Montréal offering 24/7 service, the organization offers the opportunity to support the cause by performing tasks such as serving meals, sorting donations, cleaning, helping with special events, etc.

You can also help the organization by planning a fundraiser, a non-perishable food drive, or by collecting personal hygiene products or clothing to donate (refer to the **Directory** of social and environmental organizations - **Donations, recycling and reuse**).

Find out more [here](#)

### CONTACT:

**Leah Peck**  
Volunteer and Community Relations  
Coordinator

[Leah.Peck@chezdoris.org](mailto:Leah.Peck@chezdoris.org)





# Dans la rue

## DANS LA RUE



**CAUSE(S):**  
Homelessness, youth



**GROUP SIZE:**  
6 to 10



**COST:**  
Free



**ACTIVITY LENGTH:**  
2 hours,  
Wednesday evenings  
from 5 to 7 p.m.



**PERIOD:**  
Year-round



**AREA:**  
Downtown

### SUSTAINABLE DEVELOPMENT GOAL(S):



Each week, the Dans la rue team takes to the streets in their bus to distribute some 1,000 to 1,800 hot dogs to homeless youth in Montréal and offer them a place to warm up, an open ear and the support they need. As a temporary break from the street, the bus is a gateway to the organization's services, and a first step in the lengthy process of building trust with marginalized youth.

Every Wednesday from 5 p.m. to 7 p.m. at the Day Centre, Dans la rue welcomes groups of 6 to 10 people to help assemble and package around 1,000 hot dogs ahead of the bus's evening outing. At the end of the activity, the group has the opportunity to visit the Day Centre.

Find out more [here](#)

### CONTACT:

**Émilie Dion-Allard**  
Development Officer

[emilieda@danslarue.org](mailto:emilieda@danslarue.org)





SERVICE À LA FENÊTRE  
POUR LES PLUS DE 25 ANS

ICE  
TER



# Dress for Success Montréal

## L'étoffe du succès Montréal



**CAUSE(S):**  
Social inclusion, women



**GROUP SIZE:**  
From 5 to 10,  
sometimes more,  
depending on the needs



**COST:**  
Free



**ACTIVITY LENGTH:**  
Half day



**PERIOD:**  
Year-round



**AREA:**  
Parc-Extension

### SUSTAINABLE DEVELOPMENT GOAL(S):



Focused on the inclusion and social reintegration of women, the mission of Dress for Success is to empower women to return to the workforce. The organization provides professional attire and job search support, and also helps women's families, the community and the local economy.

You can contribute to the organization's positive mission by helping out with jobs around the boutique like sorting, putting away and displaying clothing. It's an opportunity to make a lasting impact and support women on their journey to financial independence.

You can also make a monetary donation to support the organization, or plan a clothing drive (refer to the **Directory** of social and environmental organizations - **Donations, recycling and reuse**).

Find out more [here](#)

### CONTACT:

**Célia Ibala**

Suiting Program and Community Relations  
Manager

[benevole@dressforsuccessmontreal.org](mailto:benevole@dressforsuccessmontreal.org)







# Sun Youth

## Jeunesse au Soleil



**CAUSE(S):**  
Poverty and social inclusion, youth



**GROUP SIZE:**  
15 to 20



**COST:**  
Free



**ACTIVITY LENGTH:**  
Half day



**PERIOD:**  
Year-round, holiday season



**AREA:**  
Parc-Extension

### SUSTAINABLE DEVELOPMENT GOAL(S):



Serving the community since 1954, Sun Youth works with individuals and families in need from the Greater Montreal area by providing a range of emergency services to ensure basic needs and to preserve people's integrity.

Help the organization alleviate poverty and promote inclusion by volunteering in various capacities, from sorting merchandise to preparing food baskets to growing vegetables in the summer. You can also make donations to this organization (refer to the **Directory** of social and environmental organizations - **Donations, recycling and reuse**).

Find out more [here](#)

### CONTACT:

**Elsa Beker**

Coordinator, Volunteers and Events

[bvt@jas-sy.org](mailto:bvt@jas-sy.org)







# La Maison du Père



**CAUSE(S):**  
Homelessness



**GROUP SIZE:**  
5 to 25  
(groups may be divided)



**COST:**  
Donation required  
(food or financial  
contribution) – to be  
discussed based on  
group size



**ACTIVITY LENGTH:**  
3 hours



**PERIOD:**  
Year-round



**AREA:**  
Downtown

## SUSTAINABLE DEVELOPMENT GOAL(S):



For more than 50 years, the Maison du Père has been a resource centre offering multiple housing options to people experiencing homelessness, including a residence for homeless seniors, health care outreach and supportive housing designed to keep people off the street.

Come lend a hand and volunteer to serve food, sort clothing and other items at the shop or greet users. It's an opportunity to help homeless men over 25, and to make a difference as a team. You can also make donations to this organization (refer to the [Directory](#) of social and environmental organizations - **Donations, recycling and reuse**).

Find out more [here](#)

### CONTACT:

**Christine Nguini**  
Volunteer Coordinator

[Christine.Nguini@maisondupere.org](mailto:Christine.Nguini@maisondupere.org)







# La Tablée des Chefs

## La Tablée des Chefs



**CAUSE(S):**  
Food insecurity



**GROUP SIZE:**  
20 to 35



**COST:**  
\$100 per person + tax



**DURATION:**  
3 to 4 hours  
(lunch included)



**PERIOD:**  
Mid-September  
to mid-June



**AREA:**  
Rosemont/Villeray  
(Jean-Talon Market)

With 20 years' experience fighting food insecurity and working to develop food autonomy for young people, La Tablée des Chefs offers a one-of-a-kind corporate culinary activity.

As a group, have a tasty time cooking up seasonal dishes for local food banks and share a gourmet meal.

Find out more [here](#)

For questions, or to make a reservation:  
[ecoledecuisine@tableedeschefs.org](mailto:ecoledecuisine@tableedeschefs.org)

**CONTACT:**

**Nathalie Pomerleau**

Director, Écoles de cuisine program

[ecoledecuisine@tableedeschefs.org](mailto:ecoledecuisine@tableedeschefs.org)

**SUSTAINABLE DEVELOPMENT GOAL(S):**









# La Transformerie



**CAUSE(S):**  
Reduce food waste



**GROUP SIZE:**  
1 to 8, depending  
on the task



**COST:**  
Free



**ACTIVITY LENGTH:**  
Half day



**PERIOD:**  
Year-round,  
Sunday to Thursday



**AREA:**  
Rosemont

La Transformerie, a young Montréal organization committed to reducing food waste, offers you an opportunity to help them use unsold food from supermarkets and green grocers for its “Rescapés” project!

From Wednesday through Sunday, form a small group and help out receiving reclaimed food, sorting and cleaning fruit, or working in the kitchen making sauces and spreads

Find out more [here](#)

**CONTACT:**

**Maria Stalinski**  
Operations and Volunteer Manager  
[maria@latransformerie.org](mailto:maria@latransformerie.org)

## SUSTAINABLE DEVELOPMENT GOAL(S):









# Le Chaînon

## LE CHAÎNON



**CAUSE(S):**  
Homelessness, poverty,  
women



**GROUP SIZE:**  
10 to 15



**COST:**  
Free (lunch included)



**ACTIVITY LENGTH:**  
9:30 a.m. to 2 p.m.



**PERIOD:**  
Year-round,  
holiday season



**AREA:**  
Plateau-Mont-Royal

### SUSTAINABLE DEVELOPMENT GOAL(S):



Le Chaînon is a Montréal-based organization that helps women in difficulty by providing shelter and support services. Lend a hand at the Magasin du Chaînon boutique sorting the merchandise which funds the services of the shelter facilities.

Volunteers will have the opportunity to visit the facilities and learn about the mission of Le Chaînon and the lives of the women who take shelter there.

You can also organize your own fundraising activity, clothing drive or collection of other items to help the organization (refer to the **Directory** of social and environmental organizations - **Donations, recycling and reuse**).

Find out more [here](#)

### CONTACT:

**Alexandre Martin**  
Volunteer Coordinator

[benevolat@lechainon.org](mailto:benevolat@lechainon.org)







# Mission 1000 tonnes

**MISSION  
1000  
TONNES**



**CAUSE(S):**  
Environmental  
conservation



**GROUP SIZE:**  
100 max.



**COST:**  
Free for a volunteer  
cleaning; approximately  
\$2,000 for a full-  
service cleaning  
activity



**ACTIVITY LENGTH:**  
3 hours



**PERIOD:**  
April to October



**AREA:**  
Variable

Want to contribute to the preservation of waterways? Concerned about plastic waste? Mission 1000 tonnes invites you to take action by organizing a team shoreline clean-up operation!

The organization selects locations in Greater Montréal, provides clean-up materials, ensures waste collected is disposed of responsibly, and educates participants on the importance of protecting waterways and adopting responsible consumption habits while offering a fun and rewarding activity.

Find out more [here](#) (web page in french only)

**CONTACT:**

**Jimmy Vigneux**

Head of mission, Mission 1000 tonnes

[jimmy@mission1000tonnes.com](mailto:jimmy@mission1000tonnes.com)

**SUSTAINABLE DEVELOPMENT GOAL(S):**









# Moisson Montréal



**CAUSE(S):**  
Food insecurity



**GROUP SIZE:**  
10 to 50



**COST:**  
Free (snack and lunch included)



**ACTIVITY LENGTH:**  
8:30 a.m. to 3:30 p.m.  
(Monday to Thursday)  
or 8:30 a.m. to noon  
(Friday)



**PERIOD:**  
Year-round,  
holiday season



**AREA:**  
Saint-Laurent

## SUSTAINABLE DEVELOPMENT GOAL(S):



Want to help combat food insecurity? Get involved with your team by volunteering at Moisson Montréal, Canada's largest food bank!

In this activity, your group will help out with sorting food or other tasks, depending on the day's priorities. As a thank you, volunteers enjoy a tasty snack or meal.

You can also organize a food drive or make monetary donations to the organization (refer to the [Directory](#) of social and environmental organizations - **Donations, recycling and reuse**).

Find out more [here](#)

### CONTACT:

[benevolat@moissonmontreal.org](mailto:benevolat@moissonmontreal.org)







# Robin des bois



**CAUSE(S):**  
Food insecurity,  
poverty, homelessness



**GROUP SIZE:**  
8 maximum



**COST:**  
Free



**ACTIVITY LENGTH:**  
4 hours  
(two possible shifts:  
morning or afternoon)



**PERIOD:**  
Year-round



**AREA:**  
Plateau-Mont-Royal

Robin des bois was created in 2006 as a not-for-profit social economy restaurant. Its motto? Good food for a good cause. Its mission? Combat loneliness, social isolation, and poverty. All restaurant profits are donated to four Montréal non-profit organizations: Le Chaînon, Santropol Roulant, Refuge des Jeunes and Sun Youth.

You can support the organization by volunteering in small groups to help out in the dining room or in the kitchen. An other option is to make a donation or simply coming in to enjoy a good meal.

Find out more [here](#) (web page in french only)

## CONTACT:

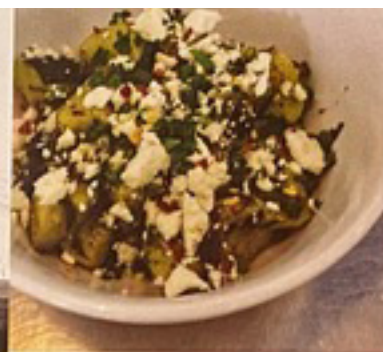
**Edwige Micard**  
Events Coordinator

[info@robindesbois.ca](mailto:info@robindesbois.ca)

## SUSTAINABLE DEVELOPMENT GOAL(S):









# Santropol Roulant



**CAUSE(S):**  
Social inclusion,  
food insecurity



**GROUP SIZE:**  
Meals on wheels:  
10 to 12  
Peri-urban agriculture:  
15 to 20



**COST:**  
Negotiable contribution  
based on group size and  
financial capacity.



**ACTIVITY LENGTH:**  
4 hours (morning or  
afternoon shift)



**PERIOD:**  
Year-round



**AREA:**  
Plateau-Mont-Royal

## SUSTAINABLE DEVELOPMENT GOAL(S):



Santropol Roulant uses food as a vehicle to break social and economic isolation between generations. Creatively and collaboratively, the organization strengthens and nourishes the local community with novel approaches to active youth engagement, urban and peri-urban food systems, food security and community care.

Want to contribute directly to food security and social inclusion in Montréal? The Roulant farm Meals-on-Wheels service is standing by to welcome you and your team! You can prepare or deliver nutritious meals for people with reduced autonomy or mobility, or work on gardening and farming activities at the Senneville agro-educational farm (May through October).

A monetary donation to help support the organization's mission is requested.

Find out more [here](#)

## CONTACT:

[clare@santropolroulant.org](mailto:clare@santropolroulant.org)







# Soverdi



**CAUSE(S):**  
Increasing green space,  
fighting climate change



**GROUP SIZE:**  
Up to 50



**COST:**  
\$3,500 to \$6,000,  
depending on activity  
length and group size



**ACTIVITY LENGTH:**  
Half day or full day



**PERIOD:**  
Mid-May  
through November



**AREA:**  
Variable

## SUSTAINABLE DEVELOPMENT GOAL(S):



Would you like to contribute to a greener, cooler, and healthier environment for the community? As part of the Montréal Climate Plan, Soverdi is planting 200,000 trees on private and institutional land on the island of Montréal. The organization provides the expertise for a day of volunteer work.

Soverdi takes care of everything: planning, suggesting sites (schoolyards, health care facilities or other community spaces), onsite training, supervision, supplying plants and equipment, and even georeferencing and maintaining the trees after planting.

It's the perfect way to bond with your team and learn about urban tree planting while giving back to the community!

Find out more [here](#) (web page in french only)

### CONTACT:

**Malika Fortier Barbeau**  
Operations Coordinator

[coordinationterrain@soverdi.org](mailto:coordinationterrain@soverdi.org)







# The YMCAs of Québec



The YMCAs of Québec Foundation



**CAUSE(S):**  
Youth



**GROUP SIZE:**  
5 to 20 people



**COST:**  
\$5000 per Youth Zone



**DURATION:**  
Half day or full day



**PERIOD:**  
Year round



**AREA:**  
Downtown YMCA  
Notre-Dame-de-Grâce YMCA  
Westmount YMCA  
Du Parc YMCA

Offered by YMCAs, Youth Zones provide teenagers with a caring safe space where youth can meet up to socialize, have fun and thrive.

YMCA teens invite you to come and renovate the Youth Zones with them. You can get involved as a team in all facets of the transformation of these spaces by painting, decorating and assembling furniture. The YMCA team takes care of all the preparations to make sure you experience the impact of their commitment during a productive day filled with fun and good vibes.

Find out more [here](#)

**CONTACT:**

**Catherine Laramée**  
Senior Director,  
Philanthropic Services CPHR

[catherine.laramee@ymcaquebec.org](mailto:catherine.laramee@ymcaquebec.org)

**SUSTAINABLE DEVELOPMENT GOAL(S):**









