

Capsule13 - Resources

Goal: Getting around in everyday life.

Introduction

To be happy and productive at work, you must first satisfy your basic needs: having a home, eating well, staying healthy, etc. When in need, we usually turn to family or friends, but organizations and other resources are also there to help.

We have already looked at some of these resources in Capsule 4 (Identifying obstacles to being hired... and overcoming them!). Here is a more thorough list, by theme.

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HOUSING

In large cities, it is not rare that someone may need help with housing... How can I find a convenient place to live at a reasonable price? How do I negotiate with a landlord? How can I know my rights and obligations? Thankfully, there is help in Montreal, with various resources to discover:

- In addition to the **apartments** you can rent from private landlords, **social housing (HLM)** and **housing cooperatives**, for example, are options to consider.
- As for **housing committees**, they are very useful for you to learn more about the rights and obligations of tenants and landlords.

For more information, go through the following list of useful links: [links from Arrondissement.com to be added]

FOOD

Having a balanced diet makes life enjoyable and work easier – even if it can be very complicated at times. What should I buy, at what price and where? How do I prepare and preserve food? And how can I do all this while on a tight budget and strict schedule – especially at times where I have neither time nor budget?

There are many resources in Montreal that can help with food issues, no matter the circumstances:

- **Public markets, fair price shops, buying groups** and others allow you to make smart shopping decisions.
- **Community kitchens** can facilitate meal preparation, as well as **cooking and home economics courses**.
- **Popular restaurants** and **other food services** offer fair price meals.

For more information, go through the following list of useful links: [links from Arrondissement.com to be added]

HEALTH

Staying healthy is an art which we learn as we go along in life – and we can never have too many trainers and advisors!

There are many resources in Montreal: **CLSC, clinics, hospitals, all types of professionals and organizations** offer **physical and mental health** information and care. There are specialized resources (**prevention, sexuality, dependences, particular sicknesses**, etc.), and others are more general.

For more information, go through the following list of useful links: [links from Arrondissement.com to be added]

FAMILY

When we say “family help”, we usually think about day care services: **childcare centres, private day-care centres, school day-care services**, etc.

But there are many other family help resources in Montreal: **self-help groups, solidarity co-ops, toy libraries, rest homes**, etc. – and let’s not forget **community centres** and **government programs**.

For more information, go through the following list of useful links: [links from Arrondissement.com to be added]

ÉDUCATION

We hear a lot about continuous education nowadays and there is a reason for that: with our lives changing so quickly, we are always looking to learn something new.

If you seriously wish to learn something new, there are many resources available in Montreal. You wish to complete **high school through adult education**? Take **vocational training**? Start **post-secondary studies**?

Or you may be looking for a **school** for your child in your neighbourhood or a **popular education** course for yourself – in computers or other?

Go through the list of links below: you will probably find what you need. Otherwise, ask an advisor for help. [links from Arrondissement.com to be added]

CONSUMPTION

Yes, you can shop at a fair price and without being had – as long as you put a little time and reflection into it.

Take advantage of **sales** from popular stores, and discover **used clothing stores, resource stores** and other clothing, furniture or other used article stores. These articles are used, but are still in great condition. **Cooperatives** often show great prices, as well as **buying or renting groups**.

You can find a lot of information to become a smarter consumer at the **Office de protection du consommateur** and organizations such as **Option consommateurs** or the **associations coopératives d'économie familiale (ACEF)**, for example.

Think about it before you buy, and be informed.

For more information, go through the following list of useful links: [links from Arrondissement.com to be added]