

COVID-19

TOGETHER WE CAN HELP!

Contactivity CENTRE Contactivité



514.932.2326



contactivity@bellnet.ca



contactivitycentre.org



Who Are We?

We are a non-profit seniors community centre located in Westmount since 1972. Normally we offer many group activities that promote well-being, but under the present circumstances we have now focused our efforts on individual assistance and support of seniors.



Groceries

Running low on food?

We're providing a grocery delivery service for at risk and isolated seniors in the Westmount area. A volunteer will do the shopping for you and deliver the items right to your door. If you'd be interested in receiving a delivery, send us an email at volunteer.contactivity@gmail.com or call us at **438.699.9927**



Social Support

Social distancing giving you the blues?

Stay connected during isolation with our friendly call program. Match up with a member or volunteer to chat, joke, or share.



Outreach Services

Need information about resources and services?

Contactivity's Outreach worker (ITMAV Program) can be reached at **438.920.3460** or fsmithcontactivity@gmail.com to refer seniors to the resources and services available to them.

INTERESTED IN VOLUNTEERING?

There are various opportunities where you can give back to help our members and other seniors in the community.

CALL OR EMAIL US



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volunteer.contactivity@gmail.com

