




About Us

The Association coopérative d'économie familiale du Sud-Ouest de Montréal (ACEFSOM) is an organization that advocates for your rights as a consumer. We will support you in finding solutions to debt and acquiring personalized budgeting tools that suit your needs. We will assist your efforts through an approach that is open-minded, understanding and respectful.



ACEFSOM acts as a catalyst for social equality and financial rights, with the aim of enabling personal and community growth.

Contact us for
**personalized, free and
confidential support.**

 514 362-1771

 bonjour@acefsom.ca

 acefsom.ca

 6734 Monk Boulevard, 2nd Floor,
Montreal, QC, H4E 3J1
 Monk (Green Line)

 **Opening hours**

Monday, Tuesday and Thursday
– 9:00 a.m. to 12:00 p.m.
– 1:00 p.m. to 5:00 p.m.

Wednesday (by phone only)
9:00 a.m. to 12:00 p.m.

 **Follow us**
[@ACEFSOM](https://www.facebook.com/ACEFSOM)

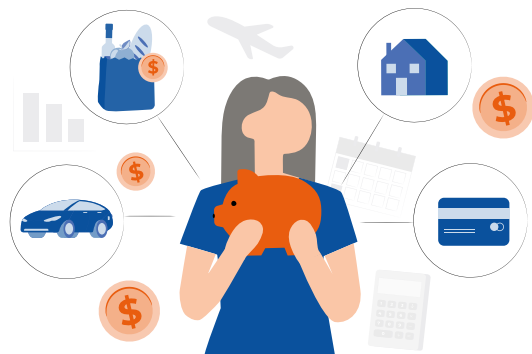
L'ACEF 
DU SUD-OUEST
DE MONTRÉAL



Supporting and
Developing Your
**Financial Independence
and Advocating for
Consumer Rights**

L'ACEF 
DU SUD-OUEST
DE MONTRÉAL

Our Services



✓ Support and Guidance

Giving you deeper insight into your personal finances.

Financial health is about more than just money! That's why we focus on your power to take action and put you at the heart of a process that lets you decide on the ideal solutions.

- Individual consultation
- Budget planning
- Debt solutions
- Consumer rights advocacy



All our services are free, confidential and personalized

✓ Prêt d'entraide Sud-Ouest (PESO)

Financial aid for low-income individuals.



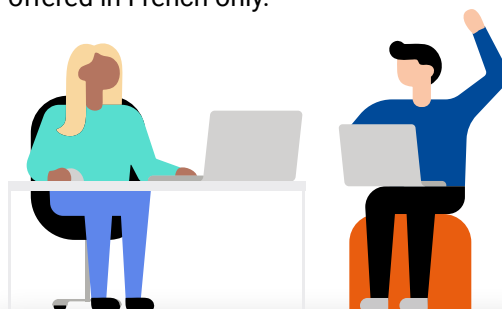
In partnership with the Desjardins Group and its participating branches, we offer occasional assistance to low-income individuals dealing with unforeseen, urgent expenses related to an essential need.

✓ Training Activities Tailored to Different Financial Journeys

Designed for individuals and organizations of all kinds!

Our advisors will expand your knowledge and help you develop skills that are indispensable to better managing your personal finances and the stress they may cause. We cover subjects such as:

- **Debt:** To reduce or better control your debt level.
- **Credit:** To understand the different types of credit, the traps to avoid and the costly consequences of poor credit management.
- **Budgeting:** To learn concepts that are essential to healthy budget management.
- ⓘ Please note that our training activities are offered in French only.



To learn more about our programming, visit our website or contact us directly!



acefsom.ca



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✓ Consumer Rights Advocacy

We support citizens in advocating for their rights as consumers.

We influence political, economic and social decisions that impact quality of life, especially for those who are most vulnerable.

- Energy poverty and access to energy
- Maintaining and enhancing the Consumer Protection Act

The area served by the ACEF du Sud-Ouest de Montréal today includes over 22 districts on the Island of Montreal.



Would you like to become a member?

Are you interested in the principles and activities of the ACEF du Sud-Ouest de Montréal?

Join us! Become a member to support our mission.

- Contact us to learn more.



Support Our Mission

By making a donation, you will contribute to our organization's development and provide invaluable support, enabling us to help improve quality of life in the community.



Online on our website – acefsom.ca

Via the "Donate" section or by cheque