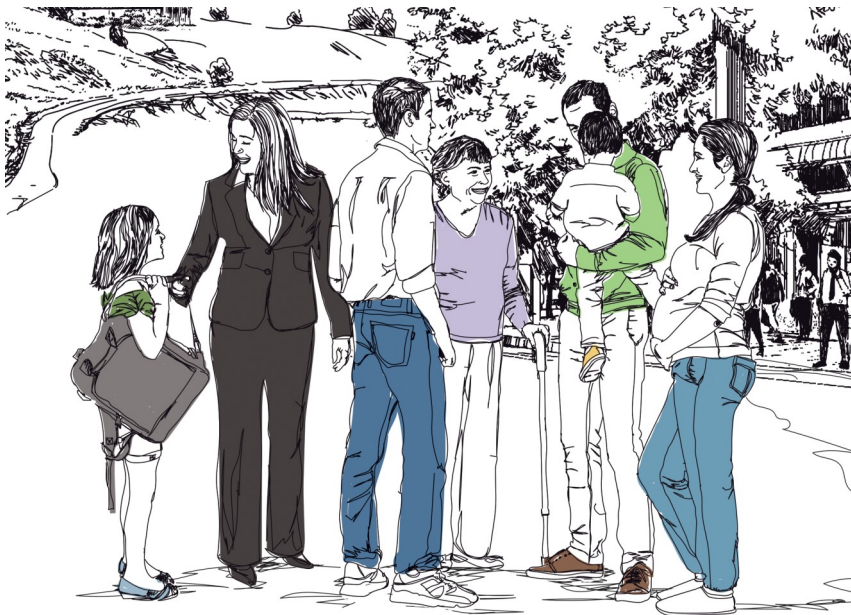


Services Offered

CLSC Lamater

Centre intégré de santé et de services sociaux de Lanaudière



Terrebonne

1317, boulevard des Seigneurs

2075, boulevard des Seigneurs

2099, boulevard des Seigneurs

3195, boulevard de la Pinière

1045, chemin du Coteau

821, rue de la Soeur-Marie-Rose

Québec 

Services offered by the CLSC

Do you have a **physical health problem** or **complication**?

Contact your CLSC.

When you call the CLSC, please:

- Have your health insurance card handy
- Explain your situation accurately



Children, Youth and Family Services

- Are you preparing for the **birth of a child**?
- Is your **child's development** worrying you?
- Does your child's **health** require monitoring?
- Are you questioning your **skills** or your **abilities as a parent**?

Services Offered: 450-471-2881

- Vaccination - age 0 to 5 years: ext. 4261
- Prenatal courses: ext. 4261
- Postnatal visits: ext. 2913
- Breastfeeding support: ext. 4992
- Nutrition - age 0 to 5 years: ext. 4064
- Preventive dental hygiene services: ext. 8069
- Youth clinic (Screening tests for STIs/Birth control, etc.) - age 12 to 21 years, with or without appointment: 450-471-2885
- Midwifery services: 450-471-1403



Health Services

- Do you have a **health problem**?
- Do you need **assistance** or **follow-up** after a **surgery**?
- Do you need **follow-up treatments** because of your health condition?

Services Offered:

Walk-in Services:

- Medical consultation for registered patients or without a family doctor: 1317, boulevard des Seigneurs - 450-471-2915
Registration from 7 a.m. the same day, Monday to Friday

By Appointments:

- Sampling collection/testing (blood tests, glucose, xylose, lactose tests, urine tests, etc.) - appointment online: consult the “Prélèvements” tab on the CISSS website at www.cisss-lanaudiere.gouv.qc.ca or dial 1-833-991-2663, Monday to Friday from 7 a.m. to 3 p.m.
- Nursing care (bandaging, injections, teaching, etc.): 450-471-2883
- Vaccination clinic: 450-471-2883
- Abortion clinic: 450-471-2883
- Medical consultation (registered patients): 450-471-2883
- Screening tests for STIs/Birth control - adult (22 years and older): 450-471-2883
- Asthma Instructional Centre: 450-471-2881, ext. 4152
- Smoking Cessation Centre: 450-471-2881, ext. 4152



Home Support Services

- Is your **autonomy limited** or are you **unable to get around easily** because of your health condition?
- Do you need **temporary assistance** at home?

Contact the home support reception service at 450-757-2572 (450-757-CLSC) or 1-866-757-2572.

Services Offered:

- Home care assistance (personal hygiene, meals, etc.)
- Help and support for people with disabilities
- Fall prevention program
- In-home nursing care following surgery or a hospital stay, or in cases of chronic disease
- Self-treatment teaching and follow-up
- Respiratory therapy, occupational therapy, physical rehabilitation services, dietitian services, etc.
- In-home social services (coping with an illness, assessing residential services or protection plans, negligence or violence against an elderly person, etc.)
- Day Centre (nursing care, social or rehabilitation services, group activities and respite care)
- Home adaptation assessment
- Equipment loans (wheelchair, walker, hospital bed, etc.)
- Material assistance program for people with disabilities
- Direct allowance program for home care assistance and respite care
- Palliative care assistance and support

Other services offered by the CISSS



811 Info-Santé/Info-Social

Are you concerned with your **physical** or **psychological** health or that of a loved one?

Dial 811 to contact Info-Santé/Info-Social.

**This service is confidential and accessible
24 hours a day 7 days a week.**

Services Offered:

- Sound advice and referral to key resources.

Services in the Fields of Intellectual or Physical Disabilities and Autism Spectrum Disorders

- Are you, your child or a loved one having **problems** related to your **disability** or **difficulties**?
- Do you think your child may have a **developmental delay**?

Contact the centralized ID-PD-ASD reception service at 1-877-322-2898 or guichet.ditsadp.cissslان@ssss.gouv.qc.ca.

Mental Health and Psychosocial Services

- Are you or is a loved one:
 - ♦ Struggling to **overcome a trying ordeal** (major turning point in life, death of a loved one, separation, fire or natural disaster, etc.)?
 - ♦ Having **trouble at work**, with your personal **finances, housing**, etc.?
 - ♦ Having **mood changes** (depression, anxiety, anger, irritability, fear) that affect your ability to function?
- Does your child have **behaviour** or **adaptation problems**?

Dial 811, option 2 to contact Info-Social.

Services Offered - Adult:

- Initial meeting, assessment, orientation and referrals
- Psychosocial services by appointment for personal or family problems, relationship issues, crisis situation, etc.
- Alcochoix

Services Offered - Children, Youth and Family:

- OLO Program (egg-milk-orange)
- Integrated Perinatal and Early Childhood Services Program (Programme SIPPE in French)
- Psychosocial services to youngsters in difficulty and their families/
Youth mental health services

Addiction Rehabilitation Centre

Are you suffering from **substance abuse, alcoholism or compulsive gambling?**

Contact the centre nearest you:

- Joliette: 450-755-6655
- Charlemagne: 450-657-0071
- Terrebonne: 450-492-7444

Quebec Family Doctor Finder

You don't have a **family doctor**? Register now.

- Online: www.gamf.gouv.qc.ca
- By telephone:
 - North of Lanaudière: 450-756-5076
 - South of Lanaudière: 450-654-9012, ext. 68290

Service Quality and Complaints Commissioner

450-759-5333, ext. 2133 or 1-800-229-1152, ext. 2133

Email: plaintes.cissslan@ssss.gouv.qc.ca

CISSS de Lanaudière Users Committee

450-759-5825 or 1-833-649-5733 (voicemail)

Email: cucilanaudiere@gmail.com

Transport/Support services offered by our partners

Réseau de transport métropolitain (RTM) - Terrebonne and
Mascouche sectors: 450-964-1098 or 1-877-492-6111

*Centre intégré
de santé
et de services sociaux
de Lanaudière*

Québec 

www.cisss-lanaudiere.gouv.qc.ca

Production: CISSS de Lanaudière, September 2020
Texte original en français