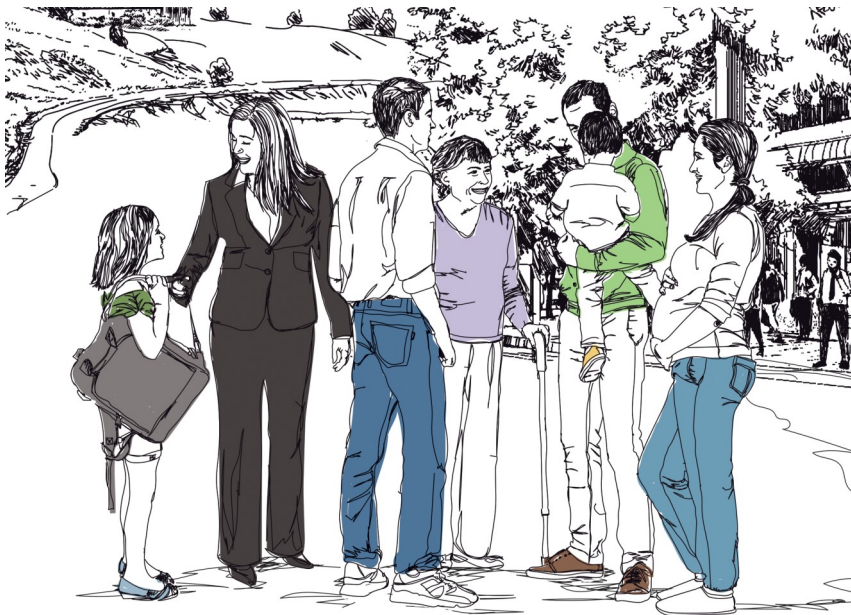


Services Offered

CLSC Meilleur

Centre intégré de santé et de services sociaux de Lanaudière



Repentigny:

193, boulevard Lacombe
1124, boulevard Iberville
135, boulevard Claude-David

Terrebonne:

3195, boulevard de la Pinière
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:

- Vaccination - age 0 to 5 years: 450-654-3498
- Vaccination kindergarten to 6th grade: 450-654-1023, ext. 203
- Postnatal visits: 450-654-7229, ext. 61231
- Breastfeeding support: 450-654-2307, ext. 61290
- Preventive dental hygiene services: 450-654-1023, ext. 220
- Youth clinic (screening tests for STIs/Birth control, etc.) - age 12 to 21 years, with or without appointment: 450-654-1023, ext. 200
- 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:

- 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.): 450-654-3879
- Adult vaccination clinic: 450-654-3879
- Medical consultation (registered patients): 450-654-3879
- Screening tests for STIs/Birth control - adult (22 years and older): 450-654-3879
- Abortion clinic: 450-471-2883
- Asthma Instructional Centre: 450-654-9012, ext. 68024
- Smoking Cessation Centre: 450-654-9012, ext. 68024



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 or 1-800-229-1152, ext. 2133

Email: plaintes.cissslان@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) - L'Assomption sector:
450-470-8626 or 1-877-492-6111

Volunteer service of L'Assomption County:
450-581-5033