

Valcartier Military Family Resource Centre
 Valcartier branch 418 844-6060 crfmv.com
 Sainte-Foy branch (1039 av. Wolfe) 418 649-6505

Support for military families. Info and referral.
 Daycare; playgroups; babysitting; housekeeping.
 Emergency childcare 24/7. Welcome baby program
 and coffee meetings in English. Job bank in English
 also open to non-military. Confidential counselling.

Voice of English-speaking Quebec
 418 683-2366 veq.ca

Promoting a dynamic local English-speaking
 community and its interests since 1982. Info and
 referral. Services and events just for newcomers. Job
 bank. Volunteer opportunities.

For news about the English-speaking community, read the *Quebec Chronicle-Telegraph* weekly newspaper (qctonline.com) and listen to CBC radio, 104.7 FM. For a library and cultural events, visit Morrin Centre (morrin.org).



Breastfeeding support

Leave a message on the organization's answering machine and an English-speaking volunteer will call you back if there is one.

Organization	Information & exchange meetings	Telephone listening	Pairing of new moms	Breast pumps	
				Manual	Electric
Allaitement Québec 418 623-0971 allaitementquebec.org	Monthly information meetings pre-and post-birth at various locations. Breastfeeding women and their partners welcome. Answering machine gives the phone number of the volunteer on-call.	7 days a week from 9 AM to 9 PM	✓	✓	✓
Chantelait 418 877-5333 chantelait.org	Info. sessions & resource library in French. Call and ask for Chantelait and the CLSC L'Ancienne-Lorette will give you the on-call volunteer's number.	7 days a week from 8 AM to 8 PM	✓	✓	✓
Entraide Naturo-Lait 418 663-2711 entraidenaturolait.com	Information and support (in English) for breast-feeding mothers. Prenatal & postnatal information sessions (in French). One-to-one meetings by appointment only.	7 days a week from 9 AM to 9 PM	✓	✓	✓
Mamie-Lait 418 847-1957 mamielait.com	Meetings on every Thursday from 9:30 a.m. - 11:30 a.m. at CLSC Jacques-Cartier Loretteville service outlet at 11999 rue de l'hôpital. Free.	7 days a week from 8 AM to 9 PM	✓	✓	✓
La Leche League Canada 1 800 665-4324 lllc.ca	One-to-one support by phone (toll-free) and information on national website at lllc.ca	7 days a week from 9 AM to 9 PM			



A Community of Care

The community **Wellness Centre**, in the Jeffery Hale Pavilion, promotes the well-being of English speakers living in the Quebec City region:

- Family Matters
- Healthy Seniors
- The Caregivers' Circle
- SNACS Special Needs

Wellness Centre
 1270, chemin Sainte-Foy
 Québec QC G1S 2M4



» **418 684-5333**
 1 888 984-5333 toll-free

Jeffery Hale – Saint Brigid's is there for you! Bilingual health and social services:

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home



Jeffery Hale Hospital
 1250, chemin Sainte-Foy
 Québec QC G1S 2M6



Grouped with the CIUSSS de la Capitale-Nationale

Pregnant?



Pre- and post-natal
 resources in the
 Quebec City region
 (*Capitale-Nationale*)



Jan. 14, 2019

Not all of the organizations listed in this pamphlet are able to offer services in English.



Community Services

Community Wellness Centre at Jeffery Hale
418 684-5333, ext. 1265 wejh.ca

- Social activities and workshops for parents with young children: Baby Chat Café, BreastfeedingGet-together, Take-a-Break Drop In, Mom's Nite-out, Park Playdates, the Toddler Talk e-newsletter, and much more!

Jeffery Hale Community Services
418 684-5333, ext. 1580 jhsb.ca

CLSC-type services in English to promote the well being of English-speaking people in the *Capitale-Nationale* region. They also work with clinics, hospitals and others to meet your health and social services needs. **Services include:**

- Online prenatal classes: Topics include lifestyle during pregnancy, becoming parents, labour and delivery, and feeding and caring for a newborn;
- Prenatal clinic: A place to talk with a nurse about pregnancy, delivery, breastfeeding and bringing your baby home for the first time. She will help you connect with a birthing centre and other resources, including prescribed blood work;
- Postnatal visits: A nurse will meet with you after the birth of your baby;
- Postpartum Depression Screening: A 10-question quiz for new mothers to help ensure that all is well;
- Triple P Parenting: Workshops provide simple and practical tips to increase your satisfaction with your role as parent (for parents of children ages 2 to 12);
- OLO and SIPPE: OLO provides pregnant women who have limited income with coupons for free eggs, orange juice, milk and vitamins and follow-up by a nurse, nutritionist or social worker. SIPPE supports women with low income and who have not finished high school, from pregnancy until their child starts school.



Family Planning

CHUQ Clinique de Planification des Naissances
St-François d'Assise: 418 525-4397
CHUL: 418 654-2167

Contraception (information); sterilization (vasectomy, counseling); therapeutic abortion (information and pre-and post-counseling), gynecology and fertility.



Birthing Centres

CHUQ St-François d'Assise - Obstétrique et gynécologie
Virtual visits and pre-admission form:
chudequebec.ca/patient/me-preparer-a-accoucher.aspx
ALSO "Visite virtuelle des îlots" on YouTube

Ultrasound: 418 525-4409 (obstetrics reception).
Appointment at the gynecology and obstetrics outpatient clinic: 418 525-4444, ext. 53090.
If you are pregnant 16 or more weeks, are worried or have questions: 418 525-4444, ext. 54111.

CHUQ - Centre Mère-Enfant du CHUL
This multi-service hospital has a maternity ward.
Virtual visits and pre-admission form: chudequebec.ca/patient/me-preparer-a-accoucher.aspx
ALSO "Visite virtuelle des îlots" on YouTube
Ultrasound: 418 577-2049. Gynecology: 418 654-2295.
Obstetrics: 418 577-2057.
If you are pregnant 16 or more weeks, are worried or have questions: 418 577-2055.

**CIUSSS de la Capitale-Nationale
Maison de Naissance de la Capitale-Nationale**
418 651-7453

All services by midwives. Prenatal courses; birthing; Post-natal visits at home; breastfeeding support.

**CiSSS de Chaudière-Appalaches
Maison de Naissance Mimosa**
418 839-0205

All services, offered by midwives. Prenatal courses; birthing; post-natal visits at home; breastfeeding support.



Parent Support

Collectif d'accompagnement à l'accouchement
"Les Accompagnantes"
418 688-6039 accompagnantes.qc.ca

Birth companions provide emotional and physical support during pregnancy, during labour at birthing centres and six weeks after birth. Home visits by volunteers to reduce isolation and to inform parents about resources.

Relevailles Québec
418 688-3301 relevaillesquebec.com

For parents with kids 0 to 5. Mother's Helper service offers help during pregnancy and after birth up to 9 months. Info and referral. Pairing. Baby massage. Talks and courses on various subjects. Moral support and telephone listening. Support for post-partum depression.

Service d'aide à l'adaptation des immigrants et immigrantes (SAAI)
418 523-2058 saaiquebec.com

Welcomes immigrants of any status. Prenatal classes, pre-and post-natal workshops and home visits. Info and referral. Moral support; pairing. Community kitchen and buying club. Nutrition workshops. Accompaniment to health and other important appointments; interpretation for health matters. Short-term French courses; Material items (no furniture).

La Place 0-5
1 844 270-5055 laplace0-5.com

To register your child for daycare. A gateway to all types of daycares recognized by the Québec government. Email: info@laplace0-5.com

Le Petit Répît
418 525-0858 lepetitrepit.ca

Short-term child care at home for families (with children aged 0 to 18 years) with passing problems, like single parents who need a break. Workers are

trained in first aid, child growth and education, homecare, and special needs children. Call for hourly rate, minimum three hours service. Fees may be reduced for low-income families.

Ressources Naissances
418 834-8085 ressources-naissances.com

For young families on the south shore. Coffee meetings, family aid and courses, such as yoga, relaxation, breastfeeding help. After birth, help at home with your baby and other children, with making meals and light housework.

Info-Santé / Info-Social 811
811 sante.gouv.qc.ca/en/systeme-sante-en-bref/info-sante-8-1-1

Call 811 anytime, 24 hours a day, to speak to a nurse who will ask you questions to understand your problem--physical, psychological or social--and give you information, advice, and places to go for help. They can also answer questions about your baby.

Ligne parents
1 800 361-5085 ligneparents.com

A 24-hour help line for parents who need to talk about the task of raising a child from birth to 20 years of age. Professional, toll free, confidential, across the province. Staff is functionally bilingual.

Québec.ca
quebec.ca/en/health/finding-a-resource
AND quebec.ca/en/health/health-system-and-services/service-organization/

Health information including services (search by region or postal code), insurance, advice, prevention, public health, nutrition, and doctors. Visit gamf.gouv.qc.ca to register for the waiting list for a family doctor.

211 211quebecregions.ca/en
Call 211 to reach this info and referral center that connects you to a range of local community, social and government services. Monday to Friday from 8 a.m. to 7 p.m. Weekends from 8 a.m. to 3:30 p.m.
over...