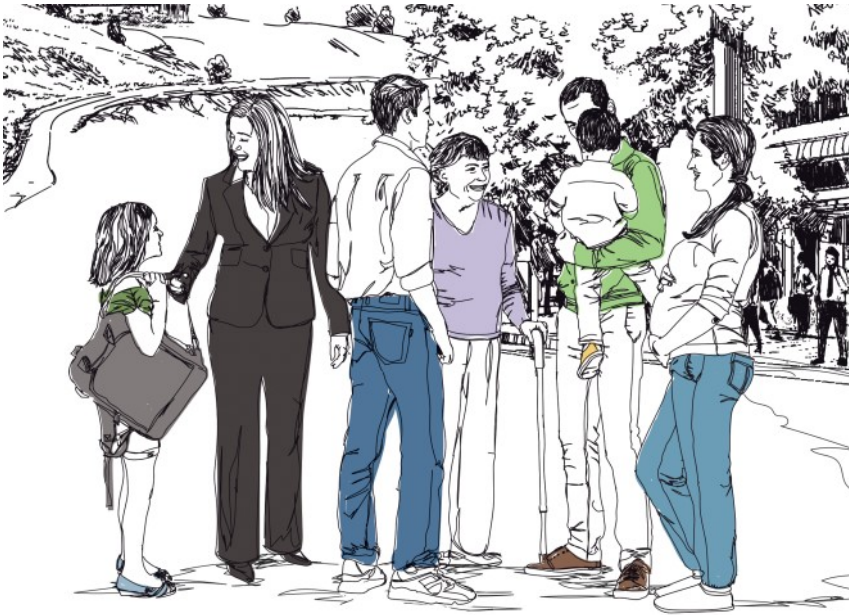


# Services Offered

## 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

**IMPORTANT** | Certain terms and conditions regarding the services offered at CLSCs may be subject to change. Before traveling, it is best to check with the CLSC.

Do you have a physical health problem or complication?  
450 471-2881

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 : ext. 4261
- Prenatal meetings : ext. 4261
- Postnatal visits : ext. 2913
- Breastfeeding support : ext. 4992
- Nutrition age 0 to 5 ans : 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 :

- Medical consultation (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
- Sampling collection/testing (blood tests, glucose, xylose, lactose tests, urine tests, etc.) - [www.clicsante.ca](http://www.clicsante.ca) - 1 833 991-2663
- Nursing care (bandaging, injections, teaching, etc.) : 450 471-2883
- Adult vaccination clinic: [www.clicsante.ca](http://www.clicsante.ca) ou 1 855 755-3737
- Abortion clinic : 450 471-2883
- Medical consultation (registered patients) : 450 471-2889, 8:30 a.m. to 12 p.m. and 1:30 p.m. to 4 p.m., Monday to Friday;
- Screening tests for STIs/Birth control - adult (over 25 years) : 450 471-2883
- Asthma Instructional Centre : 450 471-2881, poste 374152
- Smoking Cessation Centre : 450 471-2881, poste 374152 or [cea-cat.sud.cissslان@ssss.gouv.qc.ca](mailto:cea-cat.sud.cissslان@ssss.gouv.qc.ca)



## 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) ou 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 / GAP**

**Info-Santé** : are you concerned with your physical health dial **811 ext.1**

**Info-Social** : if you, or a loved one, are experiencing various psychosocial difficulties dial **811 ext. 2**

**GAP** : for orphaned patients wishing to obtain an appointment with a healthcare professional **[GAP.soinsvirtuels.gouv.qc.ca](http://GAP.soinsvirtuels.gouv.qc.ca)** or dial **811 ext. 3**



**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.ciessleran@ssss.gouv.qc.ca](mailto:guichet.ditsadp.ciessleran@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](http://www.gamf.gouv.qc.ca)
- By telephone: 1 833 755-4263 (GAMF)

## Service Quality and Complaints Commissioner

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

Email: [plaintes.cissslان@ssss.gouv.qc.ca](mailto:plaintes.cissslان@ssss.gouv.qc.ca)

## CISSS de Lanaudière Users Committee

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

Email: [cucilanaudiere@gmail.com](mailto:cucilanaudiere@gmail.com)

## **Transport/Support services offered by our partners**

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

Volunteer service Des Moulins (CAB) :  
450 964-9898