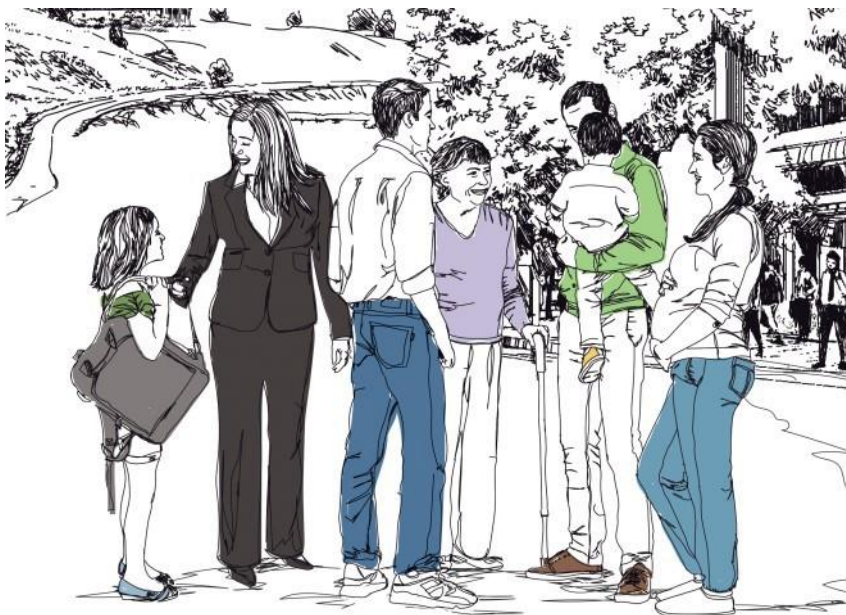


# Services Offered

## CLSC de Saint-Michel-des-Saints

Centre intégré de santé et de services sociaux de Lanaudière



**450 833-6334**

171, rue Guy-Gauthier  
Saint-Michel-des-Saints (Québec)  
J0K 3B0

Québec 

# Services offered by the CLSC

IMPORTANT | Certains terms and conditions regarding the services offered at CLSCs may be subject to change.

Before traveling, it is best to check with the CLSC.

Contact your CLSC at 450-833-6334.

When you call the CLSC, please:

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



## 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 : By appointments

- Medical consultation (clients without a family doctor) every day including weekends and holidays : starting at 10 a.m. to 3:30.
- Nursing care (bandaging, injections, teaching, etc.)
- Screening tests for STIs/Birth control
- Vaccination (except travel vaccination)
- Chronic diseases follow-up (high blood pressure, diabetes, etc.)
- Follow-up with a specialized nurse practitioner or a clinical nurse
- Meeting with a psychosocial worker
- X-rays with queries

Sample collection/testing (blood tests, urine tests, etc.)

[www.clicsante.ca](http://www.clicsante.ca) - 1 833 991-2663



## 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



## 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
- Prenatal courses
- Postnatal visits
- Breastfeeding support
- Preventive dental hygiene
- Support to families with a disabled child and respite care
- 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

# 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.



## **Health Services**

### **Services Offered:**

- Abortion clinic (CLSC de Joliette) : 450 755-2111, ext. 422418
- Asthma Instructional Centre (Centre hospitalier De Lanaudière) : 450 759-8222, ext. 2792
- Smoking Cessation Centre (CLSC de Joliette) : 450 755-2111, ext. 422313 or [cea-cat.nord.ciessleran@ssss.gouv.qc.ca](mailto:cea-cat.nord.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 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](mailto:guichet.ditsadp.cissslان@ssss.gouv.qc.ca).



## 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



## Rural nursing services

For people 50 years of age or older

- In Saint-Alphonse-Rodriguez, Sainte-Béatrix, Saint-Côme, Saint-Damien, Sainte-Émélie-de-l'Énergie, Sainte-Marcelline-de-Kildare : 450 886-3861, ext. 250 (CLSC de Saint-Jean-de-Matha)
- In Saint-Zénon : 450 833-6334 (CLSC de Saint-Michel-des-Saints)



## Free activities 450 833-6334

### Fall prevention (in French only)

#### Vivre en Équilibre program

- For people aged 55 and over, autonomous
- Duration : 8 weeks, one a week
- Group activities



#### Intégré en Équilibre Dynamique (PIED) program



- For people aged 55 and over, autonomous
- Duration : 12 weeks, 2 times a week
- Group activities

### First aid (in French only)

#### Training « Héros en trente : RCR sans ventilation »

- How to act : choking, falls or cardiac arrest
- Duration : 30 minutes – simplified cardiopulmonary resuscitation (AED CPR) program

Quebec government program, in collaboration with Urgences-santé and the Heart and Stroke Foundation





## Service Quality and Complaints Commissioner

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

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

## 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)

## Transport/Support services offered by our partners

Adapted transportation service of the Matawinie RCM :  
450 834-5441 or 1 800 264-5441, ext. 7065

Matawinie Association for People with Disabilities :  
450 834-5434 or 1 877 834-5434

Matawinie Volunteer Community Center :  
450 882-1089 or 1 888 882-1086

Mi-Zé-Vie Saint-Michel-des-Saints:  
450 833-6040 or 450 884-5915 (Saint-Zénon)

Centre intégré  
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Québec 

[www.cisss-lanaudiere.gouv.qc.ca](http://www.cisss-lanaudiere.gouv.qc.ca)

Production : CISSS de Lanaudière, July, 2022

Partial update : March 3, 2025

Texte original en français