



# Jeffery Hale

## Taking care of our community



**Jeffery Hale**  
Community Services

Community Services, in the Pavilion, has a variety of services and activities in English for people of all ages:

- Information and referral
- Counselling
- Toddler Time
- Moms' Nite-out
- Frozen meals
- Day Centre
- Caregiver support, and much more

**418 684-JEFF (5333), ext. 1580**

Monday to Friday, 8:30 AM-4:30 PM

## One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**  
1 888 984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



**Jeffery Hale**

418 684-JEFF (5333)  
1250, ch. Sainte-Foy  
Québec QC G1S 2M6

[www.jefferyhale.org](http://www.jefferyhale.org)



# Jeffery Hale

## Creative Expression



Inside of everyone  
is creativity  
just waiting  
to be released

The Friends' Foundation, also in the Pavilion, raises money to support projects that improve the quality of health services provided by the Jeffery Hale.

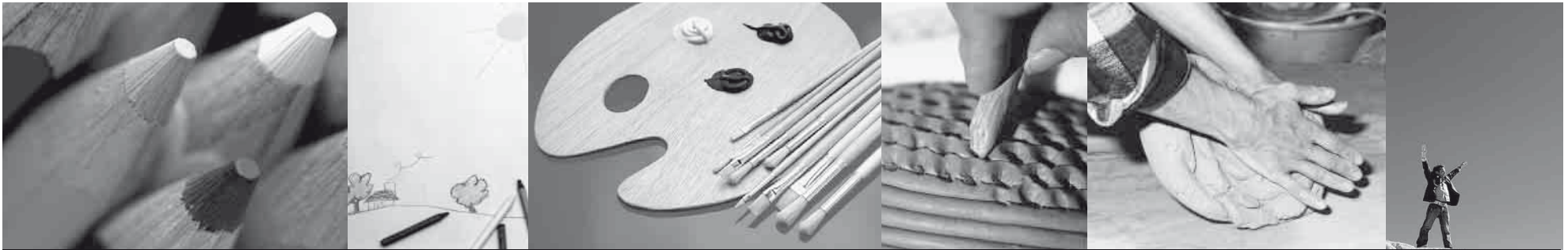


**418 684-2260**

09/02/2009

[www.jefferyhale.org](http://www.jefferyhale.org)





## Release your inner artist

Welcome to the world of creative expression. Inside of each of us, there is creativity just waiting to be released.

Jeffery Hale's Creative Expression art program offers you a chance to explore your creative side through various art mediums:

- drawing;
- painting;
- sculpting;
- crafts, etc.

Gail Quinn is your guide through your creative journey. She will welcome you into her studio and give you all the tools that you will need.

## Who can take part?

Express yourself in ways that you never thought possible. Jeffery Hale's Creative Expression art program is open to:

- clients of the Jeff;
- volunteers;
- staff members, and;
- the community at large.

You don't need any special artistic talent; only an openness to try another means of expression.

## Where and when

The art studio is located in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy in Quebec, room 2109 on the 2nd floor.

The Pavilion and art studio are handicapped accessible

There are various days and times during the week to join in the art program. Please call us for more details about when might be the right time for you.

## How to join the art program

Anyone can ask to join the art program. You can ask or a member of your family or a health worker can ask on your behalf. There are two ways to join the Creative Expressions art program:

1. If you already know Gail, please feel free to call her directly at 684-5333, ext. 1655, or;
2. You can call Jeffery Hale Community Services. A social worker will talk over your needs with you and then, if the art program is right for you, introduce you to Gail. If you already have a social worker or intervenor, he or she will accompany you on your first visit to the art studio. To reach Community Services, please call:

**418 684-JEFF (5333), ext. 1580**  
 Community Services, in the Jeffery Hale Pavilion,  
 is open Monday to Friday, 8:30 AM - 4:30 PM

**The art program is offered  
 in partnership with the  
 Jeffery Hale  
 Friends' Foundation**

