

**Valcartier Military Family Resource Centre**  
 Valcartier branch 418 844-6060 crfmv.com  
 Ste-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.qc.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 9 PM	✓	✓	✓
Entraide Naturo-Lait 418 663-2711 entraidenaturolait.com	Information and support (in English) for breast-feeding mothers. Prenatal & postnatal information sessions (in French). Individual meetings by appointment only.	7 days a week from 9 AM to 9 PM		✓	✓
Mamie-Lait 418 847-1957 mamielait.com	Meetings on the 2nd and 4th Thursday of the month 9:30 a.m. - 11:30 a.m. at CLSC Jacques-Cartier Loretteville service outlet at 11999 rue de l'hôpital.	7 days a week from 9 AM to 9 PM	✓	✓	✓
Ligue La Lèche 1 514 842-4781 In English lllc.ca	Individual support in English by phone only out of Montreal and information on national website at lllc.ca	7 days a week from 9 AM to 9 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
- Senior Care
- Community Services (CLSC-type services in English)



**Jeffery Hale**

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

jefferyhale.org



**Jeffery Hale**

## Pregnant?



**Pre- and post-natal resources in the Capitale-Nationale (Greater Québec City area)**

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



The Jeffery Hale does not endorse the methods or beliefs of any of the groups in this pamphlet. It is up to you to decide which services meet your needs and views. Not all of these organizations are able to offer services in English.

Nov. 8, 2010

## Jeffery Hale Community Services

418 684-5333, ext. 1580

jefferyhale.org

CLSC-type services in English. We promote the well being of English-speaking people in the Capitale-Nationale region. We also work with other CLSC's, hospitals, and clinics, etc., to meet your health and social services needs.

We will do our best to help you or refer you to the right place. We can meet you at our office, at your home or at a place near you.

### Description of services:

- Many activities for parents with young children, such as the Baby Chat Café, Take-a-Break Drop In, Baby Food Purée workshops, Mom's Nite-out, Father's Letters and Toddler Talk e-newsletter
- Prenatal clinic for blood tests and prenatal information, "From Tiny Tot to Toddler" guidebook
- Prenatal courses and postnatal care: home visit from perinatal nurse within 1 to 3 days after baby's birth; breastfeeding support
- O.L.O. program for low-income women - meetings with a nurse or nutritionist, counselling, and food supplies (eggs, milk, oranges...) during pregnancy
- Advice about such topics as toilet training, children's vaccines, temper tantrums, etc.
- Counselling and support for issues such as adapting to a new baby, postpartum depression, life in Quebec, parenting skills, etc.
- Help dealing with government, landlords, etc.
- Help finding an English-speaking doctor, dentist, lawyer, or other community resources
- Referrals to respite care when you really need a break from parenting

Community Services is located in the Jeffery Hale Pavilion, 1270, chemin Sainte-Foy, Bureau 1124, Quebec, G1S 2M4. Our opening hours are Monday to Friday, from 8:30 a.m. to 4:30 p.m.

## Family Planning

CHUQ - Pavillon CHUL

Clinique de Planification des Naissances

418 654-2167

Contraception (information); sterilization (vasectomy, counseling); therapeutic abortion (information, pre/post abortion counselling). For an appointment in gynecology and fertility, call 418 654-2295.

## Birthing Centres

Centre hospitalier universitaire de Québec  
St-François d'Assise - Obstétrique et gynécologie

This multi-service hospital has a maternity ward. To visit the ward, call 418 525-4306. For the gynecology and obstetrics outpatient clinic, call 418 525-4444, ext. 53090. For an ultrasound, call 418 525-4409.

Centre hospitalier universitaire de Québec  
Centre Mère-Enfant du CHUL

This multi-service hospital has a maternity ward. Only virtual visits possible at: [chuq.qc.ca/fr/les\\_soins/soins\\_mere\\_et\\_enfant/obstetrique\\_neonatalogie/](http://chuq.qc.ca/fr/les_soins/soins_mere_et_enfant/obstetrique_neonatalogie/) For an ultrasound, call 418 525-4409. If you are pregnant 20 weeks or more, are worried or have questions, call 418 577-2055.

CSSS de la Vieille-Capitale  
Maison de Naissance de la Capitale-Nationale  
418 651-7453 [csssvc.qc.ca](http://csssvc.qc.ca)

All services, including birthing, are offered by midwives. Prenatal courses; sessions on topics like breastfeeding. Post-natal visits at home; breastfeeding support.

Maison de Naissance Mimosa  
418 839-0205 [cssgrandlittoral.qc.ca](http://cssgrandlittoral.qc.ca)

All services, including birthing, are offered by midwives. Prenatal courses; sessions on topics like breastfeeding. Post-natal visits at home; breastfeeding support.

## Parent Support

Collectif d'accompagnement à l'accouchement  
"Les Accompagnantes"

418 688-6039

[accompagnantes.qc.ca](http://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. Workshops (in French) to encourage parents to take part in all aspects of child care, and to bring out creativity during pregnancy. Training for volunteers. Support to parents who have lost a baby.

Groupe Les Relevailles

418 688-3301

[groupelesrelevailles.qc.ca](http://groupelesrelevailles.qc.ca)

For parents with kids 0 to 5. Help for moms of babies up to 6 months' of age. Info and referral. Pairing. Baby massage. Talks and courses on various subjects. Moral support and telephone listening at 418 688-3301. For help with daily tasks, call 418 688-3595.

Service d'aide à l'adaptation des immigrants et immigrantes (SAAI)

418 523-2058

[saaiquebec.com](http://saaiquebec.com)

Welcomes immigrants of any status. 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).

Le Petit Répit

418 525-0858

[lepetitrepit.ca](http://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](http://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 around house, with baby and other children, meal preparation and light housework.

Info-Santé 811

[msss.gouv.qc.ca/en/sujets/organisation/info-sante-811.php](http://msss.gouv.qc.ca/en/sujets/organisation/info-sante-811.php)

Dial 811 anytime, 24 hours a day, to speak to a nurse. She will ask you questions to understand your problem--physical, psychological or social--and give you information or advice, and then put you in touch a medical clinic, health or community organization if need be. She can also answer your questions and concerns about your baby.

La ligne parents

1 800 361-5085

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 and available anywhere in the province of Quebec. Staff is functionally bilingual.

211

[211quebecregions.ca/en](http://211quebecregions.ca/en)

Dial 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 9 p.m. Weekends from 8 a.m. to 6 p.m.

AutonHommie

418 648-6480

[autonhommie.org](http://autonhommie.org)

A centre for men who are interested in personal development or going through a hard time. Telephone listening, support groups (in French) and counselling. Support for fathers.

Over...