

MAKING AN APPOINTMENT

- **Note:** Different phone numbers are available, depending on the type of appointment. When you call the CLSC, your call will be transferred or you will be given another number to call in order to guide you properly.
- If you're looking for a service that isn't available at the CLSC, call 811, option 2.

OTHER CLSCS IN THE PAPINEAU AREA

- **CLSC Vallée-de-la-Lièvre**
578 Maclaren St. E.
Gatineau QC J8L 2W1
Phone number: 819-986-3359
- **CLSC Val-des-Bois**
601 route 309
Val-des-Bois QC J0X 3C0
Phone number: 819-454-2355

DID YOU KNOW THAT

- **CLSC et centre d'hébergement de la Petite-nation can provide you with care and services, regardless of where you live.** To obtain a service, you must have your valid health insurance card on hand. The CLSC can help you renew or obtain a health insurance card.
- If you are concerned or have questions about your physical or psychological health or that of a loved one, you can call **811, option 2**. This service is free, confidential and available **24/7**. Depending on your need, a nurse or social worker can advise you and direct you to the appropriate resources: you can put in a request by calling 811.

Centre intégré
de santé
et de services sociaux
de l'Outaouais
Québec

Services to the Community

CLSC ET CENTRE D'HÉBERGEMENT DE LA PETITE-NATION

ciss-ouataouais.gouv.qc.ca/CLSC



Centre intégré
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Québec

INFO-SANTÉ
INFO-SOCIAL

811
1-866-567-4036



SUICIDE
PREVENTION LINE

1-866-Appelle (provincial number)
1-866-277-3553

THE ELDER
MISTREATMENT HELPLINE

1-888-489-2287 (provincial number)

CONTACT INFORMATION

14 Saint-André St.
Saint-André-Avellin QC J0V 1W0
Phone number: 819-983-7341

HOURS OF OPERATION AND HOLIDAYS

- Open Monday to Friday, 8:00 a.m. to 9:00 p.m. Closed from 11:30 a.m. to 1:15 p.m.
- Holiday schedules can vary, depending on the services. Contact the CLSC before heading out.

ACCESSIBILITY AND PARKING

- Accessible for people in a wheelchair: access ramp at the main entrance and accessible washroom.
- Parking: free.

SERVICES AVAILABLE AT THE CLSC	NUMBERS TO CALL	WITHOUT APPOINTMENT	WITH APPOINTMENT
Free injection equipment and bin for holding used syringes, needles and lancets	Go right to the CLSC	✔	
Blood samples	CLSC 819-983-7341	Monday to Friday 8:00 to 9:30 a.m. style="text-align: center;">✔	
Adult vaccinations	CLSC 819-983-7341 ext. 6334		Monday to Friday 8:00 am to 8:00 pm style="text-align: center;">✔
Infant and child vaccinations	CLSC 819-983-7341 ext. 6335		✔
Common health services (e.g. removal of staples and stitches, wound care, injections)	For users without a referral, contact the CLSC directly at 819-983-7341. For users with a referral, your requesting physician will send your requisition to the ambulatory physical health clinic, which will contact you to tell you how to make an appointment.		Monday to Friday 8:00 am to 8:00 pm style="text-align: center;">✔ Saturday, 9:00 am to 4:00 pm (at the emergency department of the CLSC or Papineau Hospital, depending on the situation) <i>On Sundays and holidays, common health services are provided at the Papineau Hospital.</i>
Sexual health and sexually transmitted and blood-borne infections (STBBI) / Services for clients age 12 to 24: counselling, STBBI screening and follow-up as needed, pregnancy testing, emergency contraception (morning-after pill), prescription for a hormonal contraceptive <small>*These sexual health and STBBI services are also available in a number of public high schools through the school nurse.</small>	CLSC 819-983-7341 ext. 6369		Wednesday, 8:30 am to 3:30 pm style="text-align: center;">✔
Falls Prevention Program (age 55 and older)	To register or for information: contact the CLSC 819-983-7341 ext. 6433		✔
<ul style="list-style-type: none"> • Follow-up during pregnancy and at birth • Breastfeeding tips • Child nutrition and development (age 0 to 5) • Support for families and young people in difficulty • Speak with a social worker • Mental health concerns • Addiction problems (alcohol, drugs, gambling) • Home support (seniors, people with disabilities, or those needing temporary help such as after an operation) • Support for caregivers 	Call 811, option 2		✔
Community organization support: collective actions/social and community development/improving environments conducive to healthy life styles	CLSC 819-983-7341		✔