

## 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 et centre d'hébergement de la Petite-Nation**  
14 Saint-André St.  
Saint-André-Avellin QC J0V 1W0  
Phone number: 819-983-7341
- **CLSC Vallée-de-la-Lièvre**  
578 Maclaren St. E.  
Gatineau QC J8L 2W1  
Phone number: 819-986-3359

## DID YOU KNOW THAT

- **CLSC Val-des-Bois can provide you with care and services, regardless of where 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 VAL-DES-BOIS

[ciss-ouataouais.gouv.qc.ca/CLSC](http://ciss-ouataouais.gouv.qc.ca/CLSC)



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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

601 route 309  
Val-des-Bois QC J0X 3C0  
Phone number: 819-454-2355

## HOURS OF OPERATION AND HOLIDAYS

- Open Monday to Friday, 8:00 a.m. to 4:00 p.m. Closed at lunch from 12 noon to 1:00 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
<b>Free injection equipment and bin</b> for holding used syringes, needles and lancets	Go right to the CLSC	✓	
<b>Blood samples</b>	819-986-3359		Tuesday and Thursday 8:30 to 10:30 a.m. ✓
<b>Adult vaccinations</b>	819-986-3359		
<b>Infant and child vaccinations</b>	CLSC 819-454-2355		
<b>Common health services</b> (e.g. removal of staples and stitches, wound care, injections)	For users without a referral, contact the CLSC directly 819-454-2355.  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.		<i>On weekends and holidays, common health services are provided at the Papineau Hospital.</i> ✓
<b>Chronic illnesses</b>	CLSC 819-454-2355		✓
<b>Help to quit smoking</b>	CLSC 819-454-2355		✓
<b>Sexual health and sexually transmitted and blood-borne infections (STBBI) / Services for clients age 12 to 24:</b> counselling, STBBI screening and follow-up as needed, pregnancy testing, emergency contraception (morning-after pill), prescription for a hormonal contraceptive  <i>*These sexual health and STBBI services are also available in a number of public high schools through the school nurse.</i>	CLSC 819-454-2355		✓
<b>Falls Prevention Program</b> (age 55 and older)	To register or for information: • for Vallée-de-la-Lièvre: 819-986-3359, ext. 6433 • for Petite-Nation: 819-983-7341, ext. 6433		✓
<ul style="list-style-type: none"> <li>• <b>Follow-up during pregnancy and at birth</b></li> <li>• <b>Breastfeeding tips</b></li> <li>• <b>Child nutrition and development (age 0 to 5)</b></li> <li>• <b>Support for families and young people in difficulty</b></li> <li>• <b>Speak with a social worker</b></li> <li>• <b>Mental health concerns</b></li> <li>• <b>Addiction problems (alcohol, drugs, gambling)</b></li> <li>• <b>Home support</b> (seniors, people with disabilities, or those needing temporary help such as after an operation)</li> <li>• <b>Support for caregivers</b></li> </ul>	Call 811, option 2		✓