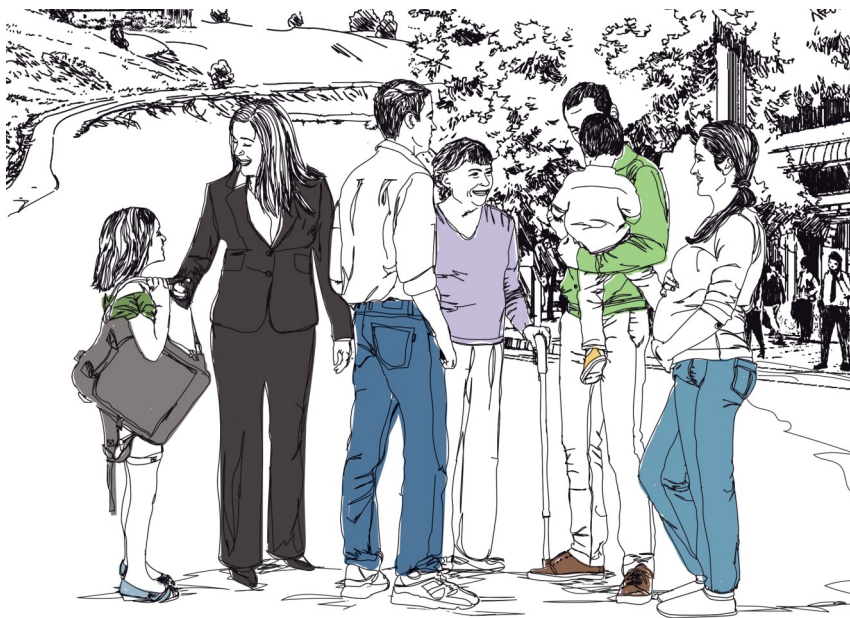


# Services Offered

## CLSC de Saint-Jean-de-Matha

Centre intégré de santé et de services sociaux de Lanaudière



**450-886-3861**

**Toll-free: 450-752-0367**

895, route Louis-Cyr  
Saint-Jean-de-Matha (Québec)  
J0K 2S0

Québec 

# Services offered by the CLSC

Do you have a **physical health problem** or **complication**?

Contact your CLSC at 450-886-3861.

**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:

#### Walk-in Services

- Sample collection/testing (blood tests, urine tests, etc.)  
Monday to Friday from 7:30 a.m. to 9 a.m.

#### By appointments

- Nursing care (bandaging, injections, teaching, etc.)
- Vaccination clinic



## 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 parents (early stimulation workshops, domestic help, etc.)
- Support to families with a disabled child and respite care

# Other services offered by the CISSS



## Info-Santé/Info-Social

Are you concerned with your **physical** or **psychological** health or that of a loved one?

Dial 811 to contact Info-Santé/Info-Social.

**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:**

- Screening tests for STIs/Birth control (CLSC de Joliette):  
450-755-2111, ext. 2318
- Abortion clinic (CLSC de Joliette): 450-755-2111, ext. 2418
- Asthma Instructional Centre (Centre hospitalier De Lanaudière):  
450-759-8222, ext. 2792
- Smoking Cessation Centre (CLSC de Joliette): 450-755-2111,  
ext. 2313



## 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 Offered - Children, Youth and Family:**

- 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



## 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.cissslan@ssss.gouv.qc.ca](mailto:guichet.ditsadp.cissslan@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



## Service d'infirmière en milieu rural

Pour les personnes âgées de 50 ans et plus

- 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)

## 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:
  - North of Lanaudière: 450-756-5076
  - South of Lanaudière: 450-654-9012, ext. 68290

## 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

Association québécoise de défense des droits des personnes  
retraitées et préretraitées (AQDR) Sainte-Émélie-de-l'Énergie:  
450-886-2509

Centre intégré  
de santé  
et de services sociaux  
de Lanaudière

Québec 

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

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