



Jeffery Hale Community Services is located in the Wellness Centre



Community Services

For all ages (newborn to adult)

If you have a child of any age who has been diagnosed with a disability, or is in the process of being diagnosed, please call **Jeffery Hale Community Services**.

Services are available for English speakers living on the North shore (03 region) of the Greater Quebec City area. An intake social worker will assess your needs and then refer you to a specialized social worker.

- Psychosocial follow up;
- Support to families and caregivers;
- Help accessing specialized services and professionals in the health system;
- Information about financial benefits for respite and homecare services;
- Services of a special education technician at home or elsewhere as required;
- Referrals to support groups and community integration programs (school, work, summer camps, community activities and events).

Jeffery Hale Community Services is located in the Wellness Centre. Please call Monday to Friday, between 8:30 AM and 4:30 PM:

jhsb.ca 418 684-5333, ext. 1580

A Community of Care

The community **Wellness Centre**, in the Jeffery Hale Pavilion, promotes the well-being of English-speaking people living in the Quebec City region:

- Caregivers' Circle
- Family Matters
- WE Belong Special Needs
- Well 50+
- WE Volunteer

Wellness Centre
1270, chemin Sainte-Foy
Québec QC G1S 2M4

wejh.ca



» **One number: 418 684-5333**
1 888 984-5333 toll-free

Jeffery Hale – Saint Brigid's is there for you! Bilingual health and social services:

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home



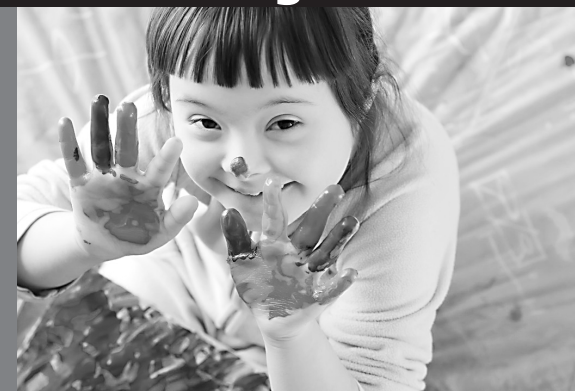
Wi-Fi

Jeffery Hale Hospital
1250, chemin Sainte-Foy
Québec QC G1S 2M6

jhsb.ca



WE Belong



A wide range of special care activities and services for people of all ages with alternate abilities:

- Intellectual (ID)
- Physical (PD)
- Autism Spectrum (ASD)

wejh.ca



Jan. 14, 2020



Inclusive activities

WE Belong is the umbrella name for a wide range of special care services available in English in the Greater Quebec City region for people with alternate abilities. Non-profit and public organizations work closely together to support the more vulnerable members of the English-speaking population from birth through adulthood. Truly a **Community of Care** in action!

For all ages

Wellness Activities at **QHS** are safe, stimulating, inclusive and assisted. They promote socialization, meet certain intervention plan (IEP) goals, and provide respite to parents. **Note:** Open to students from all schools (not only QHS), and friends and siblings are always welcome!

- **Saturday Children's Activity** (ages 3 to 12): crafts, dancing, sports, games, and more. Fosters creativity, fine and gross motor skills, and language and social skills.
- **Supper with the Gang** (ages 12 & up): Participants prepare and enjoy a meal, and then do games and crafts, or watch movies.
- **Friday Night Bowling** (ages 12 & up): Monthly bowling outing. Equipment and snacks provided.

wejh.ca

418-572-5009

Rise to your potential

For adults 18 & over

The **RISE Program** is a safe space where adults with special needs feel respected, included, supported and empowered as unique beings.

The RISE team believes that no one should be defined by their limitations. They strive to enhance the potential of each person through creative and specialized activities that help develop life and social skills. Regularly-scheduled activities include cooking, group meals, arts and crafts, stretching/exercises, walks and other outings.

The program is open to English speakers who live in the Greater Quebec City area (both north and south shore) and who are willing and able to take part in a group. **Note:** Those as young as 16 may also be eligible to join the RISE Program.

wejh.ca

418-704-1600

Employment skills

For adults 18 & over

SNACS Entrepreneurs is a registered enterprise (*REQ*) that provides on-the-job training opportunities by running work platforms.

Work platforms offer real social and vocational challenges in keeping with clients' abilities. Participants acquire practical skills that can be applied to another job or to activities of daily living.

The goal is to help develop life skills and social and vocational abilities, increase feelings of usefulness and belonging, and reduce social isolation, while providing quality services to the community.

SNACS Entrepreneurs' main work platform is its Book Fair, and others are being studied.

snacs.ca 418-684-5333, ext. 1517

Ages 12 to 21

The **After-school Homework Program** at **QHS** (Quebec High School): Structured and stimulating before AND after school activities so that parents can work regular hours with peace of mind that their child is safe and well cared for. **Note:** If your child goes to another school, they still may be able to attend.

wejh.ca

418-572-5009