



Jeffery Hale Community Services is located in Wellness Centre

Community Services

For all ages (newborn to adult)

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

Services 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;
- 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. Open Monday to Friday, between 8:30 AM and 4:30 PM:

jhsb.ca **418 684-5333, ext. 11805**

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
- SNACS 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:

- Lab tests
- Senior care
- Community services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home
 - Help with access to services in English



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

wejh.ca

Grouped with the CIUSSS de la Capitale-Nationale

SNACS Special Needs



A wide range of activities and services for people of all ages with special needs:

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

wejh.ca



Inclusive respite activities

There is a wide range of special services available in English in the Greater Québec City region for people with special needs. Local non-profit and public organizations work closely together to support the more vulnerable members of the English-speaking population, from birth through adulthood, while providing respite to parents and guardians.

SNACS Program

SNACS stands for **S**pecial Needs **A**ctivities and **C**ommunity **S**upport. Inclusive activities for those on the autistic spectrum or who have challenges related to social skills, such as anxiety or Tourette's. These activities are held at various locations. Friends and siblings welcome.

- **After-school Homework Program** (ages 12 to 21): A structured and stimulating before AND after school activity, to help give parents respite and peace of mind.
- **Social Club** (ages 12 to 21): A safe and informal after-school space to practice skills learned in school. Activities include cooking, games, movies, hobbies, etc.
- **Supper with the Gang and Bowling** (ages 12 & up): Life skills-based and leisure evening for teens and young adults.
- **Weekend Activities** (ages 5 to 12): crafts, dancing, exercises, games, etc. Promote creativity, fine and gross motor skills, language development and social skills.

Rise to your potential

RISE Program

RISE (ages 18 & over) is a safe space where special needs adults feel **R**espected, **I**ncluded, **S**upported and **E**mpowered as unique individuals.

Through creative and specialized activities that develop skills, the RISE team strives to enhance the potential of each client. No one should be defined by their limitations!

Regularly scheduled activities open to English speakers who live in the Greater Quebec City area (North and South shore included) and who are willing and able to take part in a group. One-on-one care may also be available in certain cases.

Activities include cooking, group meals, arts and crafts, stretching, exercises, walks and other outings.

Note: 16 & 17 year-olds may also be able to take part in this program

wejh.ca



418-572-5009

Employment skills

SNACS Entrepreneurs

SNACS Entrepreneurs (ages 18 & over) offers on-the-job training opportunities. The win-win goal is to help develop life skills and social and vocational abilities, while also providing quality services to the community.

As a registered enterprise (REQ), SNACS Entrepreneurs runs work platforms that provide settings with real social and vocational challenges in keeping with clients' abilities. Participants acquire practical job skills that can be applied to another job setting or daily living situation.

The platforms also produce quality products and services, which enables participants to contribute to the community. The goal is to increase feelings of usefulness and belonging, and reduce social isolation.

SNACS Entrepreneurs' main work platform is its annual Book Fair, and others are being studied, such as cleaning and gardening.

snacs.ca



**418-684-5333,
ext. 12012**