

## Going to Quebec City



for medical services?



**Jeffery Hale**  
Community Services

may be able to help.

**418 684-5333, ext. 1580**  
or

**1-888-984-5333 toll-free**

8:30 AM to 4:30 PM

Monday to Friday

Jeffery Hale Community Services  
1270 Ch. Sainte-Foy, Bureau 1124  
Québec (Québec) G1S 2M4  
Fax: 418 681-9265

Website: [www.jefferyhale.org](http://www.jefferyhale.org)

E-mail: please call for an email address

Jeffery Hale Community Services offers these services in English:

- Information and referral (English-speaking doctors, dentists, lawyers, etc.);
- Liaison with health hospitals, clinics, CLSC's, etc;
- Lists of places to stay;
- Listening and moral support;
- Help filling in forms (government forms, applications, etc.);
- Help getting in touch with a priest or minister of your faith;
- Weekly social activities for seniors and families with very young children;
- A book exchange carousel.
- Volunteer services such as friendly visits and calls (depends on volunteer availability, advance notice required).

**We care about your well-being.  
If we can't help you directly,  
we'll try to put you in touch  
with the right service.**

Please have these details handy when you call Jeffery Hale Community Services

- How long you will be staying in Quebec;
- To which hospital you are going.