



Our health and social service professionals understand the unique concerns of today's youth



Jeffery Hale

Youth Clinic

- You are between 12 and 20 years' old?
- You go to a CQSB school in the Quebec City region?
- You would like to meet with a doctor, nurse or social worker who understands your specific needs?

At the Jeffery Hale Youth Clinic, we will do our best to help you with whatever may be troubling you, such as:

- Sexuality
- Sexually transmitted infections (STI's)
- Contraception
- Love
- Relationships with friends & family
- Abuse
- Thoughts of suicide...

Free. Confidential. By appointment.

Talk to your school nurse or social worker
OR

Call 418-684-JEFF (5333) ext. 1580, and ask for school intake services.

Note: You will need your parents' consent if you are 12 or 13 years' of age.

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**
1 888 984-5333 toll-free

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services (CLSC-type services in English)

www.jefferyhale.org

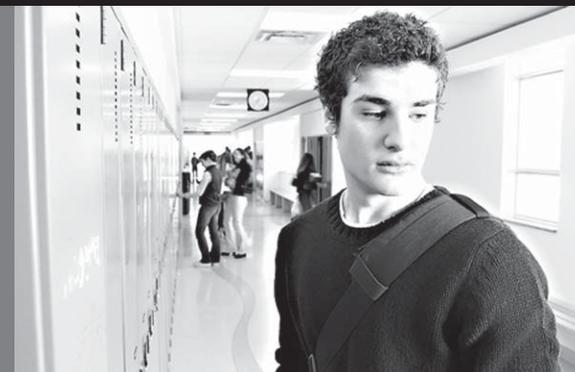


Jeffery Hale

1250, ch. Sainte-Foy
Québec QC G1S 2M6

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School Services



Health and social services for students in CQSB schools in the Quebec City region

www.jefferyhale.org





Student health & well being

Nurses and social workers from Jeffery Hale Community Services provide CLSC-type health and social services within Central Quebec School Board (CQSB) elementary and high schools located in the Quebec City region.

Working on site, our goal is to promote health and counsel CQSB students who have personal or family concerns.

Our professionals are there to help:

- students, both young children and adolescents alike;
- their parents;
- teachers;
- school administrators;
- other helping professionals who may be in the child's life.

Your school social worker

- Evaluates needs;
- Acts as an advisor;
- Helps youth with social and family concerns;
- Provides psychosocial consultations (individual, family or group);
- Offers prevention programs on emotional and social issues;
- Refers to other resources when needed.

Your school nurse

- Provides in-class information on a variety of topics including sexuality, nutrition, smoking and hygiene;
- Builds intervention plans for students with health conditions (allergies, diabetes, etc.) that may require preventive or emergency action, as well as training for school staff;
- Conducts the vaccination program as outlined by Quebec's immunization plan;
- Educates about preventing and controlling infectious diseases;
- Meets one-on-one to offer support around youth concerns, such as:
 - Nutrition and lifestyle
 - Sexuality
 - Specific health problems;
- Refers to other resources as needed.

We are here for you...

Talk to your school nurse or social worker

OR

Call 418 684-JEFF (5333), extension 1580. Ask for school intake services.

OR

Drop in to Community Services in the Jeffery Hale Pavilion, between Monday and Friday, from 8:30 AM to 4:30 PM.

Be sure to also read about our Youth Clinic (over...)