

INFO- SOCIAL 811



Info -Social 811 is a free and confidential telephone consultation service available both in English and French to any resident of Quebec. The service is available 24/7 and provides you with access to a psychosocial worker who can give you advice and answer questions about psychosocial issues (example: you are in a situation that is making you feel anxious, you are worried about a family member or friend, you are experiencing family or relationship problems, you are going through bereavement, etc....)

A call to Info-Social 811 involves 3 or 4 steps. The psychosocial worker:

1. will collect some personal information from you, with your permission;
2. will assess your needs;
3. will respond to your needs;
4. will refer you to an appropriate resource, if necessary.

Personal information will be kept confidential; however, you do not have to provide it. If you do not wish to do so, you can tell the psychosocial worker.

Depending on your needs, the psychosocial worker may give you information or advice, refer you to an appropriate resource or even send someone to your location to assist you immediately if you are in a crisis situation.

How to access the service?

You can call 811 to access the Info-Social 811 service. The service can be accessed from a landline or cell phone with a Quebec number. There is no other number to reach this service.

THIS ISSUE

INFO- SOCIAL 811

WE ARE TRYING SOMETHING NEW

NEXT ISSUE

ELDER ABUSE

DAY CENTRE

WE ARE TRYING SOMETHING NEW

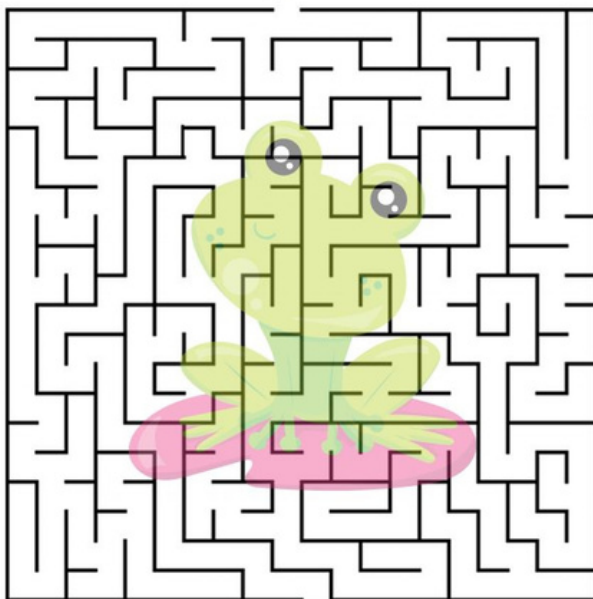


Vision Gaspé-Percé Now is revamping our monthly Health Bulletin effective April 2023. The Health Bulletins have traditionally contained snapshots of information on health topics which may be of interest to the community. Moving forward, the bulletins will be providing information on health services available within the region. Our aim is to increase knowledge of these services and help reduce barriers to access.

Activity Corner



Complete the Maze! Help the bee reach his duck friend.



Aprilway Oolsfay!



easter

WORD SEARCH



C	F	N	C	T	V	Y	J	E	A	K	L	H	E	Y
T	E	K	S	A	B	X	T	G	L	M	D	T	N	Z
M	S	O	K	G	E	E	U	G	F	E	A	N	C	K
H	O	G	H	N	A	T	G	S	Y	L	U	I	X	T
T	Q	W	Q	I	B	P	B	G	O	B	E	A	D	V
I	T	P	G	T	Y	P	R	C	H	A	E	U	H	D
C	Q	Z	N	A	J	V	O	I	S	U	O	A	F	B
L	R	C	I	R	B	H	F	T	L	M	N	Q	R	U
Y	G	V	R	O	C	E	E	L	Q	B	Y	T	I	E
J	L	F	P	C	R	R	C	A	N	D	Y	R	E	B
X	R	I	S	E	W	F	L	O	W	E	R	S	N	L
B	C	X	M	D	P	O	H	B	O	F	Q	P	D	R
Q	I	S	X	A	H	O	O	X	Y	L	L	R	S	Z
Z	J	N	T	T	F	W	W	S	H	F	S	U	I	G
E	V	M	M	P	S	J	I	L	I	J	X	K	T	O

APRIL
BASKET
BOWS
BUNNY
CANDY

CHOCOLATE
DECORATING
EASTER
EGG HUNT
EGGS

FAMILY
FLOWERS
FRIENDS
HOP
SPRING

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