

 AVAILABLE IN MULTIPLE LANGUAGES



FRENCH / FRANÇAIS



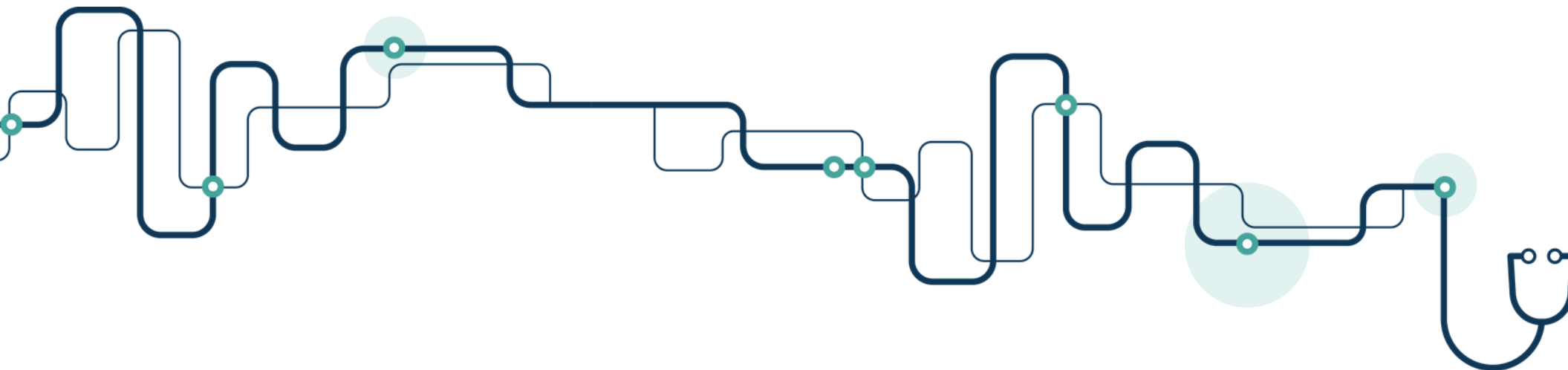
SPANISH / ESPAÑOL



ARABIC / عربي

YOUR HEALTH IN QUÉBEC

FIRST HEALTH SERVICES FOR
REFUGEE CLAIMANTS



Centre intégré
universitaire de santé
et de services sociaux
du Centre-Ouest-
de-l'Île-de-Montréal
Québec 

 **CERDA**
www.cerda.info


PRAIDA
PROGRAMME RÉGIONAL D'ACCUEIL ET
D'INTÉGRATION DES DEMANDEURS D'ASILE

Have you recently arrived in Québec?

Teams are available to help you assess your health and find the right services.

WHY AND HOW
TO MAKE AN APPOINTMENT



WHY MAKE AN APPOINTMENT?

It is strongly recommended that you have a health checkup within **six (6) months** of arriving in Canada, even if you recently had your immigration medical exam (IME).

Even if you are feeling well, this appointment can help you:

- assess your health
- quickly identify certain health needs
- direct you to the right services
- help you access care in Québec more easily

This checkup can help you receive the right services at the right time.

WHO CAN MAKE AN APPOINTMENT?

This service is for refugees and refugee claimants who have recently arrived in Québec.

WHO WILL YOU BE SEEN BY?

Depending on your needs, you may be seen by:

- a nurse
- a social worker
- a doctor

HOW TO ACCESS THE SERVICE

Find the team nearest you by locating your city or region.



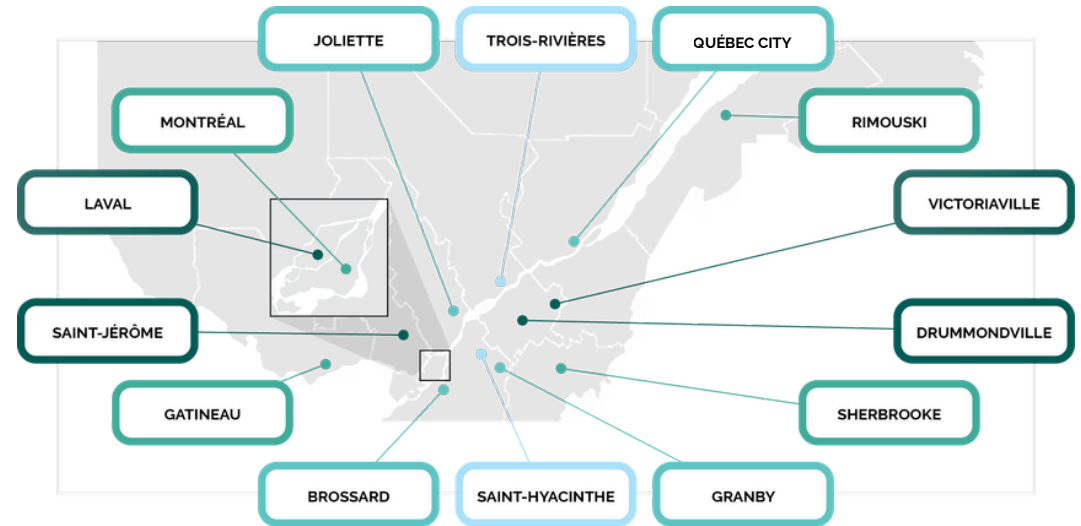
DETAILED INFORMATION ONLINE
Scan the QR code to access the map of service points.



NOTE

- This service is there to help and guide you.
- You can make an appointment even if you are feeling well.
- You can ask any questions you have about your health.
- The information you share with health professionals is **confidential**.

CONTACT YOUR LOCAL INSTITUTION



TO MAKE AN APPOINTMENT

Call and follow the instructions to find out where to go.

BROSSARD
450 463-0266, extension 4

QUÉBEC CITY
418 684-2233

DRUMMONDVILLE
819 474-2572, extension 33427

RIMOUSKI
418 724-7204

GATINEAU
819 966-6510, extension 332262

SHERBROOKE
819 780-2220, extension 44212

GRANBY
450 375-1442, extension 66398

SAINT-HYACINTHE
450 778-2572, extension 796233

JOLIETTE
450 755-2111, extension 422643

SAINT-JÉRÔME
811, option 3

LAVAL
450 687-5690, extension 64901

TROIS-RIVIÈRES
819 370-2100

MONTRÉAL
514 484-7878, extension 64500

VICTORIAVILLE
819 357-2030, extension 2416