



**Pointe-Saint-Charles
Community Clinic**
A neighbourhood's health and solidarity!

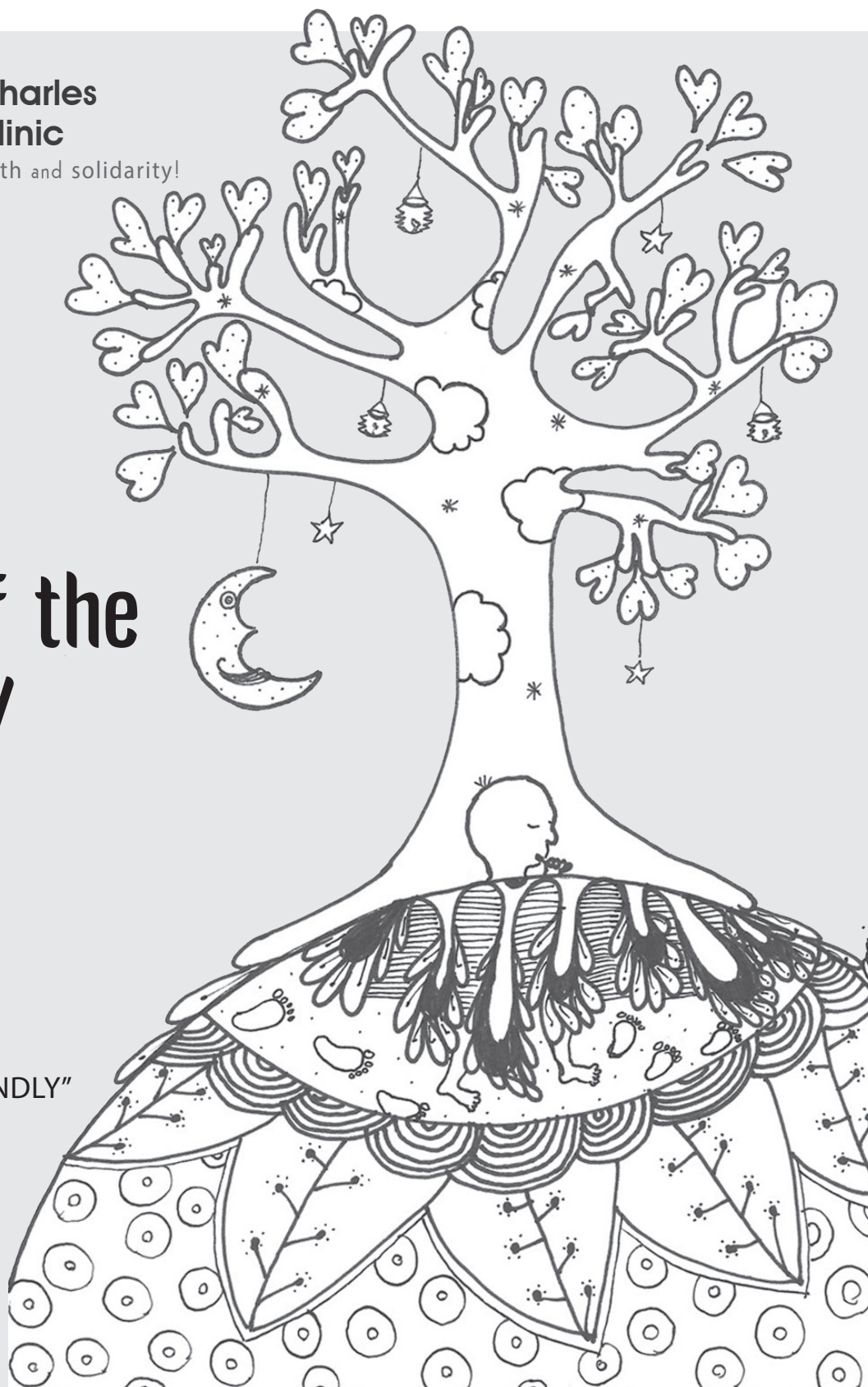
Opening of the MIDWIFERY Services!

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LET'S PLAY OUTSIDE!

THE CLINIC IS "BABY-FRIENDLY"

VACCINATION AND
PREVENTION
AGAINST SEASONAL FLU



LET'S PLAY OUTSIDE!

By Dominique Leclerc, occupational therapist at the childhood / family team

Winter is almost here, along with its fun and stimulating activities for children. Going outside to play with them is a great way to help them develop.

Here are some ideas to try out with your child this winter:

- ❄ Shovel snow from the entrance or brush off the car;
- ❄ Roll giant snowballs to make a snowman and dress it;
- ❄ Carry snow in pails to build things;
- ❄ Lie on your back in the snow to make snow angels;
- ❄ Lie on your stomach to look at snowflakes close up;
- ❄ Put coloured water in a water-gun and draw pictures in the snow;
- ❄ Make a relay race in the snow as a snake, a dog or a frog;
- ❄ Lay on your back and feel the snowflakes falling on your face;
- ❄ With your feet, make a path in the snow and ask friends to navigate it;
- ❄ Take kitchen utensils outside and play restaurant in the snow;
- ❄ Push, pull and sit in a sled;
- ❄ Make a snow mountain and slide down it;
- ❄ Carefully look at the different kinds of snow: harder, lighter, etc..
- ❄ Initiate yourself to winter sports like skating, snow-shoeing, sleighing.



Image: bougerenfamille.com

Need resources for winter linens?

Visit our website:

ccpsc.qc.ca/en/resourcesforfamilies

All of these activities can help your child develop motor skills, senses and other skills to prepare them for school. It is important that these activities take place under adult supervision, in a safe location. Most of all, have fun with your kids!

THE CLINIC RECOGNIZED AS “BABY-FRIENDLY”

After ten years of work, the Clinic just received its “baby-friendly” certification! This programme is the main strategy to protect, promote and support breast-feeding in Quebec’s healthcare system as well as globally. Initiated by the World Health Organization (WHO) and UNICEF, the program addresses quality of care in health facilities providing perinatal services.

It is a kind of quality assurance for mothers and their new-borns.

The programme contributes to:

- excellence of care for mothers and babies, within a family approach;
- quality assurance guided by international norms; and,
- in the long-term, improvement of children’s health, their psychomotor development and of mothers’ health.

FINALLY THE BEGINNING OF MIDWIFERY SERVICES IN THE POINT!

For who?

All pregnant women and their families living in the greater South West of Montreal, Verdun and around.

What services are offered?

- Comprehensive care from the beginning of the pregnancy to 6 weeks after giving birth for mother and newborn;
- Information sessions on services available to the public;
- Complementary exams (lab tests, prescriptions, ultrasounds, etc.);
- Prenatal classes;
- Home birth and hospital birth during the first phase, then at birthing centre after it has opened;
- Home visits after birth;
- Breastfeeding support.

All services are covered by RAMQ.

Experiencing your pregnancy and childbirth another way!

On the occasion of 20 years of recognition of midwifery, we are proud to say that it is up to women to choose the conditions in which they live their pregnancy and their childbirth. Midwifery services adopt a global and feminist approach to health within a relationship of mutual trust.

Open House

November 28 from 1 to 4 pm

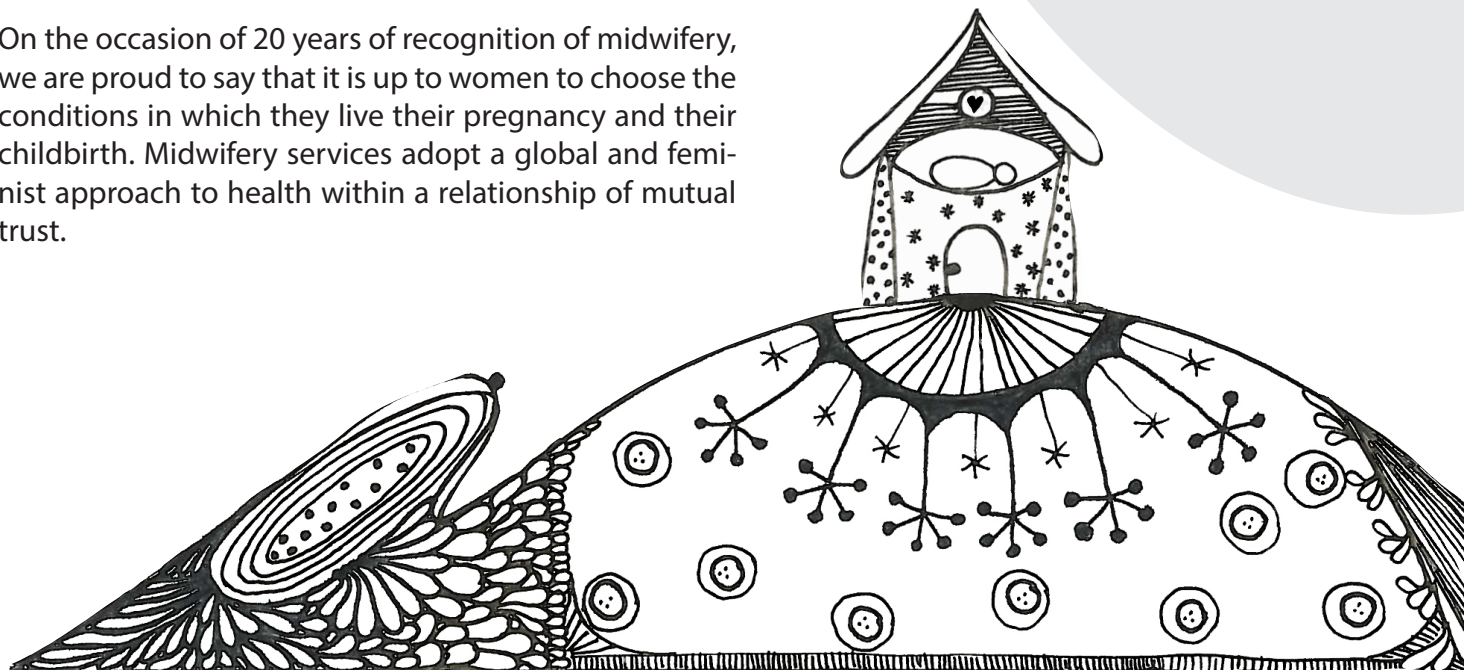
Information session (En):

November 12, 10am

December 2, 7pm

MIDWIFERY SERVICES
1955 Centre street (basement),
Montreal, Quebec, H3K 1J1
514 937-9251#2323
ccpsc.qc.ca/en/mws

No elevator, contact us if you
have special needs.



VACCINATION CAMPAIGN AGAINST SEASONAL FLU

By Annie Bisailon, Director of nursing

Every year, the flu (influenza) affects 1 out of 6 people in Quebec. In Montreal alone, more than 300 deaths of vulnerable people can be attributed to the flu virus each year. It is for this reason that it is important to vaccinate these people and those who are in contact with them.

As the flu is mainly transmitted by nose and throat secretions, during coughing and sneezing, **action to prevent contamination is important:**

- cover mouth and nose with the inside of your arm or a tissue while coughing and sneezing;
- throw out tissues after using them;
- wash your hands;
- wear a mask if you have a fever, you are coughing or sneezing, you are in a health centre, such as a waiting room (masks are usually available for use);
- Clean often-used surfaces (door handles, counters, etc.);
- Limit contact with people who are sick.

ANNUAL VACCINATION IS THE BEST PROTECTION AGAINST FLU.

Influenza vaccination is especially recommended for:

- People of all ages with chronic diseases;
- People aged 75 and over;
- People in contact with vulnerable people;
- Pregnant women (2nd-3rd trimester);
- Health care workers;
- Children / adolescents on long-term aspirin treatment.



Here is the schedule of the drop-in clinic for vaccination against seasonal flu:

Vaccination takes place in the basement of the Clinic at 500 Ash Avenue.

Monday, November 4 from 12:30pm to 7:30pm
Friday, November 8 from 12:30pm to 7:30pm
Thursday, November 14 from 12:30pm to 7:30pm
Monday, November 18 from 12:30pm to 7:30pm
Monday, November 25 from 4:30pm to 7:30pm
Monday, December 2 from 4:30pm to 7:30pm
Monday, December 9 from 4:30pm to 7:30pm
Monday, December 16 from 4:30pm to 7:30pm
Thursday, January 9 from 4:30pm to 7:30pm
Thursday, January 16 from 4:30pm to 7:30pm
Thursday, January 23 from 4:30pm to 7:30pm

Note that the vaccine is only offered as an injection this year. You can also get the pneumococcal vaccine if you are 65 or over or if you are at risk of invasive pneumococcal infection.