

BULLETIN FOR HEALTH AND WELLBEING

PREGNANCY MONITORING



Pregnancy is the start of a new life for you and your family. During pregnancy, you will meet with a perinatal nurse or midwife to ask questions and discuss your needs and concerns regarding pregnancy, birth, breastfeeding and returning home with your child.

If you are looking for a doctor for pregnancy monitoring, you must register at access desk by calling the following number:
Côte-de-Gaspé: 1 866 268-2572, ext. 3333

Le Rocher-Percé: 418 689-2261, ext. 2020

If you are looking for a midwife you can register for one in the region of La Côte-de-Gaspé by calling 1 877 388-7243.

Prenatal meetings are offered in French through Maison de la Famille Parenfant Gaspé 418 368-6028 or in English by contacting the Vision Gaspé-Percé Now office at 418-368-3212.

THIS ISSUE

PREGNANCY MONITORING

SERVICES AFTER BIRTH

NEXT ISSUE

ACCOMPANIED RENT SUPPLEMENT PROGRAM/
PROGRAMME DE SUPPLÉMENT AU LOYER AVEC
ACCOMPAGNEMENT

THE CRRI - CENTRE FOR HEALING,
REINTEGRATION AND INTERVENTION (CENTRE
DE RESSOURCEMENT, DE REINSERTION, ET
D'INTERVENTION)

References :

<https://www.cisss-gaspesie.gouv.qc.ca/soins-et-services/grossesse-et-maternite/>
<https://visiongaspereperce.ca/>

Activity Corner



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

Sudoku Puzzle #1

LEVEL: Easy

	7			2			4	6
	6						8	9
2				8			7	1
	8	4			9	7		
7	1							5
				1	3		4	8
6	9	7			2			8
	5	8					6	
4	3			8			7	

Answer

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

SERVICES AFTER BIRTH

When you come home with your baby, it's normal to feel happy, exhausted and overwhelmed at the same time. You may have questions about your child's health, safety, physical and emotional needs, etc.

You receive a call, then a visit at home from a CLSC nurse or a midwife within 24 to 72 hours after returning home.

The meeting allows:

1. to carry out postnatal follow-up with you and your baby;
2. to provide breastfeeding support;
3. to answer your questions;
4. to inform you of available resources.
5. If necessary, nursing monitoring will continue depending on the situation.

Do you need support with your breastfeeding? Cote-de-Gaspé numbers:

Breastfeeding support group: 418 368-2572, ext. 2334

CLSC de Rivière-au-Renard: 418 269-2572

CLSC de Grande-Vallée: 418 393-2572

Murdochville CLSC: 418 784-2572

CLSC de Barachois: 418 645-2572

CLSC de Gaspé: 418 368-2572

Roche-Percé numbers:

Lactescence Pabos: 418 680-LAIT (5248)
info@lactescencepabos.org

Chandler CLSC: 418 689-2572

CLSC de Percé: 418 782-2572

CLSC de Gascons: 418 396-2572



The Bright Beginnings program:

Bright Beginnings came about because of the few services offered to families along the Gaspé Coast and in the Magdalen Islands in English. In particular, children ages 0-5 and their parents had little opportunity to socialize, read and borrow books, educate themselves, be creative, and play with their children outside of the home. For more information, visit the Vision Gaspé-Percé Now webpage or contact the main office at 418-368-3212.



Health Canada Santé Canada