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Programs and services

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Government programs and services

Pregnancy and Parenthood

The Government of Québec has a number of programs and services as well as useful information for future parents and new parents.

See the Pregnancy and Parenthood section at quebec.ca/en/family-and-support-for-individuals/pregnancy-parenthood for more information on topics such as the following:

- Adoption
- Financial support
- Parental leave and preventive withdrawal
- Parent's rights and obligations
- Childcare centres

Services Québec provides information on government programs and services.

By telephone

Québec area: [418-644-4545](tel:418-644-4545)

Montréal area: [514-644-4545](tel:514-644-4545)

Elsewhere in Québec: [1-877-644-4545](tel:1-877-644-4545)

By teletypewriter (TTY)

[1-800-361-9596](tel:1-800-361-9596)

In person

To find an office near you, use the Locator—Services Québec offices at localisateur.servicesquebec.gouv.qc.ca/en.



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Solange Lambert

Telephone help line resources

211 : Ressources sociales et communautaires

2-1-1

211qc.ca/en/

Multilingual information and referral service for social and community resources throughout Québec.

Québec Poison Control Centre

1-800-463-5060

ciusss-capitalenationale.gouv.qc.ca/antipoison/

Information on what to do in the event of poisoning, downloadable brochures (website in French only).

Info-Santé / Info-Social

Available throughout Québec, except in certain remote regions.

8-1-1

sante.gouv.qc.ca/en/systeme-sante-en-bref/info-sante-8-1-1

A health professional provides health and psychosocial advice 24 hours a day, seven days a week.

Première ressource, aide aux parents

514-525-2573 / 1-866-329-4223

premiereressource.com

Parents can consult professionals through this bilingual telephone service, available September to June.

S.O.S Grossesse

418-682-6222 / 1-877-662-9666

sosgrossesse.ca

Telephone help line, referral and information for any questions about pregnancy, contraception and sexuality (in French only).

SOS Violence conjugale

1-800-363-9010 / 438-601-1211 (text)

sosviolenceconjugale.ca/en

Bilingual telephone service accessible 24 hours a day, seven days a week.

Tel-jeunes

1-800-361-5085

teljeunes.com/en/parents

Bilingual telephone support for parents of children up to the age of 20 years, 24 hours a day, seven days a week.

Associations, agencies and support groups

Allergies Québec

514-990-2575 / 1-800-990-2575

allergies-alimentaires.org/en/

Information, support, education and training on food allergies. Website section dedicated to newborns.

Association de parents pour l'adoption québécoise

514-990-9144 / 1-844-990-9144

apaq.adoption-quebec.ca

Promotes the adoption of children born in Québec. Support, seminars and family activities (website in French only).

Association québécoise des consultants en lactation diplômées de l'IBLCE

514-990-0262

ibclc.qc.ca/en

To obtain the list of breastfeeding consultants (only available on the website).

Banques alimentaires du Québec

banquesalimentaires.org/en/

Directory of food banks across Québec.

Best Start

en.beststart.org

Maternal, newborn and early child development resource centre.

CAA Québec – Child car seats

caaquebec.com/en/on-the-road/services/child-car-seat/

Website that offers advice on the safe installation of child car seats.

Canadian Child Care Federation

613-729-5289 / 1-800-858-1412

cccf-fcsge.ca

Ideas on a broad range of topics of interest to families, including outings, activities, care, and tips.

Canadian Paediatric Society – Caring for kids

613-526-9397

caringforkids.cps.ca

Information on children's health.

Canadian Red Cross

1-800-363-7305

redcross.ca

Information on Red Cross prevention and first aid courses for the parents of young children and on the course for babysitters.

Centre de soutien au deuil périnatal du Center for studies and research on Family Intervention (CERIF-Death)

1-800-567-1283 ext. 2257

cerif.uqo.ca/en/death

Support offered to parents and workers affected by perinatal loss.

Centre québécois de ressources à la petite enfance

450-376-3702 / 514-369-0234 / 1-877-369-0234

cqrpe.qc.ca

A variety of information on support groups, health organizations, suggested reading for parents, websites on parenting, etc. (in French only).

Children now

514-593-4303 / 1-800-361-8453

avanttoutlesenfants.ca/home

Organization offering a wide range of services including a telephone help line, professional legal advice, a database of more than 2000 community resources and information sessions.

Clinique Parents Plus du Centre de réadaptation Lucie-Bruneau

514-527-4527

luciebruneau.qc.ca

A specialized public clinic for parents with physical disabilities. Assessments and adapted equipment to help them care independently for their baby (website in French only).

Canadian CMV Foundation

cmvcanada.com

National charity committed to preventing congenital Cytomegalovirus (CMV) infections.

Coalition des associations de consommateurs du Québec

consommateur.qc.ca

Portal featuring a wide variety of personal finance information and tools (in French only).

CRP Les Relevailles de Montréal

514-640-6741

relevailles.com

Telephone support, courses, meetings, assistance at home, videotape lending and referrals (in French only).

Diabetes Québec

514-259-3422 / 1-800-361-3504

diabete.qc.ca/en

Provincial organization that answers questions about diabetes.

Drogue : aide et référence

514-527-2626 / 1-800-265-2626

aidedrogue.ca/en/

Support, information, and referrals for persons coping with addiction throughout Québec.

Éditions du CHU Sainte-Justine

editions-chu-sainte-justine.org/catalogue/english-titles.html

The hospital's publications dealing with childhood and families listed on this site can be ordered online.

FASD - Alcohol-free pregnancy

fasd-alcoholfreepregnancy.ca/

Information and resources on fetal alcohol spectrum disorder.

Family Service Canada

familyservicecanada.org

Organization that supports a network of organizations offering services to families.

Fédération des associations de familles monoparentales et recomposées du Québec

514-729-6666

fafmrq.org

The federation defends the rights and interests of single-parent and blended families in Québec. Bilingual service is available in Montréal and some regions of Québec (website in French only).

Fédération du Québec pour le planning des naissances

514-866-3721

fqpn.qc.ca

This bilingual service provides information on contraception and women's sexual health (website in French only).

Fédération québécoise des organismes

communautaires Famille

450-466-2538 / 1-866-982-9990

fqocf.org

Gathers together and supports family-oriented community organizations and helps ensure that the family has a place in Québec society (in French only).

Fondation du Dr Julien

514-527-3777

fondationdrjulien.org/en

Community-based social paediatric centres that provide comprehensive support and a full range of medical care and services to children and families at risk or in vulnerable situations.

Fondation Olo

fondationolo.ca/en/

Food assistance for pregnant women with low income.

Fondation Portraits d'Étincelles

1-877-346-9940

portraitsdetincelles.com

Free photo and photo touch-up service for babies who died prior to or at birth (in French only).

Food Allergy Canada

416-785-5666 / 1-866-785-5660

foodallergycanada.ca

Support and information for families living with allergies.

Immunize Canada

613-725-3769 ext. 122

immunize.ca

Information on vaccines and the vaccination schedule, answers common questions and lists resources.

Institut National du Portage des Enfants

inpe.ca/en/index

Non-profit organization promoting skin-to-skin practices and babywearing.

iQuitnow

1-866-527-7383

tobaccofreequebec.ca/iquitnow

Information and support to individuals who wish to stop smoking (bilingual service).

L'accompagnateurlaccompagnateur.org

Site developed by parents of children with disabilities to help other parents in the same situation (in French only).

La Leche League

613-238-5919

lllc.ca

Telephone support by recognized leaders. Books and breastfeeding accessories for sale.

LGBT+ Family CoalitionfamillesLGBT.org

The organization advocates for the legal and social recognition of LGBT families. A group of lesbian, gay, bisexual and transgender parents exchanging information, sharing resources and having fun together with their children.

Lifesaving Society

514-252-3100 / 1-800-265-3093

sauvetage.qc.ca / perfectswimming.com

The Lifesaving Society (Société de sauvetage) is a provincial association dedicated to preventing drowning and water-related injuries through free advice on how to safely install a residential pool. The Society also offers a complete range of first-aid, lifesaving, resuscitation, and pleasure-craft courses.

Mamans pieuvresmamanspieuvres.com

Resources for future and new parents of twins and triplets (in French only).

Mouvement allaitement du Québecmouvementallaitement.org

Breastfeeding Friendly Ressource (in French only).

Naître et grandirnaitreetgrandir.com/en/

Website on children's development and health.

Nourri-Source

514-948-9877 / 1-866-948-5160

nourri-source.org/en/

Telephone support, breastfeeding support meetings, prenatal information sessions, training and information, rental and sale of breastfeeding accessories.

Ordre des orthophonistes et audiologistes du Québec

514-282-9123 / 1-888-232-9123

ooaq.qc.ca

Directory of Québec speech-language pathologists and audiologists (in French only).

Parachute

1-888-537-7777

parachute.ca/en

Parachute wants to help Canadians reduce their risks of injury and enjoy long lives lived to the fullest.

Parents Orphelins, The Quebec Association for parents grieving from pregnancy and infant loss

514-686-4880

parentsorphelins.org/en

Gathering and complimentary services for parents who have lost a baby during pregnancy. Coffee Chats, Helpline, recurring activities, Annual Candlelight Walk and external resources.

Préma-Québec

450-651-4909 / 1-888-651-4909

premaquebec.com/

Québec association for premature children.

Regroupement des cuisines collectives du Québec

1-866-529-3448

rccq.org/en/

To find the nearest collective kitchen.

Relevailles Québec

418-688-3301

relevaillesquebec.com

Assistance at home, support group for post partum depression, meetings, baby massage, support (website in French only).

RePère

514-381-3511

repere.org/about-repere/

Assistance and support program for fathers.

Réseau des Centres de ressources périnatales

418-336-3316

rcrpq.com/english-version/

Website to find out where is the CRP (perinatal resource centre) in your area.

Réseau québécois d'accompagnantes à la naissance
naissance.ca

Information and referral centre to inform the public of services offered by members, i.e., doulas (in French only).

Serena

514-273-7531 / 1-866-273-7362

serena.ca

Promotes natural family planning methods. Service in French and English.

Sexandusexandu.ca

Questions and issues around sex and sexuality that matter most to Canadians.

Sexplique

418-624-6808

sexplique.org

Information on family planning methods and sexuality (in French only).

St. John Ambulance

1-800-706-6660

sja.ca/English/Pages/default.aspx

First aid training organization that offers training in early childhood first aid.

The Health of Canada's Children and Youth

cichprofile.ca

Devoted to child and family health and offers parents numerous publications and resources.

Today's Parent

todaysparent.com

Parenting magazine website.

Union des consommateurs du Québec

514-521-6820 / 1-888-521-6820

uniondesconsommateurs.ca

Québec consumer associations providing free budget consultation services (website in French only).

The authors have chosen the organizations and references mentioned in this section because of their relevance to the users of this guide. However, the list is by no means exhaustive and neither the authors of the Institut national de santé publique du Québec are in any way responsible for the contents of the references indicated.

