

## OUR FACILITIES

1 800 418-5704

**Baie-Comeau**  
659, boulevard Blanche  
418-589-5704

625, rue des Épilobes  
418-589-2003

**Blanc-Sablon**  
1070, boulevard Docteur-Camille-Marcoux  
418-461-2144

**Fermont**  
1, rue Aquilon  
418-287-5461

**Forestville**  
8, 10<sup>e</sup> rue  
418-587-2204

**Havre-Saint-Pierre**  
1035, promenade des Anciens  
418-538-2955

**Les Escoumins**  
4, rue des Pilotes  
418-233-3143

**Port-Cartier**  
3, rue Shelter Bay  
418-766-2572

**Sept-Îles**  
531, rue Gamache  
418-962-9761

## ADDICTION REHABILITATION PROGRAMS

We provide services :

- To youths
- To adults
- To family members
- With accommodations
- For social reintegration

The addiction rehabilitation programs offer services to youths and adults who are living with a problem of abuse or an addiction to alcohol, drugs or gambling. Also, it offers support and accompaniment services to your family members.

The services are free, confidential and personalized.

## CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA CÔTE-NORD

The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord serves a population of about 95 000 inhabitants on a territory extending from Tadoussac to Blanc-Sablon (nearly 1,300 km of coastline), passing by the Anticosti Island and the northern towns of Fermont and Schefferville.

The CISSS de la Côte-Nord is responsible for planning, coordinating, organizing and providing health and social services to the entire population of the region. It has about 50 facilities and employs 3 600 people.

Centre intégré de santé et services sociaux  
de la Côte-Nord  
Services de réadaptation en dépendance  
659, boulevard Blanche  
Baie-Comeau (Québec) G5C 2B2  
418-589-5704  
1-800-418-5704 (Toll Free)



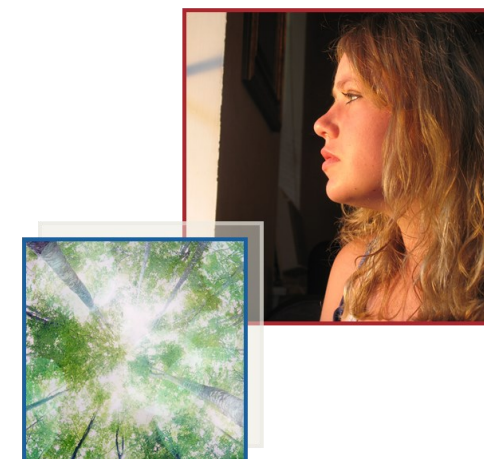
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Centre intégré de santé et de services sociaux de la Côte-Nord

[www.cisss-cotenord.gouv.qc.ca](http://www.cisss-cotenord.gouv.qc.ca)

Centre intégré  
de santé  
et de services sociaux  
de la Côte-Nord

Québec 



## ADDICTION REHABILITATION PROGRAM

février-2016

DEPARTMENT OF MENTAL HEALTH,  
ADDICTIONS, HOMELESSNESS  
PROGRAMS AND GENERAL SOCIAL  
SERVICES

Québec 

# AN ADDICTION REHABILITATION CENTRE FOR NORTH SHORE RESIDENTS

## WHAT IS THE ADDICTION REHABILITATION PROGRAM PROVIDED BY THE CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA CÔTE-NORD?

The addiction rehabilitation program has been in existence for more than 40 years on the North shore.

Since 1996, this program has been offered by the **Centre intégré de santé et services sociaux de la Côte-Nord** (previously the Centre de protection et de réadaptation de la Côte-Nord et Centre Le Canal).

This facility is a part of the Health and Social Services Network.

## YOUR WELL-BEING

If you or one of your family members are living with a problem of abuse or an addiction to alcohol, drugs or gambling, we can help you to better understand your situation.

Also, we can provide you with skills to take action in a more effective manner.

We are committed to helping you regain your well-being.

## POTENTIAL BENEFITS FOR YOU

Our team of professionals will help you to:

- Reduce the negative consequences of your consumption or your gambling habits
- Adopt responsible behaviours regarding your consumption or your gambling habits
- Regain power over your decisions and your life
- Discover your personal strength
- Regain self-confidence
- Acquire new skills to cope with your everyday problems
- Regain self-esteem

## OUR SERVICES

The services are for anyone, youth or adult, living with a problem of abuse or an addiction to alcohol, drugs or gambling.

### EXTERNAL SERVICES

External services are offered throughout the North Shore:

- To youths
- To adults
- To family members

### SERVICES WITH ACCOMMODATIONS

Services with accommodations are available for adults and are provided in Baie-Comeau.

The duration of the stay is initially for 28 days, but may vary depending on a professional assessment of your needs.

As for the youth, they are referred to specialized services outside of the region that offer rehabilitation with accommodations specifically for them.

### SOCIAL REINTEGRATION

The social reintegration services aims to improve your daily life conditions in your environment. This service may be offered at all times during your rehabilitation process.

## OUR SERVICES TO YOUR FAMILY MEMBERS

Within your environment, there is a person (parent, brother, sister, spouse, etc.) with a problem of abuse or an addiction to alcohol, drugs or gambling.

Our team of professionals will help you to:

- Understand the situation
- Increase your well-being
- Identify behaviours to adopt towards the dependant person
- Improve your relationship with the dependant person

You can receive help as a family member even if the person with an abuse problem or an addiction to alcohol, drugs or gambling does not consult our services.

### WHERE DO I BEGIN?

#### **You need help or a loved one needs help?**

You may call us or drop in to one of our facilities to make an appointment.

Our offices are open from 8:30 a.m. to 12:00 p.m. and from 1:00 p.m. to 4:30 p.m. , Monday to Friday.

Also, you may receive services upon reference from an organization within your community or another establishment.