

Terms of referral

All service requests for the Day Centre must come from the CLSC.

Please provide the contact information of the Day Centre referred to you by your support worker.

Users who are not receiving homecare support must apply via the access point by calling this toll-free number: 1-833-217-5362.

Hôpital de Saint-Jérôme

290, rue de Montigny
Saint-Jérôme, Qc J7Z 5T3

Hôpital de Saint-Eustache

520, boulevard Arthur-Sauvé
Saint-Eustache, Qc J7R 5B1

Centre multiservices de santé et de services sociaux de Sainte-Agathe

234, rue St-Vincent
Sainte-Agathe-des-Monts, Qc J8C 2B8

**Direction du programme Soutien à l'autonomie des personnes âgées –
Soutien à domicile (DSAPA-SAD)**

www.santelaurentides.gouv.qc.ca

Centre multiservices de santé et de services sociaux d'Argenteuil

145, avenue de la Providence
Lachute, Qc J8H 4L7

Hôpital de Mont-Laurier

2561, chemin de la Lièvre Sud
Mont-Laurier, Qc J9L 3G3

Centre multiservices de santé et de services sociaux de Rivière-Rouge

1525, rue l'Annonciation Nord
Rivière-Rouge, Qc J0T 1T0

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec 

DAY CENTRE



Source : Pexels

Information pamphlet for users and
their loved ones

Welcome to the Day Centre!

Our mission

In close collaboration with Home Support, the Day Centre helps adults and seniors who are losing their autonomy remain at home.

The Day Centre provides a setting to help prevent or delay the need for institutional housing and promotes an optimal quality of life for users. The Centre also supports interaction between users and their social network, while preventing their caregivers from burnout.

Our philosophy

We welcome our clientele with the utmost respect and dignity, without any judgment.

Our interdisciplinary team of professionals works with each user according to their abilities, helping them to maintain their strengths. They also work in close collaboration and in partnership with community organizations.

The participation of users and their families is an important asset in ensuring the continuity of care and the quality of services.



Source: Pexels

Our clientele

Our services are for people experiencing:

- loss of autonomy
- various health problems
- psychosocial difficulties that impact their functional autonomy

Our activities

Based on an evaluation of individual needs, our participants can take part in:

- awareness and prevention activities
- cognitive stimulation workshops
- adapted classes for physical exercise
- opportunities for socialization

Our objectives

- Slow down physical and cognitive decline in seniors
- Prevent deterioration and promote the overall health of seniors
- Support caregivers and prevent burnout while caring for seniors who are losing their cognitive and physical autonomy
- Maintain social skills to prevent isolation



Source : Pexels