



Handbook for pregnant women without health insurance in Quebec

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PLEASE NOTE:

The information contained in this handbook is subject to change without warning. Médecins du monde is not responsible if any changes occur.

You should therefore verify the validity of the information contained in this handbook.

Video clips

Video clips have been created in order to facilitate the access to information concerning prenatal care and deliveries for pregnant women without medical coverage. In order to watch them, please go on Medecins du Monde's website by following this link: <http://www.medecinsdumonde.ca/fr/clinic-uninsured-migrants/>

Prenatal care

There are two types of prenatal care: **1)** care by a doctor and **2)** care by a midwife.

Generally, family doctors or obstetricians-gynecologists provide care during pregnancy and perform the delivery. Visits take place in the clinic or hospital where the doctor practices and the delivery takes place in the hospital with which the doctor is affiliated. That said, it is not mandatory to give birth in the hospital with which your doctor is affiliated.

According to the Association of Family Physicians of Quebec, 40% of deliveries were performed by family doctors in Quebec in 2015.

With certain conditions, midwives also offer prenatal and post-partum care, including prenatal care, delivery and the post-partum visit.

Prenatal care by a doctor

In Quebec, it is possible to access prenatal care from a doctor in one of three ways:

1. Care from the same family doctor throughout the pregnancy and for the delivery
2. Care from an obstetrician-gynecologist throughout the pregnancy and for the delivery
3. Care from a family doctor for the initial prenatal visits, then referral to a delivering family doctor or an obstetrician-gynecologist for the remaining duration of prenatal care and for the delivery

Usual sequence of appointments in the case of a normal pregnancy:

- 1) Around 12th week of pregnancy: first appointment
- 2) 12 to 28-30 weeks of pregnancy: appointments scheduled every 4 weeks
- 3) 28-30 to 36-37 weeks: appointments scheduled every 2 weeks
- 4) 36-37 to 39 weeks: appointments scheduled every week

Costs for prenatal care by a doctor

There are two categories of fees: 1) fees charged by the doctor and 2) fees charged by the clinic/outpatient hospital department.

Fees charged by the doctor

The doctor is an independent worker and can therefore

For a normal pregnancy, it is not necessary to be followed by an obstetrician-gynecologist. Care provided by an OBGYN is more expensive, as they are specialists.

determine the fees he or she will charge someone without health insurance. It is possible to negotiate these fees with the doctor if you feel comfortable doing so. However, the doctor is not obligated to negotiate the requested fees.

In general, the cost of an appointment with a family doctor varies between 50\$ and 300\$ if you do not have health insurance. This varies according to the doctor, their specialty and the level of risk of your pregnancy. You should also set money aside for the cost of tests requested during the pregnancy. To see which blood tests and other exams are required during pregnancy, please refer to the table on page 8.

Fees charged by the clinic

The fees charged by the clinic are fixed and cover the cost of opening a medical file as well as other administrative expenses. These costs vary between clinics and are usually 50-75\$.

Finding a doctor

Finding a doctor for prenatal care can be complicated and it is best to start looking **as soon as possible**. There is currently a shortage of family doctors in Québec, including those who provide prenatal care and perform deliveries. This situation affects the province's entire population.

You may have to make many calls before you find a doctor who will agree to follow your pregnancy. During these calls, try to find out:

- whether the clinic accepts patients without health insurance
- fees charged by the doctor
- additional fees charged by the clinic (if there are any)

Family doctors performing deliveries in Quebec

The Quebec Association of Family Physicians in Perinatology (2016) has created a "Directory of family doctors performing deliveries in Quebec 2016" in which you will find a list of delivering family doctors in Quebec, organized by region. To access the Directory, visit the following website: <http://aopq.org/home/wp-content/uploads/2016/07/Bottin-2016-H.pdf> (in French). These doctors are NOT associated with Médecins du Monde Canada and we cannot guarantee the quality of their services.

Prenatal care by an obstetrician-gynecologist

To find an obstetrician-gynecologist, please visit the following website: <http://www.gynecoquebec.com/en/find-a-specialist.html>. You may also directly contact hospitals with an Obstetrics and Gynecology department (see list on page 14). Please note that obstetricians-gynecologists are considered medical specialists and the cost of prenatal care may be more expensive than for prenatal care with a family doctor.

Index Santé

Index Santé can help you to quickly find health services in Québec. The Index Santé website has a list of thousands of public, private and community health resources. You can visit the following website (in French only) : <https://www.indexsante.ca/>

CLSC

You may also visit your local CLSC (see list on page 21) to get a list of medical clinics offering prenatal care in your neighbourhood. To do this, go to the reception desk at the CLSC, explain that you are pregnant and ask for a list of clinics offering prenatal care.

CLSC

Local community service centres ("Centres locaux de services communautaires" - CLSC, in French) are public institutions offering health and social services. The services offered may vary depending on the location.

List of clinics offering prenatal care to women without health insurance (list not complete)

MONTREAL	
Plein Ciel Clinic	Address: 475 Côte-Vertu boulevard Phone number number: 514-337-3171
Diamant Clinic	Address: 5885 Côte-des-Neiges road, office 201 Phone number number: 514-737-3782
LaSalle Centre for Gynecology and Maternity	Address: 1811 Dollard avenue Phone number number: 514-364-3700
Île-des-Sœurs Polyclinic	Address: 2010 René-Lévesque boulevard Phone number number: 514-767-2683
La Maison Bleue Perinatal and Social Centre	<u>Côte-des-Neiges centre</u> Address: 3735 Plamondon avenue Phone number number: 514-509-0833 <u>Parc-Extension centre</u> Address: 7867 Querbes avenue Phone number number: 514-507-9123
LONGUEUIL	
L'Autre Maison Perinatal Centre	Address: 575 St-Charles East street Phone number number: 450-332-9833
La Cigogne Clinic	Address: 3141 Taschereau boulevard, office 420 Phone number number: 450-466-7892 OR 450-878-0500
LAVAL	
Concorde Polyclinic	Address: 126-300 de la Concorde East boulevard Phone number number: 450-667-5310
Chomedey Medical Centre	Address: 610 Curé-Labelle boulevard Phone number number: 450 687-6452
Le Carrefour Medical Centre	Address: 3030 Le Carrefour boulevard, office 200 Phone number number: 450-686-8899

Prenatal care with a midwife

A midwife is a health professional trained to provide comprehensive care and services to the mother and child during the pregnancy, delivery and post-partum period, until 6 weeks after the delivery.

It is essential to begin the process of arranging midwifery care as soon as possible!

Midwives only follow women with normal pregnancies. If there are complications, they will consult with, or transfer the woman's care to, a doctor. The fees charged will then be those associated with prenatal care by a doctor. **Midwives will not begin prenatal care after the 32nd week of pregnancy (or earlier, depending on the birthing centre).** Certain services provided by midwives prioritize women living in a context of vulnerability.

To obtain the services of a midwife, you must contact a midwife service or birthing centre (see list on page 8).

It is essential to begin arranging for midwifery care as soon as possible. There is a strong demand for these services. Your name could be put on a waiting list.



Every midwife legally licensed to practice the profession is associated with a birthing centre. There are no independent midwives in Quebec.

Please take note that each midwife is affiliated with a specific birthing centre and hospital, and therefore does not perform home births without being associated with a center.

Costs for prenatal care by a midwife

Fees for prenatal care by a midwife are generally between 3500\$ and 12000\$. These fees include prenatal care, delivery-related expenses and post-partum care with a midwife. These fees generally do not include the cost of ultrasounds, blood tests and other exams during the pregnancy, or possible emergency transfer to a hospital. Many birthing centres may require you to pay a full deposit to the affiliated hospital before the delivery, in case an emergency transfer to the hospital is needed.

List of midwife birthing centres in the Greater Montreal

BIRTHING CENTRES	CONTACT INFORMATION
West Island Birthing Centre	Affiliated with Lasalle Hospital and Lakeshore Hospital Address: 180 Cartier Avenue, 3rd floor, Pointe-Claire Phone number number: 514-697-1199
Côte-des-Neiges Birthing Centre	Affiliated with the Jewish General Hospital Address: 6560 Côte-des-Neiges Road, Montreal Phone number number: 514-736-2323
Jeanne-Mance Birthing Centre (Midwife service of the Centre-Sud-de-l'Île-de-Montréal CIUSSS)	Affiliated with St-Luc Hospital Address: 1822 Ontario Street East, Montreal Phone number number: 514-527-2361 extension 2500
Du Boisé Birthing Centre (St-Jérôme CSSS)	Affiliated with St-Jérôme Regional Hospital Address: 15, 70 th Avenue West, Blainville Phone number number: 450-431-8623
Haut-Richelieu-Rouville Birthing Centre	Affiliated with St-Jean Haut-Richelieu Hospital Address: 700 Martel Street, door 5, Richelieu Phone number number: 450-658-2080
Midwife service of the Sud de Lanaudière CSSS	Affiliated with Pierre-Legardeur Hospital Centre Address: 3195 de la Pinière Street, office 205, Terrebonne Phone number number: 450-471-1403

Basic prenatal care

Whether you are followed by a family doctor, an obstetrician-gynecologist or a midwife, many elements will be checked during your appointments:

- your medical history, especially during the first appointment: questions about your health, your family's health (specifically the health of your parents, siblings, partner and partner's family) and previous pregnancies (if there are any), to determine if there are any problems that could influence your present pregnancy.
- blood pressure measurement: high blood pressure can cause complications during the pregnancy including **pre-eclampsia**, a condition that may be dangerous if not diagnosed and treated.
- urine test: this test can detect potential complications during pregnancy. However, it may be normal to find occasional traces (small quantities) of protein or signs of urinary tract infection in your urine sample. If the doctor or nurse find signs of a urinary tract infection, it is important to treat the infection with antibiotics to avoid any complications.
- uterine measurement: this measure of your belly with a measuring tape ensures that your baby

is growing well. This measure is especially reliable after the 20th week of pregnancy (around the 5th month of pregnancy).

- fetal heart rate detection: we can start to hear the baby's heartbeat around the 10th week of pregnancy (sometimes a few weeks later). The baby's heartbeat can be heard with a machine called a "fetal doppler" or foetoscope.

Blood tests and exams required during pregnancy

No test can be performed without your free and informed consent. You have the right to know why a test has been ordered, the risks and benefits associated with the test and the consequences of an abnormal test result. You also have the right to refuse a test you do not want to have done.

Blood tests and other sample testing can be done in the collection centre of a CLSC or hospital, in a medical clinic or a private laboratory. Please make sure you have your test prescription with you.

The total cost of the tests required during pregnancy varies between 450\$ and 600\$, depending on the collection centre.

Tests required during pregnancy: when to do them?

TESTS		WHEN TO DO THIS TEST?
Complete blood count (CBC)		Beginning of the pregnancy/follow-up AND around 26 weeks of pregnancy
STBBI screening (STDs)	HIV (AIDS) screening test	Beginning of the pregnancy/follow-up
	Syphilis screening test (VDRL)	
	Gonorrhea and Chlamydia test	
	Hepatitis B screening test	
	Hepatitis C screening test	
Serology testing for rubella		Beginning of the pregnancy/follow-up
Blood group		Beginning of the pregnancy/follow-up
Glucose tolerance test (50 or 75g tolerance test)		Between approximately 22 and 28 weeks of pregnancy, or during prenatal care after the 28th week
TSH (test to evaluate the thyroid gland function)		Beginning of the pregnancy or during follow-up care. <i>Not always required.</i>
Group B streptococcus testing		Between 35 and 37 weeks

Tests required during pregnancy: What are they and why do them?

TEST		WHAT IS THIS TEST?	WHY DO THIS TEST?
Complete Blood Count (CBC)		<p>The CBC is a blood test allowing us to evaluate the blood cells. 3 types of cells are looked at: red blood cells, white blood cells and platelets.</p> <p>This test allows the medical team to check for anemia</p> <p>Anemia is a reduction in the quantity of hemoglobin in the blood. Hemoglobin is the element which transmits oxygen to the cells of the body.</p>	<p>Anemia can cause fatigue and shortness of breath on exertion.</p> <p>Many pregnant women experience mild anemia. If anemia is more serious, it could be necessary to take iron supplements.</p>
STI Screening Tests	Screening Test for HIV (AIDS)	HIV is a virus which attacks the human body's defenses against infection. It is transmitted through sexual intercourse, through blood, and may also be transmitted from parent to infant during pregnancy, birth and occasionally through breastfeeding.	If a pregnant woman is infected, the risks of infection from parent to infant during pregnancy are very high. However, it is possible to reduce the risk of HIV transmission to the baby to less than 2% with current treatments. Medications can also significantly delay the progression of the mother's disease.
	Screening Test for Syphilis (VDRL)	Syphilis is an infection transmitted during sexual intercourse. If it goes unnoticed in a pregnant woman and is not treated, it could be transmitted to the baby and cause serious health problems.	If a pregnant woman is infected, an antibiotic treatment can cure the infection and prevent transmission to the baby. The treatment is given by injection to the pregnant woman and to their sexual partners.
	Test for Chlamydia and Gonorrhea	Chlamydia and gonorrhea are infections transmitted during sexual intercourse. These infections could cause burning during urination, abnormal vaginal discharge, vaginal bleeding, and pain in the lower abdomen. It is also possible to be infected but not have any symptoms. Whether or not the pregnant woman has symptoms, these infections can cause health problems for the baby at the time of birth. The test is done by taking a vaginal swab or by doing a urine test.	Chlamydia and gonorrhea are easily treated with a dose of antibiotics. It is necessary to treat the pregnant woman's sexual partners and to avoid sexual intercourse for 7 days after the treatment.

	<p>Screening test for Hepatitis B and Hepatitis C</p>	<p>Hepatitis B is a virus that attacks the liver and can cause symptoms such as: jaundice, fatigue, vomiting. This infection often goes unnoticed even though it is serious. The infection can be transmitted to the baby during birth.</p> <p>Hepatitis C is a virus that attacks the liver and can be transmitted through blood. It can cause symptoms such as : loss of appetite, weight loss, nausea, and vomiting, but it can also be asymptomatic.</p>	<p>If the pregnant woman is infected, it is possible to prevent transmission to the baby by administering a medication and by vaccinating the baby at birth.</p> <p>It is also possible for pregnant women to be vaccinated to prevent Hepatitis B. This vaccine can be received during or after pregnancy.</p> <p>There is no vaccination against Hepatitis C. There are some treatments available, but they are not easily accessible. The virus can be transmitted from mother to infant, but the risk of transmission is low.</p>
<p>Rubella Serology Test</p>	<p>Rubella is a viral disease that is normally not dangerous. However, the baby of a pregnant woman infected with rubella can develop serious malformations. This test detects the presence of antibodies that act against rubella to determine whether the patient is protected. A person is protected against rubella if they have already had it, or if they were vaccinated during childhood.</p>	<p>When someone does not have enough antibodies, they must take precautions to avoid contact with people who could be contagious; usually children. For example, a person who works in a daycare, a school, or with children may be at risk. The vaccine against rubella is not recommended during pregnancy: it is necessary to wait until after the birth to have the vaccine.</p>	
<p>Blood Group</p>	<p>This test determines blood group (A, B, AB, or O), but it is particularly important to determine the rhesus factor (a characteristic of blood). The factor can be + or -. The test also determines the types of antibodies.</p>	<p>Women who have a negative rhesus factor (-) should receive an injection of antibodies at about 28 weeks of pregnancy and/or at the time of birth, and at any other time during the pregnancy when they have bleeding. This medication prevents the infant from developing anemia in the first days of life.</p>	

<p>Glucose Tolerance Test (test of 50g or 75g of glucose)</p>	<p>Blood sugar can also be measured by blood tests requested early in the pregnancy. Among other things, this is done to check for the presence of diabetes before the beginning of pregnancy.</p> <p>Goal: Screen for gestational diabetes (abnormal increase in the level of sugar in the blood that often appears during the 2nd or 3rd trimester of pregnancy).</p> <p>Test: drink a sugar solution and measure the level of sugar in the blood one or two hours hour afterward depending on the amount of glucose prescribed. If the results are abnormal (high level of sugar), the test is repeated with a solution containing more glucose. Your nurse or doctor may ask for this test to be done on a empty stomach.</p>	<p>If results are abnormal, the first stage of treatment consists of following a recommended diet and checking blood sugar levels at home. If dietary changes are not enough to control blood sugar, medication could be prescribed.</p> <p>Women who have a diagnosis of gestational diabetes (GDM) may have more frequent medical appointments and ultrasounds. Birth can be induced at 40 weeks of pregnancy if it has not already occurred. It is therefore necessary to plan for additional costs.</p> <p>Women who are at higher risk of GDM: those who are overweight, who have given birth to a baby >4kg in the past, age, who have close family members with diabetes, or who have the following ethnicity: African-American, Latin-American, Carribean, Aboriginal and First Nations, should consider having this test..</p> <p>Caution: women who have diabetes BEFORE becoming pregnant must have specialised care, often at a clinic for high-risk pregnancy.</p>
<p>TSH (blood test to evaluate the thyroid gland)</p>	<p>The thyroid is an endocrine gland located in the neck. Hypothyroidism, the most common thyroid problem, occurs when the thyroid gland is not active enough. This can lead to fatigue and cause development problems in the baby.</p>	<p>Hypothyroidism is easily treated with an inexpensive medication that must be taken every day (it often must also be taken after birth). It is necessary to repeat blood tests to determine whether the medication is being taken at the correct dose.</p>
<p>Test for Group B Strep</p>	<p>Group B Strep (GBS) is a microbe (bacteria) which can be found naturally in the vagina or the anus. It does not normally cause problems for the parent, but in rare cases can cause very serious infection in the baby after birth. The test is done by taking samples with a cotton swab from the vagina and the anus.</p>	<p>If the result is positive (or if there are risk factors present), the health care team will suggest that the pregnant woman receive antibiotic medication during the birth, two doses spaced by 6 hours during the delivery.</p>

Ultrasound

The ultrasound that is recommended as part of follow up for a normal pregnancy is the **second trimester** ultrasound, between 18 and 20 weeks of pregnancy. The ultrasound makes it possible to see the baby on a screen, using a machine that emits waves through your belly. The second trimester ultrasound makes it possible to determine gestational age with more precision, to view the anatomy of the baby, and to determine the location of the placenta. In case of problems, you may be advised to have an ultrasound at other times during your pregnancy. **However, there is no medical reason to have an ultrasound at every appointment as part of a routine follow-up, and therefore there is no reason to pay extra for this exam.**

Without a health insurance card, an ultrasound generally costs about \$150 to \$300, depending on the clinic and the trimester of pregnancy. It requires a doctor's prescription. The clinic at Médecins du Monde is not able to do ultrasounds because we do not have the equipment or the expertise.

List of clinics where ultrasounds are performed (with a doctor's prescription)

CLINIC	CONTACT INFORMATION
Centre de radiologie Côte-des-Neiges	Address: 5300, Ch. de la Côte-des-Neiges, Office 600, Montréal Phone number: 514-738-5306
Medica – Radiologie Ellendale	Address: 5950, Ch. de la Côte-des-Neiges, Office 200, Montréal Phone number: 514-739-6169
Clinique OVO	Address: 8000 Boul. Décarie, Montréal Phone number: 514-798-2000
Laboratoire CDL	Address : 5990, chemin de la Côte des Neiges Montréal, QC Phone number : 514-344-8022 ext. 333
Clinique médicale Dr Samir Khalife	Address : 3550 Chemin de la Côte-des-Neiges, suite 700, Montréal Phone number : 514-933-8877
Service d'imagerie Viamédica	Address: 3943, Boul. Saint-Jean, Dollard-Des Ormeaux (QC) Phone number: 514-626-5888
Radiologie Médicentre Lasalle	Address: 1500, Av. Dollard, Office 101, LaSalle Phone number: 514-365-7766

Delivery

Delivery in a hospital

It is important to note that it is forbidden by law and the medical code of ethics for a hospital or medical professional to refuse assistance to a person whose life is at risk.

If you contact a hospital in advance to arrange services related to your pregnancy, a deposit will be

Hospitals do not have the right to refuse care to a woman when she is in labour, even if she is not capable of paying the associated fees. To refuse care would be to break the law.

Doctors have a legal and ethical obligation to assist people during a life-threatening situation, even if they are not able to pay the fees. To refuse would be to break the law and violate their code of ethics.

requested. If you arrive at the hospital where you have arranged services before the beginning of labour, they may refuse to serve you at that time. It must be noted that, regardless of your situation and the pregnancy-related care that you have had, you are entitled to give birth in a hospital in Quebec, even if you have no health coverage. You are also entitled to receive assistance for any emergency associated with your pregnancy before delivery.

After the 20th week of pregnancy, go directly to the delivery unit and not to the emergency department. Upon your arrival at the hospital, you will have to present an original piece of I.D.

You should go to a hospital with a delivery room (list on the page 14) when you feel that labour has started. Be aware that false contractions occur frequently at the end of pregnancy. Feeling contractions does not necessarily mean that you are going into labour. If you have doubts, call Info-Santé at 811 so that a nurse can evaluate the situation by Phone number and give you an opinion on the type of contraction.

If you have been seen by a particular doctor throughout your pregnancy, it's best to go to the hospital with which that doctor is affiliated. If you go to a different hospital before labour has started, it is possible that the hospital will ask you to go to the hospital with which your doctor is affiliated. **However, you have the right to go to the hospital of your choice, even if it is not the one with which your doctor is affiliated. If you go to a different hospital, it is very important to bring a copy of your medical record (ask your clinic or doctor at least 30 days before your due date!).**

If you are not receiving care from a doctor during your pregnancy, you can go to the hospital of your choice. However, certain hospitals are more expensive and less accessible for people without health insurance.

Costs for hospital delivery

There are two types of fees: 1) doctor's fees and 2) hospital fees.

Doctor's Fees

Doctors are autonomous workers who set their own fees for all medical procedures provided during birth in the hospital when a patient does not have health insurance coverage. Depending on the situation, fees may also be charged for care given to your child (for more information about accessing health insurance coverage for your infant, please refer to page 17). After giving birth, you will receive an invoice for the doctor's fees at the same time as you receive an invoice for the hospital fees.

Epidural

Medication injected in the back that anesthetizes a part of the body to diminish pain. The epidural is administered by an anaesthesiologist physician.

It is important to know that receiving an epidural is not considered emergency care unless an emergency Caesarean section must be done. Many women without medical coverage have reported to Médecins du Monde that they have had to pay the fees for the epidural in cash to the anaesthesiologist on the day of the delivery. It is therefore advisable to have cash on hand if you plan to request the epidural.

Fees Charged by the Hospital

The hospital charges a fixed price for your hospitalization and, depending on the situation, for your child's hospitalization (for more information about access to health insurance coverage for your child, please refer to page 17). Fees are calculated per 24 hours, beginning at midnight and ending at midnight. Whether you are admitted to the hospital at 9am, 4pm, or 10pm, you will have to pay for a full day of hospitalization. The same goes for your hospital discharge: if you leave the hospital at 9am, 4pm, or 10pm, you will have to pay for a full day of hospitalization.

The usual length of stay after a vaginal delivery is 36 to 48 hours, and after a Caesarean section, 72 to 96 hours. Fees vary between hospitals and according to the situation, but are generally in the range of \$3,500 to \$10,000 per day.

Hospitals with a delivery room/gynecology-obstetrics department

MONTREAL	
St-Mary's Hospital Center	Address: 3830, Avenue Lacombe Phone: 514-345-3511
CHUM	Address: 1000, Saint-Denis Street Phone: 514-890-8000
Lakeshore General Hospital	Address: 160, Avenue Stillview (Pointe-Claire) Phone: 514-630-2225

Sacré-Cœur Hospital	Address: 5400, Boulevard Gouin West Phone: 514-338-2222
Maisonneuve-Rosemont Hospital	Address: 5415, Boulevard de l'Assomption Phone: 514-252-3400
Lasalle Hospital	Address: 8585, Terrasse-Champlain Phone: 514-362-8000
Royal-Victoria Hospital	Address: 1001, Boulevard Décarie Phone: 514-934-1934
Jewish General Hospital	Address: 3755 Chemin de la Côte-Sainte-Catherine Phone: 514-340-8222
Ste-Justine Hospital	Address: 3175, Chemin de la Côte-Sainte-Catherine Phone: 514-345-4931
LAVAL	
Cité-de-la-Santé Hospital	Address: 1755, Boulevard René-Laennec Phone: 450-668-1010
LANAUDIÈRE	
Pierre-Legardeur Hospital	Address: 911, Montée des Pionniers, Terrebonne Phone: 450-654-7525
LONGUEUIL	
Pierre-Boucher Hospital	Address: 1333, Boulevard Jacques-Cartier East Phone: 450-468-8111
Charles-Le Moyne Hospital	Address: 3120, Boulevard Taschereau (Greenfield Park) Phone: 450-466-5000

Billing for hospital services

No woman should be refused hospital care if she is already in labour and about to give birth. **She will not have to pay delivery fees immediately, but following her stay she will receive an invoice for care received from the hospital. Interest charges do not accrue on hospital debt.**

If you are not able to pay the invoice immediately, you can **negotiate a payment plan** with the hospital **after delivery**. It is important to negotiate a plan that is realistic, that respects your budget and that allows you to meet your basic needs over the long-term. If your socioeconomic situation deteriorates, it could be difficult to renegotiate your payment plan, however, if your socioeconomic situation improves, you can easily make bigger payments.

Certain hospitals will use a **collection agency** to try to force you to quickly pay your bill. If you do not have the means to make regular payments you may receive letters and calls about the invoice.

If you feel harassed by a collection agency, community organizations (see below) can help you deal with the agency or the hospital.

BODIES	CONTACTS	SERVICES
Association Coopérative d'Économie Familiale (A.C.E.F.)	A.C.E.F. de l'Est de Montréal 5955, de Marseille Street, Montreal (514) 257-6622 http://www.consommateur.qc.ca/acefest/ A.C.E.F. du Sud-Ouest de Montréal 6734, boulevard Monk, Montreal (514) 362-1771 http://consommateur.qc.ca/acef-som/	Budgetary consultation, information on rights and the defense of rights with respect to creditors. Free, confidential services for all.
Médecins du Monde Canada	560 Crémazie East 514-281-8998 www.medecinsdumonde.ca	Information on negotiating a payment plan .

Delivery with midwives

Only women who have received midwifery care during their pregnancy are able to have a midwife present during the delivery. If you have been receiving midwifery care, you can choose whether to give birth at home, at a birthing house, or in the hospital.

If you chose to give birth in the hospital, the hospital will provide a room, but hospital staff will not be involved with the delivery (unless there is a medical reason for transfer of care). The team of midwives will be responsible for the care that you receive while in the hospital.

An epidural is not available if you give birth with the assistance of a midwife. If you wish to have an epidural during the delivery, you can choose to be transferred to the medical team at the hospital (with the associated expenses).

If complications arise during delivery, the midwife must either consult with, or transfer care to, a family doctor, a gynecologist obstetrician or a pediatrician. These professionals have the knowledge required to detect possible complications and stabilize the situation while waiting for hospital medical care.

Costs for delivering with midwives

Costs for midwifery care are included in the fees for pregnancy monitoring. The cost is between \$3500 and \$3700, not including the hospital deposit (approximately \$2500 to \$15 000 according to the hospital). This amount also includes pregnancy monitoring and postnatal care by the midwives. To consult a list of birthing houses, refer to page 7.

If there are complications or if you require a transfer to hospital, hospital-related fees and medical fees will be added to our bill.

And your child?

Will your child have access to the Régie de l'assurance maladie du Québec (RAMQ - Government health insurance)?

Eligibility

Your child will have access to R.A.M.Q. if:

- At least one parent has a **valid R.A.M.Q. card**
- **OR**
- At least one parent is awaiting a decision on their application for **permanent residence at the federal level (Canada)**

- If you are in one of these situations, the childbirth-related expenses will be covered or refunded by R.A.M.Q.

Non-eligibility

Your child will not have access to R.A.M.Q. if the situations above do not apply to you, that is:

- Neither parent has a valid R.A.M.Q. card

AND

- Neither parent is awaiting a decision on their application for permanent residence in Canada

If your child is not eligible for R.A.M.Q. at birth, delivery-related expenses will not be covered by R.A.M.Q.

If your situation changes, your child could become eligible for R.A.M.Q. (see above situations).

Obtaining the birth certificate and R.A.M.Q. card

Following delivery, the doctor or midwife completes the Attestation of Birth. The hospital or birthing centre staff will give you a copy of the Attestation and send the original to the Registrar of Civil Status¹.

The hospital then gives you two forms:

- (1) **Declaration of Birth** and
- (2) **Application for Simplified Access to Birth-related Government Programs and Services**

¹ Director of the registry office in Quebec (12th October 2016). *Birth*. From the following website: <http://www.etatcivil.gouv.qc.ca/fr/naissance.html>

For the Declaration of Birth form, you have the option of completing it on paper or online. If you choose to complete the *paper form*, it is recommended that you complete and sign the form, then submit it the hospital or birthing centre staff before you leave. They will then submit the form to the Registrar of Civil Status along with the Attestation of Birth. If you do not feel well enough to complete the paper form before you leave the hospital or birthing centre, and you do not wish to complete the online form, you must complete and sign the form, then submit it to the office of the Directeur de l'État Civil (Registrar of Civil Status) within 30 days of the birth. This can be done either by mail (2535 Boulevard Laurier, Quebec (Quebec), G1V 5C6) or in person (2050 de Bleury Street, RC.01, Montreal (Quebec)).

If you choose to complete the *online* form, you can do so from home².

You should expect to pay between \$30 to \$60 for the Declaration of Birth. Late fees will be applied if you send the Declaration after the 30-day period.

The office of the Registrar of Civil Status will issue your baby's birth certificate and notify R.A.M.Q. of the birth. If neither parent is covered by R.A.M.Q., your child will be "en rejet" (denied coverage). R.A.M.Q. will then contact you and send forms to fill out. R.A.M.Q. will ask you to provide evidence that you are in the process of establishing yourself permanently in Quebec (e.g. application for asylum, humanitarian request, etc.).

For further information about this process, contact the office of the Directeur de l'État Civil at 514-644-4545 or 1-800-361-9596.

For further information about access to healthcare for your child, contact R.A.M.Q. at 514-864-3411 or 1-800-561-9749. You can also consult the website (www.ramq.gouv.qc.ca/) or go in person to the office (425, Boulevard de Maisonneuve West, 3rd floor) during the hours indicated on the website.

² Idem

Other resources for pregnant women

General information

Organisme	Contacts	Services
Info-Santé	811	Contact a nurse or social worker by phone in case of a non-urgent problem 24 hours a day, 7 days a week. Free and confidential service.
Grossesse-secours	514-271-0554 info@grossesse-secours.org http://www.grossesse-secours.org/	Offers counselling, support and information related to pregnancy and pregnancy termination. Free and confidential counselling service from 9 am at 9 pm Monday to Friday.
S.O.S. Violence conjugale	1-800-363-9010	Assistance, support and referrals for female victims of domestic violence 24 hours a day, 7 days a week. Free and confidential service.
Ligne Parents	1-800-361-5085	Phone number counselling for parents 24 hours a day, 7 days a week. Free and confidential service

Doula services

A *doula* is a person trained to provide continuous support to a mother before, during and after delivery. A doula is not a medical professional and cannot give medical advice or deliver a baby. She can:

- Provide moral support
- Help prepare for the delivery and birth of your baby
- Teach pain management techniques (for example, to help with contractions)
- Answer questions (without giving medical advice)
- Be present at the hospital during delivery
- Check in after the birth to see how you and your family are doing
- Help you with feeding

This service may be free or paid, depending on the organization (see list on the next page).

For a woman in labour, having somebody present to provide emotional support is extremely important. It is ideal that this person be a partner or other person close to the woman. A doula helps the support person get involved with the birth while respecting their comfort level.

List of organizations offering doula services

SERVICES OF ACCOMPANIMENT IN THE BIRTH	CONTACTS
Alternative naissance	Website: http://alternative-naissance.ca/fr/index.php Phone number: 514-274-1727 Address: 6006, Avenue de Bordeaux, Montreal
Mieux-Naitre	Website: http://mieuxnaitre.org/fr/ Phone number: 438-830-4323 Address: 3534, Boulevard de la Concorde East, Laval
Étoile de Mère	Website: http://www.etoiledemere.ca/ Phone number: 514-278-3769 E-mail: info@etoiledemere.com
Mère et monde	Website: http://www.mereetmonde.com/ Phone number: 514-766-2211
Motherwit, Doula care	Website: www.motherwit.ca Phone number: 514-237-0737 E-mail: info@MotherWit.ca
La source en soi	Website: http://www.lasourceensoi.com Phone: 514-750-3735 Address: 1336, Beaubien East Street, Montreal
Pleine lune	Website: http://www.centrepleinelune.com E-mail: info@centrepleinelune.com Phone: 819-323-4440
Réseau québécois d'accompagnante à la naissance	Website: www.naissance.ca (in French only)

O.L.O. Program

If you are low-income and pregnant, you may be eligible for the O.L.O. program at your 20th week of pregnancy. This program provides essential food, free of charge (an egg, one litre of milk and an orange juice a day) as well as vitamin and mineral supplements.

If you wish to take advantage of this program, submit a request at your local C.L.S.C. (see list of C.L.S.C.s on page 21).

For women without a Quebec health insurance card, the policies determining eligibility for services provided by C.L.S.C.s are not standardized; they change from one C.L.S.C. to another. To find out whether you are eligible, speak directly with the nurse in charge of the program at your local C.L.S.C. If your local C.L.S.C. refuses to accept you, contact the partner organization **Montreal Diet Dispensary** (see page 25 for address and phone number) to request registration in the program via their organization.

Prenatal classes

Prenatal classes help parents-to-be prepare for childbirth so that it takes place in the best possible conditions for the baby, the mother and the father. Prenatal classes offer a supportive environment where parents-to-be find answers to their pregnancy-related questions, for example about physical and emotional changes during pregnancy, diet and delivery. They also give parents-to-be a chance to meet other expectant couples and families with whom they can share their experiences.

You must register at your local C.L.S.C. (list on page 21) to attend prenatal classes. Registration is recommended beginning at the 12th week of pregnancy. Classes generally begin between the 20th and 25th week of pregnancy and are usually spread out over a few weeks.

For women without a Quebec health insurance card, the policies determining eligibility for services provided by C.L.S.C.s are not standardized. They change from one C.L.S.C. to another. To find out whether you are eligible, speak directly with the nurse in charge of the prenatal classes at your local C.L.S.C. If the C.L.S.C. refuses to register you, refer to pages 25 - 34 for a list of community organizations that may offer prenatal classes.

Breastfeeding clinics

Breastfeeding clinics offer mothers, mothers-to-be and their immediate family the chance to consult a professional with breastfeeding expertise who can respond to their questions about feeding. The clinics also provide a place to exchange and share information with other mothers.

For a schedule of local breastfeeding clinics, contact your local C.L.S.C. (list page 21).

You may also consult the list of community organizations on pages 25-34 to learn which offer breastfeeding support.

List of C.L.S.C.s in Montreal, Laval and Monteregie

Centre intégré universitaire de santé et de services sociaux de l'Est-de l'île-de-Montréal	
CSSS de la Pointe de l'île https://www.cssspointe.ca/	CLSC de Mercier-Est – Anjou Address : 9503, Rue Sherbrooke Est Phone number: 514-356-2572
	CLSC de Pointe-aux-Trembles – Montréal-Est Adress : 13926, Rue Notre-Dame Est Phone number : 514-642-4050
	CLSC de Rivière-des-Prairies Adress : 8655, Boul. Perras Phone number : 514-494-4924
CSSS de Saint-Léonard et Saint-Michel https://www.csss-stleonardstmichel.qc.ca/	CLSC de Saint-Léonard Adress : 5540, Rue Jarry Est Phone number : 514-722-3000

	<p>CLSC de Saint-Michel Adress : 3355, Rue Jarry Est Phone number : 514 -22-3000</p>
<p>CSSS Lucille-Teasdale https://www.cssslucilleteasdale.qc.ca/</p>	<p>CLSC d’Hochelaga-Maisonneuve Adress : 4201, Rue Ontario Est Phone number : 514-253-2181</p>
	<p>CLSC Olivier-Guimond Adress : 5810, Rue Sherbrooke Est Phone number : 514-255-2365</p>
	<p>CLSC Rosemont Adress : 2909, Rue Rachel Est Phone number : 514-524-3541</p>
<p>Centre intégré universitaire de santé et de services sociaux de l’Ouest-de l’île-de-Montréal</p>	
<p>CSSS Dorval-Lachine-Lasalle https://www.csssdll.qc.ca/</p>	<p>CLSC Dorval-Lachine Adress : 1900, Rue Notre-Dame Phone number : 514-639-0650</p>
	<p>CLSC de Lasalle Adress : 8550, Boul. Newman Phone number : 514-364-2572</p>
<p>CSSS de l’Ouest-de-l’Île https://www.csssouestdelile.qc.ca/</p>	<p>CLSC du Lac-Saint-Louis Adress : 180, Av. Cartier, Pointe-Claire Phone number : 514-697-4110</p>
	<p>CLSC de Pierrefonds Adress : 13800, Boul. Gouin Ouest, Pierrefonds Phone number : 514-626-2572</p>
<p>Centre intégré universitaire de santé et de services sociaux du Centre-Ouest-de-l’île-de-Montréal</p>	
<p>CSSS Cavendish Notre-Dame-de-Grâce https://www.cssscavendish.qc.ca/</p>	<p>CLSC René-Cassin Adress : 5800, Boul. Cavendish, Côte Saint-Luc Phone number : 514-484-7878</p>
	<p>CLSC de Benny Farm Adress : 6484, Av. de Monkland, Montréal Phone number : 514-484-7878</p>
<p>CSSS de la Montagne https://www.csssdelamontagne.qc.ca/</p>	<p>CLSC de Côte-des-Neiges Adress : 5700, Ch. de la Côte-des-Neiges Montréal Phone number : 514-731-8531</p>
	<p>CLSC de Parc-Extension Adress : 7085, Rue Hutchison, Montréal Phone number : 514-273-9591</p>
	<p>CLSC Métro Adress : 1801, Boul. de Maisonneuve Ouest, Montréal Phone number : 514-934-0354</p>

Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'île-de-Montréal	
CSSS du Sud-Ouest – Verdun https://sov.ciusss-centresudmtl.gouv.qc.ca/	CLSC de Verdun Adress : 400, Rue de l'Église, Montréal Phone number : 514-766-0546
	CLSC de Saint-Henri Adress : 3833, Rue Notre-Dame Ouest, Montréal Phone number : 514-933-7541
	CLSC de Ville-Émard – Côte-Saint-Paul Adress : 6161, Rue Laurendeau, Montréal Phone number : 514-766-0546
CSSS Jeanne-Mance https://jeannemance.ciusss-centresudmtl.gouv.qc.ca/	CLSC des Faubourgs-Parthenais Adress : 2260, Rue Parthenais, Montréal Phone number : 514-527-2361
	CLSC des Faubourgs-Sainte-Catherine Adress : 66, Rue Sainte-Catherine Est, Montréal Phone number : 514-527-2361
	CLSC des Faubourgs-Visitation Adress : 1705, Rue de la Visitation, Montréal Phone number : 514-527-2361
	CLSC du Plateau-Mont-Royal Adress : 4625, Av. De Lorimier, Montréal Phone number : 514-521-7663
	CLSC Saint-Louis-du-Parc Adress : 15, Av. du Mont-Royal Ouest, bureau 100, Montréal Phone number : 514-286-9657
Centre intégré universitaire de santé et de services sociaux du Nord-de-l'île-de-Montréal	
CSSS d'Ahuntsic Montréal-Nord https://www.csssamn.ca/accueil/	CLSC d'Ahuntsic Adress : 1165, Boul. Henri-Bourassa Est, Montréal Phone number : 514-384-2000
	CLSC de Montréal-Nord Adress : 11441, Boul. Lacordaire, Montréal Phone number : 514-384-2000
CSSS Bordeaux-Cartierville-Saint-Laurent https://www.csssbcstl.qc.ca/accueil/	CLSC de Bordeaux-Cartierville Adress : 11822, Av. du Bois-de-Boulogne, Montréal Phone number : 514-331-2572
	CLSC de Saint-Laurent Adress : 1055, Av. Sainte-Croix, Saint-Laurent Phone number : 514 748-6381

CSSS du Cœur-de-l'île https://www.cssscoeurdelile.ca/accueil/	CLCS de la Petite-Patrie Adress : 6520, Rue de Saint-Vallier, Montréal Phone number : 514-273-4508
	CLSC de Villeray Adress : 1425, Rue Jarry Est, Montréal Phone number : 514-376-4141
Centre intégré universitaire de santé et de services sociaux de Laval http://www.cssslaval.qc.ca/accueil.html http://www.lavalensante.com/	
CLSC du Marigot (2 sites) <u>Site 1</u> Adress : 250, Boul. Cartier Ouest, Laval Phone number : 450-668-1803 <u>Site 2</u> Adress : 21351, Boul. des Laurentides, Laval Phone number : 450-668-1803	
CLSC du Ruisseau-Papineau (2 sites) <u>Site 1</u> Adress : 1665, Rue du Couvent, Laval Phone number : 450-687-5690 <u>Site 2</u> Adress : 800, Boul. Chomedey Tour B, bureau 200, Laval Phone number : 450-682-2952	
CLSC des Mille-Îles (2 sites) <u>Site 1</u> Adress : 4731, Boul. Lévesque Est, Laval Phone number : 450-661-2572 <u>Site 2</u> Adress: 304, Boul. Cartier Ouest, 4 ^{ème} étage, Laval Phone number 2: 450-972-6808	
CLSC de Sainte-Rose Adress : 280, Boul. Roi-du-Nord, Laval Phone number : 450-622-5110	
CLSC de l'Ouest de l'île Adress : 4250, Boul. Dagenais Ouest, Laval Phone number : 450-627-2530	
Centre intégré de santé et services sociaux de la Montérégie-Est http://www.santemonteregie.qc.ca http://www.santeme.quebec/	
CLSC Simone Monet-Chartrand Adress : 1303, Boul. Jacques-Cartier Est, Longueuil Phone number : 450-463-2850	
CLSC de Longueuil Ouest Adress : 201, Boul. Curé-Poirier Ouest, Longueuil Phone number : 450-651-9830	

Centre intégré de santé et services sociaux de la Montérégie-Centre http://www.santemonteregie.qc.ca http://www.santemc.quebec/	
CLSC Saint-Hubert Address : 6800, Boul. Cousineau, Saint-Hubert Phone number : 450-443-7400	
CLSC Samuel de Champlain Address : 5811, Boul. Taschereau, Brossard Phone number : 450-445-4452	

Ressources communautaires

Les organismes ayant une étoile (*) à côté de leur nom acceptent les personnes vivant à l'extérieur du quartier dans lequel ils sont installés.

DISPENSARE DIÉTÉTIQUE DE MONTRÉAL *	
Address : 2182 Av. Lincoln Phone number : 514-937-5375	<ul style="list-style-type: none"> • <i>Counseling</i> nutritionnel • Dépannage alimentaire • Soutien à l'allaitement • Préparation à l'accouchement • Cours de soins du bébé • Activités pour mamans Ouvert aux personnes sans statut
NOURRI-SOURCE	
MONTRÉAL Courriel : info@nourrisourcemontréal.org Phone number : 514-948-5160 Site web : http://routedulait.org/nourri-source-montreal	<ul style="list-style-type: none"> • Aide pour allaitement : jumelage avec marraine • Soutien téléphonique pour pères • Haltes allaitement • Séances d'information prénatale • Formation gratuite pour mères qui veulent devenir mairaines d'allaitement Aucun document nécessaire pour avoir accès aux services. Présent dans 14 secteurs de Montréal, à Laval, et plusieurs autres régions du Québec. Pour plus d'information : http://www.nourri-source.org
LAVAL Courriel : laval@nourri-source.org Phone number : 450-910-1430 Site web : http://laval.nourri-source.org/	
MONTÉRIGIE Courriel : monteregie@nourri-source.org Phone number : 514-425-0805	

Centre intégré de santé et services sociaux de la Montérégie-Est http://www.santemonteregie.qc.ca http://www.santeme.quebec/	
CLSC Simone Monet-Chartrand Address: 1303 Boul. Jacques-Cartier Est, Longueuil Tel: 450-463-2850	
CLSC de Longueuil Ouest Address: 201 Boul. Curé-Poirier Ouest, Longueuil Tel: 450-651-9830	
Centre intégré de santé et services sociaux de la Montérégie-Centre http://www.santemonteregie.qc.ca http://www.santemc.quebec/	
CLSC Saint-Hubert Address: 6800 Boul. Cousineau, Saint-Hubert Tel: 450-443-7400	
CLSC Samuel de Champlain Address: 5811 Boul. Taschereau, Brossard Tel: 450-445-4452	

Community Resources

As asterisk (*) beside the organization's name indicates that this organization provides services to individuals regardless of the borough or municipality in which they reside.

DISPENSARE DIÉTÉTIQUE DE MONTRÉAL *	
Address: 2182 Av. Lincoln Tel: 514-937-5375	<ul style="list-style-type: none"> • Nutritional counseling • Emergency food relief • Breastfeeding support • Preparation for delivery • Courses on baby care • Activities for moms Open to everyone, regardless of immigration status
NOURRI-SOURCE	
MONTRÉAL Email: info@nourrisourcemontréal.org Tel: 514-948-5160 Website: http://routedulait.org/nourri-source-montreal LAVAL Email: laval@nourri-source.org MONTÉRIGIE Email: monteregie@nourri-source.org Tel: 514-425-0805	<ul style="list-style-type: none"> • Mother-to-mother breastfeeding support • Phone number support for fathers • Breastfeeding halts (meetings for breastfeeding support) • Prenatal information sessions • Free training for mothers who want to provide breastfeeding support No documentation required for access to services. Present in 14 districts in Montreal, in Laval, and a number of other regions in Quebec. For more information: http://www.nourri-source.org

LIGUE LA LECHE	
Everywhere in Québec	<ul style="list-style-type: none"> Breastfeeding support
MONTRÉAL	
Ahuntsic et Montréal-Nord	
Autour du bébé * Address: 10780 Rue Laverdure, Room 101-102 Tel: 514-667-0584 Website: www.autourdubebe.org	<ul style="list-style-type: none"> Breastfeeding support Pre and postnatal activities and workshops Postnatal support group
Entre Parents de Montréal-Nord Address: 4828 Boul. Gouin Tel: 514-329-1233 Website: www.entrepaparents.org	<ul style="list-style-type: none"> Respite child care centre Activities for parents and kids <p>Open to everyone, regardless of immigration status</p>
Fondation de la Visite * Address: 11832 Av. Bellevois Tel: 514-329-2800 Website: www.delavisite.org	<ul style="list-style-type: none"> Home visits and support for families of newborns in the sectors of Bordeaux-Cartierville, Côte Saint-Luc/Hampstead, Hochelega-Maisonnette, Lachine/St-Pierre/Dorval, Montréal-Nord et Notre-Dame-de-Grâce Distribution of kits for newborns, with appointment (reference required) <p>Open to everyone, regardless of immigration status</p>
Pause Famille Address : 10780 Rue Laverdure Tel: 514-382-3224 Website: www.pausefamille.ca	<ul style="list-style-type: none"> Ongoing support for parents Clothes for mothers and children, 0 to 5 years old Respite child care centre
Bordeaux-Cartierville-Saint-Laurent	
Maison des parents de Bordeaux-Cartierville Address: 5680 Rue Salaberry, App. 2 Tel: 514-745-1144 Website: http://lamdpb-c.org	<ul style="list-style-type: none"> Assistance and referrals Respite child care centre for parent members and activity participants Toy lending library Workshops, holiday celebrations, outings
Cavendish (Notre-Dame-de-Grâce, Montréal-Ouest et Côte-Saint-Luc)	
L'Envol des Femmes * Address : 6870 Rue de Terrebonne Tel: 514-485-7814 Website: http://womenonrise.com	<ul style="list-style-type: none"> Respite child care centre Community suppers Activities for parents and children <p>Open to everyone, regardless of immigration status</p>
Cœur-de-l'Île (Villeray et La Petite-Patrie)	
Alternative Naissance * Address: 6006 Rue de Bordeaux Tel: 514-274-1727 Website: http://alternative-naissance.ca	<ul style="list-style-type: none"> Birthing companion service (free) Prenatal courses (\$) and workshops At-home postnatal support (Rosemont only) <p>Open to everyone, regardless of immigration status</p>
Centre communautaire CEFEDI* Address: 1236 Rue Bélanger Tel: 514-384-5330 Website: www.cefed.ca	<ul style="list-style-type: none"> Respite child care centre Support and referrals Food bank and collective kitchen

<p>Halte la Ressource Address : 6365 Saint-Vallier Tel. :514-524-0073 haltelaressource.org</p>	<ul style="list-style-type: none"> • Respite child care centre • Activities for parents and kids <p>Open to everyone, regardless of immigration status</p>
<p>La Maisonnette des parents * Address: 6651 Boul. Saint-Laurent Tel: 514-272-7507 Website: www.maisonnettedesparents.org</p>	<ul style="list-style-type: none"> • Respite child care centre • Emergency food provisions and community suppers • Courses, workshops and collective kitchen
<p>Groupe d'entraide maternelle de la Petite Patrie * Address: 6848 Boul. Christophe Colomb Tel: 514-495-3494 Website: www.groupeentraidedmaternelle.org</p>	<ul style="list-style-type: none"> • Respite child care centre • Emergency diaper and food provisions (with referral) • Mother-to-mother support services • Workshops and activities for parents and children 0 to 5 years • Information <p>Open to everyone, regardless of immigration status</p>
<p>Jeanne-Mance (Saint-Louis, Mile End, Plateau-Est et Plateau-Ouest, Sainte-Marie, Saint-Jacques, Faubourg Saint-Laurent et Vieux-Montréal)</p>	
<p>Poussons-Poussette * Address: 1850 Rue Bercy, app. 102 Tel: 514-523-1566 Website: www.poussonspoussettes.com</p>	<ul style="list-style-type: none"> • Respite child care centre (\$) • Equipment exchange for infants and children • Workshops and family outings <p>Open to everyone, regardless of immigration status</p>
<p>Mères avec pouvoir (MAP) –Montréal * Address: 2015a Rue Fullum Tel: 514-527-5997 Website: http://mapmontreal.org</p>	<ul style="list-style-type: none"> • Low-income housing • Food assistance and cooking activities • Individual support and group activities <p>For single mothers or those with shared custody, living in Montreal: children aged 0 to 5 years. Housing available to citizens or permanent residents only.</p>
<p>Sud-Ouest – Verdun (Petite-Bourgogne, Saint-Henri, Verdun, Ville-Émard–Côte-Saint-Paul and Pointe-Saint-Charles)</p>	
<p>Famijeunes Address: 3904 Rue Notre-Dame Ouest Tel: 514-931-5115 Website: www.famijeunes.org</p>	<ul style="list-style-type: none"> • Respite for parents • Diverse workshops and group cooking
<p>Station Familles Address: 2385 Rue Jolicoeur Tel: 514-762-2525 Website: www.stationfamilles.org</p>	<ul style="list-style-type: none"> • Respite for parents • Workshops <p>Open to persons without status. You will be asked your child's health insurance number, but if they do not have one, you can simply inform the organization of this.</p>
<p>Familles en action * Address: 1909 Rue Centre Tel: 514-932-6373 Website: http://famillesenaction.org</p>	<ul style="list-style-type: none"> • Drop-off daycare • Play area and games • Program for mothers under 21 • Clothing exchange • Community activities and workshops <p>Open to persons without status.</p>
<p>LAVAL To learn more about community organizations in the Laval region, please visit the following website: www.211laval.ca</p>	
<p>Val-Martin Community Centre Address: 828 79^{ème} Avenue, Chomedey Tel: 450-973-8787 Website: www.cvvm.org</p>	<ul style="list-style-type: none"> • Family centre (0-5 years old) and Youth centre • Community environment; many free activities • Respite for parents • Preparation for nursery school and kindergarten • Workshops, activities, group discussions

	<ul style="list-style-type: none"> Group cooking (10\$ per workshop) <p>Open to persons without status. No documents required (except to register children in daycare: child's <u>RAMQ card</u> is required).</p>
<p>The Dolphin Children's House of Laval Address: 799 Rue Loranger, Chomedey Tel: 450-978-2664 Website: http://www.maisondesenfants.qc.ca/a-propos.php</p>	<ul style="list-style-type: none"> Activities for 0-5 year olds Workshops for parents, group discussions Drop-off daycare Free activities and homework help for 6 to 12 year olds <p>All activities are free (except for homework help in the evenings).</p> <p>Open to persons without status. No documents required (sometimes ask for address and other information for statistical purposes, but no proof necessary).</p>
<p>Maison de quartier de Fabreville Address: 3031 Boul. Dagenais, Fabreville Tel: 450-625-5453 Website: www.mqfabreville.org</p>	<ul style="list-style-type: none"> Food bank (call on Tuesdays to reserve) Drop-off daycare Activities for parents and children Group cooking (\$) <p>For residents of Fabreville.</p> <p>Open to persons without status. No documents required.</p>
<p>Maison de quartier Vimont Address: 1747 Rue Lavoie, Vimont Tel: 450-662-0580 Website: www.maisonquartiervimont.com</p>	<ul style="list-style-type: none"> Drop-off daycare Diverse activities for 0-17 year olds Workshops for parents (program for fathers) <p>Services in French only. \$5 membership yearly fee.</p> <p>Open to persons without status. No documents required.</p>
<p>La Parentèle de Laval Address: 695 Av. Léo-Lacombe, Laval-des-Rapides Tel: 450-662-9835 Website: www.laparenteledelaval.com</p>	<ul style="list-style-type: none"> Workshops for parents and children 0-5 years old and 6-12 years old Program for fathers Events and outings (\$) Clothes for adults and children, books and toys Drop-off daycare (2\$ per 3-hour period) <p>\$5 yearly fee for membership card. For families living in Laval-des-Rapides</p> <p>Open to persons without status. No documents required. They will ask for information at registration (for statistical purposes only).</p>
<p>Relais du quartier de Saint-Vincent-de-Paul Address: 4899 Rue Saint-Joseph, Saint-Vincent-de-Paul Tel: 450-664-4711 Website: www.rqsvp.com</p>	<ul style="list-style-type: none"> Workshops, activities and outings for parents and children 0-12 years old Café-conferences Drop-off daycare and summer camp Food bank and group cooking for adults <p>For residents of Mille-Îles territory (east of Laval: neighbourhoods of Saint-Vincent-de-Paul, Duvernay and Saint-François)</p> <p>Open to persons without status. No documents required (except for daycare or summer camp registration: child's <u>RAMQ card</u> is required).</p>
<p>Maison de la famille Saint-François Address: 8190 Boul. Lévesque Est, Saint-François Tel: 450-665-6510 Website: www.maisonfamillestfrancois.com</p>	<ul style="list-style-type: none"> Activities for children 0-12 years old Baby and Mother workshops Group discussions with coffee Group cooking Drop-off daycare (\$) <p>Most activities are free.</p>

	Open to persons without status. No documents required (except to register for food assistance).
Petit Espoir Community Centre Address: 1235 Montée du Moulin, Saint-François Tel: 450-936-1922 Website: www.petitespoir.ca	<ul style="list-style-type: none"> • Activities for children 0-5 years old • Special activities for parents and children • Group discussions with coffee • Hospitality, support, references Open to persons without status (with the exception of French language courses). No documents required.
Le Relais Familial d'Auteuil Address: 6135 Boul. des Laurentides, suite 1 , Auteuil Tel: 450-628-3246 Website: http://relais-familial-auteuil.org	<ul style="list-style-type: none"> • Prenatal and post-partum workshops • Support for children and their families • Activities for children and parents • Summer camp • Group cooking and group discussions with coffee \$5 yearly membership fee, per family, to obtain membership card. Possible fees for certain activities. Open to persons without status. No documents required.
RePère Address: 644 Rue St-André (located in the offices of Entraide Laval) Tel: 450-663-8039, extension 239 Website: http://www.repere.org/about-repere/	<ul style="list-style-type: none"> • Organization for fathers • Psychosocial services • Help groups • Legal clinic (only for family law) • \$10 yearly membership fee Open to fathers without status. No documents required.
Mieux-Naitre Address: 3534 Boul. de la Concorde Est Tel.: 450-830-4323 www.mieuxnaitre.org	<ul style="list-style-type: none"> • Prenatal and post-partum workshops • Support for children and their families • Activities for children and parents

LONGUEUIL

Barbaparents Address: 542 Rue King George Tel: 450-448-3454 Website: www.barbaparents.org	<ul style="list-style-type: none"> • Activities for children 0-11 years old and their parents • Drop-off daycare for 0-5 year olds • Family activities • Flea market Registration: Membership card mandatory. \$25 per year per family. Does not require proof of address or revenue. Will request <u>child's RAMQ card</u> for security purposes (mention that child does not have RAMQ).
Carrefour Mousseau Address: 230 Boul. des Ormeaux Tel: 450-468-4926 Website: www.carrefourmousseau.org	<ul style="list-style-type: none"> • Daycare sector (\$): children 16 months to 5 years old, drop-off daycare, respite for parents, language classes (open to children who do not speak French), introduction to music • Youth sector: cooking workshops during pedagogical days • Adult sector: group cooking, breakfast-conferences, French conversation workshops, special events Membership card: \$4 per year Does not require proof of address or revenue. May ask for <u>child's RAMQ card for security reasons</u> but do not require it (mention that child does not have RAMQ).

<p>Le Fablier Address: 2014 Ch. de Chambly Tel: 450-616-0620 Website: www.lefablier.org</p>	<ul style="list-style-type: none"> • Organization for popular education and literacy • Families and children 0-12 years old: activities for children, for parents and for children and parents • Book lending service; mini-library • Group meetings with coffee • Free activities: play area, relaxation area, computers • Parties and outings • All activities are free • Tuesdays, Wednesdays and Thursdays: 9:30AM to 3PM <p>Open to persons without status. No documents required for registration.</p>
<p>Ressources Saint-Jean-Vianney Address: 2255 Rue Cartier (localized in the Maison de quartier Saint-Jean-Vianney) Tel: 450- 646-6722 Website: http://rsjv.org</p>	<ul style="list-style-type: none"> • Community centre offering activities for children and families. • Activities for 0-12 year olds: storytelling time, physical activities for youth, recreational space • Workshops for parents • Group cooking • Services in French only • Fee for sports activities (\$\$) • Membership card: \$2 per year (not mandatory) <p>Open to persons without status. No documents required for registration.</p>
<p>La Maison Tremplin de Longueuil Address: 267, Rue Toulouse Tel: 450-442-4019 Website: www.maisontremplin.com</p>	<ul style="list-style-type: none"> • Activities and workshops for 0-12 year olds and their parents • Drop-off daycare and respite for parents • Programs for 0-5 year olds • After-school activities program for 6-12 year olds • Group discussions with breakfast • Thrift shop for clothes (\$) • Dining room with hot meals at an affordable price (Mondays to Fridays: 11:45AM to 12:45PM) • \$7 yearly membership fee for families, \$5 individual membership fee. Certain activities have a cost. <p>For families living in the Vieux-Longueuil region. Does not require documents for registration (ask for address, but not for any proof of residence).</p>
<p>Maison de la Famille LeMoyne Address: 1882 Rue St-Georges, office 503 Tel: 450-465-3571 Website: www.maisondelafamillemoyne.org</p>	<ul style="list-style-type: none"> • Drop-off daycare (\$) • Motor activities for parents and children • Activities for parents: conferences, family activities • Hospitality, counseling and referrals • Membership card \$10 per year (not mandatory to participate in centre activities) <p>For families living in LeMoyne and the surrounding areas. Requires child's RAMQ card for security purposes. Does not require documents from parents.</p>
<p>Maison de la famille la Parentr'aide Address: 2060 Rue Holmes, Saint-Hubert Tel: 450-923-9333 Website: http://laparentraide.ca</p>	<ul style="list-style-type: none"> • Activities for children 0-17 years old and their parents • Activities for parents, activities for parents and children • Drop-off daycare (\$) • Summer camp

	<ul style="list-style-type: none"> • Special activities • Thrift shop for clothes <p>Membership card fee \$20 per year Does not require any documents for registration (except for those wanting to forgo membership card fee; in this case, they require proof of revenue).</p>
<p>L'Envol Address: 1546 Rue de L'Église, Longueuil, Secteur LeMoynes Tel: (450) 465-1441, extension 224 Contact person: Luz Ibarra (contact to register) Website: www.lenvol.org</p>	<ul style="list-style-type: none"> • Activities and services for pregnant women and young mothers with one or more children between the ages of 0 and 5 years old • Family environment interventions; homecare visits • Day centre • Food and clothing bank • Daycare and drop-off daycare • Pediatric clinic <p>Services <u>only</u> for pregnant women and mothers 25 and under living in Longueuil, St-Hubert and Brossard. Open to women without status if they meet age and region requirements. No documents or fees required for registration.</p>
OTHERS : Clothes, furniture and accessories for mothers and babies	
<p>PeakaBoo* Address: 807 Rue Rachel Est Tel: 514-890-1222</p>	Used clothes, furniture, toys, books; buy or sell new and used (0-12 months).
<p>J.Hauerstock* Address: 6900 Boul. Décarie Tel: 514-738-4186</p>	Sells maternity under-garments.
<p>Le Magasin du Chaînon* Address: 4375 Boul. St-Laurent Tel: 514-843-4354</p>	Sells used furniture and clothes for adults and children.
<p>Children's thriftshop La Boîte aux Trésors* Address: 1610 Rue Barré, St-Laurent Tel: 514-855-0659</p>	Used clothes, toys, accessories and furniture for children.
<p>La griffe des petits amis* Address: 5164 Chemin Queen Mary Tel: 514-482-1222</p>	Used and new clothes for babies, children and pregnant women; used and new toys and accessories.

APPENDIX 1: Tool for estimating your budget

	Approximate amount	Number of Times
Pregnancy Follow-up		
Doctor's fees		
Clinic fees		
Fees for blood tests or other tests		
Ultrasound		
TOTAL for pregnancy care		
Birth		
Doctor's fees		
Epidural		
Hospital fees for the parent		
Hospital fees for the baby*		
TOTAL for the birth		
TOTAL		

* To verify whether your child will or will not have access to health care coverage, please refer to page 17 of the guide.

APPENDIX 2 : From Tiny Tot to Toddler Guide

The guide is available online: www.inspq.qc.ca/en/tiny-tot

The screenshot shows the INSPQ website header with the logo 'Institut national de santé publique Québec' and navigation links: Home, Site Map, Contact us, Québec Portal, Français, and Español. Below the header is the INSPQ logo and the tagline 'Public health expertise and reference centre'. Social media icons for Twitter, Facebook, and LinkedIn are also present.

From Tiny Tot to Toddler 2017

A practical guide for parents from pregnancy to age two
French Version *Mieux vivre avec notre enfant*

About the guide

From Tiny Tot to Toddler is a practical guide that contains scientifically supported information about pregnancy, delivery and the first two years of a child's life.

Free guide offered to parents in Québec

A free printed guide is given to all new Québec parents at the beginning of pregnancy follow-up. Parents involved in an adoption process can also receive a free guide. Any other interested person can **purchase** the guide.

If you haven't received your free guide

Go to the **Where to get your free guide** page to find out where the guide is available in your region.

Please note that we do not mail any guides.

- 2017 edition: What's new?
- Where to get your free guide
- Consult the guide
- Download the guide
- Contact us

Becoming a parent
Which government programs and services are aimed at new and future parents?

APPENDIX 3: Women's Rights : Pregnancy and Birth

Regardless of the persons you consult

YOU ARE ENTITLED TO CLEAR AND complete information.

TO FIND OUT MORE:

ASSOCIATION POUR LA SANTÉ PUBLIQUE DU QUÉBEC
(514) 528-5811/www.aspq.org

MIDWIVES
Regroupement les sages-femmes du Québec
(514) 738-8090/www.rsfg.org
Ordre des sages-femmes du Québec
(514) 286-1313/www.osfq.org

PHYSICIANS
Association des omnipraticiens en périnatalité du Québec
www.aopq.org
Association of Obstetricians and Gynecologists of Quebec
www.gynecoquebec.com
Collège des médecins du Québec
(514) 933-4441/1-888-MEDECIN/www.cmq.org

BABY FRIENDLY HOSPITAL INITIATIVE
<http://breastfeedingcanada.ca>

HEALTH CARE AND INFORMATION
Association québécoise des établissements de santé
et de services sociaux
www.aqesss.qc.ca
Info-Santé
8-1-1

**MEDICATION, NATURAL PRODUCTS,
DRUGS, ALCOHOL**
Motherisk
www.motherisk.org

COMMUNITY ORGANIZATIONS
Réseau des centres de ressources périnatales
(418) 704-2562/www.reseaudescrp.org
Regroupement Naissance-Renaissance
(514) 392-0308/www.naissance-renaissance.qc.ca
Serena
1-866-273-7362/www.serena.ca
Fédération du Québec pour le planning des naissances
(514) 866-3721/www.fqpn.qc.ca

The purpose of this brochure is to prepare you to go through your pregnancy and delivery as you wish and to inform you of your rights in this regard. It contains information that will help you identify topics that you can discuss with your doctor or midwife. The brochure is in line with the Law on Health and Social Services of the Ministère de la Santé et des Services sociaux (MSSS) and the Québec Charter of Human Rights and Freedoms.

If you feel your rights are not being respected you can file a complaint with the Commissioner for Complaints of the hospital or birthing centre in question. You can also turn to the following bodies concerned with rights advocacy:

- Centre d'assistance et d'accompagnement aux plaintes (CAAP) of your area;
- Regroupement Naissance-Renaissance (RNR).

We would like to extend a special thanks to the persons who helped update this brochure.

Sixth edition – October 2011 (First edition, 1989).

You can order the brochure at the following website:
www.aspq.org/fr/publications.

ASPQ ©

Women's RIGHTS

PREGNANCY AND DELIVERY

Since the beginning of time, pregnancy, delivery and childbirth have constituted normal and natural events. However, it is a period of life when you are called upon to make a number of decisions concerning the treatment and care you receive. These decisions are rightfully yours to make.

The events surrounding childbirth deserve to be experienced in peace and harmony and you are entitled to obtain the appropriate support (e.g., information, accompaniment, care) to help you make informed decisions.



ASPQ
ASSOCIATION POUR LA SANTÉ
PUBLIQUE DU QUÉBEC

Santé
et Services sociaux
Québec

accompagnantes



AT ALL TIMES

YOU HAVE THE RIGHT
to access all of
your records.

During pregnancy

YOU HAVE THE RIGHT...

- To be informed to your satisfaction about your pregnancy, labour and delivery, and breastfeeding.
- To choose the professional who will follow you during pregnancy, whether a physician or a midwife, and to have the possibility of changing professional at any time during pregnancy.
- To be informed of the different childbirth settings possible (hospitals, birthing centres, home) and their characteristics (routines, rules and regulations, rates and types of intervention), and to visit them.
- To be informed of the limits and side-effects of medication and interventions proposed.
- To refuse the medication and treatments proposed to you.
- To obtain from your professional information about alternatives to the medication and interventions proposed.
- To be informed about the possibility of a vaginal birth if you previously had a cesarean delivery (VBAC).
- To seek, if needed, the opinion of a second professional if something is bothering you.

During labour and delivery

YOU HAVE THE RIGHT...

- To go through labour and the birth of your child at your pace and without any unwanted interventions.
- To be accompanied by the persons of your choice during labour and delivery.
- To refuse to be examined by students.
- To be informed of the reasons for any intervention (e.g., induction, stimulation, forceps, episiotomy, epidural, sedative, continuous monitoring, IV drip) and its effects on you and your child, and to refuse interventions you deem unnecessary.
- To eat and drink at all times.
- To push and deliver in the position that suits you best.
- To limit the number of persons present during the birth of your child (relatives and service providers).

If you are told you need a caesarean section

YOU HAVE THE RIGHT...

- To know the medical reasons necessitating such an intervention and the possible alternatives to it.
- To be informed about the different types of anaesthesia available and to choose the one that suits you.
- To be accompanied by your spouse or any other person of your choice at all times.

After childbirth

YOU HAVE THE RIGHT...

- To have skin-on-skin contact with your baby immediately at birth and to hold him or her in your arms for as long as you wish.
- To cohabit with your child at all times regardless of the number of occupants in your room.
- To know the reasons for tests and interventions proposed for your child, to refuse them or to put them off to a later time (e.g., eye drops, vitamin K injection, blood tests).
- To ask that arrangements be made to allow the significant other of your choice to remain with you day and night.
- To breastfeed your baby upon request and to request that he or she be given no supplements (water, artificial milk).
- To have access to an appropriate resource person to help you breastfeed your baby.
- To request not to be bothered, for reasons of rest or privacy, by the routines of the health establishment.
- To refuse proposed medication if you deem it unnecessary.
- To leave the health establishment as soon as you wish, even if a professional has not signed a discharge.
- If your child must be hospitalized, to benefit from all possible measures to allow you to stay nearby him or her at all times (minimum conditions during your stay and possibility to keep breastfeeding).

The screenshot shows the top navigation bar of the website. On the left is the logo "naître ET grandir" with a leaf icon. To the right are social media icons for Twitter, Facebook, Pinterest, and YouTube, followed by a search bar. Below the logo is a horizontal menu with five colored buttons: "GROSSESSE" (purple), "0 À 12 MOIS" (blue), "1 À 3 ANS" (green), "3 À 5 ANS" (orange), and "5 À 8 ANS" (red). To the right of these buttons are links for "De A à Z", "Dossiers", "Blogues", "Magazine", and "Infolettre".

The main content area features a large image of a pregnant woman's belly. A green overlay on the bottom left of this image contains the text "Grossesse" and "L'alimentation durant la grossesse: un dossier complet à découvrir." with a plus icon. To the right of the image is a dark grey box titled "Magazine gratuit" for the "ÉDITION SEPTEMBRE 2018". It includes the text "Entrez votre code postal et trouvez où vous procurer votre magazine Naître et grandir." and a search bar. Below this are three covers of the magazine.