

# ALTERNATIVE TO THE ER

If you have concerns or questions about your health or the health of a loved one.



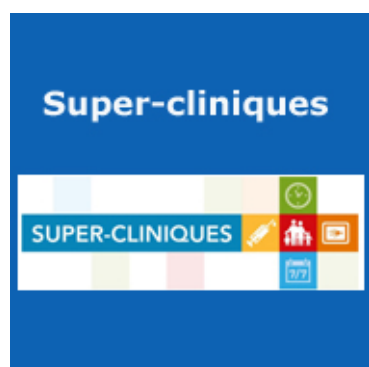
If you or a family member has to see a doctor for a health problem, your family doctor is your first resource.

If you do not have a family doctor or your clinic is closed:

You can make an appointment at [www.rvsq.gouv.qc.ca/en](http://www.rvsq.gouv.qc.ca/en)



or contact one of Laval's 6 super clinics:



GMF Centre médical Laval - 450 661-2521  
GMF Clinique médicale Ste-Dorothée - 450 689-6334  
GMF CLSC de Sainte-Rose - 450 963-6260  
GMF Médi-Centre Chomedey - 450 687-6452  
GMF Polyclinique Médicale Concorde - 450 667-5310  
GMF Polyclinique Médicale Fabreville - 450 628-5800

Get more details at [www.lavalensante.com/en/in-case-of-emergency/](http://www.lavalensante.com/en/in-case-of-emergency/)

Centre intégré  
de santé  
et de services sociaux  
de Laval

Québec 