

Support and assistance



For banking information

Consult the English information sheets from Desjardins service :



How to use ATMs

Send money in another country

Send money by SMS or email

Virtually deposit a check

For banking accompaniment service

Pease contact Karla Torres-Navarro.

@ karla.c.torres.navarro@desjardins.com

418 629-2271 poste 7206243

To go to a Desjardins branch

15, rue du Pont, Amqui



For learning French

There are several French-language services. Ask your employer to enroll you.

Francisation Québec

AgriFrancisation (only for agricultural workers)

Leisure, sports and culture



Besoin de bouger et de faire de nouvelles rencontres?

Suivez-nous sur Facebook pour être au courant de ce qui se passe dans La Matapédia!

Quoi faire dans La Matapédia

Rézo de La Matapédia



Calendrier des événements



Quels sont les réseaux d'entraide et d'échange dans la Matapédia?

Marketplace Matane-Amqui-Rimouski



Service d'accueil aux personnes immigrantes de la Matapédia



For English-speaking individuals

Heritage lower St-Laurence



These social networks are in French, but some users speak English and Spanish.

For any general inquiries, Info TET is the reference program in Quebec to guide you.

+1 888 454-3998

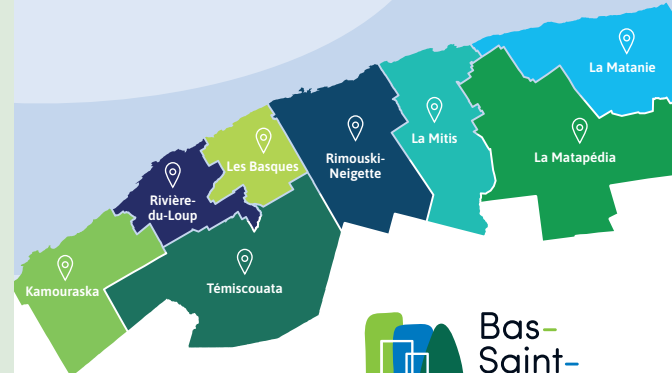
+1 514 235-2765



infotetquebec.com

Refer to the information document for temporary foreign workers.

infotetquebec.com/guide



Do you want to know more about Bas-Saint-Laurent?



www.bas-saint-laurent.org



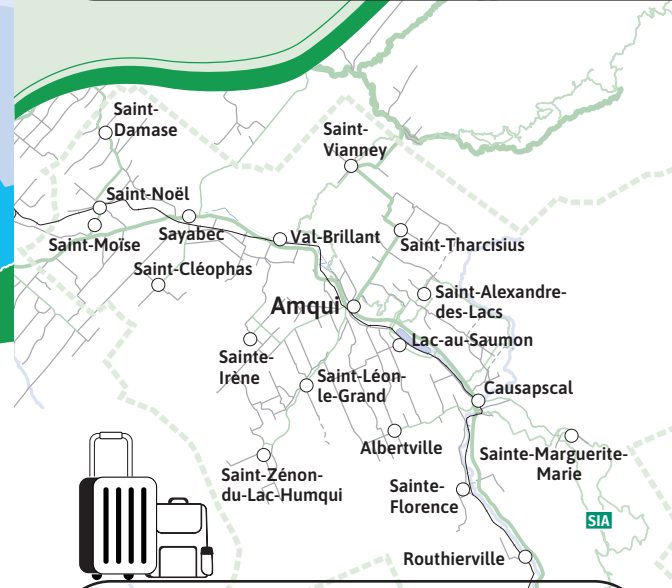
Ce projet est financé par le gouvernement du Canada



Little 2024 guide for foreign workers

Welcome to Bas-Saint-Laurent

MRC DE LA MATAPÉDIA



Are you a temporary or seasonal foreign worker?

Do you have a closed permit of less than a year and you work in Bas-Saint-Laurent, La Matapédia? This information document is for you; it will guide you to the resources available in your language



DIGITAL VERSION



Support and assistance



I wish to have personalized service in the Matapedia region.

Feel free to contact Marie-Chantal.

+1 418 629-2572

@ accueilimmigration@tremlintravail.com

📍 Tremplin Travail: 65 Boulevard Saint-Benoit

🌐 www.tremlintravail.com



I have a health issue, but I don't speak French or English.

SIARI is here to offer interpretation and translation services for all sorts of situations.

📞 Karol Pulido: +1 514 585-4763

@ TET@siari.org



For questions regarding taxation

At UPA de la Montérégie, a team will answer all your questions.

+1 888 454-3998

+1 514 235-2765

🇫🇷 **Trabajadores agrícolas temporales en Québec**



I need information and legal advice.

Call Justice ProBono; a lawyer will answer your questions.

+1 866 999-4881

+1 438 337-6002

🇫🇷 **Justice Pro Bono**



I need information about my rights and responsibilities at work.

The Centre for Immigrant Workers defends the labor rights of migrant workers.

+1 438 300-8186

@ bas-saint-laurent@iwc-cti.ca



I feel lonely and would like to speak with someone in my language.

Don't hesitate. Contact the SOS Psychosocial Health line.

+1 888 286-7584

+1 514 776-7120

@ soutienTET@cafla.ca

These support services are free and offered in **French, Spanish, and English**. They are aimed at temporary and seasonal workers with a closed work permit of less than one year.

Local services

📍 **IN LA MATAPÉDIA**



To find second-hand clothing, sports items, or kitchenware at low prices

Friperie de la Rivière

📍 57 rue du Pont, Amqui

Le Frippon d'or

📍 7 rue de l'Église, Sayabec

Friperie Nouvelle vie

📍 29 rue des Loisirs, Saint-Florence

Passion Mode

📍 118A rue Saint-Jacques Nord, Causapscal



To have food at low prices

Moisson Vallée Matapédia provides food baskets. Open Monday to Thursday. For more information:

+1 418 629-1331 poste 103

📍 54 rue du Pont, Amqui

There are also solidarity fridges. Help yourself, it's free!

📍 Moisson Vallée: 54 rue du Pont, Amqui

📍 Centre Écllosion:
63 rue Saint-Jacques Sud, Causapscal

📍 Bureau municipal:
19-A rue Turcotte, Saint-Noël



To find food from my country

Large grocery stores like Metro and Maxi offer a nice variety of food. At Place Sybrel, you will also find a pharmacy and various clothing and accessory stores at reasonable prices.

📍 30 et 33 boulevard St-Benoit Est, Amqui



To get around in Matapédia

La Caravelle: Reservation required 24 hours in advance. French language service only.



🌐 www.transportlacaravelle.com

+1 418 629-1502 poste 1

For accessing carpool networks

🇫🇷 **Covoiturage Amqui Québec – Le groupe**

🇫🇷 **Covoiturage Amqui-Rimouski**

To travel to major centers



🌐 www.ortanexpress.com/fr



For a health issue

Go to Amqui Hospital.

📍 135 avenue Gaëtan-Archambault, Amqui

For health advice, dial **811**. A nurse will guide you to self-care at home or direct you to a resource.

📞 **In case of emergency, dial 911.**

