



# 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

## To go to a Desjardins branch :

620 rue Taché, Saint-Pascal

308 4<sup>e</sup> avenue, La Pocatière



## 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



## Need to move and make new connections?

Follow us on Facebook to stay informed about what's happening in Kamouraska !



f Immigration Kamouraska



f Tourisme Kamouraska



f Réseautage nouveaux arrivants Kamouraska



f Club de espagnol del Bas-Saint-Laurent



## What are the support and exchange networks in Kamouraska?

Here are some very useful Facebook pages:



f Le Comité social



f Covoiturage Kamouraska-Montréal-Québec



For English-speaking individuals

f 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

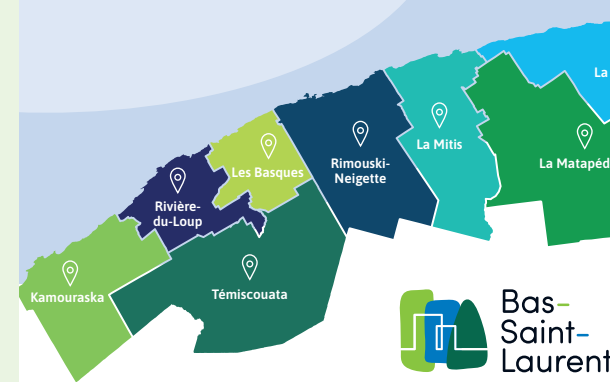
For personalized service in the Kamouraska region in French, Spanish, or English

Feel free to contact the Employment Access Service (SAE) in Temiscouata

+1 418 855-2777 poste 105

Omar Lopez: +1 418 714-7814

omar.lopez.luevano@accesemploi.org



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



www.bas-saint-laurent.org



Ce projet est financé par le gouvernement du Canada

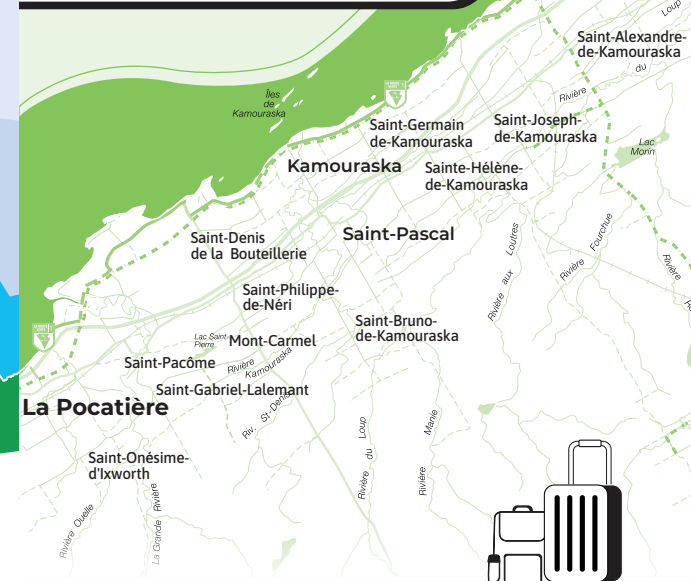


Little 2024 guide for foreign workers

# Welcome

to Bas-Saint-Laurent

MRC DE KAMOURASKA



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, in Kamouraska?

This information document is for you; it will guide you to the resources available in your language.



DIGITAL VERSION



## Local services

### IN KAMOURASKA



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

L'Atelier du Partage de Saint-Pascal

📍 639 rue Taché, Saint-Pascal

Friperie Angélique

📍 630 route 289, Saint-Alexandre

Centre d'Aubaines

📍 901 5e rue Rouleau, La Pocatière



To have food at low prices

Moisson Kamouraska

📍 214 route 230 Ouest, La Pocatière

Centre Accueil-Partage

📍 580-D rue Côté, Saint-Pascal

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

📍 580-C rue Côté, Saint-Pascal

📍 399-A 9<sup>e</sup> rue boul. Desrochers, La Pocatière



### To find food from my country

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

📍 615 1E rue, La Pocatière

You can also visit Maxi in Saint-Pascal and Marché Richelieu in Saint-Alexandre.

📍 501 avenue Patry, Saint-Pascal

📍 749 route 289, Saint-Alexandre



### To travel to major centers



📍 [www.ortleaneexpress.com/fr](http://www.ortleaneexpress.com/fr)



### For a health issue

Go to Notre-Dame-de-Fatima Hospital.

📍 1201 6<sup>e</sup> avenue Pilote, La Pocatière

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**.

## Support and assistance



### 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

f 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

f 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.