

# 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

1553 boulevard Jacques-Cartier, Mont-Joli

295 rue Principale, St-Gabriel-de-Rimouski

60 rue St-Laurent, Sainte-Luce

For money transfers, you can also visit a Canada Post office.

1496 boulevard Jacques-Cartier, Mont-Joli



## For learning French

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

Francisation Québec

AgriFrancisation (only for agricultural workers)

Socialization workshops in French

Comité d'accueil des nouveaux arrivants

# Leisure, sports and culture



## Need to move and make new connections?

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



Comité d'accueil des nouveaux arrivants de La Mitis



## What are the support and exchange networks in La Mitis?



La Maison des Tournesols

141 avenue de La Gare, Mont-Joli



La Place Publique

1517 boulevard Jacques-Cartier, Mont-Joli

To promote the creation of bonds through friendly relationships between immigrants and long-time Quebec residents, sign up for **Intercultural Pairings**.

@ jumelage@aibsl.org

For English-speaking individuals



Héritage Bas-Saint-Laurent

130 rue Principale, Métis-sur-Mer

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



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 MITIS



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 La Mitis?

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



DIGITAL VERSION



# Local services



## IN LA MITIS



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

Centre multiressources de St-Rémi Price

18 rue Fournier, Price

Unité Domrémy de St-Gabriel-de-Rimouski

298 rue Principale, St-Gabriel-de-Rimouski

Les sœurs d'à côté

1521 boulevard Jacques-Cartier, Mont-Joli



### For free or low-cost food options

Visit the Moisson Mitis organization.

61, avenue Lebel, Mont-Joli

You can also participate in the La Mitis purchasing group. Send an email to Nathalie Gort.

@ [nathalie@aibsl.org](mailto:nathalie@aibsl.org)



### To get around in La Mitis

TAC de La Mitis



### To travel to major centers

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



### To find food from my country

Large grocery stores like Super C offer a nice variety of food. At Galerie Mont-Joli, you will also find a pharmacy and various clothing and accessory stores at reasonable prices.

1760 boulevard Gaboury, Mont-Joli

You can also visit Rimouski at the Marché du Monde. They have everything!

95 avenue Rouleau, Rimouski

[www.marchedumonde.ca](http://www.marchedumonde.ca)



### For a health issue

Go to La Mitis Hospital Center.

800 avenue du Sanatorium, Mont-Joli

### Pour acheter des médicaments

Pharmacie Uniprix centre-ville

40 avenue Doucet, Mont-Joli

### To better understand the healthcare system

Contact Rosanne Lord

@ [rosanne@aibsl.org](mailto:rosanne@aibsl.org)

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 wish to have personalized service in the Mitis region.

Feel free to contact Nathalie Gort.

+1 418 775-8445 poste 2970

@ [nathalie@aibsl.org](mailto:nathalie@aibsl.org)



## 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](mailto: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

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](mailto: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](mailto:soutienTET@cafla.ca)



## Vous êtes venus avec votre famille et vous souhaitez mieux comprendre le système scolaire.

Communiquez avec Myrienne Cardin-Houde.

+1 581 525-6367

@ [iciscolaire@aibsl.org](mailto:iciscolaire@aibsl.org)

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.

