

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

315 boulevard Armand-Thériault,
Rivière-du-Loup



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 Rivière-du-Loup!



Immigration Rivière-du-Loup



Service loisirs RDL
pour un mode de vie actif



What are the support and exchange networks in Rivière-du-Loup?



Loups et louves d'adoption
Rivière-du-loup



Fiches d'accueil pour
personnes immigrantes



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

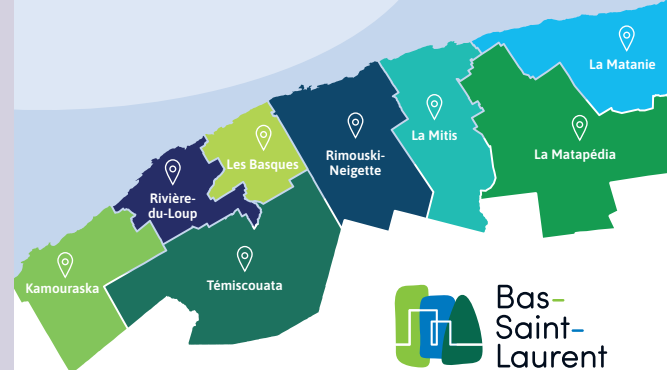
For personalized service in the Rivière-du-Loup region in French, Spanish, or English

Feel free to contact the Employment Access Service (SAE) in Rivière-du-Loup.

+1 418 855-277, poste 105

Omar Lopez: +1 418 714-7814

omar.lopez.luevano@accesemploi.org



Bas-Saint-Laurent

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



www.bas-saint-laurent.org

IMMIGRANT
QUÉBEC

COLLECTIF RÉGIONAL
DE DÉVELOPPEMENT
DU BAS-SAINT-LAURENT

Ce projet est financé par
le gouvernement du Canada

Canada

Little 2024 guide for foreign workers

Welcome to Bas-Saint-Laurent

MRC DE RIVIÈRE-DU-LOUP



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 Rivière-du-Loup?

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



DIGITAL
VERSION

Bas-Saint-Laurent

Local services

IN RIVIÈRE-DU-LOUP



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

The Saint-Vincent de Paul Society is a real treasure trove!

15-A rue Frontenac, Rivière-du-Loup



f Saint-Vincent de Paul féminine RDL



For free or low-cost food

The Carrefour of Popular Initiatives is here for you!

9 rue Lafontaine, Rivière-du-Loup



f Carrefour d'initiative populaire



To travel to major centers

www.ortansexpress.com/fr



To find food from my country

Large grocery stores like Maxi offer a nice variety of food. At the Rivière-de-Loup Shopping Center, you will also find a pharmacy and various clothing and accessory stores at reasonable prices.

298 boul. Armand-Thériault, Rivière-du-Loup



For a health issue

Go to the Grand-Portage Regional Hospital Center.

75 rue Saint-Henri, Rivière-du-Loup

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

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.

