

Support and assistance



For banking information

How to use ATMs
Send money in another country
Send money by SMS or email
Virtually deposit a check



English information sheets from Desjardins service

For banking accompaniment service

Please 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



Need to get moving and meet new people?

Follow us on Facebook for La Matapédia updates!

Quoi faire dans La Matapédia

Rézo de La Matapédia



Calendrier des événements



What support and exchange networks are available in 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



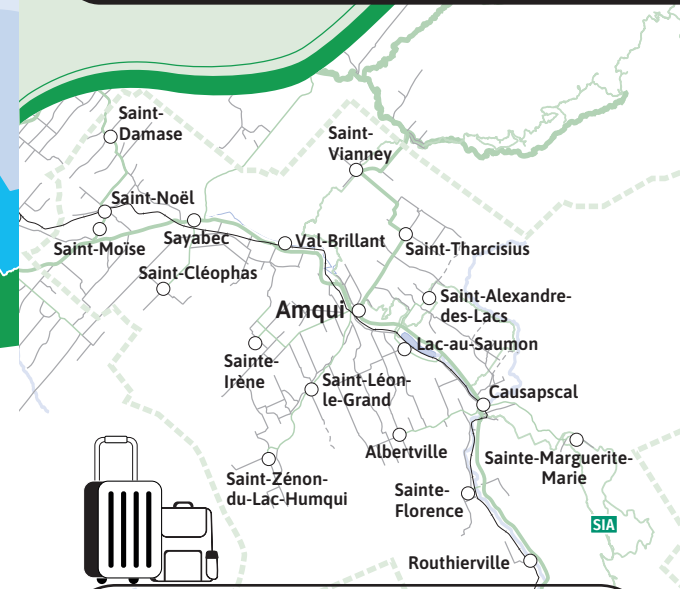
Ce projet est financé par le gouvernement du Canada



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 La Matapédia region.

Feel free to contact Marie-Chantal.

+1 418 629-2572

@ accueilimmigration@tremlintravail.com

Tremlin 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

+1 438 543-5062

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.

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

Friperie La relève

4 rue Saint-Pierre Ouest, Val-Brillant



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 La 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

f **Covoiturage Amqui Québec - Le groupe**

f **Covoiturage Amqui-Rimouski**



[Embarque Bas-Saint-Laurent](http://www.embarquebas-saint-laurent.com)

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, option 1**. A nurse will guide you to self-care at home or direct you to a resource.

In case of emergency, dial 911.

