

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

To go to a Desjardins branch

1553 boulevard Jacques-Cartier, Mont-Joli

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



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!



MRC 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



Bas-Saint-Laurent

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



www.bas-saint-laurent.org

IMMIGRANT QUÉBEC

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COLLECTIF RÉGIONAL DE DÉVELOPPEMENT DU BAS-SAINT-LAURENT

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



Bas-Saint-Laurent

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



To get around in La Mitis

TAC de La Mitis

Servicios de vehiculo compartido

Embarque Bas-Saint-Laurent

To travel to major centers

www.orseansexpress.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



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

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



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

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



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

Communiquez avec Myrienne Cardin-Houde.

+1 581 525-6367

myrienne@mitis.qc.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.

