



NSCA

COMMUNITY DIRECTORY

A guide for English-speaking people
living on the North Shore, Côte-Nord



North Shore Community Association (NSCA)



A non-profit organization dedicated to instilling pride within the English-speaking community living on the North Shore.

We are delighted to welcome you to our region and hope that our community directory will facilitate access to services and resources in English as well as ease your stay here on the North Shore.

The North Shore Community Association, established in 2000, is a non-profit organization dedicated to instilling pride within the English-speaking community living on the North Shore. The mandate of the NSCA is to represent the interests of English-speaking people from Tadoussac to Havre-St-Pierre including Fermont and Schefferville.

We hope you find the directory useful and extra copies are available by contacting the office.

NSCA Board of Directors and Staff

Mission Statement

We, the North Shore Community Association, a non-profit organization, are dedicated to instilling pride within the English-speaking community living on the North Shore. We aim to empower its residents with information by working to make resources available, promoting access to services, and raising awareness amongst the greater community that we live in. Through encouraging and improving communication we believe this will result in a strong network and will provide opportunities for us to come together.

Most entries in this directory do or will make an effort to provide services in English unless otherwise indicated. Please note that inclusion in the directory does not constitute a recommendation, but information only. To the best of our knowledge, the information contained in this directory was accurate at the time of publication. We have made every effort to eliminate errors. NSCA will not be held responsible, nor liable, for any errors in the printing of this directory.

Cover Photos (from left to right)

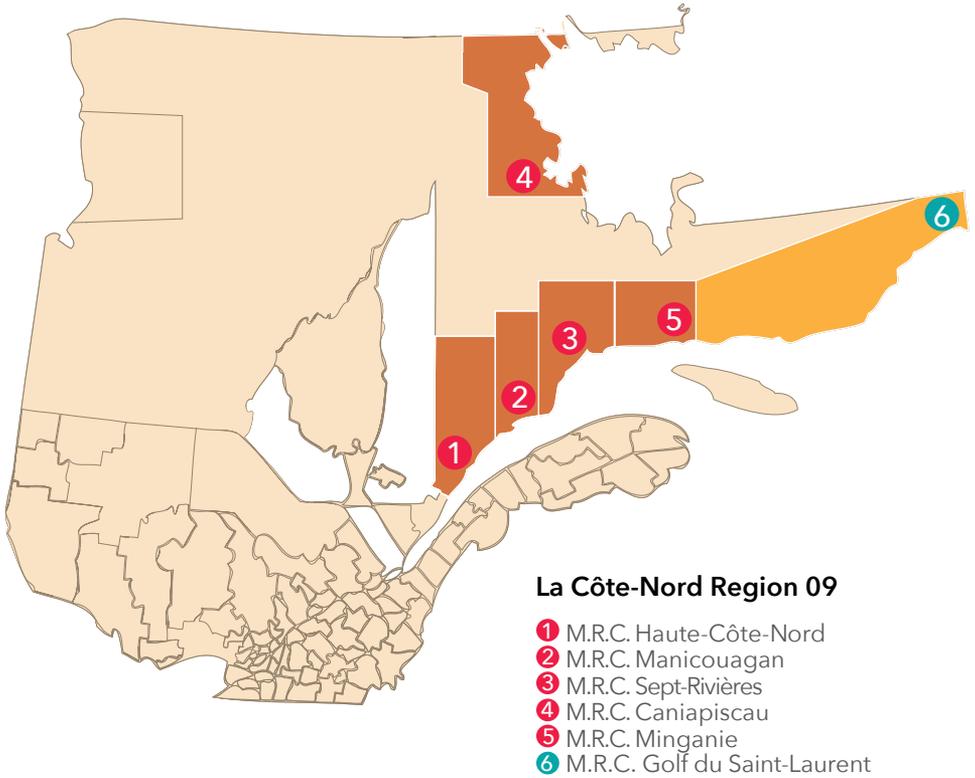
1. *Winter Wonderland, North of Baie-Comeau. Photographer: Kristen Lessard*
2. *Hike at Parc d'Aventure Maritime, Baie-Comeau area. Photographer: Michel LeClair*
3. *Tadoussac Marina, Tadoussac. Photographer: H el ene Bujold*
4. *At Winter's End, Pointe-St-Gilles. Photographer: Emilie Talbot*

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Above: Map of North Shore Region 09

The North Shore Region covers a substantial amount of territory within Cote-Nord, the 2nd largest region in Quebec. The NSCA is mandated to represent and serve the English-language minority communities in Quebec’s North Shore, a constituent territory composed of five M.R.C.s (municipalités régionales de comté - regional county municipality), spanning from Tadoussac to Havre Saint-Pierre and including Fermont and Schefferville. It has a total population of approximately 87,644 which includes approximately 2,225 English-speaking residents. This includes the Naskapi population who are the first-official-language-anglophone First Nations.

M.R.C. CANIAPISCAU

The M.R.C. of Caniapiscau consists five communities: the village of Fermont, the town of Schefferville, as well as two Innu communities - Matimekush and Lac-John, and one Naskapi community - Kawawachikamach.

- Total population = approx 3,876
- English-speaking population = 705
- English-speaking population represents 18% of total population for the M.R.C.

M.R.C. HAUTE-CÔTE-NORD

The M.R.C. Haute-Côte Nord consists of nine communities: the municipality of Colombier, the town of Forestville, the municipality of Les Bergeronnes, the municipality of Les Escoumins, the municipality of Longue-Rive, the municipality of Portneuf-sur-Mer, the municipality of Sacré-Coeur, the village of Tadoussac, and the First Nation Innu community of Essipt.

- Total population = approx 10,841
- English-speaking population = 25
- English-speaking population represents 0.2% of total population for the M.R.C.

M.R.C. MANICOUAGAN

The M.R.C. of Manicouagan consists of ten communities: the town of Baie-Comeau, the village of Baie-Trinité, the village of Chute-aux-Outardes, the municipality of Franquelin, the village of Godbout, the village of Pointe-aux-Outardes, the village of Pointe-Lebel, Ragueneau, Rivière-aux-Outardes and the First Nation Innu community of Pessamit.

- Total population = approx 31,027
- English-speaking population = 295

- English-speaking population represents 1% of total population for the M.R.C..

M.R.C. SEPT-RIVIÈRES

The M.R.C. of Sept-Rivières consists of five communities - the community of Lac-Walker, the town of Port-Cartier, the town of Sept-Îles, the First Nation community of Innu-Takuaikan Uashat ma Mani-Utenam located in Uashat, west of Sept-Îles and in Maliotenam, 16 kilometres east of Sept-Îles.

- Total population = approx 35,333
- English-speaking population = 1125
- English-speaking population represents 3% of total population

M.R.C. MINGANIE

The M.R.C. Minganie consists of ten communities - the municipality of Aguanish, the municipality of Baie-Johan Beetz, the municipality of Havre-Saint-Pierre, the municipality of L'Île-d'Anticosti, the municipality of Longue-Pointe-de-Mingan, the community of Natashquan, the municipality of Rivière-au-Tonnerre, the municipality of Rivière-Saint-Jean, the Innu community of Equanitshit in Mingan and the First Nation Innu community of Nutashkuan.

- Total population = approx 6,587,
- English-speaking population = 75
- English-speaking population represents 1.4% of total population.

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GENERAL INFORMATION

EMERGENCY CALLS

In case of emergency only (Fire, Police, Ambulance)	911
Quebec Provincial Police (24-hour emergency)	310-4141
Youth Protection (24 hour)	1 800-463-8547
Poison Control Centre	1 800-463-5060
Coast Guard	1 800-463-4393

HELP LINES

Alcoholics Anonymous	
• Baie-Comeau	1 866-376-6279
• Sept-Îles	1 866-376-6279
Drug Help and Referral Line	1 800-265-2626
Aids Help Line (Actions Sida Côte-Nord)	1 888-611-7432
Gambling Help Line	1 800-461-0140
Gay Line	1 888-505-1010
Info-Santé	811
Kids Help Line	1 800-668-6868
Parents Anonymous	1 800-361-5085
Parents Help Line	1 888-603-9100
SOS Spousal Abuse	1 800-363-9010
Suicide Prevention	1 866-277-3553

MEDIA AND COMMUNICATIONS

ENGLISH NEWSPAPERS

The Gazette (Montréal)	(514) 987-2222
The Globe & Mail (National)	1 800-387-5400
The National Post (National)	(416) 383-2300

ENGLISH RADIO

CBC Radio (Québec City) 104.7 FM

TRANSPORTATION

Transport Québec Road Conditions (Info routière)	1 888-355-0511
Intercar (bus) (www.intercar.qc.ca/index.html)	1 888-861-4592
Air Canada (www.aircanada.com)	1 888-247-2262
Air Liaison (www.airliaison.ca)	1 888-589-8972
Pascan Aviation (www.pascan.com)	1 888-313-8777
Air Labrador (www.airlabrador.com)	1 800-563-3042
Provincial Airlines Company	1 888-482-3686

Air Inuit Ltée	1 800-361-2965
Air Satellite Inc.	1 800-463-8512
Tshiuetin Rail Transportation	1 866-960-0988
Ferry (Baie-Comeau/Matane/Godbout)	1 877-562-6560

UTILITIES

ELECTRICITY

- Hydro Quebec 1 888-385-7252
- Ville de Baie-Comeau (sector Marquette) Tel: (418) 296-8133

TELEPHONE/INTERNET/CABLE-DIGITAL TV

- TELUS 310-1212
- Cogeco Cable Inc. 1 800-665-5151
- Télébec (Fermont/Schefferville) 1 888-835-3232
- Diffusion Fermont (Cable/Internet) (French only) Tel: (418) 287-5147
- Shaw Direct Satellite TV 1 888-554-7827

Newcomers' Information

Many of the region's towns (Ville) have a dedicated section on their website to Newcomers often named Nouveaux Arrivants. These documents are in French but can contain useful information. Similarly, the town website is a useful base to explore specific information to you as a new citizen and events and activities taking place in your area. They are often available on Facebook if you prefer to communicate on social media.

Ville de Sept-Îles

<http://www.ville.sept-iles.qc.ca/>

Ville de Baie-Comeau

<https://www.ville.baie-comeau.qc.ca/accueil/>

Ville de Port-Cartier

<http://www.villeport-cartier.com/site.asp>

Ville de Fermont

<http://www.villedefermont.qc.ca/>

Ville de Schefferville

<http://www.ville-schefferville.ca/>

Ville de Forestville

<https://ville.forestville.ca/>

Municipalité de Harve-Saint-Pierre

<http://www.havresaintpierre.com/>

Municipalité des Escoumins

<http://www.escoumins.ca/>

Municipalité des Bergeronnes

<http://www.bergeronnes.net/>

Municipalité de Tadoussac

<http://tadoussac.com/fr/culture-tourisme>

LEARNING FRENCH

Throughout Quebec and on the North Shore, French is the dominant language and being able to understand and speak French will enable you to integrate more fully in society as well as find employment. No matter how long you have previously lived in Quebec or if you are a new arrivant you can always take classes to improve or develop your French language skills. The Quebec Government through the Ministère de l'Immigration, de la Diversité et de l'Inclusion offers a variety of different courses to improve or develop your French through part-time, full-time and online courses. To find out more, you can visit their website: <https://www.immigration-quebec.gouv.qc.ca/en/french-language/learning-quebec/index.html>

There are also French courses (cours de francisation) offered locally which are usually free for new arrivals and non-new arrivals may have to pay a small fee.

Centre Alpha Lira

425, Av. Arnaud

Sept-Îles, QC G4R 3B3

Tel: (418) 968-9843

Website: <http://www.centrealphalira.org/>

Maison alpha ABC Côte-Nord

858, rue Puyjalon, bureau 305

Baie-Comeau, QC G5C 1N1

Tel: (418) 294-2400

Email: abccotenord@gmail.com

Website: <http://abc.alphabetisation.ca>

DRIVING IN QUEBEC

NEW RESIDENTS

Holders of a foreign licence are allowed to drive on Québec roads for 6 consecutive months. After that time, they must hold an international driver's permit, or, if they take up residence in Québec, they must obtain a Québec licence. They may apply for a Québec licence as soon as they arrive in Québec. Some countries have an agreement with Quebec which facilitates the exchange of driver's permits.

STUDENTS/TRAINÉES

If you are here as a student or on a work exchange, you are allowed to drive using your licence for the duration of your studies/training providing it is still valid. You do not need to acquire a Quebec driving licence so long as you do not become a resident of Quebec.

If your licence is written in another language other than French or English, you are advised to obtain an international driver's permit. This permit is valid for one year.

For more details go to your nearest outlet of the Société de l'Assurance Automobile du Québec (SAAQ or Québec Automobile Insurance Corporation). Call 1 888-356-6616 to schedule an appointment or visit their web site at www.saaq.gouv.qc.ca/

You will have to pay for the cost of a driver's license and the fees to change the license (fees vary depending on where you are coming from). If you have a regular driver's license from another province, you will receive the same thing here. If

you have a learner's permit, you will get a learner's permit. In some instances you may be required to take proficiency exams depending on the type of licence you have.

You will be told which documents you will need to bring with you, such as your current license, a birth certificate, your social insurance card, and your health insurance card. You do not have to take a driving test if you have a valid Canadian driver's license. If you come from another country, you may have to pass a driving test depending on which country you came from. Be sure to also bring along a valid passport and proof of your Canadian citizenship or residency. If these documents are not written in French or English, be sure to take a legal translation with you.

Québec driver's licenses - and health cards - are personalized with your photograph. Your picture will be taken at a SAAQ outlet and sent on to the agency that issues the health cards.

If you bring a car with you when you move here, you must make an appointment with the SAAQ to change its registration and get Quebec license plates. Your car must first pass an inspection by an authorized garage. Visit <http://www.saaq.gouv.qc.ca/> to find a garage near you.

The province of Québec insures all residents for bodily injury resulting from a car accident, regardless of fault. However, do not take "no fault" to mean that dangerous or negligent drivers will not be prosecuted under the law. You must have a minimum of \$50,000 in private coverage for liability for property damages - private insurance companies offer this and

an insurance broker can help you shop around for a suitable insurance company. In the event of an accident, you may have to pay a deductible fee charged by your insurer.

You can turn right on a red light in most cities except on the Island of Montréal, unless otherwise indicated by signs.

Seat belts are the law for the driver and everyone else in the vehicle, as are the proper seats for all children under five years of age, be they infant seats, child seats or booster seats. For more details on child seats, please call the Canadian Automobile Association (CAA) on 1 800-222-4357 or the SAAQ.

EDUCATION

BILL 101

In 1977, Québec's National Assembly adopted the French Language Charter (Bill 101), which states that all children must be educated in French until the end of their secondary studies, whether in a public school or a subsidized private school. It should be noted that this ruling does not apply to Québec's colleges and universities or non-subsidized private institutions. The French Language Charter allows for certain cases in which children are able to pursue their studies in English at public or subsidized private schools.

Anyone who wants to send their children to an English school (elementary or secondary only) must apply for an eligibility certificate for that child. A certificate of eligibility is usually given to children:

- who have received the major part of their elementary or secondary school instruction in English in Canada;
- whose brother or sister did the major part of his or her elementary or secondary studies in English in Canada;
- whose father or mother did the major part of his or her elementary studies in English in Canada;
- whose father or mother attended school in Québec after August 26th, 1977, and could have been declared eligible for instruction in English at that time.

Special cases may also be considered. A temporary authorization may also be granted to dependent children of persons living temporarily to work or study in Quebec. Temporary authorizations may also be granted to dependent children of Canadian Armed Forces members who are posted temporarily in Quebec. For more details or an application form, contact the Eastern Shores School Board or one of its schools (see listings under Education in this guide; you can also call the provincial Ministry of Education at 1 866-747-6626 or visit their web site at <http://www.education.gouv.qc.ca/en/>. There are no private English schools in the region.

EMPLOYMENT

SOCIAL INSURANCE NUMBER (SIN)

If you want to work in Canada, you need a social insurance number. You can get an application form at any post office or Canada Employment Centre. You are encouraged to apply in person at your nearest

Service Canada centre (use <http://www.servicecanada.gc.ca/> to find your nearest centre). If you have all necessary documents and everything is in order you are usually able to leavenue with your SIN during the same appointment.

EMPLOYMENT INSURANCE (EI)

If you have lost your job and have worked for a certain number of weeks, you may be able to get EI benefits. Regular benefits are paid to people who have lost their jobs and want to return to work. You must be actively looking for work and be willing and able to do so at all times. You are not eligible however, if you have quit your job or were fired for just cause. To apply for EI, visit your nearest Services Canada office. You'll need a record of employment from your last employer that says how long you worked and how much you earned. You may have more than one such record if you worked at more than one job within the last 52 weeks or since your last claim.

Special EI benefits are also paid to people who are unable to work due to illness, injury, quarantine, pregnancy or because they are caring for a baby or adopted child. For more details, call 1 800-206-7218 or visit the Services Canada web site at <http://www.servicecanada.gc.ca/>.

INCOME ASSISTANCE

If you are not eligible for EI, have been without work for more than a year or your income is very low, you may be able to get Social Assistance as a financial last resort. They can help you in your efforts to find work, and have special benefits to help low-income families and young people under 21.

To apply, you need to meet certain conditions and the amount will be dependent on your circumstances. For more information visit your nearest Centre local d'emploi (CLE). Take two pieces of ID, all papers to prove your income (pay cheque stubs, proof of termination of employment, EI benefits stubs, your lease, city tax bill or other such papers); as well as your updated bank account records.

FAMILY MATTERS

A monthly benefit (Child Assistance Payment) is paid for every child under the age of 18 by the provincial government's Régie des rentes. It is paid to the person who legally looks after the child, be it the mother, father or guardian. The amount paid depends on the ages and number of children in the family. There is also an allowance for handicapped children. For more details, call the Régie des Rentes at 1 800-667-9625, or visit their web site at www.rrq.gouv.qc.ca.

CANADA CHILD BENEFIT

Budget 2016 introduced the new Canada Child Benefit replacing the previous system of child benefits. There is no need to apply if you already receive child benefits but you must submit a tax form every year in order to continue to receive it. Visit <https://www.canada.ca/en/employment-social-development/campaigns/canada-child-benefit.html> for more information and to calculate how much you could receive.

For more details or to get a form call CRA at 1 800-387-1193 or visit their website at <https://www.canada.ca/en/services/benefits/family.html>

SUBSIDIZED CHILDCARE

In November 2014, the Quebec Government undertook a revision of the Subsidized Childcare Program. Québec has a network of childcare centres, either in a school, daycare or home setting which are subsidized at a cost of \$7.75 per day. There is also an additional contribution to be made depending on your household income for the previous year. For example, if you are enrolling your child in a daycare in 2017, the additional contribution will be dependent on your household income for 2016. For more details, call the Ministère de la Famille et Enfance at 1 855-336-8568 or visit the website http://www.budget.finances.gouv.qc.ca/budget/outils/garde_en.asp to calculate online how much you need to contribute.

QUÉBEC PARENTAL INSURANCE PLAN (QPIP)

QPIP is an effective means for workers to reconcile work and family responsibilities better. It is designed to support new parents, encourage them in their desire to have children, and support them as they devote more time to their children in their first months.

The QPIP is set up to pay benefits to all eligible workers - salaried and/or self-employed - taking maternity leave, paternity leave, parental leave or adoption leave.

It replaces the maternity, parental, or adoption benefits previously provided to Québec parents under the federal employment insurance plan.

The QPIP is an income replacement plan: to be eligible, you must have received work income.

For more information, please visit their website at www.rqap.gouv.qc.ca and click on English. Additionally you can call 1 888-610-7727.

GOVERNMENT INFORMATION

Most government offices and many businesses require that all women use their maiden names. The Québec civil code, adopted in 1981, states that, "In marriage, both spouses retain their respective names, and exercise their respective civil rights under those names." Therefore, only women who wed before 1981 can use their married name, so be prepared when you go to a bank, hospital, etc., to use your maiden name on all official cards and papers.

Information on all federal government services, and many provincial government services, is available in English upon request.

All government phone numbers and web sites can be found in the white pages of the phone book, which is divided into two sections: Residence and Governments (the pages with the blue edges list federal and provincial numbers).

For information on federal government services, as well as federal electoral ridings and the names of members of parliament, call 1 800-O-Canada (1 800-622-6232), or visit their website at www.canada.gc.ca.

For information on provincial government services as well as provincial electoral ridings and the names of members of the National Assembly, call Communications Québec at 1 888-380-8882 or visit their web site www.mcc.gouv.qc.ca.

If you are unsatisfied with the service from a provincial government service, call the Québec ombudsman, the "Protecteur du citoyen", at 1 800-463-5070 or visit their web site at www.protecteurducitoyen.qc.ca.

If you need a lawyer and are on social assistance or have a low income, you may be entitled to the services of a legal aid lawyer. To find the address of your nearest legal aid office, look in the government pages of the phone book under "Government of Québec - Aide juridique", check the Legal Issues section in this guide or check their web site www.csj.qc.ca.

HEALTH CARE

Québec residents benefit from the public Quebec Health Insurance Plan that gives access to free health care. The plan is managed by the Régie de l'assurance maladie du Québec (health insurance board), also known as the "RAMQ". If you have taken up residence in Québec, you are also required to have prescription drug insurance coverage, either through a private plan or the public plan if you don't qualify for a private plan.
Health Card - Carte Soleil

Most health services are free of charge in this province when you show your health card. People call it the "carte soleil" or sun card because of the way it looks (see below).



To get your health card call the RAMQ at 1 800-561-9749 or visit <http://www.ramq.gouv.qc.ca/>. You must be a legal citizen of Canada who resides in this province for 183 days of the year.

If you are from another province, you must be here for three months before you can get your card. Until then, whenever you require medical treatment, show your provincial health card and you will be notified if your former province will pay for medical services. You may have to pay for services up front, and then get the money back from your former province. When you go for your card, take these papers with you: proof of residence (your lease, legal papers showing that you bought a house, etc.), proof from your employer that you have a job here, and your original birth certificate. If you were not born in Canada, also take proof of Canadian citizenship, proof of residency and a valid passport. If you have just moved here from another country, you can apply for a card right away (except for refugee claimants). There is a three month waiting period so it is advised to register as soon as possible.

It usually takes eight weeks before you receive your new health card. Until then, the RAMQ will give you a paper you can show to prove it is on the way. You cannot, under any circumstances, loan your health card to anyone else and you must show it every time you seek medical care or you buy prescription drugs at a pharmacy.

For more details about the Québec health plan, call the Régie de l'assurance maladie du Québec at 1 800-561-9749 or visit their web site at www.ramq.gouv.qc.ca.

PRESCRIPTION DRUG PLAN

Everyone must be covered by prescription drug insurance. Two types of insurance plans offer this coverage: private plans (group insurance or employee benefit plans) and the public plan, administered by the Régie de l'assurance-maladie du Québec. If you have access to a private plan, you must choose that plan. Otherwise, membership in the public plan is required.

In order to receive free services covered by the Health Insurance Plan and Public Prescription Drug Insurance Plan, you must present your valid health care card. Failure to present your valid card may result in you having to pay for the services you receive. You must then apply to the RAMQ for a reimbursement. There is a special form available for this purpose.

8-1-1 INFO-SANTÉ

Info-Santé is a telephone information and advice service that has nurses responding to health and well-being concerns 24 hours a day, seven days a week. A simple three digit number 8-1-1 is used for the entire province of Québec. There is a dial option to access service in English.

9-1-1 - EMERGENCY SERVICES

9-1-1 will connect you with emergency services (police/fire/ambulance). You may have to ask for English services because there is no dial option to choose French or English.

For additional information on public and community services related to health, please refer to the "Health and Social Services" section of this guide.

NSCA HEALTH PASSPORT

The NSCA has designed and prepared a small booklet which is designed to help you on your visits to a health service or in case of a health emergency. The booklet lists the most common ailments and questions/answers likely to be asked by French medical services and their equivalent in English. You can list your medications and any health problems you currently have and use this information whenever you use health services in Quebec. If you would like to request your own copy, call the NSCA at (418) 296-1545.

INCOME TAX

Québec residents must file both federal and provincial income tax forms by April 30th of every year. Forms may be done in either French or English. Your employer(s) must provide you with a receipt (i.e.: T4 or T4A from the federal government and Relevé 1 or Relevé 2 from the provincial government) stating your earnings and deductions. These receipts must be mailed to you by February 28th for the previous calendar year. You must in turn file your tax returns by April 30th of every year.

Even if you have not worked during the year of your tax return, you must still complete a form in order to continue receiving benefits that you are entitled to.

You can get federal tax forms in English at some post offices, in some banks, or directly from Canada Revenue Agency (CRA). You may call them at 1 800-959-8281 or visit their web site at www.cra-arc.gc.ca.

You can get provincial income tax forms in English at some post offices, in some banks, or directly from Revenue Québec. You may call them at 1 800-267-6299 or visit their web site at www.revenu.gouv.qc.ca.

RETIREMENT

For information on your provincial or federal retirement benefits, please contact the following agencies or visit their websites:

- **Canada Pension Plan & Old Age Security**

Toll-free: 1 800-277-9914
Website: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

- **Québec Pension Plan**

(Régie des Rentes)
Toll-free: 1 800-463-5185
Website: www.rrq.gouv.qc.ca

UTILITIES

Other than the town of Baie-Comeau which supplies electricity to a small portion of Baie-Comeau, Hydro-Québec furnishes electricity to the Côte-Nord. You can reach them at their toll free number 1 888-385-7252 or visit their website at www.hydroquebec.com.

TELUS supplies local and long-distance telephone services, as well as internet and digital TV. You can reach them by calling their customer service at 310-1212 or visit their website at <https://www.telusquebec.com/>.

Cogeco Cable supplies local and long-distance telephone services, as well as internet and cable/digital TV. You can reach them by calling their customer service at 1 800-665-5151 or visit their website at <https://www.cogeco.ca/en/>.

Bell also offers telephone services as well as internet and digital TV packages. You can reach them by calling their customer service at 1 866-301-1942 or visit their website at <http://www.bell.ca/>.

Shaw Direct offers satellite TV services across Quebec including Fermont. You can reach them at 1 888-554-7827 or visit <https://www.shawdirect.ca/order/quebec/satellite-tv-fermont>

For Fermont only:

Telebec supplies both telephone and internet. You can reach them at 1 888-835-3232 or www.telebec.qc.ca. Diffusion Fermont supplies cable and internet services. You can reach them at 1 844-521-5147.

HOLIDAYS

Statutory holidays observed in the province of Quebec are:

- New Year's Day - January 1st
- Good Friday or Easter Monday (at the discretion of the employer)
- Easter
- National Patriots' Day (Journée nationale des Patriotes) - the Monday before May 25th
- Fête Nationale (many still refer to it as "St-Jean Baptiste Day") - June 24th
- Canada Day - July 1st
- Labour Day - the first Monday in September
- Thanksgiving - the second Monday in October
- Christmas Day - December 25th

Canada Economic Development

CED emphasizes long term economic development, job creation and entrepreneurship development in the region by offering support services and well as financial assistance.

701, boulevard Laure, suite 202B
Sept-Îles, QC G4R 1XB
Tel: (418) 968-3426
Toll-free: 1 800-463-1707
Website: www.dec-ced.gc.ca

Innovation and Development Manicouagan (ID Manicouagan)

ID Manicouagan financially supports (loans and grants) organizations and businesses in the community. Our mission is to stimulate entrepreneurship, knowledge, innovation and job creation by supporting, animating and mobilizing all local actors in order to boost Manicouagan and promote socio-economic and community development.

Innovation et développement Manicouagan

1910, avenue Charles-Normand
Baie-Comeau, QC G4Z 0A8
Tel: (418) 295-2593
Email: info@idmanic.ca
Website: www.idmanic.ca

MDEIE (Ministère du Développement Économique, de l'Innovation et de l'Exportation)

The mission of the department is to support economic development, innovation and export trade, as well as research, particularly by encouraging coordinated and concerted action among the various players in the economic, scientific, social and cultural areas in order to

promote job creation, economic prosperity, scientific development and sustainable development.

*Direction régionale de la Côte-Nord
Édifce Paul-Provencher
625, boulevard Laffèche, suite 711
Baie-Comeau, QC G5C 1C5
Tel: (418) 589-4349
Toll-free: 1 866-463-6642
Website: https://www.economie.gouv.qc.ca/accueil/?no_cache=1*

Business Centre (Le Centre d'affaires regroupé de Sept-Îles)

Tel: (419) 964-8160
Toll-free: 1 866-463-6642

Corpex Inc.

CORPEX mission is to improve the presence of SME (Small and Medium Enterprises) industries on the North Shore within the international market and develop their potential in export development, as well as diversifying and increasing businesses on the North Shore.

625, boulevard Laffèche
Baie-Comeau, QC G5C 1C5
Tel: (418) 589-5028
Toll-free: 1 866-589-5028
Website: <http://www.corpex.qc.ca>

Canada Economic Development

Program areas include developing industry and technology capability, fostering scientific research, promoting investment and trade, promoting tourism and small business development, and setting rules and services that support the effective operation of the marketplace.

701, boulevard Laure, suite 202B
Sept-Îles, QC G4R 1X8
Tel: (418) 968-3426
Toll-free: 1 800-463-1707
Website: <http://www.dec-ced.gc.ca/eng/index.html>

**SOCIÉTÉ D'AIDE AU
DÉVELOPPEMENT DE LA
COLLECTIVITÉ (SADC)
(COMMUNITY FUTURES
DEVELOPMENT CORPORATION)**

The SADC Côte-Nord supports and finances business development in the region. We offer a coaching service for entrepreneurs, as well as several financial assistance programs for job creation, maintenance or development through business start-up, acquisition or expansion projects.

Website: www.sadccote-nord.org/index.php?lng=2

SADC Haute-Côte-Nord

459, route 138, suite 200
Les Escoumins, QC G0T 1K0
Tel: (418) 233-3495
Email: sadchn@ciril.qc.ca

SADC Manicouagan

810, rue Bosse, bureau 101
Baie-Comeau, QC G5C 1L6
Tel: (418) 295-7232
Email: solution@sadcmanic.ca

SADC de la Côte-Nord Inc.

456, avenue Arnaud, bureau 205
Sept-Îles, QC G4R 3B1
Tel: (418) 962-7233
Toll-free: 1 877-962-7233
Email: info@sadccote-nord.org

Community Organizations and Services

NSCA - NORTH SHORE COMMUNITY ASSOCIATION

The NSCA, established in 2000, is a non-profit community organization dedicated to serving the English-speaking population of the North Shore by representing the community's interests and designing and delivering programs that respond to its needs. We specialize in programs for seniors and youth groups but we also proudly organize intergenerational activities that benefit the whole community. For youth, we offer monthly Toddler Time sessions, Story-Time events and offer a Travelling Literacy Book-bag service across 3 communities. For seniors, we offer low-intensity exercise classes, health presentations, breakfast gatherings, volunteering programs, a senior check-in service, webinars, pot-luck lunches and dinners and many more activities. We have an active presence on Facebook (search for North Shore Community Association) and a website where you can find more information about our history and current projects: <http://www.quebecnorthshore.org/> There are two permanent offices for the NSCA, so feel free to drop by to meet with our staff and learn more about what we can offer and ways to keep updated with our service.

NSCA Head Office

337 Blvd. LaSalle, Local 202
Baie-Comeau, QC G4Z 2Z1
Tel: (418) 296-1545
Website: www.quebecnorthshore.org

NSCA Branch Office

598 Blvd. Laure, Local 106
Sept-Îles, QC G4R 1X7
Tel: (418) 968-3148

COMMUNITY LEARNING CENTRES (CLCs)

In the province of Quebec, English-speaking communities do not always have equitable access to education or health and social services. Community Learning Centres (CLC Schools) have a dual role in Quebec: supporting student success and contributing to the vitality of English-speaking communities. CLC school teams are supported by LEARNs Provincial Resource Team (PRT), providing coaching, mentoring, capacity-building, and professional development training.

Baie-Comeau CLC

39, avenue Marquette
Baie-Comeau, QC G4Z 1K4
Tel: (418) 296-1547
Email: clc.bchs@hotmail.com

Flemming Elementary CLC

542, avenue Brochu
Sept-Îles, QC G4R 2X3
Tel: (418) 968-8412
Email: lisa.lavallee@essb.qc.ca

COMMUNITY INTERNET ACCESS CENTRES (CACI)

These centres provide free or minimal cost internet access and various other services, such as photocopying, printing and computer training and are open to the general public. Visit <http://cap.ic.gc.ca/index.htm>.

Aguanish CACI

137, rue Jacques Cartier
Tel: (418) 533-2212

Baie-Johan-Beetz Comité des Loisirs

20, rue Johan Beetz
Tel: (418) 539-0125

Baie-Trinité CACI

28, route 138
Tel: (418) 939-2236

Bergeronnes CACI

514, du Boisé
Tel: (418) 232-1134

Pessamit Caci

39 A, rue Messek
Tel: (418) 567-3142

Colombier CACI

570, rue Principale

Forestville CACI

10, 10^{ème} rue
Tel: (418) 587-4483

Mingan Caci (Kapetatshimut)

40, rue Manitou, Mingan

Natashquan CACI

50, chemin d'en Haut
Tel: (418) 726-3736

**Natashquan Corp. de la Radio
Montagnaise**

19, rue Matshiteu
Tel: (418) 726-3327

Port-Cartier CACI

24, boulevard des Îles
Tel: (418) 766-8045

Portneuf sur mer CACI

170, rue Principale
Tel: (418) 238-2642

Sacré-Cœur CACI

51, rue Mayrand
Tel: (418) 236-4315

Schefferville École Kanatamat

224, rue Lorraine
Tel: (418) 585-2116

Sept-Îles Musée Shaputuan

290, boulevard des Montagnais
Tel: (418) 962-4000

LIBRARIES (BIBLIOTHÈQUES)

Some public library branches have English material available or can order it for a minimal fee and many memberships are free of cost. Some libraries also allow you to make purchase suggestions which are open to both French and English texts.

M.R.C. CANIAPISCAU

Fermont

130, rue le Carrefour
C.P. 10, Fermont
Tel: (418) 287-3227

M.R.C. HAUTE-CÔTE NORD

Les Bergeronnes

514, du rue Boisé
Les Bergeronnes
Tel: (418) 232-1134

Forestville

1-10, 10^e rue
Tel: (418) 587-4483

M.R.C. MANICOUAGAN

Baie-Comeau

Alice Lane, 6, avenue Radisson
Tel: (418) 296-8304

Point-Label

255, Granier, Point-Label
Tel: (418) 589-2325

Chute-aux-Outardes

2, rue de l'École
Chute-aux-Outardes
Tel: (418) 567-2525

Ragueneau

13, rue des Loisirs
Tel: (418) 567-2291, ext. 5302

Pointe-aux-Outardes

Tel: (418) 567-9529

M.R.C. MINGANIE

Havre-Saint-Pierre

1045, rue Dulcinée
Tel: (418) 538-3301

M.R.C. SEPT-RIVIÈRES

Sept-Îles

Louis-Ange-Santerre
500, avenue Jolliet
Tel: (418) 964-3355

Sept-Îles

95, rue des Chanterelles
Bois-Joli
Tel: (418) 962-5810

Galix (Service Point)

Tel: (418) 766-3162

Moisie (Service Point)

Tel: (418) 927-2279

Port-Cartier

Le manuscrit
21, rue Cedres
Tel: (418) 766-3366

Eastern Shores School Board

P.O. Box 500
40, Mountsorrel
New Carlisle, QC G0C 1Z0
Tel: (418) 752-2247
Website: www.essb.qc.ca

ELEMENTARY AND HIGH SCHOOLS

Baie Comeau High School

(k, primary, secondary)
39, avenue Marquette
Baie-Comeau, QC G4Z 1K4
Tel: (418) 296-2832
Email: bchsadm@cgocable.ca
Website: <https://bchsblog.wordpress.com/>

Fermont Elementary School

(k, primary)
130, rue le Carrefour
Fermont, QC G0G 1J0
Tel: (418) 287-5497

Riverview School

(pre-k, k, primary, Sec I-III)
67, rue Audubon
Port-Cartier, QC G5B 1M7
Tel: (418) 766-2665

Flemming Elementary School

(k, primary)
542, avenue Brochu
Sept-Îles, QC G4R 2X3
Tel: (418) 968-8412

Queen Elizabeth High School

(Secondary I-V)
95, rue Père Divet
Sept-Îles, QC G4R 3P2
Tel: (418) 962-4540

FIRST NATION'S SCHOOLS

■ Montagnais

Institut culturel et éducatif Montagnais

1034, avenue Brochu
Sept-Îles, QC G4R 2Z1
Tel: (418) 968-4424
Toll-free: 1 800-391-4424
Email: reception@tshakapesh.ca
Website: https://www.tshakapesh.ca/fr/education_11/

Ecole Primaire Nussim

(preschool, elementary)
4, rue Pulis
Betsiamites, QC G0H 1B0
Tel: (418) 567-2215
Website: <http://www.pessamit.ca/ecole-primaire>

Ecole Secondaire Uashkaikan

(secondary I-V)
63, rue Messek
Betsiamites, QC G0H 1B0
Tel: (418) 567-2271
Website: <http://www.pessamit.ca/ecole-secondaire>

Ecole Johnny Pilot mak Manikanetish

(elementary, secondary I to V)
1, rue Ukuiaass
P.O. Box 8000
Sept-Îles, QC G4R 4L9
Tel: (418) 962-5777

École Tshishteshinu

(preschool, elementary)
P.O. Box 430
Moisie, QC G0G 2B0
Tel: (418) 927-2956

École Tewaikan

(preschool, elementary, secondary I-II)
29, rue Tshiasn Innuat
P.O.Box 159
Mingan, QC G0G 1V0
Tel: (418) 949-2113

École Uauitshitun

(preschool, elementary, secondary I-V)
Natashquan, QC G0G 2E0
Tel: (418) 726-3368

École de Kanatamat Tshitipetitamunu

(preschool, elementary, secondary I-V)
1, rue Lorraine
P.O. Box 1000
Schefferville, QC G0G 2T0
Tel: (418) 585-2116

■ Naskapi

Jimmy Sandy Memorial School

(preschool, elementary, secondary I to V)
1025 Naskapi Road
P.O. Box 5152
Kawawachikamach
Schefferville, QC G0G 2Z0
Tel: (418) 585-3811

POST-SECONDARY INSTITUTIONS

Cégep de Baie-Comeau

(French only)
537, boulevard Blanche
Baie-Comeau, QC G5C 2B2
Tel: (418) 589-5707
Toll-free: 1 800-463-2030
Email: webmestre@cegep-baie-comeau.qc.ca
Website: <http://www.cegepbc.ca/accueil>

Cégep de Sept-Îles

Social Science (all courses in English). Social Science/Sciences humaines (bilingual option). Science (Science in French, core courses in English). Other bilingual options, where possible, include Nursing, Industrial Maintenance, and Administration. It is possible to choose another course that is currently only offered in French and where possible they can offer the general courses in English and accept homework in English. Most tutors are bilingual.

175, rue de La Vérendrye
Sept-Îles, QC G4R 5B7
Tel: (418) 962-9848 (ext. 257 for Academic Advisor in English)
Email: communications@cegepsi.ca
Website: <http://www.cegep-Sept-Îles.qc.ca/>

ESSB Adult Education

Northern Lights Adult Education and Vocational Centre Services for the Sept-Îles and Baie-Comeau regions.
530, avenue Brochu

Sept-Îles, QC G4R 2X3
Tel: (418) 968-8412
Toll-free: 1 866-968-8412
Email: chantal.pitt@essb.qc.ca

Popco

(Also offering French courses)
4c, boulevard des Îles
Port-Cartier, QC G5B 1V6
Tel: (418) 766-8047
Website: <http://www.popco.qc.ca/>

For Youth employment, please see Youth section in this guide.

Centre Émersion

Centre which offers career development in both professional and personal goals. Aged 18-30 special career counselling program to help find work, improve CV development, interview training etc. They also welcome newcomers/immigrants to the region with help to locate and find different community services to integrate newcomers into the region.

22, Place la Salle
Baie-Comeau, QC G4Z 1K3
Tel: (418) 296-6388

Commission des normes du travail du Québec (Québec Labour Standards Commission)

C.N.T. oversees the implementation of labour standards in Québec and provides services to employers and employees to ensure fair and equitable workplace practices. The Commission investigates labour complaints, institutes legal proceedings on behalf of employees; supplies mediation service to employees and employers and represents employees before the courts.

975, rue Nouvel
Baie-Comeau, QC G5C 2C9
Tel: (418) 295-4200
Toll-free: 1 800-463-9931
Fax: (418) 295-4250
www.cnt.gouv.qc.ca

EMPLOI-QUÉBEC

Emploi-Quebec provides job placement, training, labour market information, job search help, self-employment apprenticeship and

professional qualification.

Toll-free: 1 877-767-8773
<http://www.emploi.quebec.gouv.qc.ca/>

Direction régionale

550, boulevard Blanche
Baie-Comeau, QC G5C 2B3
Tel: (418) 295-4020
Toll-free: 1 800-463-6443

CENTRE LOCAL D'EMPLOI (LOCAL EMPLOYMENT CENTRE)

The CLE offers employment assistance services, including placement services for employed and unemployed, as well as financial assistance to those facing difficulties in obtaining employment.

CLE des Escoumins

459, route 138
Les Escoumins, QC G0T 1K0
Tel: (418) 233-2501

CLE Forestville

134, route 138 Est
Forestville, QC G0T 1E0
Tel: (418) 587-6611
Toll-free: 1 800-463-0738

CLE Baie-Comeau

625, boulevard Lafèche, bureau 1.810
Baie-Comeau, QC G5C 1C5
Tel: (418) 589-3719
Toll-free: 1 800-463-8542

CLE Port-Cartier

2, rue Élie-Rochefort
Port-Cartier, QC G5B 2N2
Tel: (418) 766-6932

CLE Sept-Îles

456, avenue Arnaud, RC, bureau 11
Sept-Îles, QC G4R 3B1
Tel: (418) 962-6545
Toll-free: 1 800-663-1934

CLE Havre-Saint-Pierre

1280, de la Digue, bureau 200
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2288
Toll-free: 1 800-463-0735

SERVICE CANADA

Services Canada offers programs and services related to career planning, financial benefits, jobs, labour and workplace information, training, employment insurance and social insurance number application. Service Canada is a federal institution that is part of Employment and Social Development Canada.

www.servicecanada.gc.ca

Sept-Îles

701, boulevard Laure, 3^e étage
Sept-Îles, QC G4R 1X8
Tel: (418) 962-5501
Toll-free: 1 800-463-1757

Baie-Comeau

Lafèche Shopping Centre, office 204
625, boulevard Lafèche West
Baie-Comeau, QC G5C 1C5
Tel: (418) 962-5501
Toll-free: 1 800-463-1757

Forestville

Forestville Centre, suite 800
25, route 138 East
Forestville, QC
Tel: (418) 962-5501
Toll-free: 1 800-206-7218

Port-Cartier

(scheduled outreach site)
4 C, Island boulevard
Port-Cartier, QC
Tel: 1 800-622-6232

Havre Saint-Pierre

1280, de la Digue, bureau 200
Havre-Saint-Pierre, QC G0G 1P0
Toll-free: 1 877-644-4545

■ Service d'aide à l'Emploi (Employment Aid Services)

The SAE works hand-in-hand with the CLE to help individuals improve their employability and evaluate their work interests, aptitudes and capabilities with guidance from employment counsellors. The SAE is only available at the following CLEs on the Côte-Nord.

CLE Baie-Comeau

625, boulevard Lafèche, bureau 1.810
Baie-Comeau, QC G5C 1C5
Tel: (418) 589-3719
Toll-free: 1 800-463-8542

CLE Sept-Îles

456, avenue Arnaud, RC, bureau 11
Sept-Îles, QC G4R 3B1
Tel: (418) 962-6545
Toll-free: 1 800-663-1934

SERVICE IN ENGLISH

The right of English-speaking persons to receive health and social services in the English language was affirmed in Bill 142. Institutions in our region are required to make specified services accessible in English. Remember - you have the legal right to ask for English services and recourse if you do not receive these services. Not all places, however, can offer or are obligated to give services in English at times: this will depend on the time, staff available and type of service required. However, if you ask for service in English, you can expect an effort will be made to assist you with this request.

TRANSLATOR SERVICES

(Sept-Îles only) Sharon Tardiff provides accompaniment and translation services to English-speaking patients at the hospital in Sept-Îles. If already present at the Hospital, please pick up the phone at the emergency door or at the 45, rue Père-Divet door entrance and wait for the translator to respond. Alternatively, call Sharon at (418) 965-7621 directly to make arrangements.

If in doubt, please call the NSCA at (418) 296-1545 and we will try to assist you with your translation needs when visiting health services.

For more information about the Ministère de la Santé et des services sociaux, visit their website at www.msss.gouv.qc.ca/en.

INTEGRATED HEALTH AND SOCIAL SERVICES CENTRE (CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX (CISSS))

Integrated health and social services centres (CISSS) ensure accessibility, continuity and quality of services for people in their territory. They are reference points where people can go in case of health or psychosocial problems. There, they can receive appropriate services or be directed to another resource of the territorial services network.

For Côte-Nord, the CISSS is located in Baie-Comeau.

835, boulevard Jolliet
Baie-Comeau, QC G5C 1P5
Tel: (418) 589-9845
Toll-free: 1 800-463-5142
Website: <http://www.ciass-cotenord.gouv.qc.ca/>

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES (COMPLAINTS ASSISTANCE CENTRE)

CAAP Côte-Nord is an organisation that assists and supports individuals in the complaint process. It is an important stakeholder in the provision of first-line support services to users who wish to exercise their right to file a complaint or express their dissatisfaction.

It is not always necessary to file a complaint to resolve a situation therefore it is best to contact the CAAP to explore other avenues to answer your needs and make sure that you are satisfied with the level of service.

CAAP Baie-Comeau

859, rue Bosse, bureau 201
Baie-Comeau, QC G5C 3P8
Tel: (418) 295-2779
Toll-free: 1 877-767-2227
Email: info@caap-cn.org
Website: <http://www.caap-cn.org/en>

CAAP Sept-Îles

456, avenue Arnaud, bureau 222
Sept-Îles, QC G4R 3B1
Tel: (418) 968-2779
Toll-free: 1 877-767-2227
Email: info@caap-cn.org
Website: <http://www.caap-cn.org/en>

RAMQ

The Régie de l'assurance maladie, or Quebec Health Insurance Board, controls access to health services and is responsible for issuing health insurance cards. You can also use the RAMQ to notify 6 government departments of a change of address.

Office 301, 3rd floor
425, boulevard de Maisonneuve West
Montréal, QC H3A 3G5
Tel: 1 800-561-9749
Website: www.ramq.gouv.qc.ca

HEALTH AND SOCIAL SERVICES CENTRES

CISSS CÔTE-NORD

Centre local de services communautaires (local community service centres) CLSCs are usually the first stop for any medical treatment or query. They are part of the wider CISSS network and provide health and social services at their installations but also in schools, work places and private homes.

HAUTE-CÔTE-NORD FACILITIES

Haute-Côte-Nord oversee all health and social services between Tadoussac and Colombier including the following medical institutions.

Installation des Escoumins

4, rue de l'Hôpital
Les Escoumins, QC G0T 1K0
Tel: (418) 233-2931

Installation Les Escoumins (youth protection, rehabilitation for dependences, rehabilitation for physical handicaps and Autism assistance)

4, rue des Pilotes
Les Escoumins, QC G0T 1K0
Tel: (418) 233-3143
Toll-free: 1 877-233-2430

Installation Forestville

2, 7^e rue
Forestville, QC G0T 1E0
Tel: (418) 587-2212

Forestville (youth protection and rehabilitation for dependencies)

8, 10^e rue
Forestville, QC G0T 1E0
Tel: (418) 587-2204
Toll-free: 1 800-463-8547

CHSLD des Bergeronnes

450, rue de la Mer
Bergeronnes, QC G0T 1G0
Tel: (418) 232-6224

CLSC Sacré-Cœur

55, rue Lévesque
Sacré-Cœur, QC G0T 1Y0
Tel: (418) 236-4637

MANICOUAGAN FACILITIES

Manicouagan overseas all health and social services between Betsiamites and Baie-Trinité including the following medical institutions:

Hôpital Le Royer (administration)

635, boulevard Joliet
Baie-Comeau, QC G5C 1P1
Tel: (418) 589-3701

CLSC Lionel-Charest

340, rue Clément-Lavoie
Baie-Comeau, QC G4Z 3B8
Tel: (418) 296-2572

CLSC Marie-Leblanc-Côté

2, rue de l'École
Chute-aux-Outardes, QC G0H 1C0
Tel: (418) 567-2274

CLSC Corinne-Vallée-Therrien

3, rue Saint-Joseph
Baie-Trinité, QC G0G 1A0
Tel: (418) 939-2226

CHSLD N.-A.-Labrie

659, boulevard Blanche
Baie-Comeau, QC G5C 2B2
Tel: (418) 589-2425

Centre d'hébergement Boisvert

70, avenue Mance
Baie-Comeau, QC G4Z 1M9
Tel: (418) 296-2501

CLSC Franquelin

5, rue des Cèdres
Franquelin, QC G0H 1EO
Tel: (418) 296-1616

CLSC Godbout

101, rue Levack
Godbout, QC G0H 1G0
Tel: 418 568-7740

PORT-CARTIER FACILITIES

3, rue de Shelter Bay
Port-Cartier, QC G5B 2W9
Tel: (418) 766-2572

SEPT-ÎLES FACILITIES

Hospital

45, rue Père-Divet
Sept-Îles, QC G4R 3N7
Tel: (418) 962-9761

CHSLD - Résidence Gustavenue

Gauvreau
45, rue Père-Divet
Sept-Îles, QC G4R 3N7
Tel: (418) 962-9761

CLSC Sept-Îles

Édifice du Docteur-Gérard-Beaulieu
405, avenue Brochu
Sept-Îles, QC G4R 2W9
Tel: (418) 962-9761

Centre de réadaptation pour les jeunes en difficulté d'adaptation de Sept-Îles

27, rue La Vérendrye
Sept-Îles, QC G4R 5E3
Tel: (418) 962-2262
Toll-free: 1 800-418-5704

MINGANIE FACILITIES

Minganie overseas all health and social services between Rivière-au-Tonnerre and Natashquan including the following medical institutions:

Head Office

1035, promenade des Anciens
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2212

CLSC Longue-Pointe-de-Mingan

870, chemin du Roi
Longue-Pointe-de-Mingan,
QC G0G 1V0
Tel: (418) 949-2402

CLSC Baie-Johan-Beetz

- Point of service
24, rue Johan-Beetz
Baie-Johan-Beetz, QC G0G 1B0
Tel: (418) 539-0169

CLSC Victor-Lachance

- Point of service
102, rue Jacques-Cartier
Aguanish, QC G0G 1A0
Tel: (418) 533-2301

CLSC Natashquan

- Point of service
47, chemin d'en Haut
Natashquan, QC G0G 2E0
Tel: (418) 726-3387

CLSC Rivière-au-Tonnerre

- Point of service
430, rue Jacques-Cartier
Rivière-au-Tonnerre, QC G0G 2L0
Tel: (418) 465-2146

CLSC Rivière-Saint-Jean

- Point of service
328, rue Saint-Jean
Rivière-Saint-Jean, QC G0G 2N0
Tel: (418) 949-2020

CLSC Port-Menier

Rue Canard
P.O. Box 9
Port-Menier, QC G0G 2Y0
Tel: (418) 535-0176

CHSLD Havre-Saint-Pierre

933, rue Boréale
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2212

CANIAPISCAU FACILITIES

Caniapiscau oversees all health and social services between Fermont, Schefferville and Kawawachikamach at the following installations:

Fermont Installation

1, rue Aquilon
Fermont, QC G0G 1J0
Tel: (418) 287-5461

Fermont (Youth Protection and Substance Abuse rehabilitation)

1, rue de l'Aquilon
Fermont, QC G0G 1J0
Tel: (418) 287-5461
(youth : ext. 213, dispensary: ext 214)
Toll-free: 1 800-463-8547

CLSC Schefferville
320, A.P. Low Schefferville
QC G0G 2T0
Tel: (418) 585-2645

Youth and Child Protection Centre of Kawawachikamach

1008, Naskapi Road
Kawawachikamach, QC G0G 2Z0
Tel: (418) 585-2252
Toll-free: 1 800-463-8547

AUTONOMOUS INSTITUTION

This institution, located on the North Shore, reports directly to the Ministry of Health and Social Services.

CLSC de Naskapi

*P.O. Box 5154
Kawawachikamach, QC G0G 2Z0
Tel: (418) 585-2897*

OUT-OF-REGION MEDICAL SERVICES

www.travel4health.ca/

Several members of the Community Health and Social Services Network have developed a website (<https://www.travel4health.ca/>) to provide information and support to English-speaking patients who have to travel away from home for medical services.

Côte-Nord is one such region where patients may have to travel to receive specialized medical services. In order to better prepare patients and their loved ones for visiting other medical centres outside the region, a toolkit has been developed specifically for this purpose. The information is organized in the following categories: preparing for your trip, local services and support (by region of departure Lower North Shore, North Shore, Lower Saint-Lawrence, Magdalen Islands, Gaspé Coast), information for each destination (by hospital and city Quebec City, Rimouski, Sept-Îles + Baie-Comeau, Chicoutimi, Chandler, Blanc-Sablon), information and advice for the stay at the hospital, information and advice before returning home and the cost and refunds.

The toolkit is available to download from the website <http://www.travel4health.ca/> simply click on 'Downloads' from the top right hand corner and select North Shore. If you would like more information contact Jody Lessard at (418) 296-1545.

SOCIAL SERVICES AND SUPPORT GROUPS

Addictions

ALCOHOLICS ANONYMOUS

Baie-Comeau Region

Tel: (418) 589-9601

Sept-Îles Region

Tel: (418) 962-5600

Website: <http://www.aa-quebec.org/region89/en/home.shtml>

DRUGS HELP AND REFERRAL

Free, bilingual, 24-hour telephone service that provides help and referral to help fight substance abuse. Strictly confidential and anonymous.

Tel: 1 800-265-2626

Club l'Étape Manicouagan (French only: alcohol, drugs and other dependencies)

*940, rue Comtois
Baie-Comeau, QC G5C 2A4
Tel: (418) 589-3141*

Unité Domrémy de Baie-Comeau Inc.

Services offered include: help and support for detoxification and day centre.

- Help and support for detoxification
- Day centre
- Help groups
- Emergency and transitory lodging
- Social reinsertion
- Individual monitoring

170, boulevard la Salle
Baie-Comeau, QC G4Z 1S4
Tel: (418) 296-3486
Email: unitedomremybc@globetrotter.net

Centre d'intervention Le Rond-Point

101, rue Tortellier
Sept-Îles, QC G4R 3Z7
Tel: (418) 962-7333
Toll-free: 1 877-962-7333
Email: rpoint@cgocable.ca

Transit Sept-Îles

We are designated as an accommodation crisis centre and are referred by Social Services and crisis intervention. Other than accommodation and food, the services offered include; coaching, laundry, personal hygiene, needs assessment, tracking referrals, follow-up accommodation, and training.

409, rue Gamache
Sept-Îles, QC G4R 2H8
Tel: (418) 968-9190
Email: transit.sept-iles@cgocable.ca

Centre de protection et de réadaptation de la Côte-Nord

Head Office
835, boulevard Joliet
Baie-Comeau, QC G5C 1P5
Tel: (418) 589-9927

ADDICTION REHABILITATION PROGRAM OFFERED BY CISSS DE LA CÔTE-NORD

M.R.C. Haute-Côte-Nord

8, rue 10
Forestville, QC G0T 1E0
Tel: (418) 587-2204

4, rue des Pilotes
Les Escoumins, QC G0T 1K0
Tel: (418) 233-3143

M.R.C. Manicouagan

659, boulevard Blanche
Baie-Comeau, QC G5C 2B2
Tel: (418) 589-5704

625, rue des Épilobes
Baie-Comeau, QC G5C 1Y9
Tel: (418) 589-2003

M.R.C. Sept-Rivières

3, rue de Shelter-Bay
Port-Cartier, QC G5B 2W9
Tel: (418) 766-2572, ext. 3321

531, rue Gamache
Sept-Îles, QC G4R 5T9
Tel: (418) 962-9761

M.R.C. Minganie

1035, promenade des Anciens
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2955

M.R.C. Caniapiscau

1, rue Aquilon
Fermont, QC G0G 1J0
Tel: (418) 287-5461

CANCER ASSOCIATIONS

Association du cancer de l'Est du Québec (ACEQ)

ACEQ provides accommodation, volunteer services, psychosocial support, documentation centre, loan of beds and wigs to individuals and supports cancer research and prevention.

*P.O. Box 4151
151, rue Saint-Louis
Rimouski, QC G5L 8M2
Tel: (418) 724-0600 ext 0
Toll-free: 1 800-463-0806
Email: info@aceq.org
Website: www.aceq.org*

Canadian Cancer Society

The Society offers reliable information on cancer, emotional support, material and financial support, accommodation and documentation for all Canadians dealing with cancer.

*Toll-free: 1 888-939-3333
Website: www.cancer.ca*

Quebec Cancer Foundation (Fondation Québécoise du Cancer)

Their objective is to improve the quality of life of those affected with cancer and their families.

*Tel: 1 800-363-0063
Website: http://www.fqc.qc.ca*

FAMILY ISSUES

Accueil Marie de l'Incarnation

Provides services to single pregnant women, supporting them throughout their pregnancy. Also provides

activities and daycare services to single mothers and their children.

*451, rue Marguerite
Baie-Comeau, QC G5C 1G9
Tel: (418) 589-6418
Email: centredejouramli@hotmail.com*

Parents Anonymous

A listening service for parents who feel the need to talk about the often overwhelming task of raising a child.

*Toll-free: 1 800-361-5085
Website: http://ligneparents.com/*

Parents Help Line

Offers parents and caregivers access to information, support and referral 24 hours a day, 365 days a year.

Toll-free: 1 888-603-9100

Parent Action on Drugs (Canada-wide)

Offers a wide range of programs and services aimed at prevention, education and support and addresses issues of substance use among youth through outreach, prevention, education, and parent support.

*Toll-free: 1 877-265-9279
Email: pad@parentactionondrugs.org
Website: http://parentactionondrugs.org/*

Maison de la Famille de Port-Cartier

*20-B, boulevard des Îles
case postale 152
Port-Cartier, QC G5B 2G8
Tel: (418) 766-8666*

FOOD BANKS

Centre de dépannage des Nord-Côtiers

9A, rue Roussel
Les Escoumins, QC G0T 1K0
Tel: (418) 233-3910
Email: depannage.c@hotmail.com

Comptoir alimentaire l'Escale

295, rue de Puyjalon
Baie-Comeau, QC G5C 1N3
Tel: (418) 589-6869
Email: calescale@globetrotter.net

Cuisine collective des écureuils de Baie-Comeau

1724, rue Papineau
Baie-Comeau, QC G5C 2J8
Tel: (418) 589-6095

Comptoir alimentaire de Sept-Îles

5, rue Boudreau
Sept-Îles, QC G4R 5P4
Tel: (418) 968-2274
Email: casi@globetrotter.net

MULTIPLE DISABILITIES

Services are offered for intellectual disabilities, autism spectrum disorders and physical disabilities, ranging from rehabilitation to socio-occupational or residential integration of persons. English services are not always available in every location.

CENTRE DE RÉADAPTATION L'ÉMERGENT

The Centre de réadaptation l'Émergent is a rehabilitation centre for people with physical disabilities.

M.R.C. Haute-Côte-Nord

4, rue des Pilotes
Les Escoumins, QC G0T 1K0
Tel: (418) 233-2041
Toll-free: 1 866-389-2038
Toll-free: 1 866- 968-2470

M.R.C. Manicouagan

1250, rue Lestrat
Baie-Comeau, QC G5C 1T8
Tel: (418) 589-2038
Toll-free: 1 866-389-2038
Toll-free: 1 866-968-2470

M.R.C. Sept-Rivières

450, rue Évangéline
Sept-Îles, QC G4R 2N5
Tel: (418) 968-2470
Toll-free: 1 866-389-2038
Toll-free: 1 866-968-2470

Centre d'activités de la Haute-Côte Inc.

450, rue de la Mer, bureau 301
P.O. Box 908
Bergeronnes, QC G0T 1G0
Tel: (418) 232-2232
Email: centrehaute-cote@belinet.ca

Module d'épanouissement à la vie Sacré-Cœur

608, rue des Peupliers
Tadoussac, QC G0T 2A0
Tel: (418) 514-9127

Association des handicapés adultes de la Côte-Nord Inc.

859, rue Bosse, local 103
Baie-Comeau, QC G5C 3P8
Tel: (418) 589-2393
Website: <http://www.ahacn.org/index.html>

Groupe Entre-Amis de Baie-Comeau

1130, rue Leventoux
Baie-Comeau, QC G5C 1K4
Tel: (418) 295-3717
Email: entre.amis@globetrotter.net

Le Répit Daniel Potvin Inc.

898, boulevard Blanche
Baie-Comeau, QC G5C 2B9
Tel: (418) 589-2343

Les Girouettes de Chute-aux-Outardes

47, rue de l'Église
Chute-aux-Outardes, QC G0H 1C0
Tel: (418) 567-4621

Le Pivot des Îles Inc.

364 B, avenue Gamache
Sept-Îles, QC G4R 2H7
Tel: (418) 962-8314

Répit Richelieu

665, avenue Évangéline
Sept-Îles, QC G4R 2N9
Tel: (418) 962-3777

Transit Sept-Îles

They provide a meeting point, support and temporary shelter for people in difficulty. Our goal is to contribute to the prevention of crime, psychological distress, suicide, violence and social exclusion. Our team of nine are available 24/7 all year. Transit Sept-Îles wants to create a safe living environment close to services. It can currently accommodate up to 12 people.

409, avenue Gamache
Sept-Îles, QC G4R 2H8
Tel: (418) 968-9190

L'Espoir de Shelna

1075, promenade des Anciens
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-3672

Module d'épanouissement à la vie de Havre-Saint-Pierre

1075, promenade des Anciens
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-1912

Association régionale pour le loisir des personnes handicapées Côte-Nord

Assists sports and leisure organizations in better serving physically and mentally challenged clientele by supporting local innovative projects and ongoing programming.

625, boulevard Laflèche, local 201
Baie-Comeau, QC G5C 1C5
Tel: (418) 589-5220
Toll-free: 1 888-330-8757
Email: richard.marc@uriscn.qc.ca

Société d'habitation du Québec (SHQ)

The Residential Adaptation Assistance Program (RAAP) provides financial assistance to cover some of the cost of adapting and making homes accessible.

Toll-free: 1 800-463-4315
Website: www.habitation.gouv.qc.ca

TRANSPORT

TRANSPORT ADAPTÉ (ADAPTED TRANSPORTATION)

If you have a handicap and/or have limited mobility, you may be admissible for adapted transportation.

Adapted transportation is available through the Corporation de transport adapté de Sept-Îles (CTASI). Their service is not limited to healthcare visits and extends to social and leisure activities.

CTASI

652, avenue de Quen
Sept-Îles, QC G4R 2R5
Tel: (418) 962-7111

Taxi-bus (Sept-Îles only)

Taxi-Bus is designed to be faster than a bus and less expensive than a taxi and is open to all residents of Sept-Îles. There is a map available online (http://ville.Sept-Îles.qc.ca/fr/transport_75/) at their offices, or the NSCA Sept-Îles office.

Taxibus

652, avenue de Quen
Sept-Îles, QC G4R 2R5
Tel: (418) 968-2877
Website: http://ville.Sept-Îles.qc.ca/fr/transport_75/

Adapted Transportation Ville de Baie-Comeau

Serves Baie-Comeau, Pointe-Lebel, Chute-aux-Outardes, Pointe-aux-Outardes and Rageneau.

Tel: (418) 589-1516

Adapted Transportation Ville de Port-Cartier

Tel: (418) 766-0060

Maison Richelieu

The Maison Richelieu is a residence where non-hospitalized users from

the North Shore (those residing outside Sept-Îles), their parents or attendants, who are going to Sept-Îles for an exam, follow-up or treatment, can reside during their stay. The service extends to users from Baie-Comeau to Blanc-Sablon, including Schefferville and Anticosti. The house has 10 rooms with private bathrooms (6 small ones and 4 large ones with small kitchens), one small kitchen and one living room in the basement for all users. Rooms cost \$40 a day.

465, avenue Franquelin
Sept-Îles, QC G4R 2L9
Tel: (418) 962-2720

Association de la fibromyalgie et de la fatigue chronique de Manicouagan et de la Haute-Côte-Nord inc.

1250, rue Lestrat, bureau R-134
Baie-Comeau, QC G5C 1T8
Tel: (418) 589-2229
Toll-free: 1 877-668-2229
Website: <http://www.fibromyalgie-sqf.org/>
Email: assocfibromanic@gmail.com

Association Fibromyalgie de Duplessis

690, boulevard Laure, bureau 222-E
Sept-Îles, QC G4R 4N8
Tel: (418) 968-1999
Toll-free: 1 866-968-1999
Website: <http://www.fibromyalgie-sqf.org/>
Email: ass.fib.dup@globetrotter.net

Association des personnes avec difficultés visuelles de Manicouagan

1250, rue Lestrat
Baie-Comeau, QC G5C 1T8
Tel: (418) 589-8888
Email: apdvm@globetrotter.net

Association québécoise pour les enfants atteints d'audimutité (A.Q.E.A.), Chapitre Côte-Nord

19, avenue Laval
Baie-Comeau, QC G4Z 1P9
Tel: (418) 296-8985
Email: sylviboisclair@hotmail.com

La Vallée des Roseaux

This is a pallative care home but they are also able to offer complimentary services such as respite for caregivers and support the needs of patients in their own homes.

2370, boulevard Lafèche
Baie-Comeau, QC G5C 1E4
Tel: (418) 589-7705
Email: valleedesroseaux@globetrotter.net
Website: <http://lavalleedesroseaux.org/>

Action Autisme T.E.D. Haute-Côte-Nord Manicouagan

317-B, boulevard la Salle
P.O. Box 6143
Baie-Comeau, QC G5C 0B7
Tel: (418) 296-2857
Email: aa-ted@hotmail.com

Collectif de Sept-Îles pour la santé des femmes

652, avenue de Quen
Sept-Îles, QC G4R 2R5
Tel: (418) 968-8465
Email: csisf@globetrotter.net
Website: <http://cdeacq.ca/>

Société canadienne de la sclérose en plaques, section Côte-Nord (Canadian MS society)

652, avenue de Quen
Sept-Îles, QC G4R 2R5

Tel: (418) 968-6688
Email: scleroseenplaquescn@cgcable.ca
Website: <https://scleroseenplaques.ca/section/cote-nord>

L'Association Épilepsie Côte-Nord

652, avenue de Quen
Sept-Îles, QC G4R 2R5
Tel: (418) 968-2507
Toll-free: 1 866-968-2507
Email: epilepsiecn@globetrotter.net

Association nord-côtière de l'autisme et des troubles envahissants du développement (ANCATED)

700, boulevard Laure
Sept-Îles, QC G4R 1Y1
Tel: (418) 962-2272
Toll-free: 1 866-965-2272
Email: ancated@globetrotter.net

Actions Sida Côte-Nord (HIV/AIDS)

700, boulevard Laure, bureau 235
Sept-Îles, QC G4R 1Y1
Tel: (418) 962-6211
Toll-free: 1 888-611-7432
Email: info@ascn.qc.ca

LEGAL ISSUES

Éducaloi

Éducaloi are a registered charity whose mission is to explain the law in easy to understand language to Quebec citizens. They are a bilingual service and a starting point for legal information.

Website: <https://www.educaloi.qc.ca/en>

Justice Quebec

A useful web site when dealing with legal issues within the province of Quebec.

Website: <https://www.justice.gouv.qc.ca/en>

CAVAC

The Crime victim's assistance centre delivers services to individuals and their families who are victims or witnesses of crime, including post traumatic intervention, technical assistance, information on rights and accompaniment to court.

Tel: (418) 294-8034 or
Tel: (418) 296-0500 Baie-Comeau
Tel: (418) 962-2822 or
1 866-962-2822 Sept-Îles
Email: cavaccotenord@globetrotter.net
Website: <http://www.cavac.qc.ca>

Court House - Baie-Comeau

71, avenue Mance
Baie-Comeau, QC G4Z 1N2
Tel: (418) 296-5534
Toll-free: 1 866-854-4075

Court House - Forestville

(service point)
Édifce Renato
134, route 138 Est
P.O. Box 400
Forestville, QC G0T 1E0
Tel: (418) 587-4471

Court House - Sept-Îles

425, boulevard Laure
Sept-Îles, QC G4R 1X6
Tel: (418) 962-3044
Toll-free: 1 866-405-7951

Legal Aid

(Commission des services juridiques)

Legal aid is granted for family matters, youth protection, the representation of young offenders, the prosecution of a criminal act, benefit claims related to income support or employment assistance, automobile insurance, unemployment insurance and workman's compensation for individuals at a certain income level.

Website: <http://www.csj.qc.ca>

Aide juridique de Sept-Îles

204-690, boulevard Laure
Sept-Îles, QC G4R 4N8
Tel: (418) 964-8110
Email: dg@ccjn.qc.ca

Aide juridique de Baie-Comeau

279, boulevard Lasalle
Baie-Comeau, QC G4Z 1T2
Tel: (418) 294-8793
Email: ajbc@ccjn.qc.ca

Legal Aid Pessamit

- Served by Baie-Comeau
Band Council
2, rue Kepetaken
Pessamit, QC G0H 1B0
Tel: (418) 567-2265

Legal Aid Forestville

25, route 138
Forestville, QC G0T 1E0
Tel: (418) 587-4474

Legal Aid Les Escoumins

- Served by Forestville
Centre de santé des Nord-Côtiens
4, rue de l'Hôpital
Les Escoumins, QC G0T 1K0
Tel: (418) 587-4474

Legal Aid Sacré-Coeur

(Friday afternoons)
- Served by Forestville
Centre de santé des Nord-Côtiers
50, rue Mayrand
Sacré-Coeur, QC G0T 1Y0
Tel: (418) 587-4474

Sureté du Québec (Provincial police)

In case of emergency only
(Fire, Police, Ambulance)
Tel: 911

Quebec Provincial Police

(24-hour emergency)
Tel: 310-4141
Cell: *4141

Côte-Nord District Head Office

20, boulevard Comeau
Baie-Comeau, QC G4Z 3A8
Tel: (418) 296-2324

DETACHMENTS

Fermont

299, rue Le Carrefour
Tel: (418) 287-3555

Schefferville

76, rue Atlantic
Tel: (418) 585-2626

Forestville

130, route 138 Est
Tel: (418) 587-2238

Tadoussac

406, rue Bateau-Passeur
Tel: (418) 235-4486

Baie-Comeau

1010, rue Mingan
Tel: (418) 589-3788

Havre-St-Pierre

1174, boulevard de l'Escale
Tel: (418) 538-2118

Sept-Îles

151, rue Père-Divet
Tel: (418) 962-9438

Port-Cartier

63, route 138
Tel: (418) 766-2112

Royal Canadian Mounted Police

The primary mandate is to conduct coastal patrols to prevent the importation of drugs by boat and to enforce federal laws and investigate fraud committed against the government of Canada.

Côte-Nord Detachment

637, avenue de Quen
Sept-Îles, QC G4R 4K3
Tel: (418) 962-2061

MENTAL HEALTH

Droits et Recours en Santé Mentale de la Côte-Nord (DRSM) (Mental Health Rights for Côte-Nord)

DRSM Côte-Nord was entrusted to promote and defend the human rights of people living with or having lived with a mental health problem and work with them so they can feel empowered in their lives and in society as a whole. Through the

support that it provides to people and the mandate that it received, DRSM's mission is to promote and defend the individual and collective rights of persons living with or having lived with a mental health problem. This also includes helping empower them with information and offering different training sessions. In addition they offer support and assistance to persons or groups as they defend their rights and make sure their rights are respected.

859, rue Bossé, bureau 201
Baie-Comeau, QC G5C 3P8
Tel: (418) 295-2779
Tel: 1 877-767-2227
Email: info@drsmcn.org

456, Arnaud, Suite 222,
Sept-Îles, QC G4R 3B1
Tel: (418) 968-2779
Tel: 1 877-767-2227
Email: info@drsmcn.org
Website: www.drsmcn.org

Association l'Envolée de la Côte-Nord

838, rue de Puyjalon, bureau 304
Baie-Comeau, QC G5C 1N1
Tel: (418) 295-1888
Email: jnnb8@hotmail.com

Association des parents et amis du malade émotionnel Baie-Comeau Inc.

884A, rue de Puyjalon
P.O. Box 2071
Baie-Comeau, QC G5C 2S8
Tel: (418) 295-2090
Email: apamebc@globetrotter.net

Association des parents PANDA Manicouagan

105, avenue Michel-Hémon
Baie-Comeau, QC G4Z 2A4
Tel: (418) 294-4410

Email: panda_manicouagan@
hotmail.com
Website: https://www.
pandamanicouagn.com

Le Crém

1041, boulevard Lafleche
P.O. Box 2535
Baie-Comeau, QC G5C 1C8
Tel: (418) 295-3499
Email: lecream@globetrotter.net

Les Habitations communautaires Le Gîte Inc.

399, rue des Cèdres
Baie-Comeau, QC G5C 1S5
Tel: (418) 589-4858
Email: maison.transition.bc@
globetrotter.net

Maison de transition Le Gite Inc.

858, rue Dastous
Baie-Comeau, QC G5C 1J9
Tel: (418) 589-2211
Email: maison.transition.bc@
globetrotter.net

Nouveau regard

858, rue de Puyjalon
Baie-Comeau, QC G5C 1N3
Tel: (418) 296-4385

Regroupement des organismes communautaires et alternatifs en santé mentale Côte-Nord

409, avenue de Quen
Sept-Îles, QC G4R 2R1
Tel: (418) 962-6006
Email: atre@cgocable.ca

**Canadian Mental Health Association
(CMHA) (L'Association canadienne
pour la santé mentale Côte-Nord Inc.)**

CMHA North Shore is a non-profit organization whose primary mission is the promotion of mental health, prevention of mental illness and performing support activities for the population.

10, rue Boisvert
P.O. Box 323
Port-Cartier, QC G5B 2G9
Tel: (418) 766-4476
Toll-free: 1 800-363-4476
Email: smqcn@globetrotter.net
Website: <http://www.smqcn.ca/>

Ressource de réinsertion <<Le Phare>>

99, boulevard du Portage-des-Mousses
Port-Cartier, QC G5B 1C9
Tel: (418) 766-8969
Email: lephare@globetrotter.net

**Association parents et amis du malade
émotionnel de Sept-Îles Inc.**

652, avenue de Quen
Sept-Îles, QC G4R 2R5
Tel: (418) 968-0448
Toll-free: 1 888-718-2726
Email: apamesi@globetrotter.net

Éki-Lib Santé Côte-Nord

652, avenue de Quen
P.O. Box 1758
Sept-Îles, QC G4R 2R5
Tel: (418) 968-3960
Toll-free: 1 877-968-3960
Email: eki_lib@hotmail.com

L'Âtre de Sept-Îles

409, avenue de Quen
Sept-Îles, QC G4R 2R1
Tel: (418) 962-6006
Email: atre@cgocable.ca

ALZHEIMER'S SOCIETY

The Alzheimer's Society provides support, information and education to people with Alzheimer's Disease and their families.

Alzheimer's Society Provincial Office

200-5165, rue Sherbrooke West
Montreal, QC H4A 1T6
Tel: (514) 369-7891
Toll-free: 1 888-636-6473
Email: info-fqsa@Alzheimer'squebec.ca
Website: www.Alzheimer'squebec.ca

Alzheimer's Society Côte-Nord

373, avenue Jolliet
Sept-Îles, QC G4R 2B1
Tel: (418) 968-4673
Toll-free: 1 866-366-4673
Email: sacotenord@globetrotter.net

**SUICIDE HELP LINE
- QUEBEC NATIONAL**

Toll-free: 1 866-277-3553

North Shore Suicide Prevention Centre

P.O. Box 2591
Baie-Comeau, QC G5C 2T3
Tel: (418) 295-2101
Toll-free: 1 866-277-2553
Email: cps09@globetrotter.net
Website: <http://preventionsuicidecotenord.ca/>

VOLUNTEER CENTRES

L'Accorderie Manicouagan

L'accorderie aims to combat poverty and social exclusion through the exchange of services and education through cooperation. It strengthens solidarity between people of different ages, gender, culture and income.

22, Place la Salle
Baie-Comeau, QC G4Z 1K3
Tel: (418) 378-9526
Email: la.manicouagan@accorderie.ca
Website: www.accorderie.ca

Comité de bénévoles Bergeronnes

48, rue Principale, office 206
Bergeronnes, QC G0T 1G0
Tel: (418) 232-6248

Comité de bénévoles Escoumins

725, route 138
Les Escoumins, QC G0T 1K0
Tel: (418) 233-2207

Comité de bénévoles Sacré-Cœur

108, rue Gagné Est
Sacré-Cœur, QC G0T 1Y0
Tel: (418) 236-4692
Email: chsc1991@outlook.com

Comité de bénévoles de Tadoussac

253 A, rue Champlain
P.O. Box 123
Tadoussac, QC G0T 2A0
Tel: (418) 235-4225
Email: madolamarche@yahoo.ca

Centre d'action bénévole le Nordest

9, 11^e Rue
Forestville, QC G0T 1E0
Tel: (418) 587-4226
Toll-free: 1 855-862-4226
Email: cab@lenordest.org

Centre de bénévolat Manicouagan Inc.

52, avenue d'Iberville
Baie-Comeau, QC G4Z 1W6
Tel: (418) 296-2686
Email: hamel.cab@globetrotter.net

Centre de bénévolat de Port-Cartier Inc.

10, rue Boisvert
P.O. Box 54
Port-Cartier, QC G5B 2G7
Tel: (418) 766-3202
Email: cbpc@cgcocable.ca

Centre d'action bénévole de Sept-Îles.

680, boulevard Laure, local 112
Sept-Îles, QC G4R 1K5
Tel: (418) 962-5751
Email: info@cab7iles.com

Centre d'action bénévole de la Minganie

1158, rue Boréale
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-1332
Email: info@cabmingan.org

WOMEN'S SERVICES

Centre des femmes de Forestville

13, route 138 Est
Forestville, QC G0T 1E0
Tel: (418) 587-4204
Email: cf.forestville@globetrotter.net

L'Alliance des femmes

P.O. Box 538
Sacré-Cœur, QC G0T 1Y0
Tel: (418) 236-9132
Email: alliancesdesfemmes@bellnet.ca

Centre des femmes «l'Étincelle»

P.O. Box 2214
Baie-Comeau, QC G5C 2S9
Tel: (418) 589-9366
Email: cfee@globetrotter.net

Centre Emersion

22, Place la Salle
Baie-Comeau, QC G4Z 1K3
Tel: (418) 296-6388

Centre femmes aux quatre vents

652, avenue de Quen
Sept-Îles, QC G4R 2R5
Tel: (418) 968-2925
Email: cfa4vents@globetrotter.net

Centre Le Volet des femmes

137, route Jacques-Cartier
Aguanish, QC G0G 1A0
Tel: (418) 533-2212
Email: volet@globetrotter.net

SEXUAL ASSAULT AND VIOLENCE

CALACS Côte-Nord Centre d'aide et de lutte contre les agressions à caractère sexuel

CALACS is a non-profit community organization offering various services to women of 14 years and older who have experienced sexual assault. Services are free and include email and phone support, consultation, referrals, individual visits, support

groups, hospital, police and court accompaniment and documentation.

Tel: (418) 589-1714
Toll-free: 1 800-563-0443
Email: lumiereboreale.calacs09@globetrotter.net
Website: <http://www.lumiereboreale.qc.ca/>

S.O.S. conjugal violence (Spousal abuse line)

A free bilingual telephone service for women throughout Quebec who are facing problems of family violence.

Toll-free: 1 800-363-9010

SHELTERS

Shelters for women victims of conjugal violence, including sexual assault victims.

Maison des femmes de Baie-Comeau

Tel: (418) 296-4733
Email: mfbcc@globetrotter.net

Maison Anita Label

Tel: (418) 296-4100
Email: maisonanitalebel@globetrotter.net

La Maison des femmes de Sept-Îles

P.O. Box 278
Sept-Îles, QC G4R 4K5
Tel: (418) 962-8141
Email: gestion@maisonfemmessi.com

Maison d'aide et d'hébergement de Fermont Inc.

P.O. Box 297
Fermont, QC G0G 1J0
Tel: (418) 287-5625
Email: dg.mahf@tlb.sympatico.ca

YOUTH SERVICES

LEGAL ISSUES

Alternative justice organization

Alternative justice organizations offer alternative methods for social reintegration for young offenders, as well as prevention and promotion programs to all youth.

CoNVERjaNCE Manicouagan

766, rue Bossé
Baie-Comeau, QC G5C 1L6
Tel: (418) 589-6566
Email: mesbaie@globetrotter.net
Website: <http://www.ojaconverjancemanicouagan.org/>

La Croisée, un organisme de justice alternative

652, avenue de Quen, 2nd floor
Sept-Îles, QC G4R 2R5
Tel: (418) 962-0173
Email: direction@la-croisee.ca
Website: <http://www.la-croisee.ca/main.php?sid=m&mid=1&lng=2>

YOUTH PROTECTION

Centre Jeunesse Côte-Nord

The Centre Jeunesse's mandate is to protect young people under 18 years of age who are living in a situation which poses a serious risk to their physical safety or to their development. They also provide support to young mothers and young offenders, assist individuals wishing to adopt a child, and adopted individuals searching for the birth parent(s), mediate some divorce proceedings and arrange foster care.

Centre de protection de l'enfance et de la jeunesse de Baie-Comeau

835, boulevard Joliet
Baie-Comeau, QC G5C 1P5
Tel: (418) 589-9927
Toll-free: 1 800-463-8547

Centre Jeunesse Les Escoumins

4, rue des Pilotes
Les Escoumins, QC G0T 1K0
Tel: (418) 233-3143
Toll-free: 1 800-233-2430

Centre Jeunesse Forestville

8, rue 10
Forestville, QC G0T 1E0
Tel: (418) 587-2204
Toll-free: 1 800-463-8547

Centre Jeunesse Baie-Comeau

835, boulevard Joliet
Baie-Comeau, QC G5C 1P5
Tel: (418) 589-9927
Toll-free: 1 800-463-8547

Centre Jeunesse Port-Cartier

3, rue de Shelter Bay, bureau B-216
1st floor
Port-Cartier, QC G5B 2W9
Tel: (418) 766-2572
Toll-free: 1 800-463-8547

Centre Jeunesse Sept-Îles

128, rue Régnauld, bureau 205
Sept-Îles, QC G4R 5T9
Tel: (418) 962-2578
Toll-free: 1 800-463-8547

Centre Jeunesse Havre-Saint-Pierre

1035, boulevard des Anciens
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2212
Toll-free: 1 800-463-8547

Centre Jeunesse Fermont

1, rue Aquilon, P.O. Box 550
Fermont, QC G0G 1J0
Tel: (418) 287-5461 (ext. 213)
Toll-free: 1 800-463-8547

Centre Jeunesse Kawawachikamach

1008, Naskapi Road
Schefferville, QC G0G 2T0
Tel: (418) 585-2252
Toll-free: 1 800-463-8547

YOUTH REHABILITATION CENTRES

Pavillon Richelieu

625, rue des Épilobes
Baie-Comeau, QC G5C 1Y9
Tel: (418) 589-2003
Toll-free: 1 800-463-8547

Réadaptation en dépendance

659, boulevard Blanche
Baie-Comeau, QC G5C 2B2
Tel: (418) 589-5704
Toll-free: 1 800-418-5704

Centre de réadaptation de Sept-Îles

27, rue de La Vérendrye
Sept-Îles, QC G4R 5E3
Tel: (418) 962-2262
Toll-free: 1 800-418-5704

***Protection de la jeunesse & Réadaptation en dépendance**

128, rue Régnauld
Sept-Îles, QC G4R 5T9
Tel: (418) 962-2578
Toll-free: 1 800-463-8547

Réadaptation en déficience physique, déficience intellectuelle et troubles du spectre de l'autisme

1250, rue Lestrat
Baie-Comeau, QC G5C 1T8
Tel: (418) 589-2038
Toll-free: 1 866-389-2038

Kid's Help Phone

Free counselling, support,
information and referral services for
youth 3 to 19 years of age.
Toll-free: 1 800-668-6868
Website: <https://kidshelpphone.ca/>

RELIGIOUS ORGANIZATIONS

ANGLICAN

Church of St. Andrew & St. George

34, rue Carleton
Baie-Comeau, QC G4Z 1L7
Tel: (418) 296-2833

All Saints Church

47, Ungava Street
Sept-Îles, QC G4R 4E4
Tel: (418) 962-6985

St. John's Church

Anglican Church of Schefferville
Naskapi Road
Kawawachikamach, QC G0G 2Z0
Tel: (418) 585-2557

CATHOLIC

Église Christ the King

540, avenue Arnaud
Sept-Îles, QC G4R 3E7
Tel: (418) 962-6171

SENIOR CITIZEN'S SERVICES

HOME SUPPORT SERVICES

PROGRAMME D'EXONÉRATION FINANCIÈRE POUR LES SERVICES D'AIDE DOMESTIQUE (FINANCIAL ASSISTANCE PROGRAMME FOR DOMESTIC HELP SERVICES)

Home care Service in Sept-Îles by *Coopérative d'aide à domicile de la M.R.C. des Sept-Rivières*.

The *Coopérative d'aide à domicile de la M.R.C. des Sept-Rivières* offers various services to members of the population who need help taking care of their homes because of their decreased capacity.

Coopérative d'aide à domicile de la M.R.C. des Sept-Rivières

404, rue Arnaud
Sept-Îles, QC G4R 3A9
Tel: (418) 960-0620
Email: coop7rivieres@globetrotter.net
Website: www.ramq.gouv.qc.ca

Coopérative de solidarité Aspire-Tout

896, rue de Puyjalon, bureau 205
Baie-Comeau, QC G5C 1N1
Contact person: Daniel Naud
Tel: (418) 589-2753
Email: gpoussette@hotmail.com

L'APPUI CÔTE-NORD

The mission of l'Appui Côte-Nord is to ensure caregivers of seniors have the moral support needed as well as access to a wide range of resources that will enable them to continue the delivery of care to someone with an age related loss of autonomy. They provide personalized information, training, counselling and respite through a single source. It works in tandem with various local

organizations, so that caregivers can easily be redirected to the necessary resource and acts in collaboration with local stakeholders to identify local priorities and improve the services offered, including the development of information services, training, psychosocial support and respite.

There is a dedicated caregiver helpline, available in English: 1 855-852-7785

L'Appui Côte-Nord

810, rue Bossé, bureau 102
Baie-Comeau, QC G5C 1L6
Tel: (418) 589-4014
Email: dhamel@lappuicotenord.org
Website: <http://www.lappui.org/cote-nord>

Comité de bénévoles Bergeronnes

48, rue Principale, office 206
Bergeronnes, QC G0T 1G0
Tel: (418) 232-6248

Comité de bénévoles Escoumins

725, route 138
P.O. Box 53
Les Escoumins, QC G0T 1K0
Tel: (418) 233-2207

Comité de bénévoles Sacré-Cœur

108, rue Gagné Est
Sacré-Cœur, QC G0T 1Y0
Tel: (418) 236-4692
Email: cbssc1991@outlook.com

Comité de bénévoles de Tadoussac

253 A, rue Champlain
Tadoussac, QC G0T 2A0
Tel: (418) 235-4225
Email: madolamarche@yahoo.ca

Les Amis du Rayon d'or

450, rue de la Mer
P.O. Box 68
Bergeronnes, QC G0T 1G0
Tel: (418) 232-1159
Email: lardor@bellnet.ca

Centre d'action bénévole le Nordest

9, rue 11
Forestville, QC G0T 1E0
Tel: (418) 587-4226
Email: direction.cab@lenordest.org

Centre communautaire pour les aînés de Ragueneau

521, route 138, bureau 200
Ragueneau, QC G0H 1S0
Tel: (581) 643-1300
Email: centre-com.aines@hotmail.com

L'Association des locataires de la résidence Père Méthot

20, avenue Carleton
P.O. Box 54
Baie-Comeau, QC G4Z 2W9
Tel: (418) 296-3828
Email: fouguet1928@hotmail.ca

Vers l'âge Senior Inc.

659, boulevard Blanche
Baie-Comeau, QC G5C 2B2
Tel: (418) 589-7423
Email: Centre_de_jour@hotmail.com

Association des aidants naturels

P.O. Box 6051
Baie-Comeau, QC G5C 2S9
Tel: (418) 589-2229
Email: aidants.naturelscn@hotmail.com

Centre de bénévolat de Port-Cartier Inc.

10, rue Boisvert
P.O. Box 54
Port-Cartier, QC G5B 2G7
Tel: (418) 766-3202
Email: cbpc@cgocable.ca

Centre d'action bénévole de la Minganie

1158, rue Boréale
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-1332
Email: info@cabmingan.org

SENIOR SOCIAL CLUBS

FADOQ

The FADOQ Network brings together and represents people aged 50 and over in order to preserve and improve their quality of life. The Network defends and promotes their collective rights, values their contribution to society and supports them through programs, services and activities, particularly in the areas of recreation, culture, sport and the outdoors. There are currently 26 clubs across the North Shore, with a presence in most communities. Consult your local newspaper for details of groups or contact the NSCA for more details.

Fadoq Region Côte-Nord

859, rue Bossé, local 107
Baie-Comeau, QC G5C 3P8
Tel: (418) 589-7870
Toll-free: 1 800-828 3344
Email: fadoqcn@globetrotter.net
Website: <https://www.fadoq.ca/cote-nord>

Conseil régional de l'Âge d'Or de la Côte-Nord

1359, boulevard Blanche
Baie-Comeau, QC G5C 3A8
Tel: (418) 589-7870

Club de l'Age d'Or de Franquelin

27, des Érables
Franquelin, QC G0H 1E0
Tel: (418) 296-0343
President: Ginette Plante

Club de l'Age d'Or de Rageneau

521, route 138, local 100
Rageneau, QC G0H 1S0
Tel: (418) 567-4858
President: Lucette Desbiens

Club de l'Age d'Or de Chute-aux-Outardes

1, rue de l'École
Chute-aux-Outardes, QC G0H 1C0
Tel: (418) 567-4696
President: Arlette Girard

Club de l'Age d'Or de Forestville

SS-1, 10^e Rue
Forestville, QC G0T 1E0
Tel: (418) 587-2302
President: Agathe Audette

Club de l'Age d'Or de Godbout

102, rue Alexandre
Godbout, QC G0H 1G0
Tel: (418) 568-7832
President: France Caron
Tel: (418) 568-7739

Club de l'Age d'Or de Rivière Pentecôte

4351, route Jacques-Cartier
Rivière Pentecôte, QC G0H 1R0
Tel: (418) 799-2582
President: France Gauthier

Club de l'Age d'Or de Gallix

348, rue Thériault
Gallix, QC G0G 1L0
Tel: (418) 766-4039
President: Janine Collin

Club de l'Age d'Or de Sept-Îles

286, avenue Humphrey
Sept-Îles, QC G4R 5V7
Tel: (418) 968-3445
President: Angeline Leblanc

Les Joyeux Retraités

286, avenue Humphrey
Sept-Îles, QC G4R 5V7
Tel: (418) 962-1533
Website: <http://www.joyeuxretraites.com/>
President: Leona Rodgers

Club de l'Age d'Or de Havre-Saint-Pierre

2-1028, avenue des Fondateurs
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2028
President: Julien L. Boudreau

Club de l'Age d'Or des Escoumins

9, rue Roussel
Les Escoumins, QC G0T 1K0
Tel: (418) 233-3750
President: Claudette Roussel

Club de l'Age d'Or de Sacré-Cœur

80, rue Principale North
P.O. Box 47, Sacré-Cœur, QC G0T 1Y0
Tel: (418) 236-9213
President: Pauline Hovington

Club de l'Age d'Or

403, rue de la Mer
Les Bergeronnes, QC G0T 1G0
Tel: (418) 232-6206
President: Lucille Maltais

Club de l'Age d'Or Les Pionniers

36, rue Plante
Port-Cartier, QC G5B 1Y2
Tel: (418) 766-6469
President: Pauline Duchenes

Club de l'Age d'Or Vive la Joie

P.O. Box 351, Succ Port-Cartier
Port-Cartier, QC G5B 2G9
Tel: (418) 766-2367
President: Claudette Allaire-Cote

RESIDENTIAL CARE

Residential centres provide room, board and care for elderly people who are no longer autonomous. In addition to this, there are residences with supervised rooms and apartments for more autonomous people. Homecare services are available through local CLSCs which evaluate individual needs and refer them to the most adequate service available in the community.

M.R.C. HAUTE-CÔTE-NORD

CHSLD des Bergeronnes

450, rue de la Mer
Grandes-Bergeronnes, QC G0T 1G0
Tel: (418) 232-6224

Installation des Escoumins

4, rue de l'Hôpital
Les Escoumins, QC G0T 1K0
Tel: (418) 233-2931

Installation de Forestville

2, 7^e rue
Forestville, QC G0T 1E0
Tel: (418) 587-2212

■ Private Residential Care Centres Haute Côte-Nord

Résidence Le Boisé sur la Mer

571, route 138
Les Escoumins, QC G0T 1K0
Tel: (418) 233-2144

Villa Forestville

4, 10^e Rue, R.R. 1
Forestville, QC G0T 1E0
Tel: (418) 587-6060

Pavillon Léopold Mayrand

55, rue Lévesque
Sacré-Cœur, QC G0T 1Y0
Tel: (418) 236-9227

Maison du Havre

8, rue 7
Forestville, QC G0T 1E0
Tel: (418) 587-6469

■ M.R.C. Manicouagan

CHSLD N.-A. Labrie

659, boulevard Blanche
Baie-Comeau, QC G5C 2B2
Tel: (418) 589-2425

CHSLD Boisvert

70, rue Mance
Baie-Comeau, QC G4Z 1M9
Tel: (418) 296-2501

■ Private Residential Care-Centres

Château Bellevue

1401, boulevard Joliet
Baie-Comeau, QC G5C 1P9
Tel: (418) 589-2225

Oasis des Pionniers

130, rue Pie-XII
Baie-Comeau, QC G5C 1R9
Tel: (418) 589-6625

M.R.C. SEPT-RIVIÈRES

CHSLD - Port-Cartier

3, rue de Shelter Bay
Port-Cartier, QC G5B 2W9
Tel: (418) 766-2572

SEPT-ÎLES

CHSLD Résidence Gustavenue-Gauvreau

45, rue Père-Divet
Sept-Îles, QC G4R 3N7
Tel: (418) 962-9761

CHSLD Résidence Urgel-Pelletier

45, rue Père-Divet
Sept-Îles, QC G4R 3N7
Tel: (418) 962-9761

■ Private Residential Care-Centres

MALIOTENAM

Foyer Tshishennua

297, rue Anek
Maliotenam, QC G4R 4K2
Tel: (418) 927-3304

SEPT-ÎLES

Résidence des Bâisseurs

470, rue Arnaud, bureau 100
Sept-Îles, QC G4R 4N9
Tel: (418) 962-1934

Résidence Vents et Marées

659, rue Brochu
Sept-Îles, QC G4R 2X7
Tel: (418) 962-7565

M.R.C. MINGANIE

CHSLD - Minganie

(2nd and 3rd floor)
1035, promenade des Anciens
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2212

CHSLD de Havre-Saint-Pierre

933, rue Boréale
Havre-Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2212

ELDER ABUSE

North Shore CAVAC Côte-Nord

The assistance centre for victims of crime, known as CAVAC, is there to help you overcome the physical, mental and social consequences of

crime. The professional services they provide are confidential and free of charge.

652, de Quen

Sept-Îles, QC G4R 2R5

Tel: (418) 962-2822

Toll-free: 1 866-962-2822

Email: cavaccotenord@globetrotter.net

CISSS de la Côte-Nord

The provincial Elder Abuse Help Line at 1 888-489-ABUS (2287) is a service that helps and informs seniors, their families and professionals. The line refers people to their CISSS to obtain support through the different services according to their needs.

The regional coordinator is Ms. Claire Plante.

Tel: (418) 962-9761 ext. 2427

FADOQ

The FADOQ have designed their 'Senior-Aware program' to educate the general public and professionals about abuse and fraud against seniors. Through information sessions, police officers, professionals and senior volunteers, a complete portrait of the kinds of abuse and fraud that affect seniors in particular has been provided, as well as advice to help prevent them. To get more information regarding Senior Aware.

Tel: 1 800-544-9058

YOUTH EMPLOYMENT

Centre Émerison

A centre which offers career development in both professional and personal goals. Aged 18-30 special career counselling program to help find work, improve CV development, interview training etc. They also welcome newcomers/immigrants to the region with help to locate and find different community services to integrate newcomers into the region.

22, Place la Salle
Baie-Comeau, QC G4Z 1K3
Tel: (418) 296-6388

YES Montreal

YES Montreal is a non-profit organization that provides English-language support services to help Quebecers find employment as well as develop and finance their own businesses.

666, Sherbrooke Street
Montreal, QC H3A 137
Tel: (514) 878-9788
Email: info@yesmontreal.ca
Website: <https://www.yesmontreal.ca/>

CARREFOUR JEUNESSE EMPLOI (YOUTH EMPLOYMENT CENTRE)

Free services for youth aged 16 to 35 to encourage integration into the job market, including help and support for employment seekers.

CJE de La Haute-Côte-Nord

427, rue de la Mer, 2nd floor
Les Bergeronnes, QC G0T 1G0
Tel: (581) 324-1110

CJE Forestville

(Point of Service)
31, route 138
Forestville, QC G0T 1E0
Tel: (418) 587-4762

CJE de Manicouagan

859, rue Bossé, local 205
Baie-Comeau, QC G5C 3P8
Tel: (418) 589-8589
Email: cje-manic@cjemanic.qc.ca
Website: www.cjemanic.qc.ca

CJE Duplessis

263, rue Papineau
Sept-Îles, QC G4R 4J2
Tel: (418) 961-2533
Toll-free: 1 888-965-2533
Email: accueil@cjed.qc.ca
Website: www.cjed.qc.ca

CJE Port-Cartier

2, rue Élie-Rochefort, bureau 103
Port-Cartier, QC G5B 2N2
Tel: (418) 766-4099
Email: ce.portcartier@cjed.qc.ca

CJE Minganie

1280, rue de la Digue, bureau 205
Havre Saint-Pierre, QC G0G 1P0
Tel: (418) 538-2533
Toll-free: 1 877-538-2533
Email: cjehsp@cjed.qc.ca

CJE Caniapiscou

299, rue le Carrefour
Fermont, QC G0G 1J0
Tel: (418) 287-5233
Toll-free: 1 877-287-5233
Tel: (418) 287-5215
Email: cje.fermont@tlb.sympatico.ca

Federal Student Work Experience Program

A program offering full-time students work experience in the federal public service. You create an account online and apply for your chosen opportunity.

Website: <https://www.canada.ca/en>

Services Canada Summer Work Experience

Provides summer employment for secondary and post-secondary students, and supports the operation of summer employment offices. Visit a Service Canada Centre for more information.

Tel: 1 800-935-555

Website: <https://www.canada.ca/en>

Katimavik

Katimavik's mission is to develop diverse youth as engaged, caring citizens and capable contributors and leaders for a better Canada. As well as offering a gap-year experience for volunteers, they also have an Indigenous Youth in Transition program, designed to support Indigenous women and men aged 18-30 to develop skills that will enable them to pursue postsecondary learning and future employment.

1001, rue Lenoir, suite A-313
Montréal, QC H4C 2Z6

Tel: (514) 868-0898

Email: info@katimavik.org

Website: <https://www.katimavik.org/en/>

Place aux Jeunes

PAJ's mission is to make youth aware of the potential in the region through job opportunities, starting a business

and other resources.

Website: www.placequxjeunes.qc.ca

Place aux Jeunes Manicouagan

859, rue Bossé, local 205

Baie-Comeau, QC G5C 3P8

Tel: (418) 589-8589

Email: pajmanic@cjemanic.qc.ca

Place aux Jeunes la Haute-Côte-Nord

427, rue de la Mer, 2nd floor

Les Escoumins, QC G0T 1G0

Tel: (581) 324-1110

Email: renaud.deschenesWcjehcn.qc.ca

Emploi étudiant au Québec

Available for students searching for a summer job, a permanent job or an internship (French only).

Toll-free: 1 877-767-8773

Website: <http://www.emploiquebec.gouv.qc.ca>

SADC

The SADC offers programs and financial assistance to youth, such as personal loans for business start-up. See the Business and Economic Development section in this guide for contact details.

Young Canada Works

Gives students the chance to earn money while preparing to make the transition from school to work and to acquire job experiences. You can create an online account and directly apply for positions.

Website: <https://young-canada-works.canada.ca/>

Canadian Government

The Government of Canada's Web site for youth contains information about programs and services at the community level and beyond; including jobs, health, education and art.

Website: www.youth.gc.ca

Éducaloi (youth)

Éducaloi offers a youth section on their main website as your starting point for legal information. They have detailed legal career sections as well as the law by topic which specifically relates to age 18 and under.

Website: <https://www.educaloi.qc.ca/en/youth>

MAISON DES JEUNES

Offer adolescents a supervised location to spend time with friends, as well as activities and services in response to the needs of youth. (French only in a lot of places)

Ragueneau

519, route 138
Tel: (418) 567-2370

Baie-Comeau

836, boulevard Joliette
Tel: (418) 589-1217

Port-Cartier

34, avenue Parent
Tel: (418) 766-3040

Fermont

100 C, place Daviault
Tel: (418) 287-5473

Havre-St. Pierre

908, boulevard de l'Escale
Tel: (418) 538-3368

Natashquan

59b, rue du Pré
Tel: (418) 726-3740

Les Escoumins

2, rue de la Croix
Tel: (418) 233-3519

Please note the services listed in this directory are not exhaustive. For more information, do not hesitate to contact the NSCA.

Tel: (418) 296-1545



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