

Support and assistance



For banking information

Consult the English information sheets from Desjardins service :



How to use ATMs

Send money in another country

Send money by SMS or email

Virtually deposit a check

To go to a Desjardins branch

80 rue Notre-Dame Ouest, Trois-Pistoles

71 rue Principale Nord, Saint-Jean-de-Dieu



For learning French

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

Francisation Québec

AgriFrancisation (only for agricultural workers)



Leisure, sports and culture



Need to move and make new connections?

Follow us on Facebook to stay informed about what's happening in Les Basques!



CANAB – Collectif d'accueil des nouveaux arrivants des Basques

Quoi faire dans Les Basques ?

Tourisme Les Basques



What are the support and exchange networks in Les Basques?

Here are some very useful Facebook pages:

Grand cercle des Basques

Covoiturage des Basques

Trabajadores agrícolas Trois-Pistoles / Saint-Jean-de-Dieu / Les Basques



For English-speaking individuals

Heritage lower St-Laurence



These social networks are in French, but some users speak English and Spanish.

For any general inquiries, Info TET is the reference program in Quebec to guide you.

+1 888 454-3998

+1 514 235-2765

infotetquebec.com



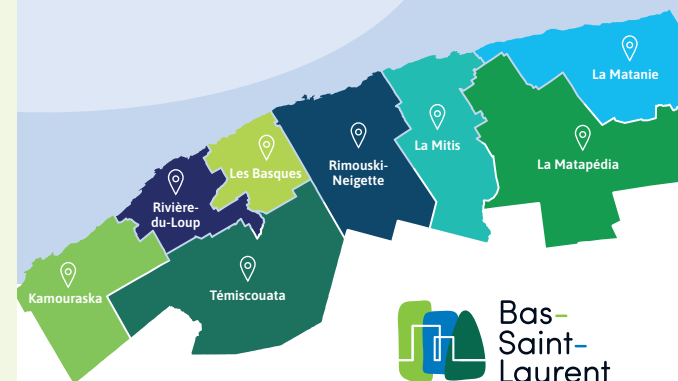
For personalized service in Les Basques region in French, Spanish, or English

Feel free to contact the Employment Access Service (SAE).

+1 418 855-2777 poste 105

Omar Lopez: +1 418 714-7814

omar.lopez.luevano@accesemploi.org



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



www.bas-saint-laurent.org



Ce projet est financé par le gouvernement du Canada



Little 2024 guide for foreign workers

Welcome to Bas-Saint-Laurent

MRC LES BASQUES



Are you a temporary or seasonal foreign worker?

Do you have a closed permit of less than a year and you work in Bas-Saint-Laurent, in Les Basques? This information document is for you; it will guide you to the resources available in your language.



DIGITAL VERSION



Local services

IN LES BASQUES



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

La Maison Le Puits est une véritable mine d'or.

📍 276 rue Langlais, Trois-Pistoles



For free or low-cost food

Croc-Ensemble est un comptoir alimentaire ouvert les mardis et jeudis de 12h à 13h.

📍 41 rue Notre-Dame Ouest, Trois-Pistoles

Il y a aussi des frigos solidaires dans plusieurs municipalités. Servez-vous, c'est gratuit.

📍 Trois-Pistoles: 276 rue Langlais

📍 Saint-Clément: 0 rue principale

📍 Sainte-Rita: 5 rue de l'église Ouest

📍 Saint-Simon: 28 rue de l'église

📍 Saint-Jean-de-Dieu: 56 rue Principale Nord

📍 Saint-Mathieu-de-Rioux: 386 rue Principale



To find food from my country

Large grocery stores like Metro and IGA offer a nice variety of food. At the Trois-Pistoles Galleries, you will also find a pharmacy and various clothing and accessory stores at reasonable prices.

📍 634 rue Richard, Trois-Pistoles

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

📍 95 avenue Rouleau, Rimouski

📍 www.marchedumonde.ca

Les épicerie Maxi à Rimouki ou à Rivière-du-Loup offrent des produits bon marché.



To travel to major centers



📍 www.orseansexpress.com/fr



For a health issue

Go to the hospital in Trois-Pistoles.

📍 550 rue Notre-Dame Est, Trois-Pistoles

For health advice, dial **811**.
A nurse will guide you to self-care at home or direct you to a resource.

📞 In case of emergency, dial 911.

Support and assistance



I have a health issue, but I don't speak French or English.

SIARI is here to offer interpretation and translation services for all sorts of situations.

📞 Karol Pulido: +1 514 585-4763

@ TET@siari.org



For questions regarding taxation

At UPA de la Montérégie, a team will answer all your questions.

📞 +1 888 454-3998

📞 +1 514 235-2765

f [Trabajadores agrícolas temporales en Québec](#)



I need information and legal advice.

Call Justice ProBono; a lawyer will answer your questions.

📞 +1 866 999-4881

📞 +1 438 337-6002

f [Justice Pro Bono](#)



I need information about my rights and responsibilities at work.

The Centre for Immigrant Workers defends the labor rights of migrant workers.

📞 +1 438 300-8186

@ bas-saint-laurent@iwc-cti.ca



I feel lonely and would like to speak with someone in my language.

Don't hesitate. Contact the SOS Psychosocial Health line.

📞 +1 888 286-7584

📞 +1 514 776-7120

@ soutienTET@cafla.ca



These support services are free and offered in **French, Spanish, and English**. They are aimed at temporary and seasonal workers with a closed work permit of less than one year.