

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



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 Rimouski-Neigette!

Rézo Rimouski-Neigette

Accueil et intégration BSL

Ville de Rimouski



What are the support and exchange networks in Rimouski-Neigette?

Travailleurs et étudiants étrangers de Rimouski

Pour les personnes d'expressions anglaises

Héritage Bas-Saint-Laurent

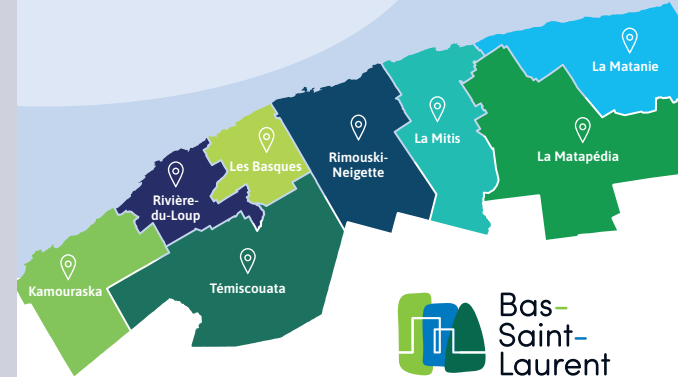
167 Avenue Belzile, Rimouski

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



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



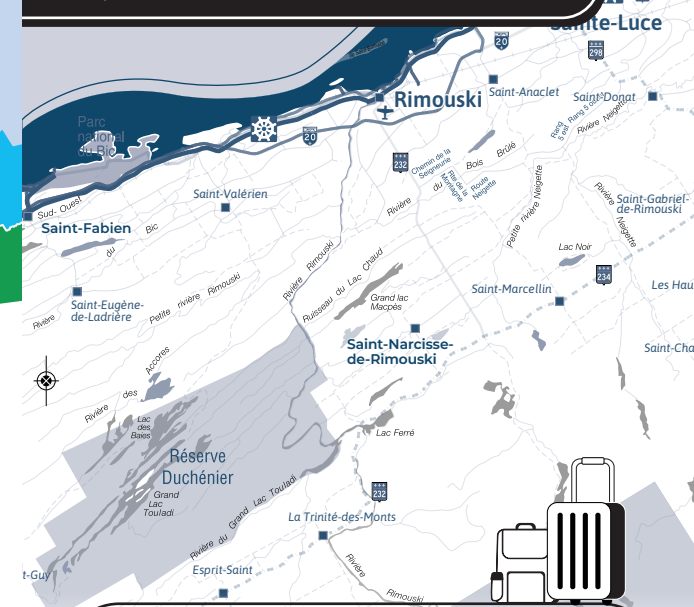
www.bas-saint-laurent.org

Little 2024 guide for foreign workers

Welcome

to Bas-Saint-Laurent

MRC DE RIMOUSKI-NEIGETTE



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 Rimouski-Neigette?

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



DIGITAL VERSION



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



Ce projet est financé par le gouvernement du Canada



Local services



IN RIMOUSKI-NEIGETTE



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

Comptoir du Mercredi

471 rue La Salle, Rimouski

Friperie de l'Est

303, rue St-Jean Baptiste Ouest, Rimouski

Centre d'Entraide de Rimouski

245 avenue Michaud, Rimouski

La Frip'Mob-île

La Frip'Mob-îles



To get around in Rimouski

www.rimouskibus.com

To travel to major centers

www.ortanexpress.com/fr



To have food at low prices

Moisson Rimouski-Neigette

99 rue de l'Évêché Est, Rimouski

moissonrimouski.org



To find food from my country

Large grocery stores like Maxi and Super C offer a nice variety of food. At Carrefour Rimouski, you will also find a pharmacy and various clothing and accessory stores at reasonable prices.

419 boulevard Jessop, Rimouski

Montée Industrielle-et-Commerciale, Rimouski

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

95 avenue Rouleau, Rimouski

www.marchedumonde.ca



For a health issue

Go to the Regional Hospital of Rimouski.

150 avenue Rouleau, Rimouski

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

Trabajadores agrícolas temporales en Québec



I need information and legal advice.

Call Justice ProBono; a lawyer will answer your questions.

+1 866 999-4881

+1 438 337-6002

Justice Pro Bono



I need information about my rights and responsibilities at work.

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

+1 438 300-8186

bas-saint-laurent@iwc-cti.ca



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

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

+1 888 286-7584

+1 514 776-7120

soutienTET@cafla.ca



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

