

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 Temiscouata!



f Comité d'accueil des nouveaux arrivants du Témiscouata

f Loisirs Témiscouata

f Beaulieu culturel



What are the support and exchange networks in Temiscouata?

Here are some very useful Facebook pages:



f RASST Dégelis

For English-speaking individuals



f 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

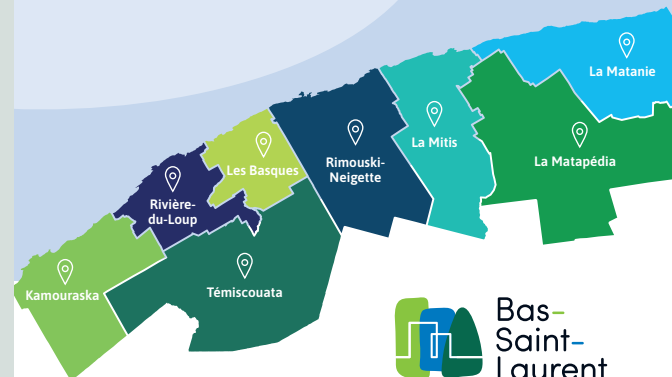
For personalized service in the Temiscouata region in French, Spanish, or English

Feel free to contact the Employment Access Service (SAE) in Temiscouata

) +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



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Little 2024 guide for foreign workers

Welcome to Bas-Saint-Laurent

MRC DE TÉMISCOUATA



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



« DIGITAL VERSION



Local services



IN TEMISCOUATA



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

Re-Sources famille

1 Carré Fraser, Témiscouata-sur-le-Lac

RASST

465-B avenue Principale, Dégelis

Actif Famille

607 rue Principale, Pohénégamook

Maison de la famille

2-A rue Principale, Biencourt



For free or low-cost food, there are several community kitchens in the area:

La Petite bouffe des frontières

474 rue des Étudiants, Pohénégamook

Cuisines collectives de Cabano

774 rue Villeneuve, Témiscouata-sur-le-Lac

Cuisines collectives Haut-Pays

75-D rue Principale, Lac-des-Aigles

Cuisines collectives Dégelis

454 rue Principale, Témiscouata-sur-le-Lac



To find food from my country

Large grocery stores like Atlantic Superstore Edmunston and International Store Le Nimba in Edmunston offer a nice variety of food. You will also find a pharmacy and various clothing and accessory stores at reasonable prices.

577 et 305 rue Victoria

You will also find a Metro in Témiscouata-sur-le-Lac as well as an eco-friendly grocery store, Amarante.

633 et 763 rue Commerciale Nord



To travel to major centers



www.ortleaneexpress.com/fr



For a health issue

Go to the hospital in Notre-Dame-du-Lac.

58 rue de l'Église, Témiscouata-sur-le-Lac

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.