

MRC DES LAURENTIDES

REPERTORY OF SERVICES FOR IMMIGRANTS

Avec la participation financière de :

Québec 

MRC DES
LAURENTIDES





WELKOM **SALVE** Aloha 歡迎
 BINE ATI VENIT BARUCH HABA
 WELCOME 歡迎 Walcome MREHBA
 CROESO BEMVINDU merhbe
 welkommen
 MENSOOREE **CROESO**
BIENVENUE
 welkom **Добро пожаловать!**
 KENA KA KGOTSO! ZOO SIAB TXAIS TOS!
 καλώς Ορίσαστε **Bula** BIENVENIDO Salve
 WELKOM merhbe
 めんそ **ようこそ**
 れ **BITAEMO**
 歡迎 **BULA**
 WILLKOMMEN **BENNINGUT**
 歡迎光臨 **HORAS!** MERHBE
 velkomin
 آلہس و آلہا

HERE, WE ARE WELCOMING AND MADE WELCOME

For whatever reason - whether it was due to our recreational and tourism activities, breathtaking landscapes, or the many diverse and high-quality employment opportunities — you chose to settle **HERE**, in one of the 20 cities and municipalities of the MRC des Laurentides territory, where life is good!

To facilitate your integration and help you make connections in your new community, the Corporation de développement économique (CDE) of the MRC des Laurentides and its committee of partners in immigration have created this repertory especially for you. In it, you will find the relevant resources to help you make the most of life **HERE**.

The partner's committee is composed of the following members:

- Centre d'Intégration en Emploi Laurentides (CIE Laurentides)
- Centre d'Orientation et de Formation pour Favoriser les Relations Ethniques Traditionnelles (Le COFFRET)
- Centre de formation générale des Cimes
- Centre de services scolaire des Laurentides
- Collège d'enseignement général et professionnel de Saint-Jérôme (CÉGEP)
- Corporation de développement économique de la MRC des Laurentides
- Ici, Josée Dufresne - consultante
- Ministère de l'Immigration, de la Francisation et de l'Intégration du Québec (MIFI)
- Place aux jeunes les Laurentides

This initiative is part of the 2021-2023 action plan of the Programme d'appui aux collectivités (Community support program) by the Ministère de l'Immigration, de la Francisation et de l'Intégration du Québec.

NOTE: At the time of publication, the information in the Repertory was accurate. To suggest an addition, modification or deletion of any information, please contact us at projet@cdemrclaurentides.org



TABLE OF CONTENTS

Specialized Resources in Immigration	24
Health	24
Housing	25
Transportation	26
Family	27
Information, Support, and References	28
Schools - Teaching - Training	31
Employment and Entrepreneurship	32
Interpreting and Translation	33
Local Media	33
Government Organizations	34
Rights	35
Emergency Numbers	37

SPECIALIZED RESOURCES IN IMMIGRATION

Accompagnement Québec

Free and personalized service offered to immigrants. Whether in Québec or aboard, it facilitates your integration and your participation in French in Quebec society.

☎ **1 877 864-9191**

🌐 www.quebec.ca/immigration/service-integration-personnes-immigrantes

Immigration consultants

☎ **1 877 836-7543 / 289 348-0422**

🌐 www.iccrc-crcic.ca

Centre d'intégration en emploi Laurentides (CIE Laurentides)

☎ **1 800 363-2499 / 819 326-7776**

🌐 www.cielarentides.com

Le COFFRET

Welcome, support and integration for immigrants.

☎ **450 565-2998**

🌐 www.lecoffret.org

HEALTH

Info-Santé

Confidential telephone consultation service, free of charge, in the event of non-emergency health problems. Enables you to contact a nurse quickly. Service provided 24 hours a day, 365 days a year.

☎ **8-1-1** 🌐 www.quebec.ca/sante/trouver-une-ressource/info-sante-811

Guichet unique pour médecin de famille

Register on the portal to connect with a family doctor.

🌐 www.quebec.ca/sante/trouver-une-ressource/inscription-aupres-dun-medecin-de-famille

RAMQ – Régie de l'assurance maladie du Québec

Public healthcare plans and pharmacare plans as well as assistance programs for citizens.

☎ **1 800 561-9749** 🌐 www.ramq.gouv.qc.ca

Bonjour Santé (sans rendez-vous)

Consult a doctor from home via teleconsultation. Fee-based service.

🌐 www.bonjour-sante.ca

Centre intégré de santé et de services sociaux des Laurentides (CISSS) – Hôpitaux et Centre Local Services Communautaires (CLSC)

🌐 www.santelaurentides.gouv.qc.ca

CLSC Sainte-Agathe-des-Monts

☎ 819 326-3111

🌐 www.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=277715

CLSC Mont-Tremblant

☎ 819 425-3771

🌐 www.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=277730

Hôpital Laurentien

☎ 819 324-4000 / 1 855 766-6387

🌐 www.sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=145939

HOUSING

Search assistance

Le COFFRET

Reception, support, integration and search
tools for immigrants.

☎ 450 565-2998

🌐 www.lecoffret.org

Centris

🌐 www.centris.ca

DuProprio

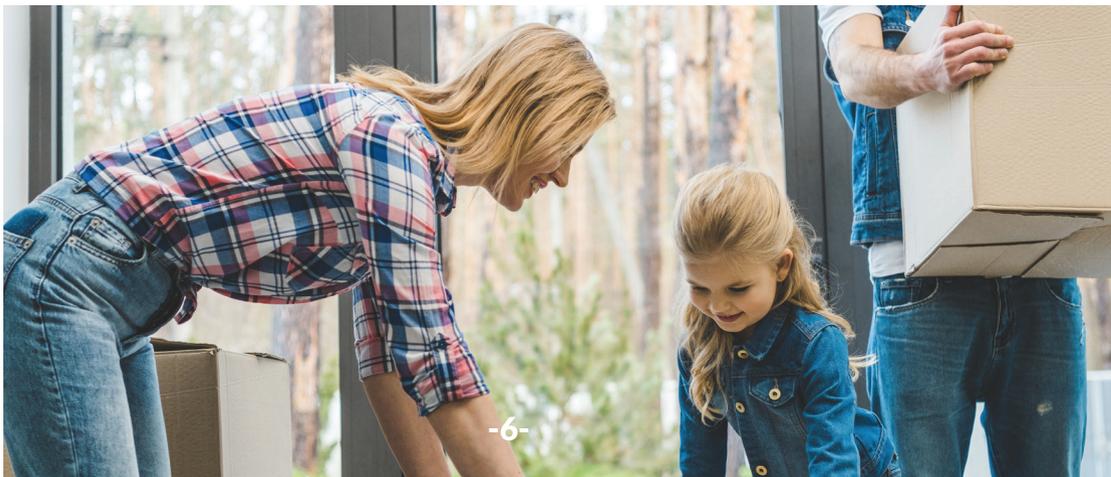
🌐 www.duproprio.com

Places aux Jeunes des Laurentides

Info du nord

🌐 www.vosclassees.ca

Médias sociaux et babillards sur Facebook



AFFORDABLE HOUSING AND RENOVATION GRANTS

Office municipal d'habitation des Laurentides

Low-cost housing management in Labelle, Mont-Tremblant, Mont-Blanc, Sainte-Agathe-des-Monts, Val-David and Val-Morin.

☎ 819 425-7255

🌐 a.rousseau@omhlaurentides.ca

Société d'habitation du Québec – Allocation-logement

Financial assistance for low-income families.

☎ 1 800 463-4315, option 1
(suivre ensuite les consignes verbales)

🌐 www.habitation.gouv.qc.ca

Aide à la rénovation domiciliaire

Rénorégion home adaptation services.

☎ 819 326-0666 / 819 425-5555

🌐 www.mrclaurentides.qc.ca/aide-a-la-renovation

TENANTS' RIGHTS

Tribunal administratif du logement

Provides appropriate information to citizens and effective recourse when one of the parties fails to fulfill its obligations.

☎ 1 800 683-2245 🌐 www.tal.gouv.qc.ca

TRANSPORTATION

Public transport services, taxi-bus, taxi.

TACL – Transport adapté et collectif des Laurentides (L'inter, Taxi-bus, etc.)

Soon to be introduced, a ride sharing service in the region.

☎ 819 774-0467
🌐 www.transportlaurentides.ca

Taxi Local Mont-Tremblant

☎ 819 808-8294
🌐 www.taximonttremblant.com

Taxi Sainte-Agathe

☎ 819 326-3300

Transport en commun de la Ville de Mont-Tremblant

Free service.

☎ 819 425-8614
🌐 www.villedemont-tremblant.qc.ca/fr/citoyens/transport/transport-en-commun-de-mont-tremblant-tcmt

FAMILY

Early childhood

Bureau coordonnateur — CPE L'Antre-Temps

Maintains a list of subsidized family daycare facilities.

☎ **819 326-6515** poste 25

🌐 www.lantretemps.com

La Place 0-5

The only recognized portal for access to childcare placement in Quebec.

☎ **514 270-5055 / 1 844 270-5055**

🌐 www.laplace0-5.com

Ma Garderie (daycare)

Information network on child daycare services.

🌐 www.magarderie.com

Camps de jour (day camps)

Refer to your municipality.

FAMILY HOUSE

La Maison de la famille du Nord (Mont-Tremblant)

Services for families and children aged 6 and under, whatever their family status or financial situation.

☎ **819 425-5407**

🌐 www.maisondelafamilledunord.com



YOUTH CENTER

A place for dialogue and activities and for developing projects with other youth.

Labelle (11-17 ans)

☎ 819 686-3434
🌐 www.mdjlabelle.com

Sainte-Agathe (12-17 ans)

☎ 819 326-0804
🌐 www.mdjsa.ca

La Minerve (11-17 ans)

☎ 819 274-1797
🌐 www.municipalite.laminerve.qc.ca/maison-des-jeunes/

Tornado Jeunesse – Mont-Tremblant (12-17 ans)

☎ 819 425-8983
🌐 www.facebook.com/maisondejeunes.monttreblant

INFORMATION – SUPPORT – REFERRALS

Family

Ligne Parents

Confidential professional support, free of charge, for parent-child relationships, 24 hours a day, 365 days a year.

☎ 1 800 361-5085
🌐 www.ligneparents.com

Pères Séparés inc.

Supports, educates, and provides information for separated fathers and men after a marital breakdown.

☎ 514 254-6120
🌐 www.peres-separes.qc.ca

Centre de ressources familiales 4 Korner (pour familles anglophones)

A wide range of programs for the English-speaking community in the Laurentian region.

☎ 450 974-3940
🌐 www.4korners.org

La Colombe

Meeting place for women to improve the status of women.

☎ 819 326-4779
🌐 www.centrelacolombe.ca

Parents uniques des Laurentides (Sainte-Agathe) (pour parents séparés)

Connects and supports families with single or separated parents.

☎ 819 324-1004
🌐 www.parentsuniques.org

VICTIMS OF VIOLENCE, ASSAULT OR CRIMINAL ACTS

SOS violence conjugale

Front-line information for all services and practical resources for victims of domestic violence and the people around them. 24 hours a day, 365 days a year.

☎ **1 800 363-9010**

🌐 www.sosviolenceconjugale.ca

L'Ombre-Elle

Emergency shelter for women and children.

☎ **819 326-1321**

🌐 www.lombrelle.qc.ca

Centre d'aide aux Victimes d'actes criminels Laurentides (CAVAC)

☎ **1 800 492-2822 / 450 569-0332**

🌐 www.cavac.qc.ca

L'Élan-CALACS

Help and support to women and adolescents subjected to sexual violence.

☎ **819 326-8484**

🌐 www.lelan.org

YOUTH

Allô prof! Aide aux devoirs

Academic support services that are stimulating for parents and children, free of charge.

☎ **1 855 527-1277**

🌐 www.alloprof.qc.ca

Tel-Jeunes

Confidential youth help line, free of charge, 24 hours a day, 365 days a year.

☎ **1 800 263-2266**

🌐 www.teljeunes.com

Jeunesse j'écoute

Youth support services, professional intervention, information and resources in French and in English, 24 hours a day, 365 days a year.

☎ **1 800 668-6868 / Texte au 686868**

🌐 www.jeunessejecoute.ca



SENIORS

Centre d'action bénévole Laurentides

Community volunteer support for persons with a disability, loss of autonomy, social isolation or family problems. .

🌐 www.cab-laurentides.org

📞 Mont-Tremblant – **819 425-8433**

📞 Sainte-Agathe-des-Monts – **819 326-0819**

FOOD SECURITY - FOOD BANKS AND SOUP KITCHENS IN THE TERRITORY.

Banque de dépannage alimentaire

Partage et Solidarité Laurentides

🌐 www.facebook.com/PSLaurentides/about/?ref=page_internal

Bouffe Laurentienne

📞 **819 430-6083**

🌐 www.bouffelaurentienne.org



SCHOOLS – LEARNING – TRAINING

Registering children for school

Centre de services scolaire des Laurentides

Francophone schools

☎ **819 326-0333**

🌐 www.cslaurentides.qc.ca

Commission scolaire Sir-Wilfrid-Laurier

Anglophone schools

☎ **450 621-5600**

🌐 www.swlauriersb.qc.ca

FRANCIZATION

www.quebec.ca/education/apprendre-le-francais which is the gateway for full-time registrations and finding a part-time place.

Full and part time:

MIFI (CÉGEP de Saint-Jérôme)

☎ **450 436-1531** poste 1652

🌐 www.fcsei.cstj.qc.ca/francisation

Part-time:

Centre des CIMES (Mont-Tremblant)

☎ **819 425-2710**

🌐 www.cfgdescimes.ca

ALPHA Laurentides

Literacy, francization, and basic education for adults.

☎ **1 866 887-7335**

🌐 www.ledcl.qc.ca

GENERAL AND VOCATIONAL COLLEGES (CEGEP)

CÉGEP de Saint-Jérôme

☎ **450 436-1580**

🌐 www.cstj.qc.ca

Centre d'études collégial de Mont- Tremblant

☎ **819 429-6155**

🌐 www.ccmt.cstj.qc.ca

PROFESSIONAL TRAINING

Centre d'Études Professionnelles de Saint-Jérôme

☎ 450 565-0006 poste 7300
🌐 www.formationcep.com

Centre de formation professionnelle L'Horizon

☎ 819 429-4100
🌐 www.cfp1horizon.com

Centre Marchand – programmation pour personnes immigrantes

☎ 450 436-5850
🌐 www.cfgacsrdn.com

Centre de formation professionnelle Des sommets

☎ 819-326-8911
🌐 cfpdessommets.com



EMPLOYMENT AND ENTREPRENEURSHIP

Job search – Support – guidance

Centre d'intégration en emploi (CIE) Laurentides

☎ 1 800 363-2499 / 819 326-7776
🌐 www.cielautentides.com

PLATFORM

Caravane de l'emploi – MRC des Laurentides

☎ 819 681-3373 poste 1409
🌐 www.mrclautentides.qc.ca/caravane-de-lemploi



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ENTREPRENEURSHIP

Corporation de Développement Économique de la MRC des Laurentides (CDE)

Promotes local development and entrepreneurship.

☎ **1 888 887-7335 / 819 681-3373**

🌐 www.cdemrclautentides.org

Connexion Laurentides

☎ **1-844-466-6838**

🌐 www.connexionlaurentides.com

Société d'aide au développement des collectivités (SADC)

Promotes regional economic growth.

☎ **1 888 229-3001 / 450 229-3001**

🌐 www.sadclautentides.org

Fonds d'emprunt des Laurentides

Develops financial autonomy and entrepreneurship.

☎ **1 888 782-3553 / 450 562-3553**

🌐 www.felaurentides.org

INTERPRETATION AND TRANSLATION

Ordre des traducteurs, terminologues et interprètes agréés du Québec (OTTIAQ)

Membership list can be consulted to find a translator for official documents.

🌐 www.ottiaq.org

Le Centre d'Orientation et de Formation pour Favoriser les Relations Ethniques Traditionnelles (Le COFFRET)

Reception, support, and integration of immigrants.

☎ **450 565-2998**

🌐 www.lecoffret.org

LOCAL MEDIA

L'Info du Nord

Local newspaper.

Sainte-Agathe-des-Monts

☎ **819 425-8658**

🌐 www.infodunordsainteagathe.ca

Mont-Tremblant

☎ **819 425-8658**

🌐 www.infodunordtremblant.ca

Vallée de la Rouge

☎ **819 425-8658**

🌐 www.infodunordvalleedelarouge.ca

Bulletins municipaux

Check with your municipality.

Ski-se-Dit

Community newspaper of Val-David.

☎ **819 321-9269**

🌐 www.ski-se-dit.info

TVCL (Télécommunautaire Laurentides et Lanaudière)

Community TV station.

☎ **819 429-6655**

🌐 www.tvcl.ca

NousTV

Community TV station.

☎ **450 745-4003**

🌐 www.nous.tv/laurentides

GOVERNMENT ORGANIZATIONS

Ministère de l'Immigration, de la Francisation et de l'Intégration du Québec (MIFI)

Refer to the integration support agent for personalized support.

☎ **1 877 864-9191**

🌐 www.immigration-quebec.gouv.qc.ca

Change of adress (provincial)

☎ **1 877 644-4545 / 450 644-4545**

🌐 www.adresse.gouv.qc.ca/inscrire/FormulaireChangementAdresse.aspx?Etape=0

Change of adress (federal)

🌐 www.canada.ca/fr/gouvernement/changement-adresse.html

Société de l'assurance automobile du Québec (SAAQ)

Driver's licence, registration, traffic accident, etc.

☎ **1 855 564-3170**

🌐 www.saaq.gouv.qc.ca

Services Québec

Portal for provincial government services. (Family allowance benefits, Régie de l'assurance maladie du Québec (provincial health insurance), Revenu Québec, etc.)

☎ **1 877 644-4545**

🌐 www.quebec.ca/services-quebec

Services Canada

Single portal to services and benefits of the Government of Canada (social insurance number, Canada Child Tax Benefit, Employment Insurance, etc.)

🌐 www.canada.ca/fr/emploi-developpement-social/ministere/portefeuille/service-canada.html



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RIGHTS

Consultants en immigration

Protections for users of immigration services.

☎ **1 877 836-7543 / 289 348-0422**

🌐 www.icrc-crcic.ca

Commission des normes et d'équité de la santé et de la sécurité au travail (CNESST)

Quebec agency for the protection of rights and obligations regarding workplace health and safety.

☎ **1 844 838-0808**

🌐 www.cnesst.gouv.qc.ca

Centre communautaire juridique

Legal assistance in the Laurentides-Lanaudière territory.

☎ **819 326-6111**

🌐 www.ccjll.qc.ca

Commission des droits de la personne

Provides public information on the rights recognized in the Charter of Human Rights, the Youth Protection Act, and the Youth Criminal Justice Act.

☎ **1 800 361-6477**

🌐 www.cdpcdj.qc.ca

Educaloi

Popularized legal information for the general public and legal competency development in the population of Quebec.

🌐 www.educaloi.qc.ca

L'Office de la protection du consommateur

Consumer protection agency ensures that members of the business community abide by their obligations; informs consumers of their rights.

☎ **1 888 672-2556 / 450 569-7585**

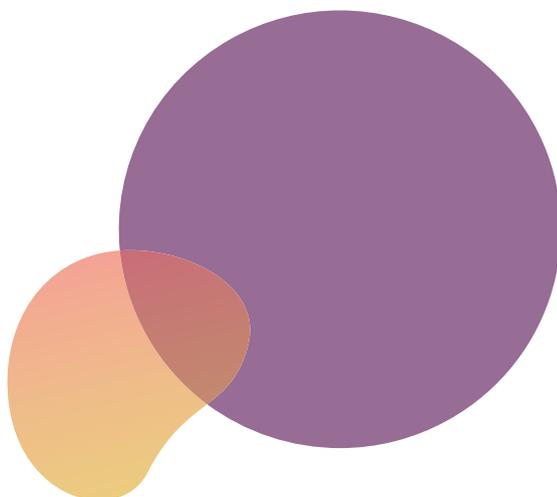
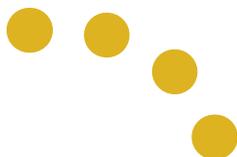
🌐 www.opc.gouv.qc.ca

Inform'elle

Informs people of their rights and obligations in family matters.

☎ **1 877 443-8221/450 443-8221**

🌐 www.informelle.osbl.ca





**WHEN PEOPLE COME HERE, THEY
BECOME PART OF A COMMUNITY.
I FEEL THIS IS MY PLACE IN THE
WORLD. IT IS A WONDERFUL
EXPERIENCE FOR ME.**



**CITATION BY
JANNINA VALERIA PEREZ**





EMERGENCY NUMBERS

Urgence

Police, fire, ambulance

 **9-1-1** — *4141 sur votre cellulaire

Info-Santé

Confidential telephone health consultation service, free of charge, in the event of non-emergency health issues. Enables users to reach a nurse quickly. Service available 24 hours a day, 365 days a year.

 **8-1-1**

 www.quebec.ca/sante/trouver-une-ressource/info-sante-811

Sûreté du Québec

Police — for non-emergency situations or general information.

 819 326-3131

 www.sq.gouv.qc.ca

Centre Antipoison du Québec

Emergency telephone service for poisoning or intoxication, available 24 hours a day, 365 days a year.

 **1 800 463-5060**

 www.ciusss-capitalenationale.gouv.qc.ca/centre-antipoison-du-quebec/capq-accueil

Hydro-Québec (info-panne)

Planned outages, unplanned power outages, and notifications of power line hazards.

 **1 800 790-2424**

 www.pannes.hydroquebec.com

Info suicide

Suicide prevention and services for close relatives of a suicide victim.

 **1 866 277-3553 / 450 569-0101**

 www.cps-le-faubourg.org

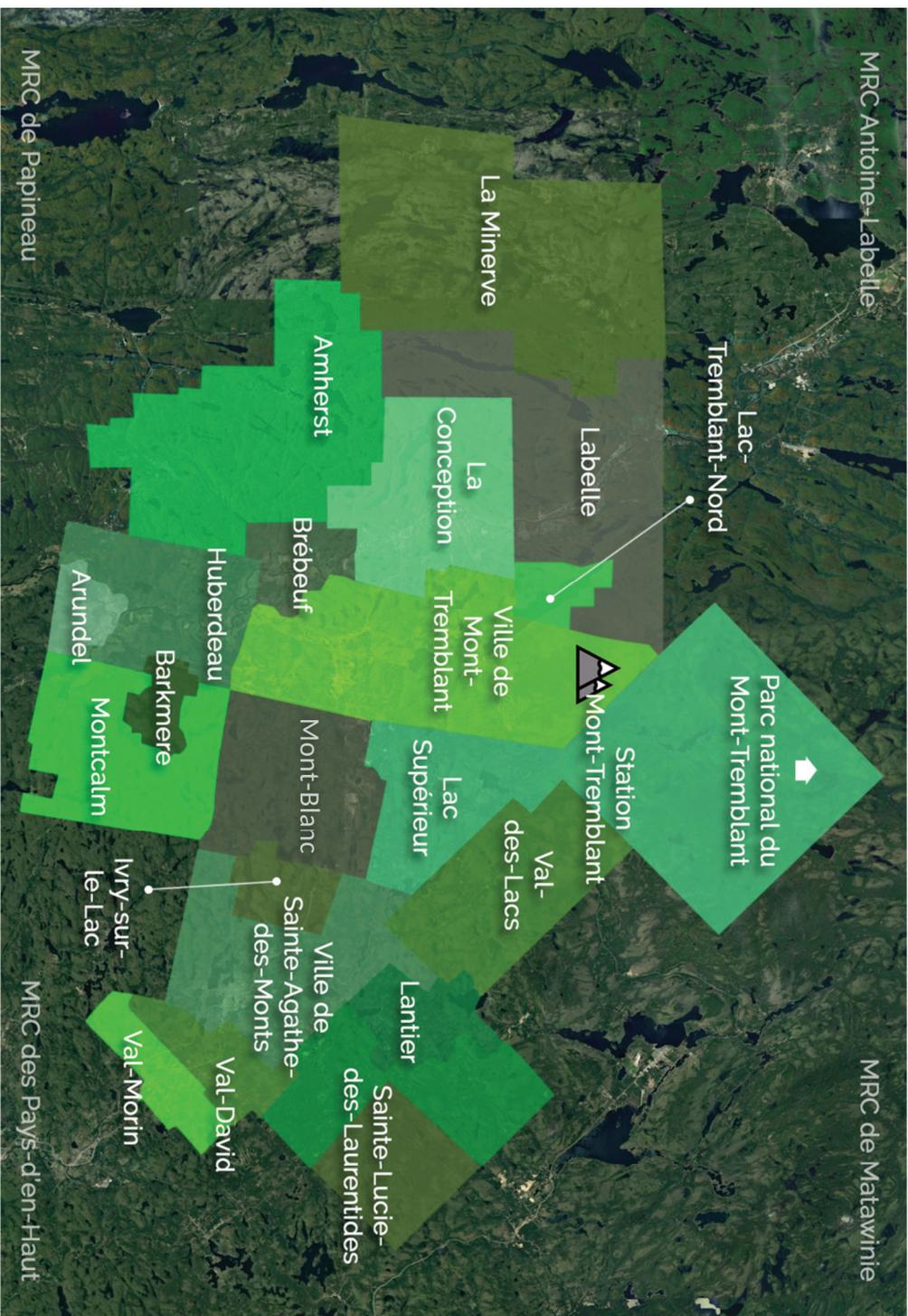
Tel-Aide

Anonymous, confidential help line, free of charge, in French and English, for people in distress, 24 hours a day, 365 days a year.

 **514 935-1101**

 www.telaide.org

MAP





Corporation de
DÉVELOPPEMENT ÉCONOMIQUE

NOTRE TERRITOIRE
NOTRE AVENIR

MRC DES
LAURENTIDES

Avec la participation financière de :



LE COFFRET



Centre
de services scolaire
des Laurentides



GESTION de PROJETS