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# Welcome guide for newcomers





# Welcome

We are glad to welcome you in the vast territory of the Abitibi RCM.

We hope that you will be charmed by our landscapes dotted with forests and waterways, and by our hospitable people.

This guide will provide you with the resources necessary to start your new journey in our beautiful RCM and discover the different services that will be available to you to enhance your quality of life among us. Know that we are there to support you in this transition and that we will gladly welcome and help you.



The Abitibi RCM welcomes you to your new home!

Sébastien D'Astous, Reeve of the Abitibi RCM



## A Resource to Help Guide You

The Mouvement de la relève d'Amos-région (MRAR) is the gateway for newcomers to the Abitibi RCM! Their mandate - support and integration assistance - is what they are good at! If you have any questions, you can count on them!

Here are some examples of things they can help you with:

- navigating the RCM; networking;
- finding a job;
- finding housing;
- answer to questions regarding your integration.



162, boulevard Mercier suite #2  
Amos (Québec), J9T 2P3  
Tel. : **819 732-8739**  
[attraction@mrar.qc.ca](mailto:attraction@mrar.qc.ca)



# A Short History of the RCM



Covering an area of 44,780 km<sup>2</sup>, which is comparable to the surface of Belgium, the County Council of Témiscamingue No. 2 was created in 1916. Designating the large territory of Abitibi, only 2 mayors were appointed the following year.

Mr. Hector Authier, whose original house is now part of the heritage and is a tourist attraction of choice, is designated as mayor of the town of Amos. In 1923, the Témiscamingue County Council No. 2 was designated as the Abitibi County Council.

In 1979, the territory began to be divided into regional county municipalities (RCM). The Abitibi RCM was the last to be created in 1983, thus ending the Abitibi County Council. The name Abitibi, named after the lake of the same name, comes from the Algonquin "apita" which means "half" and "nibi" which means "water". The two terms combined translate as "apitipik" thus the "watershed", hence the region Abitibi.

In fact, the inhabitants of the MRC are lucky enough to share the territory with the Abitibiwinnik, the real name for the inhabitants of the Algonquin community in the area. This mix enriches cultural exchanges and contributes to making the Abitibi RCM a great place to live.

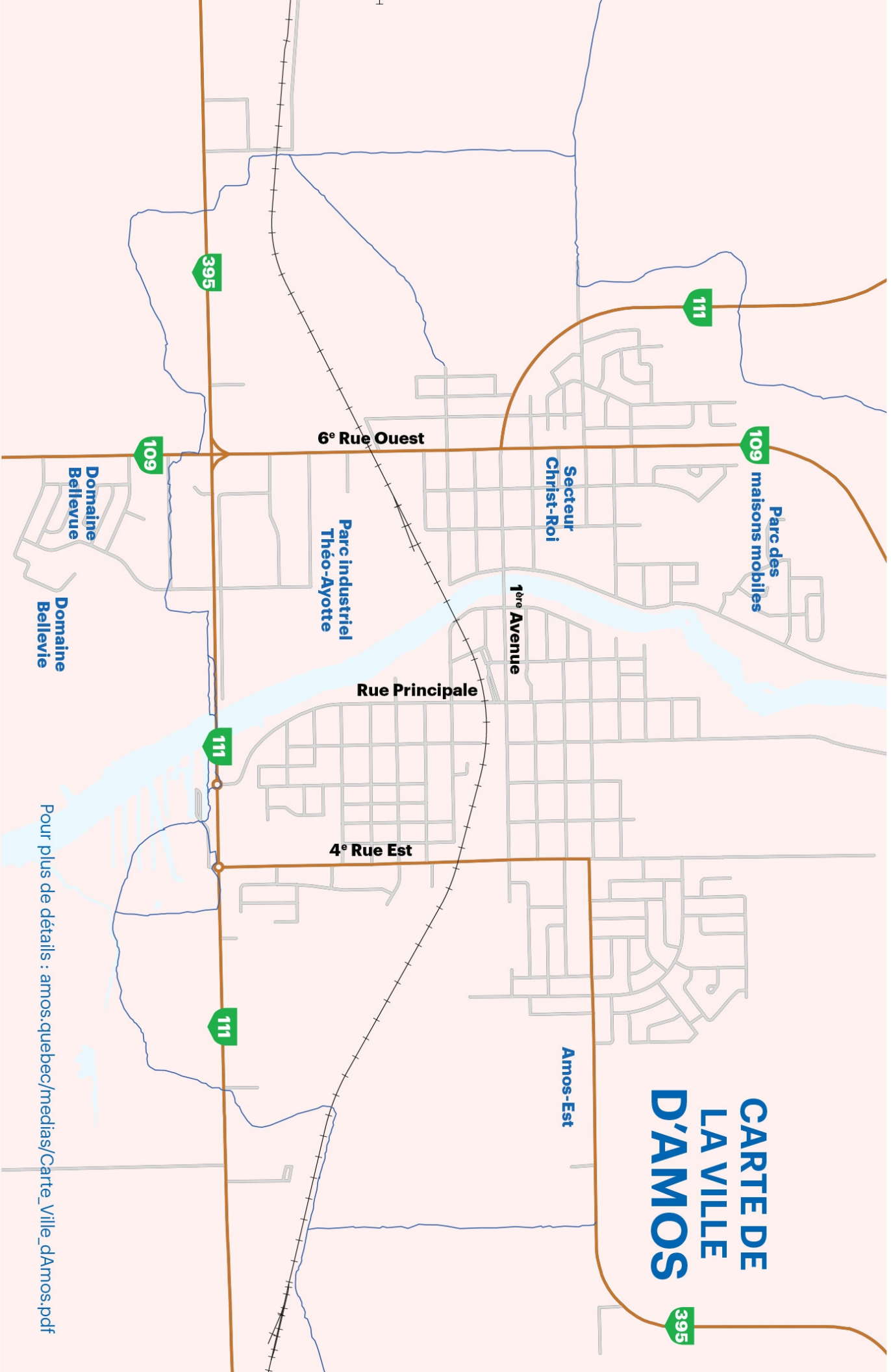
# Where are we?



© Mathieu Dupuis



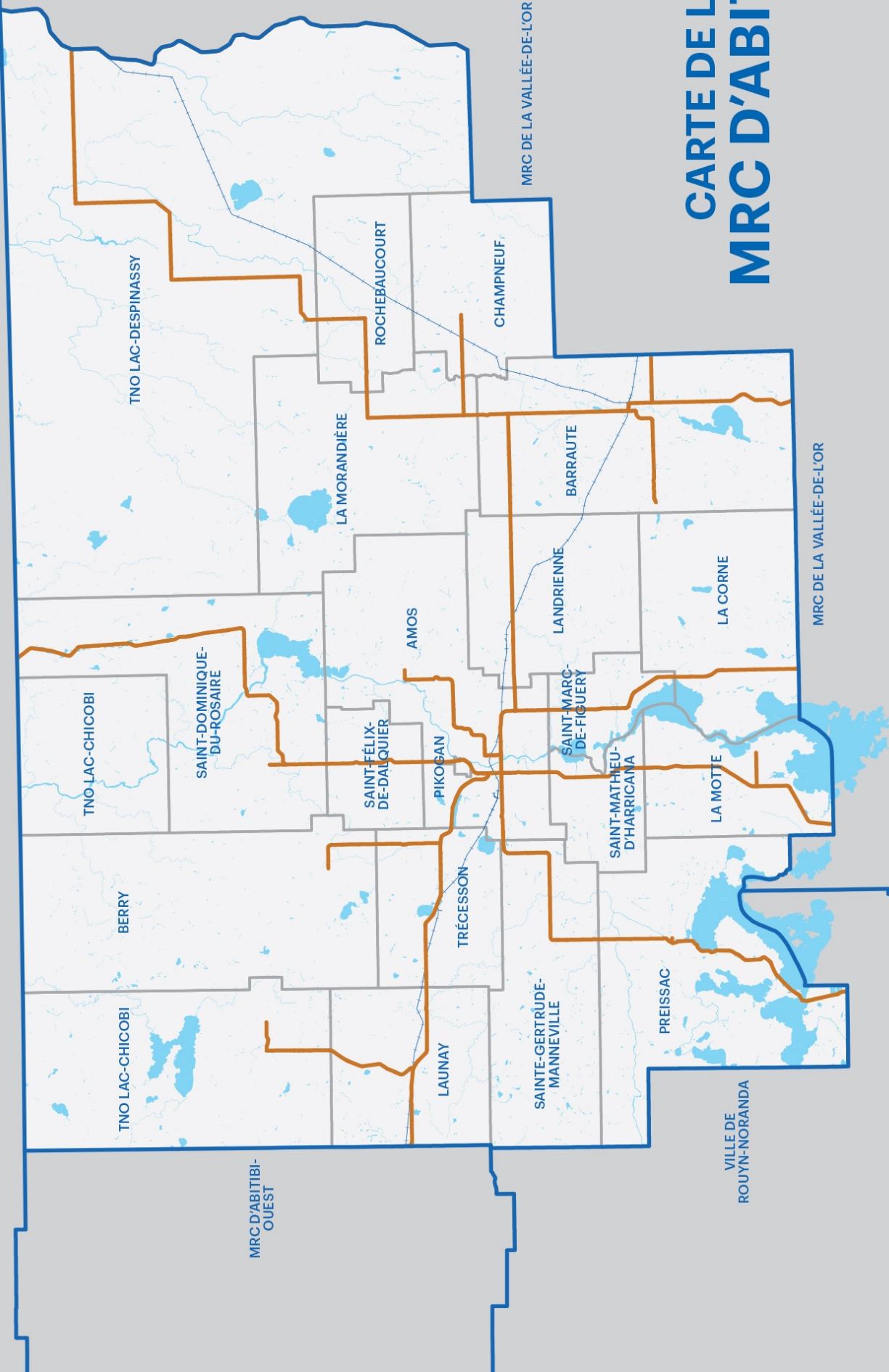
# CARTE DE LA VILLE D'AMOS



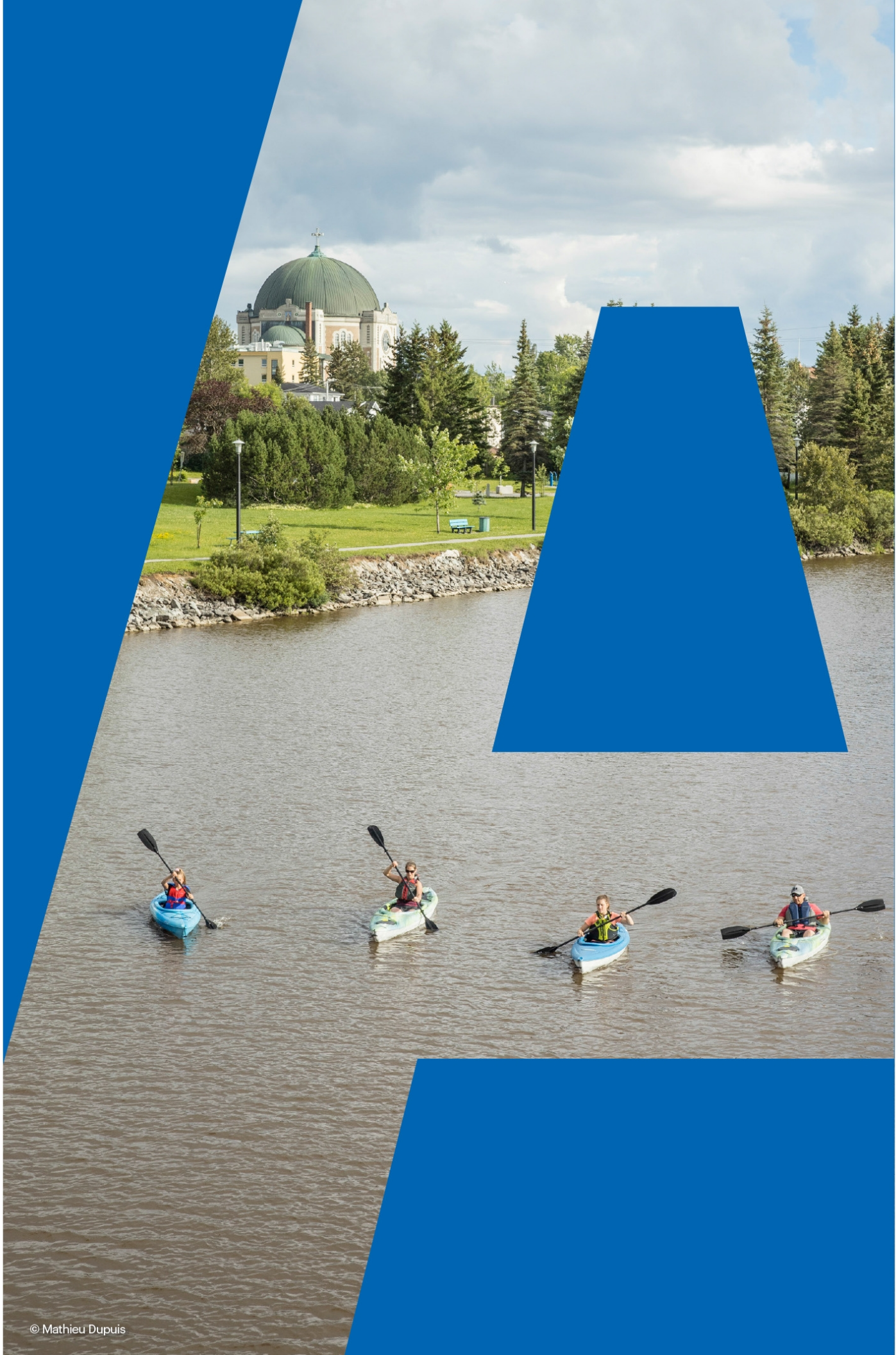
Pour plus de détails : [amos.quebec/medias/Carte\\_Ville\\_dAmos.pdf](http://amos.quebec/medias/Carte_Ville_dAmos.pdf)



GOUVERNEMENT RÉGIONAL D'ÉYEU ISTCHEE BAIÉ-JAMES



# CARTE DE LA MRC D'ABITIBI



# Road distances

## Distance of municipalities from Amos

Barraute	51 km
Berry	25 km
Champneuf	53 km
La Corne	31 km
La Morandière	46 km
La Motte	34 km
Landrienne	15 km
Launay	36 km
Pikogan	3 km
Preissac	37 km
Rochebaucourt	63 km
St-Marc-de-Figuery	16 km
St-Dominique-du-Rosaire	25 km
St-Félix-de-Dalquier	11 km
St-Mathieu-d'Harricana	13 km
Ste-Gertrude-Manneville	21 km
TNO Lac Chicobi	92 km
TNO Lac-Despinassy	75 km
Trécesson	22km

## Finding your way around the region and the province from Amos

### Abitibi-Temiscamingue Region

La Sarre	97 km
Rouyn-Noranda	106 km
Val-d'Or	70 km
Ville-Marie	241 km

### Province of Quebec

Chibougamau	390 km
Gatineau	529 km
Matagami	185 km
Montréal	593 km
Québec	829 km
Radisson	801 km

## Friendly advice

Computers with internet access are available for you free of charge (16 to 35 years old) at MRAR and at a lower cost at the Amos library.

# Tour of the Municipalities

## Amos

Town Hall 182  
1ère Rue Est  
Amos Qc  
J9T 2G1  
Tel.: 819 732-3254

Amos is an urban living environment where nature fits in naturally.

- Pure water directly from nature.
- A prosperous city in constant development.
- An invaluable quality of life.

## Barraute

Municipal Office  
481 8e Avenue  
Barraute QC  
J0Y 1A0  
Tel.: 819-734-6574

In Barraute, you will find an incomparable quality of life and a multitude of services in a calm and secure environment.

- The Mont-Vidéo, a four-season recreation and tourism center.
- An interesting geographical location in the center of Amos, Val d'Or and Senneterre.
- Quality pre-school, primary and secondary education.

## Berry

Municipal Office  
274 Rd 399  
Berry QC  
J0Y 2G0  
Tel.: 819-732-1815

Berry is a great place to live!

- Proud and welcoming people.
- Peacefulness and wide-open spaces.
- Many lakes surrounded by forest.

## Champneuf

Municipal Office 12  
6e Avenue Nord  
Champneuf QC  
J0Y 1E0  
Tel.: 819-754-2053

Champneuf, where youth meets experience...

- Takes part in a grouping of municipalities that form the Coteaux planning unit.
- Le Lac à Charles, 20 km from the village.
- A snack bar nearby: Le Casse-Croute MaTelle.

## La Corne

Municipal Office  
351 Rd 111  
La Corne QC  
J0Y 1R0  
Tel.: 819-799-3571

I trust in La Corne!

- A dynamic town.
- Proud people.
- An involved population.

## La Morandière

Municipal Office  
204 Rd 397  
La Morandière QC  
J0Y 1S0  
Tel.: 819-734-6143

La Morandière, it's nature calling

- Le Gala des musiciens amateurs.
- Le Lac Castagnier and its rest area.
- Le Parc des Pionniers; a nurturing forest and community garden.

## La Motte

Municipal office  
349 St-Luc Rd  
La Motte QC  
J0Y 1T0  
Tel.: 819-732-2878

La Motte, a place for culture

- A place for vacationing.
- A peaceful place.
- A village that draws creative people.

# Tour of the municipalities

## Landrienne

Municipal office  
158 Principale Est  
Landrienne QC  
J0Y 1V0  
Tel.: 819-732-4357

Landrienne, from generation to generation.

- Citizens who are active, involved and committed to the realization of collective projects.
- All elementary grades in one location, with more physical education and English.
- Activities organized by volunteers and citizen committees throughout the year.

## Launay

Municipal Office  
843 des Pionniers  
Launay QC  
J0Y 1W0  
Tel.: 819-796-2545

Launay, to enjoy a peaceful environment and quality services.

- A remarkable support between citizens.
- A very open-minded population.
- Welcoming people.

## Pikogan

Conseil de la première Nation Abitibiwinni  
45 Migwan St  
Pikogan QC  
J9T 3A3  
Tel.: 819-732-6591

Pikogan, a welcoming community that is proud to promote and protect its cultural and artisanal heritage.

- Values of sharing, authenticity, and wisdom.
- The pow wow: an annual event that is not to be missed.
- An active, proud, and mobilized population

## Preissac

Municipal Office  
6 des Rapides  
Preissac QC  
J0Y 2A0  
Tel.: 819-732-4938

In Preissac, things are moving!

- The observation tower offers an outstanding panoramic view.
- The footbridge above the rapids, accessible to all, allows for an enchanting walk.
- The rock trail and the mountain bike trail.

## Rochebaucourt

Municipal Office  
20 Chanoine Girard  
Rochebaucourt QC  
J0Y 2J0  
Tel.: 819-754-2083

Rochebaucourt, where heritage structures meet nature.

- The Sentier des Rapides.
- A permanent indoor stage featuring professional artists.
- A covered arena.

## St-Marc-de-Figuery

Municipal Office  
162 des Prés Rd, P.O. 12  
Saint-Marc-de-Figuery QC  
J0Y 1J0  
Tel.: 819-732-8501

In Saint-Marc-de-Figuery, welcoming you is in our nature!

- A living environment with local services, social, cultural, community and sports activities.
- A living environment with harmonized landscapes ranging from the farm to the resort.
- A pleasant, welcoming, and peaceful living environment.

## St-Dominique-du-Rosaire

Municipal Office  
235 Principale  
St Saint-Dominique-du-Rosaire QC  
J0Y 2K0  
Tel.: 819-727-9544

St-Dominique-du-Rosaire, ideal for lovers of space and nature.

- The Collines Béarn trail and observation site has a walking path that leads you to an observation tower with a wonderful panorama.
- The Benoit Rousseau sports complex, which is ideal for free skating and field hockey, also houses the youth center.
- A library that is part of the Biblio network.

# Tour of the municipalities

## St-Félix-de-Dalquier

Municipal Office  
41 de l'Aqueduc St  
Saint-Félix-de-Dalquier QC J0Y 1G0  
Tel.: 819-727-1732

In St-Félix-de-Dalquier, we believe in family values.

- A community where recreation is very important
- Infrastructures that succeed in satisfying both young and older people alike
- An agricultural territory with cultivated land

## Ste-Gertrude-Manneville

Municipal Office  
2 de l'École St  
Sainte-Gertrude- Manneville  
QC J0Y 2L0  
Tel.: 819-727-2244

Ste-Gertrude-Manneville, where agriculture rhymes with nature!

- A municipality with two sports and recreation committees, both of which focus on sports and outdoor activities
- Camp Carcajou, a camp in the middle of the forest, open to all to enjoy what the boreal nature has to offer all year long
- A young, dynamic, and committed municipality that is in full development!

## St-Mathieu d'Harricana

Municipal Office  
203 Lanoix Rd  
Saint-Mathieu-d'Harricana  
QC J0Y 1M0  
Tel.: 819-727-9557

St-Mathieu-d'Harricana, a dynamic and bold population who appreciates this living and vacationing environment

- The presence of the St-Mathieu-Berry esker and the watershed
- Family activities and outdoor infrastructures
- The beauty of the landscape; a diversified fauna and flora

## TNO Lac-Chicobi

Comité de Citoyens  
1255A Ranges 4 and 5 Rd  
Guyenne QC  
J0Y 1L0  
Tel.: 819-732-9128

Guyenne, at the heart of the people who live and work there!

- The largest nursery in Quebec
- The pride of belonging
- The solidarity

## TNO Lac-Despinassy

Abitibi RCM  
571 1ère Rue Est  
Amos Qc  
J9T 2H3  
Tel.: 819 732-5356

In Despinassy, solitary and nature lovers will be seduced by this vast territory, which is very sparsely inhabited.

- Solitude, peace, serenity
- An omnipresent nature
- The vastness of the territory

## Trécesson

Municipal office  
314 Sauvé St, P.O. 9  
Trécesson Qc  
J0Y 2S0  
Tel.: 819 732-8524

In Trécesson, we care about family.

- Our green spaces, such as the Auger-Legault Park, the municipal rest area and the arboretum
- Many lakes, five of which are inhabited
- A watershed delineates the St. Lawrence River and Hudson Bay watersheds

If you have any questions regarding the operation of your municipality, please refer to your local contact information. Whether it's for road maintenance, for activity programming, for a water break, etc., someone will answer you or refer you to the right person.

# Social Integration







# Leisure, Outdoors and Cultural Activities

In winter and summer alike, the Abitibi RCM offers a multitude of activity options. Whether you have set down roots in an urban or rural area, a diversity of options makes the territory dynamic - from tranquility to meeting places.

The proximity of nature opens the door to an array of adventures to outdoor lovers with its hiking, snowshoeing and cross-country skiing trails, rock climbing routes and miles of snowmobile trails. The vast spaces of untouched nature and the numerous lakes are a joy for all hunters and fishermen, even in winter!

Heritage and culture are promoted by many buildings whose mission is to make this wealth accessible. Many municipalities are equipped with Réseau Biblio, which offers the convenience of a library for reading enthusiasts.

With an inspiring community life, citizen committees and development agents of the different municipalities regularly organize activities throughout the territory.

You will have access to all the information about the activities of the RCM at <https://amos-harricana.ca/en/home/>.

## friendly advice

- ▣ Many municipalities run a local newspaper. The activities of your locality will be announced there.
- ▣ A welcome kit with literature on a variety of activities and tourist attractions awaits you at the MRAR.

## Champignons en fête



# Sports

The sports movement is one of the prides of the RCM. Sport-study is highly encouraged.

Beginning in elementary school, children have the opportunity to be initiated for free during extracurricular activities. They then have the chance to pursue their passion in nearly ten disciplines in the sport-study program. For more information on the programs, search for "Mouvement Kodiak" on the Centre de services scolaire Harricana website under the "secondaire" tab [www.csharricana.qc.ca](http://www.csharricana.qc.ca).

Many municipalities provide citizens with modern infrastructures that allow citizens of all ages to practice the sport of their choice near their area of residence. In the last decade, some municipalities, such as Barraute, St-Félix-de-Dalquier and Amos, have renovated their sports complex to offer better services to their citizens. To find a place near you to practice your sport, visit your municipality's website.

A network of bicycle lanes has also been developed in several municipalities. Citizens can travel by bike on a paved path and visit our beautiful MRC.

For more information, or to obtain a map of the bike paths in the Abitibi RCM, visit the Town of Amos website under the "LOISIRS ET CULTURE" tab [www.ville.amos.qc.ca](http://www.ville.amos.qc.ca)

## friendLY advice

Two events per year are organized to facilitate citizen registration for sports and arts activities. You can get information on INSCRIPT-Ô-LOISIRS by calling the Complexe sportif d'Amos at 819-732-2781.

Amos Bike Path



# Involvement

It is well known that one of the keys to quick integration in a new environment is to get involved. Great news! There is no shortage of opportunities.

The RCM has adopted a cultural policy that promotes the recognition and enhancement of citizen involvement. Each year, many committees and organizations are looking for volunteers to help organize and carry out activities. This is an opportunity to develop your sense of belonging to your new community.

Some organizations offer the opportunity to do collective kitchens. Preparing and sharing a meal as a group is a great opportunity to interact with your new neighbors. Why not share a recipe from your region of origin? Participants will be excited to discover new ideas.

Do you want to be involved in the decision making of certain organizations? Many of them are looking for members to sit on their board of directors. Ask the Corporation de développement communautaire by calling 819-732-6776 or by visiting their website [www.cdcamos.org](http://www.cdcamos.org).

To find opportunities for involvement and to express your interest in getting involved in your community, visit the MRAR website under the "emploi et implication" tab. [www.mrar.qc.ca](http://www.mrar.qc.ca)

## friendLY advice

- ▣ Even if an organization does not post an offer of involvement, do not hesitate to offer your services to organizations that interest you. Perhaps they have unstated or upcoming needs.
- ▣ Why not combine usefulness with fun: many cultural events thank their volunteers by offering them free access to the shows.
- ▣ Don't hesitate to reach out to people to let them know who you are and where you come from. People are often afraid of disturbing, but many would appreciate getting to know you.



# Jobs/Studies



© Christian Leduc





# Economic Portrait of the RCM

The market being favorable to employment, the RCM is characterized by a particularly large job offer in forestry and in the vast trades offered by the mining world.

## JOB SEARCH ASSISTANCE

Several employability organizations are available to guide you in your job search.

### Mouvement de la relève d'Amos-région (French only)

Services for youth aged 16 to 35 that promote social and professional integration, regardless of their social or economic status.

162 Mercier Blvd, suite #2  
Amos QC J9T 2P3  
Tel.: 819-732-8739  
[www.mrar.qc.ca](http://www.mrar.qc.ca)

### Emploi-Québec

Specialized employment services for people who can undertake a process that will eventually lead them to enter or remain in the labour market.

262 1ère Avenue Est  
Amos QC J9T 1H3  
Tel.: 819-444-5287  
<https://www.emploi.quebec.gouv.qc.ca/en/>

### Emploi et développement de Pikogan (french only)

Services for indigenous people living in Pikogan. Training, job search and last resort financial assistance.

55 Migwan St  
Pikogan QC J9T 3A3  
Tel.: 819-732-3358  
[pikogan.com/fr/page/1027103](http://pikogan.com/fr/page/1027103)

### Vision-Travail (French only)

Service to help develop the employability of people experiencing difficulties in integrating into the labour market

509 1ère Rue Ouest  
Amos QC J9T 2M6  
Tel: 819-727-2359  
[www.vision-travail.qc.ca](http://www.vision-travail.qc.ca)

### Orpaire Focus 50 ans et + (french only)

Services for people 50 years and older. Planning, organizing, and carrying out job-related activities and events for this age group.

113 Mercier Blvd  
Amos QC  
J9T 2P2  
Tel.: 1-877-825-1032  
[groupeorpaire.com/](http://groupeorpaire.com/)

### fnhrdCQ

(Val-d'Or Urban Service Centre - First Nations Human Resources Development Commission of Quebec)

Provide employment and training services and programs to urban First Nations, Inuit, and Métis clients.

190 Perrault Ave  
Val-d'Or QC J9P 2H5  
Tel.: 1-877-874-6605  
<https://www.cdrhpnq-fnhrdcq.ca/strategie-urbaine?lang=en>

# Study Opportunities

Education is one of the areas of excellence of the Abitibi MRC. From elementary school to university, everyone has access to quality educational opportunities. An academic path is available to you:

- Primary level: you will have the choice between conventional or alternative education, as well as the possibility of a music orientation.
- High school: several sport-study programs as well as artistic orientations are available to you.
- Post-secondary level: vocational, college and university training offer you the opportunity to develop your skills for your future career.

Depending on your vision of the future, here are different institutions that can guide you in your choices:

## PRIMARY

Nearly 20 schools  
All accessible by school transport.

## high school

2 schools, 3 pavilions  
Located in Amos and Barraute.

## ADULT EDUCATION

Pavilions in Amos and Barraute

## PROFESSIONAL TRAINING

3 pavilions, 17 programs

## CEGEP OF ABITIBI-TEMISCAMINGUE

Active campus with nearly 200 students

## UNIVERSITY OF QUEBEC IN ABITIBI-TEMISCAMINGUE

Training from 1st to 3rd cycle

Here are the coordinates of the main establishments where professionals, which are all under one roof, will be able to answer your questions regarding the list of schools, courses, and schedules:

341, Principale Nord St, Amos QC, J9T 2L8

**Centre de  
services  
scolaire  
Harricana**

Tel.: 819-732-6561  
[www.csharricana.qc.ca](http://www.csharricana.qc.ca)

**Cégep de  
l'Abitibi-Témiscamingue,  
Amos Campus**

Tel.: 819-732-5218  
[www.cegepat.qc.ca](http://www.cegepat.qc.ca)

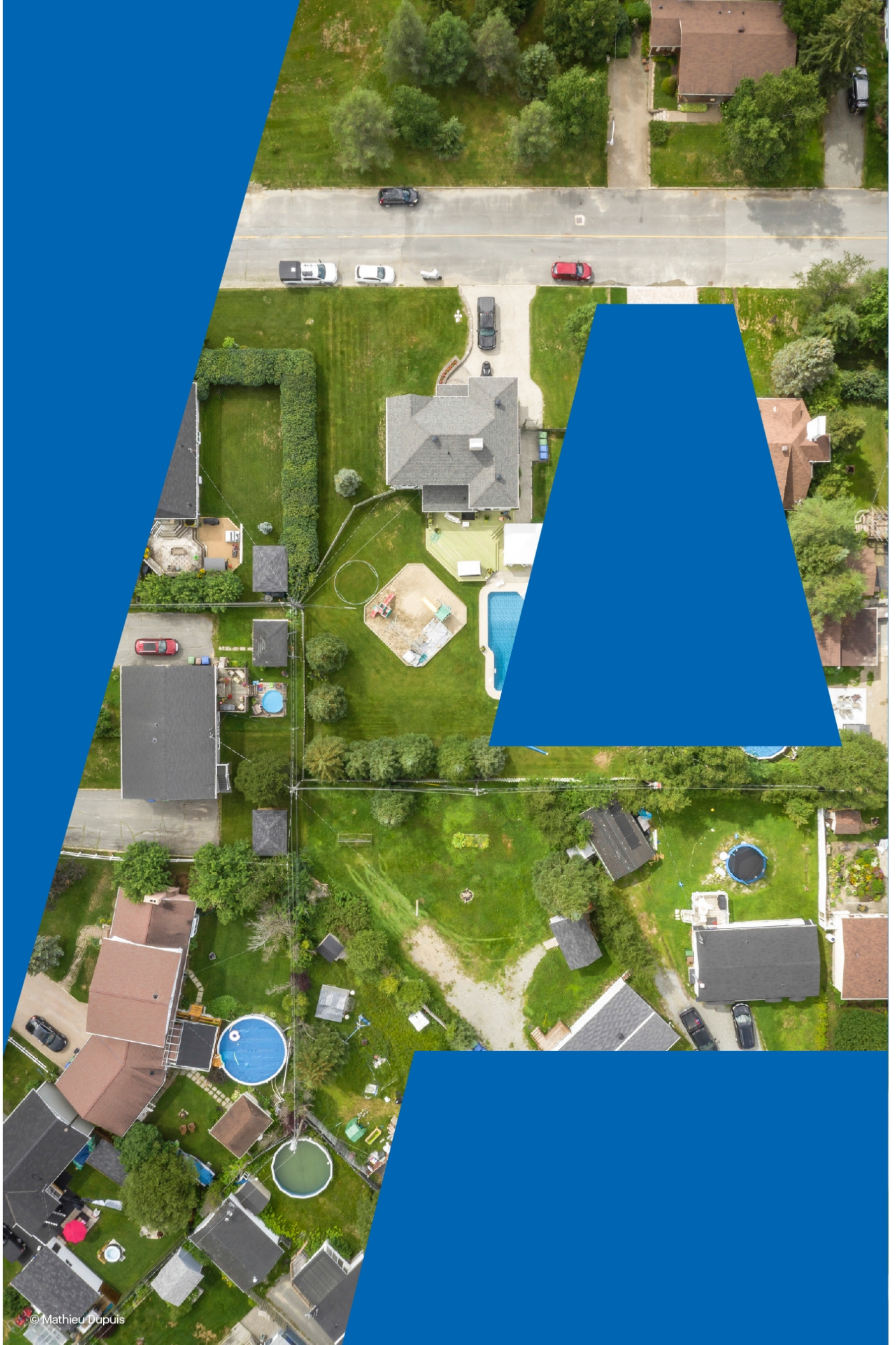
**Université du Québec  
en  
Abitibi-Témiscamingue,  
Amos Campus**

Tel.: 819-732-8809  
[www.uqat.ca](http://www.uqat.ca)



# The Arrival





# Housing

Did you know that there are several types of housing available on the territory?

- ▣Private housing
- ▣Low-rent housing
- ▣Community housing
- ▣Housing cooperatives

You will find an explanatory document that demystifies their differences and provides information on the various housing support programs on the Corporation de développement communautaire d'Amos website under the "Publications" tab. You will also find the eligibility criteria as well as the contact information necessary for your research. [www.cdcamos.org](http://www.cdcamos.org)

Several tools are available to guide you in your search for housing. You will find a regularly updated list of accommodations and private homes for rent at the MRAR and at the Maison du tourisme.

## **Maison du tourisme**

892 Rd 111 East  
Amos QC  
J9T 2K4  
Tel.: 819-727-1242

There are several Facebook pages that post homes for rent. Feel free to search with the keywords "housing" and "Amos" to find them. [www.facebook.com](http://www.facebook.com)

You can also find a "housing for rent" section by clicking the following link:  
[www.mediat.ca/annonces](http://www.mediat.ca/annonces)

## **friendly advice**

Many landlords do not promote their rental units. They advertise that their unit is available only through an ad in their building window. You could find your future home simply by taking a walk in the area!

# Finding Childcare

Whether you are looking for an early childhood center (ECC) or an in-home daycare, there are tools available to help you find the right place for your child. Having a recognized expertise in the field, the MRAR will take the time to answer your questions.

Visit the website "la place 0-5" which is the only access point for childcare services in Quebec. You will be able to view your options and register your child on the facility's childcare waiting list.

1-844-270-5055 / <https://www.laplace0-5.com/>

The "mon milieu familial" website allows you to find a daycare center near you and to obtain information on available spaces.

[www.monmilieufamilial.org](http://www.monmilieufamilial.org)

## Let's sort it out:

### **ECC in a facility?**

The Early Childhood Centre is a government funded facility. It is a place where all educators are trained as early childhood educators. Each educator is responsible for a group of children of the same age. The center offers educational and routine programs in preparation for the school environment.

### **ECC in a home?**

These are childcare centres affiliated with the ECC Coordinating Office. The educator must take the minimum training provided by the ECC and have received training in cardiopulmonary resuscitation (CPR). The in-home ECC is supervised and subject to the regulations for ECC centres. It is also subsidized by the government and offers an educational program in a family-type environment.

### **Private daycare?**

It is an in-home daycare managed by an independent person. It is neither supervised by a ECC nor subsidized. However, parents can apply to the government for partial reimbursement of fees

## **friendly advice**

Join the facebook group "Garderie Amos et les environs". Many daycares advertise their available spaces. Parents can also advertise their needs.

# Financial Support

Times are tougher and you need a helping hand to get there financially? Here are organizations that can help you:

## **FOOD BANK**

### **L'Accueil d'Amos**

401, 1<sup>ère</sup> Rue Ouest  
Amos (Québec)  
J9T 2M3  
Tel.: 819 727-1984

L'Accueil d'Amos distributes food in different points of service in the RCM. Ask the workers to assess your needs.

## **Thrift stores**

The RCM has several thrift stores where you can get clothes, furniture, dishes, toys and more at a lower cost.

# Tax credits and deductions

In Quebec, citizens are required to file an annual tax return for both the provincial (Quebec) and federal (Canada) levels of government.

Did you know that there are credits and deductions offered by governments when you live in a resource region like ours?

## Tax credit for recent graduates working in remote resource regions

Have you graduated within the last 2 years? Are your duties in your new job related to the area of specialization in which you received the training that led to your recognized degree? You may be eligible for a significant tax credit on your next return. Verify with Revenu Québec if you are eligible.

## Moving deduction

Have you moved to take a job or operate a business, or have you moved to attend a university, college, or other educational institution as a full-time student in a post-secondary program?

Have you moved at least 40 kilometers closer to your new place of work or study?

You are probably eligible to claim an income deduction on your next provincial or federal income tax return.

## Home buyers' tax credit

This is a credit that you could claim both provincially and federally. To qualify for this credit, several conditions apply. You can check if your new home qualifies with the governments by referring to their website, by calling them or by contacting a tax specialist such as an accountant.

## Tax credit for experienced workers

In Quebec, since 2018, employees aged 61 or older can benefit from this non-refundable credit while depending on their income level.

## Medical expense claim

On your income tax returns, you can claim a percentage of your medical expenses, including drugs, dentists, optometrists, etc. Many people are also unaware that we can claim as medical expenses, both federally and provincially, the cost of travel to obtain care more than 40 km from our home.

### Revenu Québec

Tel.: 1 800 267-6299

[www.revenuquebec.ca/en/](http://www.revenuquebec.ca/en/)

### Canada Revenue Agency (CRA)

Tel.: 819 797-4295

[www.canada.ca/en.html](http://www.canada.ca/en.html)

## friendly advice

In Canada, each citizen is required to complete and file their tax returns by April 30 for the previous tax year (example: April 30, 2019, for the 2018 tax return). However, to help you claim your entitlements at tax time, you can ask a specialist, such as an accountant, to file your tax returns.

Several software programs and websites are available to help you file your own tax returns.

# Health services







# A family doctor: How and Why

Having a family doctor nearby is important to keep our health on track. Your family doctor works closely with you. Like a lighthouse keeper, they will guide you through the health care system and help you meet the right specialists if the need occurs.

Want to find a family doctor near your new home? Here is how to do so:

## **Don't Have a Family Doctor?**

- You can “register to find a family doctor” on the website <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor>.
- Someone will contact you as soon as a place becomes available for you. You can also call the Amos Hospital at 819-732-3341 ext. 2217.

## **You Have a Family Doctor But Because Of Your Move, They Are No Longer Close By**

- Call the Amos Hospital to explain your situation. They will guide you to find a doctor close to your place of residence

## **friendLY advice**

The University Family Medicine Group (U-FMG) has medical residents. They are often available to take on new patients. Do not hesitate to contact them.

# Contact information for services

## Little concern?

In addition to a family doctor, there are many other health services, each with their own purpose.

- ▣ Contact an Info-Santé nurse or an Info-Santé social worker by calling 811.
- ▣ Ask to see a nurse or pharmacist at your pharmacy. Come and see a nurse at the CLSC
- ▣ 632, 1ère Rue Ouest, Amos (Quebec), J9T 2N2, Tel. : 819 732-3271

## Need to check your health or do a follow up?

- ▣ Contact the family medicine group (FMG) in which you are registered to make an appointment with your family physician or for a walk-in consultation.
  - FMG Les Eskers d'Amos (U-FMG, Clinique médicale Soleil, Le Norois medical clinic). 641 4e Rue Ouest office 201, Amos QC J9T 2S1, Tel.: 819-732-6972
  - FMG Harricana (Clinique médicale d'Amos). 641 4e Rue Ouest Amos QC J9T 2S1, Tel.: 819-732-1244

- ▣ Don't Have a Family Doctor?
  - The Clinique médicale d'Amos is the only clinic open to all that offers a walk-in consultation to residents of the Abitibi RCM who do not have a family doctor. Contact them for more information.
- ▣ Are you between 12 and 24 years old?
  - The youth clinic (Clinique Jeunesse) of the Amos CLSC offers services adapted to this clientele. Three (3) physicians rotate to provide services to patients under the age of 25 with or without a family physician. You must make an appointment before coming in. The clinic is located on the 2nd floor of the CLSC. Tel.: 819-732-3271 ext. 4243

## If this is an **EMERGENCY**:

- ▣ call 911 for immediate assistance (ambulance services).
- ▣ Otherwise, go to the emergency room of the Amos hospital (remember to bring your health insurance card).

## Amos Hospital

622 4e Rue Ouest  
Amos QC, J9T 2S2, Tel.: 819-732-3341

# Other services



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# Development officers

A major asset is part of the RCM's strategy to ensure the dynamism of its territory. Development officers are located in almost all municipalities to ensure a continuous presence and regular contact with the population and the various local committees. By stimulating and accompanying local actors in their projects, the development agent stays on top of the needs and issues of the area. You will find the name of your municipality's development officer on the Abitibi RCM website in the "Municipalités" tab. Don't hesitate to contact them if you have any questions about your new municipality or to get involved.

[www.mrcabitibi.qc.ca](http://www.mrcabitibi.qc.ca)

## green rcm

The Abitibi MRC is committed to taking care of our precious environment. A website has been set up to help you sort your residual materials, as well as the items you wish to dispose of. Several alternatives are available to you: recycling, composting, etc. As part of the fight against climate change, this site is constantly evolving to keep the population up to date on environmentally responsible trends.

[bottinvert.mrcabitibi.qc.ca](http://bottinvert.mrcabitibi.qc.ca)

Electrical



# Community organizations

Don't know about community organizations? Yet this alternative system is full of good initiatives for the population.

These organizations are staffed by people who are dedicated to their members and their cause, and who use their actions as levers to make their concerns known. The common goal of these organizations is to weave a social net to prevent anyone from being forgotten.

To find your way around, consult the directory of organizations and businesses in the Abitibi RCM on the MRAR website under the "Nos ressources" tab.

[www.mrar.qc.ca](http://www.mrar.qc.ca)



# Transportation

Max + collective transport is a great initiative of the RCM that facilitates travel throughout the RCM.

Membership entitles members to a 50% discount on cab and bus travel and even allows them to use school bus transportation for free.

How does it work?

Download the membership form that is available on the MRC website. You can also fill it out directly at the RCM office.

1. Go to the RCM office to drop off your form and pay your membership. You will need an ID card to indicate that you are a resident of the RCM.

2. Ask the person in charge at the RCM office for details on each transportation option.

3. With your membership card, purchase the booklet containing the coupons redeemable for transportation at one of the sales points.

4. You are ready to use public transportation!

For your cab trips, contact the cab companies in the territory.

For more information on bus and school bus travel, contact the program manager:

## **Abitibi RCM**

582 10e Avenue Ouest

Amos QC

J9T 1X3

Tel.: 819-732-5356 ext. 201

[www.mrcabitibi.qc.ca](http://www.mrcabitibi.qc.ca)



# Services for Immigrants

Did you travel a long way to settle in Abitibi-Témiscamingue? Do you need a hand with finding a job in the country? The MRAR is a must for you. However, here are some contact details of nearby

## **RECEPTION, REFERRAL, COUNSELING AND SUPPORT SERVICES (SARCA)**

Example of services:  
Recognition of skills acquired through life and work  
experience based on a program of professional studies.

850, 1ère Rue Est

Amos QC

J9T 2H8

Tel.: 819 732-3223

[www.csharricana.qc.ca](http://www.csharricana.qc.ca)

(under the tab "Formation professionnelle")

## **AMOS SERVICE QUEBEC OFFICE**

Examples of services:

Employment Integration Program for Immigrants and  
Visible Minorities (PRIIME)

262 1ère Avenue Est Amos QC J9T 1H3

Tel.: 819-444-5287

## **ministère de l'IMMIGRATION**

Francization and Integration

<https://www.immigration-quebec.gouv.qc.ca/en/home.html>

## **service canada**

Examples of services:  
Foreign credentials guidance

International benefits for seniors

Please note that they only offer services in French

502 4e Rue Est

Amos QC

J9T 1Y4

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

## **Centre de formation générale**

Example of services:  
Francization

Possibility of evening classes

341 Principale Nord St, 2nd floor

Amos QC

J9T 2L8

Tel.: 819-732-2021, ext. 2234

[www.csharricana.qc.ca](http://www.csharricana.qc.ca)



# Important contact Information



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# Emergency Phone Numbers

Here are the main numbers to have on hand in case of emergency:

<b>EMERGENCY</b> (ambulance, fire, police)	911
Info-Santé	811, option 1
Info-social	811, option 2
Centrer antipoison du Quebec	1 800 463-5060
Ligne d'intervention en prévention du Suicide	1 866 277-3553
L'Accueil Amos (Emergency Housing)	819 727-1984
Maison Mikana (women victims of domestic violence and their children)	819 732-9161
Amos Hospital (Centre de santé et de services sociaux de l'Abitibi-Témiscamingue)	819 732-3341



## Achievement



## Partners

