

# West Quebecers

## Info Guide

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The following list of contacts is intended to act as a guide to help ease your transition to living in West Quebec.

All new information will be placed in our reference file and on our website so that we can serve the English speaking community more efficiently. We also encourage you to visit the **Community Services Directory** on the West Quebecers web site at [www.westquebecers.ca](http://www.westquebecers.ca) which includes a detailed listing of services for English-speaking residents.

If you require additional information that is not listed in this guide, feel free to contact West Quebecers' Administration and Communications Officer at **819.682.9602**, toll free at **1.877.733.0177** or via email at: [aco@westquebecers.ca](mailto:aco@westquebecers.ca)

### About West Quebecers:

The Regional Association of West Quebecers is a not-for-profit organization dedicated to serving and supporting the English-speaking Community in the Outaouais.

Members and volunteers drive the Association forward, helping the community reach goals and raise awareness about issues surrounding the English-speaking community.

RAWQ engages in policy development and touches many aspects of the community: youth, arts and culture, social services, education, and much more.

Ultimately, the goal of the Association is to help English-speaking Outaouais residents access the information and services they need in English.



[www.westquebecers.ca](http://www.westquebecers.ca)

181, rue Principale Unit A-11  
Gatineau (Aylmer) Quebec J9H 6A6

819.682.9602 or 1.877.733.0177

[ed@westquebecers.ca](mailto:ed@westquebecers.ca) (Executive Director)  
[aco@westquebecers.ca](mailto:aco@westquebecers.ca) (Communications)



Quebec

## Our Community

The English-speaking community is spread across West Quebec, also known as the Outaouais. According to the 2016 census, in the Outaouais, there are 70,880 English-speakers, representing 18.7% of the total population. This number breaks down as follows in each of the municipalities in the region by absolute number and percentage of the total population of that municipality :

- City of Gatineau: 40,925 (16.6%)
- Les Collines-de-l'Outaouais: 12,105 (25.3%)
- La Vallée-de-la-Gatineau: 3,335 (17%)
- Pontiac: 8,325 (60%)
- Papineau: 1,265 (5.9%)
- Thurso: 95 (3.7%)
- Shawville: 1,320 (87.7%)
- La Pêche: 3,115 (40.6%)
- Fort-Coulonge: 220 (15.7%)
- L'Isle-aux-Allumettes: 1,050 (78.7%)

## Animal Shelters

S.P.C.A. Service Centres are available throughout the City of Gatineau. More information on all three locations can be found at <http://www.sPCA-outaouais.org/>, Another organization serving you and your pets is Animal Aide Pontiac. It is a group that offers financial assistance to spay and neuter dogs and cats. Animal Aide Pontiac is not affiliated with the S.P.C.A.

<p>S.P.C.A. de l'Outaouais Phone: 819 243 2004 <a href="http://www.sPCA-outaouais.org">www.sPCA-outaouais.org</a></p>
<p>S.P.C.A. Renfrew County Branch Phone: 613 635.7508 <a href="mailto:renfrewcounty@ospca.on.ca">renfrewcounty@ospca.on.ca</a> <a href="http://www.renfrewcounty.ontariosPCA.ca">www.renfrewcounty.ontariosPCA.ca</a></p>
<p>S.P.C.A. of Western Quebec Phone: 819 770 7722 <a href="mailto:ahsPCA@storm.ca">ahsPCA@storm.ca</a> <a href="http://www.aylmer-hull-sPCA.qc.ca">www.aylmer-hull-sPCA.qc.ca</a></p>
<p>Animal Aide Pontiac Phone: 819.647.5794 <a href="mailto:animalaidepontiac@gmail.com">animalaidepontiac@gmail.com</a> <a href="http://www.animalaidepontiac.ca">www.animalaidepontiac.ca</a></p>



## RAWQ's City Life Television Show

CityLife examines, searches, popularizes and puts into perspective issues which determine daily life in the Outaouais region. It follows many important topics such as; government, education, religion, economy, immigration, society, culture, of the English-speaking Community in the West Quebec. It can be viewed on Videotron network and online.



## Public Transportation

Bus transportation in the Outaouais is provided by the Société de Transport de L'Outaouais (STO) which is known in English as the Outaouais Transportation Society. The STO has recently introduced their new "Multi Card" which is rechargeable at various outlets within the City of Gatineau. The STO works in cooperation with Ottawa-Carleton Transportation on the Ontario side. OC Transpo accepts both STO transfers and Multi Cards (accompanied by a paper validation receipt) throughout their system. To contact the STO, call **819.770.3242** or visit their website at [www.sto.ca](http://www.sto.ca). To reach OC Transpo with any questions or concerns, call **613.741.4390** or visit their website at: [www.octranspo.com](http://www.octranspo.com)

## Renting or Buying a Home

The City of Gatineau charges a one-time 'Welcome Tax' in addition to annual taxes every time you buy a home.

If you need to find out your rights and obligations as a renting tenant, call the Régie du Logement (Housing Board) toll free at **1.800.683.2245**. The Régie works with tenants and landlords to find solutions to problems for both parties involved. For more information, visit their website at: <http://www.rdl.gouv.qc.ca>

If you are in the market to buy a home, you will need the services of a notary who will provide legal advice and ensure that the legal requirements of the transaction satisfy Quebec regulations. The notary's functions include: analysis of the titles, drafting the sales and mortgage contract and registration of all the necessary documents at the registry office. For more information about this and other property transactions, contact the Chambre des Notaires du Québec (Québec Chamber of Notaries) toll free at: **1.800-668-2473** or visit their web site at: [www.cng.org](http://www.cng.org)

## Employment

If you are looking for a job, we suggest that you visit your nearest Centre Local d'Emploi (CLÉ - Local Employment Centre), which is part of Emploi Québec. To find your nearest Employment Office, call **1.877.767.8773** or visit their web site at: [www.emploi Quebec.net](http://www.emploi Quebec.net)

The Public Service Commission of Canada is one of the area's largest employers. To find out about the latest jobs available, visit their web site at: [emploi Quebec.gouv.qc.ca](http://emploi Quebec.gouv.qc.ca) or the Human Resources Development Canada website at [www.jobbank.gc.ca](http://www.jobbank.gc.ca).

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[www.westquebecers.ca](http://www.westquebecers.ca)



## Public Utilities

To help you find and change over household services, here are some commonly used websites:

Bell Canada [www.bell.ca](http://www.bell.ca)

Gazifere [www.gazifere.com](http://www.gazifere.com)

Hydro Québec [www.hydroquebec.com](http://www.hydroquebec.com)

Vidéotron [www.videotron.com](http://www.videotron.com)

Telebec [www.telebec.com](http://www.telebec.com)

## Driving

If you have a valid driver's license from another province or country, you will have to call **1.800.361.7620** to set up an appointment with the Quebec licensing authorities.

They will advise you on the necessary steps for obtaining a Quebec license and will give you an appointment for a driving test if necessary. They will also tell you what to do about changing car plates and arranging safety checks.

For more information, contact the Société de l'assurance automobile du Québec (SAAQ - Quebec Automobile Insurance Corporation) toll at: **1.800.361.7620** or visit their web site at: [www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

## Professional Associations & Business Contacts

The following organizations are just a couple of the business associations available for information in the region:

### AGAP du Vieux Gatineau

Association des gens d'affaires et professionnel du Vieux Gatineau: **819.669.2224**

### APICA

Association des professionnels, industriels, et commerçants d'Aylmer: **819.685.1823**

## Education

The official language of the Province of Quebec is French, which is also the language of instruction in schools. However, this is exempted in schools that form part of the public English language system. Parents or guardians who wish to send their children to an English language school must apply for a Certificate of Eligibility.

Information about the education system can be obtained from the Ministère de L'Éducation (Ministry of Education). Call them toll free at **1.866.747.6626** or visit their website at [education.gouv.qc.ca](http://education.gouv.qc.ca). To find out how to obtain a certificate of eligibility and register a child for school, you may call the Western Quebec School Board at **819.684.2336** or toll free at **1.800.363.9111**.

The Western Quebec School Board also offers French immersion education, courses in French as a second language, continuing education, and vocational training. For more information, visit their web site at [www.wqsb.qc.ca](http://www.wqsb.qc.ca).

Comprehensive adult education and career programs in English can be obtained at the Western Quebec Career Center in the Aylmer sector of Gatineau. For more information call **819.684.1770** or email [wqcc@wqsb.qc.ca](mailto:wqcc@wqsb.qc.ca).

The only English language post-secondary institution in the Outaouais region is CEGEP Heritage College, which represents the first year of university education. It offers general education, as well as vocational and technical training. The College also offers continuing education and courses in French as a second language. There is a fee to attend. Heritage College can be contacted at **819.778.2270**, or via their website at [www.cegep-heritage.qc.ca](http://www.cegep-heritage.qc.ca)

## City of Gatineau

Various courses and cultural programs in both English and French are also available throughout the City of Gatineau. You will find them listed in the City's Culture and Recreation guide which is distributed four times a year to all residents and can also be obtained at any City Service Center.

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[www.westquebecers.ca](http://www.westquebecers.ca)



## School Taxes

When you purchase a new home in West Quebec, you automatically pay school taxes whether you have children or not. Notaries are supposed to ask you which school board you want to support with your school taxes, but if they don't, you will likely be signed up with the French school system unless you specify otherwise. If you missed this step when you signed your home purchase documents, and you want to support the Western Quebec School Board, you can obtain a simple form to fill out by contacting WQSB at : **819.684.2336** or **1.800.363.9111**.

If you have purchased a previously owned home, you will automatically be linked with the school board that the previous owner was affiliated with unless you specify otherwise with the notary. To find out which board your property is currently affiliated with, check the tax bill to see if it is the French or English system. If you want to change to a different board, call the board and request a simple form to fill out.

The French board, Commission Scolaire des Portages de l'Outaouais, can be reached at **819.771.4548**.

## French as a Second Language Training

**Regional Association of West Quebecers** 819.682.9602

**Centre Nouvel-Horizon** 819.561.9395

**Emploi Quebec** 819.772.3502 (Hull)  
819.568.6500 (Gatineau)  
819.682.0362 (Aylmer)

[www.emploi-quebec.gouv.qc.ca/en/](http://www.emploi-quebec.gouv.qc.ca/en/)

**CEGEP Heritage College** 819.778.2270

[www.cegep-heritage.qc.ca](http://www.cegep-heritage.qc.ca)

**Western Quebec Career Centre** 819.684.1770

**Centre Academus** 819.682.1234.

**Government of Quebec Learn French:** <https://www.immigration-quebec.gouv.qc.ca/en/french-language/learning-quebec/index.html>



## Daycare

There are no large English-only daycare centers operating in the Outaouais apart from an English pre-school class at **Montessori Outaouais** and the **Aylmer Pre-School**.

Information about daycare can be obtained from **Ministère de l'Emploi, de la Solidarité sociale** (Ministry of Employment and Social Solidarity), 425 rue Saint-Amable, RC 175, Québec, (QC) G1R 4Z1. You can also visit their web site, which is fully translated into English, at [www.mess.gouv.qc.ca](http://www.mess.gouv.qc.ca) or call **1.888.643.4721**.

There is also a service called the **Childcare Establishment Locator** at [http://www.mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index\\_en.aspx](http://www.mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index_en.aspx) where you may search for daycares by proximity, simple search, region, and itinerary search.

Many English-language Elementary Schools in the Outaouais also have daycare centers. Contact individual schools for further information. You can find their numbers on the Western Quebec School Board web site at [www.wgsb.qc.ca](http://www.wgsb.qc.ca) or call **819.684.2336** or toll free at **1.800.363.9111**.

There are also listings of school daycare centers listed under Educational Institutions in the online Community Services Directory at [www.westquebecers.ca](http://www.westquebecers.ca).

A number of agencies provide licensing, referral, and placement services for private home daycares registered with the agency. They are as follows:

**Centre de la Petite Enfance La Ribambelle (Aylmer)**  
Tel: 819.684.4540

**Centre de la Petite Enfance La Maison Des Petits Castors (Aylmer)**  
Tel: 819.778.3030

**La Gatinerie (Gatineau)**  
Tel: 819.561.2626

**Centre de la Petite Enfance aux Nids des Petits (Hull)**  
Tel: 819.778.2971

## West Quebecers Community Services Directory

On the West Quebecers' website [www.westquebecers.ca](http://www.westquebecers.ca), there is a **Community Services Directory** that lists over 100 community services offered in the region of West Quebec. This list includes, but is not limited to, volunteer organizations, youth centres, community service groups, and childcare and educational institutions.

## Home schooling

There are a variety of home schooling associations in the National Capital Region:

**Quebec Federation of Home & School Associations**  
<http://www.qfhsa.org/>

**Home Schooling Associations Ontario**  
<https://www.ofhsa.on.ca/>

**Canadian Home Schooling Associations**  
<http://www.welltrainedmind.com/>

## Libraries

Each municipality in West Quebec has its own library service which is connected to libraries throughout the Outaouais.

A selection of English books and videos varies depending upon the demographics of each community.

There are 10 libraries throughout the City of Gatineau, and you can find the one closest to you by calling **311**.

If a book or video is not available in English at your library, you can order it through the inter-library system for 50 cents.

There is no fee for using the library; you will get a Gatineau access card when you join, which you can also use for a wide variety of other activities throughout the City.



[www.gatineau.ca](http://www.gatineau.ca)

## Government Information

In Quebec, most government offices and many businesses require a woman to use her maiden name on all official cards and papers. For example, be prepared to use your maiden name at a bank, a walk-in clinic or a hospital, and if you book a driver's test. Indicate your maiden name on all correspondence with government authorities. You should also note that in Quebec, only women who were married before 1981 can use their married names on all their documentation. Information for all federal government services and many provincial government services are available in English upon request.

**Federal** - Information on federal government services, including federal electoral services and names of Members of Parliament, can be obtained by calling toll free at **1.800.622.6232 (1.800.O.Canada)** or on the web at [www.canada.gc.ca](http://www.canada.gc.ca)

**Provincial** - For information on provincial government services, provincial electoral ridings and the members of the National Assembly, contact Communication-Québec toll free at **1.800.363.1363**

The Government office has many good sources of information, on-line and in print, and several excellent guides available in English upon request. Information is also available at [www.gouv.qc.ca](http://www.gouv.qc.ca), which is the Government of Quebec's portal. This website is fully translated into English and has links to the Outaouais region. It includes provincial electoral ridings and the names of members of the national assembly. If you are not satisfied with a provincial government service, you can call the Quebec ombudsman, (Le Protecteur du Citoyen) toll free at **1.800.463.5070** or visit their web site at: [www.protecteurducitoyen.qc.ca/en/](http://www.protecteurducitoyen.qc.ca/en/) which is fully translated into English.

**Municipal** - The Mayor of the City of Gatineau is Maxime Pedneaud-Jobin. There are 17 municipal councillors in Gatineau. You can find out the name of your councillor, their individual phone number, and email by calling **819.595.7110**.

For general information about a variety of City services in all sectors such as public works, taxes, zoning, cultural and recreational programs and libraries, visit the City's web site at [www.gatineau.ca](http://www.gatineau.ca) or call **819.595.2002**. You can also call **311** Information about services in other municipalities in the Outaouais region can be obtained in your local phone book .



## Court System

The different courts that make up the Quebec judicial system are forums to which opposing parties can bring their conflicts in order to resolve them.

The role of the various courts is to interpret the law and apply it to the cases that are submitted to them. Each court has its own jurisdiction.

The jurisdictions of the various courts, namely the cases that a given court can hear and judge, are determined by law. Jurisdiction depends on several factors, including the nature of the case submitted to the court (civil or criminal), the geographic location, the amount in dispute, or, in certain cases, the ages of the individuals involved, as in the case of the Youth Division.

Information about the provincial court system and the extent of your right to use English in court is available in English on the Justice Québec website or by calling toll free at **1.866.536.5140**

## Legal Issues and Rights & Freedoms

Éducaloi has just launched its English language legal information site as part of an ongoing effort to serve a wider community.

The web site includes information on various categories including the family, individuals and the government which includes a section on language rights and freedoms, health, business, criminal and penal, housing, the judicial system, consumer law and finance, and responsibility and insurance.

You can find the web site at : <http://www.educaloi.qc.ca/en/>

## Health & Social Services

### Connexions Resource Centre

Connexions Resource Centre serves and promotes the health, well-being and vitality of the English-speaking population of the Outaouais

Connexions Resource Centre  
80 Daniel-Johnson St,  
Gatineau, QC  
J8Z 1S3  
Telephone: Danielle Lanyi at **819.777.3206**  
Email: [info@centreconnexions.org](mailto:info@centreconnexions.org)  
Website: [www.centreconnexions.org](http://www.centreconnexions.org)

### C.L.S.C.

Each community has access to a range of primary care services provided by one or a number of institutions that comprise of the following missions:

- Local Community Service Centre (CLSC)
- Hospitals (CH)
- Residential and extended-care facilities (CHSLD)

Specialized Services are provided by regional institutions either through local service points or at their urban centre.

Their missions are as follows:

- Rehabilitation centres (CR)
- Youth Protection (CJ)
- Specialized hospitals
- Local Community Services Centres (CLSC)

Everyone has access to **CLSC** services in the community where they reside. Each **CLSC** must provide services in English so they are an accessible source of information for every English-speaking residents regarding health matters in your community. Your first contact may occur in French. If this is the case, request services in English. The **C.L.S.C.** may also be able to help you find a doctor or dentist who speaks English.

Régie de  
l'assurance maladie

Québec

### Health Card

You must acquire a Quebec health card (Sun Card) from the **Régie de l'assurance maladie du Québec (RAMQ – The Quebec Health Insurance Board)**. Call toll free at **1.800.561.9749**. The Régie also has a website that you can visit at: [www.ramq.gouv.qc.ca](http://www.ramq.gouv.qc.ca).

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### C.L.S.C. Locations

#### Gatineau Health & Social Services

Aylmer	819.966.6548
Hull	819.966.6510
Gatineau	819.966.6550

#### Des Colines Health & Social Services

Masham	819.459.1112
Val-des-Monts	819.459.1112
Chelsea	819.459.1112
Cantley	819.459.1112

#### Papineau Health & Social Service

Petite Nation	819.983.7341
Vallée de la Lièvre / Val-des-Bois	819.454.2355
Vallée de la Lièvre	819.986.3359

#### Pontiac Health & Social Services

Bryson	819 648-2193
L'Isle-aux-Allumettes	819.689.5080
Quyon	819.458.2848
Pontiac	819.683.3000
Otter Lake	819 453-7392
Rapides-des-Joachims	819 586-2357



## Health (Continued)

### Private Medical Clinics

A private medical clinic provides general medical care through family doctors. For specialized treatment, patients are referred to a hospital or a medical specialist. At all these points, the Quebec Health Insurance Card is accepted.

Some clinics require appointments while others operate on a walk-in basis. Be advised that because of the high demand, some of these clinics may, at any given time, refuse new patients. For more information, contact your local CLSC at

<https://ciyss-outaouais.gouv.qc.ca/language/en/>

#### GMF Carrerour Santé Aylmer

Services are available in French and in English. To access certain services, you must be referred by a health professional. Contact number: **819.684.1234**

### Volunteer Opportunities

There are many non-profit groups which engage in charitable, cultural, social and sports activities in the region which welcome new volunteers.



**The Regional Association of West Quebecers (RAWQ)** is one of these organisations and concerns itself particularly with the advancement of the Anglophone community and the protection of its rights. It is also a great resource to keep you up-to-date on what is happening in the English speaking community, including various programs and projects.

For more information, contact our office at **819.682.9602** via email at [aco@westquebecers.ca](mailto:aco@westquebecers.ca) or visit our web site at [www.westquebecers.ca](http://www.westquebecers.ca).

The Outaouais region has four volunteer centers working with health and social services community groups within the City of Gatineau to help you find which volunteer position is best suited for you or what is available in your local community.

Some organizations even offer volunteer training and volunteer events.

<p><b><u>Aylmer Sector</u></b> Centre d'action bénévole Accès Phone: 819.684.2242 Email: <a href="mailto:cab.acces@videotron.ca">cab.acces@videotron.ca</a> <a href="http://www.cabaccès.ca/">http://www.cabaccès.ca/</a></p>	<p><b><u>Hull Sector</u></b> Centre d'action bénévole de Hull Phone: 819.778.2900 Email: <a href="mailto:direction@benevoles-outaouais.org">direction@benevoles-outaouais.org</a> Website: <a href="http://www.benevoles-outaouais.org/">http://www.benevoles-outaouais.org/</a></p>
<p><b><u>Buckingham Sector</u></b> Association des bénévoles de la Vallée-de-la-Lièvre Phone: 819.281.4343</p>	<p><b><u>Gatineau Sector</u></b> Centre d'action bénévole de Gatineau Phone: 819.568.0747</p>

### Hospitals

Gatineau	<b>819.561.8100</b>
Hull	<b>819.966.6200</b>
Wakefield	<b>819.459.1112</b>
Shawville	<b>819.647.2211</b>
Buckingham	<b>819.986.6006</b>

### Birthing Center

A specialized birthing center is also located in Gatineau which can be reached by calling toll free number at **1.800.267.2325** or 819.966.6586. This would also be a good place to call for information regarding the registration of a child birth as well as how to access provincial benefits for mothers and children.

### CAAP - Outaouais

This assistance and complaints center is the regional community organization mandated by the Minister of Health and Social Services to help people who are dissatisfied with Health and Social Services file a complaint to a public institution, the regional board or the Health and Social Services Ombudsman. CAAP services are free and confidential.

You can contact CAAP by calling:

Telephone: **819.770.3637**

Toll free: **1.877.767.2227**

<http://caap-outaouais.ca/home/>



## Culture and Recreation

If you live in the City of Gatineau, the quarterly Culture and Recreation Guide, which is delivered to all homes free of charge and can be picked up at each sector's service center, offers a comprehensive listing of community groups and activities happening in all five sectors.

A bilingual version of the guide is currently offered in the Aylmer and Buckingham sectors. For more information, call **3.1.1**. For communities elsewhere in the Outaouais, call your municipal hall or library for more information on community groups and activities.

## Community Newspapers

There are four weekly newspapers and one bi-weekly newspaper that provide information in English about current events happening throughout West Quebec and from time to time include news about the Regional Association of West Quebecers.

### The Aylmer Bulletin

819.684.4755

Email: [info@bulletinaylmer.com](mailto:info@bulletinaylmer.com)

Website: [www.bulletinaylmer.com](http://www.bulletinaylmer.com)

### The Equity

819.647.2204

Email: [news@theequity.ca](mailto:news@theequity.ca)

Web site: [www.theequity.ca](http://www.theequity.ca)

### The Low Down To Hull & Back News

819.459.2222

Email: [general@lowdownonline.com](mailto:general@lowdownonline.com)

Website: [www.lowdownonline.com](http://www.lowdownonline.com)

### The Pontiac Journal

819.683.3582

Email: [journal@journalpontiac.com](mailto:journal@journalpontiac.com)

or [editor@journalpontiac.com](mailto:editor@journalpontiac.com)

Website: [www.pontiacjournal.com](http://www.pontiacjournal.com)

### The West Quebec Post

819.684.4755

You can purchase a subscription of the Post through West Quebecers and save \$20. Contact us at **819.682.9602** or via email at [aco@westquebecers.ca](mailto:aco@westquebecers.ca)



## Seniors

Information regarding a variety of activities available for seniors in the Outaouais region can be obtained through the **Corporation de L'Age D'Or D'Aylmer** which puts out catalogues of its activities in both English and French. To find out more, call Nicole Gagnon **819.557.0654**.

There are also some activities listed in the City of Gatineau Culture and Recreation guide, which comes out every season and can be obtained at each sector's service center or by calling **311**



## Churches

There are many churches of various denominations throughout the Outaouais that offer English-speaking services.

They are all listed in alphabetical order in our Community Services Directory which you will find on the home page of the West Quebecers web site at:

[www.westquebecers.ca](http://www.westquebecers.ca) .

## Playgroups

The Entre-Nous Community Center in the Aylmer sector offers a Little Sunshine playgroup for parents and children 2 to 5 years of age, as well as a Tiny Tots group for young mothers 20 and under with their child. For more information call: **819.684.1208**.

Some churches in the region also offer playgroups at various times, like that at Christ Church Aylmer; telephone **819.684.8233** as well as the United Church in the Aylmer sector which you can reach at **819.684.5345**.

### The Parent's Voice

A group for parents and children in the Pontiac region.

[www.parentsvoiceshawville.com](http://www.parentsvoiceshawville.com)

[parentsvoiceshawville@hotmail.com](mailto:parentsvoiceshawville@hotmail.com)

For further information on play groups, contact schools and churches in your region, as well as the government daycare representatives.

## Seniors Action Quebec

Seniors Action Quebec works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

<http://www.seniorsactionquebec.ca/>

## Youth

There are various youth groups in the Outaouais which are bilingual. For more information about youth activities throughout the City of Gatineau, call **311**

### West Quebecers Youth

Young people who get involved with RAWQ develop different skills such as responsibility, work experience, and communication skills. Young West Quebecers contribute their opinion on social and environmental issues, as well as politics, democracy, and the economy.

RAWQ supports struggling youth with their **Skills Link** program, to help gain experience for the workforce or the chance to further their education. The next training session begins in January 2019, it is in session for half a year for 15 students. Contact us by phone or email for further information.

### Carrefour jeunesse emploi de l'Outaouais

Has centers around the region dedicated to serving job seeking youth. Visit <http://cjeo.gc.ca> or our Community Services Directory to find a center nearest to you.

### Youth for Youth Quebec

They work in collaboration with community organizations to maximize their efforts by creating a link with English-speaking youth, and to connect, promote and mobilize English-speaking youth so that they are aware of supports available to them, which will ensure they reach their full potential and remain in Quebec.

Telephone: **514.612.2895**  
Email: [info@y4yquebec.org](mailto:info@y4yquebec.org)  
Website: [www.y4yquebec.org](http://www.y4yquebec.org)

### Quebec 4-H

Quebec 4-H is a community based organization, which is dedicated to developing life skills such as leadership, cooperation, responsibility and independence for the English-speaking rural youth of Quebec through achievement and skill development.

Telephone: **514.398.8738**  
Email: [executivedirector@quebec4-h.com](mailto:executivedirector@quebec4-h.com)  
Website: [www.quebec4-h.com](http://www.quebec4-h.com)





# West Quebecers New Residents Feedback Form

This questionnaire will help West Quebecers provide information to better suit the needs of new residents of the Outaouais.

1) **How did you hear about West Quebecers New Residents Package?**

Friend  Family  Web site  Other \_\_\_\_\_

2) **Did you obtained the information you were seeking?**  Yes  No

If not, what other information would you like to see in the package?  
\_\_\_\_\_

If yes, what kind of information?

Municipal bylaws  Health card  Youth employment centers  Daycare listings  
 Rules for entering schools  Health and social services  Other \_\_\_\_\_

3) **Would you recommend this package to a new resident?**  Yes  No

Why or why not? \_\_\_\_\_

4) **What was your overall impression of the package?**

Very Satisfied Not Satisfied  
5      4      3      2      1

Comments/Suggestions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Detach this form and mail or drop it off to: Regional Association of West Quebecers  
181 rue Principale Unit A-11 Gatineau QC J9H 6A6*



## Membership Form

Circle your title: Mr. Mrs. Ms.

\_\_\_\_\_  
Full Name

\_\_\_\_\_  
Address City Province Postal Code

Telephone number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Year of Birth: \_\_\_\_\_

### Optional: West Quebec Post (WQP) Subscription

I would also like to have a subscription to the WQP for only \$20 per year.

1 Yr. \$20 \_\_\_\_ 3 Yr. \$60 \_\_\_\_

### Donations:

*I would like to give a non-tax deductible financial donation of: \$ \_\_\_\_\_*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (dd/mm/yyyy)

*Detach this form and mail or drop it off to: Regional Association of West Quebecers  
181 rue Principale Unit A-11 Gatineau QC J9H 6A6  
If you want a subscription to the West Quebec Post or if you would like to send a donation, please attach to this form a cheque payable to  
Regional Association of West Quebecers*

INFORMATION AND REFERRAL

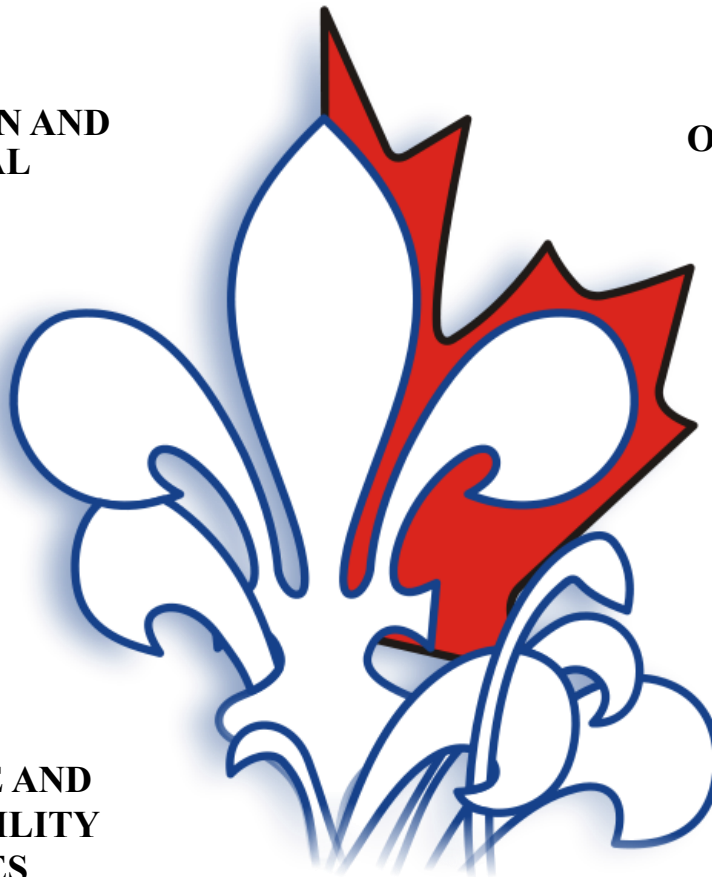
VOLUNTEER OPPORTUNITIES AND RECOGNITION

PARTNERSHIP DEVELOPMENT

ADVOCACY

LANGUAGE AND EMPLOYABILITY COURSES

SUPPORT FOR YOUTH AND SENIORS



*“Supporting the English-speaking community in West Quebec”*

**Get involved:**

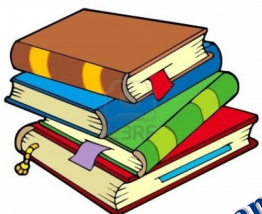
**YES**  
**FREE BUSINESS COACHING\***  
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Contact us: 819.682.9602



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