



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

**Regional Association of**

**West Quebecers**



## New Residents Package

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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 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 our website at [westquebecers.ca](http://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' Community Engagement 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 residents of the Outaouais access the information and services they need in English.

181, rue Principale Unit A-11  
Gatineau, Quebec J9H 6A6  
819-682-9602 or 1-877-733-0177

Shawville Office  
111 Victoria Ave  
Shawville, Quebec J0X 2Y0

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

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

[aco@westquebecers.ca](mailto:aco@westquebecers.ca) – Community Engagement officer



Canadian Heritage

Patrimoine canadien

## 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 70,575 English-speakers, representing 18.7% of the total population. This number breaks down as follows below in each of the municipalities in the region by absolute number and percentage of the total population of that municipality.



\*According to the Canadian Census 2016 report

- 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%)

## Community Newspapers

There are four weekly newspapers and two bi-weekly newspapers that provide information in English about current events happening throughout West Quebec.

**bulletin**  
d'Aylmer

The Aylmer Bulletin

819.684.4755

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

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

**THE EQUITY**

The Equity

819.647.2204

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

Website: [theequity.ca](http://theequity.ca)

**THE LOW DOWN**

The Low Down To Hull & Back News

819.459.2222

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

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

**PONTIAC Journal**  
DU PONTIAC

The Pontiac Journal

819.683.3582

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

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

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

**THE WEST QUEBEC POST**

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

Email: [aco@westquebecers.ca](mailto:aco@westquebecers.ca)

**bulletin**  
de Gatineau

The Gatineau Bulletin

819 684-4755

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



## CityLife Outaouais

CityLife examines, searches, puts into perspective and popularizes 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 West Quebec. It can be viewed on the Videotrón network and online.



## Chip FM Radio

CHIP-FM is a bilingual community radio station that operates at 101.9 FM in Fort-Coulonge, Quebec. The station serves Pontiac County in Quebec and Renfrew County in Ontario. Informing people on current events of the Outaouais.

## Renting or Buying a Home

Most municipalities charge a one-time 'Welcome Tax' in addition to annual taxes. Please contact your municipality specifically to see if these taxes will apply on your new 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: [www.rdl.gouv.qc.ca](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 website at: [www.cnq.org](http://www.cnq.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 website at: [www.emploiquebec.net](http://www.emploiquebec.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 website at: [canada.ca](http://canada.ca) or the Human Resources Development Canada website at: [www.jobbank.gc.ca](http://www.jobbank.gc.ca).

Regional Association of  
**West Quebecers**



## 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 works in cooperation with Ottawa-Carleton Transportation on the Ontario side. OC Transpo accepts both STO transfers and Multi Cards 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 Transport with questions or concerns, call **613.741.4390** or visit their website at: [www.octranspo.com](http://www.octranspo.com)

## 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)



## 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**

*\*Contact your local municipal office for other local listings of business associations*

## Daycare

There are no large English only daycare centers operating in the Outaouais apart from an English preschool 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), you can visit their website, which is accessible in English, at [www.mess.gouv.qc.ca](http://www.mess.gouv.qc.ca) or call **1.877.767.8773**.

There is also a childcare daycare establishment locator at the [Famille Quebec's](http://www.Famille Quebec's) website.

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 website at [www.wqsb.qc.ca](http://www.wqsb.qc.ca) or call **819.684.2336** or toll free at **1.888.687.9197**. There are also listings of school daycare centers 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: **819-682-8897**

Centre de la Petite Enfance La Maison Des Petits Castors (Aylmer)

Phone: **819.778.3030**

La Gatinerie (Gatineau)

Phone: **819.561.2626**

Centre de la Petite Enfance aux Nids des Petits (Hull)

Phone: **819.778.2971**

1-2-3 Picabou (Pontiac)

Phone: **819-648-5959**



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

## Libraries

Each municipality in West Quebec has their own library service which is connected to libraries throughout the Outaouais. Meaning you do have access to more than just your municipal library. You can benefit from the Interlibrary Loan system and get books sent to your library that are not in that specific library, at no extra cost to you.

A selection of English books and videos will vary depending upon the demographics of each community. You also have access to digital resources through the library as well. Find your nearest library by visiting: [www.reseaubibliooutaouais.qc.ca](http://www.reseaubibliooutaouais.qc.ca)

## Play Groups

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; **819.684.8233** as well as the United Church in the Aylmer sector which you can reach at **819.684.5345**.

Parents Voice Shawville is an organization that provides support, activities, and information to families to improve child development and family life in the Shawville area. You can contact them at [parentsvoicshawville@hotmail.com](mailto:parentsvoicshawville@hotmail.com) or follow them on Facebook [@theparentsvoicshawville](https://www.facebook.com/theparentsvoicshawville)

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



## Education

The official language of the Province of Quebec is French, which is also the language of instruction in schools. However, this is exempt 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 their 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 **1.888.687.9197**.

The Western Quebec School Board also offers continuing education, French immersion education, courses in French as a second language, and vocational training. For more information, visit their website 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 CEGEP also offers continuing education and courses in French as a second language. There is a fee to attend. CEGEP 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)

## Bilingual Education

Parents who want to ensure that their children would have the opportunity to become bilingual can try the Canadian Parents for French. A parent networking organization dedicated to French language learning opportunities for youths. Visit their website at [cpf.ca](http://cpf.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 required to ask which school board you want to support with your school taxes, but if they don't, you will 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 your tax bill to see if it is the French or English system. If you want to change to a different board, call the school board and request the form to fill out. The French school board, Commission Scolaire des Portages de l'Outaouais, can be reached at: **819.771.4548**.

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## Home Schooling

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

Home Schooling Associations Ontario  
[www.ofhsa.on.ca](http://www.ofhsa.on.ca)

Canadian Home Schooling Associations  
[www.canadianhomeeducation.com](http://www.canadianhomeeducation.com)

A2Z Homeschooling  
[www.a2zhomeschooling.com](http://www.a2zhomeschooling.com)



## 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 English speaking 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** or via email at [aco@westquebecers.ca](mailto:aco@westquebecers.ca) or visit our website 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.

### Gatineau Sector:

#### **Centre d'action bénévole de Gatineau**

Phone: 819.568.0747

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

### Hull Sector:

#### **Centre d'action bénévole de Hull**

Phone: 819.778.2900

Email: [direction@benevolesoutaouais.org](mailto:direction@benevolesoutaouais.org)

Website: [www.benevoles-outaouais.org](http://www.benevoles-outaouais.org)

### Aylmer Sector:

#### **Centre d'action bénévole Accès**

Phone: 819.684.2242

Email: [cab.acces@videotron.ca](mailto:cab.acces@videotron.ca)

Website: [www.cabacces.ca](http://www.cabacces.ca)

### Buckingham Sector:

#### **Association des bénévoles de la Vallée-de-la-Lièvre**

Phone: 819.281.4343



## Other Volunteer Organizations

The Western Quebec Literacy Council is often looking for volunteers to help tutor people who want to improve their reading and writing skills. Contact at **888.647.3112** or email the at [info@wqlc.org](mailto:info@wqlc.org)

## French Language Courses

The Official language of Québec is French. There are numerous organizations across the Outaouais provide assistance in taking in courses to help assist in learning the language, along with providing financial assistance, under special conditions.

### **Québec Government**

Website: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

### **Emploi Québec**

Phone: 819.772.3502 (Hull)

Phone: 819.568.6500 (Gatineau)

Phone: 819.682.0362 (Aylmer)

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

### **CEGEP Heritage College**

Phone: 819.778.2270

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

### **Centre Nouvel-Horizon**

Phone: 819.561.9395

Website: [www.cea.csdrapeurs.qc.ca](http://www.cea.csdrapeurs.qc.ca)

### **Western Quebec Career Centre**

Phone: 819.684.1770

Website: [www.wqcc.wqsb.qc.ca](http://www.wqcc.wqsb.qc.ca)

### **Centre Academus**

Phone: 819.682.1234



## Government Information

In Quebec, most government offices and many businesses require a woman to use her maiden name on all official cards and papers. 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 sources of information, online 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 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 [protecteurducitoyen.qc.ca](http://protecteurducitoyen.qc.ca) which is translated into English.

Municipal - You can find the name of your councillor, their individual phone number, and email by calling your local municipal office.

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 your local municipalities website or by calling the town hall.



## 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 & Rights and Freedoms

Éducaloi is here to explain to Quebecers the law and their rights and responsibilities. They also want to improve access to justice. You can find the website at: [www.educaloi.qc.ca/en](http://www.educaloi.qc.ca/en)

The Outaouais Community Justice Centre can provide legal information, help you find the right motion, refer you to other organizations, etc. When in need of legal information, visit their website at: [www.justicedeproximite.qc.ca](http://www.justicedeproximite.qc.ca)

## Connexions Resource Centre

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

67 rue du Couvent

Gatineau, QC

J9H 6A2

Phone: **819.777.3206**

Email: [info@centreconnexions.org](mailto:info@centreconnexions.org)

Website: [www.centreconnexions.org](http://www.centreconnexions.org)

## CLSC

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)
- 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 resident regarding health matters in your community. Your first contact may occur in French.

The CLSC may also be able to help you find a doctor or dentist who speaks English.

## CLSC 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

Régie de  
l'assurance maladie

**Québec** 

### Pontiac Health & Social Services

Bryson – 819.648.2193

L'Isle-aux-Allumettes – 819.689.5080

Quyón – 819.458.2848

Pontiac – 819.683.3000

Otter Lake – 819.453.7392

Rapides-des-Joachims – 819.586.2357

### Papineau Health & Social Service

Petite Nation – 819.983.7341

Val-des-Bois – 819.454.2355

Vallée de la Lièvre – 819.986.3359

## Quebec 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 with many online services and information on health care and prescription drug services within Quebec at: [www.ramq.gouv.qc.ca](http://www.ramq.gouv.qc.ca).



## Family Doctor

For information on finding a family doctor visit [www.cisss-outaouais.gouv.qc.ca/find-a-doctor](http://www.cisss-outaouais.gouv.qc.ca/find-a-doctor).



## 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 [ciss-ouataouais.gouv.qc.ca](http://ciss-ouataouais.gouv.qc.ca)



## Mental Health Services

For those living with Mental Illness visit [www.amiquebec.org](http://www.amiquebec.org) for more help with mental illness through support, advocacy, guidance and education.

## CAAP - Outaouais

The 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.

Contact CAAP by calling **819.770.3637** or toll free at: **1.877.767.2227** or visit [www.caap-ouataouais.ca](http://www.caap-ouataouais.ca)

## Hospitals of Outaouais

Gatineau – 819.966.6100

Hull – 819.966.6200

Wakefield – 819.459.1112

Shawville – 819.647.2211

Buckingham – 819.986.3341



## Tourism in the Outaouais

There are many sights and activities to do in Outaouais. Many within close driving distance from the city center.

The NCC's website and guide to activities and hiking trails around Gatineau Park:

[ncc-ccn.gc.ca/places/gatineaupark](http://ncc-ccn.gc.ca/places/gatineaupark).

Downtown Gatineau's culture trail guide:

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

For a guided tour through Aylmer's Old Village Walking Tour:

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

Tourism guide through Pontiac:

[www.tourisme-pontiac.com](http://www.tourisme-pontiac.com)

For maps and guides around Outaouais visit:

[www.tourismeoutaouais.com/en/publications](http://www.tourismeoutaouais.com/en/publications)

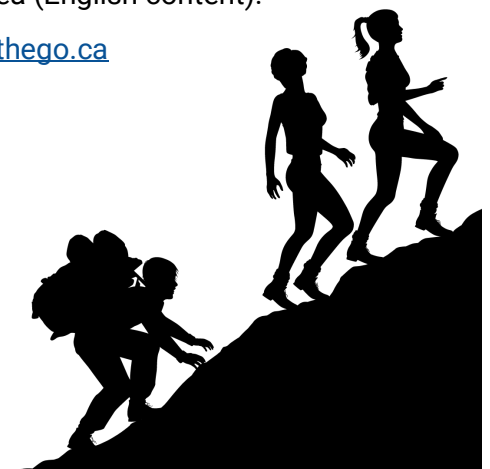
## More about the Area

Explore more of Quebec and its sights: [www.pc.gc.ca/en/voyage-travel/region/quebec](http://www.pc.gc.ca/en/voyage-travel/region/quebec)

Interested about what's across the river?: [www.ottawatourism.ca/en/see-and-do](http://www.ottawatourism.ca/en/see-and-do)

Recommendations and activities to do throughout the Outaouais area (English content):

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



## Seniors

Information regarding a variety of activities available to 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 **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.

## 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. Visit [www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca) for more information

## Youth

There are various youth groups in the Outaouais which are bilingual.

### 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.

Phone: **514.612.2895**

Email: [info@y4yquebec.org](mailto:info@y4yquebec.org)

Website: [www.y4yquebec.org](http://www.y4yquebec.org)



### Carrefour jeunesse emploi de l'Outaouais

Has centers around the region dedicated to serving job seeking youth. Visit [www.cjeo.qc.ca](http://www.cjeo.qc.ca) or our Community Services Directory to find a center nearest to you.



**Carrefour  
jeunesse emploi  
de l'Outaouais**

### 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.

Phone: **514.398.8738**

Email: [program@quebec4-h.com](mailto:program@quebec4-h.com)

Website: [www.quebec4-h.com](http://www.quebec4-h.com)



### Western Quebec Literacy Council

A volunteer organization that offers free and private lessons to people who want to improve their reading and writing skills.

Phone: **888.647.3112**

Email: [info@wqlc.org](mailto:info@wqlc.org)

## Culture & 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. It offers a comprehensive listing of community groups and activities happening in all five sectors. For more information, call 3.1.1. For communities elsewhere in the Outaouais, call your municipal office or library for more information on community groups and activities.

### 100 Mile Arts Network

An networking organization that helps connect artist with venues, communities and event organizers. You can find them at [www.100milearts.net](http://www.100milearts.net)

Email: [touring@100milearts.net](mailto:touring@100milearts.net)



## Insurance

Parents can look towards the Quebec Parental Insurance Plan (QPIP) to register for QPIP benefits. Visit [www.rqap.gouv.qc.ca](http://www.rqap.gouv.qc.ca) for more information on how to get registered.

In the event of an automobile accident Quebecers can find information on how to get compensated for their injuries at [saaq.gouv.qc.ca/en/traffic-accident](http://saaq.gouv.qc.ca/en/traffic-accident)

## West Quebecers Community and Business Directory

In the RAWQ's 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.



## Information and Referral

## Newcomers Program

## Volunteer Opportunities

## Assistance for Entrepreneurs

Quiz Night & Silent Auctions, Book and Bake Sales, Christmas concerts

Newsletters, Coffee Chats, and more!

Email:

[aco@westquebecers.ca](mailto:aco@westquebecers.ca)

Follow us:



Phone:

819.682.9602

## Animal Shelters

S.P.C.A. Service Centres are available throughout the City of Gatineau. More information on all locations can be found at [www.spcaoutaouais.org](http://www.spcaoutaouais.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.

### S.P.C.A. De l'Outaouais

Phone: 819.243.2004

Website: [www.spca-outaouais.org](http://www.spca-outaouais.org)

### Animal Aide Pontiac

Phone: 613.203.6417

Email: [animalaidepontiac@gmail.com](mailto:animalaidepontiac@gmail.com)

Website: [www.animalaidepontiac.ca](http://www.animalaidepontiac.ca)



# Membership Form

Or register online:

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

Title:  Mr.  Mrs.  Ms.  Prefer not to say

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone # \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_ DD \_\_\_\_ MM \_\_\_\_ YYYY

## Optional: West Quebec Post Subscription

I would like to subscribe to the WQP for: 1yr \$20: \_\_\_\_ 3yr \$60: \_\_\_\_

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Membership is free, if you would like to make a donation or subscribe to the West Quebec Post, please send cheque payable to **Regional Association of West Quebecers**.

Our Address: 181, rue Principale Unit A-11 Gatineau, QC J9H 6A6

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*"Supporting the English-speaking community in West Quebec"*



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Heritage

Patrimoine  
canadien