



Voice of English-speaking Québec

FREE

# COMMUNITY CONNECTION DIRECTORY 2014-2016

An English speaker's guide to living  
in Greater Quebec City region

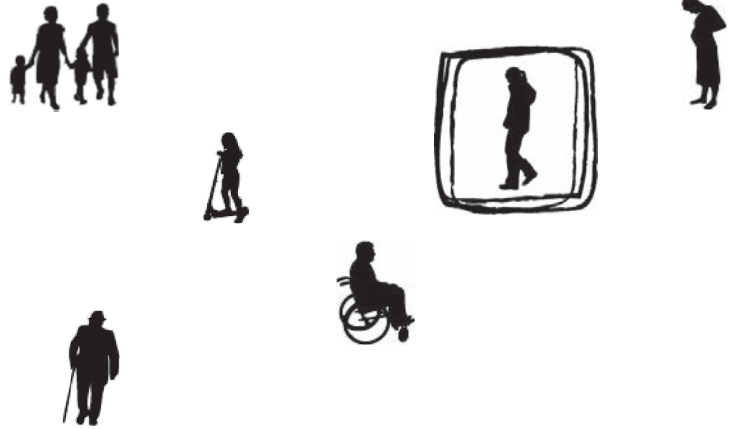


# Emergencies

**Fire  
Police  
Ambulance** **911**

- Agression sexuelle  
(sexual assault)  
**418 522-2120**
- Centre anti-poison du Québec  
(poison control)  
**1 800 463-5060**
- Centre de crise  
(crisis centre)  
**418 688-4240**
- Centre jeunesse de Québec  
(youth protection)  
**418 661-3700**
- Info-Santé  
(health info nurse)  
**811**
- Ligne d'aide aux parents  
(parents' help line)  
**1 800 361-5085**
- SOS Violence conjugale  
(SOS spousal abuse)  
**1 800 363-9010**

WE ARE THERE FOR YOU!



Wi-Fi

## Bilingual health and social services

- Emergency: 7 days / week, 8 a.m. - 8 p.m.
- Diagnostic Services
- Senior Care
- Community Services
  - CLSC-type health and social services
  - Requests for Saint Brigid's Home



**Jeffery Hale  
Saint Brigid's**

Une communauté de soins  
A Community of Care

**418 684-5333**

[jhsb.ca](http://jhsb.ca)



Jeffery Hale Hospital  
1250, chemin Sainte-Foy  
Québec Qc G1S 2M6

***Community  
Connection  
Directory 2014-2016***  
***An English speaker's guide to living  
in the Greater Quebec City region***



Voice of English-speaking Québec





# Message from the Mayor of Québec City



Québec City has been enriched by more than 400 years of encounters between the different cultures that have chosen to engage themselves here. Across the centuries, the members of the English-speaking community have exerted a decisive influence on the city's development.

A reflection of the current vitality of this community, but also of the variety of activities and services available in the capital city, the **Community Connection Directory** comes as an indispensable guide for people wishing to participate in the life of the community.

Our thanks to the team at **Voice of English-speaking Québec** and to all who, through their actions, contribute to making Québec City an inclusive city where everyone can live and prosper.

The Mayor of Québec City,

Régis Labeaume





# About this Directory

VEQ produces this useful directory every three years. Community Connection highlights community groups and businesses serving the English-speaking community, and provides valuable information to English-speaking residents of Quebec City, both new and old. This directory is intended to be a guide for anyone who is looking for English-speaking services or information in the region.

## How to use this directory

This directory includes an introduction section and three easy-to-use tabbed sections: Community, Business and Newcomers. The introduction section includes calendars for 2014-2016, a list of annual holidays in the Province of Québec, and a list of annual VEQ activities for the community. In the community section, you will find various organizations and institutions that can meet a wide range of needs. The organizations and groups range from educational to health and social services to those serving the community. In the business section, you will find contact information for various companies that can provide their services in English. In the newcomers section, you will find a great deal of useful information to help you orient yourself in Quebec City and support your integration process.

Each section is prefaced with a user friendly index for quick reference. If there is a specific topic you are looking for, this will be extremely useful to you. There is also an alphabetical index by organization or company name in the back of the booklet.

Please contact us if you have any questions about any other information needs. VEQ can be reached by phone Monday to Friday 8:30 am – 4:00 pm at 418-683-2366, or by email at [info@veq.ca](mailto:info@veq.ca). You can also visit the online version of this directory at [www.veq.ca](http://www.veq.ca). Click on English-speaking Community Directory in the right hand navigation.

## Thank you

Thank you to all the community groups and businesses who have participated in this edition of the Community Connection. Without your support, this useful tool would not have been possible.





# About VEQ

Voice of English-speaking Québec (VEQ) has been providing services and support to the English-speaking community in the greater Quebec City region for over 30 years. VEQ helps individuals participate in community life in the Quebec City region, in both French and English. We welcome newcomers, sponsor community celebrations, research needs, inform citizens, provide support and services for seniors, coordinate youth projects, and promote the interests of the community by providing a framework for effective action.

## **We work hard to make the Greater Quebec City region a great place to live for English-speaking people.**

VEQ actively researches needs, informs citizens, and supports English-speaking residents and their organizations, and institutions.

VEQ also organizes community celebrations and events, an online job bank and local leadership table. We have active partnerships with more than 70 local community groups and institutions and over 2,400 members.

- **Community Development:** VEQ acts as a catalyst for the development of new initiatives that are beneficial to the community.
- **Community Events:** VEQ creates opportunities for various segments of the community to gather together, whether it is simply to get to know one another better, to share common interests, or to work together for a common cause.
- **Information Referral:** If you are looking for a service in English, contact our office at 418 683-2366 or email us at [info@veq.ca](mailto:info@veq.ca). It would be our pleasure to help you find the services you need.
- **Newcomers' Service:** VEQ offers free services to English-speaking individuals new to the region. Some of these include an information package, personalized assistance, registry, and group information sessions.
- **Promote Community Interests:** VEQ identifies issues of interest to the community, researching and preparing positions, and where necessary, presenting these positions to the proper forums or authorities.



■ **Senior Support Services:** VEQ offers a range of activities for seniors in our community to stay independent, active, safe and to help prevent abuse and discrimination targeting them.

■ **Youth Initiatives:** VEQ helps to foster growth and vitality of the English-speaking community through increasing awareness of employment and educational opportunities for bilingual or qualified youth in the region.


**Voice of English-speaking Québec**

1270, chemin Sainte-Foy, suite 2141  
Jeffery Hale Pavillion  
(to the right of the Jeffery Hale Hospital)  
Québec (Québec) G1S 2M4  
Telephone: 418-683-2366  
Fax: 418-688-3273  
info@veq.ca  
www.veq.ca



# 2014

## January

S	M	T	W	T	F	S
				2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	


## February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13		15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16		18	19	20	21	22
<small>23</small>	<small>30</small>	<small>24</small>	<small>31</small>	25	26	27
				28	29	


## April

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	21	22	23	24	25	26
27	28	29	30			

## May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18		20	21	22	23	24
25	26	27	28	29	30	31

## June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23		25	26	27	28
29	30					


## July

S	M	T	W	T	F	S
			2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<small>23</small>	<small>31</small>	25	26	27	28	29
				30		

## September

S	M	T	W	T	F	S
		2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12		14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10		12	13	14	15
16	17	18	19	20	21	22
<small>23</small>	<small>30</small>	24	25	26	27	28
				29		

## December


S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24		26	27
28	29	30	31			






# 2015


## January

S	M	T	W	T	F	S
					2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31


## February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16		18	19	20	21
22	23	24	25	26	27	28
29	30	31				


## April

S	M	T	W	T	F	S
			1	2	3	4
	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17		19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

## June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23		25	26	27
28	29	30				


## July

S	M	T	W	T	F	S
			2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	


## August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup> / <sub>30</sub>	<sup>24</sup> / <sub>31</sub>	25	26	27	28	29


## September

S	M	T	W	T	F	S
		1	2	3	4	5
6		8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11		13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10		12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					


## December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24		26
27	28	29	30	31		




# 2016


## January

S	M	T	W	T	F	S
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

## February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					


## March

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16		18	19
20	21	22	23	24	25	26
	28	29	30	31		


## April

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22		24	25	26	27	28
29	30	31				

## June

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23		25
26	27	28	29	30		


## July

S	M	T	W	T	F	S
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

## August

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			


## September

S	M	T	W	T	F	S
				1	2	3
4		6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9		11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup> / <sub>30</sub>	<sup>24</sup> / <sub>31</sub>		25	26	27	28

## November

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10		12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## December

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	26	27	28	29	30	31



# ENGLISH IN QUEBEC CITY?

New to the city or looking for services in English?  
VEQ is here to help!



Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141  
Québec (Québec) G1S 2M4

418 683-2366 [info@veq.ca](mailto:info@veq.ca) [www.veq.ca](http://www.veq.ca)



**Seniors at the heart  
of our community.**



Voice of English-speaking Québec

VEQ is proud to support English-speaking seniors in the Greater Quebec City region.

For more information:  
**418-683-2366** or **seniors@veq.ca**



# Holidays

Statutory holidays observed in the province of Québec:



New Year's Day (Jour de l'An) –  
January 1



Easter (Pâques) – (Good Friday and  
Easter Monday holidays are provided  
at the discretion of the employer)

2014: April 20

2015: April 5

2016: March 27



Victoria Day (Journée nationale des  
patriots) – Monday on or before May 24



Fête Nationale (Québec's birthday also  
known as St-Jean-Baptiste) - June 24



Canada Day (Fête du Canada) – July 1



Labour Day (Fête du travail) –  
First Monday in September



Thanksgiving (Action de grâce) –  
second Monday in October



Christmas Day (Noël) – December 25



# Annual VEQ Events

Check VEQ's website regularly for information on these annual VEQ events!

- Spring Happy Hour – March
- Annual General Meeting – May
- Newcomers Walking Tour – June
- Fall Fest – September
- Holiday Happy Hour – December
- Community Christmas Hamper campaign – December





# Study in English in Québec City

**Check out our degree programs largely taught in English:**

- Bachelor of Business Administration
- Bachelor of Teaching English as a Second Language
- BA in English Literature and Linguistics
- MBA Global Business
- MA in English Literature



**Want to improve  
your French or learn  
a new language?**

Université Laval's École  
de Langues offers courses  
in a dozen languages.

**418 656-2764  
1 877 893-7444**

**[ulaval.ca/study-in-english](http://ulaval.ca/study-in-english)**



Ville de Québec



# **CEGEP CHAMPLAIN ST. LAWRENCE OPENS THE WORLD TO YOU**

*The only public English Cegep in Québec City*







# Community Index

<b>COMMUNITY GROUPS .....</b>	<b>17</b>
Cultural .....	17
Educational .....	18
Recreational .....	18
Community Development.....	21
<b>EDUCATION.....</b>	<b>22</b>
Elementary .....	22
Secondary.....	26
CEGEP.....	28
University .....	28
Adult Education and Vocational Training.....	30
School Board .....	30
<b>EMPLOYMENT AND ENTREPRENEURSHIP SUPPORT .....</b>	<b>30</b>
<b>GOVERNMENT.....</b>	<b>33</b>
<b>HEALTH AND SOCIAL SERVICES .....</b>	<b>37</b>
Hospitals / Nursing Homes.....	38
<b>MEDIA.....</b>	<b>39</b>
<b>RELIGIOUS ORGANIZATIONS .....</b>	<b>40</b>
Anglican .....	40
Baptist.....	41
Catholic .....	41
Judaism.....	41
Pentecostal.....	42
Presbyterian .....	42
Scientology.....	42
United.....	42
Other.....	43
<b>VOLUNTEERING .....</b>	<b>43</b>

\*For more information on services not listed, please call VEQ at 418-683-2366



## **VEQ is proud of the vitality and dynamism of the small yet active English-speaking community in the region.**

We believe that institutions are the lifeblood of our community. We promote and defend their interests by encouraging volunteerism and leading activism. Our schools, hospital, social service centre, seniors homes and media outlets are the expressions of a healthy and caring community.

### **Notes**

---

---

---

---

---

---

---

---

---

---





## COMMUNITY GROUPS

### Cultural

#### **The 78th Fraser Highlanders 418-848-0745**

Fort St. Andrew's Garrison  
106, rue Sainte-Anne  
Québec (Québec) G1R 3X8  
78thfraser@gmail.com  
www.78thfraser.ca  
Contact: Major Alan Stairs

#### **Amnesty International 418-656-6921 ext. 453**

c/o Champlain St. Lawrence  
790, avenue Nérée-Tremblay  
Québec (Québec) G1V 4K2  
fmartin@slc.qc.ca

A worldwide movement dedicated to raising awareness of human rights issues and pressuring governments to respect the human rights of their citizens.

#### **Irish Heritage Quebec 418-704-3404**

1145, De Salaberry  
Québec (Québec) G1R 2V7  
newsihq@videotron.ca  
www.irishheritagequebec.net

Irish Heritage Quebec is an historical society for the study and promotion of the history, heritage and genealogy of the Irish community of Quebec. Membership inquiries welcome.

#### **Festival Celtique de Québec 418-692-6079**

44, chaussée des Écossais  
Québec (Québec) G1R 4H3  
info@festivalceltique.com  
www.festivalceltique.com

Every year, in September, the Quebec City Celtic Festival's mission is to introduce Quebecers to their celtic roots and to celebrate the culture of the ancient Celts, especially those from Brittany, Ireland and Scotland.

#### **Morrin Centre 418-694-9147**

44, chaussée des Écossais  
Québec (Québec) G1R 4H3  
info@morrin.org  
www.morrin.org

An English-language cultural centre located in the heart of Old Quebec offering guided tours, cultural events, library services, room rentals and much more.

**Ad p. 18**

#### **Quebec Art Company**

C.P. 8669, succursale Sainte-Foy  
Québec (Québec) G1V 4N6  
www.quebecartcompany.com

English-language community theatre group in Quebec City presenting popular plays and musicals.

**Ad p. 19**

#### **Shannon Irish Dancers 418-844-2162**

75, Gosford Road  
Shannon (Québec) G0A 4N0  
shannondancers@hotmail.com

Come learn the traditional dances of Ireland. Irish dance classes for boys and girls ages 5 to adult at all levels. Performing groups available for weddings, parties, and community events.



## Educational

### **A.P.P.E.A.L.** **418-659-7616**

1000, avenue Joli-Bois  
Québec (Québec) G1V 3Z6  
info@appealquebec.org  
www.appealquebec.org

Social, recreational activities in English with francophones. Bilingual activities and happy hours for anglophones and francophones. English conversation workshops.

### **Lifelong Learning Quebec** **418-681-1258**

3005, rue William Stuart (room 201)  
Québec (Québec) G1W 1V4  
info@lifelonglearningquebec.org  
www.lifelonglearningquebec.org

English-language learning opportunities for mature learners (50+); emphasis on idea exchange, peer learning, and inclusive participation. **Ad p. 19**

### **Literary and Historical Society of Québec** **418-694-9147**

(See listing under Morrin Centre p. 17)

### **Quebec City Reading Council, Adult and Family Literacy Resource Centre** **418-681-1258**

3005, rue William Stuart (room 202)  
Québec (Québec) G1W 1V4  
info@qrcr.org  
www.qrcr.org

Promotes and supports life-long learning through a variety of literacy services for English-speaking adults and families. **Ad p. 19**

### **Toastmasters Quest Club** **418-573-1767**

[www.toastmasters-quebec.com/quest.htm](http://www.toastmasters-quebec.com/quest.htm)

Every Friday morning at 6:55 a.m. at Pacini Restaurant, Place Quatre-Bourgeois, Québec (Québec) G1W 4S6

## Recreational

### **Betty's Quilters** **418-844-3578**

Meet Monday mornings from 9:00 a.m. to 3:00 p.m. at the St. Gabriel-de-Valcartier Community Centre. If you enjoy quilting and want to share your passion with other quilters, please join us. For more information call Bev.

C



**morrin**

# WHERE THE PAST IS PRESENT

CULTURAL CENTRE • ENGLISH LIBRARY • RENTAL VENUES  
GUIDED TOURS • SPECIAL EVENTS • KIDS' ACTIVITIES

44 CHAUSSEE DES ÉCOSSAIS • QUEBEC CITY • G1R 4H3 • 418-694-9147 • WWW.MORRIN.ORG



**Jacques Cartier Curling Club 418-683-4431**

1015, boulevard René-Lévesque Ouest  
 Québec (Québec) G1S 1T7

The Curling Club Jacques-Cartier has a renowned reputation for the warm hospitality that its members have always been able to offer those who come to visit.



**THE QUEBEC ART COMPANY**  
*Community Theatre  
 in Quebec City*

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

C



**LIFELONG LEARNING QUEBEC**

[info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org)

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

**418-681-1258**

Offers opportunities for growth and intellectual stimulation for mature learners (seniors). LLL places an emphasis on idea exchange, peer learning, and inclusive participation.



**Quebec City Reading Council**  
 Adult and Family Literacy  
 Resource Centre

**One-on-one free classes for adults working to improve reading, writing and computer skills.**

**Plus:** Essential Skills for the workplace  
 Family Programmes  
 Lifelong Learning for seniors

All classes are given in English.  
 Learners are welcome to register at any time of the year.

**Volunteers always needed.**

**(418) 681 1258**

[info@qcrc.org](mailto:info@qcrc.org)

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



### **National Battlefields**

#### **Commission 418-649-6157**

Discovery Pavilion of the Plains of Abraham  
835, Wilfrid-Laurier Avenue, level 0  
Quebec City (Québec) G1R 2L3  
information@ccbn-nbc.gc.ca  
www.theplainsofabraham.ca

Discover, in the heart of Quebec City, the splendor of one of Canada's most important historic parks with four million visitors annually. Plenty of activities designed for both children and adults are offered year 'round.

#### **Quebec City Women's Club 418-844-1840**

In existence since 1937, this group has an active monthly social program planned around interests put forward by its members. The club also holds a used book sale annually on the last Saturday of October to fund bursaries for women seeking higher education. All adult women are welcome and will find a relaxed and friendly atmosphere.

### **Scouts Canada**

**418-261-6309**

St. Vincent Scouts  
www.qc.scouts.ca

Helps girls and boys become community-minded and patriotic citizens. Beaver Colony, Cub Pack, Scout Troop, Venturer and Rover levels. Call Mario for more information.

#### **Shannon Senior Citizens 418-844-2131**

75, Gosford Road  
Shannon (Québec) G0A 4N0

Provides social and recreational interaction for local senior citizens. Meet at Shannon Community Centre every Thursday. For more information contact Shirley Kiley.

#### **Stoneham Fifty Plus Club 418-848-2008**

Meets at 325, chemin du Hibou  
Stoneham (Québec) G3C 1R8

An organization providing social interaction and recreational activities for primarily English-speaking citizens over 50 years of age. Meets Wednesdays at 1:00 p.m. For information call Audrey Smith.

C

## **Community Services**

- Confidential
- Multilingual services with a personal touch;
- 7 days a week:

Monday to Friday from 8 a.m. to 9 p.m. and weekends from 8 a.m. to 6 p.m.

[www.211quebecregions.ca](http://www.211quebecregions.ca)



**Valcartier Golden Age Group 418-844-1218**

c/o 21, Rourke Avenue  
St-Gabriel-de-Valcartier (Québec) G0A 4S0

Activities for senior citizens of the Valcartier community. The group meets every Wednesday from 6:30 p.m. to 10:00 p.m. Please call for more information.

**Community Development****211 Community Services Dial 211**

245, rue Soumande, suite 285  
Québec (Québec) G1M 3H6  
www.211quebecregions.ca

Call toll-free 7 days/week: Monday to Friday  
8:00 a.m. to 9:00 p.m., Saturday/Sunday  
8:00 a.m. to 6:00 p.m.

**Ad p. 20****Citadel Foundation 418-684-2262**

1270, chemin Sainte-Foy, suite 2000  
Québec (Québec) G1S 2M4  
Fax: 418-684-2290  
kpoulin@foundations-office.org

The Citadel Foundation is a community organization that provides financial assistance

and support to organizations working primarily with English speakers living in the Greater Quebec region.

**Ad p. 22****Megantic English-speaking Community Development Corporation 418-332-3851**

906, rue Mooney Ouest  
Thetford Mines (Québec) G6G 6H2  
Fax: 418-332-3153  
mcdc@bellnet.ca  
www.mcdc.info

Our mission is to serve the English-speaking community of Chaudière-Appalaches and L'Érable. We provide volunteer services, organize social and community activities and facilitate access to health services in English.

**Ad p. 21****Ste-Foy Rotary Club 418-928-9889**

info@rotary-ste-foy.org  
www.rotary-ste-foy.org

ROTARY is an organization of business and professional leaders united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

**C****Megantic English-speaking Community Development Corporation**

Serving the English-speaking community of Chaudière-Appalaches and L'Érable. Providing volunteer services, social and community activities and facilitating access to health services in English.

906, rue Mooney Ouest Thetford Mines, QC, G6G 6H2 / mcdc@bellnet.ca / www.mcdc.info



# CITADEL

foundation

*Honouring the past  
Building for the future*

Tel 418 684-2262

A donation to Citadel Foundation is a direct investment in your community.

## **VEQ Foundation**

**418-683-2366**

1270, chemin Ste-Foy, suite 2141  
Québec (Québec) G1S 2M4

Strengthening community solidarity through:  
Newcomers' support and counseling, youth  
leadership training, seniors' transportation  
support and volunteerism promotion.  
Call us for more information.  
Every donation counts.

**Ad p. 23**

## **Voice of English-speaking Québec (VEQ)**

**418-683-2366**

1270, chemin Sainte-Foy, suite 2141  
Québec (Québec) G1S 2M4  
Fax: 418-688-3273  
info@veq.ca www.veq.ca

VEQ promotes the vitality of our community  
by welcoming newcomers, encouraging  
leadership, supporting institutional excellence  
and contributing to the development  
of the wider Quebec City community. **Ad p. 9**



## **EDUCATION**

### **Elementary Schools**

#### **Dollard-des-Ormeaux School**

**418-844-1457**

18, rue Ladas  
Courcelette (Québec) G0A 1R1  
www.cqsb.qc.ca/ddo

Our mission is to establish a student-centered  
environment that encourages our students  
to attain their fullest potential and acquire  
the necessary skills to become well-rounded  
individuals and literate in the English language.





***Give a lasting gift to your community!***  
***Every donation counts, charitable tax receipts available.***



# Fondation VEQ Foundation

Strengthening community solidarity through a variety of activities,  
including:

**Newcomers' Support and Counseling**  
**Youth Leadership Training**  
**Seniors' Transportation Support**  
**Volunteerism Promotion**

For more information or to donate  
call 418-683-2366 or email [info@veq.ca](mailto:info@veq.ca)



COMMISSION SCOLAIRE CENTRAL QUÉBEC  
CENTRAL QUÉBEC SCHOOL BOARD

## ENGLISH PUBLIC SCHOOLS



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

To find out if your child is eligible for English Public Education, contact the CQSB school located in your area.



**Student Success** is the driving force behind Central Québec School Board. We are active participants in shaping citizens of tomorrow and providing them with many opportunities to learn and practice life-long virtues.. Our schools/centre offer programs geared specifically to student success: Balanced Literacy, Student Leadership, Arts, Sports, Languages, etc. Our unprecedented student success rate is the direct result of a combination of sound and informed decision-making by our elected officials, knowledgeable principals, management staff, committed teachers, professionals and support staff along with vital parent involvement. This combination is pivotal in creating a vibrant school life and an ideal learning environment. The sense of belonging, school spirit and pride are omnipresent, your child will graduate with a high level of fluency in French and English.



**Everest Elementary School 418-688-8229**

2280, rue Laverdière  
 Québec (Québec) G1P 2T3  
[www.cqsb.qc.ca/everest](http://www.cqsb.qc.ca/everest)

Everest Elementary School promotes success by providing students with an enriching, stimulating, safe and structured community. Our school encourages students, staff and families to climb to new heights together.

**Holland Elementary School 418-681-7705**

940, avenue Ernest Gagnon  
 Québec (Québec) G1S 3R2  
[www.cqsb.qc.ca/hes](http://www.cqsb.qc.ca/hes)

Holland School's Vision: I Learn, I care for others, I am responsible. Together we share a joy of learning. We believe in curiosity, autonomy, imagination, and success for all.

**Jimmy Sandy Memorial School 418-585-3811**

C.P. 5152  
 Kawawachikamach (Québec) G0G 2Z0  
[www.cqsb.qc.ca/jsms/](http://www.cqsb.qc.ca/jsms/)

From pre-kindergarten to grade two the language of instruction is Naskapi. Instructions in the English language begin in grade three and continue through to secondary 5.

**La Tuque High School 819-523-2515**

531, rue St-Maurice  
 La Tuque (Québec) G9X 3E9  
[www.cqsb.qc.ca/lths](http://www.cqsb.qc.ca/lths)

Our mission is to help students become contributing members of society by creating a learning environment that promotes citizenship, literacy and facilitates their educational aspirations.

**MacLean Memorial School 418-748-2038**

159, 5e Avenue  
 Chibougamau (Québec) G8P 2E6  
[www.cqsb.qc.ca/mms/](http://www.cqsb.qc.ca/mms/)

Our vision is captured in the words found on our crest: Motivation, Achievement and Unity. Our mission is to provide an English education fostering cultural and community bridges to lifelong learning.

**Mauricie English Elementary School 819-376-7676**

1241, rue Nicolas-Perrot  
 Trois-Rivières (Québec) G9A 1C2  
[www.cqsb.qc.ca/mees](http://www.cqsb.qc.ca/mees)

We encourage success through a supportive partnership among our school staff, parents and community. MEES fosters self-esteem, respect and a sense of responsibility in addition to academic success.

**Portneuf Elementary School 418-285-2313**

35, rue Richard  
 Cap-Santé (Québec) G0A 1L0  
[www.cqsb.qc.ca/pes](http://www.cqsb.qc.ca/pes)

We offer support, which helps every student to learn and grow. We believe in motivation as a taste/desire to learn, in harmony, which is needed to create a safe and happy environment.

**Riverside Regional Elementary School 418-548-8296**

1782, rue Neilson  
 Jonquière (Québec) G7S 3A2  
[www.cqsb.qc.ca/rre/](http://www.cqsb.qc.ca/rre/)



High academic achievement is one of our main preoccupations; however, we are equally devoted to providing a safe and caring environment where respect and personal growth are in the forefront.

**Shawinigan High School 819-536-2116**

1125, avenue des Cèdres  
Shawinigan (Québec) G9N 1P7  
www.cqsb.qc.ca/shs

We, the Shawinigan High School community, are committed to academic excellence. We believe the student will attain academic excellence, the achievement of one's personal best, through patience, perseverance, and participation.

**St. Patrick Elementary School 418-335-2241**

919, rue Mooney Ouest  
Thetford Mines (Québec) G6G 6H3

Our mission is to provide a quality English education for all students. We strive to instill in them the importance of respecting themselves, others, their school and the learning process.

**St. Vincent School 418-652-2106**

995, avenue Wolfe  
Québec (Québec) G1V 3J9  
www.cqsb.qc.ca/svs

We are an English elementary school whose mission is to provide our students with an education of superior quality, one that will maximize each student's potential; academically, socially and personally.

**Ste-Foy Elementary School 418-651-4396**

1240, rue Julien-Green  
Québec (Québec) G1W 3M1  
www.cqsb.qc.ca/sfs

Ste-Foy Elementary School is a safe, caring and respectful place where each child's learning and social skills will grow.

**Valcartier Elementary School 418-844-2233**

1748, boulevard Valcartier  
St-Gabriel-de-Valcartier (Québec) G0A 4S0  
www.cqsb.qc.ca/vs

Students, parents, teachers and support staff are ALL part of the teaching and learning TEAM to provide top quality education, in a safe and caring environment.

## Secondary Schools

**A.S. Johnson Memorial School 418-335-5366**

919, rue Mooney Ouest  
Thetford Mines (Québec) G6G 6H3

Our mission is to provide a quality English education for all students. We strive to instill in them the importance of respecting themselves, others, their school and the learning process.

**Dollard-des-Ormeaux School 418-844-1457**

18, rue Ladas  
Courcellette (Québec) G0A 1R1  
www.cqsb.qc.ca/ddo

Please see page 22 for complete school information.



**Jimmy Sandy  
Memorial School** **418-585-3811**

C.P. 5152  
Kawawachikamach (Québec) G0G 2Z0  
www.cqsb.qc.ca/jsms/

Please see page 25 for complete school information.

**La Tuque High School** **819-523-2515**

531, rue St-Maurice  
La Tuque (Québec) G9X 3E9  
www.cqsb.qc.ca/lths

Please see page 25 for complete school information.

**MacLean  
Memorial School** **418-748-2038**

159, 5e Avenue  
Chibougamau (Québec) G8P 2E6  
www.cqsb.qc.ca/mms/

Please see page 25 for complete school information.

**Québec High School** **418-683-1953**

945, avenue Belvédère  
Québec (Québec) G1S 3G2  
www.cqsb.qc.ca/qhs

At Quebec High School we provide you with a welcoming, inclusive and safe multicultural environment in which the focus is on academic success and personal development.

**Riverside Regional  
High School** **418-548-3181**

1770, rue Joule  
Jonquière (Québec) G7S 3B1  
www.cqsb.qc.ca/rrs

Please see page 25 for complete school information.

**Shawinigan High School** **819-536-2116**

1125, avenue des Cèdres  
Shawinigan (Québec) G9N 1P7  
www.cqsb.qc.ca/shs

Please see page 26 for complete school information.

**St. Patrick's  
High School** **418-525-8421**

75, rue Maisonneuve  
Québec (Québec) G1R 2C4  
www.cqsb.qc.ca/spqc

The staff strongly believes in three general priorities when conducting its educational mission; Academics, Social, Values to encourage students to develop their spiritual potential respecting personal faiths and/or ethical convictions.

**Three Rivers Academy** **819-375-2332**

1875, rue Nicolas-Perrot  
Trois-Rivières (Québec) G9A 1C5

We strive to help our students to acquire competent social, communication, critical thinking and problem-solving skills to equip them for further education and entry into society.



## CEGEP

### CEGEP

#### **Champlain – St. Lawrence 418-656-6921**

790, avenue Nérée-Tremblay  
Québec (Québec) G1V 4K2  
slccegep@slc.qc.ca  
www.slc.qc.ca

Offers post-secondary education to students on a full-time or part-time basis. Our library is open to the public. Do your children want to learn English? Inquire about our Summer English Basketball Camp for young athletes aged 8 – 16.

**Ad p. 14**

#### **Collège O'Sullivan de Québec**

**418-529-3355**

840, rue Saint-Jean  
Québec (Québec) G1R 1R3  
info@osullivan-quebec.qc.ca  
www.osullivan-quebec.qc.ca

Offering since 1942, body programs of study oriented toward the needs and conditions of the current labour market. Bilingual programs can be completed as an adequate preparation towards integration into the workforce or higher education.

**Ad p. 29**

## University

#### **Université Laval 418-656-2764**

www.ulaval.ca/future-students

Université Laval (UL) is among the largest universities in Canada. By choosing UL, you're opting for an intellectually stimulating campus in beautiful Québec City!

**Ad p. 13**

#### **Faculté des sciences de l'administration (FSA ULaval) 418-656-2180**

Pavillon Palasis-Prince  
www.fsa.ulaval.ca

With world-class programs, more than 100 professors, and seasoned researchers, FSA ULaval brings performance, ethics and sustainable development together to move the business world forward. At FSA ULaval, you can pursue your studies in English at the BBA or MBA levels while you enjoy a vibrant setting in an exciting Francophone city.

#### **Faculté des lettres et des sciences humaines 418-656-7770**

Pavillon Charles-De Koninck  
www.flsh.ulaval.ca

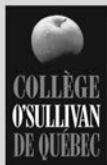
The Faculté des lettres et des sciences humaines offers more than 100 programs, including four in English: BA in English Literature and Linguistics, MA in English Literature, PhD in English Literature, as well as a Bachelor of Teaching English as a Second Language (TESL).

#### **École de langues de l'Université Laval (ÉLUL) 418-656-2321**

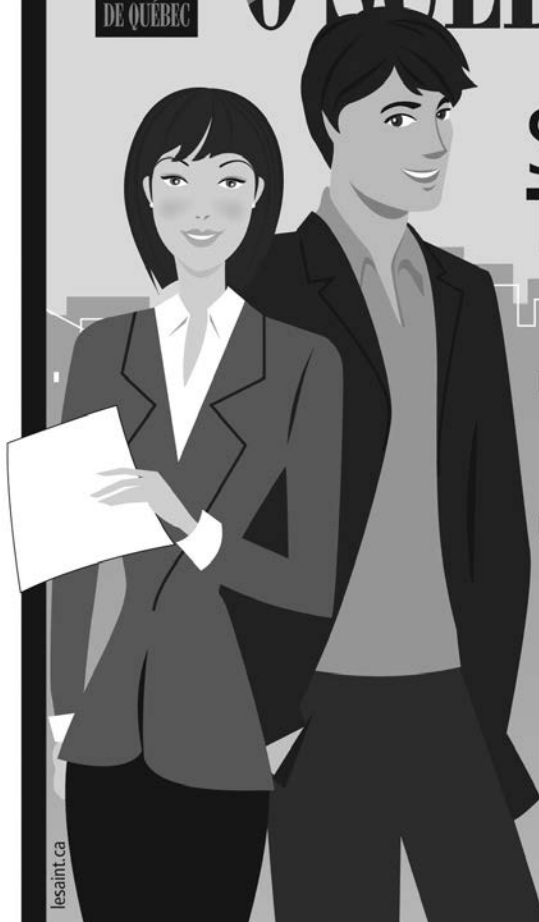
Pavillon Charles-De Koninck  
www.elul.ulaval.ca

ÉLUL offers a wide variety of courses for learning or improving skills in a dozen different languages. There's something for everyone, whatever the motivation. French language programs are available at the beginner, intermediate and advanced levels. Courses are also taught in Arabic, Chinese, English, German, Italian, Japanese, Portuguese, Spanish, Latin and Russian. Day, evening or online classes are offered.





# O'SULLIVAN



## SIGN UP TODAY!

- ▶ **DEC 412.A0**  
Office System Technology  
(Office Work Coordination)  
**Bilingual**
- ▶ **DEC 574.B0**  
3D Animation and  
Computer-Generated Imagery  
**Bilingual**

840, rue Saint-Jean  
Québec G1R 1R3  
**418 529-3355**

[osullivan-quebec.qc.ca](http://osullivan-quebec.qc.ca)



## Adult Education and Vocational Education

### **Eastern Québec Learning Centre**

**418-654-0537**

3005, rue William Stuart  
Québec (Québec) G1W 1V4  
www.easternquebec.ca

At EQLC you will find an authentic environment where courses are given mostly in English. For all your educational needs, make us part of your plan to Learn it! Do it!

**Ad p. 31**

## School Board

### **Central Québec School Board** 418-688-8730

2046, chemin Saint-Louis  
Québec (Québec) G1T 1P4  
Fax: 418-682-5891  
Toll free: 1-800-249-5573  
cqsb@cqsb.qc.ca  
www.cqsb.qc.ca

“LEARNING FOR ALL”. We believe that learning is a lifelong process; that there is richness in diversity; that all individuals have the potential to improve. Students must always be placed as the priority.

**Ad p. 24**



## EMPLOYMENT AND ENTREPRENEURSHIP SUPPORT

### **CEDEC**

**1-888-641-9912**

info@cedec.ca www.cedec.ca

Twitter @CEDEC\_QC

Facebook CEDEC.QC | CEDEC SBSN

CEDEC is a leading partner and driving force for community economic development and employability.

**Ad p. 32**

### **Emploi-Québec**

**1-877-767-8773**

Ministère de l'Emploi et de la Solidarité sociale  
See website for complete list of service outlets.  
www.emploi.quebec.gouv.qc.ca/en/home

Offers advice and the means to reach your employment goals.

### **FORT Program - Valcartier**

#### **Family Center (VFC)**

**418-844-6060**

Building 93, P.O. Box 1000, Station Forces  
Courcellette (Québec) G0A 4Z0  
Sainte-Foy Location 418-649-6505  
1039, avenue Wolfe  
Québec (Québec) G1V 3J9  
info@crfmv.com  
www.crfmv.com

Free career or vocational counselling.  
Job postings and information on opportunities for English speakers. Bilingual resource centre and assistance. Free access to Internet and office equipment.

**Ad p. 76**





**YES (Youth Employment Services)****514-878-9788**

1-888-614-9788

700-666 Sherbrooke Street West  
Montreal (Québec) H3A 1E7

Fax: 514-878-9950

info@yesmontreal.ca

www.yesmontreal.ca

As a not-for-profit organization, YES Montreal (Youth Employment Services) provides English-language support services to help Quebecers find employment and start businesses.

**Ad p. 32**


**Consider the options  
Adult and Vocational  
Education have  
to offer!**



**Eastern  
Québec**

CENTRE DE FORMATION  
LEARNING CENTRE

**Learn it! Do it!  
Ici, maintenant!**

**418 654-0537**

easternquebec.ca





**SBSN: Become a member today!**

**CEDEC Small Business Support Network offers:**

- Practical training (workshops and webinars)
- Networking opportunities
- Personalized business services

**www.cedec.ca | sbsn@cedec.ca | 1 888 641-9912**



CEDEC is funded by the Enabling Fund for Official Language Minority Communities and by the Government of Canada.

**YES**

**ENTREPRENEURSHIP  
SERVICES ONLINE**

Looking to launch your business? Need sales and marketing advice? Have questions about financing options and resources?

**We offer:**

- ▶ Over 50 online workshops on starting & growing your business
- ▶ Online business coaching
- ▶ Legal & accounting information clinics
- ▶ Access to grants & loans
- ▶ and **so much more...**



**www.yesmontreal.ca**

1-888-614-9788 | 514-878-9788

**YES**

YES is a not-for-profit organization

Funded by:



**Canada Economic  
Development**  
for Quebec Regions

**Développement  
économique Canada**  
pour les régions du Québec

Successful futures start with





## GOVERNMENT

### **Denis Blanchette** 418-648-3244

Member of Parliament for Louis-Hébert  
 2360, chemin Ste-Foy, office 380  
 Québec (Québec) G1V 4H2  
 Fax: 418-648-3260  
 denis.blanchette@parl.gc.ca  
 www.denisblanchette.npd.ca

**Ad p. 33**

### **Gérard Deltell,** **Député de Chauveau** 418-842-3330

Adresse de circonscription  
 359, rue Racine  
 Québec (Québec) G2B 1E9  
 gdeltell-chau@assnat.qc.ca

**Ad p. 34**

### **Municipality of Saint-** **Gabriel-de-Valcartier** 418-844-1218

1743, boulevard Valcartier  
 Saint-Gabriel-de-Valcartier (Québec) G0A 4S0  
 Fax: 418-844-3030  
 admin@munsgdv.ca  
 www.saint-gabriel-de-valcartier.ca

**Ad p. 34**

### **Denis Blanchette** Member of Parliament for Louis-Hébert

Constituency Office  
 2360, chemin Ste-Foy, office 380  
 Québec, QC G1V 4H2  
 Tel : 418-648-3244  
 Fax : 418-648-3260  
 denis.blanchette@parl.gc.ca



[www.denisblanchette.npd.ca](http://www.denisblanchette.npd.ca)

**Municipality of Shannon 418-844-3778**

50, rue Saint Patrick  
Shannon (Québec) G0A 4N0  
municipalite@shannon.ca  
www.shannon.ca

The Municipality of Shannon is situated along the banks of the magnificent Jacques-Cartier River, approximately 25 km north of the St. Lawrence River and Quebec City.  
Forever Shannon Pour la Vie.

**Ad p. 35**



## GÉRARD DELTELL

Député de Chauveau



ASSEMBLÉE NATIONALE

QUÉBEC

Adresse de circonscription  
359, rue Racine

Québec (Québec) G2B 1E9

Tél: 418-842-3330

gdeltell-chau@assnat.qc.ca

G



SAINT-GABRIEL  
-DE-  
VALCARTIER

## Saint-Gabriel-de-Valcartier

*"Together in the Heart of Nature"*

Located north of the Quebec Urban Community, the Municipality of Saint-Gabriel-de-Valcartier is approximately 25 kilometers from the center of Quebec City. The inhabited areas are located mainly along route 371 and along the Jacques Cartier River. Saint-Gabriel-de-Valcartier is a small village in the foothills of the magnificent Laurentian Mountains and has always been known for the courage, the good will and the determination of its

inhabitants. The main characteristics of Saint-Gabriel-de-Valcartier are: its family spirit, its harmonious living between English speaking and French speaking people who belong to four different churches, the cooperation of all its residents and the highly developed community spirit.

The main economic activities include the poultry industry, a recreational tourist center Village Vacances Valcartier, and the economy is greatly influenced by the presence of the Valcartier military base.

The Municipality of Saint-Gabriel-de-Valcartier offers a program of activities geared towards a diversified clientele; children, teens, young adults, adults and seniors. In addition there is a municipal library, courses and workshops and a variety of popular family activities. The Municipality's main objective is to offer a quality program of activities and to continue building a vibrant bilingual community with focus on children, family, seniors and their needs.



**National Battlefields  
Commission**

**418-649-6157**

**(See listing p. 20)**

**Ville de Québec**

**418-641-6010**

Hôtel de Ville (*City Hall*)

2, rue des Jardins

C. P. 700, succursale Haute-Ville

Québec (Québec) G1R 4S9

renseignements@ville.quebec.qc.ca

www.ville.quebec.qc.ca

**Ad p. 36**



**SHANNON WELCOMES YOU**

Nestled along the banks of the majestic Jacques-Cartier River, only 25 km from Quebec City, we are home to the Shannon Irish Dancers and Rovers. A tightly knit community of Irish and French descendants, we put great emphasis on healthy family living. If you like to snowshoe, ski, skate, slide or just walk, Shannon is a great place to do all that and more. Every winter, our lighted skating path, cross-country ski and snowshoe trails draw crowds from far and wide. We host an annual **Winterfest and Summerfest**, which are fun-filled weekends with various family oriented activities. In summer, our children's playground is very popular with our new water park and play area. Come rollerblade or relax in the shade while the kids are playing. These activities are all free of charge.

We also have a great bicycle path that stretches from Quebec City to Rivière-à-Pierre with panoramic views that are breathtaking. Our beautiful river has its own special charm and we built a park on both sides of the river for people to relax and enjoy. You may also launch your kayak or boat and go fishing.

Located next to Base Valcartier, Shannon has everything you need without driving to the city: grocery store, Tim Horton's, butcher, sushi shop, gas stations, pharmacy, hair salons, massage/spa treatments as well as physiotherapy, chiropractor, acupuncture and medical services. If you enjoy reading, you will enjoy our bilingual library services with activities organized for children. There are also two schools on Base Valcartier where you may send your children to French or English school.

**SHANNON...Come and see for yourself.....you won't be disappointed!**

**[www.shannon.ca](http://www.shannon.ca)**

***Forever Shannon Pour la Vie***



## **DIRECTORY**

### **Emergencies**

Police : **9-1-1**

Fire : **9-1-1**

Info Health : **8-1-1**

--

### **City Hall General Information**

**418 641-6010**

2, rue des Jardins

C. P. 700, succ. Haute-Ville

Québec (Québec) G1R 4S9

renseignements@ville.quebec.qc.ca

--

## **CUSTOMER SERVICE AND PUBLIC WORKS**

### **Boroughs**

Beauport

**418 641-6005**

Charlesbourg

**418 641-6004**

La Cité-Limoilou

**418 641-6001**

La Haute-Saint-Charles

**418 641-6007**

Sainte-Foy-Sillery-Cap-Rouge

**418 641-6003**

Les Rivières

**418 641-6002**

### **Québec City Tourism**

**418 641-6290**

or toll free **1 877-783-1608**

info@quebecregion.com

www.quebecregion.com

### **Public Transportation**

Réseau de transport  
de la Capitale (RTC)

**418 627-2511**

www.rtcquebec.ca

### **Library of Québec**

**418 641-6789**

### **Municipal Court**

**418 641-6179**

### **Watering Information**

**418 641-6006** (automated line)

### **Snow Removal Operations and Towing Information**

**418 641-6666** (automated line)



VILLE DE  
**QUÉBEC**  
ville.quebec.qc.ca





## HEALTH AND SOCIAL SERVICES

### **AA Alcoholics Anonymous 418-704-2278**

Meetings in English in Quebec City

Tuesday 8:00 p.m. at the Kirk Hall  
45, Chaussee des Ecosais

Thursday 8:00 p.m. at St. Michael's  
1800, Chemin St-Louis, Sillery

### **Ami Québec 1-877-303-0264**

info@amiquebec.org  
www.amiquebec.org

A non-profit, community based organization dedicated to helping family members, including ill relatives. Acquire the skills and confidence needed to cope with the impact of mental illness.

### **Community Health and Social Services Network 418-684-2289**

1270, chemin Sainte-Foy, suite 2106  
Québec (Québec) G1S 2M4  
chssn@sympatico.ca or jjohnson@chssn.org

CHSSN supports English-speaking communities across Quebec in their efforts to improve access to health and social services in English.

### **Fraser Recovery Program 418-527-5858**

1270, chemin Sainte-Foy, suite 1124  
Québec (Québec ) G1S 2M4  
frp.quebec@gmail.com

Non-profit organization providing individual assessment and counselling, twice-weekly support meetings and 24-hour help line for member support. Camping program also available weekends, holidays, summer.

### **Jeffery Hale Community Services 418-684-5333**

1270, chemin Sainte-Foy, suite 1124  
Québec (Québec) G1S 2M4  
www.jhsb.ca

Provides a variety of CLSC-type health and social services to promote the health and well-being of the English-speaking community. Psychosocial and mental health services. Family, child and youth services. Senior and homecare services.

### **Ad inside front cover, back cover and page 104**

## \* FIRST AID INCLUDES MENTAL HEALTH

Join the network of 1,000  
instructors who have provided  
mental health first aid training to  
85,000 Canadians.

www.mentalhealthfirstaid.ca  
mhfa@mentalhealthcommission.ca  
1-866-989-3985



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

**Mental Health  
First Aid CANADA**



## Jeffery Hale

**Friends' Foundation** 418-684-2260 or  
**418-684-5333 ext. 1655**

1270, chemin Sainte-Foy, suite 2000  
Québec (Québec) G1S 2M4  
Gail Quinn, Director

The mission of the Jeffery Hale Friends' Foundation is to raise money to support the Jeffery Hale in its quest to provide quality health and social services to all its residents and clients, in a safe and caring setting.

## **La Leche League** 418-653-8849

About Breast Feeding

Telephone help from an English-speaking leader. Call Cynthia. Mother-to-mother support at monthly meetings in French.

## **Mental Health Commission of Canada** 1-866-989-3985

438-820-5103  
www.mhfa.ca and/or  
mhfa@mentalhealthcommission.ca

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Join over 85,000 Canadians who have taken the MHFA course. **Ad p. 37**

## **Saint Brigid's Guild (1968)** 418-681-4687 or 418-681-3376

1645, chemin Saint-Louis  
Québec (Québec) G1S 4M3

Volunteers serving residents at St. Brigid's Home. "The caring group". Meeting 2:00 p.m. last Monday of the month.

## Hospitals / Nursing Homes

For information about a hospital's specialties or for a referral to a specialist, please ask your family doctor or call Jeffery Hale Community Services at 418-684-5333.

### **Centre hospitalier affilié universitaire de Québec**

**Hôpital de l'Enfant-Jésus** 418-649-0252  
1401, 18e rue  
Québec (Québec) G1J 1Z4

**Hôpital du Saint-Sacrement** 418-682-7511  
1050, chemin Sainte-Foy  
Québec (Québec) G1S 4L8

### **Centre de santé et services sociaux de Québec Nord** 418-842-3651

Centre hospitalier  
Chauveau  
Clinique Externe et Urgence  
11999, rue de L'Hôpital  
Loretteville (Québec) G2A 2T7

### **Centre de santé et services sociaux du Grand Littoral** 418-380-8993

Centre Paul-Gilbert  
9330, boulevard du Centre-Hospitalier  
Charny (Québec) G6X 1L6

### **Centre hospitalier universitaire de Québec** 418-525-4444

Centre hospitalier de l'Université  
Laval (CHUL)  
2705, boulevard Laurier  
Québec (Québec) G1V 2L9





L'Hôtel-Dieu de Québec  
11, côte du Palais  
Québec (Québec) G1R 2J6

Hôpital St-François-d'Assise  
10, rue de l'Espinau  
Québec (Québec) G1L 3L5

**Hôpital Jeffery Hale  
Hospital** **418-684-5333**  
1250, chemin Sainte-Foy  
Québec (Québec) G1S 2M6  
www.jhsb.ca

**Ad inside front cover, back cover  
and page 104**

**Hôpital Laval** **418-656-8711**  
2725, chemin Sainte-Foy  
Québec (Québec) G1V 4G5

**Hôtel-Dieu de Lévis** **418-835-7121**  
143, rue Wolfe  
Lévis (Québec) G6V 3Z1

**Saint Brigid's Home** **418-681-4687**  
1645, chemin Saint-Louis  
Québec (Québec) G1S 4M3  
www.jhsb.ca

A publicly-funded long-term care residence  
for older adults who can no longer  
live at home.

**Ad inside front cover, back cover  
and page 104**



## MEDIA

**CBC Radio** **418-691-3620**

P.O. Box 18800  
Québec (Québec) G1K 9L4  
Studios: 888, rue Saint-Jean  
Fax: 418-691-3610

Tune into 104.7 FM in Quebec City  
and listen weekdays to:  
Quebec AM - 5:30 a.m. - 8:37 a.m.,  
quebecam@cbc.ca  
and Breakaway - 4:00 p.m. - 6:00 p.m.,  
breakaway@cbc.ca.  
Public Service Announcement line (PSA):  
418-691-3631

**Québec  
Chronicle-Telegraph** **418-650-1764**

1040, avenue Belvédère, suite 218  
Québec (Québec) G1S 3G3  
Fax: 418-650-5172  
info@qctonline.com  
www.qctonline.com

North America's Oldest Newspaper,  
since 1764. Serving the English Community  
of Quebec City. **Ad p. 46**

H  
M





## RELIGIOUS ORGANIZATIONS

### Anglican

#### Anglican Churches of Portneuf County

Canon Graham Jackson 418-842-7843  
St. John the Evangelist - Portneuf:  
Call Sylvain Laperrière: 418-286-3332  
or Mary Farnsworth: 418-286-3168

St. Bartholomew - Bourg Louis:  
Call Heather Beaumont: 418-337-7967,  
Sandy Roberge: 418-337-4943  
or Lawrence Henderson 418-285-2730

Monthly services – please call for more information.

#### Christ Church Valcartier **418-844-3527**

1729, boulevard Valcartier  
St-Gabriel-de-Valcartier (Québec) G0A 4S0

Church service 1st and 3rd Sunday of the month  
– call to confirm time. Contact Mary Johnston:  
418-844-3527 or Allan Rourke: 418-844-2793.

#### Church Society of the Diocese of Québec **418-692-3858**

[synodoffice@quebec.anglican.ca](mailto:synodoffice@quebec.anglican.ca)

Founded in 1842, the oldest missionary society  
in the Canadian Church. Helping the expansion  
and maintenance of the Church's ministry

#### Cathedral of the Holy Trinity **418-692-2193**

31, rue des Jardins  
Québec (Québec) G1R 4L6  
[www.cathedral.ca](http://www.cathedral.ca)

Christian Schreiner, Dean. Caring community of  
Anglicans and Lutherans. Quality worship and  
children's program. Sunday worship 11:00 a.m.

#### St. Michael's Anglican Church **418-527-4454**

1800, chemin St-Louis  
Québec (Québec) G1S 1H7

1st, 2nd, 3rd and 5th Sundays: Bilingual  
eucharist at 10:00 a.m. with Sunday school  
for children.

4th Sunday: Bilingual family service  
at 11:00 a.m.

### A warm welcome awaits you at Quebec Baptist Church!

Sunday Morning Service 10 a.m.    Sunday School and Nursery  
Monday Bible Study: 7:30 – 9 p.m.    Special Youth Events

70, Grande Allée Ouest, Québec (QC) G1R 2G6 ☎ 418-523-0663

[www.quebecbaptistchurch.homestead.com](http://www.quebecbaptistchurch.homestead.com)  
[quebecbaptistchurch@yahoo.ca](mailto:quebecbaptistchurch@yahoo.ca)



**St. Peter's Anglican Church 418-848-1742**

251, chemin Saint Peter's  
Stoneham (Québec) GOA 4P0

Services 2nd and 4th Sundays of each month.  
For information contact Charles Bogue.

**Trinity Anglican Church 418-692-1934**

2687, chemin des Quatre-Bourgeois  
Québec (Québec) G1V 1X3  
418-688-9847 or 418-653-7119

"A Friendly and Welcoming Church"  
1st and 3rd Sundays: Holy Communion  
at 11:30 a.m.  
2nd and 4th Sundays: Morning Prayer  
at 11:30 a.m.

**Baptist****Québec Baptist Church 418-523-0663**

70, Grande Allée Ouest  
Québec (Québec) G1R 2G6  
quebecbaptistchurch@yahoo.ca  
www.quebecbaptistchurch.homestead.com

Sunday Worship at 10:00 a.m.  
Bible study on Mondays at 7:30 p.m. **Ad p. 40**

**Truth Baptist Church  
of Québec 418-564-7984**

1735 blvd. de la Rive-Sud  
Saint Romuald (Lévis), QC G6W 5M6  
jdaahines@hotmail.com  
www.ebvq.ca

A Bible-believing church with understandable  
preaching from the Bible. We want you  
to know God better.

**Catholic****St. Gabriel's  
Catholic Church 418-844-1138**

1877, boulevard Valcartier  
St-Gabriel-de-Valcartier (Québec) GOA 4S0

Providing a bilingual mass Sunday at 9:30 a.m.  
and pastoral care.

**St. Joseph's  
Catholic Chapel 418-844-0138**

94, Saint Patrick Street  
Shannon (Québec) GOA 4N0

Sunday Mass: 9:30 a.m. Chapel available  
for other religious ceremonies.

**St. Patrick's  
Roman Catholic Church 418-524-3544**

1145, avenue de Salaberry  
Québec (Québec) G1R 2V7  
info@stpatricksquebec.com

Masses: Saturday 4:00 p.m., Sunday 10:00 a.m.,  
Mon, Tues, Wed, and Fri 11:30 a.m.  
Pastor: Father Allan Savage

**Judaism****Beth Israel Ohev Sholem  
Synagogue 418-688-3277**

1251, avenue de Mérici  
Québec (Québec) G1S 3H8

Rabbi David Lewin  
Services: Saturday at 9:30 a.m.  
Hebrew school for children: Sunday morning.  
Torah courses: Wednesday night.



## Pentecostal

### **Evangel Pentecostal Church 418-681-2001**

Office: 875, rue Père-Marquette

Québec (Québec) G1S 2A5

Mailing: C.P. 20012, Casier Postal Belvédère

Québec (Québec) G1S 4Z2

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

Office hours from 10:00 a.m. - 4:00 p.m. Tuesday to Friday. Sunday Meeting at 10:00 a.m.

at Quebec High School (945 Belvédère, Québec).

For more information call or visit our website.

## Presbyterian

### **St. Andrew's**

#### **Presbyterian Church 418-844-3755**

1827, boulevard Valcartier

St-Gabriel-de-Valcartier (Québec) G0A 4S0

Corner of boulevard Valcartier and chemin du Lac Ferré. Sunday service: 9:15 a.m.

Please call for more information.

### **St. Andrew's**

#### **Presbyterian Church 418-694-1347**

106, rue Sainte-Anne

Québec (Québec) G1R 3X8

Minister: Katherine Burgess

Worship and Sunday School: Sunday 10:30 a.m.

## Scientology

### **Eglise de Scientologie**

#### **de Québec 418-524-4615**

#### **(Church of Scientology Québec)**

665, rue St Joseph Est

Québec (Québec) G1K 1C3

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

Mon-Fri: 9:00 am to 10:30 pm.

Sat-Sun: 9:00 am to 6:30 pm.

Sunday services at 11:15 am. (in French only)

English speaking multimedia information panels (in 15 languages). A service in English is available on premises.

## United

### **Chalmers-Wesley**

#### **United Church 418-692-2640**

78, rue Sainte-Ursule

Québec (Québec) G1R 4E8

Fax: 418-692-2481

[chalmers-wesley@qc.aira.com](mailto:chalmers-wesley@qc.aira.com)

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

Worship and Sunday School at 11:15 a.m.

Choir practice Friday at 7:30 p.m.

### **St. Andrew's**

#### **United Church 418-844-2980**

1755, boulevard Valcartier

St-Gabriel-de-Valcartier (Québec) G0A 4S0

Correspondence: 1625, boulevard Valcartier,

St-Gabriel G0A 4S0. Sunday service

every second week: 9:30 a.m. Please call

for more information.



## Other

### **Baha'i Centre** **418-692-3955**

75, rue d'Auteuil  
 Québec (Québec) G1R 4C3  
 conseilbahaiqc@videotron.ca  
 www.bahai.org  
 www.ca.bahai.org

Scheduled family classes, 19 day feasts,  
 Holy-day celebrations, study circles  
 and firesides.

### **Quebec City Pastoral Care to the Sick** **418-688-8958**

1345, avenue William  
 Québec (Québec) G1S 4G2  
 dsloan@quebec.anglican.ca

Committed volunteers offering a variety of free,  
 confidential and respectful services to the sick.  
 Services are for people of all faiths as well  
 as those with no religious affiliation.



## VOLUNTEERING

### **Jeffery Hale** **Community Services** **418-684-5333**

1270, chemin Sainte-Foy, suite 1124  
 Québec (Québec) G1S 2M4  
 www.jefferyhale.org

Give a gift that lasts, become a volunteer today.  
 We offer a pleasant and safe environment,  
 an invitation to our appreciation event, and  
 a reference letter. Please contact the Volunteer  
 Coordinator at extension 1550.

### **Ad inside front cover, back cover and page 104**

### **Voice of English-speaking Québec (VEQ)** **418-683-2366**

1270, chemin Sainte-Foy, suite 2141  
 Québec (Québec) G1S 2M4  
 Fax: 418-688-3273  
 info@veq.ca  
 www.veq.ca

For more information about how you can  
 get involved in the community, please visit  
 our website, or call us for more  
 information.

**Ad p. 9**

**R**

**V**





# LA MAISON ANGLAISE BOOKSTORE

*Your choice for over 25 years.*



QUALIFIED STAFF

PERSONALIZED SEARCHES

AUTHOR EVENTS

FAMILY ACTIVITIES

COMMUNITY INVOLVEMENT

## RECOMMENDATIONS TAILORED TO YOUR NEEDS

New Releases      Classics      Youth      Bestsellers

Travel      Biographies      Murder Mysteries      Children

Romance & Erotica      Business      Cookbooks

Sci-Fi & Fantasy      Sports      History & Politics

Music & Art      Comics & Mangas      Hobbies

*Reading and learning material for all ages*



Place de la Cité, Québec  
418-654-9523

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



[www.facebook.com/LaMaisonAnglaise](https://www.facebook.com/LaMaisonAnglaise)

*Your Community... Every Week*

**CELEBRATING 250 YEARS**  
of Chronicling Our Community

North America's Oldest Newspaper - Since 1764

**Chronicle-Telegraph**

Québec







# Business Index

Acupuncture.....	49	Language Schools.....	61
Athletic Therapy.....	49	Lawyers.....	62
Bookstores.....	49	Life Coach.....	64
Building Contractor.....	50	Magazine.....	64
Burial Services.....	50	Management Training.....	65
Cemetery.....	50	Massage Therapist.....	65
Chiropractor.....	50	Mechanic.....	65
Cottage Rental/Event Centre.....	51	Moving and Storage.....	65
Dentists.....	51	Notaries.....	65
Direct Sales.....	53	Orthodontist.....	67
Exterminator.....	53	Orthotics.....	67
Eye Doctor.....	53	Physiotherapist.....	67
Family Mediation.....	56	Plumber.....	67
Financial Advisor.....	56	Printer.....	70
Financial Services.....	56	Psychologists.....	70
First Aid Training.....	57	Psychotherapist.....	70
Gift Shop.....	57	Pub.....	70
Graphic Design.....	57	Real Estate Brokers.....	71
Hairdresser.....	58	Rideshare.....	73
Health Centre.....	59	Summer Camp.....	73
Homecare.....	59	Veterinarians.....	73
Insurance.....	61	Wellness Resources.....	74
Landscaping.....	61	Wellness Consultant.....	74



**VEQ acts as a hub of information for the English-speaking community, offering information and referral services to members of the community and newcomers.**

This directory is one of the main tools we use when providing referrals for English services. In the following pages you will find companies that can provide a wide range of services from banking to real estate agents to personal shopping all in English. Without their support, the production of this useful directory would not have been possible.

**Notes**

---

---

---

---

---

---

---

---

---

---



## Acupuncture

### **Côté Acupuncture** 418-805-1951

#202 – 831, avenue Marguerite-Bourgeoys  
 Québec (Québec) G1S 3W5  
 coteacupuncture@gmail.com  
 www.coteacupuncture.ca

General acupuncture, oncology, chronic pain, stress and anxiety. Registered with Québec's professional order of acupuncturists. Insurance and tax receipts provided.

## Athletic Therapy

### **Athlete Academy of Québec** 418-686-4040 ext. 5760

50, rue Cardinal-Maurice-Roy  
 (near baseball stadium & Victoria Park)  
 Jennifer Langlois: jen@athleteacademy.ca  
 Kyle Sutton: kyle@athleteacademy.ca  
 www.athleteacademy.ca

At Athlete Academy we are committed to building athletes for sport and life. Our mission is to develop athletes and to ensure they are healthy and injury free. Call us for your training or therapy needs.

## Bookstores

### **AngloStore.com** 418-204-4325

info@anglostore.com  
 www.anglostore.com

New and used English books all under one roof. Many thousands of titles in stock. Lots of choice. Come and browse the well-stocked shelves in the store at Place Naviles.

**Ad p. 49**

### **Librairie La Maison Anglaise et Internationale** 418-654-9523

Place de la Cité  
 2600, boulevard Laurier  
 Québec (Québec) G1V 4T3  
 info@lamaisonanglaise.com  
 www.lamaisonanglaise.com

YOUR English bookstore in Quebec City. English and Spanish Books, special orders, language learning methods, promos & events.

**Ad p. 45**

A

B



**AngloStore**

Bring this ad for a 10% discount on purchases.

info@anglostore.com  
 www.anglostore.com

**English  
 Bookstore**

**Used  
 Books**



**LA BOUQUINERIE ANGLAISE**

**New and used English books  
 all under one roof**

**3400, chemin des Quatre-Bourgeois  
 Québec (Québec) G1W 2L3  
 Tel: (418) 204-4325**

Many thousands of used English books in stock. Visit our storefront today!

info@labouquinerieanglaise.com  
 www.labouquinerieanglaise.com



## Building Contractor

### **W. Rourke Ltée** **418-687-2440**

2360, boulevard Wilfrid-Hamel  
Québec (Québec) G1P 2H7

General Building Contractor, administration services, rental and sales of residential, commercial and industrial services.

## Burial Services

### **HARMONIA** **418-681-9797**

871, Grande-Allée Ouest, RC 10  
Québec (Québec) G1S 1C1

The only commemorative service provider specialized in cremation, with ceremony of ashes in sentimental locations and perpetuation of memories. A proud member of the community, our services are available in English. Call now for estimates on pre-arrangements.

**Ad p. 50**

## Cemetery

### **Mount Hermon Cemetery** **418-527-3513**

1801, chemin Saint-Louis  
Québec (Québec) G1S 1H6  
Fax: 418-527-0999  
mounthermon@qc.aibn.com  
www.mounthermoncemetery.com  
Cemetery Manager - Brian Treggett

A non-denominational garden cemetery overlooking the St. Lawrence; dating back to 1848. Office open weekdays.

## Chiropractor

### **Elaine Eglin** **(D.C., B.Sc., M.B.A.)** **418-652-8181**

Chiropractor  
1300, boulevard Laurier  
Québec (Québec) G1S 1L8  
<https://www.facebook.com/DreElaineEglinchiropraticienne>

Treatments for neck pain, low back pain, headaches, migraines, sciatica, shoulder capsulitis since 1988.

## Discover Harmonia

Today's alternative  
to traditional funerals

- Cremation
- No caskets, no embalming
- Ceremony of ashes in sentimental locations

[harmonia.ca](http://harmonia.ca)



**HARMONIA**

**(418) 681-9797** ■ services in English



## Cottage Rental/Event Centre

### **Domaine Lac Labbé**

**418-323-1223**

798, rue du Lac Labbé  
Rivière-à-Pierre (Québec)  
paul@laclabbe.com  
www.laclabbe.com

2 housekeeping cottages connected by a grand lounge with fireplace. Mountain lake encompassed by a secluded private estate, anglophone proprietor, 1 hr NW from Quebec City. Chapel available for weddings or performances. Swim, kayak, hike, relax.

**Ad p. 105**

## Dentists

### **Clinique dentaire du Quartier**

**418-524-2727**

935, avenue de Bourlamaque  
Québec (Québec) G1R 2N7

Situated in Montcalm for 10 years, our clinic offers complete dentistry services for all our clients' needs. Thanks to the newest technologies, get the smile you've always dreamed of quickly and efficiently.

**Ad p. 51**

Clinique dentaire  
du Quartier

Votre dentiste  
à Québec



C

D



## **Dre Lucie Pagé**

*Open daily from Monday to Friday*

**Tél: 418-656-6018, poste 2**  
**drepage@872deleglise.com**

872, route de l'Église  
Québec (Québec) G1V 3T6





## **Dr Pierre Auger Dentist**

*Over 32 years of experience*

**Family and cosmetic  
dentistry**

- Cleanings and preventative care
- Professional tooth whitening
- Cosmetic fillings and veneers
- Porcelain crowns and fixed bridges
- Root canals
- Gum disease treatments
- Dental implants

*We welcome new patients  
and emergencies*

1330, avenue Maguire, #204

Québec (Québec) G1T 1Z3

Tel.: **418-527-2516**

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



**Dr. Pierre Auger** **418-527-2516**

1330, avenue Maguire, suite 204  
Sillery (Québec) G1T 1Z3

Family practice - 32 years experience.  
Cosmetic dentistry, diversified dental care,  
dental implants, relaxing atmosphere.  
New patients, emergencies welcome. **Ad p. 52**

**Dre. Lucie Pagé** **418-656-6018, ext. 2**

872, route de l'Eglise  
Québec (Québec) G1V 3T6  
drepage@872deleglise.com

Open daily from Monday to Friday. **Ad p. 51**

**Direct Sales****Charlotte Habegger** **418-682-5635**

Email: [charepicure@gmail.com](mailto:charepicure@gmail.com)  
Website: [www.charlottehabegger.mypicture.com/](http://www.charlottehabegger.mypicture.com/)  
Facebook: [www.facebook.com/CharsEpicure](http://www.facebook.com/CharsEpicure)

Independent Consultant with Epicure  
Selections. Tasting parties, catalog orders,  
fundraisers, income opportunity, and lots  
of fun with spice blends, time-saving recipes,  
and professional-quality cookware from  
a Canadian company. **Ad p. 53**

**Exterminator****Extermination Plus** **418-666-7788**

6-1905, rue Desroches  
Québec (Québec) G1J 1T4

Providing commercial and residential pest control,  
deodorization/disinfection and rooftop snow  
removal in Greater Quebec City. We take pride  
in our innovative, environmentally friendly  
procedures that reduce the use of pesticide  
whenever possible. **Ad p. 54**

**Eye Doctor****Brigitte Moreau, optician**  
**Marthe Verret, optometrist** **418-529-4191**

3400, 1st Avenue, local 103  
Québec (Québec) G1L 3R5  
[www.opto-reseau.com](http://www.opto-reseau.com)

Optical boutique in business since 1968,  
personalized customer service. Complete visual  
exam by an optometrist. Opticians will help  
you through our wide selection of eyewear,  
sunglasses and contact lenses.  
Optical lab. **Ad p. 54**



**EPICURE**  
SELECTIONS

Make  
every day  
**GOURMET**

It's easy with VE Spice Blends!

Use our top-quality products to create easy,  
healthy, affordable meals for every occasion!

Discover the chef you already are with every jar. [www.epicureselections.com](http://www.epicureselections.com)

**418.682.5635**  
[charepicure@gmail.com](mailto:charepicure@gmail.com)

**Business Opportunity**  
**Tasting Parties**  
**Fundraisers**  
**Catalogue Orders**  
**Customer Service**

**Charlotte Habegger, Independent Consultant with Epicure Selections and Spice Queen!**





**418-666-7788**

On s'occupe de vos Bébites

Résidentiel et Commercial

[www.extermination-plus.com](http://www.extermination-plus.com)

**Discreet and with written guarantee**  
**More than 10 years experience**  
**Ecologically Friendly**  
**24/7 Emergency Service**  
**With English speaking technicians**  
**Animal captures**

**Carpenter Ants**  
**Bed Bugs**  
**Spiders**  
**Rats**  
**Mice**  
**and more**

Ask us about our  
Green Shield  
Preventive Program



**Opto**   
**RÉSEAU**

*Brigitte Moreau- Optician*

*Dre. Marthe Verret- Optometrist*

*Glasses*  
*Contact Lenses*  
*Eye Exams*  
*In-House Lab*

418-529-4191

[www.opto-reseau.com](http://www.opto-reseau.com)

3400, 1ère ave. #103, Québec (QC) G1L 3R5





## Beginning your life together

Your advisor helps you to evaluate your financial needs for your new life together.

- › Life and disability insurance
- › Mortgage and credit insurance
- › Critical illness insurance
- › Accident insurance
- › Retirement savings plans (RRSP)
- › Tax-free savings accounts (TFSA)
- › Education savings plans (RESP)
- › Mortgage loans



**A partner you can trust.**

### Talusier Arbour LaSalle

Sales Manager

Quebec Agency

Financial Security Advisor

4635 1st Avenue, Suite 200

Quebec City, Quebec G1H 2T1

Telephone: 418-627-3550, ext. 260

Toll-free: 1-888-627-3550

Cellular: 418-928-0569

Fax: 1-877-781-7420

talusier.lasalle@agc.inalco.com

www.talusierlasalle.com

www.inalco.com



**INDUSTRIAL  
ALLIANCE**

INSURANCE AND FINANCIAL SERVICES INC.

Industrial Alliance Insurance and Financial Services Inc. is a financial services firm.

PI3284D

## Welcome to your TD Direct Investing location

Place de la Cité

2600 Laurier Blvd., Suite 135

Quebec City, QC G1V 4T3

418-654-0828

1-800-214-1345 (toll-free)

**tddirectinvesting.ca**



TD Direct Investing is a division of TD Waterhouse Canada Inc., a subsidiary of The Toronto-Dominion Bank. TD Waterhouse Canada Inc. – Member of the Canadian Investor Protection Fund. © / The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.



## Family Mediation

### **Centre de Médiation Iris** 418-658-7473

825, boulevard Lebourgneuf, suite 210  
Québec (Québec) G2J 0B9  
www.mediation-iris.qc.ca

Interdisciplinary team of social workers  
and lawyers. Conflict resolution and mediation  
in workplace.

## Financial Advisor

### **Talusier A. LaSalle** 418-627-3550, ext. 260

Sales Director  
Financial Security Advisor  
Mobile 418-928-0569  
Toll free 1 888 627-3550  
Fax 1 877 781-7420  
talusier.lasalle@agc.inalco.com

Whether you're starting out in life or  
approaching retirement, good financial planning  
is a must! Let us help you evaluate your needs  
and protect your estate. **Ad p. 55**

## Financial Services

### **TD Direct Investing** 418-654-0828

Place de la Cité  
2600, Laurier Boulevard, suite 135  
Québec (Québec) G1V 4T3

Whether you're just starting out or you've  
been investing for years, we'll provide you  
with comprehensive educational resources,  
innovative tools and knowledgeable support  
to help you become a more confident and  
successful investor. **Ad p. 55**



## Manoeuvre d'Urgence Emergency Manoeuvres

**CPR AND FIRST AID TRAINING**

*Being well prepared to act in the right way*  
[www.manoeuvredurgence.com](http://www.manoeuvredurgence.com) • 418-805-5983

## BOUTIQUE FEEJO INC.

SOUVENIRS

T-SHIRTS

GIFTS

11 Notre Dame  
9 Notre Dame  
6 Petit Champlain  
692-2201, 692-5882

Felix & Jo Rosenhek

4 Cote de la Fabrique  
52 Sous le Fort  
215 Marché Finlay  
692-0070, 692-5427 fax



## First Aid Training

### **Emergency Manoeuvres** 418-805-5983

Daniel Richard, owner and instructor  
info@manoeuvredurgence.com  
www.manoeuvredurgence.com

CPR and First Aid training for all needs:  
beginner basics, advanced, or specialized  
courses available. Private or groups. **Ad p. 56**

## Gift Shop

### **Boutique Feejo Inc.** 418-692-5882

190, rue de Porche  
Québec (Québec) G1R 3V7

Feejos welcomes tourists. Our friendly, bilingual staff will help you pick out a special souvenir to remind you of your visit. Come enjoy the "joie de vivre" of Vieux Quebec! **Ad p. 56**

## Graphic Design

### **Pige communication** 418-522-4523

265, de la Couronne, bureau 400  
Québec (Québec) G1K 6E1  
adollard@pigecommunication.com

Our graphic design studio brings your ideas to life! Publishing, branding, advertising, websites, new media, accessible PDFs, etc. **Ad p. 57**

# WE'D BE SOOO GOOD TOGETHER.

Publishing | Branding | Advertising | Websites | New Media



**pigecommunication.com**

**418.522.4523**

adollard@pigecommunication.com



**R-Design Inc.**

**418-529-0883**

1120, avenue de Salaberry  
Québec (Québec) G1R 2V8  
rdesigninc@videotron.ca

Graphic design studio. Concept, illustration, publicity, book cover and inside pages design, brochures, newsletters, posters, logo and letterhead design, exhibition design and signage, tradeshow stands, web site design, etc.

**Hairdresser**

**Coiffure Umano**

**418-914-1320**

1900, 1st Avenue  
Québec (Québec) G1L 2J5  
Hairdresser: Josephine

The only English speaking hairdresser in Québec. Open Tuesday to Saturday. It will be a pleasure to serve you!

**Ad p. 58**

G  
H

COIFFURE  
**U M A N O**

The only english speaking  
hairdresser in Quebec City

Because beauty is in everyone!  
Ask for Josephine

 418-914-1320 - 1900 1st Avenue, Quebec, Qc, G1L 2J5

- *Nursing*
- *Personal care*
- *Homemaking*
- *Free Assessments*

*Bayshore*  
Home Health

**418.650.6302 / 1.855.771.0953**

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



## Health Centre (Multidisciplinary)

### **TheraVie Health Clinics** 418-650-1230

Pyramide  
2360, chemin Ste-Foy #335  
or 3045 Père-Lelièvre  
info@theravie.ca  
www.theravie.ca

We have found the best bilingual professionals and brought them all under one roof. Psychologists, massage therapists, nutritionists, social workers, chiropractors, just to name a few.

## Homecare

### **Bayshore Home Health** 418-650-6302

1000, chemin Ste-Foy, bureau 101  
Québec (Québec) G1S 2L6  
1-855-771-0953  
quebeccity@bayshore.ca  
www.bayshore.ca

Offering a wide range of home and community health care services through more than 50 offices across Canada, we strive to make a difference in our clients' lives – every visit, every time.

**Ad p. 58**

**JACK LAVOIE**  
PRÉSIDENT DIRECTEUR GÉNÉRAL



**LES ARTISANS  
DU PAYSAGE**

7668, BOUL. WILFRID-HAMEL, QUÉBEC, QC G2G 1C1  
☎ 418.871.5621 x300 | [ARTISANSDUPAYSAGE.COM](http://ARTISANSDUPAYSAGE.COM)  
DEVEZ-VOUS VRAIMENT IMPRIMER CE COURRIEL ?  
BÂTISSONS ENSEMBLE UN AVENIR PLUS VERT !

**37 ANNÉES FLORISSANTES AVEC VOUS**

**uaa**

une affaire d'anglais


### Une Affaire d'Anglais

1126, Grande-Allée Ouest, bureau 500  
Québec (Québec) G1S 1E5  
Telephone: 418-688-2201, Fax: 418-688-2202  
[www.uaa.qc.ca](http://www.uaa.qc.ca)

Quebec's business language school – Over 40 certified instructors offering language solutions to thousands of business people, entrepreneurs, public figures and support staff for over 20 years.

H





**Ready for a career in  
English language training?**

**Join ACA today!**

**jobs@lesateliers.ca  
418-657-2600**

**ACA**  
LES ATELIERS DE CONVERSATION ANGLAISE

ACA is a leading English language school offering year-round group and private classes to youth, adults and businesses in Quebec City. Join our dynamic team of 50+ instructors for a rewarding career, competitive compensation and ongoing training and support. Part-time and full-time positions are available.

**www.lesateliers.ca**



**Humatech Inc. 418-658-9153**

2511, chemin Sainte-Foy, bureau 050  
 Québec, (Québec) G1V 1T7  
 Fax: (418) 658-5965  
 info@humatech.ca  
 www.humatech.ca

Individualized homecare services since 1991 for anyone with a loss of autonomy or in convalescence. Oriented towards welfare and in order to maintain the highest level of functional autonomy.

**Insurance****Assurance****Robert Drolet Inc. 418-687-4050**

2784, chemin Sainte-Foy  
 Québec (Québec) G1V 1V8

Bilingual insurance broker for your home, automobile, commercial and life insurance services.

**Landscaping****Les Artisans du Paysage****Du Québec Inc. 418-871-8378**

7668, boulevard Wilfrid Hamel  
 Québec (Québec) G2G 1C1  
 artisans@artisansdupaysage.com  
 www.artisansdupaysage.com

AWARD winning gardens designed and built for you by certified landscape professionals

**Ad p. 59****Language Schools****Une Affaire d'Anglais 418-688-2201**

1126, Grande-Allée Ouest, bureau 500  
 Québec (Québec) G1S 1E5  
 Fax: 418-688-2202  
 www.uaa.qc.ca

Quebec's business language school – Over 40 certified instructors offering language solutions to thousands of business people, entrepreneurs, public figures and support staff for over 20 years.

**Ad p. 59****Les Ateliers de****Conversation Anglaise 418-657-2600**

Place de la Cité  
 2600, boulevard Laurier, suite 202  
 Québec (Québec) G1V 4T3  
 info@lesateliers.ca  
 www.lesateliers.ca

A leading language school offering classes to youth, adults and businesses. Join our dynamic team of 50+ instructors for a rewarding career, competitive compensation and ongoing training and support.

**Ad p. 60****Le Centre du Phénix 418 652-2158 ext.7530**

1094, route de l'Église  
 Québec (Québec) G1V 3V9  
 www.csdecou.qc.ca/phenix

French study centre for non-francophones. Oral and written communication: phonetic correction, grammar, vocabulary, spelling, comprehension, writing skills, cultural and open-air activities.

**Ad p. 62**

## Lawyers

### **Me Brian A. Garneau** 418-575-2556

Me Garneau is a fully bilingual litigating attorney and legal counselor practicing in civil matter, notably successions (estates), commercial, real-estate and property disputes.

### **Daniel Cooper** 418-657-4545

2960, boulevard Laurier, suite 040  
Québec (Québec) G1V 4S1

Quality legal services. Fluently bilingual. Representing businesses, corporations and individuals in the Quebec City area.

**Ad p. 62**

### **O'Brien Law Firm** 418-648-1511

O'Brien is an organization dedicated to the service of corporations, banks, financial institutions, financial intermediaries, school boards, contractors, promoters and business people. Easy access by Grande Allée.

**Ad p. 63**

### **Ross J. Rourke (B.A. LL.L)** 418-687-2440

140, Grande Allée Est, suite 600  
Québec (Québec) G1R 5M8

Barrister and solicitor, 40 years experience. Member of the Québec Bar Association. Alternate phone: 418-648-1511.



Centre d'éducation des adultes  
des **Découvreurs**

Un centre - 3 points de service :  
Phénix • Envol • Pointe-de-Sainte-Foy

**CENTRE DU PHÉNIX**  
**www.csdecou.qc.ca/phenix**

1094, route de l'Église, Québec • ☎ 418 652-2158



*The ideal place to learn French in a dynamic atmosphere! Enrol Today!*

Acquire oral and writing skills in the classroom and multimedia labs  
Employment workshops, career advice and orientation  
Daytime and evening classes available • Daycare service  
Full-time: 20-26hrs per week • Part-time: 6-16hrs per week



Commission scolaire des  
**Découvreurs**  
Tout pour ouvrir ses horizons

# BERNIER, VÉZINA

## ATTORNEYS

### Daniel Cooper

Place Iberville III, 2960, blvd. Laurier, suite RC-40,  
Ste-Foy (Qc) G1V 4S1 Tel.: (418) 657-4545 email: dcooper@bernierzina.com





# O'BRIEN AVOCATS S.E.N.C.R.L.

DANIEL O'BRIEN STÉPHANE LAMONDE  
LOUIS DUQUET ROBERT DINAN Q.C. / C.R.  
JACQUES DEMERS ROSS ROURKE  
ARNAUD RAINFRAY PIERRE GRÉGOIR  
CHARLES-ANTOINE DORION JEAN-FRANÇOIS PARÉ

140, Grande-Allée Est, bureau 600  
Québec QC G1R 5M8

PR JACQUES DESLAURIERS LL.M.  
PR MARIE-PIERRE ALLARD M. Fisc.

Téléphone : 418-648-1511

## PROVENCHER | MARCHAND

MARIE-FRANCE VINCENT, LL.B.  
ATTORNEY & FAMILY MEDIATOR  
418 623-4141

### SPECIALISED IN:

- DIVORCE
- CHILD SUPPORT
- CUSTODY
- DIVISION OF PROPERTY
- SEPARATION
- SPOUSAL SUPPORT
- COMMON LAW COUPLES



1170, BOUL. LÉBOURGNEUF, SUITE #408, QUÉBEC (QUÉBEC) G2K 2E3



**Marie-France Vincent  
Provencher-Marchand,  
avocats**

**418-623-4141**

1170, boulevard Lebourgneuf, bureau 408  
Québec (Québec) G2K 2E3

Family law practice and  
family mediation.

**Ad p. 63**

**Life Coach**

**Helen Walling – Certified  
Executive/Life Coach**

**418-682-0001**

1270, chemin Sainte-Foy, suite 2111  
Québec (Québec) G1S 2M4  
hwalling@sympatico.ca  
www.helenccoach.com

Helping you reach your goals.

**Ad p. 75**

**Magazine**

**Life in Québec**

**418-948-4144**

1063, boulevard de la Chaudière  
Québec (Québec) G1Y 3T3  
info@lifeinquebec.com  
www.lifeinquebec.com

LifeInQuebec.com and Life in Québec Magazine  
– for news, views, jobs, and more.

Magazine available in over 230 outlets around  
the region. Visit [www.LifeInQuebec.com](http://www.LifeInQuebec.com)  
today for more details.

**Ad p. 64**

L  
M



**Life in Québec Magazine**

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

For feature articles,  
news, views, jobs,  
and more...

[www.LifeInQuebec.com](http://www.LifeInQuebec.com)  
[info@LifeInQuebec.com](mailto:info@LifeInQuebec.com)  
(418) 948-4144

A division of  
Globe Media  
Canada Inc.  
www.globe.com

Publishers of print and online media



MASSAGE  
DIANA STAVERT

By appointment only  
**Client based Massage Therapy**  
**418-571-4225**  
**Pavillon Jeffery Hale**  
**1270 chemin Ste-Foy, #2119**  
**Québec, QC G1S 2M4**  
Member FQM



## Management Training

### **Richardson Management Inc. 418-561-9466**

825, boulevard Lebourgneuf, suite 210  
 Québec (Québec) G2J 0B9  
[www.richardsonmanagement.com](http://www.richardsonmanagement.com)

Mediation in the workplace and training programs for managers and professionals.

## Massage Therapist

### **Massage Diana Stavert 418-571-4225**

1270, chemin Sainte-Foy, suite 2119  
 Québec (Québec) G1S 2M4

A healthy body for a healthy mind.  
 Client-based massage therapy.  
 By appointment only.  
 Receipts available for insurance.

**Ad p. 64**

### **TheraVie Health Clinics 418-650-1230**

Pyramide  
 2360, chemin Ste-Foy #335  
[info@theravie.ca](mailto:info@theravie.ca)  
[www.theravie.ca](http://www.theravie.ca)

Come and unwind under the soothing hands of our exceptional and fully licensed professionals with a 60 or 90-minute massage at either our Ste-Foy or Duberger locations. Insurance receipts provided.

## Mechanic

### **Garage St-Jean-Baptiste 418-523-0801**

768, rue d'Aiguillon  
 Québec (Québec) G1R 1M7  
[www.garagesjb.com](http://www.garagesjb.com)

Providing general mechanic services for all types of vehicles in the St. Jean Baptiste neighbourhood. Call us today to book an appointment.

**Ad p. 66**

## Moving and Storage

### **Deménagement & Transport Dolbec 418-687-3830**

1010, avenue Godin  
 Québec (Québec) G1M 2X9  
[info@dolbectransport.ca](mailto:info@dolbectransport.ca)  
[www.dolbectransport.ca](http://www.dolbectransport.ca)

Storage, moving and specialized transportation.

**Ad p. 66**

## Notaries

### **Paolo Cusan (LL.B., D.D.N.) 418-525-6158**

1040, Belvédère, suite 102  
 Québec (Québec) G1S 3G3  
[pcusan@notarius.net](mailto:pcusan@notarius.net)

One of the only Anglophone notaries in Metropolitan Québec, Mtre. Cusan has earned a vast experience of notarial law working with English-speaking clients over the past 23 years.

**Ad p. 66**

### **Stuart Wright (LL.L.) 418-688-9375**

871, Grande-Allée Ouest, suite 100  
 Québec (Québec) G1S 2L1  
[swright@ctsd.qc.ca](mailto:swright@ctsd.qc.ca)

Notary, title attorney and legal advisor. Real estate, wills, mandates, and estates.

**Ad p. 67**



GARAGE

**ST-JEAN-BAPTISTE**

QUEBEC

**UNI PRO** freins  
silencieux  
suspension  
injection



## Garage St-Jean-Baptiste in Quebec

- General Mechanic for all vehicles
- Tire sale and installation
- Manufacturer's maintenance schedule
- Towing and road service

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

**CENTRE DU PNEU**  
**Signature**



**MICHELIN**

**YOKOHAMA**

768 rue d'Aiguillon  
Quebec, QC, G1R 1M7  
(418) 523-0801  
Toll-free 1(866) 563-2644



## We get things moving with class

- Specialist of employee transfer worldwide.
- Secure packing and unpacking.
- Heavy and delicate objects.
- Private and corporate services.

Serving Quebec  
since 1905

418 687-3830

1 800 663-3830 [dolbectransport.ca](http://dolbectransport.ca)



**DOLBEC**

DÉMÉNAGEMENT  
& TRANSPORT

aeroplan



## LEGAL SERVICES FOR THE ENGLISH - SPEAKING COMMUNITY

**Mtre. Paolo Cusan**  
Notary, Counselor-At-Law

Commercial Law, Business Law,  
Corporate Law, Real Estate Law,  
Wills, Mandates, Successions.

  
LE MILLE QUARANTE  
CABINET DE JURISTES

1040, avenue Belvédère, suite 102, Québec (Québec) G1S 3G3  
Tel: 418-525-6158 Fax: 418-525-7197 Email: [pcusan@notarius.net](mailto:pcusan@notarius.net)



## Orthodontist

### Dorval & Veilleux Orthodontistes

Dr. Dorval 418 651-6512

Dr. Veilleux 418 651-6513

Clinics are located in Lévis, Québec and Ste-Foy.  
Please see our ad for the complete addresses.

Recognized in the specialty of orthodontics.  
Delivering high quality treatments in a friendly  
environment with state of the art technologies,  
including INVISALIGN, INCOGNITO, INSIGNIA  
and SURESMILE.

**Ad p. 68**

## Orthotics

### Pouliot **418-652-0100**

2815, chemin des Quatre-Bourgeois  
Québec (Québec) G1V 1X9

Back pain, bunions, burning sensation on soles,  
corns and calluses, heel pain, knee pain.

Pouliot, the foot specialist.

**Ad p. 69**

## Physiotherapist

### Physiothérapie Ste-Foy **418-652-1044**

1149, avenue Beaupré  
Québec (Québec) G1W 4B6

For over 20 years, we have been treating  
your musculo squetetal injuries, pains and aches  
with electrotherapy, manual therapy and exercise.

## Plumber

### Plomberie Totale **418-822-2907**

160, rue Garneau  
Boischatel (Québec) G0A 1H0

Complete plumbing services. On call 24 hours  
for emergencies. Drains and gutters cleaned,  
camera inspection and pipes thawed.

Repairs to all types of plumbing.

**Ad p. 69**

O

P



CÔTÉ TASCHEREAU SAMSON DEMERS  
Société de notaires

## STUART WRIGHT, BA, LL.L.

*Notary, title attorney and legal advisor, Real estate, wills, mandates, estates*

**871, Grande-Allée W, suite 100, Québec, Qc G1S 2L1**  
**Tel: 418-688-9375 Fax 418-688-9967 swright@ctsd.qc.ca**





**DORVAL ET VEILLEUX**  
**ORTHODONTISTES**

>> *Your Orthodontists  
in the Quebec area*

*Clear aligners*



*Lingual  
orthodontics*



*Clear braces*



Members of :

The Quebec Association of Orthodontists  
The Canadian Association of Orthodontists

*Specialists recognized by l'Ordre des Dentistes du Québec*

► **Our clinics**

**LÉVIS DISTRICT**

Dr Luc Veilleux  
**418 833-1615**

5700 J.-B.-Michaud # 340  
Lévis (QC) G6V 0B1

**CAP-ROUGE/ST-AUGUSTIN  
DISTRICT**

Dr Louis Dorval  
**418 877-8770**

810 Jean-Gauvin # 200  
Québec (QC) G1X 0B6

**STE-FOY DISTRICT**

Dr Louis Dorval  
**418 651-6512**

Dr Luc Veilleux  
**418 651-6513**

2535 boul. Laurier # 2.01  
Québec (QC) G1V 4M3

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

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



# POULIOT

ORTHOTICS - CUSTOM-MADE FOOTWEAR

pouliotlab.com

**Custom made orthotics**  
**Shoes and custom made shoes - compression stockings**

**SAINTE-FOY**

**418.652.0100 • 1.800.363.6172**

2990, chemin Ste-Foy  
close to Rte de l'Eglise

**QUÉBEC**

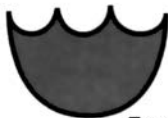
**418.353.1001 • 1.800.363.6172**

1179, avenue Turnbull  
close to the Grand Théâtre

Future site to better serve you in February 2014: 2815 ch des Quatre-Bourgeois, Quebec

**QUEBEC - MONTREAL - GATINEAU - RIMOUSKI**

## PLOMBERIE



## TOTALE

Formerly Roto-Rooter

**24 Hr. Emergency 418-822-2907 (tel) 418-822-0066 (fax)**

Complete plumbing services  
Drains and gutters cleaned  
Camera inspection  
High pressure jet washing  
All types of plumbing repaired  
Pipes thawed.



## JB Deschamps

printers since 1926

inc.

Contact: Vincent Plamondon 418-667-6118 #2253

vplamondon@jbdeschamps.com

755 boulevard des Chutes, Québec, Québec G1E 6B3

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



## Printer

### **JB Deschamps Inc. 418-667-6118 ext. 2253**

755, boulevard des Chutes  
Québec (Québec) G1E 2C2  
Fax : 418-667-5389  
vplamondon@jbdeschamps.com  
www.jbdeschamps.com

Printers since 1926.

**Ad p. 69**

## Psychologists

### **Meagan Daley, PhD**

### **Psychologist 418-456-1368**

Centre de Sante Multidisciplinaire  
831, avenue Marguerite Bourgeoys, suite 101  
Québec (Québec) G1S 3W5  
meagandaley@gmail.com

Insomnia, anxiety disorders, stress,  
depression, burn-out, marital difficulties,  
other. Adults, couples, adolescents.  
Brief therapy- predominantly  
cognitive-behavioural  
and mindfulness approach.

**Ad p. 70**

### **Yvonne Jones**

### **Clinical Psychologist 418-527-5900**

626, boulevard René-Lévesque Ouest  
Québec (Québec) G1S 1S8

Certified therapist, supervisor and trainer  
in Integrative Body Psychotherapy.  
Individual, couple and group therapy.

## Psychotherapist

### **Irene Halikas**

**418-648-2651**

eneri@videotron.ca

Psychotherapist, certified practitioner  
in Integrative Body Psychotherapy and  
the Hakomi method: assisted self-discovery  
through mindfulness.

## Pub

### **Pub Galway**

**418-522-5282**

1112, avenue Cartier  
Québec (Québec) G1R 2S5  
www.pubgalway.com

Best pint in town and delicious food. Award  
winning Fish and Chips. Breakfast every day.  
English menu available.

**Ad p. 71**



### **Meagan Daley, Ph.D.** *Psychologist/Psychologue*

**418-456-1368**

**specializing in depression, anxiety, sleep disorders,  
stress, and couple's therapy**  
*cognitive behavioural/mindfulness approach*

Centre de Sante Multidisciplinaire 831 Ave Marguerite Bourgeoys, #101 Québec, QC, G1S 3W5

Member of the Quebec Order of Psychologists 





## Real Estate Brokers

**David Gagnon** **418-657-8004**

Chartered Real Estate Broker  
34 year experience in the area  
Via Capitale Cité DG Agency  
Place de La Cité, Québec (Québec)  
www.HomesSweetHomes.com

Wish to sell or buy in English?  
Call David... he can help! A reputation you  
can trust: Past Director of FARCIO.com,  
CREA.ca, Quebec Real Estate Board  
CIQ.qc.ca

**Ad p. 72**

**Katy Ampleman**

**France Bilodeau** **418-681-4141**

LAUZON & LAUZON REAL ESTATE AGENCY  
LA CITÉ VERTE - SALES OFFICE  
1180, chemin Sainte-Foy  
Québec (Québec) GIS 2M4  
www.lauzonlauzon.ca  
www.citeverte.ca

Whether you wish to sell or buy, contact either  
Katy Ampleman at 418-951-5119  
katy@lauzonlauzon.ca or  
France Bilodeau at 418-563-8470  
france@lauzonlauzon.ca



**PUB GALWAY**  
Irish PUB irlandais

**GUINNESS**

**JAMESON**  
IRISH WHISKEY

**ÉCRANS GÉANTS**  
**BIG SCREEN TV**

**GALWAY**

1112, Ave Cartier, Québec ☎ 418 522-5282 ☎ www.pubgalway.com

Meilleure pinte en ville et repas copieux! ☎ Best pint in town and delicious food!  
«Award Winning» Fish & Chips, Mac&cheese with pulled pork  
Déjeuner les week-ends ☎ Breakfast on week-ends

R

**Team Donovan**

**418-948-1000**

Tom Donovan MBA, Chartered Real Estate Broker RE/MAX ACCÈS INC.  
1538, Jules-Verne  
Québec, (Québec) G2G 2R5  
info-d@equipedonovan.com  
equipedonovan.com

**Gendron and Associés**

**418-681-8585**

2110, chemin Saint-Louis  
Québec (Québec) G1T 1P7

Paul Gendron - 34 years experience. Residential, commercial, rentals. Free appraisals, personalized service. Satisfaction guaranteed.

**Ad p. 72**



**Tom Donovan** MBA  
Chartered Real Estate Broker

**RE/MAX Accès**  
agence immobilière

**418 948-1000**  
**418 877-3903**

**DONOVAN TEAM**  
equipedonovan.com

Facebook, Twitter, YouTube, LinkedIn icons

**WISH TO SELL / BUY YOUR HOME IN ENGLISH?**

FULLY BILINGUAL TRANSACTION FORMS AND SERVICE

DAVID@TOCTOCTOC.COM C. 418-456-3869 WWW.HOMESSWEETHOMES.COM

**A REPUTATION YOU CAN TRUST**

MLS® REALTOR® FOR OVER 30 YEARS

PAST-PRESIDENT, QUEBEC REAL ESTATE BOARD '98-'00;

DIRECTOR, CANADIAN REAL ESTATE ASSOCIATION '99-'06;

& QUEBEC REAL ESTATE LIABILITY INSURANCE FUND '08-'11



DAVID GAGNON, CHARTERED REAL ESTATE BROKER  
418-657-8004 VIA CAPITALE CITÉ, DG, PLACE DE LA CITÉ SAINTE-FOY



**FIT & FUN:**

**ENGLISH SUMMER DAY CAMP**

Voice of English-speaking Québec, in partnership with Be Active Québec, is offering an entirely English summer day camp for children ages 5 to 12 years old.

**FOR MORE INFORMATION CONTACT US AT  
(418) 683-2366 EXT. 221 OR INFO@VEQ.CA**



## Rideshare

### **Kangaride (AmigoExpress) 1-855-526-4274**

9am-9pm 7 days/week  
www.kangaride.com

We put drivers and passengers in contact for long-distance ridesharing across Quebec and Canada. Safe, sustainable, and fun!

## Summer Camp

### **Fit and Fun English**

### **Summer Day Camp 418-683-2366 ext 221**

info@veq.ca

Entirely English day camp for ages 5 – 12.

Contact us for more information. **Ad p. 72**

## Veterinarians

### **Lachapelle Veterinary**

### **Hospital 418-653-2858**

3301, chemin St-Louis  
Québec (Québec) G1W 1S1

**Ad p. 73**

### **Lachapelle Veterinary Clinic 418-878-0880**

143, rue Jean-Juneau  
St-Augustin (Québec) G3A 2W1  
Serving you with total pet care.

**Ad p. 73**

# LACHAPELLE

HÔPITAL VÉTÉRINAIRE DEPUIS 1955 - UNE GRIFFE FIABLE

**HÔPITAL VÉTÉRINAIRE 418 653.2858**

3301, CHEMIN SAINT-LOUIS, QUÉBEC (QC) G1W 1S1

**CLINIQUE VÉTÉRINAIRE 418 878.0880**

143, RUE JEAN-JUNEAU, SAINT-AUGUSTIN-DE-DESMARES (QC) G3A 2W1

R

V

## Wellness Resources

### Support Our Tummies

info@supportourtummies.ca  
www.supportourtummies.ca

The aim of Support Our Tummies is to support and sustain the natural health and well-being of Canadian military members and their families through information and resources on healthy eating and healthy living.

## Wellness Consultant

### Santo Mula

418-659-3157

nrjenterprises@sympatico.ca

Please call me to set up a complimentary assessment to learn how I can help you enjoy quality restorative sleep and good nutrition.

**Ad p. 74**



Most people are not aware that their home could be making them sick. Don't wait until you have a challenging medical condition. Take responsibility for your own health and wellbeing. I have been helping families for the last 18 years. retrofit their existing homes and converting them into eco-friendly "Wellness Homes". By simply making minor changes in your home environment, such as the air you breathe, the water you shower or bathe in and the water you consume can have a huge positive impact on the health of your entire family. Call me for a complimentary consultation.

***Your best investment is in your health***

**Santo Mula** 418-659-3157  
**Wellness Home Consultant**

www.nikken.com/santomula  
nrjenterprises@sympatico.ca



# Helping you reach your goals



**Helen Walling, M.A.**  
Certified executive / life coach  
Change management consultant

## You can benefit from coaching

- ➔ Learn here and now steps to planning and achieving your goals
- ➔ Focus on your specific needs for greater clarity and peace of mind
- ➔ Achieve work-life balance based on your values
- ➔ Upgrade your management skills to better face the competition
- ➔ Assist your group in the areas of goal setting, team effectiveness, communications and conflict resolution
- ➔ Feel supported and confident if you have recently established yourself in the community

Begin your journey to the achievement of your dreams

1270 Chemin Sainte-Foy, suite 2111, Québec (Québec) G1S 2M4

**Tel. : 418 682-0001**  
**hwalling@sympatico.ca**  
**www.helencoach.com**



# CENTRE DE LA FAMILLE VALCARTIER VALCARTIER FAMILY CENTRE

*Le Centre de la famille Valcartier est un organisme à but non lucratif qui offre des services aux familles militaires de l'Est du Québec : Accueil des nouvelles familles militaires, intervention et relation d'aide, activités enfance-jeunesse, ateliers et groupe de soutien, garde d'urgence et de répit, implication bénévole, cours de langues secondes et aide à l'emploi et à la formation.*

*The Valcartier Family Centre is a non-profit organization that offers services to military families of Eastern Quebec: Welcoming new military families, intervention and counselling, activities for children and youth, support groups and workshops, emergency and respite childcare, volunteer opportunities, second language courses, and employment and educational counselling.*

## Programme FORT

- Orientation professionnelle
- Aide à la recherche d'emploi
- Approche personnalisée
- Ateliers de groupe
- Centre de documentation

Offert à la communauté militaire et aux anglophones de la communauté civile de la région de Québec.

## FORT Program

- Career counselling
- Job search assistance
- Individualised approach
- Group workshops
- Documentation centre

Offered to the military community, and anglophone civilians in the Quebec City area.



418 844-6060 (Valcartier)  
418 649-6505 (Sainte-Foy)

 /centredelafamillevcartier



Cet organisme reçoit l'aide financière de : **Emploi Québec** 

This organisation is funded by:



# Newcomer Information

<b>ACTIVITIES</b> .....	<b>79</b>
<b>COMMUNITY</b> .....	<b>79</b>
<b>EDUCATION</b> .....	<b>80</b>
Bill 101 .....	80
Enrolling your child(ren) .....	80
Language Training.....	81
<b>ELECTIONS</b> .....	<b>81</b>
<b>EMPLOYMENT</b> .....	<b>82</b>
Job search services.....	82
Unemployment .....	82
Social Insurance Number (SIN).....	82
<b>FAMILY</b> .....	<b>83</b>
<b>GOVERNMENT INFORMATION</b> .....	<b>84</b>
<b>HEALTH CARE</b> .....	<b>85</b>
Québec Health Card .....	85
Prescription Drug Plan.....	85
Service in English.....	86
Info-Santé.....	86
911 Emergency .....	86
Health Passport .....	86
<b>HOUSE HUNTING/RENTING</b> .....	<b>87</b>
<b>IMMIGRATION</b> .....	<b>88</b>
<b>INCOME TAX</b> .....	<b>88</b>
<b>TRANSPORTATION</b> .....	<b>89</b>
Licence .....	89
Registration.....	89
Insurance .....	89
Public Transit.....	90
<b>UTILITIES</b> .....	<b>91</b>
<b>VOLUNTEERING</b> .....	<b>91</b>
<b>CONTACT VEO</b> .....	<b>91</b>
<b>VOCABULARY</b> .....	<b>92</b>





# New to the Quebec City region?

Welcome to Quebec City: the heart of French Canada, but also home to the oldest English-speaking community in the province.

A quick look at this UNESCO world heritage city will convince you that few places in the world offer the advantages found here. Quebec City features the “joie de vivre” of Europe, combined with the convenience of North America.

The safe streets, vibrant green spaces, fresh air, reasonable cost of living and easy access to cultural events, shopping, nature, and sports activities all entice its residents to call Quebec City home.

More than 12,000 English speakers live and work in the capital region, and there are many resources here for residents and visitors whose principal language is English. These resources include a wide range of front line health and social services, a community college (CEGEP), a newspaper, a library, schools, a variety of churches, a synagogue, and radio. Local English speakers are part of a dynamic, multicultural community that's proud of its city and province.

English speakers make up approximately 2% of the local population so living in a sea of francophones can be both rewarding and challenging. Learning to speak French is a must in order to find work, make friends, and feel at home. Fortunately, despite its small size, the English-speaking community is very active and well organized, which helps make integration into Québec society a little easier.

Voice of English-speaking Québec (VEQ) is a local non-profit organization ready to assist you with the integration process.

We have created this guide to help you enjoy your stay here, for however long it may be. Our Newcomers' service offers an information package free of charge to anyone new to the region and we are available to answer your questions and help you find services in English.

Our office is located at 1270, chemin Sainte-Foy, suite 2141 in the Jeffery Hale Pavilion. For more information, call us at 418-683-2366, visit our website at [www.veq.ca](http://www.veq.ca), or email us at [info@veq.ca](mailto:info@veq.ca).







## Activities

To find out what events and activities are happening in the city visit the Quebec City tourism website at [www.quebecregion.com/en](http://www.quebecregion.com/en).

To find restaurants or shopping visit [www.quebecscope.com](http://www.quebecscope.com) (information on this website is available in French only).

For sports and other activities provided in your area, visit [www.ville.quebec.qc.ca/citoyens/loisirs\\_sports/programmation\\_loisirs/index.aspx](http://www.ville.quebec.qc.ca/citoyens/loisirs_sports/programmation_loisirs/index.aspx) (information on this website is available in French only).

To help with the integration process for new arrivals there are newcomer sessions offered at VEQ. For more information about these activities visit [www.veq.ca/newcomers/finding-your-niche-activities](http://www.veq.ca/newcomers/finding-your-niche-activities) or call us at 418-683-2366.

To find out what is happening in the English-speaking community visit [www.veq.ca](http://www.veq.ca). On the homepage is a list of upcoming events and activities. You can also visit [www.qctonline.com](http://www.qctonline.com) and click on events to view a community calendar.



## Community

For a listing of English-speaking community groups please see the community section of this directory at page 15.

### **211 Quebec**

211 is an information and telephone referral service that connects callers to a full range of community, social and government services in the Greater Quebec City and Chaudière-Appalaches regions. See ad page 21.



# Education

The Québec educational system oversees public schooling from kindergarten to university. Elementary and secondary (high school) education is available free of charge. Post secondary education in Québec is subsidized for Québec residents, making college or CÉGEP, university, and vocational training more affordable.

Elementary schools offer kindergarten to grade 6. Secondary education starts with Secondary 1 (equivalent to grade 7 in other parts of North America) and continues to Secondary 5 (Grade 11). School attendance is mandatory for all children between the ages of 6 and 16. The school year begins in late August or early September and usually finishes by late June.

The Québec public school system is language-based (English or French). The English-language school board in Quebec City is the **Central Québec School Board** (418-688-8730 [www.cqsb.qc.ca](http://www.cqsb.qc.ca)). For a complete listing of English Schools, please visit the Community section of this guide on page 22.

## Bill 101

In 1977, Québec's National Assembly adopted the French Language Charter (Bill 101), which states that all children must be educated in French until the end of their secondary studies, whether in a public school or a subsidized private school. It should be noted that this ruling does not apply to Québec's colleges and universities or non-subsidized private

institutions. The French Language Charter allows for certain special cases in which children are able to pursue their studies in English at public or subsidized private schools.

## Enrolling your child(ren)

Anyone wishing to enrol their children in an English school (elementary or secondary) must first apply for an eligibility certificate for that child. A certificate of eligibility is usually given to children who fall into the following categories:

- Those who did most of their elementary or secondary studies in English in Canada; or
- Whose brother or sister did most of their elementary studies in English in Canada; or
- Whose father or mother did most of their elementary studies in English in Canada; or
- Whose father or mother attended school in Québec after August 26, 1977 and could have been declared eligible for instruction in English at that time.



Youth in the following three categories may be enrolled in English-language schools:

- Youth who are permanent residents of Québec and who qualify for a certificate of eligibility for instruction in English;
- Youth who are permanent residents of Québec and who are entitled to receive instruction in English under a special authorization;
- Youth who are living in Québec temporarily and who qualify for a temporary authorization to receive instruction in English.

Other cases may also be considered, but this is a very complex process. For additional information or assistance, contact the Central Québec School Board at 418-688-8730.

You can also contact the Ministère de l'Éducation du Loisir et du Sport at 1-866-747-6626 or [www.mels.gouv.qc.ca/en/](http://www.mels.gouv.qc.ca/en/)

### Language Training

Throughout the year, various French language training options are available. These include francisation courses subsidized by the government, private courses and public institution offerings. For more information contact us at 418-683-2366 or visit [www.veq.ca/newcomers/french-training](http://www.veq.ca/newcomers/french-training).



## Elections

In order to vote in a federal or provincial election, **YOU MUST:**

- Be on the voters' list (applies only to provincial elections)
- Be 18 years of age or older on election day
- Be a Canadian citizen
- Have been living in Québec for at least 6 months (does not apply to federal elections)
- Not be under public curatorship

- Not have been deprived of (lost) your electoral rights

For more information about federal elections, call Elections Canada at 1-800-463-6868 or visit [www.elections.ca](http://www.elections.ca).

For more information on provincial elections and municipal elections and how to register to vote, call the Chief Electoral Officer of Québec at 418-528-0422, or go to [www.monvote.qc.ca/partielles/en](http://www.monvote.qc.ca/partielles/en).



# Employment

Depending on the type of job you want, finding work in the Greater Quebec City area can be challenging if you do not speak French.

## **Job search services**

The VEQ website has a Job Bank section with English-speaking or bilingual jobs. Visit [www.veq.ca](http://www.veq.ca), click on Job Bank. Also sign up for the job notifier to receive notice whenever a new position is posted (found in the left side navigation bar on the Job Bank page).

Emploi-Québec's website also provides information about the job market, jobs currently advertised, a resume bank service and other useful tools. Visit their website at [www.emploiquebec.gouv.qc.ca/en/home](http://www.emploiquebec.gouv.qc.ca/en/home).

The FORT Employability Program is mandated by Emploi-Québec to offer vocational and employment counselling to all English-speaking residents of the Greater Quebec City area, and is an active partner in the promotion of its English-speaking community. For more information on the services provided visit <http://www.familyforce.ca/sites/Valcartier/EN/Pages/default.aspx> or call 418-649-6505. See listing on page 30.

## **Unemployment**

If you have lost your job and have worked for a certain number of weeks, you may be eligible for Employment Insurance (EI) benefits.

For more information, please contact Service Canada at 1-800-206-7218 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca).

## **Social insurance number (SIN)**

If you want to work in Canada, you need a social insurance number. You can get an application form at any Service Canada Centre or online at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca).





# Family



The Child Assistance Payment is a benefit paid by the Régie des rentes du Québec to all families with dependent children under 18 years of age. The amount paid depends on the number of children, family income, and family situation. There is also an allowance for children with disabilities. For more details, call the Régie at 418-643-3381 or visit [www.rrq.gouv.qc.ca/en](http://www.rrq.gouv.qc.ca/en).

The federal government also provides various benefits to some families; such as the Canada Child Tax Benefit (CCTB), the National Child Benefit Supplement (NCBS), the Child Disability Benefit (CDB), and the Universal Child Care Benefit (UCCB).

To apply for the Canada Child Tax Benefit and Québec Child Assistance Payment, you are only required to complete one application form. For more details or to request a form, please contact the Canada Revenue Agency at 1-800-387-1193 or visit [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca).

Québec has a network of subsidized childcare centres, either in a school, day care, or home setting for children under the age of five. For more details, call the Ministère de la Famille et des Aînés at 1-877-216-6202 or visit the ministry's French website at [www.mfa.gouv.qc.ca](http://www.mfa.gouv.qc.ca)

## Québec Parental Insurance Plan (QPIP)

QPIP is an effective means for workers to better reconcile work and family responsibilities. It is designed to support new parents, encourage them in their desire to have children and support them as they devote more time to their children in their first months.

The QPIP is set up to pay benefits to all eligible workers-salaried and/or self-employed, taking maternity leave, paternity leave, parental leave or adoption leave.

It replaces the maternity, parental or adoption benefits previously provided to Québec parents under the federal employment insurance plan.

The QPIP is an income replacement plan: to be eligible, you must have received work income.

For more information, please visit [www.rqap.gouv.qc.ca](http://www.rqap.gouv.qc.ca) and click on English.





# Government Information

For information on federal government services, including names of the Members of Parliament, call 1-800-OCANADA (1-800-622-6232), or visit their website at [www.canada.gc.ca](http://www.canada.gc.ca).

Information on all federal government services and many provincial government services is available in English upon request. All government phone numbers and website addresses can be found in the yellow pages of the phone book.

Most government offices and many businesses require that all women use their maiden names. The Civil code of Québec, passed in 1981, states that: "In marriage, both spouses retain their respective names, and exercise their respective civil rights under those names." Therefore, only women wed before 1981 can use their married name, regardless of whether or not you were married in the province of Québec.

For information on **provincial government services**, including the names of members of the National Assembly, call Services Québec at 418-644-4545 or visit the Québec Portal online at [www.gouv.qc.ca](http://www.gouv.qc.ca).

- If you are unsatisfied with the service from a provincial government department, call the Québec ombudsman, the Protecteur du citoyen, at 418-643-2688 or visit [www.protecteurducitoyen.qc.ca](http://www.protecteurducitoyen.qc.ca).

- If you need a lawyer and are on social assistance or have a low income, you may be entitled to the services of a legal aid lawyer. To find the address of your nearest legal aid office, call 418-643-4167 or check online at [www.csj.qc.ca](http://www.csj.qc.ca).
- There are some foreign government offices in Quebec City, including the United States. For more information please visit [travel.qc.ca/assistance/embassies](http://travel.qc.ca/assistance/embassies) for a full list of consulates in Canada, showing where each one is located and giving their contact information.





# Health care

Québec residents benefit from insured healthcare services and products under the Health Insurance Plan, as well as prescription drugs if they have registered for the Basic Prescription Drug Insurance Plan.

## Health Card – Carte Soleil



To get your health card or for more information about the Québec Health Plan, contact the Régie de l'assurance maladie du Québec (RAMQ) at 418-646-4636 (press 2 for English) or go to [www.ramq.gouv.qc.ca/index\\_en.shtml](http://www.ramq.gouv.qc.ca/index_en.shtml).

- To qualify for a health card, you must be a Canadian citizen or a permanent resident who lives in this province for 183 days of the year. You cannot get a card if you are a visitor, tourist, or student from another province.
- If you have just moved here from another province or country, you should apply for your card right away. You will not immediately qualify for Québec health insurance; however, you will be eligible

for coverage after a three-month waiting period. Until then, your previous province will cover your medical services. You may have to pay for services up front then request to be reimbursed by your former province. If you are from another country, it is highly recommended that you have private health insurance coverage during the waiting period, as you will not be reimbursed by the RAMQ for any expenses incurred.

## Prescription Drug Plan

Everyone must be covered by prescription drug insurance. Two types of insurance plans offer this coverage: private plans (group insurance or employee benefit plans) and the public plan, (administered by the Régie de l'assurance-maladie du Québec). If you have access to a private plan, you must choose that plan. Otherwise, membership in the public plan is required.

In order to receive services covered by the Health Insurance Plan and Public Prescription Drug Insurance Plan, you must present your valid health care card. Failure to present your valid card may result in you having to pay for the services you receive. You must then apply to the RAMQ for reimbursement using a special form for this purpose.



### Service in English

Québec has an access program which entitles “English-speaking persons to receive health and social services in the English language.” This means that some institutions have been specially chosen to provide services in English. NOT all of these places can, or are obligated to give services in English at ALL times. It depends on time and type of services you need. However, if you ask for service in English, you can expect that an effort will be made to refer you to a staff person who is able to assist you.

For further information about health and social services in English, you can call Jeffery Hale’s Community Services in English at 418-684-5333 or visit [www.jhsb.ca/en](http://www.jhsb.ca/en).

For more information about the Ministry of Health and Social Services visit [www.msss.gouv.qc.ca/en](http://www.msss.gouv.qc.ca/en).

### 911 – Emergency Services

911 will connect you with emergency services (police/fire/ambulance). You may have to ask for English services because there is no dial option to choose French or English.

### VEQ’s Health Passport

Explaining your medical history, pain and/or symptoms can be a daunting task in a second language.

Voice of English-speaking Québec understands, and is here to help. In partnership with Jeffery Hale Community Services, VEQ designed a Health Passport to help you prepare for your visits to a health professional. The passport focuses on common health issues that lead to a visit to an emergency room or walk-in clinic.

To receive your **FREE copy of the Health Passport, call VEQ at 418-683-2366.**



**CALL INFO-SANTÉ**

24 hours a day, 7 days a week.



### 811 – Info-Santé

Info-Santé is a telephone information and advice service that has nurses responding to health and well-being concerns 24 hours a day, 7 days a week. A Simple 3-digit number (811) is used for the entire province of Québec.







# House Hunting/Renting

Before signing a lease, you should clearly set the terms with the landlord, such as the monthly rent, furnishings and appliances, and who pays what utility (electricity, hot water, etc.). You can ask to see the previous tenant's lease. The lease is written in French unless both parties agree to the use of another language. **English leases are available** at the Régie du logement (RDL). In Québec, **one-year leases are the norm**, from July 1 to June 30. **July 1** is considered moving day for most Quebecers, so if you need to rent a truck on this day, book it as soon as you can. If you want a shorter lease term, you can work with your landlord, but make sure it is written on the lease agreement. You must give your landlord **three months' notice** before the end of your lease, **in writing**, if you want to move out.

Similarly, the landlord **must tell you of any changes** to your lease, such as a rent increase, **three to six months before it ends**. You then have one month to reply. If you do not, your lease will automatically be renewed for another year, with the increases applied. You can either accept the changes and the lease is valid for another year, or you can refuse the changes and try to renegotiate. The RDL can help decide what is fair when you renegotiate if you and your landlord cannot agree.

In Québec, **the size** of most apartments includes a "1/2", which refers to the bathroom. A "4 and 1/2" most often has two bedrooms, a living room, a kitchen, and a bathroom (see the vocabulary section for some helpful translations). **Large appliances are not always included in the rent.**

For all questions about tenant/landlord relations, call the Régie du logement at 1-800-683-2245 or visit [www.rdl.gouv.qc.ca/en/accueil/accueil.asp](http://www.rdl.gouv.qc.ca/en/accueil/accueil.asp).

When you buy a house in this province, you will need a notary to prepare the legal papers. He or she will arrange the legal aspects of your mortgage with the bank of your choice. Upon buying a home, whether or not it is newly built, you will have to pay a one-time "welcome tax" to your municipality. This is a provincial law and is applicable to all municipalities.

**For a list of realtors who offer services in English**, see the Business section of this guide at page 71.



## Immigration

For more information about what services are available to you if you are an immigrant/non-Canadian resident, please visit [www.immigration-quebec.gouv.qc.ca/en/index.html](http://www.immigration-quebec.gouv.qc.ca/en/index.html).



## Income Tax

Québec residents **must file both federal and provincial income tax forms** by April 30 of every year. Forms may be done in either English or French and must be filed with each respective agency. Your employer(s) must provide you with a receipt (i.e. T4, RL-1) stating your earnings and any deductions by March of the year after you earned the money.

You can get federal tax forms in English by visiting the Canada Revenue Agency at 165 de la Pointe-aux-Lièvres, in downtown Québec. You may also call 1-800-959-8281 or visit their website at [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca).

You can get provincial income tax forms in English through Revenue Québec at 3800 rue de Marly or by calling 418-659-6299 (9 for English) or visiting their website at [www.revenuquebec.ca/en](http://www.revenuquebec.ca/en)

Jeffery Hale's Community Services in English offers help filing basic tax forms for low-income individuals and families. To find out more, call 418-684-5333.





# Transportation



## Licence

If you are new to this province and have a valid driver's licence from another province or country, you have up to **90 days following your arrival** to make the transfer to a Québec driver's licence. If you are here as a student or on a work exchange, other rules may apply. For questions about the validity of licences, contact the Société de l'assurance automobile du Québec (SAAQ) at 418-643-7620 (push 9 for English) or visit [www.saaq.gouv.qc.ca/en](http://www.saaq.gouv.qc.ca/en).

To exchange your driver's licence:

1. Call to make an appointment at 1-800-361-7620 (Canadian citizens) or 1-888-356-6616 (non-Canadian citizens)
  - When you call, **please verify** which documents you will need to provide at your appointment.

2. Pay two separate fees
  - a. Change-over fee
  - b. Licence fee

Please note that fees and procedures will vary according to each situation.

## Registration

If you bring a car from another province or country, you have 90 days to change its registration and obtain Québec plates from the SAAQ. Your car must first pass an inspection by an SAAQ-approved garage. To find a garage near you, visit: [www.saaq.gouv.qc.ca/en/search/mech\\_insp\\_agent.php](http://www.saaq.gouv.qc.ca/en/search/mech_insp_agent.php)

\*\*It is recommended that you contact the SAAQ at 418-643-7620 before going to a service outlet in order to verify which documents are required.

## Insurance

The province of Québec has a “no-fault” insurance, covering all residents for bodily injury resulting from road accidents. This does not mean that dangerous or negligent drivers will not be prosecuted under the law. It means that people involved in car accidents have no legal right to sue for damages regardless of who is at fault.



All vehicle owners must carry a minimum of \$50, 000 in private coverage as liability for property damages. Private insurance companies offer this and an insurance broker can help you find suitable coverage. Insurance premiums may decrease if you have previous years of driving experience transferred to your Québec driving record; to do so, you have to provide proof to the SAAQ when exchanging your licence.

### Public Transit



- The Réseau de Transport de la Capitale (RTC) serves many parts of the city. For more information, call 418-627-2511 or go to [www.rtcquebec.ca](http://www.rtcquebec.ca)
- Service de transport adapté de la Capitale (STAC) offers para-transit service for people with restricted mobility. Call 418-687-2641 and press 0 for more information.

- La Société de transport de Lévis (STL) offers bus service on the east side of the south shore (Charny, St-Romuald, St-Jean-Chrysostôme, Lévis, and Lauzon). Call 418-837-2401 or go to [www.stlevis.ca](http://www.stlevis.ca)
- Autocars des Chutes (private bus service) serves municipalities on the west side of the south shore (St-Étienne-de-Lauzon, St-Rédempteur, St-Nicolas, Breakyville, and St-Lambert). Call 418-831-2171 or go to [www.autocarsdeschutes.com](http://www.autocarsdeschutes.com)
- La Société des traversiers du Québec is a ferry service that allows people to easily commute between Lévis and downtown Quebec City. Call 1-877-787-7483 or go to [www.traversiers.com/en/index.php](http://www.traversiers.com/en/index.php)
- Communauto is a service allowing clients to rent a car by the hour without the responsibilities that come with owning and maintaining a car. Go to [www.communauto.com/index\\_ENG.html](http://www.communauto.com/index_ENG.html) or call 418-523-1788 to learn more about this environmentally friendly local service.
- There are also two main organized carpooling systems for trips over 100 kms.
  - Amigoexpress: [www.amigoexpress.com](http://www.amigoexpress.com) or 1-877-264-4697 (see ad page 73)
  - Allo stop: [www.allostop-quebec.com/voyage.php](http://www.allostop-quebec.com/voyage.php) or 418-658-0000





## Utilities

Hydro-Québec is the electricity provider in Quebec City. To open an account or for more information call 1-888-385-7252 (9 for English) or visit their website at [www.hydroquebec.com/en](http://www.hydroquebec.com/en).

Please note that not all companies serve all parts of Québec. Please verify with your municipal office to see which providers service your area for telephone, cable, internet, and natural gas.



## Volunteering

Various community groups look for volunteers at different times of the year. It is recommended you contact groups that you are interested in volunteering with to inquire about their needs or visit [www.veq.ca](http://www.veq.ca) and click on Volunteer to review available volunteering opportunities.

Also you can contact Jeffery Hale Community Services to sign up to be a volunteer.

Call 418-684-5333 ext. 1550 to arrange for a volunteer interview or download the volunteer application form by visiting [www.jhsb.ca](http://www.jhsb.ca), click on get involved, become a volunteer, Jeffery Hale Community Services.

To volunteer in French please contact Centre d'action bénévole de Québec, 418-681-3501 or visit [www.cabquebec.org](http://www.cabquebec.org).



## Contact VEQ

For more information about any of the above topics or to discuss any other questions you may have, please contact Voice of English-speaking Quebec:

By mail: 1270, chemin Sainte-Foy, suite 2141  
Jeffery Hale Pavillion (to the right of the  
Jeffery Hale Hospital)  
Québec (Québec)  
G1S 2M4

By phone: 418-683-2366  
By fax: 418-688-3273  
By e-mail: [info@veq.ca](mailto:info@veq.ca)  
[www.veq.ca](http://www.veq.ca)





# Vocabulary

## Government

city hall	hôtel de ville
city councillor	conseiller municipal / échevin
mayor	maire / mairesse
Prime Minister	Premier Ministre du Canada
Premier	Premier Ministre du Québec
riding	circonscription

## Health

appointment	rendez-vous
blood tests	prélèvements sanguins / de sang
doctor	médecin
doctor's office	bureau de médecin
emergency	urgence
examining room	salle d'examen
general practitioner	médecin de famille
gynecology	gynécologie
health card	carte d'assurance maladie (carte soleil)
hospital	hôpital
laboratory	laboratoire
obstetrics	obstétrique
pediatrics	pédiatrie
surgery	chirurgie
waiting room	salle d'attente
x-rays	radiographie

## Driving

back up	reculer
brakes	freins
car lights	phares
car registration	immatriculation du véhicule
driver's licence	permis de conduire
hood	capot
motor	moteur
oil change	changement d'huile
one way	sens unique
flashing light	clignotant
slow down	ralentir
standard	manuel
steering wheel	volant
straight ahead	tout droit
tires	pneus
traffic lights	feu de circulation
trunk	coffre
tune-up	mise au point
u-turn	demi-tour
windshield	pare-brise
windshield washer	liquide lave-glace
windshield wiper	essuie-glace

## Services

ambulance	ambulance
firefighters	pompiers
fire station	poste de pompier
police	police
police station	poste de police
public transportation	transport en commun



**House Hunting**

accommodations	logement
apartment	appartement
appliances	appareils ménagers
basement	sous-sol
bathroom	salle de bain (toilettes)
bedroom	chambre
dining room	salle à manger
dishwasher	lave-vaisselle
dryer	sécheuse
electricity	électricité (Hydro)
elevator	ascenseur
everything included	tout compris
fireplace	foyer
furnished	meublé
heated	chauffé
hot water	eau chaude
house	maison
janitor	concierge
landlord	propriétaire
laundry room	buanderie
lease	bail
living room	salon
mortgage	hypothèque
parking	stationnement
partially-furnished	semi-meublé
property (land)	terrain
quiet	tranquille
refrigerator	réfrigérateur
renovated	renové
roommate	colocataire
storage	rangement
stove	cuisinière
tenant	locataire
washer	laveuse

**Banking**

automatic teller	guichet automatique
debit card	carte de débit
deposit	dépôt
direct payment	paiement direct
loan	prêt
money	argent
paycheque	chèque de paie
withdrawal	retrait
safety deposit box	coffret de sûreté

**Shopping**

clothing store	boutique de linge/vêtements
corner/convenience store	dépanneur
drug store	pharmacie
grocery store	épicerie (supermarché)
hardware store	quincaillerie
shopping mall	centre d'achats/ centre commercial
store	magasin

**Directions**

Où se trouve... / Où est...?	Where is...?
la salle de bain	bathroom
l'hôtel (m)	hotel
le restaurant	restaurant
le musée	museum
la banque	bank
le bureau de change	money exchange
l'église (f)	church
le cinéma	movie theater
le théâtre	theater
l'école (f)	school
la poste	post office
le parc	park
l'hôpital (m)	hospital
le commissariat	police station





# Alphabetical Index

211 Community Services.....	21	Centre Hospitalier Affilié Universitaire de Québec .....	38
Ami Québec.....	37	Centre Hospitalier Universitaire de Québec .....	38
A.P.P.E.A.L.....	18	Chalmers-Wesley United Church.....	42
A.S. Johnson Memorial School .....	26	Christ Church Valcartier .....	40
AA Alcoholics Anonymous.....	37	Church Society of the Diocese of Québec .....	40
Amnesty International .....	17	Citadel Foundation .....	21
Ampleman, Katy.....	71	Clinique Dentaire du Quartier.....	51
Anglican Churches of Portneuf County .....	40	Coiffure Umano.....	58
Anglostore.com.....	49	Collège O’Sullivan de Québec.....	28
Assurance Robert Drolet Inc. ....	61	Community Health and Social Services Network.....	37
Athlete Academy of Québec .....	49	Cooper, Daniel.....	62
Auger, Dr. Pierre .....	53	Côté Acupuncture.....	49
Baha’i Centre.....	43	Cusan, Paolo.....	65
Bayshore Home Health .....	59	Daley, Meagan .....	70
Beth Israel Ohev Sholem Synagogue.....	41	Deltell, Gérard.....	33
Betty’s Quilters .....	18	Deménagement & Transport Dolbec .....	65
Bilodeau, France.....	71	Dollard-des-Ormeaux School .....	22, 26
Blanchette, Denis.....	33	Domaine Lac Labbé.....	51
Boutique Feejo Inc.....	57	Dorval & Veilleux Orthodontistes .....	67
Cathedral of the Holy Trinity .....	40	Eastern Québec Learning Centre .....	30
CBC Radio.....	39	École de Langues de l’Université Laval (ÉLUL).....	28
CEDEC.....	30	Eglin, Elaine.....	50
CEGEP Champlain-St. Lawrence .....	28	Eglise de Scientologie de Quebec .....	42
Central Québec School Board .....	30	Emergency Manoeuvres.....	57
Centre de Médiation Iris .....	56		
Centre de Santé et Services Sociaux de Québec Nord .....	38		
Centre de Santé et Services Sociaux du Grand Littoral .....	38		





Emploi-Québec .....	30	La Leche League.....	38
Evangel Pentecostal Church.....	42	La Tuque High School.....	25, 27
Everest Elementary School .....	25	Lachapelle Veterinary Clinic .....	73
Extermination Plus .....	53	Lachapelle Veterinary Hospital.....	73
Faculté des Lettres et des Sciences Humaines.....	28	LaSalle, Talusier A. ....	56
Faculté des Sciences de d'Administration (FSA ULaval).....	28	Le Centre du Phénix .....	61
Festival Celtique de Québec .....	17	Les Artisans du Paysage Du Québec Inc. ....	61
Fit and Fun English Summer Day Camp.....	73	Les Ateliers de Conversation Anglaise.....	61
FORT Program -Valcartier Family Center (VFC).....	30	Librairie La Maison Anglaise et Internationale.....	49
Fraser Recovery Program .....	37	Life in Québec .....	64
Gagnon, David.....	71	Lifelong Learning Quebec .....	18
Garage St-Jean-Baptiste .....	65	Literary and Historical Society of Québec.....	18
Garneau, Me Brian A. ....	62	MacLean Memorial School.....	25, 27
Gendron and Associés .....	72	Massage Diana Stavert .....	65
Habegger, Charlotte .....	53	Mauricie English Elementary School .....	25
Halikas, Irene .....	70	Megantic English-speaking Community Development Corporation.....	21
HARMONIA.....	50	Mental Health Commission of Canada.....	38
Holland Elementary School.....	25	Moreau, Brigitte.....	53
Hôpital Jeffery Hale Hospital .....	39	Morrin Centre.....	17
Hôpital Laval .....	39	Mount Hermon Cemetery.....	50
Hôtel-Dieu de Lévis.....	39	Mula, Santo.....	74
Humatech Inc. ....	61	Municipality of Saint-Gabriel-de-Valcartier ...	33
Irish Heritage Quebec .....	17	Municipality of Shannon.....	34
Jacques Cartier Curling Club .....	19	National Battlefields Commission.....	20, 35
JB Deschamps Inc.....	70	O'Brien Law Firm .....	62
Jeffery Hale Community Services.....	37, 43	Pagé, Dre. Lucie .....	53
Jeffery Hale Friends' Foundation.....	38		
Jimmy Sandy Memorial School .....	25, 27		
Jones, Yvonne.....	70		
Kangaride (AmigoExpress).....	73		



Physiotherapie Ste-Foy .....	67	St. Patrick Elementary School .....	26
Pige Communication .....	57	St. Patrick's High School .....	27
Plomberie Totale .....	67	St. Patrick's Roman Catholic Church .....	41
Portneuf Elementary School .....	25	St. Peter's Anglican Church .....	41
Pouliot .....	67	St. Vincent School .....	26
Pub Galway .....	70	Ste-Foy Elementary School .....	26
Quebec Art Company .....	17	Ste-Foy Rotary Club .....	21
Québec Baptist Church .....	41	Stoneham Fifty Plus Club .....	20
Québec Chronicle-Telegraph .....	39	Support Our Tummies .....	74
Quebec City Pastoral Care to the Sick .....	43	TD Direct Investing .....	56
Quebec City Reading Council .....	18	Team Donovan .....	72
Quebec City Women's Club .....	20	The 78th Fraser Highlanders .....	17
Québec High School .....	27	TheraVie Health Clinics .....	59, 65
R-Design Inc. ....	58	Three Rivers Academy .....	27
Richardson Mangement Inc. ....	65	Toastmasters Quest Club .....	18
Riverside Regional Elementary School .....	25	Trinity Anglican Church .....	41
Riverside Regional High School .....	27	Truth Baptist Church of Québec .....	41
Rourke, Ross J. ....	62	Une Affaire d'Anglais .....	61
Saint Brigid's Guild .....	38	Université Laval .....	28
Saint Brigid's Home .....	39	Valcartier Elementary School .....	26
Scouts Canada .....	20	Valcartier Golden Age Group .....	21
Shannon Irish Dancers .....	17	VEQ Foundation .....	22
Shannon Senior Citizens .....	20	Verret, Marthe .....	53
Shawinigan High School .....	26, 27	Ville de Québec .....	35
St. Andrew's Presbyterian Church (Québec) .....	42	Vincent, Marie-France .....	64
St. Andrew's Presbyterian Church (St-Gabriel-de-Valcartier) .....	42	Voice of English-speaking Québec .....	22, 43
St. Andrew's United Church .....	42	W. Rourke Ltée .....	50
St. Gabriel's Catholic Church .....	41	Walling, Helen .....	64
St. Joseph's Catholic Chapel .....	41	Wright, Stuart .....	65
St. Michael's Anglican Church .....	40	YES (Youth Employment Services) .....	31

















**For additional copies:**

Voice of English-speaking Québec  
1270, chemin Sainte-Foy, suite 2141  
Québec (Québec) G1S 2M4  
418-683-2366  
Fax: 418-688-3273  
info@veq.ca  
www.veq.ca

**Disclaimer:**

The information in this guide is meant as a general public service only. It is in summary form, so please check with the community group, government agency or business concerned for full details. Furthermore, this information changes often so some of the contents of this guide may be out of date. Voice of English-speaking Québec assumes no responsibility for how this material is used by the public.

**Design and layout:**

Cover and Interior - Pige communication

**Printer:**

JS Deschamps Imprimerie

**Printed in Canada**

November 2013



# Take your health and safety in hand Let us know...



Your questions or concerns about your health care services



Your current state of health and medical history



If you are pregnant or think you might be



Your medicines; better yet, bring them to show us



Your allergies or bad reactions to any medicine or food



If you see something while you are at Jeffery Hale – Saint Brigid's that could pose a risk (broken chair, aggressive person, etc.)



If you are not sure about what you are supposed to do at home after your visit to the hospital or appointment

Jeffery Hale Hospital  
1250, chemin Sainte-Foy G1S 2M6  
**418 684-5333**

*Thank you for helping us provide  
quality and safe services*



# Domaine Lac Labbé

Exclusive cottage rentals and event centre

Tranquil, secluded mountain lake surrounded by a 240 acre boreal estate / 1 hr NW of Quebec City.

**Accommodations include:** Two fully serviced cottages connected by a grand lounge with granite fireplace. Capacity 4-6 persons/cottage.

**Come and Enjoy:** Canoe/kayak, swimming, hiking, cycling, snowshoeing, cross-country skiing, quiet meditation and large grass areas for the activities of your choice. Boats are available for use.

**Unique Feature:** A-frame chapel available for weddings, anniversaries or concerts. Seating for 60.



For prices and availability, please visit our website

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



Jeffery Hale  
Saint Brigid's

# BÉNÉVOLES

## Impliquez-vous !

# VOLUNTEERS

## Get involved!



Aidez-les à s'épanouir  
Help others blossom



Pratiquez votre anglais  
Practice your French



Rencontrez des gens intéressants  
Meet interesting people



Enrichissez leur vie  
Enrich lives

Faites la différence  
Make a difference



**JOIGNEZ** notre équipe dynamique de bénévoles/**JOIN** our dynamic team of volunteers

### INFORMATION

[jhsb.ca](http://jhsb.ca)

**418 684-5333** poste ext. **0**



Jeffery Hale  
Saint Brigid's  
Notre communauté de soins  
A Community of Care



SVP appelez-nous du lundi au vendredi  
Please call us from Monday to Friday