

Welcome to the North Shore

Newcomer's Guide - MRC Caniapiscau



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Who We Are

NORTH SHORE COMMUNITY ASSOCIATION (NSCA)

Our Mission

The North Shore Community Association (NSCA) is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available; by facilitating community initiatives; by encouraging and improving communication; by promoting access to services by developing partnerships; and by increasing the visibility of the English-speaking community.



Services and Activities Offered

- Activities and support for seniors - health and wellness program;
- Respite services for seniors;
- Intergenerational, family, and social activities;
- Provide resources, information, and implement mental health and wellness activities in the communities;
- Youth activities in partnership with our schools;
- Offer health information in English, health passports, documentation, webinars;
- Literacy and early childhood programs;
- Exhibitions and projects related to heritage and culture;
- Promote access to services and information in English;
- Collaboration with partners in employability and providing support for services in English;
- Implementation of initiatives in the field of economic and social development.

Together, we are building a vital, informed, and strong community.

MRC Caniapiscau - Your Home

The MRC takes its name from the Cree language and means “where there is a rocky point jutting out into the lake” and is home to the huge Caniapiscau Reservoir, the largest body of water in Quebec and the second-largest reservoir in Canada.

The Caniapiscau Regional County Municipality (MRC) is an expansive territory that encompasses the Indigenous communities of the Innu Nation of Matimekush-Lac John and the Naskapi Nation of Kawawachikamach to the towns of Fermont and Schefferville. The territory is large, yet offers unparalleled proximity to places to live, work, and leisure activities, but, above all, strong ties to the community and essential services that bring people together.



Fermont

Fermont is a one-industry town wholly dependent on iron mining. The town’s main feature is its extraordinary 1.3 km windbreak wall (Le Mur).

Caniapiscau Regional County Municipality economy relies heavily on mining operations, hydroelectricity, remote outfitting and tourism. The MRC features some of the highest disposable incomes per capita in Quebec due to high-paying industrial and mining jobs. (www.tourismcote-nord.com/en/Fermont/municipalities)



Schefferville

Covering approximately 80,465 kilometers, Schefferville is an example of harmonious cohabitation between the Innu First Nations of Matimekush-Lac John and Naskapi of Kawawachickamach and non-Aboriginal nations. The mutual aid and development between these 3 entities support some 1,425 isolated inhabitants.

In this territory, we observe landscapes shaped by mining, while the taiga, with its vast network of lakes and rivers, challenges us. The city is accessible by plane from Montreal, Quebec City or Sept-Îles, as well as by train from Sept-Îles. (Tourisme Côte-Nord) (www.tourismcote-nord.com/en/Schefferville/municipalities)



Economic Profile

Mining, industrial support services, construction, local retail, and outdoor tourism are the main economic drivers, with Fermont and Schefferville as the principal hubs.

Communities & Languages



English-Speaking Population

English speakers make up 23.6% of the total population. This ratio represents 915 English speakers out of the region's overall population. (NSCA/2021 Census Canada)

The highest proportion of English speakers in the territory is located near the northern towns of Schefferville and the neighbouring Naskapi Nation community of Kawawachikamach, where English is predominantly spoken as a second language (Wikipedia).

While French remains the dominant language across the broader North Shore, Caniapiscau holds a uniquely high concentration of English speakers compared to the neighbouring county municipalities like Fermont, which is almost exclusively French-speaking.

<https://caniapiscau.ca/citoyens/nouveaux-arrivants/>
(available in French only).



The Innu Nation (Montagnais)

The Innu population in this region belongs to the Innu Nation of Matimekush-Lac John. The MRC of Caniapiscau contains five communities: the towns of Fermont and Schefferville, as well as two Montagnais communities - Matimekush and Lac-John.

- Matimekosh: An autonomous Innu reserve that shares an urban core and is surrounded by the town of Schefferville.
- Lac-John: A small First Nations reserve located about 3.5 kilometers northeast of Schefferville. (MRC Caniapiscau).



The Naskapi Nation

The Naskapi Nation of Kawawachikamach - Located roughly 15 kilometers northeast of Schefferville. This is the only Naskapi village in the province of Quebec.

The village was built by the Naskapi/Iyiyiw from 1980 to 1983 and the language spoken is Iyiyiw-Imuun, a dialect closely related to Innu and Iynu (East Cree) (Wikipedia).

While geographically enclaved within or bordering the Caniapiscau RCM territory, these First Nations reserves are politically autonomous and distinct from the RCM's local municipal administration.

Lodging and Accommodation

Finding lodging and accommodation in the MRC de Caniapiscau requires strategic planning due to its isolated location. Because it is a highly specialized, resource-rich territory, the housing market behaves differently than in southern Canada. Due to a structurally tight housing market, most major employers own and allocate housing for their staff. (*MRC de Caniapiscau Newcomer's Guide*)



Start with your employer

If you are moving to Fermont for work, your first contact for housing should be your employer. (*MRC de Caniapiscau Newcomer's Guide*)



Housing in the Region

- **The Major Landlords:** The vast majority of standard apartments and houses in the region are owned directly by the main local employers, notably ArcelorMittal, the local health network (Santé Québec), the Fer School Service Centre, and the Municipality itself. (*Tourisme Côte-Nord*)
- **The Benefit:** They make these housing units available to their employees at extremely advantageous, subsidized rates. (*Tourisme Côte Nord*)
- **The Dynamic:** There is virtually no traditional open real estate or free rental market in the community. If you do not have a housing agreement secured through your employment contract, finding an apartment independently is incredibly difficult. (*Tourisme Côte-Nord*)



Community & Specialized Housing

- **Habitat de Fermont:** This is a local non-profit organization (OBNL) that manages 24 affordable social housing units ranging from 1 to 3 bedrooms. (*Tourisme Côte-Nord*)
- **First Nations Communities:** If you are relocating to the communities of Matimekush, Lac-John, or Kawawachikamach, reach out directly to the local band councils or the Schefferville Development Corporation, which focuses heavily on resident retention and local housing issues.
- **Eligibility & Waiting Lists:** Waiting lists are long. Newcomers must meet specific, strict low-to-moderate income criteria governed by the Société d'habitation du Québec (Accès-Logis program) to qualify. (*Tourisme Côte-Nord*)



In need of EMERGENCY Lodging?

Maison d'aide et d'hébergement de Fermont
(844) 901-4625 / (418) 287-5896

You can also check out the local newspaper:

- **Journal Le Trait d'union du Nord** - serves as the community newspaper for the northern towns of Fermont and Schefferville. You can access their coverage online through the official Journal Le Trait d'Union du Nord website.

Lodging and Accommodation



Temporary & Remote Lodging:

If you are arriving for exploratory visits or short-term contracts, standard local hotels are limited. Regional operations like [Caniapiscau Expeditions](#) provide outfitter-style lodgings, private cabins, and guest houses primarily geared toward regional wilderness transit and short stays.



Local Motels & Hotels

Establishments like the **Motel Vent du Nord** in Fermont or the remote **Hôtel Lac Pau** provide local rooms, though booking well in advance is highly recommended due to high worker occupancy. (*Bonjour Québec*)



Outfitters & Wilderness Lodging:

For those arriving via the Trans-Taiga Road to looking near the Caniapiscau Reservoir, accommodation consists of rustic cabins, guest houses, and wilderness camps run by local operators like [Caniapiscau Expeditions](#). (*Tourisme Côte-Nord*)



MRC de Caniapiscau Newcomer Portal:

The official [Nouveaux Arrivants Portal](#) offers tools, integration guides, and advice tailored specifically to the realities of northern living. www.caniapiscau.ca/citoyens/nouveaux-arrivants/ (available in French Only)

- **The Newcomer Questionnaire:** Fill out the free, regional [Newcomer Questionnaire](#) (available in French only) to get directly paired with a local immigration counsellor who can give you real-time vacancy updates.
- **Place aux jeunes Caniapiscau:** If you are between the ages of 18 and 35, the [Place aux jeunes](#) initiative provides specialized assistance, exploratory visits, and housing support to help young professionals settle into the region.
- **North Shore Community Association (NSCA):** For English-speaking newcomers, the [NSCA Newcomers Guide](#) provides community resources specifically translated and built for navigating the North Shore region.
- **Newcomer Integration Services:** personalized family guides, welcome tools, and community resources to help families relocate and integrate smoothly into the region. <https://caniapiscau.ca/citoyens/nouveaux-arrivants/> (available in French only)



Other Sources

Instead of traditional apartment complexes, you can look for short-term or monthly options like vacation homes and rooms via platforms such as [Airbnb Caniapiscau Stays](#). Nearby populated municipalities in the broader Sept-Rivières-Caniapiscau region, such as Port-Cartier, occasionally list houses or properties on platforms like [Realtor.ca](#), but direct apartment availability in Caniapiscau proper remains virtually zero.

Employment: Your Workplace

Localized employability services are predominantly structured around local government programs, and community-led initiatives tailored to the North Shore. The primary local employability services present in the municipality, and their capacity to serve English-speaking job seekers, are detailed below:



Employment Assistance Service (SAE)

MRC de Caniapiscou - Fermont - provides individual guidance, job market information, CV and cover letter drafting, interview preparation, and education re-entry planning exclusively to the residents of the MRC.



Guichet Emploi Caniapiscou

Fermont and Schefferville - a localized recruitment and volunteer placement platform managed by the municipality serving the main hubs of Fermont and Schefferville.



Place aux jeunes en region - Caniapiscou

An initiative targeting youth and young professionals aged 18-35, designed to facilitate regional integration, internship placements, and employment transitions.



Service Quebec / Local Employment Centre (CLE)

The provincial government network providing generalized employment assistance programs, structural job readiness activities, and specialized financial integration services across the North Shore administrative region.



RIESS Initiative (Regional Individual Employment Services and Support)

Offered through the North Shore Community Association (NSCA) and with collaboration with other community organizations. Designed specifically to support English speakers navigating the North Shore workforce.



Emploi-Québec

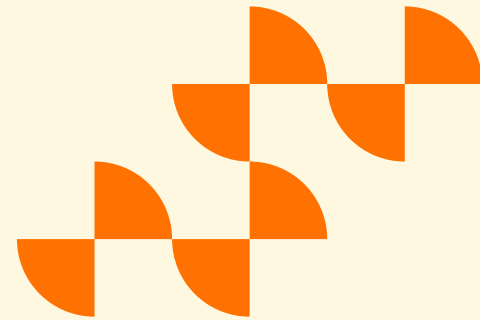
Provides job placement, training, labour market information, job search help, self-employment, apprenticeship, and professional qualifications.

Toll-free: 1-888-367-5647

** Provincial and federal tax credits support new residents through deductions and incentives for moving and employment in remote regions.

Family Life and Services

Family services across the Caniapiscau Regional County Municipality (MRC) are deeply tied to its two specific geographic clusters: Fermont (the main mining town accessible by route 389) and Schefferville (the northern enclave bordering Labrador, primarily accessible by rail or air). Because these communities are physically isolated from one another, local family programming is managed distinctly at the town level.



Fermont (Central Hub of the MRC)

Fermont concentrates the majority of the MRC's built infrastructure, featuring highly structured municipal and community services:

- **Daycare (CPE):** The cornerstone of early childhood education in town is [CPE Le Mur-mûr](#), located at 299 Rue le Carrefour. It provides licensed, provincial-subsidized care with a total capacity of 78 spaces, including 10 infant spots. Its curriculum emphasizes educational play and risk identification.
- **Family & Crisis Support:** The town hosts the [Maison d'aide et d'hébergement de Fermont \(MAHF\)](#) at 4 Rue Holway. It is a verified, women-owned community organization providing emergency shelter, crisis intervention, and localized support for women and families.
- **Youth Activities & Recreation:** The town's recreational framework relies heavily on local organizations like the [Association Loisir Plein Air de Fermont](#) alongside municipal recreation departments handling local summer day camps (camps de jour).
- **Healthcare Gateways:** Frontline family care, vaccinations, and community services are managed directly at the [Centre de santé de l'Hématite](#) (1 Rue de l'Aiglon).



Schefferville (Northern Sector)

Services in Schefferville are deeply integrated with the region's Indigenous communities, including the Innu Nation of Matimekush-Lac John and the Naskapi Nation of Kawawachikamach:

- **Social & Family Infrastructure:** Local family care and child services are spearheaded by the [Services Sociaux Montagnais](#) (Rue Lorraine), which handles culturally specific social assistance and child welfare orientation.
- **Community Resources:** The [Naskapi Community Center](#) (1012 Naskapi St) serves as a primary gathering point for community workshops, youth recreation, and local family cultural events.
- **Medical & Family Care:** Physical and mental health resources operate directly out of the [Dispensaire de Schefferville / CLSC de Schefferville](#) (320–326 Rue A.-P.-Low). They handle early childhood checkups, prenatal support, and nursing services.

Family Life and Services



Regional Family Services

Early Childhood Centres (CPE) & Subsidized Daycares: Regional childcare spaces are coordinated centrally by the provincial [Gouvernement du Québec Childcare Services Registration Portal](#). Under provincial policy, these licensed spots charge a subsidized flat daily fee.

Family Centres: Integrated services offering language development workshops, parent training, and personalized support are structured in collaboration with local CPEs.

Reading & Musical Awakening: The MRC organizes specialized musical and reading development activities specifically for children aged 0 to 5.

Childcare and Daycares: Subsidized Childcare (CPE) – local childcare options operate primarily in larger hub towns like Fermont to support working parents through the provincial Ministry of Family Framework.

Local Community Organizations: Recognized groups via the PSCC (Community Organization Support Program) coordinate local social integration, family and community events, and resource services.

CLSC Services: Local community service centres handle psychosocial evaluations, home/school follow-ups, youth clinics, and professional referrals for families.

Family services are provided through local municipal initiatives, regional organizations, and the Santé Québec Côte-Nord health network.



Day Camps & Youth Recreation

Municipal Day Camps: The local municipalities organize summer day camps (camp de jour) generally geared toward children aged 5 to 12. Programs typically run from late June through mid-August.

Youth Orientation & Inclusivity: The region emphasizes social integration programs like [Fermont en folie](#) and municipal active master plans to keep children and youth socially active and engaged in sports and outdoor activities.

Maison d'aide et d'hébergement de Fermont: A dedicated community organization offering emergency shelter, support, and resource orientation for women and families going through difficult transitions or experiencing domestic violence.

Community Visibility & Grants: The MRC partners with local community groups to subsidize family projects and promote family-centric messaging via regional channels like CFMF 103.1 radio.

School and Educational Services

Educational services are primarily managed by the Centre des services scolaire du Fer, covering French-language public, preschool, elementary, and secondary schooling for the region's main communities like Fermont and Schefferville.

English-language instruction falls under the jurisdiction of the Eastern Shores School Board (ESSB).

Fermont School is a small Pre-Kindergarten to Grade 6 elementary school housed inside the town's unique multi-service wall complex (Le Mur de Fermont).

There aren't any stand-alone English public schools in the MRC; secondary students must transition into secondary programs outside the sub-region or rely on regional distance/bilingual accommodations.



Enrollment

To enroll your child in a school, you need to:



Select a desired school, either French or English. For English schools in Quebec, conditions may apply. Please check with the school administration for information on *Bill 101, Charter of the French Language*.



Have a permanent address in the neighborhood of your child's selected school.



Fermont School

Fermont School is a small Pre-Kindergarten to Grade 6 elementary school housed inside the town's unique multi-service wall complex (Le Mur de Fermont).



Polyvalente Horizon-Blanc

In Fermont, secondary education and programs are provided by Polyvalente Horizon-Blanc, which serves the community.

Schefferville – serviced by institutions such as *École Kanatamat Tshitpenitamunu*, catering to local youth and incorporating regional educational needs.

Kawawachikamach - Jimmy Sandy Memorial School Fosters the development of competencies, utilizing a range of resources. Provides English education to the communities of Kawawachikamach, as well as Naskapi beneficiaries who reside in Schefferville. Offers Naskapi immersion to students from Pre-Kindergarten to Grade 2. Grade 3 is an enrichment year, to better facilitate language acquisition. Classes are offered up to Secondary V, JSMS also offers students the Work-Oriented Training Path: Pre-Work Training.

www.cqsb.qc.ca/en/ecole-jimmy-andy-memorial

Early Childhood & Support – resources (ages 0 – 5 years) and specialized local community support, such as language stimulation and reading workshops, are coordinated alongside family and early childhood centers (CPE) via local municipal and regional initiatives.

Vocational Training and Adult Education

Because of the small population, dedicated, full-scale trade campuses are located further south in hub cities' like Sept-Îles or Baie Comeau, however, local accommodation exists.

Centre d'éducation des adultes de Fermont – a localized adult education point run by the Centre de services scolaire de Fer offers customized adult general education, prerequisites, and high school diploma completion.



McGill

In collaboration between the North Shore Community Association and **McGill University**, a **bursary program in health and social services** is offered. To learn more about the program, please contact the NSCA at **418-296-1545**.

SCAN ME



Core Medical and Social Services

Despite the region's isolated northern geography, local centres provide a wide spectrum of care:



Frontline and Emergency Care

24/7 emergency response, walk-in consultations, and general family medicine.



Social & Psychosocial Support

Mental health trauma, addiction counselling, and psychosocial assistance managed through the intake framework (RAOR).



Youth and Family Protection

Localized youth protection services handled by the Child and Youth Protection Centre in Kawawachikamach.



Therapeutic Services

On-site community physical therapy, nutrition counselling, and specialized home support for seniors.

Maison d'aide et d'habitation de Fermont Inc.

Provides shelter and outreach support for women facing domestic violence or acute difficulties.

Maison d'aide et d'hébergement de Fermont – Crisis Shelter and Food Pantry

24/7 Toll-Free Emergency Line – 1-844-901-4625

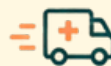
Local Listening & Crisis Line – 418-287-5896

Office line – 418-287-5625



Corridors of Services and Cross-Border Care

Because Caniapiscau lacks highly specialized surgical facilities, care plans incorporate cross-border and regional networks:



Emergency Surgery

Agreements allow critical trauma and surgical emergencies in Fermont to be transported 20 minutes away to Labrador City (Newfoundland and Labrador).

Transportation Services

The MRC relies primarily on regional road connections, local taxis, air access, and specific vehicle or train options due to its remote location.

Route 389 connects Fermont to Baie Comeau, with distances up to 1,779 km to major cities.

The main modes of transport available in the region include:

- **Personal and Rental cars** – Route 389 connecting to Fermont and the Trans-Taiga Road;
- **Taxis** – mainly in Fermont (Telephone: 581-231-3444)
- **Train Transport** – utilized for specific heavy or regional transit needs (Transport Ferroviaire Tshuettin – 1-866-962-0988)
- **Air Transport** – regional air connections and local airstrips to reach remote parts where roads are absent (www.quebec.ca/en/transport/financial-assistance/air-sea-rail/regional-air-access/travel-qc-discounted-prices)
- **Ministry of Transport** – Road conditions vary and travelers should prepare for remote travel with limited services. To check on road conditions and weather (www.quebec511.qc.ca)

Health and Social Services

Health and Social Services in the MRC are managed by Santé Québec Côte-Nord which serves a population of roughly 2,500 residents across industrial mining hubs and Indigenous territories. The network connects localized multi-service centres, specialized frontline services, and regional partnerships to deliver essential care. The local health centre offers emergency, clinic, telemedicine, and specialized visits, with referrals to Sept-Îles. Services include physiotherapy, mental health, home care, and pre-natal care, with some specialists visiting periodically.



Family Support Program

Dedicated financial benefits and daily parenting assistance are coordinated via regional patient navigators for families caring for children with physical or intellectual disabilities.

The process when in need of a health consultation:

1



Call 911 in case of an emergency.

2



Call Info-Santé/Info-Social at 8-1-1.

A nurse clinician will provide you with the appropriate information and will direct you towards what you need to do. This service is available 24/7 every day.

3



Contact your family doctor.

If you need to find a family doctor you must register on a waiting list: <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor>

4



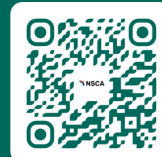
If you are already on the waiting list for a doctor and want to obtain a medical consultation, you can contact the **Primary Care Access Point** by calling this number: **811**. They will give you an appointment in the following week or two.

Assistance in English

If you require assistance in English through the health system, or while travelling away from home for medical services, the NSCA has created two different tools which are available to you. Hard copies are available at the NSCA offices, or for web access, scan these QR codes to choose the tool you need.



Travel4Health



Health Passport



Regional Interpreter:
418-965-7621

Registration for Quebec Health Insurance Plan – Visit La Régie d'Assurance Maladie du Québec at: www.ramq.gouv.qc.ca/en/citizens/health-insurance/register

PRIMARY HEALTH CARE FACILITIES

In the Caniapiscau Regional County Municipality, frontline medical care is divided into specific local points of service based on geography:

Fermont Multi-Service Health Social Services Centre (CMSSS)

(also known as Centre de santé de l'Hématite), located at: 1 rue de l'Aquilon in Fermont. This main local facility houses an emergency department open 24/7, medical laboratories, and a radiology department.

General Reception & Appointments - 418-287-5461

Direct Emergency Room / Testing Lab - 418-287-3280

Schefferville CLSC

Located at 320 rue A.-P.-Low.

This local community service centre provides routine clinical appointments, vaccinations, and frontline family nursing.

- Main Line – 418-585-2645
- Central Appointment Desk via Fermont – 418-287-5461, Ext. 712167
- Centrale des rendez-vous (Regional Blood Work/Sampling - Toll-Free: 1-833-704-0087)

CLSC Naskapi

Located in Kawawachikamach, this facility focuses primarily on healthcare needs and social services for the local First Nations community.

Leisure and Culture

With over 80,000 square kilometers north of the 52nd parallel, the MRC provides a strong, beautiful backdrop of taiga, alpine tundra, and pristine waterways. Recreational activities are anchor-focused on major wilderness hubs, outfitting camps, and the unique architecture of mining towns.

Indoor facilities include a semi-Olympic pool, arena, and gyms for various sports, with some activities free and others paid, while outdoor facilities include sports fields, a beach with water activities, and trails for hiking, biking, and winter sports.



World-Class Fishing

Trophy sportfishing — primarily for landlocked salmon, giant lake trout, northern pike, and brook trout — is recognized internationally.



Water Sports & Foraging

Kayaking and canoeing are common on the expansive waterways, while locals and visitors frequently forage with berries and edible mushrooms across the taiga floor.



Winter Recreation

Snowmobiling and cross-country skiing offer miles of powdery, uninterrupted trails between communities.



The Taiga Carnival

An annual winter festival held in March celebrating Northern culture.



Stargazing

This region is perfect for viewing the brilliant, clear-sky Northern Lights (Aurora Borealis) due to zero light pollution.



Caniapiscau Reservoir & River

A unique hub for wilderness explorations and companies like [Caniapiscau Expeditions](#) who provide solar-powered fly-in lodges right on the reservoir.



Remote Fly-Outs

Offered through wilderness outfits like [La Justone Outfitter](#) and [Club Cambeaux](#) via floatplane from Fermont or Labrador City into highly isolated subarctic fishing camps.



Mont Daviault Trails

Located right outside Fermont, the [Sentier du Mont-Daviault](#) features trails like [Le Ruisseau](#) and [La Flore](#), which offer panoramic lookouts.



Uapishka Biodiversity Reserve

Offers rugged, multi-day opportunities through the ancient Uapishka (Monts Groulx) range.



The Screen-Wall (Le Mur-écran)

This iconic 1.3 km architectural marvel acts as a windbreak against brutal northern gusts. It doubles as Fermont's town centre, containing an indoor promenade, a swimming pool, a bowling alley, a sports arena, and various cultural exhibition spaces.

Other unique attractions

- Mining Tourism – Visitors can take guided summer tours of ArcelorMittal's Mont Wright Mine, the largest open-pit iron mine in North America.
- Aventure 52nd Parallel – A local initiative where travelers can 'rent a local' guide to experience tailored, community-led outdoor cultural experiences.
- Fermont Spectacles- hosts arts, music, dance, and cinema events, with performances mainly at the arena and auditorium. (*Tourism Cote-Nord*)

Communications, Local Products and more



Communications and Media

Internet is available via fiber optic from Cooperative of Community Television - Diffusion Fermont, with other providers offering satellite or mobile services.



Telebec, a group member BCE, offers telephone service and internet.



Mobile coverage is widespread.



XplorNet is a satellite service available in Caniapiscau.



CFMC is the local radio station but broadcasts mostly local events.



The "Le Trait d'Union" newspaper keep residents informed.



We Encourage Local Products

Local products in the Caniapiscau Regional County Municipality focus heavily on traditional harvesting, wild foods, and sub-arctic forest foraging rather than conventional farming.



Wild Berries

In the alpine tundra, wild berries, such as cloudberry, blueberries, and crambles are gathered locally.



Mushrooms and Herbs

Edible mushrooms and herbs in the boreal and tundra transition zones yield native mushrooms used in regional cooking.



Traditional Game and Fish

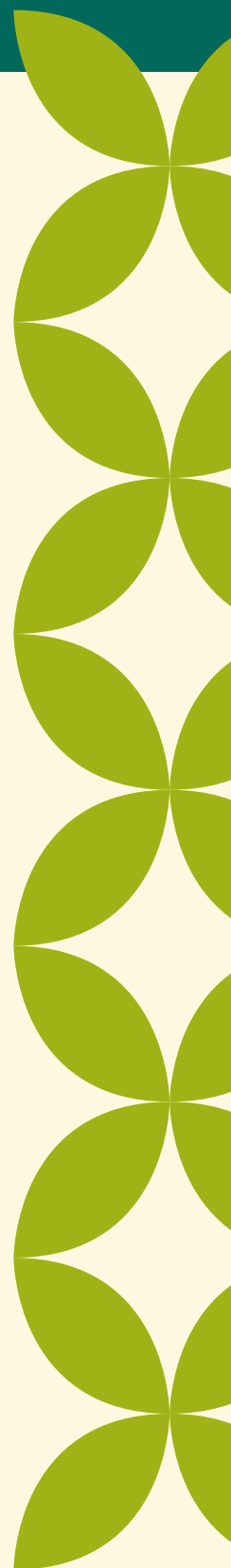
Traditional hunting and fishing are central to the region's food culture, reflecting the Innu and Naskapi heritage.



Useful Resources

The **Guide des aliments Forestiers de Fermont** is available to help residents and visitors, identify and harvest local plant and fungi species. Tourisme Côte Nord coordinates regional tourism details that highlight northern bush-to-table traditions.

Notes

[illegible]



Contact Information

The NSCA invites you to contact us for your English-speaking needs, where we can direct you on how to access the appropriate community resources and advise you on those who offer their services in English. Take time to explore what the North Shore has to offer.



598 Blvd. Laure, Local #108
Sept-Îles, Quebec G4R 1X7



337 Blvd. LaSalle, Local #202
Baie-Comeau, Québec G4Z 2Z1



www.quebecnorthshore.org



info@quebecnorthshore.org



+1 (418) 296-1545
Baie-Comeau Head Office



+1 (418) 968-3148
Sept-Îles Satellite Office

SCAN ME



Visit our website for more information and resources

Newcomer Resources

We have many resources to help all newcomers, including an NSCA Newcomers Kit with detailed information on education, employment, health care and many more essential services. Visit our website to download your own guide or call our offices to obtain your own kit!

Come and visit us and explore what this unique region has to offer!

With the financial support of:

***Secrétariat aux relations
avec les Québécois
d'expression anglaise***



PHOTO CREDITS

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