



Welcome to the North Shore

Newcomer's Guide
2026

North Shore - MRC Sept-Rivières -

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Who We Are

Our Mission

The North Shore Community Association 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. Together, we are building a vital, informed and strong community.

Services & Activities

- 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 initiatives in the communities;
- Youth activities in partnership with our English 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 the area of employability and providing support for services in English;
- Economic and Social Development initiatives.

The NSCA invites you to contact us for your English-speaking needs. 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.

Drop by to find out why there's no place like the North Shore.

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



<https://quebecnorthshore.org>



+1 (418) 968-3148
Sept-Îles Office

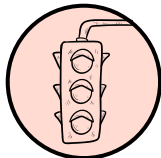


Info@quebecnorthshore.org



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

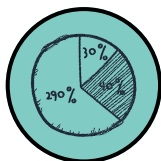
Sept-Rivières: Realities



**Less than 4 traffic lights =
*getting to your event on time!***



**Getting honked at while riding
your bike = *someone you know
saying "hi"!***



**1,115 English speakers = *a ratio of
3.3 % of the population...Come
make a difference here!***



**2 communities from the Innu Nation
are rich in traditions and
knowledge.**



**With a view and access to kilometers
of sandy beaches within minutes,
every day feels like a vacation.**

Sept-Rivières: Your Home

Economic Profile

Our landscape is characterized by a thin, urbanized coastal strip and a vast hinterland dedicated to the exploitation of forestry, hydroelectricity, wildlife and mining resources. Because of its geographical location, it occupies a strategic economic position along the St. Lawrence Seaway.

Our main industry sectors are: aluminium, mining, forestry, transportation, fishing, construction and the service industry.

Territory

Sept-Rivières (French for "Seven-Rivers") is a regional county municipality of Quebec (MRC), in the North Shore region with its county seat in Sept-Îles. The Sept-Rivières MRC is along the north side of the St. Lawrence River, located in the heart of the North Shore about 600 km east of Québec City by road. It is surrounded to the west by the Manicouagan MRC, to the east by the Minganie MRC, to the north by the Caniapiscau MRC, the province of Newfoundland and Labrador, and to the south by the Haute-Gaspésie MRC. It's an unorganized territory (UT) and the municipalities are Sept-Îles, Port-Cartier, UT Lake Walker and Lake Daigle.

Indigenous People of the North Shore

Located adjacent to the city of Sept-Îles is the Innu community of Uashat Mak Mani-Utenam. Nearly 4,608 inhabitants live in two separate territories,: Uashat and Maliotenam. They mainly speak Innu-aimun and French. Additionally, the North Shore territory is on the 'Nitassinan' ("our land" in Innu language), which is the ancestral homeland of the Innu Nation.



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Immigrating to the province of Quebec?

Need information to support you through the process?

Please visit Quebec Immigration for detailed information.

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Lodging & Accommodations

Whether you are looking for a quiet neighbourhood and charming house, a waterfront property or a cozy bungalow in town where families are all around, the possibilities are varied!

Real Estate Agencies | Sept-Îles

- Royal Lepage Perfection-508 Ave Brochu
418-968-3900
- Via Capitale-Sept-Îles-390 Ave Brochu
418-968-5355
- RE/MAX Distinction-161 Rue Du, Rue Père Divet, 418-295-1911
- Groupe Sutton-508 Ave. Brochu,
418-960-1381
- Équipe CC Lévesque 161 Rue Père Divet,
418 -964-6662

Real Estate Agencies | Port-Cartier

- Groupe-Sutton-58
Boul. Portage Des Mousses
- A resource to find rental apartments

Rental Buildings | Port-Cartier

- Habitations le Port-Cartier, 418-766-4321,
- Benoît Gagnon, 66 Élie Rochefort
450-660-4709
- Placements Nord-Côtier Inc.,
418-962-0469, 418-961-8669
- Groupe Soluplex, 418-960-4895
- Coopérative d'habitation de Port-Cartier,
581-881-0563
- 9053-4975 Québec Inc., 418 766-3647
418 -768-6169

Other Sources for Rental Apartments

- Journal le Nord-Côtier
www.lenord-cotier.com
- Kijiji www.kijiji.ca
- Facebook Marketplace
- https://deseptiles.com/repertoire/wp-content/uploads/2026/05/repertoire-dhebergement-2026_v.32.1
(Available in FRENCH only)



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Rental Buildings | Sept-Îles

- Devcore, 200E rue Régnauld, 418-960-0222
- Immobilière Joie de vivre, 560 Noel
418-968-8411
- Groupe Soluplex, 418-960-4895
- Appartements le Concorde, 418-968-8833
- Placements Nord-Côtier Inc. 418-962-0469,
418-961-8669
- Multi-Logis, 685-A Giasson, App. 1
418-968-3343
- Régnauld Apartment Complex 418-960-0250/
418-960-4480
- Les jardins de Sept-Îles
418-964-0340 / 418-350-0837
- Les appartements du Gouverneur enr., 690
Laure #216, 418-968-8816
- Gestion Kimaji, 418-961-8840
- Les Appartements Gallant, 418-962-3334
- Immeuble Rive-Nord, 18 rue Regnauld
418-968-2669

In need of an EMERGENCY lodging?

- Maison des femmes Sept-Îles
418-962-8141
- Homme Sept-Îles 418-961-1530

Employment: Your Workplace

Employability services available in Sept-Rivières offer support to their English-speaking population within their respective communities. The organizations assist to create resumés, cover letters, interview practice, aptitude workshops, and help with the job search process. If translation of documents are required, the NSCA is available to provide this service and can facilitate communication between the organization and the client, if required.

Employment Counselling & Support Services

Centre Local D'Emploi (CLE)

CLE of Sept-Îles: 456 Ave. Arnaud

418-962-6545

CLE of Port-Cartier: 2 Rue Élie-Rochefort

418-766-6932

Carrefour Jeunesse Emploi - Duplessis (16-35 yrs old)

Sept-Îles: 263 Rue Papineau

418-961-2533 / www.cjed.qc.ca

Port-Cartier: 2 Rue Élie-Rochefort

418-766-4099 / www.cjed.qc.ca

Action Emploi Sept-Îles

391 Ave. Jolliet 418-962-9480

www.action-emploisept-iles.com

POPCO

Port-Cartier: 34C, Boulevard des Îles,
418-766-8047

www.popco.qc.ca

Alpha Lira

425, Ave. Arnaud, Sept-Îles

418--968-9843

direction@centrealphalira.org

Place aux Jeunes - Sept-Rivières 18 to 35 yrs old

Sept-Îles: 263, Ave. Papineau

418-961-2533 / www.cjed.qc.ca

Port-Cartier : 2, Rue Élie-Rochefort

418-766-4099 / www.cjed.qc.ca



Find information about labour standards, pay equity or occupational health and safety.



Family Life On The Coast

Accessibility & Enrollment in a Childcare Service

Spaces in childcare services, also called day care centres, are available for young children, from birth to age five. It is recommended to register your child as soon as possible in the days following your arrival. You have to search for childcare services using the *La place 0-5* platform (www.laplace0-5.com). This platform brings together all the childcare services recognized by the Government of Québec.

Family Organizations & Services

L'Envol-Family House Sept-Îles & Maison de la famille de Port-Cartier-Family House Port-Cartier: provide family support, family activities, workshops, etc.

Autisme Côte-Nord: offers support, information and helps break the isolation.

Washable Diaper Incentive: For parents and guardians with a child under the age of one who offer a green solution.

https://www.septiles.ca/fr/couches-lavables_156/ (Available in French only).

Recyk et Frip Sept-îles: a second hand store where you can find objects and clothes at a low price and give them a second life.

Youth Centers-Maison des jeunes l'Eclipse Sept-Îles & Maison des jeunes de Port-Cartier: offer services and activities to youth aged 12 to 18 years old

Day Camps

Usually offered after the week following the last day of school up to mid-August. Day camps offer a multitude of recreational, sports, and cultural activities led by animators that transforms your children's summer into an enriching and fun experience and this, in an appropriate and safe environment. Ask your municipality for more information.



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Occasional Daycare Services

You should be aware that there are also drop-in centers in Sept-Îles and Port-Cartier. The drop-in services are for parents who do not have a place in a daycare centre.

- Sept-Îles : Halte-garderie l'Envol, 418-968-5561
- Port-Cartier : Halte-garderie la Maisonnnette, 418-766-8666

À La Source Sept-Îles/Port-Cartier: information for women on their sexual and reproductive health, support for breastfeeding, and representation of women's rights in order to improve their health conditions, including information on access to midwifery services on the North Shore.

School & Educational Services

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.

Elementary and Secondary School

- Centre de services scolaire du Fer - French Speaking
- Eastern Shores School Board - English Speaking
- Institut d'enseignement de Sept-Îles- French Speaking and Private secondary school

Post-secondary studies

- Adult education and vocational centers
- Northern Lights- Adult Education and Vocational Center
- Centre de Formation Professionnelle et Générale A-W Gagné (French only)
- CÉGEP de Sept-Îles (professional and/or pre-university studies)
- Centre d'études universitaires de l'Est de la Côte-Nord UQAC (university studies)



Bursary Program in Health & Social Services

For more info on the program, contact the NSCA.

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Education in community organizations

Sept-Îles:

- Centre Alpha Lira
- Semo Côte-Nord
- Port-Cartier:
- PopCo

For more education information visit the website:

<https://www.quebec.ca/en/education/preschool-elementary-and-secondary-schools>



Credits: NSCA Collection



Health & Social Services

Santé Québec-Côte-Nord is the name of the health system organization in Quebec. Every region in Quebec has its own CISSS (Centre intégré de santé et de services sociaux). On the North Shore, Santé Québec Côte-Nord covers a territory extending from Tadoussac to Blanc-Sablon (almost 1300 km of shoreline) and includes Anticosti Island and the northern towns of Fermont and Schefferville.

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 direct you to what you need to do. This service is available 24/7 hours a day, everyday.
- 3- Contact your family doctor. If you need to find a family doctor you must register and put your name 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 or health services, you can contact the Primary Care Access Point by calling this number: 811, option 3. They will give you an appointment in the following week or two.



Assistance in English

If you require assistance in English, navigating 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. For web access, scan these QR codes to choose the tool you need.

Registration for the Quebec Health Insurance Plan

Visit La Régie d'Assurance Maladie du Québec.

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/register>

Clinics and Health Organizations

For more information on the existing clinics, hospitals or health organizations, visit:

- CISSS Point of Service in Sept-Îles
<https://www.cisss-cotenord.gouv.qc.ca/votre-cisss/installations/sept-iles/>
- CISSS Point of Service in Port-Cartier
<https://www.cisss-cotenord.gouv.qc.ca/en/your-cisss/facilities/port-cartier/>

Transportation

Car: La route des baleines (Quebec Whale Route). The main road along the North Shore is Route 138, which spans 1,420 kilometres from southwestern to northeastern Quebec. It is the second-longest road in Quebec. It begins southwest of Montreal, on the border of the state of New York and currently ends at Côte-Nord-du-Golfe-du-Saint-Laurent, on the Lower North Shore. After the ferry leading to Tadoussac, Route 138 is the main road in the region and the only way to reach neighbouring areas by land.

Bike: Sept-Îles: The territory of the municipality is criss-crossed by nearly 50 kilometres of bike paths or bike lanes on shared roads. Two networks are paved for in-line skating, and one is made of stone dust and provides access to lookouts .

Port-Cartier: Cycling, walking and running enthusiasts (as well as people with reduced mobility) can travel more than 17 kilometres in a clearly identified and safe corridor with the bike paths painted in blue.

Snowmobile: From Tadoussac to Kegaska (=987 kms), the Trans-Quebec 3 (TQ3) is a dream trail for snowmobilers who love nature and wide-open spaces, including crossing bridges spanning imposing rivers, including the highest in the world. Explore the “White Road” (La Route Blanche), the only road connecting the Francophone, Anglophone and Innu villages of the Lower North Shore during wintertime.

Interbus: Citizens must call to register first to reserve their seat. The registration fee includes the Taxibus service. 418 962-7111

For EVs: The Electric Circuit offers both 240-volt and 400-volt charging stations. More information is available on their website: <https://lecircuitelectrique.com/en/> or by downloading their mobile app.

Parking in Sept-Îles: No vehicle may be parked on a public road for more than 24 consecutive hours, regardless of the time of year. From November 1 to April 15 inclusive, parking of any vehicle on a public road is prohibited between midnight and eight am. No vehicle shall be parked on a bike path or bike lane between April 15 and October 15 of each year. You cannot park a vehicle on a public road when signs have been placed to indicate snow removal work.

TaxiBus Sept-Îles: 418 968-2877
Transportation service offered within the city limits of Sept-Îles. You must be a member to benefit from this service, and which will allow access to fixed rates. You can also purchase a monthly card.

Sept-Îles Airport: (shuttle available)
1000, boul. Laure E., Sept-Îles, QC G4R 4K2 (418) 962-8211

Terminus Intercar: Bus transportation to Quebec City.
Sept-Îles : 27 Rue Comeau, Sept-Îles, QC G4R 1J5 (581) 826-0276
Port-Cartier : 1 Rue McCormick, Port-Cartier, Quebec G5B 1B5 (418) 766-2787

Taxi Services

Radio Carillon Taxi 462 Av. Brochu, Sept-Îles, QC G4R 2W8 (418) 962-9444
Radio Taxi P C Inc 35 Av. Parent, Port-Cartier, QC G5B 2G3 (418) 766-2525

Proud of our innumerable lakes and rivers, vast expanses of boreal forest and sandy beaches, Sept-Rivières offers a wide range of outdoor activities. If you enjoy getting lost in nature, options abound! Alone or in a group, whether the adventure is planned or on the spur of the moment, the great outdoors is always accessible here.

Sept-Îles | Municipal Recreational Center

The Socio-Recreational Center houses a variety of multi-use venues for rent and equipment for community activities. It is home to the municipal library, Louis-Ange-Santerre, the Maison des Jeune l'Éclipse and the Aire Ouverte youth space .

Summer & Fall Activities

Baseball, Basketball, Golf, Skateboard, Soccer, Tennis, Beach volleyball, Indoor & outdoor climbing, Paddle Board, Kayak, Canoe etc..., Fishing, Hunting..., Hiking, Camping

Winter & Spring

Sliding, Skating, Snowshoeing, Skiing, Ice climbing

Popular Events in Sept-Îles

Vieux-Quai Park, L'Anse Gardens, Aylmer-Whittom Park, North Shore Regional Museum, Shaputuan Museum, Old Post, Community Gardens of the Bois-Joli River, Matamec Harbour, Manitou Falls, Sept-Îles Archipelago (beach)

Must-See in Sept-Îles

Mamu Symposium, Ciné 7 Film Festival, Fer-O Optimiste Tournament, North Shore Book Salon, Orange-Alouette Volleyball Tournament, Mamu Marathon, Escal Music Festival, Vieux-Quai Festival, Dragon boats competition, Innu Nikamu Festival

Must-Sees in Port-Cartier

Parc de la Taïga, Parc de la Rivière-aux-Rochers (salmon ladder), Rochelois Beach and the shipwreck of the *Lady Era*, Promenade du P'tit Quai, Base de plein air Les Goélands (outdoor recreational center), Port-Cartier-Sept-Îles Wildlife Reserve, MacDonald Falls and footbridge, Carlos Falls, The majestic Lac Walker (33 kms long!), Café-Théâtre Graffiti, Port-Cartier History Interpretation Centre, Shelter Bay and Patterson Island Heritage Circuit

Port-Cartier | Recreational and Cultural Complex

The complex includes several multi-use venues and equipment. It is home to the library, "le Manuscrit", and a multi-functional room called the "Agora".



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Tourism
Côte-Nord

SCAN ME



Tout.sept-îles

We Encourage Local Products

Sept-Îles

Trésors des Bois

June to October
Local products;
Mushrooms; Plants;
Berries; Jams; spices
Online store; Different
points of sale.

Fortier & Frères Fish Market

Open year-round
Fresh and frozen marine
products; Crab;
Lobster; Whelks; Mingan
scallop; Take-out.

Soucy Fish Market

March to October
Fresh seasonal
local & regional marine
products; Frozen meals;
Snow crab; Lobster;
Sept-Îles Nordic shrimp.

Chapeau de Troll Candy Store

Open year-round
Large variety of bulk
candies; Vintage;
Exclusive; Japanese;
Candy bar; Fresh
popcorn every day.

Le Petit Jardin du nord

July to September
Homemade hot
sauces; On-site
Sales; Free visit, by
reservation only.

Public Markets of the North Shore

July to September,
Saturday morning
Local products;
Producer;
Artisan; Outdoor;
Discovery; Family.

Table Bioalimentaire Côte-Nord

Open year-round
Showcasing; bio-food
assets; fostering
regional food self-
reliance and
propelling initiatives
by local producers
and
processors. Online
local store.

Ferme Maricole Purmer (Farm)

Local products;
Mussels;
Scallops; Oysters;
Seaweed; Different
points of sale.

Proxi Extra Convenience Store

Open year-round
Gas station; Wide
variety;
Pastries; Coffee;
Sandwiches; Fresh
daily.

Capelan

Open year-round
Online store; Exclusive
collection; Clothing;
Accessories; Artworks
by Viviane Vallerand;
Tribute to the North
Shore.



Port-Cartier Chocolaterie Port Cartier

Open year-round
Bean-to-Bar Boutique;
Local products; Fair
Trade cacao beans;
On-site processing;
Paid tours; Tasting.

Boutique Ô Muses - North Shore Museum

Open year-round.
Gift and souvenir shop
Closed Monday
Local Food products; .

Food Coop IGA Port-Cartier

Open year-round
Grocery store with a
large variety of quality
produce, meats,
seafood, baked goods,
including microbrewed
beers; Local & regional
products; Lobster
from Rivière-Pentecôte;
Strawberries Lefrançois;
Crab; and, Homemade
products.

BoniSoir Shell Port-Cartier

Open year-round
Convenience store;
Tourist information
office; Restaurant
service; SÉPAQ office -
Network for nature and
wildlife management.
(Société des
établissements de plein
air de Québec)



Notes

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