

## Socialize

### Facebook Groups:

- Voice of English-speaking Québec
- Anglophones living in Québec City
- English meetup
- Québec City meetup multilingue
- The Walking Anglos
- Friendly anglos in quebec city - meetup group -
- Anglo Classifieds in Québec

### Other Social Groups:

- Meetup.com : Many different social groups depending on your interests.
- Valcartier Family Centre- Get Together club, 418-844-6060
- Québec City Women's Club 418-844-1840
- *Kirk Hall Crafters*, 418-704-2278  
<http://veq.ca/community-bulletin-board/come-knit-us/>
- *Morrin Centre Events* (Writer's Circle) and book club, 418-694-9147
- *Vibrant Voices multilingual choir*  
<http://vibrantvoicesvoixvivantes.wordpress.com/>

## VEQ

1270, chemin Sainte-Foy, Suite 2141  
Jeffery Hale Pavilion (to the right of the  
Jeffery Hale Hospital)  
Québec (Québec)  
Canada  
G1S 2M4

## Opening Hours

Monday to Friday 8:30 a.m. until 4:00 p.m.  
(Until 12 noon on Fridays in July and August)  
Closed during lunch hour 12:00 to 1:00 p.m

## Contact Information

Telephone: (418) 683-2366  
Fax: (418) 688-3273  
E-mail: [info@veq.ca](mailto:info@veq.ca)  
*Please call for an appointment for one-on-one referral services.*



## SOCIALIZE

- Play pickle-ball with the Samuel H Pickle-Ball league
- *Drawn to Québec*, urban sketchers <http://drawntoquebec.blogspot.ca/>
- *Creative Expression*- art program at Jeffery Hale, 418-684- 5333 ext. 1655
- *Québec City and Area Events* page <http://www.quebecregion.com/en/>
- *Valcartier Family Centre*, 418-844-6060
- *QCT Community Calendar* <http://www.qctonline.com/event>
- *Haiku Group*: Meetings in French but poems in FR or ENG [haikuquebec@videotron.ca](mailto:haikuquebec@videotron.ca)
- *The Québec Art Company* Community Theatre [www.quebecartcompnay.com](http://www.quebecartcompnay.com)
- *Québec City Dodgeball league*(Facebook)
- *Caring Circle* for Caregivers <http://wejh.ca/programs/caring-circle/>

## DO YOU HAVE CHILDREN?

- Wellness Centre at Jeffery Hale- family services <http://wejh.ca/programs/toddler-talk/>
- Mom's Nite out (QC) on Facebook
- The Parents Exchange Group on Facebook

# GET INVOLVED, CONNECTED & MEET NEW PEOPLE!

- **Newcomers 'Finding your Niche' events**
- **VEQ Events Calendar** <http://veq.ca/events/>
- **VEQ Community Bulletin Board** <http://veq.ca/community-bulletin-board/>
- **Voice of English-speaking Québec on Facebook**

FOR MORE  
DETAILS, PLEASE  
CONTACT VEQ'S  
NEWCOMERS  
COORDINATOR AT  
418-683-2366 X225

## VOLUNTEER

- *Wellness Centre* at Jeffery Hale, 418 684-5333, ext.1550 <http://wejh.ca/get-involved/volunteer-voices/>
- *Morrin Centre*, 418-694-9147, <http://www.morrin.org>
- Volunteer in French: *CABQ*, *Centre d'action bénévole de Québec* [www.cabquebec.org](http://www.cabquebec.org)
- *Québec City Reading Council* [www.qcrc.org](http://www.qcrc.org)
- *Québec Celtic Festival* <http://www.festivalceltique.com/>

## 50+

- 50+ Calendar (<http://veq.ca/calendars/50-activities/>)
- 50+ phone line 418-683-2366 option 7
- Active Living for 50+
- Seniors Out & About
- Day Centre
- *Life Long Learning* 418-681- 1258 [www.lifelonglearningquebec.org](http://www.lifelonglearningquebec.org)

## MEDIA

- Radio in English: *CBC Radio 1* (104.7), *CBC Radio 2* (96.1)
- Québec Tourist Radio 89.7
- QCT newspaper, <http://www.qctonline.com/>
- *Life in Québec* magazine <http://www.lifeinquebec.com/>