

NEWCOMERS' GUIDE

MRC DE LA CÔTE-DE-GASPÉ

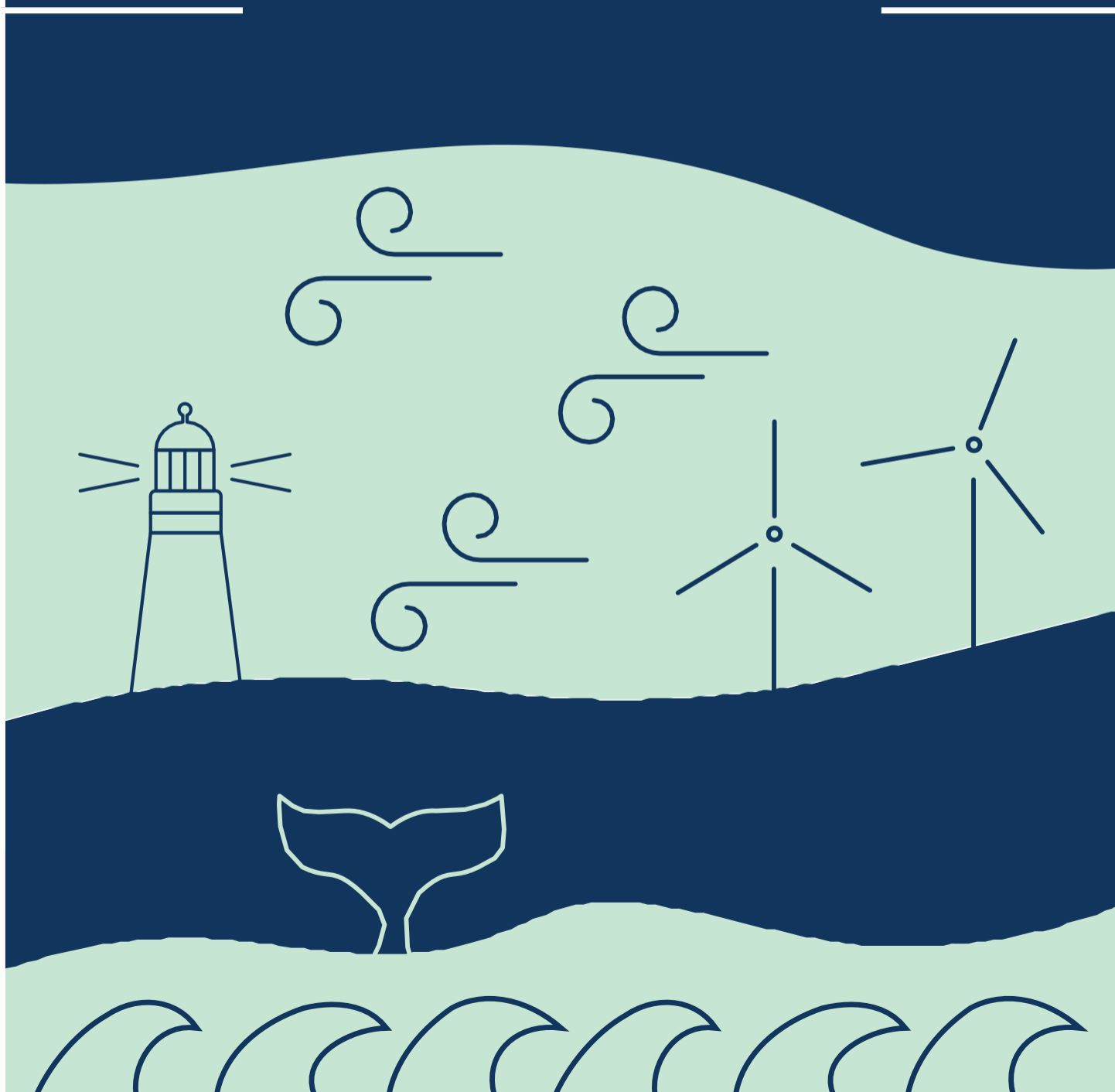




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— Credits and Thanks —

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This icon identifies information specifically intended for immigrants.

The Côte-de-Gaspé, an invigorating environment!

The Côte-de-Gaspé is home to more than 17,000 inhabitants in an area of 4,130 km². It includes the municipalities of Gaspé, Cloridorme, Petite-Vallée, Grande-Vallée and Murdochville.

Cradled by the sea and overlooked by the mountains, the MRC de La Côte-de-Gaspé offers an unparalleled quality of life. Forget traffic jams, it's the tides and seasons that set the pace for life on the peninsula! With the administrative centre of the Gaspésie-Îles-de-la-Madeleine region on its territory, the Côte-de-Gaspé boasts a host of institutions and public and parapublic services that meet the needs of the population while providing a multitude of jobs. These services, combined

with outstanding panoramas and a bountiful natural environment, make our region a pleasant place to live, where the whole family can flourish. Whether you're a culture-lover or a lover of the great outdoors, let yourself be charmed by all that the Côte-de-Gaspé has to offer!

The cultural diversity of the Côte-de-Gaspé makes it a very interesting place for exchange. The first settlers, consisting of the Mi'gmaq nation, followed by the French, Acadians, Loyalists, Bretons, Basques, English, Jersey, Irish and Scottish, have contributed over the generations to develop communities where traditions intermingle to form a rich multicultural landscape.



Five Municipalities

Grande-Vallée

Boasting an exceptional geographical location, Grande-Vallée is a municipality worth discovering year-round. A resource region, Grande-Vallée is renowned for its vast woodlands, rivers and scenic beauty. Immersed between sea and mountains, the village is a privileged destination. The church, the heart of the village, stands proudly on a cape that lights up at nightfall. It's one of the most photographed viewpoints on the Gaspé Peninsula. The main economic activity revolves around the forestry industry. Other jobs are in commerce and services, not to mention business opportunities if you're feeling entrepreneurial. There are many public services in health, education and public safety, as well as a financial institution and several community organizations.

Grande-Vallée boasts many infrastructures and is an economic hub for peripheral municipalities. The many services ensure the viability of businesses while enabling families to flourish. Water games, a park, a cultural centre (Espace Esdras-Minville), landscaped beaches and outdoor trails are just a few examples of what you can enjoy in Grande-Vallée, not to mention popular events such as the Country Festival and part of the program of the *Festival en chanson de Petite-Vallée*.

Website: www.grande-vallee.ca

Telephone: (418) 393-2161

Population: 1,068

Demonym: Grande-Valléen, enne

Photo Credit: Dà Média

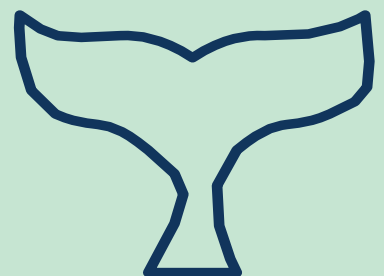




Photo Credit: Orla Media

Petite-Vallée

Nestled in a cove on the shores of the St. Lawrence River, Petite-Vallée is host to the *Festival en chanson*, an internationally renowned summer event that extends far beyond the borders of the Gaspé Peninsula. This village is living proof that a small community can be fertile ground for the most audacious projects. A visit to the Longue Pointe site is a must if you want to appreciate the spirit of the place. Beyond its cultural magnetism, Petite-Vallée boasts a community television station, fishing harbour, observatory, hiking trails and sports facilities. The trail to Mont Didier offers a breathtaking view of the river and the surrounding Chic-Chocs mountains. The backcountry is a delight for hikers, trout fishermen, small game hunters and moose hunters. And for an extra dose of adrenaline, snowmobile and quad trails wind their way through breathtaking scenery.

Website: www.petitevallee.ca

Telephone: (418) 393-2949

Population: 166

Demonym: Petite-Valléen, Valléenne





Cloridorme

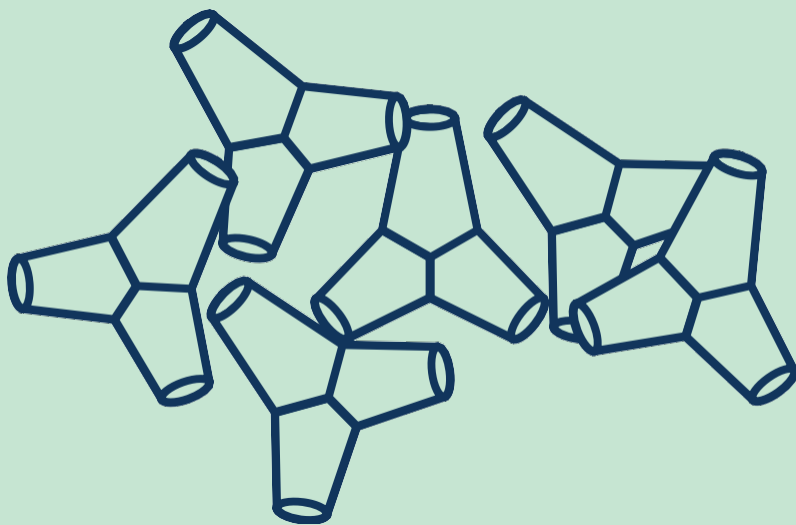
Stretching over 16 kilometres of mountainous coastline, the Cloridorme territory includes the Pointe-à-la-Frégate, Petite-Anse, Cloridorme-Ouest and Saint-Yvon sectors. Fishing is the most important industry on the territory, in addition to tourism. Cloridorme is an inspiring village for many visual artists. The boutique on the wharf and the Saint-Yvon rest area are veritable Ali Baba's caves, full of wonderful discoveries. In addition to its rich natural heritage, Cloridorme boasts wetlands, forests and 52 lakes, home to a multitude of plant and animal species.

Website: canton-de-cloridorme.com

Telephone: (418) 395-2808 or (418) 395-2303

Population: 614

Demonym: Cloridormien, ienne





Murdochville

The only inland municipality in the MRC, Murdochville swaps coastline for mountains. Primary and secondary education, available industrial infrastructure and outdoor centres are just a few examples of the potential and services to be found in this town, founded in 1953 thanks to copper mining. It is also counting on new information and communication technologies, recreational tourism, geothermal energy and wind power to maintain and pursue its development. For powder snow lovers, Murdochville holds the record as the Quebec town with the highest average annual snowfall, at 516 centimetres. That is certainly why it is now recognized as North America's backcountry skiing paradise.

Website: www.murdochville.com

Telephone: (418) 784-2536

Population: 621

Demonym: Murdochvillois, oise





Gaspé

Located at the eastern end of the Gaspé Peninsula, the town of Gaspé, administrative centre of the Gaspésie-Îles-de-la-Madeleine region, covers an area of 1,356 km². The city is organized around 6 districts, and its population has been growing since 2016.

Map taken from the *Politique municipale de la famille et des personnes âgées de la Ville de Gaspé*.

Bordered by 145 kilometers of coastline and three rivers, Gaspé enjoys all the advantages of a rural setting, as well as more urban services. It boasts a college, a major healthcare network, research centres, a year-round port and an airport. A multitude of infrastructures enable cultural, sporting and outdoor activities throughout the territory: arenas, outdoor skating rinks, skateboard park, a sports centre, nautical clubs, ski centre, two bicycle paths, several hiking trails, etc. There's also a wide range of events on offer, with year-round shows and events to suit all tastes.

Residents of Gaspé are characterized by their diverse cultural origins, whether they are of British, Irish or French descent, or members of the Mi'gmaq Nation of Gespeg (with over 1,000 members). Gaspé is one of the few Canadian cities to host a national park within its borders: Forillon National Park.

Website: www.ville.gaspe.qc.ca

Telephone: (418) 368-2104

Population: 15,151

Demonym: Gaspésien, ienne





Photo Credit: Da Média

Lodging



Let's face it, like most of Quebec, housing can be hard to come by in many of the towns, villages and neighborhoods of the Côte-de-Gaspé. There are many reasons for this, including slow construction and positive net migration. Côte-de-Gaspé is a welcoming and attractive territory, but new housing construction has not been as rapid as development, so we're in catch-up mode. Nevertheless, here's some information to help you in your search, whether you're looking to rent or buy a house.

How to find a rental?

- Look for “À louer” (“For rent”) signs.
- Make your needs known to the people around you; we often work by word-of-mouth.
- Join the “**logement à louer Gaspé et les environs**” (“Housing for rent Gaspé and surroundings”) Facebook group.
- Radio-Gaspésie (*Logis-libre* column).
- Ask the CJE to help you.

Would you rather buy?

The **Centris website** lets you search all properties for sale or rent by real estate brokers in the Côte-de-Gaspé and surrounding areas.

Here are the real estate agencies generally present on the Côte-de-Gaspé territory: Century 21, Remax, Royale LePage, Vendomax, Via Capitale, as well as Duproprio and Proprio Direct assistance services.

Financial tip!

Stratégie Vivre en Gaspésie also offers financial support (**relocation incentive**) that could help you cover part of your moving costs, if you're in the process of settling in the Côte-de-Gaspé. What's more, when you file your income tax returns, check to see if you can deduct your moving expenses, both **provincially** and **federally**!



Finding Furniture

To buy new furniture, appliances and accessories, you can visit specialty stores, big-box stores, liquidation centres, shopping malls, hardware stores and general stores.

You can also find second-hand (used) small appliances and accessories at low prices at one of the region's thrift stores (Gaspé, Rivière-au-Renard, Cloridorme, Grande-Vallée and Murdochville).

There are many Facebook pages for furniture and other items for sale or donation. Use Marketplace, and visit For Sale groups on social networks. Make sure you have a plan set up for delivery - it's usually up to you.



Food Resources

BIG-BOX GROCERY STORES

Three big-box grocery banners are established in downtown Gaspé:

IGA, Super C and Maxi.

FOOD MARKETS

These are either part of a large chain or independent, and can be found in Rivière-au-Renard (Épicerie Alban Aspirault - Marché AMI); in Murdochville (Marché P.A.M. Of Murdochville); in Grande-Vallée

(Marché Tradition - Centre d'achat Grande-Vallée et Épicerie Lemieux - Marché Bonichoix); and in Cloridorme (Poissonnerie Marché le Rouge - Marché AMI).

SPECIALTY STORES (DELICATESSENS, BULK PRODUCTS, BAKERIES, GROCERY STORES)

These are located mainly in downtown Gaspé, with the exception of fisheries in Rivière-au-Renard and Cloridorme.

CONVENIENCE STORES

These are businesses often (but not exclusively) associated with gas stations, offering basic necessities and foodstuffs (in smaller quantities than a grocery store), and generally having longer opening hours. They can be found in downtown Gaspé and in several villages: Douglastown, L'Anse-au-Griffon, Cap-aux-Os, Saint-Majorique, and Rivière-au-Renard.



Photo credit: Roger St-Laurent



Photo credit: Roger St-Laurent

COLLECTIVE KITCHENS.

Socialize, cook and save? Collective kitchens make it possible. You'll find them in L'Anse-à-Valleau, Cap-des-Rosiers, Rivière-au-Renard, Grande-Vallée, Murdochville, Gaspé and Saint-Majorique. For information and registration: cuisinescollectivescotedegaspe@gmail.com

THE GASPÉ PUBLIC MARKET

From July to October, [Gaspé's weekly public market](#) brings together local businesses, gardeners, food processors and artisans. It's a great opportunity to access local food products.

COMMUNITY GARDENS

This is land divided into small plots, called parcels, made available to citizens who wish to grow their own produce independently. Tools and water points are available on site. Community gardens are generally free of charge. They can be found in Gaspé, Cap-aux-Os, L'Anse-au-Griffon, L'Anse-à-Valleau, Cloridorme and Murdochville. Vegetable tables in Petite-Vallée and a community garden in Douglastown complete the offering. For further information, please contact: cpbmcotedegaspe@gmail.com

FOOD ASSISTANCE

At one time or another, anyone can experience financial difficulties and have trouble paying for food. Community organizations are there to help you, whether through food assistance, meals-on-wheels or collective kitchens. Contact the [Centre d'action bénévole de l'Estran](#) in Grande-Vallée, the [Centre d'action bénévole Les Hauts-Bois](#) in Murdochville, the [Centre d'action bénévole Le Hauban](#) in Gaspé and the [Accueil Blanche-Goulet](#) in Gaspé.

COMMUNITY FRIDGES

A community fridge helps prevent food waste and provides free food to people in vulnerable situations. The fridges are accessible to everyone. They can be found at the Cégep de Gaspé, the [Maison de la famille Parenfant de Gaspé](#) and the *Carrefour jeunesse-emploi*.

Need specific food products (halal meat, spices, etc.)? Ask SANA which stores carry them or how to request them. Many grocery stores are open to special orders if you ask the management.



— Finding Employment —

Whether you're looking for a specific job, exploring possibilities or discovering career opportunities that aren't advertised, there are many resources available in Côte-de-Gaspé:

Carrefour jeunesse-emploi (CJE) Côte-de-Gaspé offers job search, socio-professional integration and job retention services.

FOUR OTHER ESSENTIAL SOURCES TO CONSULT WHEN LOOKING FOR A JOB:



- **EMPLOI-QUÉBEC:**

To consult *Placement en ligne*, the Quebec government's site where employers post their job offers.

- **COOP ACCÈS TRAVAIL GÎM:**

For your job search or socio-professional rehabilitation needs.

- **LIVING IN GASPÉSIE:**

For job and internship offers, incentives, information on entrepreneurship and the Gaspésie job market.

- **RADIO-GASPÉSIE:**

To consult job offers from companies in the Gaspé Peninsula.

It's worth spreading the word: talk about your experience, your skills and your interest in a job. Referrals are often very effective.

A comparative evaluation of your studies outside Quebec could help employers better understand your foreign qualifications. It's also usually the first step to having your skills recognized by a professional order when the job is regulated. Visit the **Qualifications Québec** website to find out about the requirements for practicing your profession in Quebec. You can also meet with an integration aid agent from the *Ministère de l'Immigration, de la Francisation et de l'intégration* to obtain the **Accompagnement Québec** skills recognition service.



Obtaining Childcare Services

As in many regions of Quebec, it can be difficult to find childcare if you have a child under the age of 4. Côte-de-Gaspé has 7 CPE (*centres de la petite enfance*, or, early childhood centre) facilities and 29 recognized family daycare services, in addition to a number of private daycare settings. Two more CPE facilities are scheduled to open by the end of 2024 (in Gaspé and Grande-Vallée).

First, it's essential to register with La Place

- 0–5 or update your file with your new address.
- Use the [childcare locator](#), a tool provided by the Quebec government, to obtain contact information for all CPE and daycare centres in operation or scheduled to open in the next year and a half.

Contact the *CPE Le Voyage de mon enfance*

- [coordinating office](#) for lists of family daycare services in your area. Contact them directly to check availability.

Contact the perinatal nurses or the organizations *Maison de la famille Parenfant*

- from Gaspé and [Halte-parents de la Vallée](#).
- Spread the word.

Are you looking for someone to babysit occasionally? For a trip to the grocery store or a show, for example?

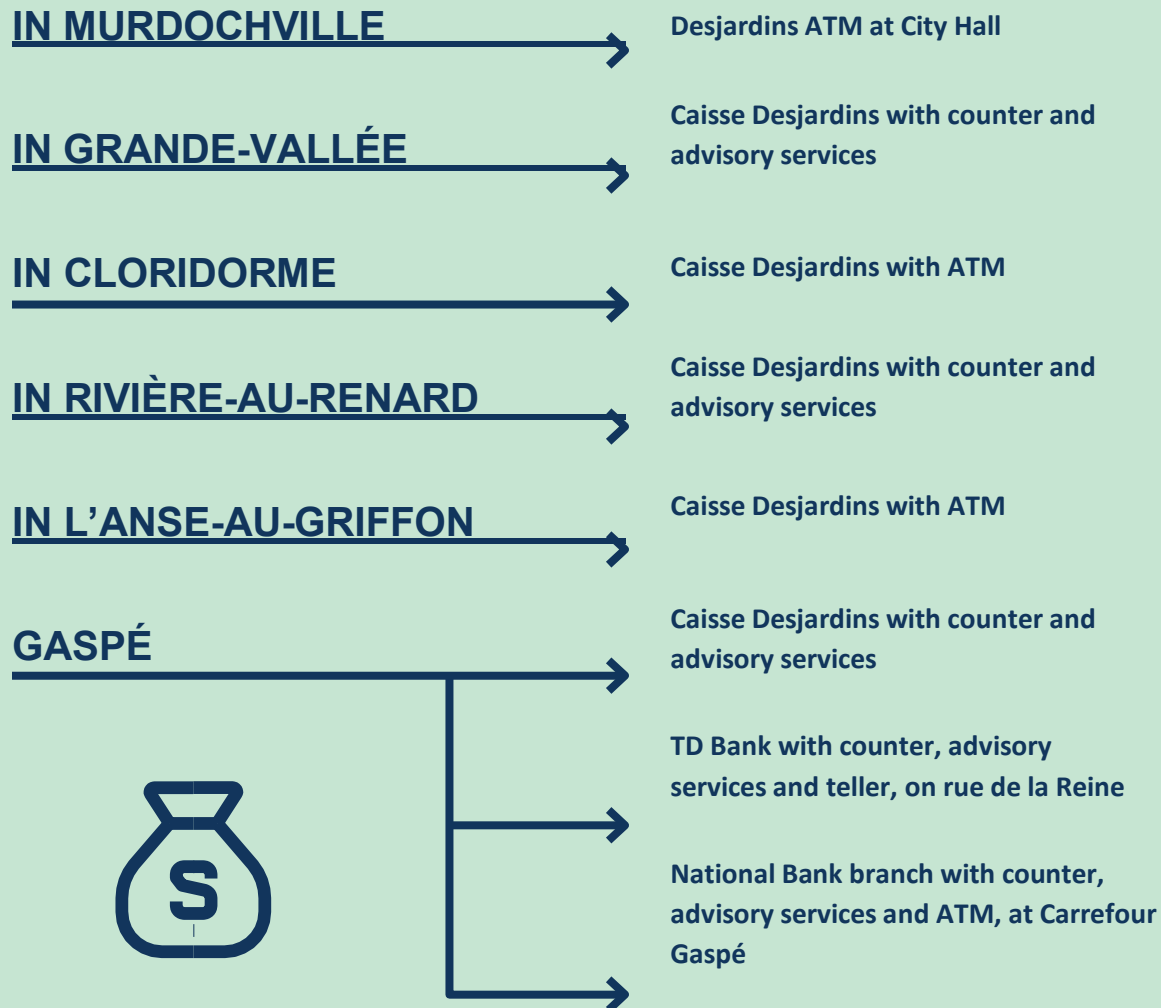
- Talk to your neighbors or colleagues - they may already have someone who can do a bit of babysitting.
- If you're in the Greater Gaspé area, check out the Facebook group [Gardiennage et garderie de Gaspé et les environs](#).



Photo credit: Roger St-Laurent

Finance Management

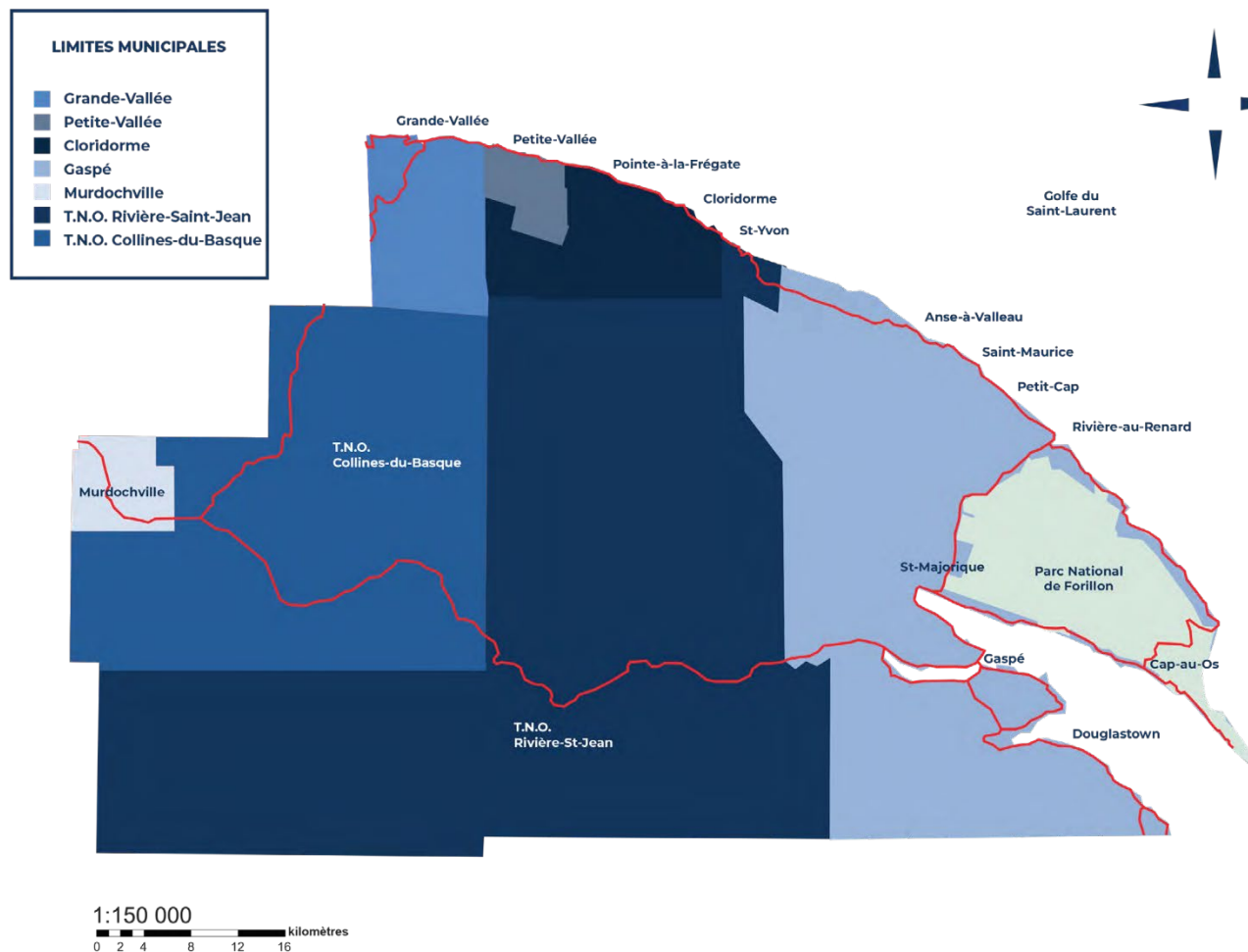
Financial institutions and branches:



If your assets are with a financial institution that is not present in the territory, consider the challenges of obtaining specific services. Consider opening an account at a local financial institution.

Tip: Do numbers give you headaches? Are you constantly putting off tasks related to your personal finances? Find out more about [ACEF de la Péninsule](#), an organization that offers free, confidential services in financial education, budget consulting, debt solutions, training and information, and much more!

Getting Around



- Take note: 100 km = 1 hour! No such thing as traffic jams here!
- Be prepared: there's no cell phone reception in some forested areas (Route 198 between Murdochville and Gaspé, and the sector between L'Anse-à-Valleau and Saint-Yvon).



Road distances (km)

	GASPÉ	DOUGLASTOWN	SAINT-MAJORIQUE	RIVIÈRE-AU-RENARD	ANSE-AU-GRIFFON	CAP-DES-ROSIERS	CAP-AUX-OS	PETIT-CAP	SAINT-AURICE	ANSE-À-VALLEAU	CLORIDORME	PETITE-VALLÉE	GRANDE-VALLÉE	MURDOCHVILLE
GASPÉ	0	18	13	31	35	42	27	37	40	47	73	89	98	93
DOUGLASTOWN	18	0	31	49	52	60	44	55	58	65	91	107	114	109
SAINT-MAJORIQUE	13	31	0	18	24	32	16	24	27	34	60	76	83	104
RIVIÈRE-AU-RENARD	31	49	18	0	9	21	25	6	9	16	42	58	65	123
ANSE-AU-GRIFFON	35	52	24	9	0	12	16	16	19	26	52	67	74	128
CAP-DES-ROSIERS	42	60	32	21	12	0	16	28	31	38	63	79	86	135
CAP-AUX-OS	27	44	16	25	16	16	0	32	35	42	67	83	90	120
PETIT-CAP	37	55	24	6	16	28	32	0	3	10	36	52	59	108
SAINT-AURICE	40	58	27	9	19	31	35	3	0	7	33	49	56	111
ANSE-À-VALLEAU	47	65	34	16	26	38	42	10	7	0	26	42	49	105
CLORIDORME	73	91	60	42	52	63	67	36	33	26	0	16	23	79
PETITE-VALLÉE	89	107	76	59	67	79	83	52	49	42	16	0	7	63
GRANDE-VALLÉE	98	114	83	65	74	86	90	59	56	49	23	7	0	57
MURDOCHVILLE	93	109	104	123	128	135	120	108	111	105	79	63	57	0



Photo: Secteur de Forillon. Credit: Dá

The region is working hard to make it easier for its citizens to get around. Despite this, the car is still omnipresent. Not owning a car will pose additional organizational challenges.

The Régie intermunicipale de transport Gaspésie-Îles-de-la-Madeleine, or RÉGÎM, offers public transit services available to everyone, almost everywhere in the Côte-de-Gaspé. In the Grande-Vallée area, however, it is available by reservation only. Find out more about the particularities of this sector. Consult the RÉGÎM website for routes, schedules and ticketing.

Do you need paratransit services? Transport adapté et collectif de Gaspé (TAC) and Transport adapté et collectif intégré des marées (TACIM), in Grande-Vallée, Petite-Vallée and Cloridorme, offer transportation services for people with reduced mobility. Visit their websites to find out more about how they work.

Interested in carpooling? Look for carpooling Facebook groups in your area (town, village or neighborhood), and tell your friends and neighbors about them.

To buy a new or used vehicle, you can visit one of our 8 car dealerships. Don't forget that many used vehicles can be found on social networks. To transfer ownership of your vehicle, go to a *Société de l'assurance automobile du Québec* office in Gaspé or Grande-Vallée.

For occasional needs, there's a cab company in Gaspé, Taxi Porlier. You can also rent a car in Gaspé (Enterprise). The City of Gaspé also makes its electric vehicles available outside its operating hours. Contact them for details.



TO GET AROUND OUTSIDE THE REGION, YOU HAVE A FEW OPTIONS OTHER THAN BY CAR:

- **By Air:** Pascan Aviation (418 368-3131) and PAL Airlines (1 800 563-5800). the Airfare Reduction Program may apply to you. This is a program designed to reduce the cost of regional flights.
- **By Land:** Orléans Express intercity bus service, or Via Rail (train) from Campbellton.



Communication



Although the main language spoken for work and daily life is French, the English-speaking population of the Côte-de-Gaspé represents nearly 10% of the total population. The English-speaking population is concentrated in certain areas of the town of Gaspé. Some organizations offer bilingual services, while others provide minimal service in English. **Vision Gaspé-Percé Now** is a local community organization whose mandate is to offer support and services to the English-speaking community.

There are also members of the Gespeg Mi'gmaq Nation. A few signage initiatives in the Mi'gmaq language can be seen.

Touring the Gaspé Peninsula means coming into contact with as many “dialects” as there are villages. Did you know that there are some twenty different accents in Gaspésie alone?



Mélissa Fortin-Lapointe, a resident of l'Anse-au-Griffon (Gaspé), gives you the top 3 expressions of her territory:

R'vièr'-au-R'nord: We'll talk to you about the Fishing Capital, and you'll be sure it's a river up north. You'll Google it and you won't find it... Oh no! Turns out we're talking about Rivière-au-Renard, but with our accent, you won't understand at first. Locals will also call it “Fox”, which stands for Fox River. You can even sample a red ale from the Frontibus microbrewery in honor of this local expression, the Riviere'R'nord brew.

Some: Here, “some” is an adjective often used to replace the words “very” or “big”. Nothing to do with the word in English. Example: “*La poutine aux crevettes du Brise-Bise, c'est une some bonne poutine !*” (“The shrimp poutine from Brise-Bise is a very good poutine!”) “*Il y avait un some accident aujourd'hui sur la 132 !*” (“There was a big accident today on the 132!”)

Placoter: Here, this word has several meanings. Of course, it still means “to chat”, as well as to “to gossip”, “chin-wag” or “chew the fat”. One of the most surprising meanings is undoubtedly “*placoter* [something]”, in the sense of working on something, usually a repair or construction project. As in the following example: “*ton père placote dans le garage*”, i.e. “your father is working in the garage”.

To participate fully in Gaspesian society, work, socialize or immigrate permanently, you'll need to **learn or perfect French**. To find out what francization courses are available in your area, contact SANA or the Eastern Shore School Service Centre, or register for a course on the Francisation Québec website.





Taming Winter

The Côte-de-Gaspé is a magnificent territory, but it's also a place where snow, tides, winds and, above all, the wide variations in climate can change from one area to another. Contrary to popular belief, temperatures in Gaspésie are much the same as elsewhere in Quebec. Côte-de-Gaspé, on the other hand, is generally more fortunate. For example, during the 2021–2022 winter season, Gaspé received 436 cm of snow. But rest assured, we're used to it!

What? Schools and businesses closed during a snowstorm? Yes, it happens! When schools close, the information is posted on their Facebook pages, and on the websites of school service centres. The same goes for certain businesses and organizations: many have a set way of operating when the weather turns for the worse. When the wind picks up and visibility is reduced or non-existent, it's not uncommon to close early or open late. Find out what the policy is in your workplace.

Two essential tips for surviving winter, according to Sarah Jeanne Rajotte-Julien, Welcome and Integration Officer at SANA:

1. Dress warmly. In addition to a good coat, you need boots, mittens or gloves, a scarf or neck-warmer, a toque and, sometimes, snow pants. During a sporting activity, we dress in layers. This makes it easy to remove a layer if you get too hot. Beware: thick clothing is not necessarily cold resistant. Read labels carefully to learn more about their quality.
2. Take part in outdoor activities to play and have fun. This is the best way to enjoy winter: sledding, snowshoeing, skiing, hiking, skating (see community centres, which often lend out equipment). There are 12 outdoor and 2 indoor skating rinks in the Côte-de-Gaspé! Contact your municipality to find out which one is closest to you.



Service d'accueil
des nouveaux arrivants
de La Côte-de-Gaspé





Investing

Do you have a business project in mind? Why not invest in real estate, take over a retail business or start up a professional service? Several specialized resources are available to advise you:

- MRC de La Côte-de-Gaspé's [Economic Development Service](#)
- Gaspé's [Community Futures Development Corporation](#) (SADC)
- [Centre de transfert des entreprises du Québec](#) (CTEQ)



Education

Two school service centres serve the the Côte-de-Gaspé MRC. On the French side, 8 elementary school, 3 secondary schools and one elementary-secondary school are administered by the [Centre de services scolaires des Chic-Chocs](#). The English-speaking community also has a school network at its disposal, as the [Centre de services scolaires Eastern Shores](#) operates an elementary school and a high school on the Gaspé territory. Adult education and vocational training centres in Gaspé and Rivière-au-Renard add to the educational network, in both English and French. Post-secondary education is also available on the territory with the [Cégep de la Gaspésie et des Îles](#) offering bilingual

In the Côte-de-Gaspé, although schooling is only compulsory from age 6, all schools offer 5-year-old kindergarten classes, and a majority of schools offer 4-year-old kindergarten classes. Call your local school to find out how to register.



Photo credit: Erika Williamson

instruction at the Gaspé pavilion, the **Groupe Collégia** offering several continuing education programs, and the [Université du Québec à Rimouski](#), which has a regional office for continuing education and out-of-territory training directly in Gaspé.

Physical and Mental Healthcare



The Côte-de-Gaspé also boasts an **extensive healthcare network**. Four CLSCs, a hospital, a **family medicine group (FMG)**, the *Centre d'hébergement Monseigneur-Ross* and the *Centre jeunesse Gaspésie/Les Îles* are located directly on our territory, all under the jurisdiction of the *Centre intégré de santé et services sociaux (CISSS) de la Gaspésie*, an Integrated health and social services centre.



A good place to start is by calling the Info-Santé line: 811. You can then speak directly to a nurse who can advise you and direct you to the right place.



To find a family doctor in the Côte-de-Gaspé, make sure you're registered with the **Québec Family Doctor Finder**. You can find a family doctor yourself by calling one of the **4 medical clinics** or the **family medicine group (FMG)** to see if they are accepting new patients.



Not sure where to turn? The local community service centres (CLSCs) in Gaspé, Rivière-au-Renard, Murdochville and Grande-Vallée are usually able to direct you, or even offer you medical services. **Contact the one nearest you.**



Photo Credit: courtesy of Maison de la famille Parentant de Gaspé

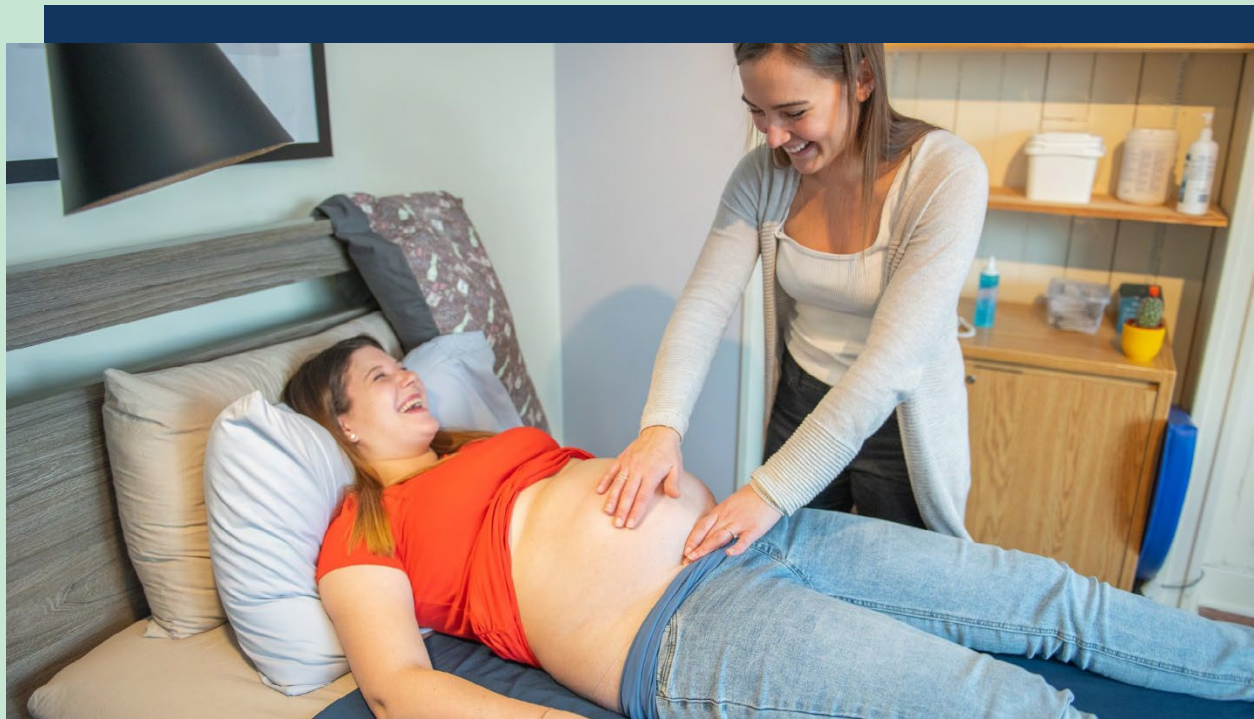


Photo Credit: courtesy of Maison de la famille Parentant de Gaspé



Pharmacists can offer a wealth of advice. There are 6 pharmacies in the Côte-de-Gaspé (3 in Gaspé, one in Rivière-au-Renard, one in Grande-Vallée and one in Murdochville). There are 2 dental clinics, one in Gaspé, the other in Rivière-au-Renard, and a denturology clinic in Gaspé. There are also three optometry clinics in Gaspé (Visique and En vue) and Rivière-au-Renard.



Gaspé's ***Maison de la famille Parentant*** offers pregnancy follow-up services. Under one roof, it offers a full range of perinatal services, enabling families to immerse themselves in a warm and welcoming environment during their pregnancy follow-up meeting.



Aire ouverte is a place for young people aged 12 to 25. A unique environment where health and well-being services are offered in Gaspé, Grande-Rivière and in the community.



Denounce violence, because moving can be stressful, disrupting family life, aggravating a situation of violence, or making interpersonal relationships difficult; you don't have to put up with or accept violence. These resources can help: **CALACS**, **L'Aid'elle**, **Convergence**.



811 ext. 2. Info-Social 811 is a free, confidential telephone consultation service. Dial 811 ext. 2 to quickly reach a psychosocial intervention professional in the event of a psychosocial problem. The service is available 24/7.



If you witness or are the victim of an emergency that threatens your safety, the safety of others, your property or the environment, dial **9-1-1**.

Staying Informed Locally



Staying informed about current events in the Côte-de-Gaspé is the best way to make sure you don't miss a thing, and to put down roots more easily. Here are our local media:

- Radio: [Radio-Gaspésie](#), [CHNC](#), [ICI Radio-Canada Gaspésie-Les Îles](#)
- Newspaper: [Gaspésie Nouvelles](#), [Graffici](#), [Journal Le Phare](#)
- Television [Télé-Gaspé](#), [TVCE](#), [CHAU-TVA](#), [Radio-Canada](#)
- Web: [MaGaspésie](#)



Making new acquaintances

One of the keys to successful integration into your new environment is undoubtedly the social network and new friendships you'll create. And why is that? Because beyond the immigration process, all adopted Gaspésians want to fit in and feel at home here. Despite the legendary warmth of Gaspésians, making new friends takes some effort.

Fortunately, the region has strategies to help you: The essential Newcomer Activities for the MRC Côte-de-Gaspé [Facebook group](#)

and the CJE newsletter. [Sign up for the newsletter](#) so you don't miss a thing.

Does your employer offer social activities? Don't hesitate to participate. Leisure activities are offered by municipalities and community centres. They're a great way to get to know your neighbors, and socializing is generally easier.

Are you an immigrant? Contact your [SANA \(service d'accueil aux nouveaux arrivants - personnes immigrantes\)](#). The team will give you a warm welcome and suggest activities and opportunities to meet and socialize. Find out more about intercultural twinning opportunities!



What to do in Côte-de-Gaspé?

New arrivals share their stories

CLAUDY RIVARD, NEW ARRIVAL SINCE JULY 2022

Improvisation Gaspé: Whether as a player or a volunteer, to explore your humorous and cultural talents or simply to challenge yourself, it's a veritable second family that's created here.

Le Paquebot is THE place to gather. With its communal tables, it's guaranteed to be a great place to make new acquaintances, provided you don't shy away from meeting others. From the gang playing board games to those working on the computer to those philosophizing and even families, you'll find all kinds of people. Le Paquebot also offers a wide range of cultural events, from Latin evenings to podcasts and electro DJs, and even committed parties.

Group sports activities, such as Cégep boxing, help to develop a sense of togetherness, and as it's a weekly event, it creates a recurring bond.

The *Service d'accueil des nouveaux arrivants* (SANA) of the Côte-de-Gaspé and their Facebook group provide access to activities that facilitate networking.

Involvement in cultural organizations—such as the *Festival Musique du Bout du Monde*, *Improvisation Gaspé*, *Le Griffon Cultural Centre*, or the *Centre de*

création diffusion de Gaspé, which are all gateways to contributing to the Gaspé community—helps develop new friendships.



JASON ANTHONY, NEWCOMER SINCE FEBRUARY 2023

What I love about Gaspé is the amount of sports and outdoor activities there are. I'm part of a **recreational basketball league** where we play twice a week in the Cégep gym. I've made several new friends this way. My partner and I also like to spend time at the festivals that take place here throughout the year. We also like to see the diversity at the *Festival Musique du Bout du Monde*. We love the outdoors, so Gaspé is the perfect place for us.



MARION L'ESPÉRANCE, NEW ARRIVAL SINCE OCTOBER 2022

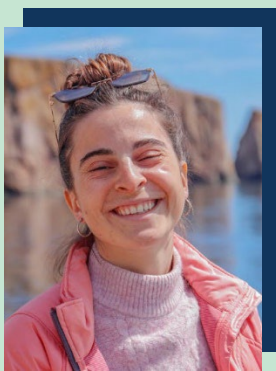
My favorite outdoor activity in winter is **backcountry skiing**. With the famous sealskins, almost every mountain is skiable. No need to depend on ski lifts. Skiing in the powder of **Mount Porphyry in Murdochville**: sublime! I can't think of anything better than being the first skier to break through the snow cover and squeeze through the evergreens. For classic downhill skiing, I recommend the **Mount Béchervaise ski centre in Gaspé** and **Mount Miller in Murdochville**.

Two different centres offering a wide variety of runs. The **Chic-Chac company** in Murdoch offers a wide range of sports packages, including ski stays. After a long day outdoors, we really appreciate a beer at the Presbytère restaurant. My summer favorites? The list is longer still.

My greatest discovery was freediving. It's a moment of great zenitude to be able to swim between forests of seaweed and see lots of lobsters. I like to tease them by touching their little antennae. I recommend Parc Forillon, as its access to nature, both aquatic and terrestrial, is inevitably exceptional. **The Grande-Grave**

Wharf is perfect for mackerel fishing and snorkeling. Numerous grey seals circle around us, curious to meet strange humans in funny clothes.

If you want to meet new people and share some fiery moments, you've got to go to the chansonnier shows on Friday evenings at the **Brise Bise Bistro-Bar**. I remember unforgettable moments filled with laughter and dance to the country music of Quebec bands.



Café Paquebot, on La Reine street, is not only a great place to relax during the day, but also a gathering place for board game evenings, music festivals, **Mel Bou's yoga classes** and lots of other interactive events.

Finally, I couldn't do without the happy hours at **La Sarcelle** and the delicious cocktails at the **Seaflower**. I'd like to take this opportunity to extend an invitation: we're actively recruiting new swimmers for the underwater field hockey super league, at the **Marcel-Bujold sports pavilion**. The best sport for getting out of your comfort zone and meeting lots of great people. See you in the pool, woot WOOT!!!



Photo credit: Da Média

MARIE-LINE PAGESY, ARRIVED FOR THE FIRST TIME IN AUGUST 2015

My big favorite was **Gaspé Bay**. When I saw this bay, my planned 15-day stay turned into 4 years.

And the best part is that I've come back to live there permanently after an absence of 3 years. I love it in summer and adore it in winter. I feel connected to nature. **Radio Gaspésie** has taught me a lot about Gaspesian expressions, accents and culture. What surprised me here was that when I passed someone, they would smile at me.

I deduced that a smile is a hello, and that's wonderful. My other favorites? The **Maison des jeunes de Gaspé**, because I was



involved in the board of directors for 2 years, and was able to learn more about various organizations. The **library of Gaspé**, because I took part in workshops for children reading stories from the West Indies. The **Intercultural Unit of the Cégep**, for my involvement in the Black History and Cultural Diversity Month workshops. **SANA**, for culinary activities and intercultural encounters. **Bistro Bar le Brise Brise** is the only restaurant I go to, because the atmosphere and the staff (MJ) are always dynamic, cheerful and wonderful...

MEHDI ETTOHRI AND FAMILY, NEW ARRIVALS SINCE DECEMBER 2021

My favorites are many. **Birthplace of Canada in Gaspé**: Whether on my own or with my family, it's a quiet place with lots of activities, whether it's open-air cinema, a multimedia show or, of course, the musical evenings. **York rest stop**: Every day off, I take my daughter to play in the children's playground. Meanwhile, my wife and I relax and enjoy the view of the bay. **Haldimand Beach**: My family loves playing with sand and enjoying the beach. There are toys at the entrance that children can borrow free of charge. My daughter loves them. **SANA** is the best place for

new immigrants. It helps people a lot and gives safe and reassuring information. It provides concrete solutions despite the challenges encountered in our integration. The **CLSC de Gaspé** is a service that helped us greatly during Boutaina's pregnancy, and provides social support that continues to help us. They provide us with solutions to many aspects of our lives. **Maison de la famille**: The drop-in centre helped us a lot when we didn't have

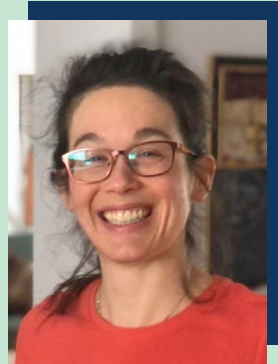


daycare for our daughter. There are regular events that we can take part in as a family.

ÉMILIE LEBLANC LABERGE, NEWCOMER SETTLED IN MAY 2013

This is an outdoor paradise.

Having all my outdoor equipment on the porch and being able to leave at the drop of a hat, without having to take the car, what a pleasure! Whether it's a trip to **one of the two ski resorts in the area** or an adventure in the **Appalachians** or **Chic-Chocs**. From river rafting to sea kayaking, or sport fishing. I love the **IAT trail**, which passes through the **Beauséjour outfitter** and **Pointe-à-la-Renommée**, two magnificent sites, or the tranquillity of **Lac du Clin in Petite-Vallée**, summer or winter, by bike, ski or run.



The Côte-de-Gaspé is brimming with outdoor enthusiasts.

But it's also buzzing with culture, with **festivals** and **shows** on offer that city-dwellers can be jealous of.

Getting involved in **community organizations** is a great way to meet people with similar interests.

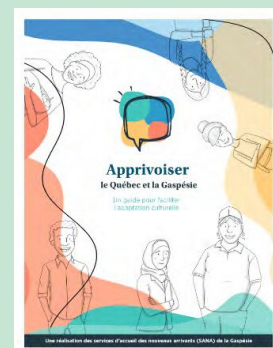
Whether it's a cultural, sports, outdoor or community activity, there are many ways to get involved in each of the villages that make up the Côte-de-Gaspé.



Additional references for immigrants

"Settle and integrate in Québec" online guide, for administrative and legal issues in the province.

"Apprivoiser le Québec et la Gaspésie" guide, to help you adapt to Quebec and Gaspésian culture (in French).



Hunting 101.

Hunting has long been part of Gaspesian cultural and sporting traditions, and is particularly popular in the Côte-de-Gaspé. Although various species are hunted, including partridge, the most popular is undoubtedly moose.

Moose hunting is in full swing in October! Every year, many people take a vacation to enjoy this sport in the forest. Expect a certain slowdown in events during this period. Don't be surprised if you see a moose displayed on a vehicle; it's part of the sport.

But don't become an improvised hunter! Skills are shared within the family or among friends. You need to have a permit, prepare your hunting territory, respect the regulations in force, and so on.

If you're a hiker, make sure you know what you're doing before venturing out. For example, the International Appalachian Trail informs you of the measures to take in September and October. With autumn colors at their peak, why not discover the trails of Forillon National Park (hunting is prohibited) or one of the many beaches in the area?



Photo Credit: Dà Média

— Organizations for You —

The Service d'accueil des nouveaux arrivants (SANA) de La Côte-de-Gaspé offers personalized services to immigrants and new arrivals from Quebec and Canada over the age of 35. We can help you with the administrative formalities involved in settling here, and we frequently organize integration activities to help you get to know your host region and its people. SANA also raises public awareness about immigration issues.



Service d'accueil
des nouveaux arrivants
de La Côte-de-Gaspé

Place aux jeunes (PAJ) Côte-de-Gaspé helps qualified people aged 18 to 35 who wish to settle in the region. It promotes the attraction, integration and retention of young people in our community. *Place aux jeunes* offers individual support in realizing a settlement project. It also offers exploratory stays to develop a network of contacts with socio-economic stakeholders, potential employers, entrepreneurs and many other relevant people. This allows you to discover or rediscover a living environment and prepare for your future. Have you been interviewed for a specialized job in the MRC de La Côte-de-Gaspé? PAG can help! New to the Côte-de-Gaspé? Come and meet us!



The mission of the Carrefour Jeunesse-Emploi (CJE) de la MRC de La Côte-de-Gaspé is to welcome, accompany and support, free of charge, young people aged 16 to 35 in its territory in their socio-professional and civic integration efforts, on a voluntary basis and according to a personalized approach. Open to all young adults in the MRC, the CJE team is committed to helping them and answer their questions about employability, staying in school, personal autonomy and more.



Living in Gaspésie is an organization that implements a regional strategy contributing to demographic growth and the dynamic occupation of Gaspésie's territories. Concretely, its actions are based on 3 axes: promoting the region to the population, attracting new people, and integrating new arrivals.



Vision Gaspé-Percé Now is a non-profit organization whose mandate is to ensure that services are provided for the English-speaking community and to enhance the quality of life for all English-speaking Gaspésians.





Photo: Village of St-Maurice-de-l'Échouerie (Gaspé) in winter. Credit: Dà Média



Service d'accueil
des nouveaux arrivants
de La Côte-de-Gaspé



ACTIVITÉS DES
nouveaux arrivants
Côte-de-Gaspé



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