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Home

[PROMIS | Help for immigrants and refugees in Montreal](#)

We accompany you, advise and guide you according
to YOUR needs.

Promis has been helping immigrants and their families for
over 30 years.

Our help services are free and our advisors welcome you
in a multitude of languages to facilitate our exchanges. In
addition to our personalized support services, Promis

gives you access to a series of webinars, workshops, information sessions and conferences to address a wide range of topics related to Quebec culture and the integration of newcomers.

PROMIS is an organization that helps immigrants and refugees in Montreal

PROMIS is a non-profit organization located in the Côte-Des-Neiges neighbourhood of Montreal that helps immigrants and refugees and their families in their efforts to integrate culturally, socially and professionally into Quebec society.

Mandatory organization funded by the Government of Quebec



Discover our services:

Reception and integration

Our advisors offer you personalized support to facilitate your integration and that of your family into Quebec society.

+

Francization service

Mastering Quebec's official language is essential to fully develop in your workplace and integrate into the life of the province. Free of charge, our courses are recognized by the government and available for all levels.

+

Support for families

Our team regularly organizes outings and fun activities to allow you to immerse yourself and get involved in Quebec's cultural life. We also offer a personalized support service to families according to the needs of each.

+

School support

Because school plays an important role in the integration of young immigrants, Promis offers academic support for elementary and high school children.

+

Employment assistance

Our employment assistance service advises you in your efforts and prepares you for this new job market that you are discovering. Our team relies on a strong network of partners to meet your needs.

+

Food action

Our workshops and the collective garden of Promis allow you to grow different fruits and vegetables and expand your recipe book. You also have the possibility to order boxes of fresh fruits and vegetables at a fair price!

+

Settling in the regions

Our team regularly organizes exploration trips in the different regions to help you choose your destination and our advisors offer you personalized support to build your project.

+

Maria-Goretti Women's Residence

In the heart of Montreal, the Maria-Goretti residence welcomes women of all ages and origins for short or long stays. The residence offers different room options depending on your budget and needs.

PROMIS is a non-profit organization that helps immigrants and refugees and their families in their cultural, social and professional integration efforts.

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June 1, 2023

Successful move

We are already in the middle of moving season. Although most moves take place on July 1, the season officially starts on April 1.

This month, we have written for you some tips to make your move a success. This will help you plan your actions and avoid several unpleasant surprises.

Rent a truck

Indeed, it can be difficult to make your move with a car. Even if the space of some vehicles allows you to enter a lot of things, it is still quite rare that your mattress or your appliances can fit in. You will therefore need to rent a truck and we advise you to book one as soon as possible. If, unfortunately, you try to rent a truck a few days or weeks before your move, it may be that renting is excessively expensive, that the truck is not

suitable for your needs (too small or too big for what you have to carry) or you may not even find one.

Pack your belongings

A priori, you will find cardboard boxes from several suppliers. However, the price is quite high. We therefore advise you to contact local merchants who receive merchandise regularly. For example, grocery stores or pharmacies. They may have received their orders recently and will be happy to offer you the boxes rather than put them for recycling. To pack your dishes or fragile items, it is recommended to use newspaper or old promotional flyers. Again, you can go to the merchants in your neighborhood who may be able to provide you with old copies of their flyers. If you are currently staying in a building with several apartments, it is possible that at the entrance there is a display in which you will find several flyers. Paper will protect your objects and not damage them. Don't forget to recycle it afterwards!

Address changes

How many utilities need to know your address? Much more than you think!

Making your address changes can be long and tedious. Fortunately, the governments of Canada and Quebec have made available an online form that allows you to apply the change of address to all services offered by these two levels of government. For example, by filling out the form on the Québec government's website, you can change your address with Revenu Québec, the SAAQ, the RAMQ, etc. Subsequently, you will only have to make the change with your insurer, financial institution, telephone provider and any other service you receive.

Items to keep close to you

On the day of your move, when everything is packed and you have taken possession of your new home, some things will be useful from the first hours. First, keep toilet paper, tissues and/or napkins handy. This will come in handy in many situations. Then have a bottle of water, because the further we go through the moving season, the higher the temperatures are likely to be and you'll need to stay hydrated. Do not store all your kitchen utensils in the boxes. After the move, you and your loved ones will be hungry. This is not the best time to go in search of kitchen items. Finally, identify the place

where your curtains are. The first night in a new home is rarely comfortable, but you can still create a little bubble of privacy.

Are you currently looking for accommodation? Not sure where to start in your research? Do not hesitate to make an appointment with one of our reception and integration counsellors or with our family support service counsellor. We're here to help!

May 3, 2023

The power of networking

We regularly hear about the importance of surrounding yourself with a network of acquaintances. This is an even more necessary factor for a person in an immigration situation. Whether you arrived in Quebec alone or accompanied by your family, building a circle of personal and professional acquaintances will be of great help. We tend to underestimate the impact that some people can have in our lives. Meeting new people can give access to a whole new world.

Here are some tips.

Job search

Having a professional network makes it much easier to find a job. Indeed, job offers are mostly accessible through job search web platforms as well as through companies' communication channels. However, there is a lot of word of mouth. That is to say, you have to be in contact with the right people to be able to benefit from opportunities that will not be offered to the general public and that will be accessible to you thanks to the people in your network. In addition to making your job search easier, professional networking can be beneficial for entrepreneurs.

Potential customers

Having a business means facing issues such as acquiring new customers and retaining and retaining existing customers. Networking is interesting because it can allow you to get in touch with potential customers. By expanding your community, you will be able to reach a much larger pool of people who will learn about your business. These people may be interested in your products or services. This new clientele will be able to share

their appreciation of your company in their own network and become ambassadors for your brand.

Social life

Recent immigration greatly affects the social life of people who experience this situation. This is why it is strongly recommended to create a circle of acquaintances when arriving on the host land. It can be comforting to meet people who are going through similar situations, whether they come from the same country of origin or not. It can also be reassuring to get to know people from the country in which we settle. Thus, you can register, for example, for a sports class or a creative workshop. In addition, volunteer opportunities can support your social gatherings and promote your integration.

These networking options can be done in different ways. In particular, by using social networks, integrating into a group or frequenting particular places. Here are some opportunities not to be missed to grow your network:

In connection with its employment assistance service, PROMIS presents a workshop on the use of the professional social network LinkedIn. Consult the calendar of activities for the date of the next session.

PROMIS has set up an immigrant entrepreneurship project. Several times a year, series of workshops are offered to help you plan a business project.

Do you want to perfect your knowledge and start a business? Check the website for details on the next cohort.

PROMIS Family Support and School Support offers you the opportunity to get involved in the community. Interested in volunteering? Do not hesitate to contact us:
[info@promis.qc.ca]

March 14, 2023

When a career change is needed

Moving to a new country does not mean that it will be possible to keep a job in the same field as in your home country. In Quebec, some sectors of activity are more in demand than others. In addition, it is sometimes necessary to obtain equivalencies in terms of studies to practice one's profession in another country. The procedures, the training and the costs involved are sometimes not what we aspire to when we arrive in a new region. This is why many immigrants opt for career reorientation. We present you some tips to enlighten your choice.

Identify your needs

To start, it is very important to know your own needs and desires. Certainly, when you arrive in the country, it is often urgent to find work. However, it can be beneficial to take a job and start the career transition process at the same time. To target your interests and help you in your choice, do not hesitate to use tools such as online orientation questionnaires or consult a counsellor in order to carry out an orientation test. This is a good time to ask yourself about your future and what you would like to do with it.

Learn about opportunities

As mentioned earlier, the areas seeking the highest number of employees differ by geographic region. Thus, it is essential to learn about opportunities and analyze the job market according to where you decide to settle. Many websites are at your disposal to identify the sectors of activity offering the most opportunities in Quebec.

Have the required training

Although an industry is attractive to you and offers many opportunities, you may not have the training required to get a job in this field. Therefore, it is necessary to inquire with an employment assistance counsellor in order to identify the prerequisites and start the right training. Some institutions offer low-cost courses on an evening schedule, allowing you to have a day job while learning the basics of another trade.

Use all the resources at your disposal

Whether it's doing your own online research or making an appointment with an expert, we recommend that you use all the resources that can be made available to

you in your job search. In addition, depending on the type of training and your immigration status, you may be eligible for a loan and bursary program that will help you finance your return to school. PROMIS offers two services to facilitate your integration into the job market. Employment Assistance counsellors can help you through all of the steps listed above and help you get into a field you're passionate about. Otherwise, if you wish to settle in the region, that is to say outside Montreal and its peripheries, our regional settlement advisors are able to support you in your approach and help you in your projects.

For more information or to get an appointment with an employment assistance counsellor or a settlement counsellor in the regions, visit the page of the service of your choice:

- [\[Employment Assistance\]](#)
 - [\[Settling in the regions\]](#)
-

February 21, 2023

Testimonial of a successful career

This month, we wanted to share with you the testimony of someone who has benefited from PROMIS' family support service. His life journey, his experience with the organization as well as his investment in his projects and his family demonstrate incredible strength and resilience. PROMIS is very proud to have been able to accomplish its mission by accompanying this person through his immigration journey.

This person arrived from Cameroon several years ago. She has not had an easy journey. After fighting and litigating her case in court for emancipation as an individual and parent of two children, she faced many challenges as an immigrant.

PROMIS services were introduced to her at her children's school by a school liaison officer. This is how she was informed of the offer of the family support service and a first meeting was organized with Ginette Bibeau, social integration counsellor.

After training as a beneficiary attendant, it was now the entrepreneurship program for immigrants at PROMIS that caught his attention. The success of this program led him to start his own housekeeping business. Her goal was to be able to manage her schedule, acquire a greater level of freedom and be more available to her children.

With Ginette, a strong relationship has been created. It is a comfort, a motivation and an invaluable development of his immigration journey that have been offered to him. In addition to helping him receive the monetary benefits that were available in his situation, Ginette led him to discover the benefits of a good integration thanks to the group outings organized by PROMIS.

After many years of waiting and many pitfalls on his journey, this person finally obtained his permanent residence. Several periods of discouragement failed to make him let go. A meeting with an employment counsellor allowed him to write his resume. The stars are now aligned. An institution wishes to offer him a position that will allow him to pursue his personal development.

During the interview, several points emerged, but what appealed to me the most was the strength of character, determination and patience of this person who had everything to gain in the success of his career.

Moreover, she wanted to pass on advice to recent immigrants who find themselves in vulnerable situations: "Do not miss any chance, seize every opportunity to integrate well, that's the key!"

January 12, 2023

National Day of Living Together

As part of the National Day of Living Together, which will take place in Quebec on January 15, PROMIS wishes to highlight the presence of 5 public figures who make Quebec's cultural life a space in which diversity continues to flourish.

Kim Thuy

The writer is of Vietnamese origin. At the age of 10, she left her native country and arrived in Quebec. His literary works are greatly inspired by his personal life. Some of his novels refer to the migratory journey of Vietnamese refugees as well as the exploration of dual identity. Kim Thuy is also a speaker. On many occasions, she mentions her beautiful relationship with her host country. In 2020, on the show "Le Temps du débat" on France Culture, she shared her feeling that Quebec has allowed her to "solidify [her] anchorage by offering [her] all the freedom necessary to grow [her] branches to the rhythm of the sun and moon."

Sources :

[https://fr.wikipedia.org/wiki/Kim_Th%C3%BAy]

[<https://www.radiofrance.fr/franceculture/kim-thuy-le-vietnam-est-dans-mon-sang-et-le-canada-sous-ma-peau-5990495>]

Boucar Diouf

Of Senegalese origin, Boucar Diouf has explored several careers. Among others, he is a television and radio host, biologist, oceanographer, humorist and writer. He moved to Quebec in 1991, in the Rimouski region. Being disabled, he experienced physical and psychological distress that has greatly dissipated since his arrival in the country. In an interview with Chatelaine magazine in 2015, he said: "As an immigrant, if I love this nation, it is because I was offered a living together in a true secularism. Between the setbacks of communitarianism inspired by the British model and this tight mixed Quebec that we are trying to put in place, I am absolutely certain that it is here that we find the most open project of welcoming and integrating diversity. »

Sources :

[https://fr.wikipedia.org/wiki/Boucar_Diouf]

[<https://www.msn.com/fr-ca/divertissement/celebrities/boucar-diouf-parle-pour-une-rare-fois-de-sa-condition-physique/ar-AAXSnkM>]

Jemmy Echaquan Dubé

This young actress comes from the Attikamek community of Manawan. At the age of 6, she moved to Joliette and was the target of discriminatory comments and acts. Today, she is a testament to her pride in her roots and culture of origin. Her role in a recent series on the small screen gives her hope of becoming a role model for teenagers belonging to Indigenous communities. She is also a spokesperson for the First Nations Youth Network and works for Wapikoni.

Sources :

[<https://www.tvanouvelles.ca/2020/01/20/je-me-faisais-traiter-de-sauvage—jemmy-echaquan-dube>]

[<https://inm.qc.ca/jemmy-echaquan-dube/>]

Dany Laferrière

In addition to being a writer, the man of Haitian origin is also a poet, screenwriter, director and journalist. He arrived in Montreal in 1976 and began his writing activities. His career allows him to be discovered by the French public and this leads him to have a wide presence in several Parisian media. Notably, he was elected to the Académie française in 2013. Despite a difficult start during which he obtained precarious jobs, all his literary work has seduced Quebec readers since his 1985 novel. As soon as he arrived, Dany Laferrière enjoyed his freedom. First of all, that of

having access to a vast cultural space, of "reading the complete version of the texts of which [he] had read only extracts in Port-au-Prince". Then, that of enjoying the nightlife, of "the night without risks, without police threat, with young girls drinking wine in cafes, in the middle of singers, poets, singers. "

Sources :

[https://fr.wikipedia.org/wiki/Dany_Laferri%C3%A8re]

[https://www.lexpress.fr/culture/livre/dany-laferriere-se-voit-en-academicien-volant_1569707.html]

Danièle Henkel

Born in Morocco, Danièle Henkel is a true figurehead of the entrepreneurial field in Quebec. In 1990, she moved to the province with her family. Committed and determined, she takes on many challenges in order to carve out a place for herself in the business world. Stopping at nothing, she imported the very first exfoliating glove in North America. It comes from an ancestral ritual practiced in the hammams of his native country. To this day, his family business Renaissance still keeps this Moroccan tradition alive in its host country of Quebec.

Sources :

[https://fr.wikipedia.org/wiki/Dani%C3%A8le_Henkel]

[<https://gantrenaissance.com/pages/a-propos#famille>]

December 6, 2022

Withstanding the Quebec winter

In Quebec, winter offers us radiant landscapes. On the other hand, it is a tough season. The first winters can be a real challenge. But don't worry! You'll eventually get used to the snow and cold temperatures. According to statistics, the coldest and snowiest months are January and February. However, beware! In Quebec, weather conditions are unstable and we can sometimes have big surprises. To survive the Quebec winter, it is necessary to have the right equipment to stay warm and to know some tips that will facilitate your daily life. Above all, you have to know how to take advantage of this magnificent season to appreciate it.

Be warm, but mostly dry

First, you will need a toque, a scarf and mittens. Indeed, mittens will retain the heat of your hands better than gloves. Be aware that it is possible to buy these items in many shops, but also in thrift stores and from certain organizations. You will also need a pair of winter boots. Ideally, choose an insulating and waterproof model. The same goes for your winter coat. It is imperative to stay dry to be warm. The use of the "onion" technique is highly recommended. It is composed of 3 layers of clothing. The first is sports underwear, a lightweight base layer. The second is a fleece-style insulation. Then you put on your insulating and waterproof coat. At the beginning and end of the season, you will find several items on sale in the shops. Feel free to buy what you'll need when winter returns and save on regular prices. If you have trouble tolerating the cold, you can get heated pouches to slip into your gloves and/or boots.

Some tips

Plan ahead! When there is a lot of snow, use public transport rather than the car. Road trips are frequent in winter. Buses may be delayed due to inclement weather, but it is still a safe and efficient means of transportation. On the other hand, if you need to use your car, plan to leave earlier. Snow and poor road conditions slow down traffic a lot. If you do not feel comfortable with winter driving, it is possible to take a specific course. Always be alert to snow removal operations and especially remain very careful when walking in the streets.

When it's very cold, we all tend to turn up the heating in our homes. The disadvantage is that when we go outside, our body experiences a thermal shock due to the large temperature difference. It is best to avoid this situation by keeping the heating of your

home around 19 °. Finally, a good diet is required. Some foods will provide you with the necessary vitamins and minerals such as fruits and vegetables rich in vitamin B and C.

Enjoying winter

During this superb season, you can experience several sports such as ice skating, skiing, snowboarding, hiking and snowshoeing. It is not necessary to have your own equipment to practice these sports. Several places will offer you the possibility to rent the necessary equipment for the day. In Montreal, the trail in Mount Royal Park is a must. In the region, several mountains are accessible. In addition to outdoor activities, there are a multitude of activities to do during the winter. For example, visiting museums, borrowing books from the library, cooking hot meals or playing board games with your family. The human warmth that comes from having a good time surrounded by your loved ones will help you get through the winter.

PROMIS Family Support Service is available if you want help or get involved in the community. Being able to gather and socialize with other families is a good way to expand your circle and enjoy winter activities. We also offer the "Cloakroom" service which allows people in need to buy some winter items.

November 8, 2022

Assess your needs to choose your insurance

When we arrive in a foreign country, our need for protection may increase. We may, with good reason, feel the need to protect ourselves, but also to protect our family and everything we own. In Quebec, there are several types of insurance that can help us overcome some of our insecurities. However, before choosing insurance, it is essential to define our needs and budget. Taking steps to choose your insurer and select the product that suits us can quickly become a real headache. That's why here we offer you an overview of the most common insurances.

Health and medicines

Depending on immigration status, it may take some time before a person is eligible for the Quebec Health Insurance Plan (RAMQ). That's why health insurance is so valuable. Many insurers offer the possibility for newcomers, temporary workers, international students as well as visitors to obtain coverage in case of need for hospital care, care prescribed by a doctor (for example, prescription drugs, x-rays, etc.), ambulance fees and any other necessary health-related expenses. Obviously, it is not appropriate to take out the most expensive insurance when we know that we will be entitled to RAMQ coverage shortly. On the other hand, if you think you have to wait a long time to get it, it is better to take out more comprehensive insurance. The cost of these insurances will depend on your age and sometimes your current state of health. The length of your stay can also influence the cost of insurance. In Quebec, prescription drug insurance is mandatory. It can be taken from the RAMQ unless you have a work permit or a study permit. In this case, it will be necessary to subscribe to a private insurance.

Dwelling

If you've just purchased a property, it's almost certain you'll want home insurance. If you live in a rental accommodation, know that it is also possible to insure your home. Many insurers will offer you basic protection to which you can add additional production. Nevertheless, one must always be vigilant with regard to the conditions of complaint. Basic insurance can cover fire, water damage, theft, but the context and conditions in which the damage occurred influence the degree of protection. Always be informed of the conditions that govern your insurance contract.

Car

When you own a car, you also have the obligation to take out insurance. Again, you will have several options. With basic protection, you will normally be covered in the event of a collision. However, you can add protection in case of damage caused by bad weather, theft or fire. It is recommended to assess your needs by considering the risks around you. For example, whether you live in the countryside or in the city, the risks associated with weather conditions are not quite the same. Similarly, if you lend your car to a less experienced person, you run more risk.

Life and disability insurance

Life insurance can take many forms. Nevertheless, they offer protection to those around you in the event of death. It can be worrying to leave our family without

financial resources to continue housing and to pay the various expenses generated by our death. Insurance will allow them to cover some of these costs. However, your needs may lead you to take out disability insurance only. This will allow you to obtain a salary if you are the victim of an accident or suffer from an illness that prevents you from continuing your work.

In short, the choice of insurance will always depend on your needs, but also on your financial situation. For help with the process, [\[click here\]](#) to make an appointment with one of our reception and integration advisors. In addition, be aware that many employers offer their employees private insurance among which you will find several protection options. If you are looking for a job, do not hesitate to make an appointment with one of our employment assistance counsellors by [\[click here\]](#).

September 16, 2022

How to sponsor your partner to immigrate to Quebec?

You recently got your permanent residence, congratulations! You like Quebec and want to settle there permanently. Now that you have taken this big step, you would like to sponsor your partner to live together this new adventure. How do you sponsor your partner's permanent residence? We explain everything!

1. How does a sponsorship application work?

To complete a sponsorship application, you must first complete the process at the federal level with Immigration, Refugees and Citizenship (IRCC). Once you have sent the Government of Canada all the required forms with the requested supporting documents and paid the processing fee, IRCC will analyze your entire file.

If it is deemed admissible, you will be invited to submit your application at the provincial level to the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI). Again, you will have to fill out the requested forms, attach the supporting

documents and pay the required fees. After reviewing your file, the MIDI will forward its decision to the IRCC office, which will process the application for permanent residence you are sponsoring if your partner meets the requirements set out below.

2. Eligibility criteria to sponsor...

To sponsor your partner, you must meet the following conditions:

be at least 18 years of age;

be a Canadian citizen or permanent resident;

live in Canada or prove that you plan to return with your partner;

not have been convicted, on Canadian soil or abroad, of murder or certain serious offences;

not receiving social assistance for a reason other than disability;

be able and willing to make a financial commitment to your partner for at least three years;

not be subject to a removal order or be detained in prison.

Finally, if you sponsored a previous partner and less than three years have passed since they became a permanent resident, if you have defaulted on your past commitments or are in default, you cannot sponsor your current partner.

What is commitment?

For three years from the date your partner becomes a permanent resident, you commit to providing for their basic needs. In particular, you must assume his expenses related to housing, food, clothing, travel but also all costs related to health or professional integration.

In a way, you vouch for the person you are sponsoring and must repay any money they may receive in the form of government financial assistance or special benefits. It is very difficult to terminate a sponsorship undertaking prematurely; It cannot be cancelled due to financial problems or if your relationship ends. This is a decision that should not be taken lightly!

3. and the conditions to be sponsored

The person you are sponsoring must be at least 18 years old and hold a valid passport. In most cases, individuals who have been convicted of criminal offences will not be eligible for the sponsorship program. Your partner will also have to undergo a medical examination.

The type of application you will need to file depends on the right title for your relationship. The Act distinguishes between the status of spouses, common-law partners or conjugal partners. Make sure you meet the requirements for these different categories to ensure you are eligible for the program:

Spouse: if your marriage is legally recognized by the laws of Canada and the country where it took place;

Common-law spouses: if you can prove that you have lived together for at least 12 consecutive months;

Conjugal partners; if you have been in a relationship for at least a year and do not live together for reasons beyond your control.

4. Apply for sponsorship

If you meet the various requirements, and you and your partner are ready to embark on this process, you can start by obtaining the application package available on the IRCC website.

The processing time for applications is estimated at 12 months at this time. The application fee is updated annually; Since the end of April, it takes at least \$ 1,080 at the federal level, \$ 301 for the provincial.

If your application is refused, you have various remedies to appeal the decision. Do not hesitate to turn to Promis advisors to assist you in your efforts and obtain more information on your possibilities. You can make an appointment for a free meeting, online or in person.

August 8, 2022

Studying in Montreal: How to Reduce the Cost of Student Living

With the start of the school year fast approaching, some students will be very happy to know that living in Montreal is no more expensive than in many other major Canadian cities. As an international student, it can sometimes be difficult to move towards the least expensive products and services. To help you establish a budget according to your means, here are some ideas.

Finding affordable housing

First of all, several schools have a student residence. Generally, the accommodations are offered at an affordable price, they are furnished and utilities are included. Some residences offer studios for the modest sum of \$415/month. For more information, visit your institution's website. Then, on the island of Montreal, housing prices differ depending on the neighbourhood. The boroughs of Côte-des-Neiges, Hochelaga-Maisonneuve, Saint-Laurent, Ahuntsic and Villeray-Parc-Extension will be the least expensive, if you are looking for a small apartment. In order to reduce housing costs, colocation can also be a good solution. Notably, in Verdun, the price of large apartments is lower. To find the rare pearl at a low price and to be on the lookout for roommate offers, do not

hesitate to consult classified ad websites, social networks and to inquire with your student association.

Furnish yourself without breaking the bank

The price of furnished accommodation can sometimes be very affordable. If you are not so lucky, no worries. The offer of second-hand products is abundant. Classified ads and social networks are useful for finding appliances and furniture at low prices. In addition, resale stores, non-profit organizations, garage sales and bazaars are perfect places to find dishes, linens and decorative accessories.

Stay connected for a small fee

To find a mobile plan and an internet plan adapted to your needs, it is advisable to turn to smaller companies. From \$35/month you can find a mobile plan with the possibility of adding international calls at little cost. These same telecommunications companies can offer basic internet service for about \$40/month.

Getting around without spending

In Montreal, public transit is at a reduced rate for students. The monthly plan at \$56/month will allow you unlimited bus and metro trips around the city. The use of public bicycles is also a good way to reduce transport costs. For a one-way trip, renting the bike will cost you \$1 in base fare and then 15¢/minute.

Eating well all year round

Food is sometimes less expensive in neighborhood grocery stores than in big box stores. In addition, student associations may offer food donations to their students on certain special days. Find out more about the services offered by your association. Several food assistance services are available throughout the city.

Businesses such as restaurants, grocery stores and bakeries can donate their surplus food at the end of their day. Do not hesitate to consult these offers on the web.

Discover the city differently

As you surely know, Montreal is a very festive city. During the summer, several free festivals are organized. You can also take advantage of reduced rates on your tickets to certain artistic and cultural institutions, upon presentation of your student card. Whether visiting museums, seeing a play or attending music concerts, find out about the rates available to students.

Finally, to facilitate your integration and learn more about the various possibilities available to you, we invite you to make an appointment with one of our reception and integration advisors. If you are an immigrant woman, consult here the accommodation service offer of the Maria-Goretti Residence. In addition, we regularly organize workshops to teach you how to cook with Quebec products and discover new recipes! Consult our calendar of activities to learn more.

May 31, 2022

All about the Canadian citizenship test

The final stretch of the complete immigration process for anyone who wants to commit to it, the citizenship test allows them to obtain Canadian nationality. By becoming a citizen of Canada, you get the right to vote, a Canadian passport and even the opportunity to run in federal or provincial elections if you aspire!

A step no less symbolic than stressful for many candidates in the process of becoming a citizen of Canada, the citizenship test is the subject of recurring questions about its progress and its specificities. Our advisors give you an overview of the process.

Who can apply for citizenship and under what conditions?

To become a Canadian citizen, you must apply to the government. You can obtain the application package available on the official IRCC website. Count \$630 CAD for an adult, \$100 CAD for a minor or a person born to a Canadian parent.

Not everyone is eligible, you must meet certain criteria before formulating your wish:

be a permanent resident;

have lived in Canada for at least 3 years in the last 5 years, i.e. precisely 1095 days;

have filed your tax returns if you were required to do so;

demonstrate your language skills in one of the country's two official languages, English or French;

not have been convicted of a crime, whether on Canadian territory or abroad, be serving a prison sentence or be on parole/probation;

and finally, pass your citizenship test!

Why a citizenship test?

All individuals between the ages of 18 and 54 at the time of applying for citizenship are required to take this test. It allows Canadian authorities to ensure that you have sufficient knowledge of your adopted country and the rights and privileges that citizenship confers on you.

What's next!

To help you prepare for all stages of the citizenship test, PROMIS offers two workshops so that you are well equipped for this step.

The first covers the following topics:

Requirements for applying for citizenship

The procedure

Preparation

The citizenship test

Oath of Citizenship and Ceremony

The second allows you to practice with a live exam and then review the questions as a group.

If you have any further questions about applying and testing citizenship, please do not hesitate to contact our advisors. It is always our pleasure to offer you personalized support for your efforts!

May 5, 2022

Practical guide to understanding labour standards in Quebec

In Quebec, work is governed by the Act respecting labour standards. It imposes on employers the minimum working conditions that they must respect towards their

employees. The law therefore specifies the minimum rules to be applied in terms of salary, working hours, holidays and absences or termination of employment.

The world of work is different in each country, it's a whole universe to discover! It is very important that you are informed of your rights to fully thrive in your new job.

Salary

You are entitled to minimum wage if you work for an employer, even if it is only a few hours, receive commissions or are in training.

The Government of Quebec sets the minimum wage each year.

In Quebec, wages are paid at regular intervals not exceeding sixteen days. Each employee must receive a pay slip detailing all the information necessary to calculate his remuneration.

Tips

If your work involves tips, know that the tips you receive belong to you in full, whether they were paid directly to you or not. Your employer is therefore legally obliged to pay you the tips that have been given to you, without deducting any administrative costs that may have resulted. That doesn't stop him from having to pay you minimum wage!

However, your organization may have a tip-sharing agreement. You must then be informed as soon as you arrive at the company.

Working hours

The standard work week in the province is usually 40 hours. Many companies, however, offer weeks that vary between 35 and 39 hours. The number of weekly working hours must be explicitly stipulated in the established employment contract.

Your work schedules include both your breaks (even coffee breaks!) and times when you are forced to wait for someone to assign you a task as long as you are available. Only the time allotted for meals is not counted, unless you remain at your post to work.

You may have to work more hours than your usual schedule. Your employer must then pay you this overtime, under the pretext that this additional working time has been approved in advance. They are subject to a 50% increase (rate and a half) of your regular hourly wage, not including premiums.

At your request, your employer may also replace overtime pay with a bank of equivalent leave hours.

Be aware that you can refuse to work overtime if your presence is required with your child or caregiver. The CNESST website details all the specificities of the law on the subject.

Statutory holidays in Québec

The province has 8 statutory holidays to which the vast majority of employees are entitled:

January 1 (New Year's Day)

Good Friday or Easter Monday, at the employer's choice

The Monday before May 25 (National Patriots' Day)

June 24 – or, if that date falls on a Sunday, June 25 (Quebec National Day)

July 1 – or, if that date falls on a Sunday, July 2 (Canada Day)

September 1st Monday (Labour Day)

Second Monday in October (Thanksgiving)

December 25 (Christmas Day)

These public holidays are therefore non-working and paid, except for persons who are absent without authorization or valid reason on the day before or after the public holiday.

If your business activity requires you to work on a public holiday, you are entitled, in addition to your regular remuneration, to compensation or compensatory leave in the three weeks before or after the public holiday.

Holidays

The number of days to which you are entitled is calculated based on your reference year, which runs from May 1 to April 30. The length of the holidays depends on your seniority.

If you have been with your company for less than a year, you earn 1 day of vacation per full month of continuous service, up to a maximum of two weeks of vacation. For more than one year and less than three years, you have been entitled to 2 weeks of leave. Beyond three years of seniority, you benefit from three continuous weeks.

Some companies make other arrangements and offer you several weeks of vacation in the first year. In any case, the company's policy must be clearly explained in the employment contract.

Sick leave or days of absence

In addition to holidays, you are entitled to two paid days of absence per year. For example, you can use them in case of illness or to fulfill family obligations.

Termination of employment

If an employer decides to terminate his contract with an employee, he is required to give the employee written notice of termination of employment. Notice periods depend on the length of time the post has been occupied.

During the trial period of the first three months of activity, the employer is not required to give notice. Beyond that, the law provides for 1 week's notice up to one year of continuous service, 2 weeks of 1 to less than 5 years of practice, 4 weeks of 5 to 10 years of notice and 8 weeks' notice after ten years.

In any event, the employer must pay the employee he dismisses an indemnity for the vacation that remained to be used as well as a financial indemnity equivalent to 4 to 6% of the gross salary earned during the reference year.

Be aware that if you lose your job, you may be eligible for Employment Insurance benefits from the Government of Canada.

Use of the French language

French is an official language of Quebec and is also the official language in most Quebec businesses. While some also adopt English, particularly for international exchanges, section 4 of the Charter of the French Language recognizes the right of workers to carry out their professional activity in French.

We can only encourage you to strengthen your learning of French to integrate not only into everyday life, but also into the professional environment! Do not hesitate to regularly consult the PROMIS calendar to participate in our information sessions and take free classes according to your level of command of the French language.

Appeals to the CNESST

In the event of unfair dismissal, poor working conditions, if you witness or think you are experiencing harassment, you can contact the CNESST's complaints and recourse service.

The Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST) will be able to advise you on the steps to take, conduct an investigation and compensate you if necessary.

If you have any questions about your rights, our team is here for that! Make an appointment with an advisor now, meetings are free and can be done in person or online depending on your preference.

April 5, 2022

Foreign driver's licence and driving in Québec: what you need to know!

Despite the efficiency of Montreal's public transit system, many people travel by car out of preference or necessity. As an immigrant, it is important to understand the particularities of driving in Quebec and, above all, to have a valid licence. Here is some information you need to know before hitting the road.

Am I allowed to drive?

When you arrive in Québec, you can use your Canadian or foreign driver's licence for six months. You must then obtain a Quebec licence to retain the right to drive.

Newcomers can apply as soon as they arrive. The conditions for exchanging your licence depend on the country where you acquired it. It is not necessary to pass a proficiency exam to do so if it originated in another Canadian province or in one of the following countries: Austria, Belgium, Germany, France, Great Britain, Isle of Man, Northern Ireland, Japan, Netherlands, Republic of Korea, Switzerland, Taiwan, United States. The others must pass the appropriate exams.

Check out this page to understand your situation.

Obtaining a Québec driver's licence

From the age of sixteen, you can enrol in a driving school recognized by the SAAQ to obtain a Class 5 licence. Students who are not residents of Quebec must provide proof that they are authorized to stay in Canada for at least six months.

This compulsory course consists of a theoretical part of 24 hours and a practical part of 15 hours on the road with an instructor. After completing the four modules of the first phase and passing the knowledge test, students must go to an SAAQ service point to obtain a learner's licence that gives them the right to get behind the wheel provided they are accompanied by a driving school instructor or an escort.

It is then necessary to wait at least ten months to be able to take the SAAQ theoretical exam, then twelve months for the practical exam. Further information is contained on this page.

Particularities of driving in Québec

As you know, the rules vary from country to country. Read on to discover some peculiarities of driving in Quebec that should not be ignored.

Drugs and alcohol: A police officer can arrest you at any time and require you to take a coordination test and a detection test. If you have a blood alcohol level of 80 mg or more per 100 ml of blood (0.08), you could be charged under the Criminal Code. The same intolerance applies with drugs, including cannabis.

Speed limits: Traffic signs display speed limits in kilometers per hour. With some exceptions, the default limit is 50 km/h in towns and villages, 30 km/h in school zones, 90 km/h on secondary roads and 100 km/h on motorways.

Safety: All passengers must wear seat belts at all times. Children must be seated in a compliant car seat until they are 145 cm tall or nine years old.

Visit the SAAQ website to find out more about the Highway Safety Code and the meaning of traffic signs.

The free services offered to immigrants by PROMIS include personalized support for integration into Quebec society. Among other things, we can help you identify the steps that will facilitate your integration and that of your family and direct you to available resources, services and programs. Do not hesitate to contact us!

March 4, 2022

How does tax work in Quebec?

It's time to fill out your tax return! Okay, we agree, it's far from being the most exciting event of the year. Nevertheless, it is an essential gesture that serves to finance the Quebec and Canadian governments. But do you know how taxes work in Quebec?

Why do we pay taxes?

Tax is that portion of every amount of money remitted by your employer that is levied by the government. Taxes finance public services such as health, education, justice and culture, in addition to allowing for the redistribution of income. Indeed, since the tax is

progressive in Quebec and Canada, the tax rate increases the higher the income. The government uses some of this money to fund programs that combat financial inequality.

Filing your income tax return

All Quebec residents are required to report their income to the provincial and federal governments each year. If this is your first time, you must obtain federal documents from the Canada Revenue Agency, either by mail or online. For their part, federal documents are available through the Ministère du Revenu du Québec, Communication Québec or a Caisse Populaire.

Appendices and a guide make these documents fairly simple to use. That said, many people need extra help. To do this, they can request the paid services of specialized agencies and accountants who can make the declaration for them. They can also call the Canada Revenue Agency and the Ministère du Revenu du Québec, who can help them.

In this article, you'll find a handy list of information you may need to file your return.

The income tax return must be filed no later than April 30 of the calendar year following the taxation year. The deadline is extended to June 15 for self-employed workers.

What happens after you file your return?

Your return determines whether you have paid too much tax and can receive a refund, or, on the contrary, whether you have a balance that you owe to pay. If you are owed money, you can receive it as a cheque in the mail or by signing up for direct deposit. Finally, individuals who have not earned enough money may not have to pay taxes.

For more information, visit the Revenu Québec website to consult the "Newcomers and Income Tax" guide and the Canada Revenue Agency's guide to read publication t4055 "Newcomers to Canada".

PROMIS can direct you to the appropriate resources, in addition to helping you in your Quebec immigration journey with free services that cover job search, francization,

preparation for the citizenship test and much more. We are happy to help immigrants integrate into Quebec society!

Service Hub

[All our services - PROMIS](#)

Reception & Integration Advisors

Immigration to Montreal

You have been in Quebec for less than 5 years, PROMIS welcomes you and accompanies you to facilitate your integration! Individual intervention and collective intervention are at the heart of the support provided by counsellors in social integration processes.

Discover services for immigrant integration

RECEPTION AND INTEGRATION

Preparing for the Canadian Citizenship Test

Two online workshops offered for your preparation for the Canadian citizenship test.

RECEPTION AND INTEGRATION

Personalized support for integration into Québec society

We are committed to your integration into the Quebec community! Receive personalized support throughout your integration process, regardless of the stage in your journey.

RECEPTION AND INTEGRATION

Referral to government and community programs and services available in Quebec

Not sure where to go through all the government and community programs or other services? Our team will guide you, contact us!

RECEPTION AND INTEGRATION

Information sessions on various topics of interest to the settlement of immigrants
Discover all that Quebec has to offer. Get to know your host company and facilitate your
installation in Quebec!

[<https://youtu.be/IO-t5AyRoCg>]

Francisation:

free French courses in Montreal

Learning French, the key to success for the future in Quebec! The inclusive pedagogical
approach used in the courses promotes active participation in the classroom and a
climate conducive to learning French!

As of June 1, all registrations for French courses in all centres will be done via the
Francisation Québec platform. You can register yourself through the platform, but we
offer you our support services for an easy and successful registration.

You can register for all three types of accompaniment, if you wish. We can serve you in
the following languages: French, English, Spanish, Ukrainian and Russian.

Learn French!

Francization Quebec

Our organization is a proud partner of the Government of Quebec to offer part-time
French learning services at the beginner, intermediate or advanced levels.

Online Information Sessions

We present the advantages of francization in PROMIS, the eligibility criteria, the course
schedules and the documents you will need to register on the Francisation Québec
platform.

Help with the scanning of your documents

All documents to be uploaded to the platform are only accepted in PDF format. We help you scan your documents and prepare them for your registration.

[https://youtu.be/c7fVOY-1f_E]

Support for families

Welcome and accompaniment of your family! Opportunities for immigrant families to receive support and get involved!

Discover the services offered

One-on-one support for families

Our family support service offers you support adapted to your situation!

Socio-cultural outings for families

Fun and educational activities for the whole family, from the little ones to adults!

Thematic workshops for families

Practical and thematic workshops for the whole family, from the little ones to adults!

[<https://youtu.be/xC87IG-Ts3k>]

School support

Succeed in school, because failure is not an option! The School Support Service promotes the perseverance and success of immigrant youth aged 6 to 17 who are experiencing difficulties at school.

Discover the services offered

School support for high school students (Teen Project)

Project Teen offers the necessary academic support in mathematics and French through many activities to help your child succeed in school!

School Liaison Officer

PROMIS promotes school-family-community relations, and thus accompanies them in their adaptation processes in Quebec.

PROMIS Day Camp for Children Ages 6 to 12

The PROMISED Day Camp, a promise to learn while having fun!

School support for elementary school children (Saturday school)

L'École du samedi offers academic support in French and mathematics through many fun activities to help your child succeed in school. The Saturday School also offers educational activities to the families of beneficiary students.

[<https://youtu.be/GkiNFis66j4>]

Employment assistance

The Employment Assistance Service supports immigrants, graduates here or abroad, with the status of permanent resident or Canadian citizen.

English courses for beginners and intermediates

Promote your integration into the job market by learning the English language. Our courses for beginners and intermediates will allow you to familiarize yourself with the written language.

Personalized counselling for job search

Do not let your doubts hold you back, meet our team and receive personalized support, adapted to your needs to allow you to find a tailor-made job!

Support for recognition of prior learning, reorientation and vocational training

Adjust your resume with our advisors as part of a personalized follow-up and have your prior learning recognized in Quebec or receive the necessary support for a reorientation and / or professional training!

[<https://youtu.be/16db0U477B8>]

Food action

Through workshops and educational activities, L'Action Alimentaire helps families and immigrants to have a healthy, balanced and quality diet. We raise awareness of food security in various communities.

Discover the services offered

FOOD ACTION

Lunch Box Workshops in Côte-des-Neiges

CDN Lunch Box is a free after-school food education program for children. We offer cooking and food literacy activities open to students in grades 4 and 5, who have first- or second-generation immigration experience.

FOOD ACTION

Collective garden

Under the sign of collaboration, the PROMIS Collective Garden is a friendly place that will allow you to grow and harvest, with your family and with other families, different fruits and vegetables!

FOOD ACTION

Information and collective cooking workshops

Given by a nutritionist, the information workshops allow you to get advice on nutrition and the collective cooking workshops allow you to enrich your family recipe book and share a pleasant moment in the company of other project participants.

[<https://youtu.be/EpOq91zB05c>]

Settling in the regions

Find a job that meets your expectations! You can receive financial support if you wish to relocate to the region. PROMIS helps you in your job search or other steps to facilitate your installation in the region.

Discover the services offered

SETTLING IN THE REGIONS

Personalized counselling to find a job in the regions

Multiple professional opportunities exist in the region! Get to know them and grasp them by attending our information sessions co-hosted with our many regional partners!

SETTLING IN THE REGIONS

Personalized vocational training counselling to meet employment needs in the regions

Whether to study or work, Quebec's regions offer multiple professional opportunities. We can help you benefit!

SETTLING IN THE REGIONS

Counselling for the development of a business project in the regions

You want to start a business project in the region but do not know where to start? Come meet us and get personalized counselling adapted to your future project!

SETTLING IN THE REGIONS

Exploration trips in the region

Get to know Quebec as part of our exploration trips!

SETTLING IN THE REGIONS

Information sessions on life in the region

Whether you have questions about the many job offers offered in the regions or about living in the regions, our information sessions will enlighten you and make you want to consider a life in the regions of Quebec!

[<https://youtu.be/EN5fxVMt8b4>]

Residence Maria-Goretti

Accommodation for single women

Tariff

affordable

Close to

Universities

Quarter

multicultural

Close to

Shops

Close to
Transport

Young professionals

[<https://youtu.be/swVTblMRMEw>]

Depending on your budget, several room options are available to you:

- Standard room or large room with shared bathrooms

Each room includes:

- Single bed (sheets and towels not provided)•

Work desk•

Storage unit•

Washbasin• Refrigerator

- 1 or 2 cupboards•

Heating/ electricity/ hot water•

Telephone with voicemail

- Internet with cable

The residence includes:

- Shared kitchen with dining area•

Microwave and toaster room•

Bathrooms and showers (several on each floor)• Living room with TV• Study room

Wi Fi available • Computer room• Laundry room

on each floor (extra charge)

- Balconies•

Elevator•

Exercise room

- 24-hour reception.

- Security and surveillance 7 days a week

The spaces are carefully furnished and maintained to be comfortable, welcoming and warm. The residence seriously respects the sanitary measures of the Government of Quebec. All common rooms are cleaned several times a day and the property restricts entry for non-residents.

Service detail

[Welcoming and integrating immigrants in Quebec | PROMISED](#)

Preparing for the Canadian Citizenship Test

Preparing for the Canadian Citizenship Test: 2 Online Workshops

Workshop #1: Preparation

1-hour workshop

The purpose of the presentation is to explain the steps to obtain Canadian citizenship:

1. Requirements for applying for citizenship
2. The procedure
3. Preparation
4. The citizenship test
5. Oath of Citizenship and Ceremony

Workshop #2: Material Review and Exam Simulation

1-hour workshop

The purpose of the presentation is to review the material of the official Study Guide
Discover Canada: The Rights and Responsibilities of Citizenship

1. Mock Exam
2. Marking the exam
3. Feedback on the material to be reviewed

This service is free and offered in French.

Would you like to participate in the next workshop? Check out our calendar of activities!

Personalized support for integration into Québec society

PROMIS advisors are committed to your integration into the Quebec community. Our means of intervention are as follows:

individualized support regarding: immigration documents, taxes, child assistance, or anything else required by your situation;

organization of information activities on topics related to your integration and installation;

active listening;

mediation;

references for translation;

referral to complementary services.

We can help you:

assess your social, cultural, linguistic and economic integration needs;

identify, with you, the steps that will facilitate your integration and that of your family;

direct you to the resources, services and programs offered: housing, health and social services, education, consumption, work, recognition of prior learning, learning French, socio-professional bereavement, etc.

Download our printable leaflet by clicking here: [PR-accueil!](#)

Interested in this service? Call us or write to us by filling out the form on the right!

Referral to government and community programs and services available in Quebec

You would like more information on:

important documents to obtain (health insurance, social insurance, driver's licence, etc.);

opening a bank account;

finding housing;

child care and school enrolment;

the Quebec school system;

tax credits, financial assistance for families and tax returns;

the common values of Québec society;

rights as consumers;

free settlement and integration support services offered by partner community organizations;

comparative evaluation of studies conducted outside Québec.

In addition to our personalized and individual support, we regularly hold group activities to inform you on all these topics!

Download our printable leaflet by clicking here: [PR-accueil!](#)

Discover our calendar of activities!

Interested in this service? Call us or write to us by filling out the form on the right!

Information sessions on various topics of interest to the settlement of immigrants

To allow immigrants to learn about various topics, information sessions are organized by PROMIS on topics related to the installation of a new life in Quebec such as:

driving in Quebec/the SAAQ;

health services;

education in Quebec;

housing in Quebec;

taxes in Quebec and Canada;

consumer protection;

and much more!

Download our printable leaflet by clicking here: [PR-accueil!](#)

Discover our calendar of activities!

Francization Quebec

French is the official and common language of Quebec. It is the language of public institutions, work, education, communications, commerce and business. French is also a common symbol of belonging to and participation in Quebec society.

To learn or better master French, visit [Learn French on Québec.ca](#).

It is the only point of access to French-language learning services for:

persons 16 years of age or older on July 1 preceding the application for admission and domiciled in Québec:

Immigrant;

Canadian-born;

workers in companies who wish to receive these

services;

people who plan to settle in Québec.

The Government of Quebec's French courses are free. Incentive financial assistance is also available to eligible individuals, under certain conditions.

These French courses are offered:

full-time or part-time;
in the classroom or remotely;
in all regions of Quebec.

There are also course formulas:

entirely online or remotely offline;
specialized by field of employment;
in the workplace.

Our organization is a proud partner of the Government of Quebec to offer part-time French learning services at the beginner, intermediate or advanced levels.

To register, visit [Learn French](#).

Online Information Sessions

During the session we will present the process to register and to make a transfer from one center to another.

For whom?

For all those interested in francization.

When?

Every Wednesday, at 6pm (French & English)

To register

Every Thursday, at 9am (English & Spanish)

To register

Every Saturday, at 9am (English, Ukrainian & Russian)

To register

Requirements

Have a smartphone or computer to participate in the virtual session.

Help with the scanning of your documents

All registrations for French courses are now done via the Francisation Québec platform.

All documents to be uploaded to the platform are only accepted in PDF format. We therefore help you to scan your documents and prepare them for your registration.

For whom?

For those who need help scanning their documents and/or putting them in PDF format.

When?

Every Thursday, at 10am (English & Spanish)

Every Wednesday, at 7pm (English & French)

Every Saturday, at 10am (English, Ukrainian & Russian)

[Click here to make an appointment](#)

Requirements

Make a 10-minute appointment

Bring the documents that apply to your case:

Quebec Acceptance Certificate (if applicable).

Work or study permit.

Residence or citizenship document.

Letter of asylum application

If you have children under the age of 12:

Birth certificate

Immigration document

To request direct deposit of the allowance:

Direct deposit form ([click here to download](#))

Voimen cheque

The family support service, supported by volunteer workers, offers families the opportunity of personalized support at PROMIS or at home as needed.

Volunteers are a valuable contribution to PROMIS! Get involved in the Family Support Service as a volunteer worker with families newly arrived in Quebec!

Download our printable brochure by clicking here: [PR-family!](#)

Write to us (with the form on the right) now to let us know your interest!

Socio-cultural outings for families

To help families newly arrived in Quebec, PROMIS regularly organizes socio-cultural outings in Montreal and the surrounding area for the whole family at a reduced price such as:

the Biodôme;

in the orchard;

at the sugar shack;
the Botanical Garden;
and more!

Download our printable brochure by clicking here: [PR-family!](#)

Discover our calendar of activities!

Thematic workshops for families

To help families newly arrived in Quebec, PROMIS regularly organizes collective activities to allow them to discover their new environment and get involved. Through coffee meetings and thematic workshops, we discuss with families topics such as the Quebec school system, child development, back health, yoga, etc.

Download our printable brochure by clicking here: [PR-family!](#)

Discover our calendar of activities!

School support for high school students (Teen Project)

Projet Ado is a tutoring service for high school students aged 13 to 17 who have difficulties in French and mathematics referred by La Voie High School. Working in small groups helps develop the strengths and skills of all students and promotes mutual aid. A service for borrowing books and educational games is available to students.

The Teen Project takes place:

on the premises of PROMIS;
in the premises of École La Voie (as part of the partner project "Pour réussir à l'école").

Partner school

La Voie High School

Schedule of activities at PROMIS (Teen Project)

Tuesday, Thursday, Friday and Sunday

October to May

4pm to 5.15pm

Schedule of activities at École La Voie (Teen Project – Succeed at School)

Monday, Tuesday, Wednesday and Thursday

3pm to 4.15pm

October to May

Contact

Sylvie Delgado

sylvie.delgado@promis.qc.ca

(514) 345-1615 ext. 3240

Download our printable brochure by clicking here: [PR-scolaire!](#)

School Liaison Officer

School liaison officers welcome immigrant families in 7 partner schools and ensure the link between the schools and the PROMIS organization.

Through individual intervention and various collective activities, PROMIS promotes school-family-community relations, and thus accompanies them in their adaptation processes in Quebec in addition to creating winning conditions to encourage school perseverance among children.

Contacts

Tamara Momcilovic

School Liaison Officer

[tamara.momcilovic@promis.qc.ca]

Ximena Moncayo

School Liaison Officer

[ximena.moncayo@promis.qc.ca]

PROMIS Day Camp for Children Ages 6 to 12

A memorable experience with dedicated instructors in a vibrant neighborhood! PROMIS Day Camp works hard to give your kids an exciting summer

For 8 years, the PROMIS Day Camp has been welcoming children of all origins and allowing them to spend 4 stimulating and fun weeks. Whether they are 6 or 12 years old, your children will live a very unique experience, both fun and educational.

The PROMIS day camp allows young people to enjoy a wide range of educational activities from French to mathematics, science, sports and the arts. At the end of the

camp, the traditional Gala gives campers the opportunity to present to their parents their achievements of the 4 weeks and much more.

Our teams of motivated instructors trained in first aid accompany them at all times!

Contact

Sylvie Delgado

sylvie.delgado@promis.qc.ca

(514) 345-1615 ext. 3240

English courses for beginners and intermediates

In partnership with the English Montreal School Board (EMSB) and the Wagar Adult Education Centre, PROMIS offers English classes for immigrants for 6 hours per week. Two levels are offered: beginner and intermediate. The courses are for naturalized Canadians, permanent residents and accepted refugees with a health card.

Registration period opens for English courses offered at PROMIS!

Winter Session 2023

Course schedules

Beginners: Friday from 6pm to 9pm and Saturday from 1pm to 4pm

Intermediates: Tuesday and Thursday, from 6pm to 9pm.

The session begins on January 9, 2023.

To pre-register in person, please consult our calendar of activities.

Personalized counselling for job search

The Employment Assistance Service supports immigrants, graduates here or abroad (college and university levels), regardless of your length of residence, in your job search efforts in Montreal.

Our goal is to help you overcome the difficulties of finding, integrating or maintaining a job in your field of expertise and according to the needs of the labour market.

Employment Assistance Services can:

advise you in your efforts, taking into account your migratory path;

help you develop an action plan in your research;

follow you in your job search efforts;

help you prepare the right tools for an effective job search: resume, cover letter, mock interview, etc.;

share with you its network of employers;

promote your application to employers;

Intervene as a mediator with employers, in case of cultural misunderstanding.

Download our printable brochure by clicking here: [PR-emploi-entreprise!](#)

Interested in this service? Call us or write to us using the form on the right!

Support for recognition of prior learning, reorientation and vocational training

Consult our team to benefit from a personalized follow-up of the recognition of your prior learning in Quebec, reorientation and / or professional training.

Have your resume reviewed with our advisors and find a job!

Download our printable brochure by clicking here: [PR-emploi-entreprise!](#)

Interested in this service? Call us or write to us using the form on the right!

Lunch Box Workshops in Côte-des-Neiges

Through our new partnership with The Depot Community Food Centre, PROMIS is expanding its contribution to the development of a healthy relationship with food and their families' food security among youth.

What are Lunch Box workshops?

Boîte à Lunch is an educational project on food security. It is a cooking and food literacy activity open to students in grades 4 and 5, who have first- or second-generation immigration experience. The goal of this program is to educate children about healthy eating by showing them how to prepare simple and fun meals that they can take home or eat at school for dinner.

Boîte à Lunch was designed to bring maximum benefits to young people, while ensuring that the program remains free and accessible to all.

Please note that we will prioritize the participation of children from low-income families in order to maximize the preventive effects of healthy eating among these young people.

WHERE AND WHEN ARE THE WORKSHOPS OFFERED?

The event will be held once a week for a period of 10 weeks. The Friday workshop will begin on February 17, 2023 and the Saturday workshop will begin on **February 18, 2023**.

You have until **February 20, 2023** to register your child. To participate, [click here](#) and complete the registration form.

Four time slots are available:

- Group 1: Friday from 16:30 to 18:30

- Group 2: Saturday from 10:00 to 12:00
- Group 3: Saturday from 13:30 to 15:30
- Group 4: Saturday from 16:30 to 18:30

The workshops are reserved for students from schools in the Côte-des-Neiges neighbourhood.***

WHAT WE OFFER

- Two 10-week sessions (one in the fall and one in the winter-spring);
- Team preparation of healthy recipes that are easy to reproduce at home;
- Learning cooking skills and good health and safety practices in a kitchen;
- Opportunities to discover and expand food tastes through tasting activities and an exploration of world cuisines;
- A cookbook containing all the recipes prepared during the workshops;
- And in addition, the contents of a healthy lunch box for each participant during each workshop.

WHY FOOD EDUCATION?

For:

- promote the discovery of healthy foods such as fruits and vegetables;
- broadening cultural horizons;
- encourage youth autonomy and self-confidence through achievement and engagement in activities;

In conclusion, food education can change students' lives for the better.

For more information, email eric.lachapelle@promis.qc.ca

www.boitealunch.org

A program of



Food action

Interested in this service? Check out our calendar of activities!

Collective garden

During the summer, PROMIS offers families the opportunity to create, in groups, a cultivable space. The PROMIS Collective Garden allows families to meet once a week and harvest different fruits and vegetables.

Part of the products will be shared among the participants and another part will be distributed to the community. This is a great opportunity to improve your French and make friends, we PROMISE!

The workshops will be back in spring 2023!

Download our printable leaflet by clicking here: [PR-food!](#)

Information and collective cooking workshops

In thematic workshops, we discuss practical topics with families such as respecting a food budget, nutrition, and debt prevention, etc. After each information workshop, the nutritionist accompanies the participants to the PROMIS community kitchen to continue with a collective cooking workshop.

Here is the formula of our collective cooking workshops:

Come cook a dish with us!

Then we sit down together to taste this dish.

Then, go home with the recipe!

Download our printable leaflet by clicking here: [PR-food!](#)

Consult our calendar of activities to find out the date of the next workshop.

Personalized counselling to find a job in the regions

The Regionalization Service is intended for residents and naturalized citizens with sufficient knowledge of French, with or without employment. Take advantage of the many opportunities to live, study, work or create your business in the different regions of Quebec and come meet the PROMIS team to receive help according to your project!

We can help you if you want to:

- develop appropriate job search techniques adapted to the regions;
- analyze your professional needs in relation to available jobs in the regions;
- receive a personalized action plan and obtain follow-up in your efforts;
- attend information sessions offered by regional partners;
- participate in professional exploration trips to the regions;
- obtain financial support for the move.

As part of the employment assistance service focused on the regions, our team prepares candidates by informing them about the regional specificities of the job market and their future living environment. This service also allows candidates to adapt their job search tools:

- preparation of CVs and cover letters;
- mock in-person or videoconference interviews;
- and more!

Download our printable leaflet by clicking here: [PR-region!](#)

Interested in this service? Fill out the employment integration assistance form and make an appointment with one of our counsellors by writing to us using the form on the right!

Are you interested in a job in the region?

Register for the Regional Employment project!

Team

[Team - PROMIS](#)

By the way

Team

PROMIS is proud to count on a team of qualified people who are committed to serving our partners and customers. To ensure continuous improvement, our professionals regularly attend coaching sessions and refresher training to stay abreast of new developments in immigration and best intervention practices.

In order to serve you well, the PROMIS team has a team speaking more than 15 languages.

Our team is committed to providing fast, efficient follow-up, high quality customer service and personalized services.

Administration

Delfino Campanile

Managing Director

delfino.campanile@promis.qc.ca

Naima Sedraty

Director of Finance and Administrative Services

naima.sedraty@promis.qc.ca

Aïda Berberovic

Director of Services and Programs

aida.berberovic@promis.qc.ca

Joëlle Léveillé

Receptionist

j.leveille@promis.qc.ca

Jennifer Giguère

Project Manager in jennifer.giguere@promis.qc.ca Communications

Luc Osmani

Project Manager in Entrepreneurship

luc.osmani@promis.qc.ca

Islem Bendjaballah

Community Liaison Officer – International Students

islem.bendjaballah@promis.qc.ca

Reception and Integration

Juan-José Fernandez

Social Integration Advisor and Team Leader

juan-jose.fernandez@promis.qc.ca

Myrna Zogheib

Social Integration Counsellor

myrna.zogheib@promis.qc.ca

Shazen Mumtaz

Social Integration Counsellor

shazen.mumtaz@promis.qc.ca

Francization

Iryna Karabaza

Administrative Officer at Francization

iryna.karabaza@promis.qc.ca

Dorian Culot

Francization Administrative Officer

dorian.culot@promis.qc.ca

Angeles Gongora

Administrative Officer at Francization

angeles.gongora@promis.qc.ca

Hasna Lionnet

Animator in francization

hasna.lionnet@promis.qc.ca

Employment assistance

Monica Moise

Employment Counsellor

monica.moise@promis.qc.ca

Catherine Cinq-Mars

Employment Counsellor

catherine.cinq-mars@promis.qc.ca

Joyce Myers

Employment Counsellor

joyce.myers@promis.qc.ca

Vanessa Valderrama

Employment Counsellor

vanessa.valderrama@promis.qc.ca

Dalia Piperni

Employment Counsellor

dalia.piperni@promis.qc.ca

Regionalization

David Rivera

Regional Settlement Counsellor

david.rivera@promis.qc.ca

Daniela Halter

Employment Counsellor focused on daniela.halter@promis.qc.ca regions

Alice Roux

Regional Settlement Advisor

alice.roux@promis.qc.ca

Support for families

Ginette Bibeau

Social Integration Advisor and Team Leader

ginette.bibeau@promis.qc.ca

School support

Sylvie Delgado

School Support Advisor

sylvie.delgado@promis.qc.ca

Tamara Momcilovic

School Liaison Officer

tamara.momcilovic@promis.qc.ca

Sylvain Bazinet

School Liaison Officer

sylvain.bazinet@promis.qc.ca

Food action

Eric Lachapelle

Food Safety Advisor

eric.lachapelle@promis.qc.ca

Accommodation

Diane Hébert

Director of Accommodation

diane.hebert@promis.qc.ca

Nadia Messaoudi

Accommodation Attendant

nadia.messaoudi@promis.qc.ca

Leila Hamam

Front desk officer

leila.hamam@promis.qc.ca

Chudyanna Bazile

Front Desk Attendant

chudyanna.bazile@promis.qc.ca

Hayfa Gharbi

Front desk attendant

hayfa.gharbi@promis.qc.ca

Hela Jemaa

Receptionist

hela.jemaa@promis.qc.ca

Sound management to offer comprehensive services to immigrant clients! I promise!

By the way

[About - PROMIS](#)

By the way

PROMIS helps immigrants and refugees and their families in their cultural, social and professional integration efforts.

[<https://youtu.be/swVTblMRMEw>]

Everything under one roof

In the form of personalized consultations and group information sessions, our services to help integrate newcomers are free of charge. They are aimed at individuals and families in eight areas of intervention:

1. Reception and integration
2. Francization
3. Employment assistance
4. Regionalization
5. School support
6. Support for families
7. Food action
8. Accommodation

PROMIS also offers customized services to businesses.

In pursuing its mission to help immigrants, PROMIS puts into practice the following values: autonomy, respect for differences, mutual aid and solidarity.

Mission

Facilitate the integration of immigrants and refugees so that they can participate fully in the development of Québec society.

Vision

Our vision is to develop in the next 5 years and become the leader in welcoming immigrants and thus be recognized as the best in our field in Quebec.

Securities

– *Excellence* For us, excellence is reflected in the quality of the services we offer to our users and the professionalism we demonstrate towards everyone. It expresses our desire for rigour, to draw inspiration from best practices to keep us in continuous improvement.

– *Innovation* For us, innovation is about encouraging the questioning of traditional approaches, exploring different avenues of solution while looking for new creative variants and, thus, finding flexible and adaptable solutions, while respecting professional and organizational standards.

– *Respect* For us, respect represents the feeling and manifestation of consideration for a person, which leads to treating him with special consideration . Therefore, in order to consider the other, it is important to behave accordingly.

– *Commitment* For us, the commitment is manifested by our intention to continue the integration of immigrants into Quebec society. Promis is committed to offering

the best support and distinguishing itself through its customer service. Our commitment is also demonstrated by transparency, integrity, and the way we act responsibly towards our users.

– *Inclusion* For us, inclusion manifests itself in anticipating, valuing and supporting the diversity of each person. This means being open, acting with respect, and creating conditions that protect people's human dignity and autonomy, so that they can make informed choices and participate in improving their living environment.

Services in multiple languages

In addition to the two official languages, French and English, our counsellors are able to serve newcomers in: Arabic, Bosnian, Bulgarian, Creole, Croatian, Farsi, Hindi, Kinyarwanda, Kirundi, Norwegian, German, Portuguese, Punjabi, Romanian, Russian, Serbian, Spanish.

In order to facilitate your first contacts in Quebec, PROMIS has resources adapted to your needs! Do not hesitate to contact our advisors by phone at 514-345-1615.

Facilitate your integration in Quebec and follow us on our [Facebook page](#) to stay up to date with news, tips and activities related to immigration!

History

[History - PROMIS](#)

By the way

Historical

This year, PROMIS and the Maria-Goretti Residence celebrate 30 and 65 years of activity respectively.

[<https://youtu.be/zX2FYvXTcPY>]

It was in 1988 that the organization was created and received the name of PROMIS, which means: PROMotion – Integration – New Society. PROMIS is the initiative of Mrs. Andrée Ménard, Missionary Sister of the Immaculate Conception and three young immigrants who are involved with her in the project to help newcomers in the difficult process of adapting to the host society.

On January 17, 1989, thanks to the first five-member Board of Directors, the organization was officially founded and received its Letters Patent. Since then, PROMIS has gradually developed its services based on the multiple needs of its immigrant clientele.

Residence Maria-Goretti

Since 1953, the Maria-Goretti Residence has offered short, medium and long-term stays to women from here and abroad in a friendly and safe atmosphere. Today, this PROMIS accommodation service has 220 rooms spread over five floors.

Frequently Asked Questions (FAQ)

[FAQ - PROMISED](#)

FAQ

1. How can I apply for a stay at Residence Maria-Goretti?

Our service is linked to the mission of PROMIS which helps immigrants, by offering temporary accommodation in priority to newcomers or foreign students. The first condition is to accept access to the services of PROMIS. First, you must complete the online form in the Residence or Transit section. Our hosting service will contact you within working days. After the analysis of your application, if your application is accepted, we will confirm your registration. A fee of \$50 will be charged for the opening of your file. Once registered on our lists, we will contact you as soon as we have a room available on a date approaching the desired date of arrival. For the Transit stay, special conditions apply for a limited number of

rooms. We ask that you contact us by phone for information.

2. What does it mean: Accept access to PROMIS services?

As a newcomer, you will have the chance to meet a PROMIS advisor who will provide you with information on all the services available to you under one roof completely free of charge.

3. What is included in the living expenses?

The resort fee includes telephone service for local calls (landline telephone with voicemail), network Internet connection, heating, electricity and hot water. The rooms are furnished but bedding is not provided.

4. Are all rooms single occupancy and what is the difference between a small and large room?

All our rooms are single occupancy. The only differences between the large and small bedroom are the area (11 m² or 16 m²), the number of closets and the number of windows (1 or 2).

5. Can I change rooms to a larger one after my arrival if there was no room available?

You can make a request for a change of room which will be granted to you according to availability. A \$50 fee will apply.

6. Can I bring furniture?

In order to keep the Residence secure without risk of parasitic contamination, furniture from outside is not accepted.

If you wish to add small new pieces of furniture from the supplier, you can request it from the administration.

7. Can I cook in my room?

The Residence offers a kitchen on the 5th floor where you can prepare your meals.

Microwaves are available on each floor to heat your dishes. In the rooms, no cooking appliances are accepted except kettle and coffee maker.

8. Is there a curfew and can I receive visitors?

There is no curfew. You can get in and out as you see fit. After 11pm, the person in charge of security at night, will greet you and ask you to identify yourself before being able to access your room. Visitors are not allowed in the rooms but only in the lobby. Visitors are allowed but must be greeted at reception by the resident and sign a visitation register. In the current context, no visits to the rooms are allowed.

9. Who can I refer to if needed once there?

At the Residence, there is a presence 24 hours a day, 7 days a week. The accommodation service located on the first floor, is open Monday to Friday from 9am to 5pm to answer all your questions. The reception is open 7/7, from 7am to 11pm.

Security takes over
from 11 p.m. to 7 a.m.

10. How can I receive my mail or parcels at the Residence?

Mail and parcels are collected at reception where you can pick them up.

11. How can I make the payment of living expenses?

The payment of living expenses must always be made on the first of the month. If you arrive from abroad, we accept credit card or cash payments for the first month. Thereafter, all payments must be made by Interac e-Transfer or cheque payable to PROMIS.

12. Can I extend my stay beyond one year?

Stays at the Residence are temporary but may be extended under certain conditions. Individuals pursuing their studies may be allowed to remain at the Residence for up to a maximum of 3 years.

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