

MANICOUAGAN



GUIDE 10

# RAISING CHILDREN AND EDUCATION

Manicouagan is one of those spaces that stands naturally apart from the rest. Those unspoiled lands where opportunities abound. Those Côte-Nord regions where the warmth of the people, as much as the beauty of the landscape, takes your breath away.

Here, the feeling of immensity is intertwined with a true culture of proximity. In Manicouagan, dynamism and enthusiasm go hand in hand with the philosophy of living in the present and making the most of every moment.

Choosing to live in Manicouagan means contributing to the bright future of the territory, all while making your own dreams come true.

As a newcomer, this guide is for you. It was created to help you settle and integrate into Manicouagan. In it, you will find a wealth of practical information on the resources and services available.

**WELCOME HOME!**

#### **FIRST EDITION, JANUARY 2025**

Please do not hesitate to write to us at [info@mrcmanicouagan.qc.ca](mailto:info@mrcmanicouagan.qc.ca) to let us know about any changes that may have occurred since the writing of this guide.

#### **LAND ACKNOWLEDGMENT**

The Manicouagan municipalities are located on Nitassinan, the traditional unceded territory of the Innu people. In a spirit of friendship and solidarity, the municipalities acknowledge and honour the First Nations for the important contributions they made and continue to make to this territory.

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## RAISING CHILDREN AND ACCESSING EDUCATION

We all have a role to play to foster children's and teenagers' development and help them thrive. Children are the adults of tomorrow; we need to give them the opportunity to fulfill their potential and support them every day so they can grow into well-rounded adults..

In Québec, services and activities for youth are plentiful. Children can start daycare (ages 0 to 5) before attending school (as of age 6). Do not hesitate to sign your child up for daycare and other activities: This is a great way to integrate them into their new community. And for parents, it is a nice opportunity to meet other parents and build a social network.

## A TYPICAL PATH

### DAYCARE · CHILDCARE CENTRES (CPE)

AGES 0 TO 5

The pedagogical program of daycares promotes play, socialization, and the overall development of children, in addition to gradually preparing them to start kindergarten.

**Daycare is not mandatory.**

### KINDERGARTEN

AGES 4 AND 5 – FREE

Kindergarten, also known as preschool, is not mandatory but 98% of children aged 5 are registered for kindergarten. Kindergarten offers children the opportunity to socialize, practise French, and get ready to start elementary school.

In some schools, children can start kindergarten at the age of 4. You should consider, however, that children in kindergarten cannot access daycare services or the municipal summer day camp.

### ELEMENTARY SCHOOL

AGES 6 TO 12 – FREE

Elementary school takes six years to complete. Classes are held Monday to Friday, for five hours per day. Each class is taught by an accredited teacher.

Other teachers teach specialized courses: music, physical education, English, etc. Schools also offer morning, lunch time, and afternoon childcare services (for a fee) outside of classroom hours.

Children must bring their own lunch to school, with a few exceptions.

## HIGH SCHOOL

### AGES 12 TO 17 – FREE

High school takes five years to complete. Classes are held Monday to Friday, for five hours per day. Each subject is taught by a different teacher. In the first two years, all students take the same classes. Then, students can choose different classes based on their interests and skills.

## CEGEP

### AGE 17+S

CEGEP is the acronym for Collège d'enseignement général et professionnel, which translates as college of general and vocational education. The CEGEP system is specific to Québec and is the equivalent of junior college, offering post-secondary education between high school and university. CEGEP offers three study options:

- A two-year pre-university diploma to pursue university studies.
- A three-year technical diploma (technique in French) to enter the job market after graduation or pursue university studies.
- Continuing education: for individuals who want to update their professional skills or for companies who want their labour force's qualification perfected or improved.

Study duration varies depending on the option chosen. The student chooses the program (field) that best suits their needs and expectations.

## UNIVERSITY

### AGE 18+

University has different levels of study: certificates, advanced graduate diplomas, bachelor's degrees, master's degrees, doctorates, and post-doctoral fellowships. Study duration varies based on the level and subject.

## DAYCARES

If you have children between the ages of 0 and 5, you may need a daycare that will look after them while you are training or working. Daycares are open during the day only, usually between 7am and 5:30pm.

### TYPES OF DAYCARES

**The centres de la petite enfance (CPE)** are government-subsidized public daycares. This means the government pays a portion of the childcare costs and you pay the rest. Costs are relatively low. Children are grouped by age and follow a pedagogical program tailored to their age group.

There are also **licensed private daycares**. These can be subsidized or not. Private daycares are more expensive.

**Educational home childcare services** welcome children in private homes. There are fewer children and they are placed all together, regardless of their age, just like in a family. This service may also be subsidized or not. Costs are similar to those of a CPE. These types of childcare services are supervised and professional.



### GOOD TO KNOW

To put the odds in your favour, register quickly (as soon as you arrive in Québec or as soon as you get pregnant) with La Place 0-5, the sole gateway to daycare spaces in Québec:

[www.laplace0-5.com](http://www.laplace0-5.com)

It can take several months or years before a space frees up for your child.

## HOW TO FIND A SPOT IN A DAYCARE

- 1 Use the search tool from the ministère de la Famille or contact the daycares directly.
- 2 Consult websites, bulletin boards in businesses or organizations, or the **Place en garderie Baie-Comeau**: [www.facebook.com/groups/1009763855716334](https://www.facebook.com/groups/1009763855716334)
- 3 Ask around; a neighbour or colleague might be able to refer you.
- 4 Follow up regularly as a spot may open up.

# REFERENCES

## CHILDCARE CENTRES (CPE)

**CPE and Magimuse coordination office**  
It has 4 CPE sites in total.

### 1000 petits pas

1000 de Mingan Street, Baie-Comeau  
418-295-7145

### Les Gamins d'ici

22 Monseigneur-Plessis Avenue,  
Baie-Comeau  
418-296-3737

### Les petits aventuriers

37 Route 138, Ragueneau  
418-567-4646

### Explorateurs du boisé

25 Chapleau Avenue, Baie-Comeau  
418-296-5163

### CPE Au carré de sable

1472 Côté Street, Baie-Comeau  
418-589-7828

### CPE Les p'tits bécots

525 Blanche Blvd., Baie-Comeau  
418-589-6762

## DROP-IN COMMUNITY DAYCARE CENTRES

### Accueil Marie de l'Incarnation

451 Marguerite Street, Baie-Comeau  
418-589-6418

### Maison des familles de Baie-Comeau

985 Jolliet Blvd., Baie-Comeau  
418-589-2117

### Grains de soleil

37 de l'Église Street,  
Chute-aux-Outardes  
418-567-2712

## BABYSITTERS

Are you looking for a babysitter to take care of your child for a few hours in your home?

Teenagers who have completed the Babysitting course regularly offer their services in the **Petits(es) gardiens(nes) de Baie-Comeau Facebook group**:

[www.facebook.com/groups/496891160749274](https://www.facebook.com/groups/496891160749274)



## ELEMENTARY AND HIGH SCHOOL

In Québec, school is compulsory for all children aged 6 to 16. In public schools, tuition and textbooks are free from kindergarten right through high school. However, tuition and textbooks are not free in private schools or for certain public school special or honours programs.

As French is the official language of Québec, the vast majority of children must attend French-language schools until the end of high school.

The school year begins in late August or early September. It ends no later than June 24, Québec's national holiday. There are usually two weeks off for the end-of-year holidays (late December to early January) and one week off (spring break) at the beginning of March. Schools are co-ed (boys and girls in the same class), and the education system is secular.

### REGISTERING YOUR CHILD FOR SCHOOL

You must register your child for school every year. The regular registration period is held during the last two weeks of February for the school year starting in August/September.

Your child must be 4 or 5 years of age by September 30 of the current school year for them to be eligible for kindergarten. For elementary school, your child must be 6 years of age by September 30.

Parents can choose which school to send their children to. However, if the school selected is not in your district (i.e., it is far from your home), you cannot request the school bus services. In this instance, you would need to drive your child to and from school. This is an important point to consider before choosing a school.

Registering your child is simple: Call the secretary of the school you selected, register your child, and mention any childcare needs you have outside of class hours.

The schools that are part of the Centre de services scolaire de l'Estuaire offer a wide variety of educational projects and special programs that will meet your child's aspirations.



### GOOD TO KNOW

**If you move to Manicouagan outside of the regular school registration period in February.**

Contact the secretary at the school you chose. The list of schools, contact information, and school calendars are available on the website of the Centre de services scolaire de l'Estuaire: [www.cssestuaire.gouv.qc.ca/etablissements](http://www.cssestuaire.gouv.qc.ca/etablissements)

If you went to English school, your child could be eligible to attend the Baie-Comeau High School, which offers elementary and high school education: [www.essb.qc.ca/fr/ecoles/ecole-secondaire-de-baie-comeau](http://www.essb.qc.ca/fr/ecoles/ecole-secondaire-de-baie-comeau)

## MARCH BREAK

Students in preschool, elementary school, and high school get a week off **the first week of March**, known as spring break. Several recreational organizations have activities to keep your kids entertained.

 To discover the activities offered in Baie-Comeau, visit: [www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports/semaine-de-la-famille](http://www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports/semaine-de-la-famille)

## SUMMER BREAK

**From the end of June to the end of August**, schools are closed for summer break. The City of Baie-Comeau organizes a day camp to keep kids aged 5 to 12 entertained. Kids participate in fun activities tailored their age and interests. They are supervised by trained camp counsellors to ensure their safety and well-being.

On the agenda: outdoor games, team sports, arts and crafts, swimming, artistic activities, and more.

This service is very practical for parents who work during the summer.

**Registration usually takes place in May.**

**Do not delay as spaces fill up fast!**

 To register, visit: [www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports/camp-de-jour-clone](http://www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports/camp-de-jour-clone) or [www.facebook.com/campVBC](https://www.facebook.com/campVBC)

Surrounding municipalities also organize **day camps**. Find out more with your municipality.

Depending on the year, other camps may be offered by non-profit organizations or private businesses. Every spring, these organizations advertise their camps in local media and on social media.

# POST-SECONDARY STUDIES

## CÉGEP DE BAIE-COMEAU

CEGEP is the first step in post-secondary education in Québec. Students attend CEGEP after high school and before university.

CEGEP offers three types of diplomas:

- Pre-university two-year program (field) to get a diploma of college studies (DCS): prepares students to pursue their studies at the university level in the program of their choice;
- The three-year technical program (technique) to get a diploma of college studies (DCS): prepares students for the job market; students can pursue university studies after a technical program as well;
- The attestation of college studies (AEC) for adults (less than three years).

The Cégep de Baie-Comeau is renowned for its human-centered focus and personalized approach. In addition to offering high-quality advanced technical training with excellent job prospects, it provides a variety of activities to support the development and fulfillment of its students.

 For more information, visit: [www.cegepbc.ca](http://www.cegepbc.ca)

## CENTRE DE FORMATION PROFESSIONNELLE DE L'ESTUAIRE

The CFP de l'Estuaire is a vocational training centre offering a range of programs of study (field). Students attend vocational training centres to:

- Get a Diploma of Vocational Studies (DVS) or an Attestation of Vocational Specialization (AVS).
- Acquire the skills required for a trade or profession that they like or are interested in.
- Get official recognition for prior learning and competencies acquired outside of school to help them obtain a diploma faster.

 For more information, visit:  
[www.cfpestuaire.ca](http://www.cfpestuaire.ca)

## UNIVERSITY

Québec universities follow a similar structure as other North American universities. They offer three degree levels:

- Bachelor's degree (undergraduate), which takes three to four years depending on the field.
- Master's degree (graduate), which takes between one and two years.
- Doctoral (PhD) degree (graduate), which takes three years or more.

Most universities also offer shorter programs of varying duration such as certificates or advanced graduate diplomas.

The University of Québec at Rimouski (UQAR) has a satellite campus at the Cégep de Baie-Comeau. This means you can register for certain programs without having to leave Baie-Comeau.

 For more information, visit:  
[www.formationcontinue-uqar.ca/cote-nord](http://www.formationcontinue-uqar.ca/cote-nord)

Other universities such as TÉLUQ offer distance learning:  
[www.teluq.ca](http://www.teluq.ca)

## ADULT EDUCATION CENTRE

Adults who want to obtain their high school diploma can register at the Centre d'éducation des adultes de l'Estuaire. The centre offers a multitude of services and activities to support adults in their return to school, in addition to being a stimulating learning environment.

Services offered:

- General lower and upper secondary education (junior high and high school)
- Pedagogical support
- Literacy education
- Francisation
- Presecondary courses
- Social integration
- Orientation
- Socio-professional integration
- Vocational training preparation
- Post-secondary study preparation
- Internships

 For more information, visit:  
[www.caeestuaire.com](http://www.caeestuaire.com) or call 418-589-0867, ext. 3074 or 1 800-463-2238



# YOUTH CENTRES

Consult the “[Recreational activities in Manicouagan](#)” guide for more details on sports and leisure activities in the region.

## LES MAISONS DES JEUNES

The **maisons des jeunes** are youth centres for teenagers aged 12 to 17. After school or on the weekends, teenagers can meet up at the youth centres to hang out, play, get information, and more. Activities vary from centre to centre and include: homework help, community meals, music classes, photography workshops, improv nights, and more. Youth workers are properly trained to supervise and support youth.

### MDJ La Relève

836 Jolliet Blvd., Baie-Comeau

[www.mdjlareleve.com](http://www.mdjlareleve.com)

### MDJ Le Spoth

37 de l'Église Street, Chute-aux-Outardes

[www.facebook.com/profile.php?id=100067640823147](https://www.facebook.com/profile.php?id=100067640823147)

### MDJ La Boîte

519 Route 138, Ragueneau

[www.facebook.com/people/Mdj-la-Boite/100010126453335](https://www.facebook.com/people/Mdj-la-Boite/100010126453335)

### MDJ Le S.Q.U.A.T.

480 Chemin Principal, Pointe-aux-Outardes

[www.facebook.com/groups/mdjlesquat](https://www.facebook.com/groups/mdjlesquat)

## BABYSITTING COURSE

Is your teenager interested in babysitting? Sign them up for the Red Cross's Babysitting course. This training covers numerous topics from first aid to managing difficult behaviour to professional conduct as a babysitter.



For more information, visit:

[www.redcross.ca/training-and-certification/course-descriptions/first-aid-training/babysitting](http://www.redcross.ca/training-and-certification/course-descriptions/first-aid-training/babysitting)

## YOUTH COOP

The youth coop is an educational project where kids aged 12 to 17 start a cooperative business to offer various services to the population, as for example babysitting or pet sitting, lawn mowing, painting work, etc.

### Carrefour jeunesse Manicouagan

872 de Puyjalon Street, Baie-Comeau  
418-589-8589



# PARENTING

In Québec, parents must provide their children with the security and care they need to thrive.

For example, you must not:

- Leave a child under 10 years of age home alone, unsupervised.
- Let a young child play unsupervised in building common areas, parking lots, or in the street for example. From the age of 6, children can generally play outside with their friends in a safe area you have specified the limits to (e.g., the yard or the park).
- Leave your child alone in an area where there is a swimming pool or body of water.
- Leave your child under the age of 6 unsupervised in a car. This is very dangerous, especially in very hot or very cold weather.



## FAMILY ALLOWANCE AND CHILD BENEFIT

Canadian citizens and permanent residents who have children under 18 years of age are eligible for financial benefits. Temporary residents (study or work permits) who have been living in Québec for at least 18 months can also apply for the benefit. Check your eligibility.

### LEARN MORE

Québec Family Allowance  
[www.rrq.gouv.qc.ca/fr/enfants/naissance/paiement\\_soutien\\_enfants/Pages/paiement\\_soutien\\_enfants.aspx](http://www.rrq.gouv.qc.ca/fr/enfants/naissance/paiement_soutien_enfants/Pages/paiement_soutien_enfants.aspx)

Canada Child Benefit  
[www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html](http://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html)

# RESSOURCES

Several local organizations can provide support to children and their families. Consult the "[Accessing Health Care in Manicouagan Guide](#)" for more information.

**Maison des familles et Centre de ressources périnatales de Baie-Comeau**  
Several services and activities to support local families, from pregnancy through every phase of parenthood.  
[www.mdfbc.org](http://www.mdfbc.org)  
985 Jolliet Blvd., Baie-Comeau  
418-589-2117

**Carrefour jeunesse Manicouagan**  
Services for youth aged 15 to 35. Intervention, job search services, social integration, outreach work, and emergency housing.  
[www.cjemanic.com](http://www.cjemanic.com)  
872 de Puyjalon Street, Baie-Comeau  
418-589-8589

**Accueil Marie-de-l'Incarnation**  
Help for families in situations of vulnerability: drop-in daycare, activities, collective kitchen, etc.  
451 Marguerite Street, Baie-Comeau  
418-589-6418

**Centre de protection de l'enfance et de la jeunesse de Baie-Comeau**  
Services for disenfranchised youth, youth struggling with addiction, or youth with a developmental disorder or disability.  
835 Jolliet Blvd., Baie-Comeau  
418-589-9927

**Aire ouverte**  
Health and wellness services for youth aged 12 to 25.  
835 Jolliet Blvd., Baie-Comeau  
418-589-9927

**Comité Gendron**  
Various services including listening, telephone support, food assistance, and collective kitchen.  
804 Delanoé, Baie-Comeau  
418-589-4697

**Intercultural Community Worker (ICI) School program**  
Support to facilitate the integration of young newcomers and promote academic success.  
[www.emersion.qc.ca/je-suis-un-immigrant](http://www.emersion.qc.ca/je-suis-un-immigrant)  
22 place La Salle, Baie-Comeau  
418-296-6388

**Grains de soleil**  
Drop-in daycare, parent-child activities, and family workshops.  
37 de l'Église Street, Chute-aux-Outardes  
418-567-8920, option 4

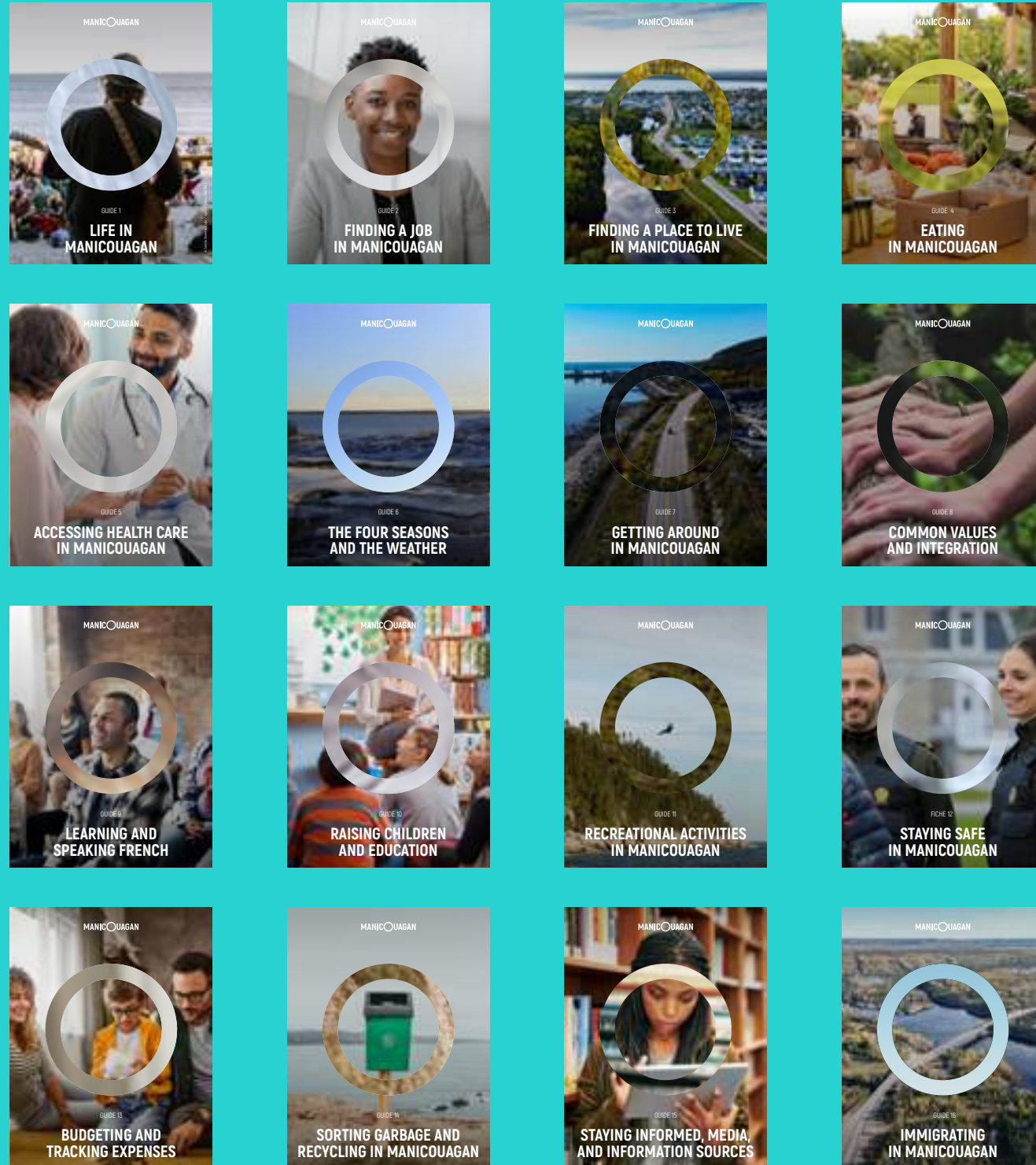
**Synapse 360**  
Support for people with attention deficit disorder.  
[www.synapse-360.com](http://www.synapse-360.com)  
356C de Puyjalon, Baie-Comeau  
418-294-4410

## LIGNEPARENTS

This is a help line and chat service for parents. Whether to listen, help you work through a situation, or better understand the services and resources available to families, the the Ligne Parents professionals are available 24/7 for all parents in Québec. This service is free and confidential.

[www.ligneparents.com](http://www.ligneparents.com)  
1-800-361-5085

# CONSULT THE OTHER GUIDES



# THANK YOU TO OUR PARTNERS

The success of this project is a testament of the strength of our collaborative partnership. The Manicouagan RCM would like to thank all its partners and collaborators for their trust and their vital contributions to the project.

## WORKING COMMITTEE

An initiative of



With the collaboration of



## FINANCIAL PARTNERS



This project is carried out as part of the sectoral agreement that aims to attract new residents and encourage long-term settlement in the Côte-Nord and with the financial support of the following partners: Caniapiscau RCM, Golfe-du-Saint-Laurent RCM, Haute-Côte-Nord RCM, Manicouagan RCM, Minganie RCM, Sept-Rivières RCM, le ministère des Affaires municipales et de l'Habitation, and the Société du Plan Nord.

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