

MANICOUAGAN



GUIDE 15

STAYING INFORMED, MEDIA, AND INFORMATION SOURCES

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 achieving self-accomplishment.

As a newcomer, this guide is for you. It was created to help you settle and integrate into Manicouagan. In it, you will find plenty 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 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.

TABLE OF CONTENTS

[Being Well Informed](#)

[Local Media](#)

[Regional and National Media](#)

[Social Media](#)

[Other Ways to Find Information](#)

[Welcome, Settlement, and Integration Services](#)

[Bulletin Boards](#)

BEING WELL INFORMED

Are you new to Québec, and perhaps even to Manicouagan? Being well informed is essential to ease your integration into your new adopted city. Here are the best sources of information in Manicouagan and Québec.



LOCAL MEDIA

Follow local, regional, and national news through our local media.

LOCAL NEWSPAPER

Le Manic newspaper covers municipal projects, community life, and upcoming events and activities. Readers can also consult job ads and listings for housing to rent.

Le Manic

Every Tuesday and Wednesday depending on the sector

Website

www.lemanic.ca

Facebook

www.facebook.com/LeManicJournal

Ma Côte-Nord website

Also a source of information on Côte-Nord news

www.macotenord.com

LOCAL RADIO

FM 97.1 La radio des hits

Music + information

Website

www.chlc.com

Facebook

www.facebook.com/CHLCFM97

LOCAL TELEVISION

NousTV Baie-Comeau

COGECO's local station - Cable 6/HD 555
Regional news and information

Website

www.nous.tv/baie-comeau

Facebook

www.facebook.com/profile.php?id=100063993225169

Télévision Régionale de la Péninsule - Cable 9

Regional news and information

Website

www.tvrp.ca

Facebook

www.facebook.com/profile.php?id=100047632946035

REGIONAL AND NATIONAL MEDIA

ICI CÔTE-NORD

CBC/Radio-Canada has been the national broadcaster for over 80 years. Radio-Canada journalists present news in accordance with strict journalistic ethics and standards. The government does not interfere in how information is disseminated. In Manicouagan, the regional Radio-Canada web, radio, and TV station is ICI Côte-Nord.

ON THE RADIO

ICI Côte-Nord, Baie-Comeau

Radio frequency: 106.1 FM

www.ici.radio-canada.ca/cote-nord

ON TV

Téléjournal Est-du-Québec, ICI Télé

Broadcast on the web

www.ici.radio-canada.ca/tele/le-telejournal-est-du-quebec/site

Website

www.ici.radio-canada.ca

Facebook (TV)

www.facebook.com/iciradiocanadatele

Facebook (Radio)

www.facebook.com/iciradiocanadapremiere

Facebook (Rad, Radio-Canada's media lab)

www.facebook.com/radpointca

Youth zone

www.ici.radio-canada.ca/jeunesse

Mobile application

Radio-Canada Info

Podcast

Radio-Canada OHdio

Replay TV mobile application

ICI TOU.TV

CFER-TV

This station belongs to TVA. It is based in Rimouski. CFER-TV broadcasts daily regional news bulletins (for eastern Québec), as well as entertainment and public affairs programs.

Website

www.tvanouvelles.ca/regional/tva-est-du-quebec/cote-nord

Facebook

www.facebook.com/tvaestduquebec/?locale=fr_CA

Mobile application

TVA+

QUÉBEC NATIONAL ASSEMBLY CHANNEL

The Canal de l'Assemblée nationale du Québec broadcasts the proceedings of the National Assembly of Québec, parliamentary committees, and press briefings and conferences held at the National Assembly in Québec City.

Website

www.assnat.qc.ca/fr/index.html

TÉLÉ-QUÉBEC

Télé-Québec is a public television channel offering educational and cultural content.

Website

www.telequebec.tv

Facebook

www.facebook.com/TeleQc

Youth zone

www.telequebec.tv/jeunesse-famille

Cultural zone

www.lafabriqueculturelle.tv

Mobile application

Télé-Québec

LA PRESSE

La Presse, Canada's leading French-language news media, is an independent not-for-profit Québec company. It is also recognized for its in-depth series and features as well as the extensive space it gives to debates.

Website

www.lapresse.ca

Facebook

www.facebook.com/LaPresseFB

Mobile applications

La Presse and La Presse+

LE DEVOIR

Le Devoir is an independent newspaper distributed in eastern Québec on weekends. It is committed to defending the ideas and causes that promote the political, economic, cultural, and social advancement of Québec society.

Website

www.ledevoir.com

Facebook

www.facebook.com/ledevoir

Mobile application

Le Devoir mobile

L'ACTUALITÉ

Dedicated to in-depth news reports, analysis, and reflection, L'actualité is Québec's only public affairs magazine and one of the world's leading French-language publications. L'actualité features reports and interviews on politics, the economy, business, culture, society, education, and science. Columns on health, technology, books, shows, and wine complement its coverage of current events.

Website

www.lactualite.com

Facebook

www.facebook.com/lactualite

Mobile application

L'actualité magazine

QUÉBÉCOR

The Journal de Montréal and Journal de Québec, both part of the Québecor group, mainly cover local and provincial news. The Journal de Montréal is the most widely read daily French newspaper in North America. It is well-known for its extensive coverage of the Montréal Canadiens hockey team, sensationalist stories, and its investigative team.

Journal de Québec

www.journaldequebec.com

Journal de Montréal

www.journaldemontreal.com

LE SOLEIL

Le Soleil is a daily newspaper distributed digitally Monday to Saturday and in print on Saturdays in Québec. It is distributed in the Québec City region, Beauce, Charlevoix, and eastern Québec.

Website

www.lesoleil.com

Facebook

www.facebook.com/lesoleildequebec

SOCIAL MEDIA

In Québec, **Facebook, YouTube, and Instagram** are the most popular social platforms. Signing up for a Facebook account could be useful as it allows you to communicate with many people and organizations. However, it is in no way required.

Without Facebook, you can get in touch with people through email. If you are reluctant to create a Facebook account, consult the platform's security settings beforehand. It might inform your decision.

BEWARE OF FAKE NEWS

Social media does have its drawbacks, including fake news. **What is fake news?** It is news that is false, exaggerated, or distorted to the extent that it is no longer true. The problem is that it is presented as real news to deceive people. Fake news can be used to generate clicks and shares on social networks, to achieve any number of objectives (political, ideological, economic, etc.), or simply to mock the credulity of readers.*

*Source: Bibliothèque et Archives nationales du Québec (BANQ)

OTHER WAYS TO FIND INFORMATION

GETTING TO KNOW BAIE-COMEAU AND CITY LIFE BETTER

The City of Baie-Comeau's website and Facebook page are key resources. Here, you can find information on the city council, bylaws, the mayor and team, housing, the environment, sports and recreation, etc.

Website

www.ville.baie-comeau.qc.ca

Facebook

www.facebook.com/VilledBaieComeau



GOOD TO KNOW

All the other municipalities in Manicouagan also have websites and Facebook pages.

WELCOME, SETTLEMENT, AND INTEGRATION SERVICES

The mission of Manicouagan Interculturelle, North Shore Community Association (NSCA), and Place aux jeunes Manicouagan is to inform, guide, and support newcomers in Manicouagan.

Each organization has a website and Facebook page and posts information on upcoming activities, the area, and services.

Manicouagan Interculturelle

Website

www.emersion.qc.ca/je-suis-un-immigrant

Facebook

www.facebook.com/manicouagan.interculturelle

North Shore Community Association

Website

www.quebecnorthshore.org/

Facebook

www.facebook.com/nscagc

Place aux jeunes Manicouagan

Website

www.placeauxjeunes.qc.ca/regions/cote-nord/manicouagan

Facebook

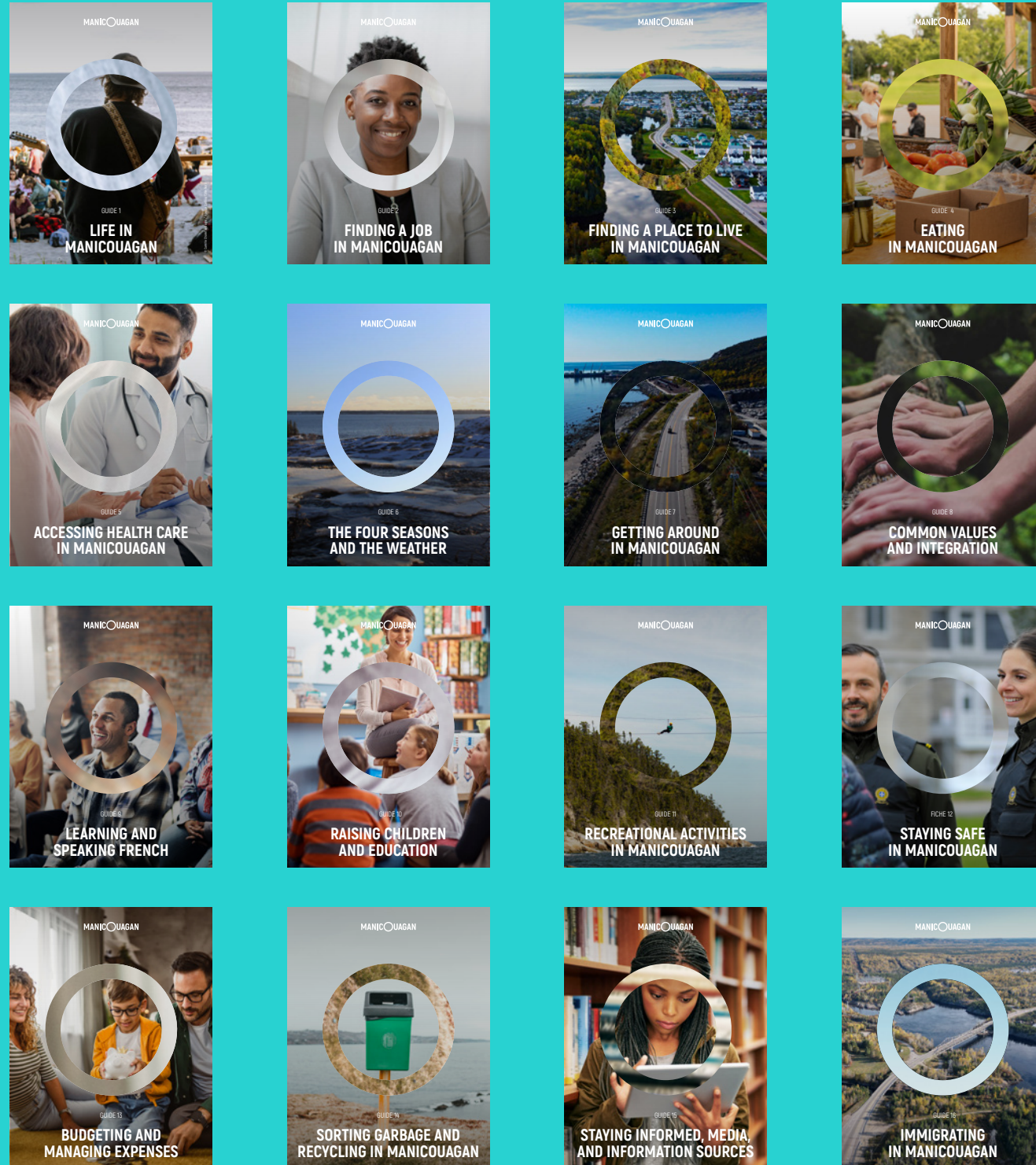
www.facebook.com/placeauxjeunesmanicouagan



BULLETIN BOARDS

Many organizations have bulletin boards or notice boards in their entrances. Here, you can find information on events and services for residents. Make a habit of taking a look. For example, there are bulletin boards in schools, at the hospital, in the supermarkets, at city hall, etc.

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.

MANICOUAGAN