



In the city



In the countryside



In the great outdoors



At the lake

THE KEY

Your passport to Témiscamingue



Témiscamingue

Here to live

www.vivreautemiscamingue.com



Look for these icons at the top of each page for quick links to key pages!



| vivreaudemiscamingue.com



| [Back to home page](#)

Témiscamingue...

Affectionately called “Le Témis” by the locals, the region is known for its bountiful nature.

Located south of the Abitibi region and bordered to the west by Lake Timiskaming, which flows along the Quebec-Ontario border, Témiscamingue is undoubtedly one of the most stunning rural regions of Quebec. You will be charmed by its rolling landscape that is suitable for agriculture, its 7,500 lakes and rivers and its vast expanses of forest. Bursting with culture thanks to its festivals, events and museums, Témiscamingue's rich and fertile soil also produces unique terroir products. And, the locals are kind and warm-hearted!

Come by our neck of the woods and see for yourself !

and the town of Témiscaming!

[Link to Newcomers' Guide](#) **FR** | **EN**

**Where we
live**

**Where we
play**

**Where we
learn**

**Where we
work**



Click here to quickly access the various sections of the document.



Thanks to our region's numerous events, such as the Foire Gourmande of Abitibi-Témiscamingue and Northeastern Ontario, we have earned the reputation of being a festive territory.



LE TÉMISCAMINGUE IS...

16,000 inhabitants (2017)

To be great you must first learn to be small.
Humility therefore becomes the basis of all
true greatness.

Unknown



REALITY IN TÉMISCAMINGUE

- 1 traffic light = traffic is always free flowing!
- Get honked at = someone saying “hi”!
- 19,744 km² = a region as big as a country... Come make a difference here!
- Indigenous communities rich in traditions.
- 20 towns and villages = 20 different living environments... Take your pick!
- 7,544 lakes and rivers = 1 lake per family!

Témiscamingue = the region

Témiscaming = the town

Temiskaming Shores = neighbouring town on the Ontario side

Timiskaming First Nation = Indigenous community located on the territory



ADVICE FROM YOUR WELCOMING REGION

To make life easier in Témiscamingue...



Click here for the "Welcome Service for Newcomers" page of the CJET website

The Welcome Service for Newcomers of the Carrefour Jeunesse-Emploi du Témiscamingue offers get-togethers and other activities to meet people. All you have to do is show up!

"A newcomer is a friend you don't know yet."

Guillaume Gonzalez, Montréal
Témiscamien d'adoption since 2011



Témiscamingue is attracting more and more immigrants. If you wish to connect with people from your community, contact the Welcome Service for Newcomers of the Carrefour Jeunesse-Emploi du Témiscamingue.



MORE ADVICE

Don't underestimate yourself. You, with your fresh perspective on our magnificent territory, are vital to Témiscamingue's development.

Get involved. Identify what you're passionate about and good at. Get in touch with organizations, festivals or municipalities to volunteer. Who knows? You might find a job while building your social network!

Word-of-mouth spreads at lightning speed here! To stay abreast of ALL the opportunities (employment, volunteer work, housing, etc.), talk to the officers at the Welcome Service for Newcomers of the CJET; they are your eyes and ears.

Contact your municipality, ask questions, stay informed.





WHERE WE LIVE **PROPERTY**

Whether you are looking for a charming country-style house, a waterfront property or a cozy bungalow in town where families are all around, the possibilities are varied!

Royal LePage Limoges
Royal LePage Lachapelle

Proprio-direct

Century 21 Agence immobilière

Journal Le Reflet

Témiscaming Virtual Garage Sale | Groupe Facebook

Petites annonces virtuelles- Secteur témiscamingue

Les petites annonces du Témiscamingue et environs

Annonce pour les gens du témis



Nothing beats a Sunday car ride to uncover the hidden treasures Témiscamingue has to offer.



WHERE WE LIVE

THE OUTDOORS

Boasting innumerable lakes and rivers, vast expanses of forest and peaceful corners of paradise, Témiscamingue offers a wide range of outdoor activities. If you enjoy getting lost in nature, options abound! Alone or in a group, whether the adventure is planned or on the spur of the moment, the great outdoors is always accessible here.

ACCÈS PLEIN-AIR

Récré-eau des Quinze (hiking trail)
Belvédère in Témiscaming (hiking trail)
Marais Laperrière in Duhamel-Ouest (hiking trail)
Lookout at the Bannik in Duhamel-Ouest
Les Sentiers de l'Entre-vent in Laverlochère (hiking trail)
Sentiers Pointe-aux-Roches in Latulipe-et-Gaboury (hiking trail)
Sentiers de l'Eau-delà in Notre-Dame-du-Nord (hiking trail)
La route Verte bike paths
Opémican national park, SEPAQ in Laniel and Kipawa
Sentier de la cascade de la Rivière Klock in Laforce (hiking trail)

START BY
**VISITING
THE WEBSITE**



This list is non-exhaustive: Call your municipality to find out about the other services and opportunities available.



Because the child in you needs space.



WHERE WE LIVE

EATING LOCAL

In Témiscamingue, we love good food. And agriprocessors are well aware of this. As a matter of fact, year after year they come up with innovative products for us to taste. So much so that an event has been created to celebrate their know-how: the Foire Gourmande. See the adjoining list of local products, main markets, grocery stores and butcher shops available in our region.



Can't find what you're looking for in the aisles of your supermarket? Ask the owner or manager about it!

LOCAL PRODUCTS

Agrotourisme

Foire Gourmande of Abitibi-Témiscamingue and Northeastern Ontario in Ville-Marie

Public market in Ville-Marie

Public market in Moffet

Portefolio Agro

GROCERY STORES

IGA Boutin in Lorrainville

IGA Aliguy in Témiscaming

Provigo in Ville-Marie

Bonichoix in Notre-Dame-du-Nord

Bonichoix in Laverlochère

Boucherie Fruits & Légumes in Guigues

Magasin Hein in Belleterre



Many of our regional products are available in most of our grocery stores. Keep an eye out for them the next time you visit.



WHERE WE LIVE

ORGANISMES

Guidance and support is available to parents in Témiscamingue! Here are some of the services available in the area.

CHILDCARE CENTRES / FAMILY DAY CARES

Chez Caliméro childcare centre / Coordonating office in Ville-Marie
Cannelle et Pruneau childcare centre in Témiscaming
Village des petits lutins childcare centre in Lorrainville
Pidaban Child Care Centre in the Timiskaming First Nation community
Also welcomes non-Indigenous children when places are available.

HEALTHCARE INSTITUTIONS

Perinatal services at the local community service centre of the CISSS-AT
Sainte-Famille pavilion in Ville-Marie (819-629-2420, ext. 4170)
Témiscaming-Kipawa pavilion (819-627-3385)

OTHER SERVICES

Voix des parents
Lots for Tots in Témiscaming
Regroupement d'entraide sociale in Ville-Marie
Gardiennage Témiscamingue
Joujouthèque (toy library) in Duhamel-Ouest



WHERE WE PLAY

OUT ON THE TOWN

In the mood for some entertainment, a good meal, some drinks, a festival or social gathering?

We have it all! Take your pick!

Le Rift Galerie Théâtre Cinéma in Ville-Marie
Eugène Auberge Bistro in Ville-Marie
Le Cimonak in Ville-Marie
Caféier-Boustifo in Ville-Marie
Le Ste-Anne in Ville-Marie
Les Pirates GMHL in Ville-Marie
Table Champêtre de l'Éden Rouge in Guigues
La Ribouldingue in Lorrainville
Salle Dottori / Broadcaster in Témiscaming
Titans de Témiscamingue in Témiscaming
Café Royal et Euphoria Smoothie / Restaurant in Témiscaming

As for restaurants, hidden gems are scattered everywhere in Témiscamingue...



DO NOT UNDERESTIMATE the grocery store, street, gas station or events. They are all great places for meeting and connecting with people.



WHERE WE PLAY

CULTURE & RECREATION

Témiscamingue is bursting with culture. Be part of it and take one of the numerous classes offered.

MUSIC

Les Jeunes Concerts du Témiscamingue
Ensemble vocal de St-Bruno-de-Guigues

DANCE

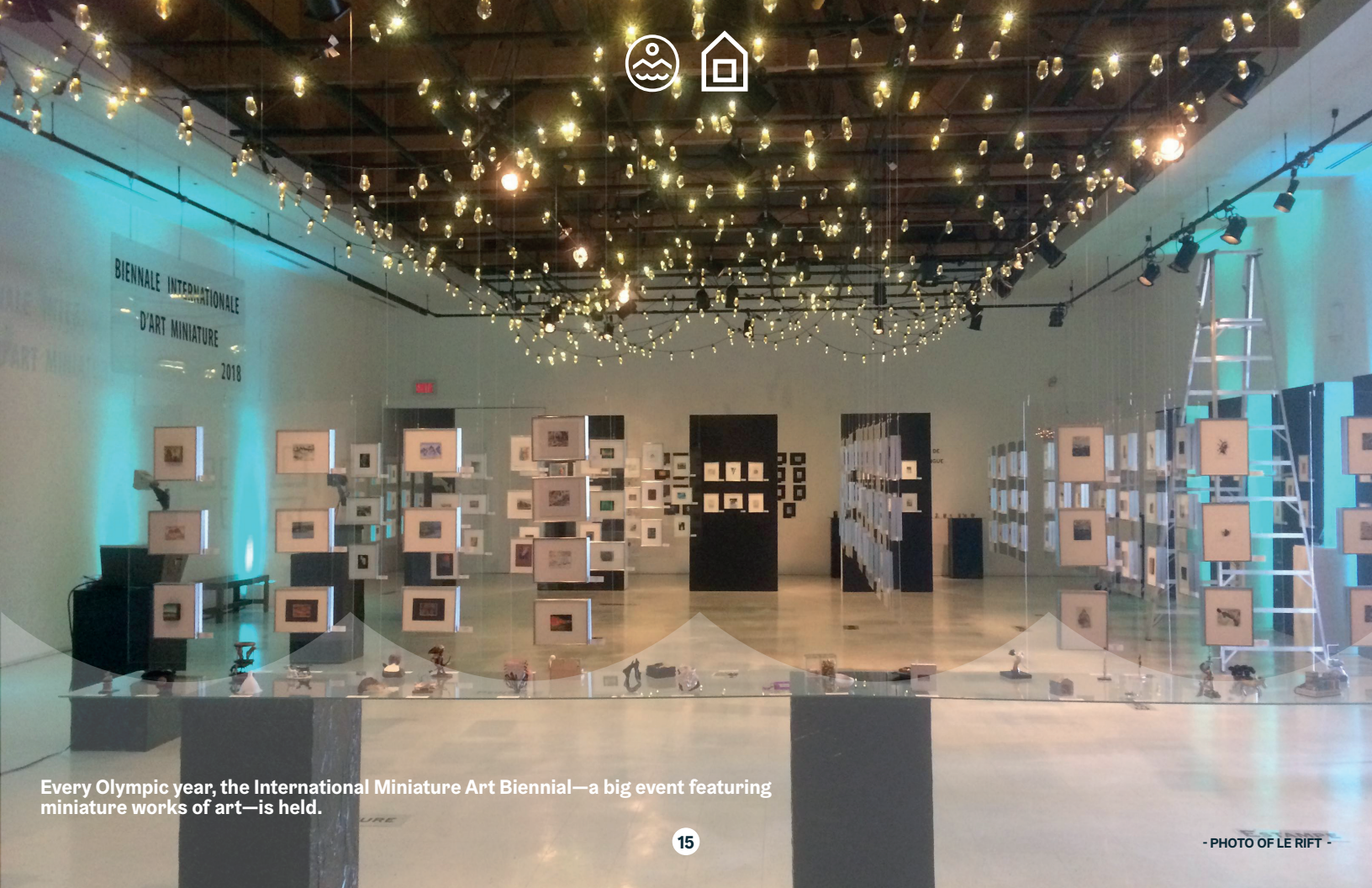
Danzart
Cours de danse africaine Témis / Marie Verlhac 819-290-1742
ORDET (various classes)

MORE CULTURAL RECREATION ACTIVITIES

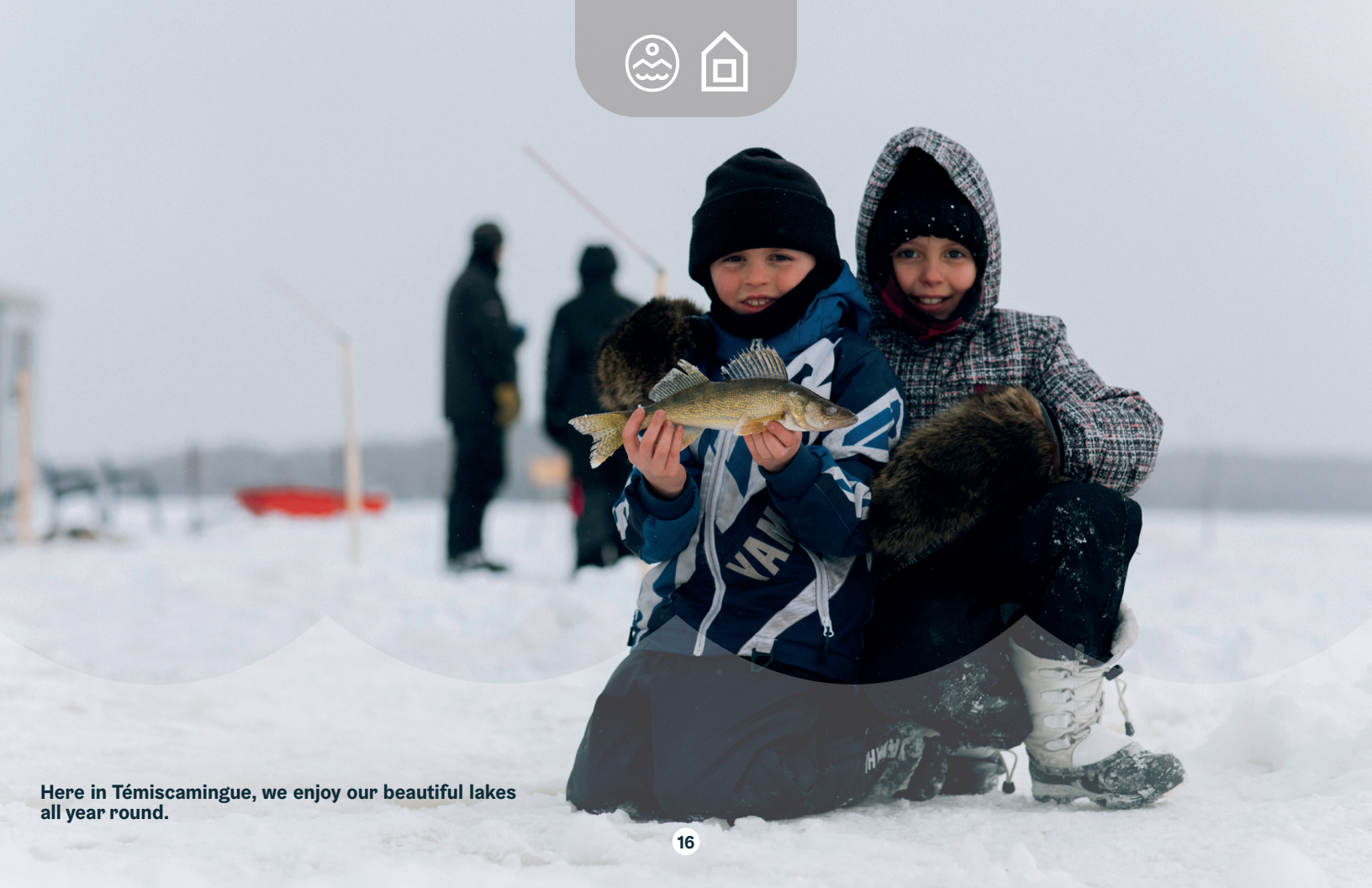
Art classes (children and adults) at Galerie du Rift
Théâtre de la Loutre (amateur)
Réseau BIBLIO
Les savons du terroir
ORDET (various classes)



People in Témiscamingue often organize events. Citizen initiatives are numerous! Don't hesitate if you have a project or idea in mind.



Every Olympic year, the International Miniature Art Biennial—a big event featuring miniature works of art—is held.



Here in Témiscamingue, we enjoy our beautiful lakes all year round.



WHERE WE PLAY

LEISURE AND SPORTS INFRASTRUCTURES

	Gymnasium	Rink	Splash pad	Baseball	Tennis	Pool	Public beach	Park	Bowling	Curling	Training gym	Golf
Béarn		N	X	X			X	X				
Belleterre		N					X	X		X		
Duhamel-Ouest							X					X
Fabre		N		X			X	X				
Fugèreville		N		X			X	X				
Guérin		N	X	X			X	X				
Guigues	X	A		X	X		X	X				
Laforce		N			X		X	X				
Latulipe	X	N					X					
Laverlochère-Angliers		N		X	X		X	X			X	
Lorrainville	X	N	X	X			X	X	X			
Moffet		N		X			X	X				
Nédélec		N					X					
Notre-Dame-du-Nord	X	A			X		X	X				
Rémigny		N		X			X	X				
St-Eugène		N		X	X		X	X				
Témiscaming	X	A		X	X	X	X	X		X	X	X
Timiskaming First Nation		A		X			X					
Ville-Marie	X	A		X	X		X	X			X	

N = Natural ice

A = Artificial ice



WHERE WE PLAY

LEISURE

A wide range of leisure activities is offered for young and old alike. You will be surprised by the diversity!

OUTDOOR SPORTS AND ACTIVITIES:

Softball league for men and women
Friendly tournament
Hiking and running club
Beach volleyball court
Tennis court
Golf course
LE RAPPEL DU NORD climbing club
Numerous beaches and lakes
Nautical equipment rentals
FC Témis soccer club



MUNICIPAL OFFICE,
MUNICIPAL OFFICE,
MUNICIPAL OFFICE.

INDOOR SPORTS AND ACTIVITIES:

Minor hockey
Figure skating
Hockey leagues for men and women
Hockey tournaments (children and adults)
Public skating
Indoor soccer / FC TÉMIS
Badminton / Volley-Ball / Deck hockey
Karate classes
Judo classes
Lap swim / Public swim
Pool and bowling league and tournament
Tai Chi (Janick Fournier, 819-629-8064)
Clinique Movens (Offers various services and classes)
Spinning
Lunch express step classes
Gymnastics for children



WHERE WE PLAY **EVENTS**

= GREAT PLACES TO MEET
PEOPLE AND LIVEN UP THE YEAR...

GET INVOLVED OR COME AROUND ! :

WINTER FESTIVALS
VILLAGE FESTIVALS
HALLOWEEN SCHEDULE
HORSESHOE TOURNAMENT
BASEBALL TOURNAMENT
HIKING

THERE'S A BIT OF EVERYTHING,

**SIMPLY INQUIRE ABOUT EVENTS IN
YOUR AREA AT YOUR LOCAL
MUNICIPAL OFFICE.**

January	NAP minor hockey tournament Women's hockey tournament in Guigues Winter festival in many towns of Témiscamingue Carnival in Lorrainville
February	Fish festival in Angliers Carnival in Lorrainville Intermediate hockey tournament in Guigues
March	The Rift's benefit show in Ville-Marie
May	Fête Frayante in Rémigny Rigolade du printemps in Laverlochère Salon du livre de l'Abitibi-Témiscamingue (book fair)
June	Exposition agricole in Guigues (agricultural fair) Kipawa River Festival in Laniel Saint-Jean-Baptiste Day Su-Père Fête in St-Eugène Défi 101 - I AM GOLD (running) Journée équestre in Fabre (equestrian day) Dirt bike race in Fabre



**SO YOU
DON'T MISS
ANYTHING...**

July	Canada day Festival des saines habitudes de vie (Triathlon) in Ville-Marie Oasis in Belleterre (Tournoi de pêche) Music Fest in Belleterre Stock-car race in Béarn International Miniature Art Biennial in Ville-Marie
August	Truck Rodeo in Notre-Dame-du-Nord Festival Western in Guigues Foire gourmande of l'AT and Northeastern Ontario in Ville-Marie Countryfest in Kipawa
September	Bière et saucisse CJET in Guigues
October	Everyone's at camp for hunting season!
November	Christmas parade in Témiscaming
December	Christmas market in Lorrainville Christmas festivities all across Temiscamingue



...like the Facebook pages of these events, restaurants or strategic meeting places to make sure you are up to date with the latest news. Watch our program of networking events organized by the Welcome Service for Newcomers.



View from the Pointe-aux-Roches trail, Latulipe-et-Gaboury



From elementary school to university, Témiscamingue offers a number of possibilities, both in class and online.



WHERE WE LEARN

STUDYING & LEARNING

From elementary school to university, Témiscamingue offers a number of possibilities, both in class and online. Click on the links to find out more.



CARPOOLING

Many people travel daily to Rouyn-Noranda for training.

SCHOOLS

Passe-Partout service (preschool program)

Elementary schools

Secondary schools

POST-SECONDARY EDUCATION

Adult education

Vocational training centre

CÉGEP

Université du Québec en Abitibi-Témiscamingue

OTHER SERVICES

ORDET / Popular education

Reception, Referral, Counselling and Support Services

Association des projets éducatifs du Témiscamingue

Alpha-Témis

CARPOOLING

Le baladeur

Covoiturage Abitibi-Témiscamingue



WHERE WE WORK

RESSOURCES & CONTACTS

Forestry and agriculture are the two main economic drivers of the region. However, 70% of our jobs are in the business and services sector. If you have the entrepreneurial spirit, there are also many business opportunities.

TO VIEW THE JOB OFFERS

Emploi-Québec / Online Placement
Journal Le Reflet
Carrefour Jeunesse-Emploi du Témiscamingue

FOR HELP FINDING WORK

Carrefour Jeunesse-Emploi du Témiscamingue
Vision Travail
Reception, Referral, Counselling and Support Services
Services Canada
Centre local d'emploi du Témiscamingue (local employment centre)



UQAT's agri-food research station in Notre-Dame-du-Nord.

MORE INFORMATION



For a phone book of Témiscamingue, contact Promotion Vicky at 819-748-2115.



SERVICE PROVIDERS

Les Autobus Maheux

Le Baladeur du Témiscamingue

Bell and Télébec products

Caisse Desjardins du Témiscamingue

National Bank of Canada

SAAQ (driver's licence)

CSLT (winter driving course)

Services Canada

OTHERS

Corporation de Développement communautaire
du Témiscamingue

Culturat

RCM de Témiscamingue

Abitibi-Témiscamingue Observatory

Société d'histoire du Témiscamingue

Émilise Lessard-Therrien

MLA of Rouyn-Noranda/Témiscamingue

Sébastien Lemire

MP for the riding of Abitibi-Témiscamingue



MORE INFORMATION

LOCAL MEDIA

TV Témis / community television

TVCTK / community television

Journal Le Reflet

CKVM / local radio station

Local newspapers...a rich source of information

REGIONAL MEDIA

ICI Radio-Canada Abitibi-Témiscamingue / TV + radio

L'Éclat / Le Citoyen

Indice Bohémien / cultural newspaper

TVA Abitibi-Témiscamingue / TV

TÉMISCAMINGUE IN PICTURES

Place aux Jeunes exploratory stay

C'est d'même au Témiscamingue

Le Témiscamingue entre ciel et terre

Témiscamingue's strategic planning

L'Anecdote agricole

Kipawa Tourism



In the city



In the countryside



In the great outdoors



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4, St-Michel street, Ville-Marie
819 622-2538
accueil@cjet.qc.ca
cjet.qc.ca

Immigration,
Diversité
et Inclusion

Québec

