

# At your service!

# Youth



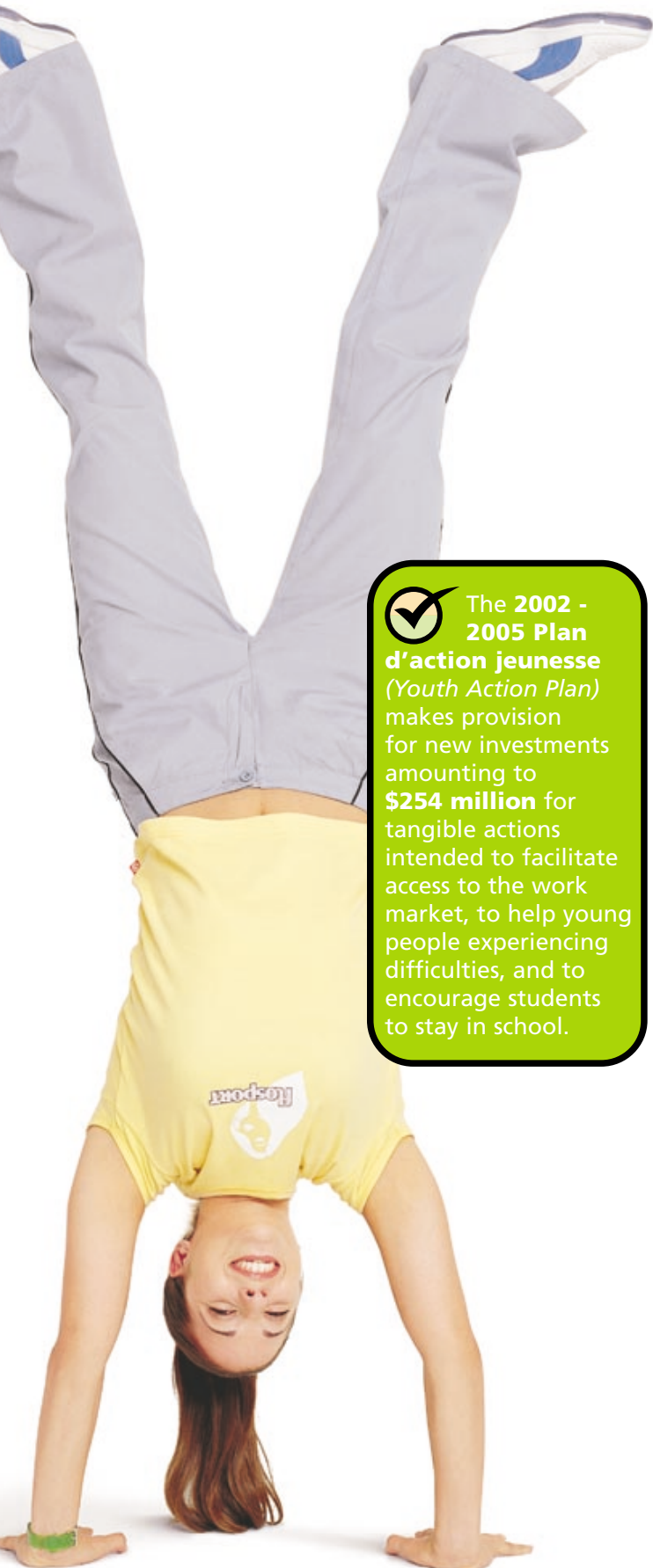
**Studies**

**Work, money, rights**

**Feeling good  
about yourself**

**Trips and projects**

**Social commitment  
and community  
involvement**



The **2002 - 2005 Plan d'action jeunesse** (*Youth Action Plan*) makes provision for new investments amounting to **\$254 million** for tangible actions intended to facilitate access to the work market, to help young people experiencing difficulties, and to encourage students to stay in school.

Québec society makes available a number of tools and resources to help young people fulfill their ambitions. To prepare for the future, the Government of Québec is investing in education, prevention and youth protection, as well as in programs specially designed for young people. The government also provides youth associations, projects and organizations with financial assistance.

It is this willingness to help young people to achieve their potential and to find their rightful place in Québec society that led the Government of Québec to adopt the **2002-2005 Plan d'action jeunesse** (*Youth Action Plan*). This plan aims to ensure that young people can fully develop their potential, to foster a feeling of belonging, to facilitate access to the work market, to improve the quality of professional life, and to prepare the next generation of workers, while promoting youth exchanges and greater openness towards young people.

**At Your Service! Youth** addresses a host of questions and concerns, in addition to listing most of the places where young people can find assistance or obtain guidance for everything that concerns studies, work, money, rights, their general well-being, training periods and studies outside Québec, projects, social commitment and community involvement. Of course, the list is not exhaustive.

Intended for young people who are 16 to 24 years of age, the **At Your Service! Youth** guide was prepared in cooperation with the Secrétariat à la jeunesse and with various organizations such as Carrefours jeunesse emploi (CJE), the Student services of CÉGEPs, universities and high schools, YMCAs, CLSCs and numerous assistance and self-help services serving young people.

NOTE

The masculine gender when used in this guide designates both women and men.

The **Solidarité jeunesse** program offers a one-year personal reflection and orientation service to young people who are under 21 years of age and who submit a first application for social aid. This service allows young people to return to school, to find a job or to take part in job integration training.

# Studies

## Guidance

**It's not always easy to find your way in life. Who can help me find the right training for me?**

Everything depends on your interests, your expectations and your determination. Educational institutions have services that can guide you.

Network of educational institutions  
Ministère de l'Éducation  
[www.meq.gouv.qc.ca](http://www.meq.gouv.qc.ca)  
See regional office, p. 6

Ordre des conseillers et  
conseillères d'orientation et  
des psycho-éducateurs et  
psycho-éducatrices du Québec  
1-800-363-2643  
[www.orientation.qc.ca](http://www.orientation.qc.ca)



In 2000-2001,  
**128,385 stu-**  
**dents** benefited  
from student aid  
for the following  
average amounts:  
A loan: **\$2,491** for  
71,439 students  
A bursary: **\$4,780**  
for 501 students  
A loan and a bursary:  
**\$6,240** for 56,445  
students

**I find vocational or technical training appealing. Where can I obtain information?**

The Inforoute de la formation professionnelle et technique (*Technical and vocational training information highway*) of the ministère de l'Éducation provides information on training opportunities at the high school and college levels.

Ministère de l'Éducation  
[www.meq.gouv.qc.ca](http://www.meq.gouv.qc.ca)  
[www.inforoutefpt.org](http://www.inforoutefpt.org)

## Financial assistance

**How do I find out if I am entitled to loans or bursaries for my studies?**

Several criteria, including the financial situation of your parents and your income for the previous year, make it possible to determine if you are entitled to a loan or a bursary. While you are at it, find out if you can get a loan to purchase a computer.

**I am raising my three-year-old on my own. What assistance am I entitled to?**

If you are a mother and a single parent, at least 20 weeks pregnant, or the mother of a child under six years of age, you might be eligible for the

Loans and Bursaries Program, whether you are studying full-time or part-time. Check with the student aid office at your educational institution.

Student Aid  
1-877-643-3750  
[www.afe.gouv.qc.ca](http://www.afe.gouv.qc.ca)

## Doing well at school

**I get discouraged at times because I don't always understand what I'm supposed to be learning. Where can I get help?**

Talk to your teacher/professor or consult Student services at your CÉGEP or your university. They offer support to help you be successful in your studies.

**I'm bored at school. There are so many other things in life! I feel like dropping out...**

Consult your school's guidance services to find out your options (individualized path for learning, learning a trade, etc.). You can also contact your local Carrefour jeunesse-emploi (see Page 6).

Network of Carrefours  
jeunesse-emploi  
[www.cjereseau.org](http://www.cjereseau.org)

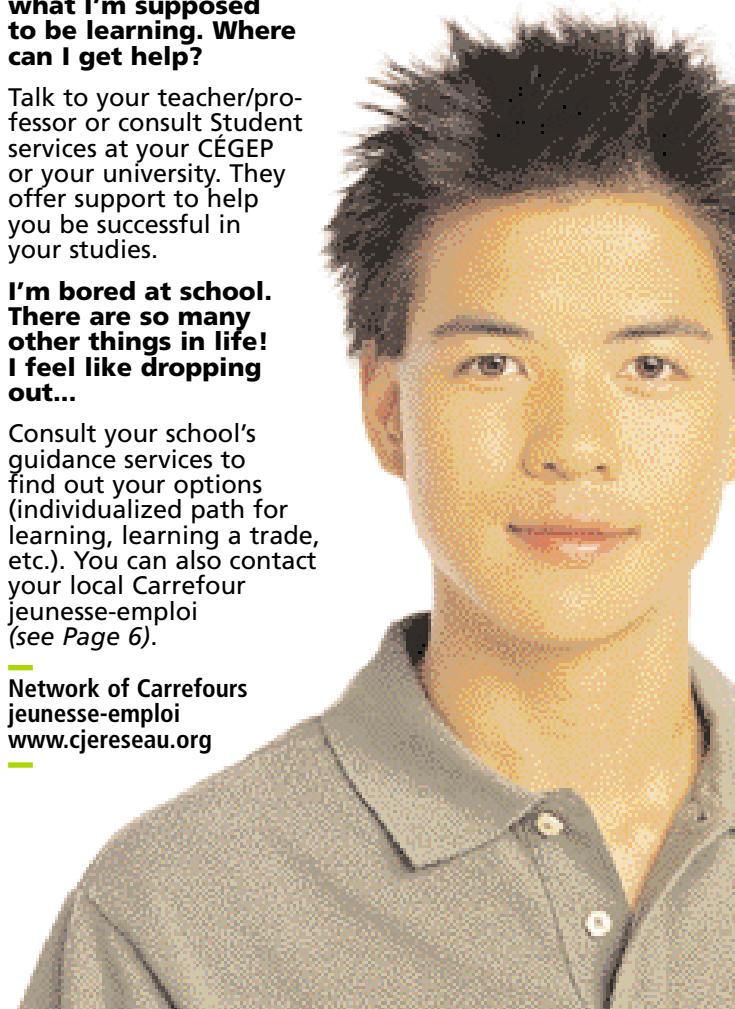
**I'm studying and I'm working at the same time. Where can I learn how to manage my time?**

The Student services at your CÉGEP or university can provide you with assistance.

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

Tel-jeunes  
1-800-263-2266  
[www.teljeunes.com](http://www.teljeunes.com)

Jeunesse j'écoute  
1-800-668-6868  
[www.jeunesse.sympatico.ca](http://www.jeunesse.sympatico.ca)



The job outlook is interesting in many activity sectors throughout Québec.

# Work, money, rights

## Work

### What steps should I take to find a job?

Check with the Job placement service at your CÉGEP or university, with the Carrefour jeunesse-emploi (CJE) or the Local Employment Centre (CLE) in your region. Also consult the Web sites of public, private and community organizations, which have several points of service in Québec (see Page 6).

— Network of Carrefours jeunesse-emploi  
[www.cjereseau.org](http://www.cjereseau.org)

— Emploi-Québec  
[www.emploi Quebec.net](http://www.emploi Quebec.net)

— For permanent or temporary positions in the public service  
Conseil du trésor  
[www.tresor.gouv.qc.ca](http://www.tresor.gouv.qc.ca)

— Placement étudiant du Québec  
1-800-463-2355  
[www.emploi etudiant.qc.ca](http://www.emploi etudiant.qc.ca)

— **Other sites**  
[www.monster.ca](http://www.monster.ca)  
[www.jobboom.com](http://www.jobboom.com)  
[www.monemploi.com](http://www.monemploi.com)

### What jobs offer the best future?

You can find out the job outlook by region at all Local Employment Centres (CLE) as well as on the Emploi-Québec site. For vocational or technical training, consult the Top 50 vocational and technical training programs of the ministère de l'Éducation that offer the best employment opportunities.

— Ministère de l'Éducation  
[www.meq.gouv.qc.ca](http://www.meq.gouv.qc.ca)  
[www.inforoutefpt.org](http://www.inforoutefpt.org)  
Regional office, p. 6

— Emploi-Québec  
[www.emploi Quebec.qc.ca](http://www.emploi Quebec.qc.ca)

### Is there a placement service reserved for students?

Placement étudiant du Québec (PEQ) offers students who register for its services, summer jobs in Québec's public service and summer or part-time jobs in businesses during the school year. Via the Projet inforoute-jeunesse (Youth information highway project), full-time students enrolled at the vocational high school, college or university level can take part in a remunerated practical training period for a maximum of 12 weeks (see Page 6).

### I feel like starting up my own business next summer. Is it possible?

Yes, the booklet for "self-employed students" will help you prepare your project.

— Placement étudiant  
1-800-463-2355  
[www.emploi etudiant.qc.ca](http://www.emploi etudiant.qc.ca)

### I'm completing my studies. How can I find a job or practical training in my field?

You can contact the Job Placement Service of your CÉGEP or university, or your local Carrefour jeunesse-emploi (see Page 6).

— Network of Carrefours jeunesse-emploi  
[www.cjereseau.org](http://www.cjereseau.org)

— Emploi-Québec  
[www.emploi Quebec.net](http://www.emploi Quebec.net)

— Place aux jeunes du Québec (to facilitate your return to and vocational integration in your hometown area)  
[www.placeauxjeunes.qc.ca](http://www.placeauxjeunes.qc.ca)

— Bursaries for professional artists  
Conseil des arts et des lettres du Québec  
[www.calq.gouv.qc.ca](http://www.calq.gouv.qc.ca)

— Supervision of articling law students  
Ministère de la Justice  
[www.justice.gouv.qc.ca](http://www.justice.gouv.qc.ca)

— Espaces Émergents  
Services offered to young creators  
Tourisme Québec  
[www.espacesemergents.com](http://www.espacesemergents.com)



In Québec, there are specific laws dealing with worker rights and conditions of employment. The Commission des normes du travail can answer your questions on this subject.

## Starting up a business

**I have a great idea. How do I go about setting up my own business?**

Do you want to prepare a plan for a business, a cooperative or a non-profit organization? Visit the Web site <http://demarrez-entreprise.gouv.qc.ca>. School boards and CÉGEPS offer business start-up programs. You can also submit your project to the *Concours québécois entrepreneurship-entrepreneur à tout âge* (Entrepreneurship Competition) sponsored by the ministère de l'Éducation.

—  
Ministère de l'Industrie et du Commerce  
<http://demarrez-entreprise.gouv.qc.ca>

—  
Association des centres locaux de développement du Québec  
[www.acldq.qc.ca](http://www.acldq.qc.ca)

—  
Young promoters  
Ministère des Régions  
[www.mreg.gouv.qc.ca](http://www.mreg.gouv.qc.ca)

—  
Ministère de l'Éducation  
[www.meq.gouv.qc.ca](http://www.meq.gouv.qc.ca)

—  
Fondation de l'entrepreneurship  
[www.entrepreneurship.qc.ca](http://www.entrepreneurship.qc.ca)

—  
Société d'investissement jeunesse du Québec  
[www.sij.qc.ca](http://www.sij.qc.ca)

—  
Restaurant businesses  
[www.agr.gouv.qc.ca](http://www.agr.gouv.qc.ca)

—  
Service d'aide aux jeunes entrepreneurs (SAJE)  
[www.sajemontrealmetro.com](http://www.sajemontrealmetro.com)

—  
Regroupement des jeunes gens d'affaires du Québec  
[www.rjgaq.com](http://www.rjgaq.com)

## Money

**When does my parents' financial responsibility end?**

If you are studying, in addition to your own contribution, the Loans and Bursaries Program provides for a financial contribution by your parents, even if you are over 18. This obligation ensues from the Québec Civil Code (*art. 597 to 605*), which stipulates that it is the duty of a father and a mother to feed, look after and educate their children.

**Where can I learn how to manage my budget?**

You will find information on preparing a budget, personal loans, savings and other financial matters on a number of Web sites including that of the Union des consommateurs du Québec, which groups together the Associations coopératives d'économie familiale (ACEF).

—  
Union des consommateurs du Québec  
[www.consommateur.qc.ca](http://www.consommateur.qc.ca)

—  
Mouvement des caisses populaires et d'économie Desjardins du Québec  
[www.desjardins.com](http://www.desjardins.com)

—  
Canadian Bankers Association  
[www.cba.ca/fr](http://www.cba.ca/fr)

## Rights

**At what age can you start working in Québec?**

There is no minimum age. However, if you are under 14, you cannot work without the written consent of one of your parents or your tutor. Moreover, you are required to attend

school, generally up to age 16, and you cannot work during regular school hours.

**Am I entitled to the minimum wage?**


Of course! Apart from a few exceptions stipulated by law, you cannot be paid less than the minimum wage, regardless of your age. Feel free to learn more about the rights that you have, just like every other worker in Québec.

**I'm working. What are my rights?**

The Commission des normes du travail can provide you with information about the various labour standards such as wages, overtime, holidays and leaves (see Page 6).

—  
Commission des normes du travail  
1-800-265-1414  
[www.cnt.gouv.qc.ca](http://www.cnt.gouv.qc.ca)

—  
Commission de l'équité salariale  
[www.ces.gouv.qc.ca](http://www.ces.gouv.qc.ca)

 With a budget of **\$240 million**, the **Fonds Jeunesse Québec** (Québec Youth Fund), created in 2000, is entirely devoted to funding local, regional and national projects relating to the social, community, cultural and vocational integration of young people. As of September 2002, close to **2000 projects** had been accepted.



# OUTAOUAIS, ABITIBI-TÉMIS

If necessary, the main resources listed here can refer you to others.

## General references

### Government resources

Communication-Québec  
1-800-363-1363  
Service for persons who are deaf, mute or hearing impaired  
1-800-361-9596  
[www.gouv.qc.ca](http://www.gouv.qc.ca)

Secrétariat à la jeunesse  
1-800-463-5306  
[www.jeunes.gouv.qc.ca](http://www.jeunes.gouv.qc.ca)

Conseil permanent de la jeunesse  
1-800-363-1049  
[www.cpj.gouv.qc.ca](http://www.cpj.gouv.qc.ca)

Ministère de la Santé et des Services sociaux  
1-800-707-3380  
[www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca)

Info-Santé CLSC (See p. 7)  
[www.agressionsexuelle.com](http://www.agressionsexuelle.com)  
[www.detresse.com](http://www.detresse.com)  
[www.allumelagang.com](http://www.allumelagang.com)  
[www.jcapote.com](http://www.jcapote.com)  
[www.jparle.com](http://www.jparle.com)

Comité permanent de lutte à la toxicomanie  
[www.cplt.com](http://www.cplt.com)

Ministère de l'Éducation  
[www.meq.gouv.qc.ca](http://www.meq.gouv.qc.ca)

Aide financière aux études  
1-877-643-3750  
[www.afe.gouv.qc.ca](http://www.afe.gouv.qc.ca)

Ministère de l'Emploi et de la Solidarité sociale  
[www.mess.gouv.qc.ca](http://www.mess.gouv.qc.ca)

Emploi-Québec  
1-888-367-5647  
[www.emploi.quebec.net](http://www.emploi.quebec.net)

Commission des normes du travail  
1-800-265-1414  
[www.cnt.gouv.qc.ca](http://www.cnt.gouv.qc.ca)

Ministère de l'Industrie et du Commerce  
Placement étudiant  
1-800-463-2355  
[www.emploietudiant.qc.ca](http://www.emploietudiant.qc.ca)

Ministère des Relations internationales  
[www.mri.gouv.qc.ca](http://www.mri.gouv.qc.ca)

Ministère des Relations avec les citoyens et de l'Immigration  
[www.mrci.gouv.qc.ca](http://www.mrci.gouv.qc.ca)

Conseil des relations interculturelles  
[www.conseilinterculturel.gouv.qc.ca](http://www.conseilinterculturel.gouv.qc.ca)

Secrétariat au loisir et au sport  
Programme sport-études  
[www.sls.gouv.qc.ca](http://www.sls.gouv.qc.ca)

### Resources providing help

Tel-Jeunes  
Service d'intervention pour les jeunes  
Service 24 hours – 7 days  
1-800-263-2266  
[www.teljeunes.com](http://www.teljeunes.com)

Ligne Jeunesse J'écoute  
1-800-668-6868  
[www.jeunesse.sympatico.ca/fr](http://www.jeunesse.sympatico.ca/fr)

Drugs : help and referrals  
1-800-265-2626  
[www.info-reference.qc.ca](http://www.info-reference.qc.ca)

Éduc'alcool  
1-888-252-6651  
[www.educalcool.qc.ca](http://www.educalcool.qc.ca)

Gai Écoute  
1-888-505-1010  
[www.gai-ecoute.qc.ca](http://www.gai-ecoute.qc.ca)

Ligne Info-Parents  
1-888-603-9100  
[www.parentsinfo.sympatico.ca/fr](http://www.parentsinfo.sympatico.ca/fr)

Centre de prévention du suicide du Québec  
1-866-277-3553

### Additional resources

Service régional d'admission du Montréal métropolitain (SRAM)  
(514) 271-2454  
(collect calls accepted from outside Montréal)  
[www.sram.qc.ca](http://www.sram.qc.ca)  
(Regional student admissions)

Service régional d'admission au collégial de Québec (SRAQ)  
[www.sraq.qc.ca](http://www.sraq.qc.ca)

Service régional d'admission des cégeps du Saguenay–Lac-Saint-Jean (SRAS)  
[www.sras.qc.ca](http://www.sras.qc.ca)

Ordre des conseillers et conseillères d'orientation et des psycho-éducateurs et psycho-éducatrices du Québec  
[www.orientation.qc.ca](http://www.orientation.qc.ca)

Commission des droits de la personne et des droits de la jeunesse (CDPDJ)  
1-800-361-6477  
[www.cdpdj.qc.ca](http://www.cdpdj.qc.ca)

Amnesty International  
1-800-565-9766  
[www.amnistie.qc.ca](http://www.amnistie.qc.ca)

Éducaloi – Le carrefour d'accès au droit  
[www.educaloi.qc.ca](http://www.educaloi.qc.ca)

Union des consommateurs du Québec (ACEF)  
1-888-521-6820  
[www.consommateur.qc.ca](http://www.consommateur.qc.ca)

Solidarité rurale du Québec  
[www.solidarite-rurale.qc.ca](http://www.solidarite-rurale.qc.ca)

Tourisme jeunesse Québec  
[www.tourismej.qc.ca](http://www.tourismej.qc.ca)

YMCA  
[www.ymca.montreal.qc.ca](http://www.ymca.montreal.qc.ca)

YWCA  
[www.ywca.canada.ca](http://www.ywca.canada.ca)



# CAMINGUE, NORD-DU-QUÉBEC

## Regional resources

### MEQ

#### **Outaouais**

(819) 772-3382

#### **Abitibi-Témiscamingue and Nord-du-Québec**

(819) 763-3001

### Commission des normes du travail

#### **Outaouais**

(819) 772-3019

#### **Abitibi-Témiscamingue and Nord-du-Québec**

(819) 763-3200  
1-800-565-9202

### Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS)

#### **Outaouais**

CALACS Outaouais  
Gatineau  
(819) 771-6233

#### **Abitibi-Témiscamingue**

CALACS Val-d'Or  
(819) 825-6968  
Rouyn-Noranda  
(819) 797-0101

### Carrefours jeunesse-emploi

#### **Outaouais**

CJE de l'Outaouais  
Gatineau  
(819) 561-7712

CJE Papineau  
Buckingham  
(819) 986-5248  
Saint-André-Avellin  
(819) 983-4135

CJE du Pontiac  
Campbell's Bay  
(819) 648-5065

CJE Vallée-de-la-Gatineau  
Maniwaki  
(819) 441-1165

### Local development centres

#### **Outaouais**

CLD du Pontiac  
Campbell's Bay  
(819) 648-5217

CLD Papineau  
Montebello  
(819) 423-5491

CLD des Collines-de-l'Outaouais  
La Pêche  
(819) 456-2121

CLD de la Vallée-de-la-Gatineau  
Maniwaki  
(819) 449-7649

CLD de la Communauté  
urbaine de l'Outaouais  
(819) 770-1380

#### **Abitibi-Témiscamingue and Nord-du-Québec**

CLD de la Vallée-de-l'Or  
Val-d'Or  
(819) 874-4717  
Malartic  
(819) 757-3611, ext. 229

Senneterre  
(819) 737-4737

CLD du Témiscamingue  
Ville-Marie  
(819) 629-3355

CLD d'Abitibi-Ouest  
La Sarre  
(819) 333-2214

CLD de la MRC Rouyn-Noranda  
(819) 797-7142

CLD Abitibi  
Amos  
(819) 732-6918

### Ligne info-santé CLSC

#### **Outaouais**

CLSC du Pontiac  
Mansfield et Pontefract  
(819) 683-3000

CLSC Vallée-de-la-Gatineau  
Maniwaki  
(819) 441-2600

CLSC de Hull  
(819) 770-6900

CLSC de la Vallée-de-la-Lièvre  
Buckingham  
(819) 986-3359

CLSC de la Petite-Nation  
Saint-André-Avellin  
(819) 983-7341

CLSC des Collines  
La Pêche  
(819) 456-2819

CLSC de Gatineau  
(819) 561-2550

CLSC Grande-Rivière  
Aylmer  
(819) 684-2251

### **Nord-du-Québec**

CLSC de la Baie-James  
Chibougamau  
(418) 748-3575  
Chisasibi (CRI)  
(819) 855-2844  
Puvirnituq  
(819) 988-2957  
Matagami  
(819) 739-2515

CLSC Tulattavik de l'Ungava  
Kuujuaq  
(819) 964-2905

#### **Abitibi-Témiscamingue**

CLSC de Témiscaming  
(819) 627-3389

CLSC Sainte-Famille  
Ville-Marie  
(819) 629-2955

CLSC Vallée-de-l'Or  
Val-d'Or  
(819) 825-4636

CLSC Le Partage des Eaux  
Rouyn-Noranda  
(819) 762-8144

CLSC Les Eskers  
Amos  
(819) 732-3271

CLSC des Aurores Boréales  
La Sarre  
(819) 333-2354

Without adequate protection, a sexually transmissible disease can come back even if a person has already been treated. To avoid the various health problems associated with these diseases, it is best to tell your sexual partners and to use proper protection.

# Feeling good about

## **I'm having problems with others, both with family members and friends. What can I do?**

A toll-free telephone help line and a Web site are available to young people. You can talk about anything that is bothering you: relations with your parents or friends, sexual matters, your love life, loneliness, worries, eating disorders or any other question.

Do not hesitate to call or to tell a friend who may be going through a difficult time about this service.

— [www.jparle.com](http://www.jparle.com)

— **Tel-jeunes**  
1-800-263-2266  
[www.teljeunes.com](http://www.teljeunes.com)

— **Gai j'écoute**  
1-888-505-1010  
[www.gai-ecoute.qc.ca](http://www.gai-ecoute.qc.ca)

— **La Ligne Parents**  
1-800-361-5085

## **My boyfriend refuses to use protection when we make love. What should I do?**

You have to respect yourself and make sure that your boyfriend respects your decision. Using adequate protection is a sign of mutual respect as condoms are the only efficient means of protecting against both pregnancy and several STDs including AIDS. Consult your CLSC if you have a problem (see Page 6).

— [www.jcapote.com](http://www.jcapote.com)

## **I'm pregnant, I'm still in a state of shock and I don't know what to do.**

Several possibilities may be envisaged but, whatever your choice, be sure to consult a physician or a CLSC quickly (see Page 6).

## **I've been sexually assaulted. What should I do?**

Talk about it with a person you trust, a friend or a nurse. Quickly go to your CLSC. If it is an emergency, dial 911. They will refer you to the appropriate resource.

— [www.agressionsexuelle.com](http://www.agressionsexuelle.com)

## **Is a doctor required to inform my parents of my state of health?**

Beginning at age 14, your medical consultations are confidential. But if your medical condition requires a hospital stay exceeding 12 hours, your parents must be informed.

— **Commission des droits de la personne et des droits de la jeunesse du Québec**  
[www.cdpedj.qc.ca](http://www.cdpedj.qc.ca)  
1-800-361-6477  
Regional office, p. 6

## **I have a weight problem. What can I do?**

You can consult a dietitian-nutritionist, a CLSC or your family physician. There are also Web sites that provide information on this subject.

— **Ordre professionnel des diététistes du Québec**  
[www.opdq.org](http://www.opdq.org)

— **Programme d'intervention et de traitement des troubles de conduite alimentaire CHUL Québec**  
[www.pitca.com](http://www.pitca.com)

— **Tel-jeunes**  
1-800-263-2266  
[www.teljeunes.com](http://www.teljeunes.com)

— **Jeunesse j'écoute**  
1-800-668-6868  
[www.jeunesse.sympatico.ca](http://www.jeunesse.sympatico.ca)

— **Kino-Québec**  
[www.kino-quebec.qc.ca](http://www.kino-quebec.qc.ca)



Web sites exist to help young people who are experiencing all sorts of difficulties. It is even possible to ask questions confidentially. A visit to *jparle.com* or *détresse.com* will help you to better understand some concerns and to avoid potential problems.

# yourself

## **My parents are separated and I find it hard coping with the situation. Who can I talk with?**

You can talk with a friend or a relative that you trust, a school psychologist, Student services at your CÉGEP and, if necessary, an assistance organization.

Tel-jeunes  
1-800-263-2266  
[www.teljeunes.com](http://www.teljeunes.com)

Jeunesse j'écoute  
1-800-668-6868  
[www.jeunesse.sympatico.ca](http://www.jeunesse.sympatico.ca)

## **Upon leaving a party, a friend asks me to drive his car because he has drunk more than me. Can I do so if I only have a learner's permit and if I only have had 2 beers?**

No. You cannot drive your friend's car because you have been drinking. With a learner's permit, the rule is zero tolerance (no alcohol).

Société de l'assurance automobile du Québec  
1-800-361-7620  
[www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

## **I have a friend who has started drinking and taking drugs. How can I help him?**

First, listen to your friend to find out why he is drinking and taking drugs. Don't lecture him. Drug and alcohol use often results from boredom, loneliness or a need to impress others. Drugs and alcohol can do a lot of harm. Advise your friend to talk to a professional at school or at his local CLSC. You can accompany him if you like (see Page 6).

Ministère de la Santé et des Services sociaux  
[www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca)

[www.parlonsdrogue.org](http://www.parlonsdrogue.org)  
[www.toxquebec.com](http://www.toxquebec.com)

Drugs: help and referrals  
1-800-265-2626

Fondation Jean Lapointe - Jeunesse  
[www.fondjeanlapointe.com](http://www.fondjeanlapointe.com)

Educ'alcool  
1-888-252-6651  
[www.educalcool.qc.ca](http://www.educalcool.qc.ca)

## **Nothing interests me, I'm all confused. Who can help me?**

TALK ABOUT your situation, don't cut yourself off from others. Tell your parents, friends or an adult that you trust. You can also ask questions confidentially on Web sites that exist for this very purpose.

[www.jparle.com](http://www.jparle.com)  
[www.detresse.com](http://www.detresse.com)

## **I've lost all interest in life. Can someone help me?**

Everyone goes through periods of discouragement. But if you feel depressed and have thoughts of committing suicide, don't keep it to yourself. Be sure to get help by finding someone you can talk to about what you are going through.

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

Tel-jeunes  
1-800-263-2266  
[www.teljeunes.com](http://www.teljeunes.com)

Jeunesse j'écoute  
1-800-668-6868  
[www.jeunesse.sympatico.ca](http://www.jeunesse.sympatico.ca)

Centre de prévention du suicide  
1-866-277-3553



Whether it is by way of the Office franco-québécois pour la jeunesse, the Agence Québec Wallonie Bruxelles pour la jeunesse or the Office Québec-Amériques pour la jeunesse, you can obtain financial support to do practical training or carry out projects abroad.

# Trips and projects

## Government programs

**Is there a government program that can help me carry out my project?**

You can consult the Web site of the Secrétariat à la jeunesse. It contains a directory of programs by activity sector such as agriculture, culture, employment, the environment, wildlife, tourism, training, research, etc.

—  
Secrétariat à la jeunesse  
1-800-463-5306  
[www.jeunes.gouv.qc.ca](http://www.jeunes.gouv.qc.ca)

—  
Fonds Jeunesse Québec  
[www.fondjeunessequebec.com](http://www.fondjeunessequebec.com)

## Elsewhere in Canada

**I'm a student and I would like to find a job outside Québec to learn another language. Where can I obtain information?**

The interprovincial summer job exchange program allows university students to work in the public service as tour guides, guide-interpreters or in other fields. A transportation allowance is offered, but not living and accommodation expenses. The wages paid are those in effect in the host province, and the registration deadline is January 31<sup>st</sup> of each year. You can also become a language monitor elsewhere in Canada.

—  
Placement étudiant  
1-800-463-2355  
[www.emploiétudiant.qc.ca](http://www.emploiétudiant.qc.ca)

—  
Official language monitors program  
[monit.canada@meq.gouv.qc.ca](mailto:monit.canada@meq.gouv.qc.ca)

## Abroad

**And if I want to study, do practical training or work abroad?**

A Bursary program for short trips related to university studies outside Québec was created in September 2000. Find out more from Student services or the International Cooperation Service of your university.

—  
Ministère des Relations internationales  
[www.mri.gouv.qc.ca](http://www.mri.gouv.qc.ca)

—  
Ministère de l'Éducation  
[www.meq.gouv.qc.ca](http://www.meq.gouv.qc.ca)

—  
Office Québec-Amériques pour la jeunesse (OQAJ)  
[www.oqaj.gouv.qc.ca](http://www.oqaj.gouv.qc.ca)

—  
Office franco-québécois pour la jeunesse (OFQJ)  
[www.ofqj.gouv.qc.ca](http://www.ofqj.gouv.qc.ca)

—  
Association Québec-France  
[www.quebecfrance.qc.ca](http://www.quebecfrance.qc.ca)

—  
Agence Québec Wallonie Bruxelles pour la jeunesse  
[www.aqwbj.org](http://www.aqwbj.org)

—  
Secrétariat à l'aide internationale  
[www.quebecsansfrontieres.com](http://www.quebecsansfrontieres.com)

—  
Cercle québécois des affaires internationales  
[www.lecercle.qc.ca](http://www.lecercle.qc.ca)

—  
Voluntary co-operant training program  
Cégep de Rivière-du-Loup  
[www.cegep-rdl.qc.ca/coopran/coop.htm](http://www.cegep-rdl.qc.ca/coopran/coop.htm)

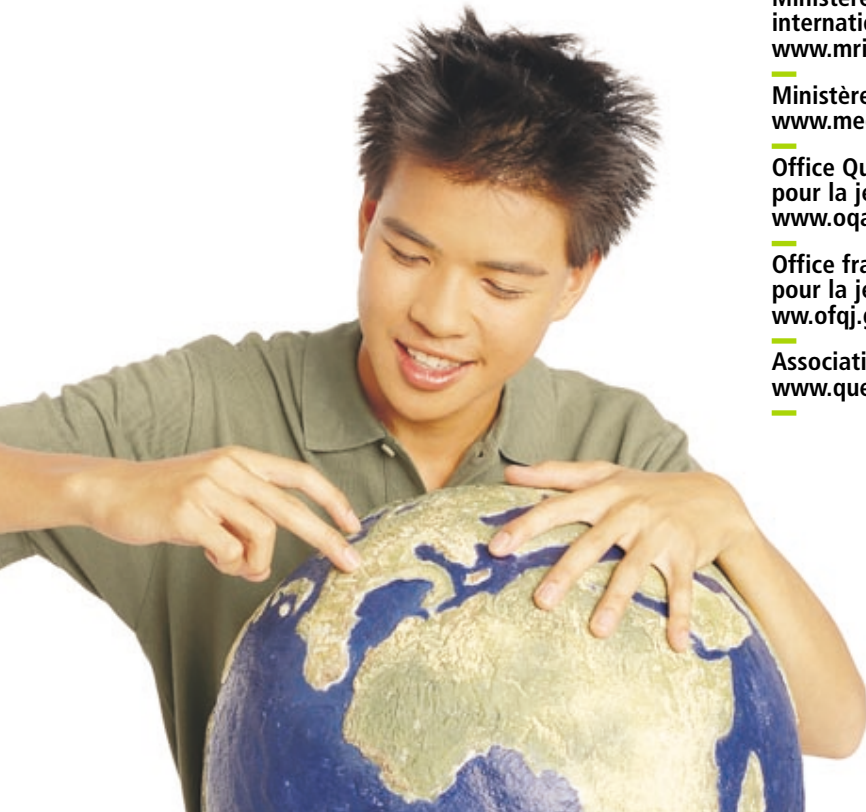
—  
Oxfam-Québec  
[www.oxfam.qc.ca](http://www.oxfam.qc.ca)

—  
Horizon  
[www.horizoncosmopolite.com](http://www.horizoncosmopolite.com)

—  
Stagiaires sans frontière  
[www.guidesulyse.com/cc/stagiaires.htm](http://www.guidesulyse.com/cc/stagiaires.htm)

—  
Practical training outside Québec in the scientific and technical communications field

—  
Ministère de la Culture et des Communications  
[www.mcc.gouv.qc.ca](http://www.mcc.gouv.qc.ca)



Thanks to a sum of **\$40 million, Fonds étudiant solidarité travail** makes it possible to offer students practical training periods in various non-profit organizations, unions and cooperatives.

There are several ways of making a contribution to society and learning how democratic institutions function. A case in point is the *Parlement étudiant du Québec* which offers 125 young people from all regions of Québec a unique experience by allowing them to explore the work of a Member of the National Assembly.

# Social commitment and community involvement

## I want to get involved in my community. Who can I contact?

There are plenty of possibilities if you want to get involved. Whether it is in your neighborhood or at the other end of the world, there are agencies working in fields that interest you.

Secrétariat à la jeunesse  
1-800-463-5306  
[www.jeunes.gouv.qc.ca](http://www.jeunes.gouv.qc.ca)

Conseil permanent de la jeunesse  
[www.cpj.gouv.qc.ca](http://www.cpj.gouv.qc.ca)

Amnesty International  
1-800-565-9766  
[www.amnistie.qc.ca](http://www.amnistie.qc.ca)

Parlement étudiant  
[www.peq.org](http://www.peq.org)

Red Cross  
[www.redcross.ca](http://www.redcross.ca)

UNICEF  
[www.unicef.ca](http://www.unicef.ca)

Greenpeace  
[www.greenpeace.ca](http://www.greenpeace.ca)

## I want to do volunteer work. Where might my services be needed?

There are so many needs! Depending on your interests, contact schools, youth centres, hospitals or centres that help immigrants become integrated. Consult the *Répertoire des organismes communautaires* (directory of community organizations) where you will find numerous possibilities in several fields.

Ministère de l'Emploi et de la Solidarité sociale  
Répertoire des organismes communautaires  
1-888-643-4721  
[www.mess.gouv.qc.ca](http://www.mess.gouv.qc.ca)

Become a volunteer with Tel-Aide  
[www.telaide.qc.ca](http://www.telaide.qc.ca)  
[telaide@clic.net](mailto:telaide@clic.net)

Association des Grands Frères et Grandes Soeurs du Québec  
1-800-661-4252  
[www.gfgs.qc.ca](http://www.gfgs.qc.ca)

## A friend of mine mentioned the Jeunes volontaires (Young volunteers) program. What's it all about?

If you are between the age of 16 and 29 and you are not working or studying full-time, you could - either alone or with six other friends - carry out a project lasting a maximum of 52 weeks. This would involve becoming associated with an organization that agrees to help you on a volunteer basis. The Local Employment Centre (CLE) in your region will be able to advise you, and you could receive an employee assistance allowance and an operating budget. Contact your local CLE.

Ministère de l'Emploi et de la Solidarité sociale  
1-888-643-4721  
[www.mess.gouv.qc.ca](http://www.mess.gouv.qc.ca)

## How can I do my part to contribute to a better society?

By not focusing solely on your interests, by doing your part as a citizen (remember that you vote!) on behalf of democracy, justice and a fairer society. You will not have to look very far as there are plenty of needs in your community!

Secrétariat à la jeunesse  
1-800-463-5306  
[www.jeunes.gouv.qc.ca](http://www.jeunes.gouv.qc.ca)

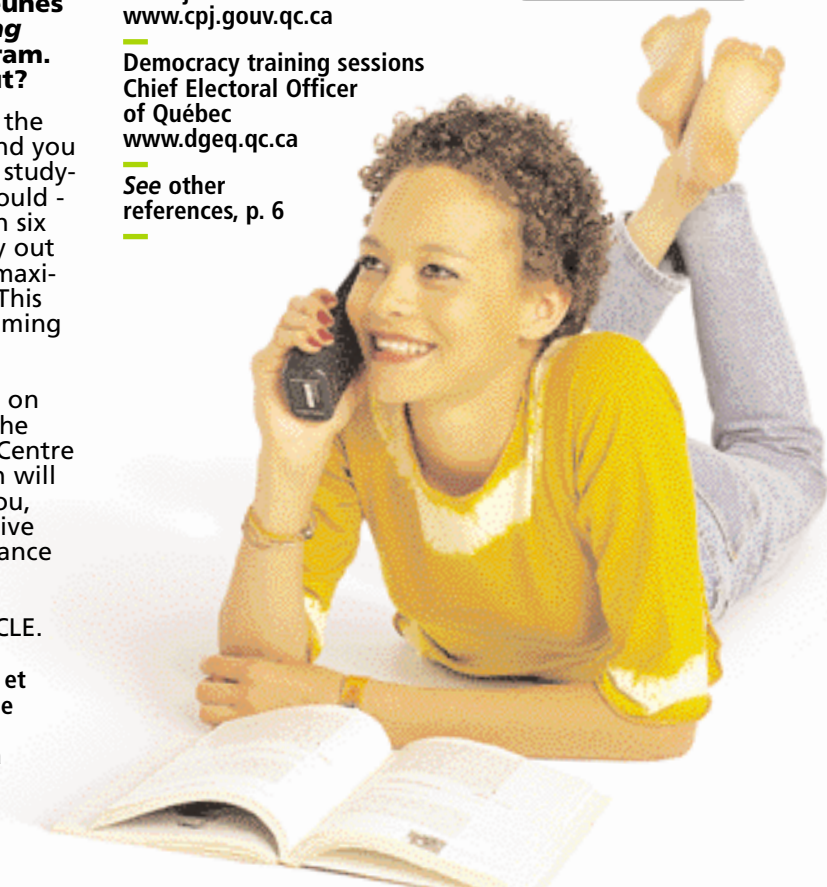
Conseil permanent de la jeunesse  
[www.cpj.gouv.qc.ca](http://www.cpj.gouv.qc.ca)

Democracy training sessions  
Chief Electoral Officer of Québec  
[www.dgeq.qc.ca](http://www.dgeq.qc.ca)

See other references, p. 6



With a budget of close to **\$2.3 million** spread out over three years, **Regional youth forums** will offer various information and referral services in conjunction with the organizations of their region and government programs intended for young people.



# At your service! Youth

## Plan d'action jeunesse (Youth Action Plan) New investments, 2002-2005

# \$254 million

### Why the need for a youth policy in Québec?

To **promote** a greater openness towards young people in order to ensure the progress and vitality of Québec society and to allow young people to make their contribution starting right away.

To **ensure** the development of the full potential of young people so that all can benefit from conditions conducive to their self-fulfillment.

To **facilitate** access to the work market and to improve the quality of professional life so that young people can achieve their vocational goals and actively participate in the renewal of Québec society.

To **foster** a feeling of belonging so that young people can find self-fulfillment in their living environment and contribute to opening Québec society to the world and cultural diversity.

### Cost of educating graduates per person

Level of studies	Government investment to educate graduates	Average length of studies
High school	\$87,120	11.2 years
Pre-university CÉGEP	\$112,403	13.6 years
Vocational CÉGEP	\$141,521	15 years
University: Bachelor's level	\$171,712	17 years

### Tuition fees

Full-time student at the Bachelor's level, average in 2001-2002

- In Québec: **\$1,691**
- Rest of Canada: **\$4,009**

Total outlays for education in 2000-2001: **\$16.2 billion.**

### How many young people are there in Québec?

**977,822** young people between the age of 15 and 24, namely **19.74%** of the entire population.

Following the **Sommet du Québec et de la jeunesse**, February 2000:

- 90 measures
- Close to **\$2.4 billion.**

This amount is over and above all the investments in health, social services, education and other sectors.

*Aussi disponible en version française*  
*Also available in Braille*  
**1-800-363-1363**

Source: Institut de la statistique du Québec, July 1, 2001, Secrétariat à la jeunesse, ministère de l'Éducation, ministère de la Santé et des Services sociaux.

