

**L'Hirondelle** is funded by Centraide of Greater Montreal and the various levels of government.

We help new arrival to find a place to live, to familiarize themselves with Quebec society, to find a job commensurate with their qualifications and experience, and to fully participate in the life of their new community.

L'Hirondelle also promotes cross-cultural interaction to develop bonds between newcomers and Quebecers.

Over the past 25 years, we have developed a wide range of quality services and helped thousands of immigrants and refugees to integrate into Quebec society. We have accomplished this thanks to the support and collaboration of our social partners, who include private sector, public sector and community-based organizations as well as many individual citizens of different origins.

### **You too can support l'Hirondelle, by:**

- ✓ raising awareness of our mission
- ✓ making a donation
- ✓ becoming a supporting member...

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**Get involved!  
Give us a call at:  
(514) 281-2038**

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## **CLIENTELE**

Immigrants and refugees of all origins

## **LANGUAGES**

- ✓ French
- ✓ English
- ✓ Spanish
- ✓ Czech
- ✓ Russian
- ✓ German
- ✓ Ukrainian

Occasional languages:  
Romanian, Arab, Slovak, Persian, Hebrew...

## **L'HIRONDELLE**

4652 Jeanne-Mance Street  
2<sup>nd</sup> and 3<sup>rd</sup> Floors  
Montreal, Quebec H2V 4J4  
[www.hirondelle.qc.ca](http://www.hirondelle.qc.ca)

Welcoming services:

**(514) 281-5696**

Job support and administration:

**(514) 281-2038**

Fax:

**(514) 281-5628**

Email:

[administration.hirondelle@qc.aira.com](mailto:administration.hirondelle@qc.aira.com)

### **OFFICE HOURS:**

Monday to Friday  
from 9 a.m. to 5 p.m.

(Summer hours: 8:30 a.m. to 4:30 p.m., from the Quebec National Holiday to Labour Day)



Mont-Royal Metro Station



Bus: 11 or 97 (heading west)

L'Hirondelle is supported by



**L'HIRONDELLE**



**Welcoming and**

**integration services**

**for immigrants**

**F**ounded in 1979, l'Hirondelle is a non-profit organization dedicated to welcoming new immigrants and refugees and to facilitating their integration into Quebec society. We provide a wide range of individual and group services throughout the Greater Montreal area.

**All our services are offered free of charge.**

## **WELCOMING AND INTEGRATION**

### **Individual welcoming and information services**

- ✓ information and orientation
- ✓ listening ear, counselling and social support
- ✓ help in finding a place to live
- ✓ translation
- ✓ help in completing immigration forms and other documents
- ✓ accompaniment and interpretation
- ✓ assistance in dealing with institutions
- ✓ emergency food assistance

### **Group adaptation and integration services**

- ✓ French courses
- ✓ information sessions on immigration, health, income, housing, etc.
- ✓ workshops on life in Quebec
- ✓ educational and cultural outings
- ✓ family vacations in a summer camp

## **CROSS-CULTURAL PROGRAMS**

### **“Amitié-Jumelage” program:**

- ✓ Immigrants are paired with established Quebecers to facilitate their social integration and introduce them to Quebec culture.

### **Mentoring program for young immigrants:**

- ✓ Young newcomers develop a personal development and career plan with the help of an established professional in their chosen field.

### **Pairing program for immigrant men and fathers:**

- ✓ Immigrant men and fathers are paired with Quebec men and fathers.

## **JOB SUPPORT**

### **Individual job-support services**

- ✓ review of educational and occupational background
- ✓ counselling and practical information
- ✓ preparation and writing of resume and covering letters
- ✓ preparation for job interviews
- ✓ referral to employment resources
- ✓ paid internships
- ✓ job and academic placement
- ✓ personalized follow-up
- ✓ job search room with computers

### **Group job-support services**

- ✓ efficient job search workshops
- ✓ information sessions on job market and available resources
- ✓ recognized occupational training programs

**Since 2000:  
Training program  
for nurses with  
foreign diplomas**