

LINKS TO SOME USEFUL INFORMATION REGARDING BENEFITS AND ASSISTANCE OR RESOURCES



CARRA

<http://www.retraitequebec.gouv.qc.ca/en/Pages/accueil.aspx>



Industrial Alliance

<http://ia.ca/individuals>



Parental Insurance Plan

http://www.rgap.gouv.qc.ca/Index_en.asp



Quebec Pension Plan

http://www.rrq.gouv.qc.ca/en/programmes/regime_rentes/Pages/regime_rentes.aspx



Starling : A mental Health Initiative

<https://www.starlingminds.com/>



Strathcona Credit Union

<https://www.desjardins.com/ca/index.jsp>



Pro Health – Employee Assistance Program

<https://votreconseillervirtuel.ca/en/>