

## LINKS TO SOME USEFUL INFORMATION REGARDING BENEFITS AND ASSISTANCE OR RESOURCES



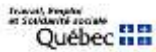
Retraite Québec (for RREGOP info)

<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](http://www.rgap.gouv.qc.ca/Index_en.asp)



Retraite Québec (for QPP info)

[http://www.rrq.gouv.qc.ca/en/programmes/regime\\_rentes/Pages/regime\\_rentes.aspx](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/>