

# ARE YOU AWAY FROM WORK TO SUPPORT A LOVED ONE OR A FRIEND?

- > ALLOWED DAYS OF ABSENCE
- > SPREADING HOURS
- > EMPLOYMENT INSURANCE BENEFITS FOR CAREGIVERS
- > SUPPORT FROM COMMUNITY ORGANIZATIONS



## NEED INFORMATION ?



514-524-1959

[www.ranq.qc.ca](http://www.ranq.qc.ca)



## SERVICE-CANADA

EMPLOYMENT INSURANCE BENEFIT

[www.canada.ca/fr/services/prestations/ae.html](http://www.canada.ca/fr/services/prestations/ae.html)

## CAREGIVER SUPPORT

1 855 852-7784

## COMMISSION DES NORMES, DE L'ÉQUITÉ

DE LA SANTÉ ET DE LA SÉCURITÉ AU

TRAVAIL (CNESST) OR LABOUR

STANDARDS COMMISSION

[www.cnt.gouv.qc.ca](http://www.cnt.gouv.qc.ca)