

We know what it is like!



WHO ARE WE?

Our bases

- * We're the only financial cooperative created by and for people like you, who share a passion for the energy and natural resources sector.
- * Caisse de l'Énergie et des Ressources naturelles has nearly 7, 000 members* across Quebec, most of whom work or study in the mining, metals, energy and forest products industries.
- * Our board members come from those same industries, and they understand your needs.
- * Our vast network across the energy and natural resources sector (consisting of employers, unions,

associations, government, non-profits and academic institutions) will quickly become a major asset for you in both your professional and personal life. Through this network, we provide support that goes beyond financial matters.

Our team

- * Because our team has first-hand knowledge of what it's like to work in the energy and natural resources sector, we can offer you support that's tailored to your individual needs.
- * Our mobile team is available to meet you in your workplace, at the caisse or at a Desjardins Business centre. Our team also offers phone or videoconference appointments, and you can always get in touch with us via text message.

Our priorities

- * We're committed to supporting postsecondary students, recent graduates and the entire natural resources community. That's why we've developed 2 scholarship programs to encourage students to graduate and start a career in energy and natural resources.
- * We use our [Community Development Fund](#), donations and sponsorships exclusively to support educational projects and key initiatives in the energy and natural resources sector.

We are more than just a financial institution. We're an integral part of your industry! We are the Caisse de l'Énergie et des Ressources naturelles!

EXCLUSIVE BENEFITS FOR ENERGY AND NATURAL RESOURCES SECTOR WORKERS AND PROFESSIONALS

- * Access to exclusive, competitive insurance offers from The Personal
- * Flexible arrangements, like payment deferrals during strikes**
- * Customized support that's tailored to your individual needs
- * Conferences by experts to help you reach your full career potential:
 - * Life in rural regions
 - * The challenge of being away from family for work
 - * Job fulfillment
- * Seminars, conferences and training programs on trends in the energy and natural resources sector

"Maybe you have a tough work schedule, and you have to be away from your family for work, we know what it is like. At Caisse de l'Énergie et des Ressources naturelles, we offer turnkey support tailored to your work reality. Come and meet us today."

Contact us

Appointments offered at the place and the time that you want, by phone or virtually.

Your caisse – just a phone call away | Toll-free: **1 888 627-7241** | SMS : **418 962-7241**
Business places : [Montréal](#) [Québec](#) [Sept-Îles](#) [Baie-Comeau](#)

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