

First Weeks Checklist

IMMEDIATE

- Apply for the provincial health coverage and card
- Apply for the Interim Federal Health (IFH) plan
- Apply for a Social Insurance Number (SIN)
- Apply for Child Tax Benefit (CCTB)
- Open a bank account
- Provide orientation

HEALTH

- Find a family doctor
- Complete vaccinations for children
- Find out about counselling and mental health services in the community

EDUCATION

- Explore public education options for children
- Contact school board to schedule an appointment for assessment
- Visit the local public library for academic support
- Schedule a meeting with the School Settlement Worker at the local school with the child and parents
- Review the guide to elementary/secondary education for newcomers
- Liaise with School Social Worker to obtain school supplies and subsidies, if applicable

EMPLOYMENT

- Visit the local settlement agency for job preparation courses
- Find out about relevant bridging courses
- Find out about professional/trade licensing requirements
- Learn about rights as an employee

DAILY LIFE

- Schedule an appointment at the local LINC assessment centre
- Sign up for a LINC/ESL course
- Apply for a driver's licence
- Find the local public library
- Find out where to shop
- Get maps of streets and public transportation routes
- Apply for a Permanent Resident Card (no fee within 180 days of arrival)

HOUSING

- Find a permanent place to live
- Learn about rights and obligations as a tenant

RECREATION

- Find the closest community centre and/or recreation centre
- Find out about available subsidies
- Enrol children in swimming classes