

Month 3 Checklist

Many SAHs check-in with both the newcomer(s) and the Constituent Group (CG) and/or co-sponsors three months after the newcomers have arrived in Canada. This can be done by phone, e-mail or in-person.

SAHs are recommended to check-in monthly throughout the sponsorship period. Alternatively, SAHs can check-in monthly up to the three month mark and then every three months thereafter. If your SAH decides to check in at the three month mark, the following are some of the questions that may be useful for the newcomer(s) and the Constituent Group (CG) and/or co-sponsors.

For the Newcomer(s)

Housing, Food and Finances

- Do the newcomer(s) have [adequate permanent housing](#) at this time?
- Do the newcomer(s) have adequate clothing, food, linens, household goods and furniture?
- Are the newcomer(s) receiving their monthly income regularly?
- Are the newcomer(s) now receiving the Canada Child Benefit (CCB)?
- Do the newcomer(s) know where to find foods they are familiar with at reasonable prices?
- Are the newcomer(s) using their bank account to pay for rent, groceries and other expenses?
- How is the newcomer(s) budget working for them? Do they have any questions about the budget?

Documents

- Have the newcomer(s) received their Social Insurance Number (SIN)?
- Have the newcomer(s) received their Permanent Resident (PR) cards?

Education

- Have the newcomer(s) registered all school age children for school and themselves for English or French language classes?
- How are the newcomer(s) settling in classes (school and language classes)?

Transportation

- Do the newcomer(s) know how to get around their town or city?

- If public transit is available in the town or city, do the newcomer(s) have monthly transit passes or do they know how to purchase transit passes?
- Have adequate transportation arrangements been made for the newcomer(s) if public transit is not available in the town or city?
- Do the newcomer(s) have the necessary information on how to get a driver's license, if needed?

Health

- Do the newcomer(s) have their provincial health cards?
- Have the newcomer(s) visited the necessary medical professionals, i.e. family doctor, dentist etc.?
- Do the newcomer(s) need counselling or any other mental health support?
- Have the newcomer(s) received the appropriate referrals or been given relevant information on how to access counselling or other mental health services?

Other Supports

- Have the newcomer(s) been in touch with their local settlement service providers or a settlement agency?
- Have the newcomer(s) expressed interest in attending/being involved in religious, ethno-cultural or community organizations?
- Do the newcomer(s) know how to contact the SAH, CG and/or co-sponsors when they have questions?
- Do the newcomer(s) feel comfortable contacting the SAH, CG and/or co-sponsors with questions?
- Have the newcomer(s) received assistance and support from the SAH, CG and/or co-sponsors when they need it?
- Do the newcomer(s) feel supported emotionally and morally by the SAH, CG and/or co-sponsors?
- Do all parties involved in the sponsorship, i.e. the SAH, CG and/or co-sponsors and the newcomer/s, feel like they can raise any concerns they may have with the another party?
- Are there any issues that the CG and/or co-sponsors and the newcomer(s) would like to talk about with the SAH?

Questions for the CG and/or Co-Sponsors

- How is the CG and/or co-sponsors finding the sponsorship?
- Are there any issues in the sponsorship that the CG and/or co-sponsors would like to talk about with the SAH?

- Does the Settlement Plan need to be adjusted? If so, how?

- Does the CG and/or co-sponsors need any support from the SAH?
- Do the CG and/or co-sponsors need any support, resources or training from the SAH or RSTP?
- Do the CG and/or co-sponsors know how to access further training and support if they need it?
- Are the CG and/or co-sponsors aware of community mediation services to help resolve conflict or disputes (in the event that any arise)?

Issues for Follow-Up

- Issues identified for follow-up at last check-in resolved?
- Any issues identified for follow up at next check-in?
