

First Weeks Checklist

IMMEDIATE

- Apply for the Health Card (OHIP) at a full-service ServiceOntario location
- Apply for the Interim Federal Health (IFH) coverage at the local CIC office
- Apply for a Social Insurance Number (SIN) at a local ServiceCanada location
- Apply for Canada Child Tax Benefit (CCTB) (www.cra-arc.gc.ca/cctb/)
- Open a bank account
- Provide orientation (especially on managing money, using public transit, use of 911, what to expect in next couple of weeks, where to buy groceries, Canadian currency, etc.)

HEALTH

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

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 needed

EMPLOYMENT

- Visit the local settlement agency for job preparation courses and employment counselling
- Find out about relevant bridging courses and vocational training opportunities
- Find out about professional licensing requirements
- Learn about rights as an employee, minimum wage, etc.

LANGUAGE (if needed)

- Schedule an appointment at the local LINC assessment centre (more info: <http://bit.ly/1wuPWiz>)
- Sign up for a LINC/ESL course
- Look into English conversation circles

DAILY LIFE

- Set-up a phone plan and internet (if needed)
- Apply for a driver's licence
- Apply for an Ontario Photo ID card (www.ontario.ca/government/ontario-photo-card)
- Visit the local public library
- Find out where to shop
- Get maps of streets and public transportation routes
- Explore computer class options, if needed

- Find the closest community centre and/or recreation centre
- Find out about available recreational subsidies
- Enrol children in swimming classes
- Explore options to build credit history at local bank (no/low fee options for newcomers)
- Talk about the effects of culture shock, differences in Canadian culture/customs and those of the country of origin, dreams and wishes for their future in Canada
- Show Canada's nature and beauty, and outdoors activities (seasonal)

HOUSING

- Find a permanent place to live (prepare letters of support, if needed)
- Learn about rights and obligations as a tenant