



Your first few weeks in Canada

[] Find a place to live and establish a mailing address.

There are many options for those who want to rent or purchase a home.

[] Enroll in an English class at South Eastman English and Literacy Services (SEELS).

SEELS offers free English classes to newcomers. They're located at 430 – 3rd St. Steinbach, in the basement of Grace Church. Contact information: (204) 326-4225 and seels@mts.net. Website: <http://www.englishandliteracy.ca>

[] Follow-up on your Permanent Resident card.

The Permanent Resident (PR) Card program issues PR Cards to permanent residents of Canada, who must present theirs when travelling by commercial carrier (airplane, boat, bus or train) as proof of their status in Canada. Visit their website: <http://www.cic.gc.ca/english/information/pr-card/index.asp>

[] Apply for your Social Insurance Number and a SIN card.

The Social Insurance Number (SIN) is a nine-digit number that you need to work in Canada or to have access to government programs and benefits. Go to Service Canada or talk to one of our Settlement Workers for assistance.

[] Submit a Manitoba Health Card application form.

Forms are available at Eastman Immigrant Services and are free of charge. Manitoba Health issues a card (or registration certificate) to all Manitoba residents. Have this with you at all times. Present your MB health card to any hospital or healthcare center to avail of free doctor's consultations and medical treatments.

[] Submit a Canada Child Tax Benefit form.

Forms are available at Eastman Immigrant Services and are free of charge. The Canada Child Tax Benefit (CCTB) is a tax-free monthly payment made to eligible families to help them with the cost of raising children under age 18.

[] Enroll your children in school.

Contact Eastman Immigrant Services at 346-6609 if you have a child under age 18.

[] Locate your local hospital and healthcare centres.

Visit www.sehealth.mb.ca to know which hospital and healthcare centers are nearest you.

[] Open a bank account and establish a credit line.

Check with your local bank or financial institution for details.

[] Learn how to drive and get your Manitoba driver's license.

Call Manitoba Public Insurance at 1-800-665-2410 for driving school recommendations and other relevant information. Address: 165 Park Road West Unit 2, Clearspring Village Mall. Newcomers have several insurance agencies in the Southeast region to choose from.

[] Find a daycare or pre-school program for your kids.

[] Set up telephone and Internet service.

Other essentials

[] **Find a family physician.**

[] **Submit a GST/HST Credit application form.**

The GST/HST Credit program issues payments to Canadians with low and modest incomes to help offset all or part of the GST/HST they pay on the purchase of goods and services. Forms are available at Eastman Immigrant Services and are free of charge.

[] **Fill out a change of address form** (if you recently changed your mailing address).

[] **Locate the public library.**

[] **Find a dentist.**

[] **Visit Service Canada.**

Located at 321 Main Street in Steinbach, Service Canada offers access to a wide range of Government of Canada programs and services. Website: <http://www.servicecanada.gc.ca/eng/home.shtml>

[] **Visit Employment Manitoba.**

Located at 321 Main Street in Steinbach (in the Service Canada centre), Employment Manitoba provides employment-related services. Website: <http://www.gov.mb.ca/employment/index.html>

[] **Get a Canadian Language Benchmark assessment at SEELS.**

The Canadian Language Benchmarks (CLB) are the national standard used in Canada for describing, measuring, and recognizing the English language proficiency of adult immigrants and prospective immigrants for living and working in Canada. Website: <http://www.englishandliteracy.ca>

[] **Enroll your kids in fun activities.**

Speak to one of our Settlement Workers for suggestions.

[] **Know the location and contact information of the Royal Canadian Mounted Police station (RCMP).**

100 PTH 12 North, Steinbach, MB R5G 1Y1 - Ph: (204) 326-4452 - Fax: (204) 326-3926

[] **Know what to do in case of a fire.**

Dial **911** in case of a fire or other life-threatening emergencies.

Eastman Immigrant Services can also ...

- *Provide you with notary services*
- *Assist you with renewing your permanent resident card or updating your immigrant status*
- *Refer you to credential assessment agencies*
- *Guide you through career recognition*
- *Assist you with preparing your resume and provide job recommendations*
- *Acquaint you with your community through regular information sessions*
- *Help you meet great people through community activities and integration programs*
- *Help you improve your English skills*
- *Provide a settlement partner or a language partner*
- *Lend you books from our lending library*
- *Assist you with other settlement issues and immigration concerns*