

# Newcomers to Canada CHECKLIST

Please check off what information you need to make your stay in Vermilion more successful.  
We will give you information or have a volunteer help you.

<b>HOUSING</b>	<b>Yes, I need information</b>
• Apartments or rental houses	
• Emergency shelters	
• Buying a house	
• Problems with landlords	
• Cleaning	
<b>FOOD</b>	<b>Yes, I need information</b>
• Shopping for groceries	
• Food Boxes (low fee; vegetables/fruit)	
• Emergency Food Bank (no fee)	
• Group Cooking (low income, 5 meals)	
<b>SOCIAL</b>	<b>Yes, I need information</b>
• Improving English language	
• Finding friends	
• Canadian cultural and customs	
• Counseling for home, school or work situations	
• Things to do for fun	
<b>JOBS and EDUCATION</b>	<b>Yes, I need information</b>
• Finding a job or a better job	
• Human rights and employment	
• Going to college	
• Improving your reading, writing and math skills	
• Adult classes for learning	
<b>MEDICAL</b>	<b>Yes, I need information</b>
• Doctors, dentists, eye doctors, other?	
• Baby care: immunizations, sickness	
• Hospital, 911, Ambulance, Emergency Care	
<b>TOWN</b>	<b>Yes, I need information</b>
• Banking	
• Churches	
• Emergency situations	
• Vehicle or driver's license	
• Buses, taxis	
• Shopping for clothes or household needs	
• Support programs (disabilities, grief, victim)	
• Tax and Government	
<b>FAMILY</b>	<b>Yes, I need information</b>
• Immigration or sponsorship	
• Schools and teachers	
• Daycare or babysitting	
• Clubs and activities	
• Family events	
• Parenting information and support	
• Funding for children's activities	