

Kings, Hants, Annapolis & Digby regions **Principal Client Name: Needs Assessment Session Date: Principal Client email: Intake Counsellor: Eligibility Documents: Intake Counsellor email: Completed Job Offer Form** Yes No **Intake Counsellor phone: Confirmation of Designation** Yes No **Employer Business Name: Contact person: SETTLEMENT PRIORITIES Principal Client:** Spouse: Nitish Sahni **Spouse Signature Dependents:** Signed: kashish kumari

Employer



Settlement Orientation:

General Information

Useful Links:

- Directory of Agencies, etc.: http://valleytourism.ca/
- Information & Referrals Nova Scotia: http://www.ns.211.ca/
- First Steps: https://liveinnovascotia.com/
- Social Insurance Number: https://www.canada.ca/en/employment-social-development/services/sin.html
- Temporary Accommodation: http://www.booking.com/region/ca/nova-scotia.html
- Taxis (Cabs): https://downtownhalifax.ca/transit-taxis
- Canada Post Offices: https://www.canadapost.ca/web/en/home.page
- Nova Scotia News: https://novascotia.ca/
- General information about NS: https://beta.novascotia.ca/
- Nova Scotia Government website: https://novascotia.ca/government/

Additional Support Specifically for Immigrants

YMCA: https://www.yishfx.ca/

Transportation

Car Rentals-Halifax International Airport: https://halifaxstanfield.ca/parking-transport/rental-cars/

Taxis companies- Halifax: https://downtownhalifax.ca/transit-taxis

Taxi rates and services to various areas in NS: https://www.taxifarefinder.com/main.php?city=Halifax Access Nova Scotia (Driving License and registration): https://novascotia.ca/driving-and-road-safety/

Health

- Medical Service Insurance(MSI): http://novascotia.ca/dhw/MSI/
- Family Pharmacare Program: https://novascotia.ca/dhw/pharmacare/contact.asp
- General Information about Canadian Healthcare System: https://www.canada.ca/en/health-canada/topics/health-care-systems.html
- To find a Family Physician: https://novascotia.ca/dhw/physicians/

Until you find your own physician, you can...

- YourHealthNS: https://www.yourhealthns.ca/services
- Access 24 hours registered nurse line, phone#811 http://811.novascotia.ca/
- Access Walk in Clinics: https://ns.skipthewaitingroom.com/
- Nova Scotia Hospitals: https://www.nshealth.ca/locations-and-facilities

Kings County Walk-in Clinics

 Eastern Kings Memorial Community Health Centre 23 Earnscliffe Avenue, Wolfville, NS Tel: (902) 542-0528



• Western Kings Memorial Health Centre

121 Orchard Street, RR3, P.O. Box 490 Berwick, NS, BOP 1E0

Tel: (902) 538-3111

Government & Finance

- Revenue Canada: Income Tax, HST Credit, Canada Child Benefit: http://www.cra-arc.gc.ca/menu-eng.html
- Exchange Foreign Money: http://www.cic.gc.ca/english/newcomers/after-money.asp

Bank Account:

List of banks and credit unions in Canada: https://en.wikipedia.org/wiki/List of banks and credit unions in Canada

There are five large Canadian chartered banks:

- Scotiabank www.scotiabank.com
- The Royal Bank of Canada (RBC) www.rbc.com
- Canadian Imperial Bank of Commerce (CIBC) <u>www.cibc.com</u>
- TD Canada Trust www.tdcanadatrust.com
- Bank of Montreal (BMO) www.bmo.com

There are also foreign banks, credit unions and savings banks.

• Credit Unions: https://www.ccua.com

Insurance

- Get Auto Insurance Quotes in Nova Scotia https://www.surex.com/Insurance/auto-car/halifax
- Insurance Brokers Association Of Nova Scotia: http://www.ibans.com/brokersmap.html

Housing & Accommodations

- Housing for Newcomers- Buying and Renting: https://housing.novascotia.ca/
- Residential Tenancies Act- Nova Scotia: https://beta.novascotia.ca/programs-and-services/residential-tenancies-program
- Renting a home in Canada: https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/new-life-canada/housing/renting.html

Accommodations:

- Home away vacation rentals Houses , cottages and more: https://www.vrbo.com/en-ca/
- Places to Stay: http://www.novascotia.com/places-to-stay/accommodations
- Trip Advisor Canada (Across Canada-hotels, motels, restaurants and more): http://www.tripadvisor.ca/

Where to search for permanent housing:

- The Saltwire https://www.saltwire.com/nova-scotia/
- Kijiji (Across Canada)-renting and buying: http://www.kijiji.ca/b-apartments-condos/nova-scotia/c37l9002
- Universal Reality Group (Halifax, NS)- rental: https://universalgroup.ca/commercial/spring-garden-place?BonshawCPC

Utilities - Nova Scotia Power: http://www.nspower.ca/en/home/default.aspx



Childcare, Primary & Secondary Education

- Guide to Nova Scotia Schools: https://novascotiaimmigration.com/wp-content/uploads/2013/03/Newcomers-Guide.pdf
- NS Child Care Directory : http://www.ednet.ns.ca/earlyyears/families/
- Child Care Subsidy: https://www.ednet.ns.ca/earlyyears/families/childcaresubsidy.shtml
- The public school boards in your region are:
 - West Hants, Kings, Annapolis Counties Annapolis Valley Regional School Board www.avrsb.ca
 - East Hants County Chignecto-Central Regional School Board www.ccrsb.ca
 - Digby County Tri-County School Board www.tcrsb.ca

Recreation & Community Resources

Communities:

- Annapolis Valley Nova Scotia: http://www.valleytourism.ca/
- Digby Nova Scotia: http://www.digby.ca/

Libraries:

- Kings, West Hants, Annapolis Counties Annapolis Valley Public Library <u>www.valleylibrary.ca</u>, locations: Annapolis Royal, Berwick, Bridgetown, Hantsport, Kentville, Kingston, Lawrencetown, Middleton, Port Williams, Wolfville and Windsor
- East Hants County Colchester–East Hants Public Library http://cehlibrary.ednet.ns.ca, locations: Elmsdale, Mount Uniacke
- Digby County Western Counties Regional Libraries <u>www.westerncounties.ca</u>, locations: Digby, Westport, Weymouth, Meteghan (Clare)

Recreation:

- Canada Travel Guide-Things to do for fun: https://www.novascotia.com/trip-ideas/itineraries?gclid=EAIaIQobChMI4_zljpPw9QIVy8mUCR1QlwR0EAAYASAAEgJKt_D_BwE
- Visit Nova Scotia and Explore: https://www.novascotia.com/trip-ideas
- Parks in Nova Scotia: https://parks.novascotia.ca/content/parks-by-region
- Gardens in Nova Scotia: http://www.gardenvisit.com/gardens/in/canada/nova_scotia
- Beaches in Nova Scotia: http://nsbeaches.com/

The Law

- Nova Scotia Legal Aid Services: https://www.nslegalaid.ca/contact-us/
- Legal Information Society of NS: https://www.legalinfo.org/i-have-a-legal-question/lawyers-legal-help-in-nova-scotia

Employment & Career Supports:

Language Assessment

Language Assessment Services of Nova Scotia: https://www.learnenglishns.org/

English Language Training

Find a language school in your area: http://www.languagescanada.ca/en



Post-Secondary Education

- Live and Study in Nova Scotia: http://studynovascotia.ca
- School Boards and Public Schools- Nova Scotia: https://www.ednet.ns.ca/contact/schools.shtml
- Directory of Canadian colleges and universities: https://univcan.ca/universities/member-universities/

Job Search & Job Maintenance Supports

- Finding a Job: "Work Here" info and job-search portals: https://liveinnovascotia.com/finding-job
- National Occupational Classification https://noc.esdc.gc.ca/Structure/Noc2021
- Regulated and Non-Regulated Occupations https://www.cicic.ca/928/find_out_if_your_occupation_is_regulated_or_not.canada

Service Providing Organizations in Nova Scotia

Antigonish Women's Resource Centre & Sexual Assault Service Association

Program Name: Antigonish Guysborough Immigrant Support Program (AGISP)

219 Main Street

Antigonish, NS, B2G 1V8

Services available in Antigonish and Guysborough counties

Telephone #: 902-318-3985 Email: jubanti@awrcsasa.ca Website: www.awrcsasa.ca

Services provided:

Advertising on the AIP

Partnership with Government organization working directly with employers such as the Chamber of Commerce, Atlantic

Canada Opportunities Agency etc.

Information & Support with navigating the NSOI website

Referrals to the right services as per the expressed need

Information sessions for community, potential candidates, employers and students.





• Fédération acadienne de la Nouvelle-Écosse (FANE)

54 Queen St

Dartmouth, NS, B2Y 1G3

Services available in Atlantic Canada

Telephone #: 902-433-0065

Email: avantarrivee@immigrationfrancophonene.ca

Website: https://www.acadiene.ca/

Services provided:

Settlement

- Needs assessment and settlement plan
- Information and orientation sessions
- Referrals and individual pre-arrival follow-up

Community connections

- Community services discovery
- Mentorship and support programs
- Information on Atlantic Acadian and Francophone communities

Support in seeking employment

- Employment needs assessment
- Information on the Canadian labour market
- Workshops on tools and strategies for employment search
- Individual pre-arrival follow-up
- Cape Breton Island Centre for Immigration (CBICI)

319 Charlotte St

Sydney, NS, B1P 1E1

Services available in Cape Breton Island

Telephone #: 902-270-5772
Email: nparuch@newdawn.ca
Website: https://cbici.ca/

Services provided: Needs Assessments Case Management

Referrals: language classes, license, health services, employment readiness (connections and support) community

services/organizations

Orientation to public services: school, hospitals, public transportation

Workshops and information sessions Community outreach and education





• YMCA Centre for Immigrant Programs

104-7071 Bayers Road Halifax, NS, B3L 2C2

Services available in HRM and province wide in NS

Telephone #: 902-457-9622 Email: <u>yis@halifax.ymca.ca</u> Website: https://ymcahfx.ca/

Services provided:

Intake and Needs Assessment AIP

AIP Settlement Plans Settlement Services

On-site School Settlement

Academic Support

Language Learning

Active Living

Youth Outreach

Community Connections

Day trips and Outings

Employment and Education consulting

Provincial Wide Settlement Services

Yreach program—settlement and language services to newcomers outside of HRM

Immigrant Services Association of Nova Scotia

6960 Mumford Road, Suite 2120

Halifax, NS, B3L 4P1

Services available in HRM and province wide in NS

Telephone #: 902-423-3607

Email: intake@isans.ca

Website: http://www.isans.ca/

Services provided:

Intake and Needs Assessment AIP

Settlement Plans

English Language Training

Employment Support (Pre-arrival and Post-arrival)

Business Support (Pre-arrival and Post-arrival)

Employer Support Services

Community Integration Services