

CAPITAL REGION WELCOME GUIDE

FOSTERING WELCOMING COMMUNITIES.





ACKNOWLEDGEMENTS

We respectfully acknowledge that the Capital Region stands on the unsundered and unceded Wolastoqey land.

The lands of the Wabanaki people were recognized in a series of Peace and Friendship Treaties to establish an ongoing relationship of peace, friendship and mutual respect between equal nations.

The river that runs through our region is known as the Wolastoq, along which live the Wolastoqiyik, “the people of the beautiful and bountiful river.”

This welcome guide would not have been possible without support from the Capital Region Integration Network (CRIN).

The Capital Region Integration Network is one of over 80 Local Immigration Partnerships (LIPs) across Canada. These are community-based partnerships working to address the needs of newcomers and build more welcoming, inclusive communities.

To learn more, visit the [CRIN website](#).

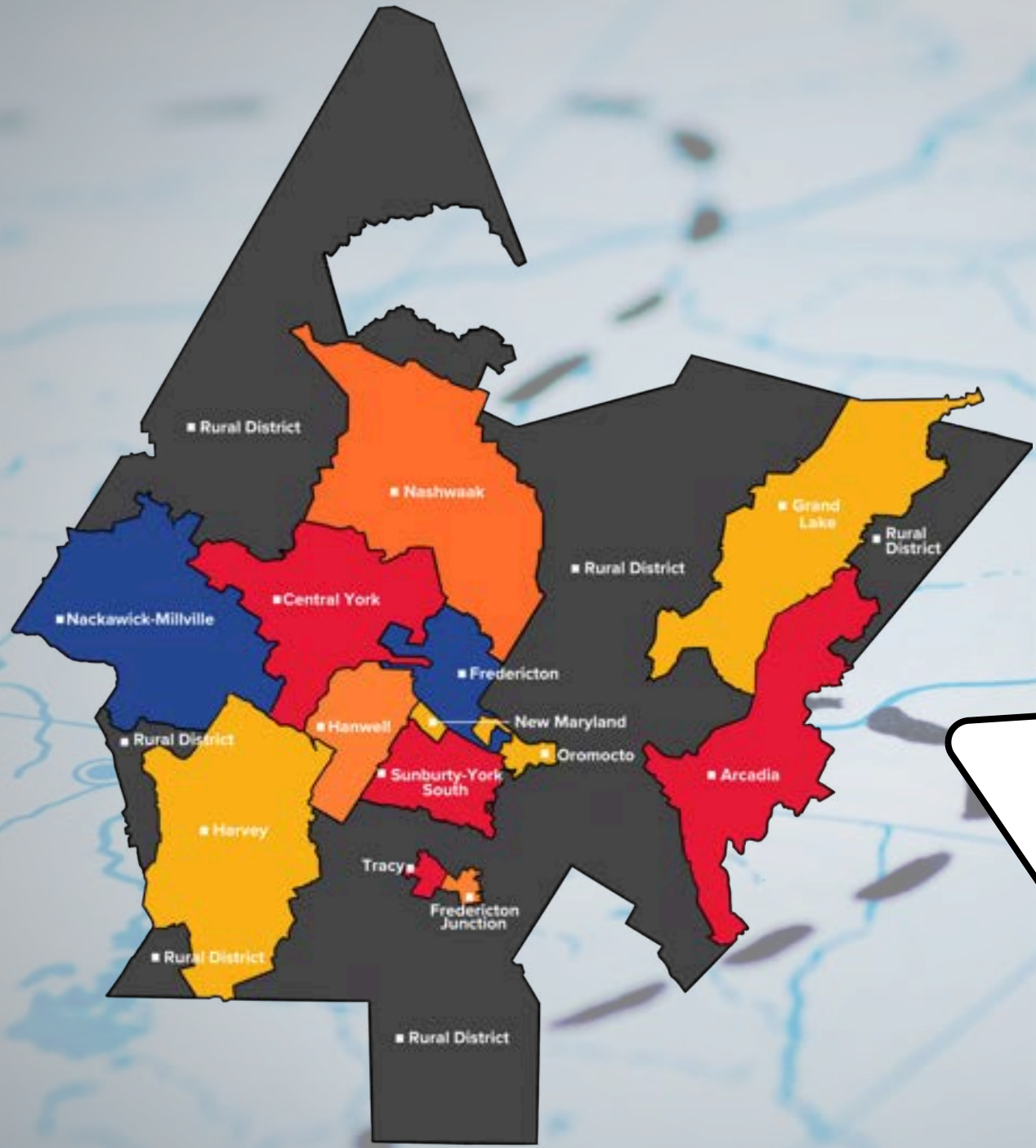
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Immigration, Refugees
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Immigration, Réfugiés
et Citoyenneté Canada

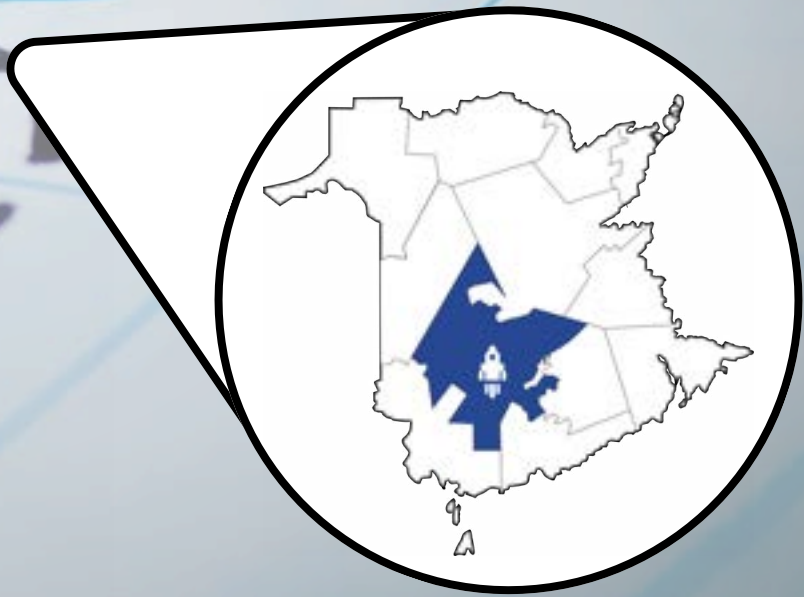




Welcome to the Capital Region in the center of the beautiful province of New Brunswick in Eastern Canada. With its effortless balance of urban lifestyle and rural charm, the Capital Region offers a rich cultural heritage, thriving economy, a strong sense of community, and has everything that you need to create a new home.

Explore Ignite's ["Our Region" page](#) to discover a snapshot of each entity within the Capital Region.

This guide will help you navigate the organizations, support networks, and resources that you need as a newcomer looking to settle in the region.





WELCOME TO THE CAPITAL REGION

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CHAPTER 01

IMMIGRATION & SETTLEMENT

IMMIGRATION & SETTLEMENT

FEATURED IN THIS CHAPTER:

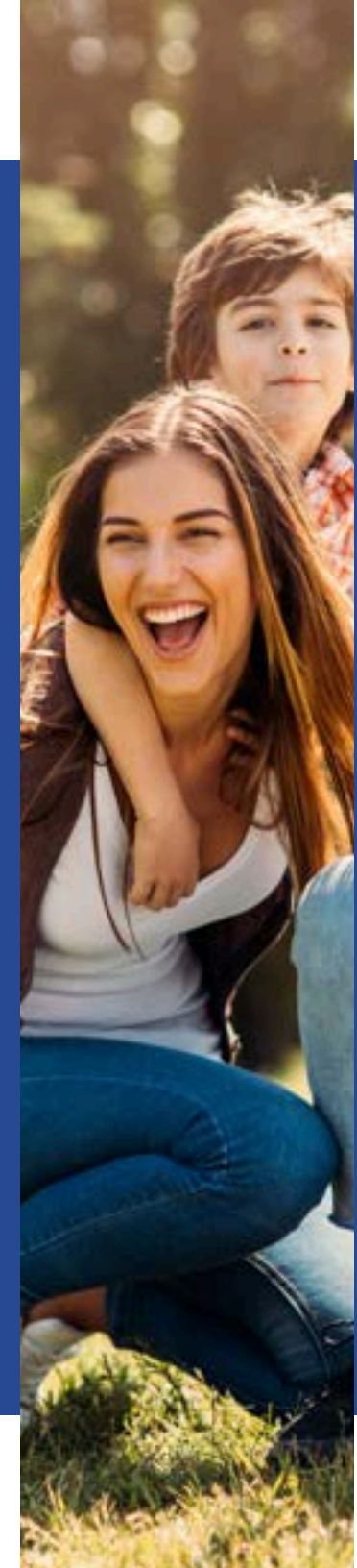
Pre-arrival Document Checklist

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CHAPTER 01



INTRODUCTION

Moving to a new country can be challenging and nerve-racking. Furthermore, navigating the day-to-day in a new country can be confusing and overwhelming. However, there are several resources across the Capital Region that aim to help newcomers, and people who are thinking of moving to the region. The following is a compilation of resources so that you can access the varied offerings that will aid in the process of settling in the Capital Region. This includes various organizations and programs that help newcomers at no cost, so they can successfully navigate the different processes that are taken to settle in a new region and country.

Note: The types of services and programming might differ from one organization to another, and there might be different requirements (e.g., language level or immigration status) for certain offerings.



DOCUMENT CHECKLIST: PRE-ARRIVAL TO CANADA



In this section, you can see two different lists of documents that you will need to bring before you arrive in Canada. The ‘Essential Document List’ contains the most important documents that newcomers must keep in mind while preparing themselves to travel.

The second list, ‘Other Documents’ contains documents you will need to bring depending on your circumstances. Take into account that if you are arriving with your family, you need to bring the corresponding documentation, if it applies, for all your family members.

- Have your important documents translated into English or French before you arrive.
- Keep your documents with you at all times (don’t pack them in your luggage).
- For documents on the ‘Other Documents’ list, it’s recommended to make photocopies of these in case the originals get lost. Keep the copies in a separate place from the originals.

For further information, please refer to the government’s [web page](#).

PRE-ARRIVAL CHECKLISTS

ESSENTIAL DOCUMENTS

- Canadian Immigrant Visa (if applicable)
- Disclosure of Funds (if carrying more than CAN \$10,000)
- Health Documentation (immunization/vaccination records)
- Confirmation of Permanent Residence for each member traveling with you
- Valid passport or travel document for each family member traveling with you
- Detailed list of personal belongings you are bringing (2 copies)
- A list of items arriving later and their money value (2 copies)

OTHER DOCUMENTS

- Marriage Certificate
- Drivers License including: an international driving permit, reference from your auto insurance
- Adoption, separation, or divorce papers (if applicable)
- Birth certificates and baptismal certificates
- Letters of references from former employers
- Trade or professional certificates and licenses
- School records, diplomas, or degrees for each family member traveling with you
- List of your educational and professional qualifications
- Car registration documents (if you're importing a motor vehicle into Canada)
- Customs declaration card

PRE-ARRIVAL SERVICES

The Government of Canada provides many services directed to newcomers who recently came or are preparing to come to Canada. These services aid newcomers in the following ways:

- Preparing to move to Canada.
- Getting education, work experience, and credentials recognized in Canada.
- Connecting with employers to find a job.
- Connect with free services after you arrive in Canada.

All these services are available to all eligible newcomers at no cost, and they can get them online or in-person if they are already in Canada.

Eligible newcomers consist of people who:

- Were approved on their permanent residence application.
- Currently outside of Canada.
- Holds one of these documents:
 - a letter from the government saying you can get pre-arrival services
 - a confirmation of permanent residence letter
 - a passport request letter that indicates permanent resident visa issuance
 - a letter from the government asking for your medical exam results
 - a single-entry permanent resident visa
 - a letter from the government letting you know you can pick up your permanent resident visa

If you are coming to the country for a short period of time, you are not eligible for pre-arrival services. Temporary residents visiting, studying or working in Canada, will not be eligible for these services.



PREPARING TO LIVE IN CANADA: PRE-ARRIVAL SERVICES

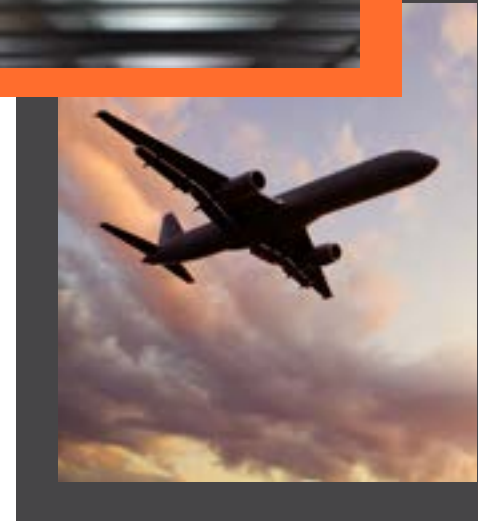
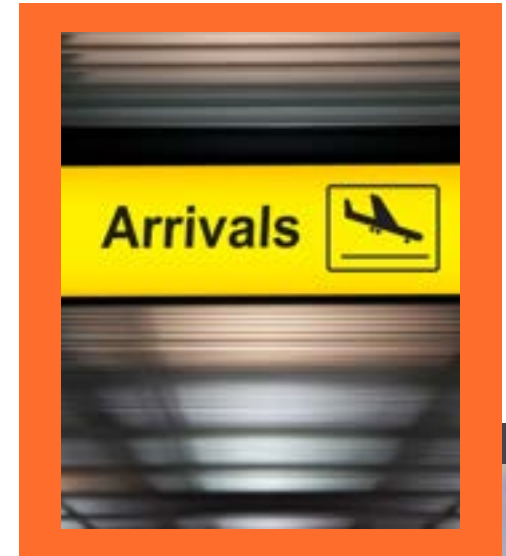
The Pre-Arrival Canada Program provides information on different pre-arrival organizations that assess newcomers' needs and curate a personalized plan to help them settle in Canada and live in a new country. They focus on the following areas:

- Employment Services
- Family and Youth Services
- Settlement Information
- Information on Life in Canada
- Connections with Mentors

Other pre-arrival organizations can provide information and services:

- To plan your move to Canada.
- For Francophone communities and French-speaking newcomers.
- For Refugees.
- From the provinces and territories.

For more information on these organizations, refer to the government's [web page](#).





Besides providing help in settling in the country, the Canadian government also refers newcomers to other pre-arrival services that will help them prepare to start job searching in Canada.

These organizations can help newcomers in the following areas:

- Search for and find employment
- Write your Canadian-style resume
- Learn about Canadian workplace culture
- Find a mentor with experience
- Prepare to get your credentials recognized

To find more information on these organizations refer to the government's [web page](#).



PREPARING TO WORK IN CANADA: PRE-ARRIVAL SERVICES



Immigration NB is a resource created by the provincial government, that compiles courses and guides directed to newcomers coming to the province or who have already established themselves but need more aid. Their focus are international students, temporary foreign workers, and international entrepreneurs trying to navigate the business environment in New Brunswick. They have different programs that support newcomers through their studies in New Brunswick, to navigate the New Brunswick business market, and information on things immigrants should expect while working in Canada.

Immigration NB also provides grants for programs in the province that assist community partners who support and promote inclusion and diversity in New Brunswick.

Tip:

To access their course catalog, you will need to create an account with them, but it is an easy process.

Note:

For more information on Immigration NB, refer to their [web page](#).



IMMIGRATION, REFUGEES, AND CITIZENSHIP CANADA (IRCC)

Through IRCC you can apply to travel, study, work, or immigrate to Canada, apply for citizenship, a permanent resident card, or refugee protection. Furthermore, through the IRCC you can check the status of your application form. They also facilitate the arrival of immigrants, provide protection to refugees, and offer programming to help newcomers settle in Canada.

Note:

For more information on the services provided by IRCC you can check their [website](#).

SETTLEMENT SERVICES FOR NEWCOMERS:

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED
<p><u>Le CAFI (Le Centre d'accueil et d'accompagnement francophone des immigrants du Sud-Est du Nouveau-Brunswick)</u></p>	<p>Location: 715 Priestman Street, Fredericton, New Brunswick Telephone: 506-875-8749 Email: jean.henry@cafi-nb.org</p>	<ul style="list-style-type: none"> • Help with daily life • Help finding a job • Services for refugees • Francophone service provider • Other Services • Services for women • Services for youth
<p><u>Multicultural Association of Fredericton (MCAF)</u></p>	<p>Location: 28 Saunders Street, Fredericton, New Brunswick Telephone: 506-454-8292 Email: mcaf@mcaf.nb.ca</p>	<ul style="list-style-type: none"> • Help with daily life • Help finding a job • Help preparing for the citizenship test • Find or become a mentor to a newcomer • Services for refugees • Francophone service provider • Language training (general) • Job-specific language training • Services for women • Services for seniors
<p><u>New Brunswick Multicultural Council</u></p>	<p>Location: 494 Queen Street, Suite 200, Fredericton, New Brunswick Telephone: 506-453-1091 Email: culture@nbmc-cmnb.ca</p>	<ul style="list-style-type: none"> • Help with daily life • Find or become a mentor to a newcomer • Francophone service provider • Services for youth
<p><u>Welkom-U</u></p>	<p>Location: 50 Crowther Lane, Suite 140 Telephone: (506) 461-5470 Email: info@welkom-u.ca</p>	<ul style="list-style-type: none"> • Insight on the Capital Region • Book Accommodations • Exchange Currency • Find a job

To access the search bar to look for newcomer services, click on this [link](#).

AFTER ARRIVAL CHECKLIST



1 Seek settlement services

Settlement services in New Brunswick are offered by immigrant settlement agencies that want to welcome newcomers and help you settle down in the region. They should be your first stop when it comes to information about the region and most of their services are offered for free.

2 Locate other essential services

Find your nearest [Service New Brunswick](#) and [Service Canada](#) offices to get your information on requirements for owning land, property tax, or to get information on Social Insurance Numbers (SIN). Moreover, you will need to locate more essential services such as banks, grocery stores, clinics, or hospitals.

3 Begin language classes

As listed in the Education Chapter there are different agencies, schools, and universities that offer language classes (French or English). Some services are free, and some others require a fee.

4 Start looking for a home

You will need to do some research to choose a neighborhood and decide whether you want to buy a house or rent an apartment or house.

5 Enroll your children in school

As stated in the Education Chapter, in New Brunswick, parents are legally obligated to provide education for their children until graduation or until they turn 18. This can be done by enrolling them in a public school, private school, or by homeschooling them.

6 Open a bank account

Make sure to pick a bank suitable for your needs. Exchange your currency and open a bank account, you will need photo identification and a home address to open the account.

7**Continue your job search**

Plan your job search and prepare yourself for the application process. Refer to the Work Chapter for more information about places that can assist you with your search for employment.

8**Apply for a Social Insurance Number (SIN)**

Your Social Insurance Number (SIN) is assigned to you by the Government of Canada. You will need it to apply for work, governmental services, and your financial institution for certain transactions. For more information on the Social Insurance Number refer to the Work Chapter.

9**Apply for a driver's license or government photo ID**

You can visit any Service New Brunswick location to find out if you can exchange your driver's license for a New Brunswick license or if you need to go through any tests first. Your New Brunswick license also acts as your official New Brunswick government-issued photo identification.

10**Apply for your Medicare card**

It is of utmost importance for you and your family to apply to the provincial health department which allows you to access medical attention at no cost at all. You can apply for your Medicare when you arrive in the province. It is worth noting that not all medical services are free, even with a Medicare card. You might need private health insurance to cover expenses such as dental, physical therapy, prescriptions, and eyeglasses.

11**Apply for government benefits**

You should apply for government services such as the Canada Child Tax Benefit, the Good and Services Tax Credit, and other government income supports for which you might be eligible. You will need to apply for your Social Insurance Number (SIN) to get government benefits.

12**Become involved in your community**

The best way to find a home away from home is by building a sense of community. There are several community groups and events happening across the region, for more information you can refer to the settlement agency nearest to you or the Community Chapter in the guide.

A vibrant street festival scene with many people, tents, and buildings in the background. The scene is filled with a large crowd of people walking along a street lined with trees and buildings. Several white and colorful tents are set up along the street, and a rainbow flag is visible. In the background, there are brick buildings and a tall, white tower. The overall atmosphere is lively and festive.

CHAPTER 02

LIVING IN THE CAPITAL REGION

LIVING IN THE CAPITAL REGION

FEATURED IN THIS CHAPTER:

Money

Housing

Utilities

Government Services

Healthcare

Emergency Services

Legal Resources

Human Rights Resources

Transportation

Shopping in the Capital Region

CHAPTER 02



INTRODUCTION

There are many things to take into account while moving to a new country. As a newcomer it can be overwhelming to get used to a new lifestyle, requirements, expectations and living environment. Due to that, this chapter will explain all the important topics that immigrants need to know about to successfully live and settle in New Brunswick's Capital Region. The chapter will touch on the regional services provided, housing information, banking, taxes, access to healthcare, transportation and grocery shopping.



MONEY

CANADIAN CURRENCY

Handling a new currency can be confusing and intimidating, but in this section, you'll be introduced to the Canadian currency.

The Canadian dollar (CAD) is available in 5, 10-, 20-, 50- and 100-dollar paper notes.

They look like this:



Canadian coins circulate as:

- 5 cents (nickel)
- 10 cents (dime)
- 25 cents (quarter)
- CAD 1 (loonie)
- CAD 2 (toonie)

They look like this:



Note:

Canada hasn't produced 1-cent coin pieces (pennies) since 2013. The Royal Canadian Mint ceased the distribution of them; however, the coin remains legal tender.



Note:

You'll rarely see a 50-cent piece, although these are minted for especial occasions.

PLASTIC MONEY

DEBIT CARDS

A debit card is a payment card that deducts money directly from your checking account. Also called “check cards” or “bank cards,” debit cards can be used to buy goods or services or to get cash from an ATM.

Banks usually give you a debit card when you sign up for an account.

Debit cards also have daily limits depending on your account and financial institution.

There may be different limits for:

- cash withdrawals
- in-store purchases
- online purchases

For more information about which limits will apply to you, check in with your financial institution.

CREDIT CARDS

A credit card is a line of credit that can be used to borrow money to make purchases, transfer balances and get cash advances, with the agreement that you'll pay back the money borrowed — plus any interest you owe on it — later.

Credit Score

A credit score is a three-digit number that comes from information in your credit report. It reflects how well you manage credit and how risky it would be for a lender to lend you money.

Your credit score is calculated using a formula based on your credit report.

Note that you:

- get points if you use your credit responsibly
- lose points if you have trouble managing your credit

Note:

A credit score is used by lenders to determine your eligibility for mortgages, credit cards, and other lines of credit, as well as the interest rate you'll receive. Building your credit score as a newcomer to Canada is essential.

Note:

It is a good idea to keep receipts for all your credit card purchases so you can make sure there are no mistakes in your credit card statement. If you find a mistake, contact the business that sold you the goods or services. If the business doesn't correct the transaction, contact your financial institution for assistance.

Note:

With “plastic money” you do not need to carry cash with you. In The Capital Region, most businesses accept debit and credit cards as a replacement for actual cash.

Note:

For more information on credit scores and credit reports [refer here](#).

AVAILABLE FINANCIAL INSTITUTIONS

In the Capital Region, there are various financial institution available. When you come into the country is imperative to open a Canadian Bank account. Many branches offer newcomers bank accounts that will be free of charge for the first year.

BANKS



Note:

When choosing a bank, make sure there's a branch available in the community you are moving into. Click on the logo to find a branch in your area.

CREDIT UNIONS AND FINANCIAL COOPERATIVES



TAXES



PERSONAL INCOME TAX

In Canada, income taxes are the portion of annual income that individual residents of Canada pay the government. The revenue generated by the income tax is handled by the Canadian Revenue Agency (CRA), they use these funds to fund the government services such as healthcare, public education, and the military. You must file an income tax return each year by April 30th.

SALES TAX

This is charged when you purchase items. This is called the Harmonized Sales Tax (HST) and is 15% in New Brunswick.

Note:

The Government of Canada's website offers all sorts of information regarding [income tax](#) and [sales tax](#).

For more information on benefits, credits, and taxes for newcomers, refer [here](#).

If you have questions about your taxes, credits, or benefits, you can [contact the CRA](#).

APPLYING FOR BENEFITS AND CREDITS

Canada has benefits and credits to help financially support you. You or your spouse or common-law partner must be a resident of Canada for income tax purposes.

To start getting payments, you must:

- Get a social insurance number (SIN) from Service Canada
- Apply for the benefit and credit you are eligible for

FILING INCOME TAX

There's two ways to file your taxes:

- Online
- By Paper

TAX SCAMS

Be cautious if somebody contacts you claiming they are they are from the CRA and requests personal information such as your SIN, credit card number, bank account number, or passport number. Scammers may contact you by phone, email, mail or instant messaging.

For more information on how to recognize a scam and reporting a scam, refer [here](#).

HOUSING

SHORT TERM ACCOMMODATIONS

After moving to the Capital Region, you might need to find temporary housing before settling into a permanent home. Throughout the region, there are several Hotels, Motels, and Bed & Breakfast available to suit your needs.

Tip:

Airbnb is a great resource to find short-term accommodations at low prices.



RENTING

There are several opportunities to rent in the Capital Region. However, rent prices depend on several factors. Some of those factors are:

- ✓ Size
- ✓ Location
- ✓ Included Utilities

Sometimes heat, water, electricity, and even Wi-Fi is included in rent prices. Usually, an apartment will only include a stove and a fridge; however, sometimes apartments will come fully furnished or will also include laundry amenities.

Tip:

Make sure to confirm what is included before signing your lease.

When it comes to renting, most landlords will do a background check on new residents. Once the background check is completed you will sign a document called a lease. A lease is a contract outlining the terms and conditions under which a tenant must operate when renting a space.

For more information on how leases work [refer here](#).

When signing a lease, you will need to submit a damage deposit. The damage deposit is to ensure that the tenant will follow through with their responsibilities during the rental period. If the tenant does not follow through with their responsibilities during the rent period, the landlord may keep the damage deposit.

For more information on renting in New Brunswick, such as resolving disputes between landlords and tenants or tenants' rights and obligations, refer [here](#).



+1 (888) 762-8600

Note:

The landlord must provide you with a written copy of the lease.

FINDING APARTMENT RESOURCES

There are several websites and applications available to support your search for apartment listings. These websites and applications have several listings from across the region.



KIJJI.CA



CANADA HOMES FOR RENT



ZILLOW.COM



KILLAM APARTMENTS



WELKOM-U

Note:

Facebook “Marketplace” and Facebook “Housing” also provides listings.

HOME PURCHASE

The cost of purchasing a home in New Brunswick is less than many other provinces in Canada. Purchasing a house takes some time however, you may search on your own through several real estate websites.

[Realtor.ca](https://www.realtor.ca) is a great resource to look at all available houses for sale in The Capital Region. This website gives you access to search for a home by location, price, size, and neighborhood.

Note:

You can find property management companies or real estate agents by searching rental companies or real estate companies in your area.

REAL ESTATE AGENTS

A real estate agent is a licensed professional who represents buyers or sellers in real estate transactions. Note that agents are not paid to show you houses for sale but are paid only once a house is sold. A real estate agent usually works on commission, being paid a percentage of the property's sale price.

To find more information about purchasing your home, you can use [this resource](#).

Note:

You must also have a lawyer review the documents before signing into the purchase of a home.



PROPERTY TAX

If you own a home, you will pay property tax based on the value of your home and land. Property tax is used by local governments to pay for services such as firefighting, police, recreation, infrastructure, and transportation.

For more information on property tax, you can access [The Provincial Government's website.](#)

BUILDING PERMITS

Building Permits are required before developing a new building, an addition, or making significant alterations to an existing building to ensure that all work meets the National Building Code and all other municipal and provincial standards.

Examples of work requiring a permit include siding, garage, shed, deck, pool, plumbing, additions, finishing a basement, adding a room, new windows, new door openings, electrical upgrades, and interior renovations.

Note:

Reach out to your local municipality for more information regarding building permits.

UTILITIES



Utilities are the basic services your home, apartment, or business needs to keep it comfortable and functioning properly. Common utilities include water, sewer, electric, gas, trash, and recycling. Technology subscriptions like cable TV, internet, security, and phone services can also be considered utilities.

HEATING AND ELECTRICITY

In the Capital Region, you will need to heat your home in Spring, Fall, and Winter. You will need to warm your house with electricity, natural gas, and oil, or some homes have a wood-burning stove or furnace.

Some rentals include utilities (Heat and Electricity) while others required tenants to pay for their utilities separately.

If you are renting, you will need to contact a service providers for heating and phone. If you are buying a house, you may be responsible for connecting all utilities.

Note:

Some utilities are included in your rental agreement, so check with your landlord first. If your rental agreement does not include utilities, you will have to pay for those utilities yourself, except for water. Paying for water is by law the landlord's responsibility.

Electricity in the Capital Region is provided by NB Power. New customers will require a deposit.



NB POWER



+1 (800) 663-6272

Liberty Utilities New Brunswick sells standard offer natural gas that is priced according to a strict formula.



NATURAL GAS NB



+1 (800)-994-2762



Many companies sell home heating oil and will deliver directly to your home. You can find heating oil companies listed online.

WATER AND SEWAGE

When you buy a house, you're responsible for setting up water and sewage services with your city municipality. Depending on where you live, you'll pay a flat fee for water every month, a seasonal rate, a water budget-based rate, or another type of rate.

Note:

Water and Sewage are always the responsibility of the landlord if you are renting a home.

GARBAGE COLLECTION

Garbage collection in urban and suburban areas is usually managed by the local government or a contracted waste management company. To verify garbage collection schedules, you can always contact your landlord for more information or your local municipality.

PHONE, INTERNET, AND CABLE

	Local Telephone Providers	Internet Providers	Cable
<u>Bell Aliant</u> 1-(888)-214-7896	✓	✓	✓
<u>Rogers</u> 1-(866)-210-4059	✓	✓	✓
<u>Xplore</u>	✓	✓	
<u>VMedia</u>	✓	✓	✓

PHONE PLANS

In Canada, there are two different types of phone plans: Prepaid and Postpaid. Prepaid phone plans are bill-less options that are paid upfront, either in-store, online, or set up with auto-payments. Postpaid plans come with a monthly bill. The main difference between the two is that prepaid phone plans are often cheaper and do not include additional perks, while postpaid plans are typically sold as bundles with a variety of perks and tend to offer better value for their monthly fees.

Note:

Most phones are compatible with Canadian phone providers; however, there are certain brands that do not work well with the Canadian phone network. In that case, you might need to purchase a new phone which can be costly. Purchasing a used phone can be a cheaper option, which you may be able to find through Facebook Marketplace or second-hand stores such as Evergreen Traders.

Note:

You must be 19 years old to get a postpaid plan.

Note:

To get a postpaid plan as a newcomer, you might need some of the following documents: a government identification, social insurance number, temporary residence visa/permit, credit score or credit check. It is recommended to check with your service provider of choice to better understand what documents may be required for your situation and phone plan.



BYLAWS

Bylaws are laws passed by municipal councils and regional district boards to exercise statutory authority. Bylaws may be used for various purposes, including establishing meeting procedures, regulating services, prohibiting an activity, or requiring certain actions. Some examples of things that bylaws cover are parking, noise, animal control, and smoking in public, amongst others.

SOCIAL SERVICES

The Government of New Brunswick looks after the social needs of its citizens through the [Department of Social Development](#). They deliver programs aimed at the protection and care of individuals and families, as well as providing resources that promote and ensure a safe, secure, and healthy life.

Some of the things they will be able to assist you with, are: long-term care and nursing home services, disability support services, housing and homelessness, income support, child welfare, and youth services.


Note:

For more information on Bylaws in your area, refer to the following links:


- [Arcadia](#)
- [Central York](#)
- [Fredericton](#)
- [Fredericton Junction](#)
- [Harvey](#)
- [Hanwell](#)
- [Municipality of Grand Lake](#)
- [Nackawic-Millville](#)
- [Nashwaak](#)
- [New Maryland](#)
- [Oromocto](#)
- [Sunbury-York South](#)
- Tracy (contact the municipality for more details)

Note:

For general information, please call

 (506) 453-2001

For any after-hours social service emergencies, contact

 1-833-733-7835



NB MEDICARE

Medicare refers to Canada's publicly funded health care system. Instead of having a single national plan, Canada has 13 provincial and territorial healthcare insurance plans. Under Medicare, all residents of Canada have reasonable access to medically necessary hospital and physician services without paying out-of-pocket.

APPLICATION PROCESS

If you are new to New Brunswick, you may apply to obtain Medicare coverage. A completed Medicare Application must be submitted for consideration after moving to New Brunswick. There are two ways to complete your Medicare Application.

- You can apply through an online Medicare form.
- You can also apply by filling in a form and sending it by mail.

For more information regarding the documents needed to apply, please refer [here](#).

Note:

All members of a family must have their own Medicare card.

Note:

In the case of a minor child, the card is to be administered by the child's parent or guardian.

Note:

It may take up to 6 weeks to get approval for the Medicare Card. Your card will be sent home by mail. During this period, you can decide to pay for your medical expenses out-of-pocket or choose to purchase personal health insurance.

WHAT IS COVERED UNDER MEDICARE?

- Your family doctors
- Specialists
- Necessary medical procedures
- Hospital stays
- Drugs administered in hospital

WHAT IS NOT COVERED UNDER MEDICARE?

- Prescription drugs
- Ambulance services
- Vision care and glasses
- Cosmetic procedures
- Dental care

A photograph of a male doctor with a beard, wearing a white lab coat and a stethoscope, smiling and giving a high-five to a young girl with long brown hair. They are in a clinical setting, possibly a hospital or clinic, with shelves and equipment visible in the background.

FAMILY DOCTORS


A family doctor provides preventive care, including routine checkups, health-risk assessments, immunization, screening tests, and advice on maintaining a healthy lifestyle.

PATIENT CONNECT NB

Patient Connect NB is a patient registry that matches people who live in New Brunswick with a family doctor or nurse practitioner on a first-come, first-serve basis. Once you are referred to a doctor, you will be contacted directly by the doctor's office.

NB HEALTH LINK

NB Health Link is a new service that provides people living in the province with access to healthcare professionals while they wait for a permanent provider (a family doctor or nurse practitioner).



For more information on both programs, and to register for Patient Connect NB, refer [here](#)

Note:

To be referred to the NB Health Link program, New Brunswickers must register to the Patient Connect list first.



HEALTH CLINICS

After Hours and Walk-in Clinics provide care for New Brunswick patients with non-urgent medical problems who do not have a family physician or who cannot obtain an appointment with their physician within a reasonable time frame. After Hours/Walk-in Clinics serve patients on a first-come, first-served basis. They are conveniently located and often open during the day, evening, and on weekends.

To find a clinic near you, refer [here](#).

HOSPITALS

THERE ARE TWO HOSPITALS WITHIN THE CAPITAL REGION:

Dr. Everett Chalmers Regional Hospital
700 Priestman Street
Fredericton, NB E3B 5N5
(506) 648-6000

Oromocto Public Hospital
103 Winnebago Street
Oromocto, NB E2V 1C6
(506) 357-4700

Note:

For more information on community health centres within the Capital Region, refer [here](#).



The Maple app was created to make virtual healthcare accessible in New Brunswick. You can skip the walk-in clinic and resolve many healthcare concerns online in minutes.

Whether you need a diagnosis, medical advice, or an online prescription in New Brunswick, their doctors can help you out, 24/7. All their online doctors are accepting consultations for new patients in New Brunswick.

For patients currently without a primary health care provider, they can help you with your medical concerns and any routine investigations or referrals to specialists.

For patients currently with a primary health care provider who cannot access their provider in a timely manner, they can help you with non-urgent medical concerns, including any appropriate investigations.

PHARMACY AND PRESCRIPTIONS

Note:

Your first point of contact should always be your primary healthcare provider

As stated before, Medicare does not cover prescription drugs costs and patients will have to pay out of pocket unless they have a private health insurance. However, the New Brunswick Drug Plan is offered through the provincial government to provide drug coverage for uninsured New Brunswick residents with an active Medicare card.

Most pharmacies in the Capital Region will fill a doctor's prescription for you. Moreover, pharmacies have over-the-counter medication that you can get without a doctor's prescription.

Note:

Pharmacies can be found within most large grocery stores, or they can be stand-alone shops. You can look for pharmacies near you through your favourite search engine.



DENTAL CARE

Dental exams and dental care are not covered by the provincial health care system. These services are paid out-of-pocket by the patient or by purchasing a personal health care insurance.

A list of dental care providers can be found [here](#).

EYE CARE

It is advised to undergo an eye exam once every year for children, and once every few years for adults. Please note, that vision care is not covered by Medicare, and you will need to opt for personal health insurance to cover eyewear and eye care costs.

To find an optometrist in your area you can use [The Canadian Association of Optometrists](#) search engine.

WELLNESS CENTRES

A wellness centre offers services for a broad range of areas, including acupuncture, physiotherapy, chiropractic services, dermatology, allergy clinics, etc. Some wellness centres are clinics runs by physicians to cater to a particular demographic, such as women's health clinics.

You can look for a wellness centre near you through your search engine.



DISABILITIES



The Government of New Brunswick Canada offers several programs and resources for people living with disabilities, such as health services, housing and residential services, disability supports, and employment and labour market information.

For more information, refer [here](#).

VACCINATIONS

Publicly funded vaccines are available to citizens of the Capital Region based on eligibility. The focus of public health is on immunization for babies, pre-schoolers, and youth up to the age of 18.

For more information on routine immunization services, refer [here](#).



MENTAL HEALTH

Moving to a new country can feel like a lot. Settling down and finding a sense of community in the first few months can take a toll on you. The Community Chapter offers information on how to start building connections within the region.

However, the Capital Region offers assistance for emergency mental health, they have several community mental health centres, crisis centres, and various support hotlines. The services offered in these centres and hotlines include addiction/detoxification, family and loved-one support, therapeutic services, psychiatric services, and prevention.



MENTAL HEALTH: DO NOT HESITATE TO REACH OUT IF YOU NEED HELP

Resource
of aid or

SOME RESOURCES AVAILABLE ARE:

Canadian Mental Health Association of New Brunswick (Provincial Office):

557 St Mary's St, Fredericton, NB E3A 8H4
(506) 455-5231
info@cmhanb.ca

Capital Region Mental Health & Addictions (CRMHAA):

65 Brunswick St #292, Fredericton, NB E3B 1G5
(506) 458-1803
office@crmhaa.ca

Addiction and Mental Health Helpline:

+1 (866) 355-5550

Bridge the Gapp

Online resource

Horizon's Addiction and Mental Health Services

Fredericton and Upper River Valley Areas: 506-453-2132

This same number can be used after hours to connect to Horizon's Mobile Crisis Unit for crisis intervention services.

CHIMO Helpline:

+1 (800) 667-5005
office@chimohelpline.ca

Note:

For additional resources make sure to access this [link](#).

EMERGENCY SERVICES



AMBULANCE

If there is a life-threatening emergency such as a medical issue you can call 911. The operator will dispatch an ambulance with two paramedics. Ambulance calls result in a bill of \$130.60, so try to call ambulances only in the case of an emergency. Otherwise, call Telecare (811), or take a taxi/drive to the hospital.

TELE-CARE 811

Tele-Care is a provincial health information and advice line provided to the citizens of New Brunswick. By dialing 811 at any time, you will access bilingual intake navigators and registered nurses, who will help you with health information and services, as well as discuss symptoms and recommend if you need to see a doctor.

There is an [online symptom checker](#) which can help you decide if you need to see a doctor, verify how serious your symptoms are, and the steps necessary to relieve your symptoms at home.



Tele-Care 811 does not take the place of 911 for your local Emergency Department or urgent concerns.

EMERGENCY SERVICES

POLICING

Police Officers maintain safety and enforce the law. They respond to emergency calls, patrol public areas, regulate traffic, control crowds, arrest offenders, and build community relationships.

The City of Fredericton has its own Police Force which covers all policing services within city limits. For all other communities within the Capital Region, policing services are handled through the Royal Canadian Mounted Police (RCMP).

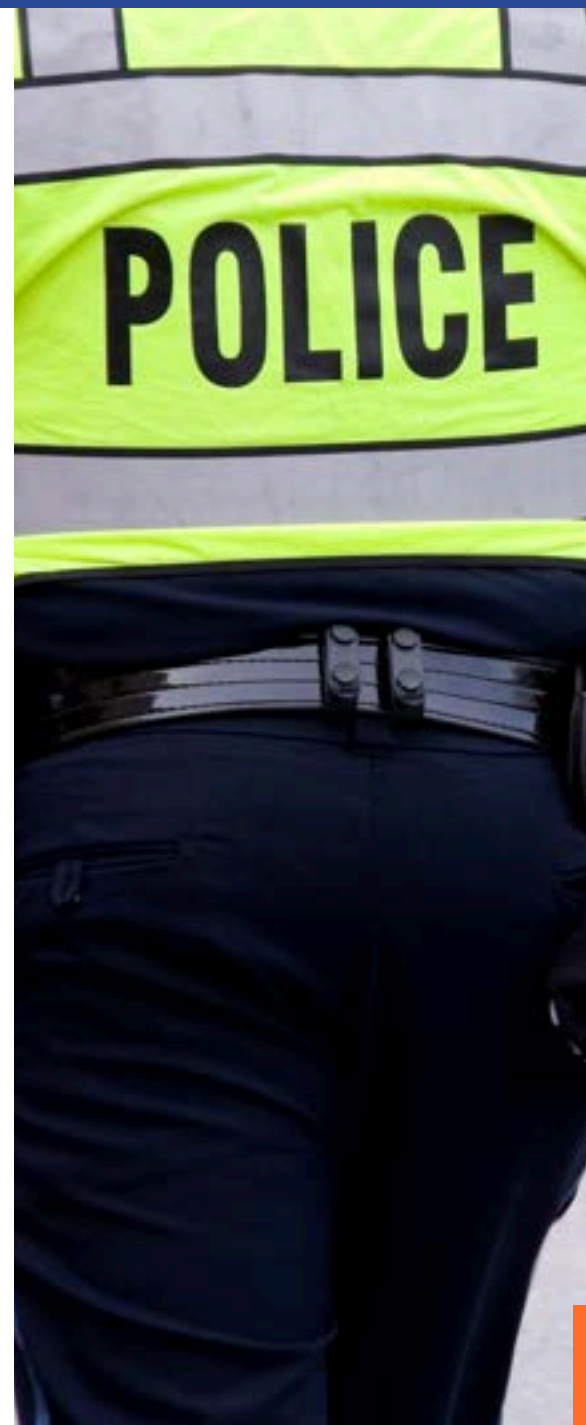
The New Brunswick divisional headquarters (J division) of the RCMP is located in Fredericton. There are two detachments within the Capital Region which offer services such as criminal record checks, reporting a crime, and non-emergency complaints, as well as responding to emergency calls: Oromocto and Minto. Other detachments in the Capital Region are Chipman, Keswick, Nackawic, and New Maryland. These detachments respond to emergency calls only.

Note:

If you are stopped by the police while in your car, they will ask for your registration, license, and proof of insurance.

Note:

If you are arrested, the police must identify themselves, state that you are under arrest, tell you the reason, and tell you that you have the right to speak to a lawyer.



EMERGENCY SERVICES

FIRE DEPARTMENT

Members of the fire department are trained for an all-hazards emergency response. The main functions of the department are fire suppression, emergency medical response, hazardous materials response, fire prevention, and education.

The fire department will come to your home in case of fire. They also respond to accidents and will often go to the scene of an emergency even if there is not a fire. You can call the fire department to help you with smoke detectors.

For more information on Fire Department's near you, make sure to access [The New Brunswick Association of Fire Chiefs](#).

Note:

If there is no Fire Department near you refer to [The City of Fredericton's Fire Department](#).



LEGAL RESOURCES



NB LEGAL AID SERVICES COMMISSION

- 1 (506) 444-2776
- info@legalaid.nb.ca
- The New Brunswick Legal Aid Services Commission was established with goal to provide certain legal services to low-income individuals.



NB REFUGEE CLINIC

- 1 (506) 204-5782
- info@nbrc.crn.ca
- The NB refugee clinic is a non-profit organization that provides bilingual legal services to refugee claimants in New Brunswick who don't have the financial means to afford a private lawyer.



PLEIS- NB

- 1 (506) 444-2776
- info@legalaid.nb.ca
- The New Brunswick Legal Aid Services Commission was established with goal to provide certain legal services to low-income individuals.



OOMBUD NB

- 1 (506) 453-2789
- ombud@gnb.ca
- Ombud NB is tasked with investigating complaints made about the provincial government's services. This ensures fairness in the government's administrative processes and policies.



ONB HUMAN RIGHTS COMMISSION

- 1 (506) 453-2301
- hrc.cdp@gnb.ca
- The New Brunswick Human Rights Commission ensures that citizens have equal access to their rights. They are tasked with the administration of the Human Rights Act.



OMADHU VERMA MIGRANT JUSTICE CENTRE

- 1 (506) 251-7467
- info@madhucentre.ca
- Madhu Verma Migrant Justice Centre is an organization dedicated to supporting immigrants in their struggles and advancing migrant justice. It supports migrant workers with their immediate needs like labor complaints, open work permit applications and housing.

TRANSPORTATION

Knowing the different types of available transportation is a pivotal thing when you move to a new region or country. The Capital Region provides different types of transportation if you don't own a car or can't afford one at the moment.

If you are a newcomer moving to a rural community in the Capital Region, keep in mind you will need a vehicle as a means of transportation as there is no public transit in these communities.

FREDERICTON TRANSIT

Fredericton Transit is a public transit network for people living in the urban and suburban areas of the city of Fredericton. It operates 10 service all-day routes and 2 routes to support peak demand. Transfers between routes can be made in key destinations of the city.

The bus fare is \$3.00, and the buses also have incorporated a new electronic fare system, which allows customers to use their debit or credit cards to pay for their bus pass through contactless payment or tap.

For more information on their schedule, fares, announcements, accessibility information, and other important policies, please refer [here](#).

There are also two web apps which can help you navigate the Fredericton transit system:



HotSpot Mobile allows you to use your phone to pay for your parking, bus passes, digital permits, enter and pay for gated lots and resolve and pay parking tickets.

Fredericton Transit uses this app to allow customers to buy their bus tickets individually, or by bundle. Many universities in the area use this app to provide the students with a student bus pass that is paid for in their tuition fees.

The app also includes:

- The bus schedules
- A bus tracker



MyRide is a web app used by Fredericton Transit that allows people who regularly take the bus to track their bus with more accuracy.

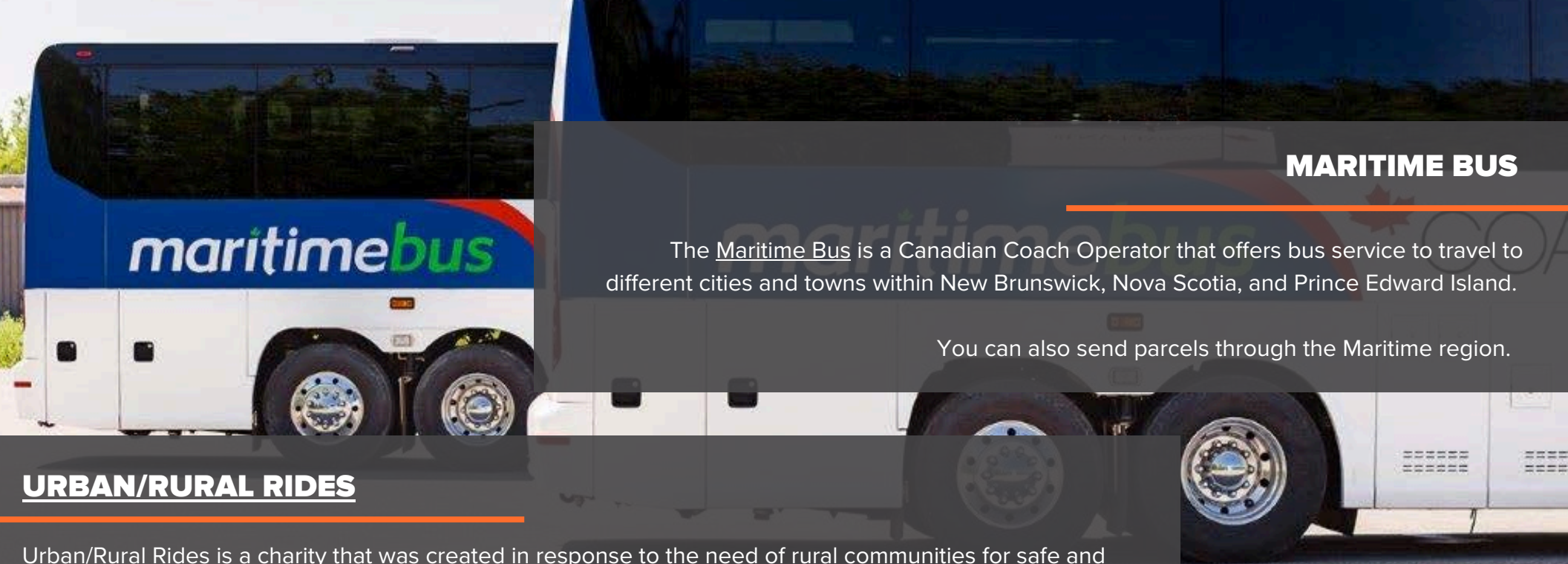
To use it, you'll need:

- Wi-Fi or data
- The name of the bus stop you are waiting at.

TAXI COMPANIES



<u>Trius Taxi</u>	(506) 454-4444
<u>Loyal Taxi</u>	(506) 455-6789
<u>Checker Cab</u>	(506) 450-8294
<u>ABC Taxi</u>	(506) 455-5555
<u>URide</u>	Ride sharing app.



MARITIME BUS

The Maritime Bus is a Canadian Coach Operator that offers bus service to travel to different cities and towns within New Brunswick, Nova Scotia, and Prince Edward Island.

You can also send parcels through the Maritime region.

URBAN/RURAL RIDES

Urban/Rural Rides is a charity that was created in response to the need of rural communities for safe and reliable transportation. This organization offers scheduled transportation to and from:

- Medical appointments
- Shopping
- Recreational activities
- Other appointments



URBAN/RURAL RIDES
TRANSPORT URBAIN/RURAL

GAGETOWN FERRY

The Gagetown Ferry is a seasonal service (June-November) that crosses the St. John River between Gagetown and Lower Jemseg.

The service will be provided from 8 am to 9 pm daily, on demand, with a capacity of 15 vehicles per trip.

For more information on the ferry schedules, refer [here](#).



DRIVER'S LICENSE

The most common way to travel between and within New Brunswick's communities is by car. You may use your International Driver's License or foreign license for up to six months, but then you will need a valid [New Brunswick Driver's License](#)

Moreover, the rules for obtaining a New Brunswick Driver's License may vary according to your country of origin. For more information, refer [here](#).

Note:

International Students can apply for a New Brunswick driver's license.

If you need to book a driving test, you may call Service New Brunswick or book [online](#) for your written and road test.



(888) 762-8600

DRIVER TRAINING

A driving school is an institution where people can go to learn how to drive a car. In most cases, driving schools offer both classroom and on-the-road instruction. These driving schools are best suited for people who are new to driving or wish to refresh their skills.

Note:

To find a driving school near you, search for: "Driver's ed near me" on your web browser.

OBTAINING A VEHICLE

To purchase a vehicle in New Brunswick you might need to build your credit history in Canada for the sake of getting a loan.

For those who have recently moved to the country, there are some options to help you purchase a vehicle sooner.

Note:

If you need a vehicle for a short-term trip you may need to rent it from one of the service providers near you. If you want a list of car rental agencies; use the following key words in your search engine:
“Car rental near me”

Applying for a Newcomer Bank loan:

Some banks in the province provide newcomer loans for purchasing a car in Canada without credit history.

- [Car loans for Newcomers to Canada \(RBC\)](#)
- [Auto financing for newcomers to Canada \(TD Bank\)](#)
- [StartRight auto finance program \(Scotiabank\)](#)
- [Car loans \(National Bank\)](#)

Auto-dealerships with newcomer programs:

If you are in no rush to get a car, you can also apply for certain dealerships that offer low interest plans to newcomers, international students, or foreign workers that have been living in the province for more than 5 years or even just 1 year.

- [Nissan Newcomer Offer](#)
- [Ford Newcomer Program](#)

More Resources:

- [‘Buying a Car in Canada’](#)
- [‘Buying a car in Canada? Tips for Newcomers’.](#)

Finding low-interest car dealers:

Some car-lenders do offer low-interest car loans in Canada without the need for a credit score prior. This depends on many factors, including one’s driving history, current occupation, and more. In addition, some auto-lenders can perform international credit checks in trying to assess whether you can pay back the auto-loan or not

Purchasing a used car:

Purchasing a used car is a cost-effective option. Car dealerships will have used car options for purchase, or you can find car offers on websites such as Facebook Marketplace or Kijiji for further options.

Tip:

Before purchasing a used car, it is of utmost importance to determine the health of the car. Make sure to have a mechanic check its performance and check the car records with Service New Brunswick.



CAR INSURANCE

Insurance is an important aspect to take into account the moment you decide to purchase a car. **All drivers must have car insurance to legally operate a vehicle in Canada.** Auto insurance in Canada operates by providing financial protection in case of accidents or damages involving your vehicle. Car buyers must show proof of auto insurance on the day they purchase their vehicle.

You can find insurance companies by using your search engine of choice and looking for: “Auto insurance near me.”

VEHICLE INSPECTION

All vehicles registered in New Brunswick require a safety inspection every two years. The best way to do it is by taking the vehicle to a licensed mechanic or auto repair garage to pay for an inspection. The cost of inspecting a vehicle ranges from \$35 to \$45.

Note:

For more information on vehicle inspections, refer [here](#).

VEHICLE REGISTRATION

Your car must be registered each year. Vehicles can be registered at Service New Brunswick. There is a fee to register your vehicle.

For non-residents:

A passenger vehicle owned by a visitor may be operated for personal, non-business purposes for a period of six months in New Brunswick without being registered in the province. This six-month period is determined from the date on which the passenger motor vehicle was first operated in New Brunswick in any registration year. A person who becomes a resident of New Brunswick must register their vehicle with Service New Brunswick immediately.

Note:

For more information on vehicle registration refer [here](#).

SAFETY

SEATBELTS & CAR SEATS

All passengers that occupy a position within a vehicle must wear a seatbelt. The number of passengers is limited to the number of operating seatbelts. Violations for not limiting the number of passengers to the number of operating seatbelts will result in a fine.

Children must be buckled into proper child safety seats which are fastened to the vehicle by a seat belt and any other straps specified by the manufacturer until they reach one of the following; age of nine, weight of 36 kg (79 lbs) or height of 145 cm (57 inches).

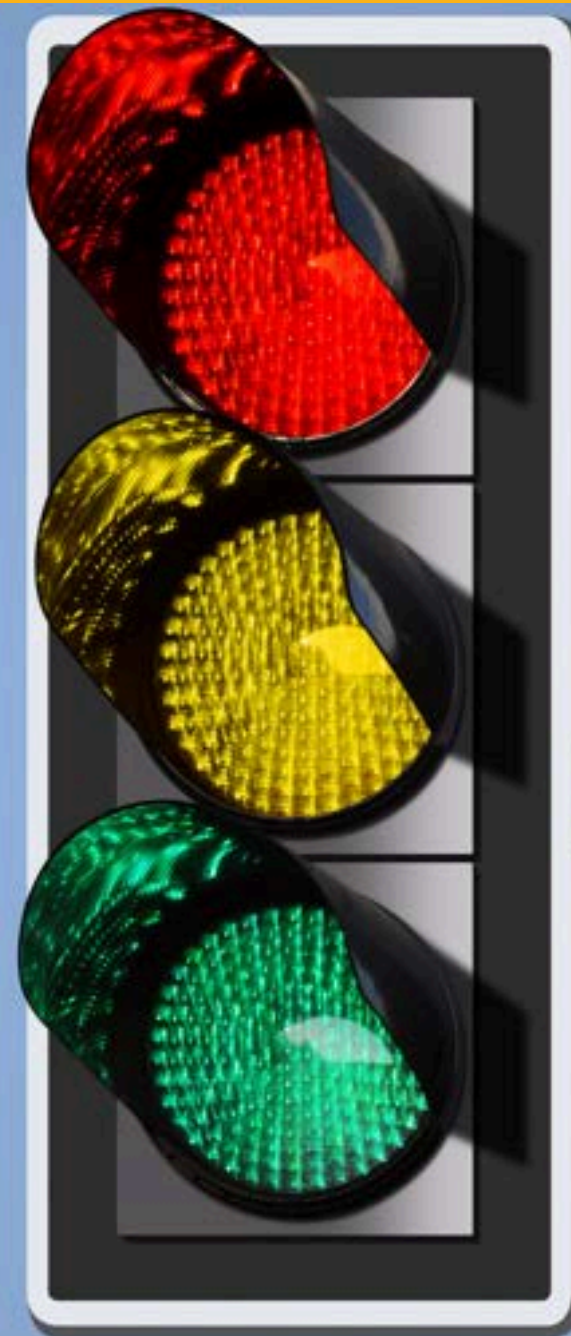


Note:

In Canada, vehicles drive on the right side of the road.

ALCOHOL AND DRUGS

The Criminal Code of Canada states that a person committed an offense when operating or in the care and control of a motor vehicle while impaired by alcohol or drugs. Penalties under the different sections can range from \$600 to \$2,000 or up to 5 years in jail or both, and suspension of driving privileges.



CROSSWALKS

A crosswalk is located at every intersection whether marked or unmarked. This is the area on a road where pedestrians have the right to go from one side of the road to the other. Crosswalks also exist everywhere else where crosswalk lines are in place.

Note:

As a **driver**, you must let pedestrians cross the street at all crosswalks. As a driver, you cannot pass another vehicle when the vehicle is stopped at a crosswalk for a pedestrian.

Note:

As a **pedestrian**, you are only legally allowed to cross the street at a crosswalk.

When facing a signal for a pedestrian you must enter the crosswalk only when the signal shows the white outline of a person.

You should not cross the street when there is an orange outline of a hand, either when it is blinking or steady.

The blinking outline of the hand will often appear with a countdown to let you know that the traffic pattern is about to change and it will no longer be safe to cross the street.



SHOPPING IN THE CAPITAL REGION

The Capital Region offers many shopping options, from small, local shops to large chain retailers to meet all of your shopping needs. Keep in mind that the larger retail stores are located in the City of Fredericton and the Town of Oromocto. Please refer to the links below for shopping options in your community.

- [Fredericton](#)
 - [Downtown Fredericton Incorporated](#)
 - [Business Fredericton North](#)
 - [Uptown Centre](#)
 - [Regent Mall](#)
 - [Corbett Centre](#)
- [Oromocto](#)
 - [Oromocto Plaza](#)
 - [Oromocto Pioneer Plaza](#)
- [Arcadia](#)
- [Municipality of Grand Lake](#)
- [Nackawic-Millville](#)
- [New Maryland](#)
- [Hanwell](#)
- [Harvey](#)
- [Nashwaak](#)
- [Village of Fredericton Junction](#)
- [Village of Tracy](#)
- [Sunbury-York South](#)
- [Central York](#)



MARKETS

The Capital Region is home to a number of markets and farm stands where you can purchase fresh produce, quality meats, and unique hand-made products, thereby supporting local farms and artisans. For more information, refer [here](#).

GROCERY SHOPPING

The biggest grocery-specific chains in the area are Sobeys and Atlantic Superstore, available in the City of Fredericton and the Town of Oromocto. SaveEasy and Foodland are also chain grocery stores which can be found in the smaller communities within the Capital Region. You can also find extensive grocery departments at Walmart and Costco (both in Fredericton) as well as limited grocery selections at other chain stores throughout the Capital Region such as Shoppers Drug Mart, Lawtons Drugs, and Giant Tiger.

There are also local grocery stores available in Fredericton:

- [St. Mary's Supermarket](#)
- [Victory Meat & Produce Market](#)
- [Fredericton Direct Charge Co-op](#)
- [Peters Meat Market](#)

Note:

To purchase from Costco or Fredericton Direct Charge Co-op, you will need a membership.



CULTURAL FOOD MARKETS

If you want to still enjoy some cultural dishes from your country of origin, Fredericton provides various grocery stores and convenience stores that sell cultural ingredients, to satisfy your craving for local dishes from your home country.



[Freddy Mart Convenience Store](#)

Convenience store and restaurant with homemade Pakistani and Persian food.



[Spice Market](#)

Convenience store that carries Indian and East Asian goods.

Note:

Victory Market also carries cultural food, specifically Arabic and Middle Eastern groceries.



[Friendship Convenience Store](#)

Convenience store that carries Asian groceries.



[BITAR Market](#)

Convenience store that carries Syrian/Mid-Eastern groceries



[Scoop & Save](#)

You can find multiple cultural food items including Vietnamese, Thai, Indonesian, Korean, Japanese, African, Ukrainian food supplies and more.



[Green Valley Market](#)

It is a market that carries multiple ethnic groceries.



[Narula's](#)

Convenience store that carries Indian groceries.



[Asian Food Market](#)

Grocery store specializing in Asian foods.



[Divine African Market](#)

Convenience store that carries African Groceries.



[One Nation Market](#)

Multicultural grocery store with food products from around the world.



CHAPTER 03

PURSUE YOUR EDUCATION

PURSUE YOUR EDUCATION

FEATURED IN THIS CHAPTER:

Childcare

Preschool (Early Childhood Development)

Education for Children and Teenagers

Post-Secondary Institutions

Language Training

Continued Learning and Professional Development

CHAPTER 03



INTRODUCTION



The Capital Region has always been proud of its excellent education and accessible research facilities. The region offers all sorts of programs ranging from preschool to post-secondary education. Moreover, since New Brunswick is a bilingual province, it offers several Francophone school immersion programs for all ages to learn the official second language.

The City of Fredericton is home to St. Thomas University, the University of New Brunswick, New Brunswick Community College, and the New Brunswick College of Craft and Design. Furthermore, the region also offers two online universities, several colleges, and private training institutions.



CHILDCARE

Daycare is where parents drop their children off during the day for adult supervision, care, and learning. Daycares specialize in the care of preschool-aged children, and some offer before-and after-school care. Daycares are usually available if you work and need care for your preschool-aged child. There are also programs available if your school-aged children need care since children under the age of 12 cannot be left alone. Daycares tend to charge a fee for their services.



Childcare Options in New Brunswick include:

- **licensed childcare centres;**
- **home-based childcare centres;**
- **preschools;**
- **drop-in day care centres; and**
- **individuals offering babysitting or nanny services**

Tip:

If you need Daycare for your child, make sure to reach out to daycare as soon as possible. Most daycares have a waiting list in place, and most parents place their children on the waiting list while still pregnant.



AFTER-SCHOOL PROGRAMS

If your children are over the age of 5 but under the age of 12, and you need support with their care, due to work or study engagement, you can enroll your child in an after-school program.

In New Brunswick, children under the age of 12 are legally required to have a guardian present and may not stay home alone. Daycare will only take care of your children under age 5, but if your children are between the ages of 5 to 12, the after-school programs will pick up your children and take care of them until your work or study engagement is finalized in the evening.

After-school programs can be licensed or unlicensed.

For a list of approved childcare programs by district, refer [here](#).

Note:

Please note: the English school district for the Capital Region is Anglophone School District West (ASD-W) and the French district is District scolaire francophone Sud (DSF-S).

PRESCHOOL (EARLY CHILDHOOD DEVELOPMENT)

Early Childhood Development welcomes children from their birth to 8 years old. Early childhood development looks forward to an educational approach that ensures children learn important skills that will be useful later in life. As opposed to daycare which is a place meant to take care of children during the day, preschools aim to focus on early learning and academics. Moreover, preschool usually precedes kindergarten.



EDUCATION FOR CHILDREN AND TEENAGERS

Children in the Capital Region are required to attend public, private, or be homeschooled from the age of 5 to 18, or the age when they graduate.

Keep in mind that schools will be assigned depending on the area you are currently residing in, as they go by districts and sub-districts.

Elementary School (Kindergarten to Grade 5)

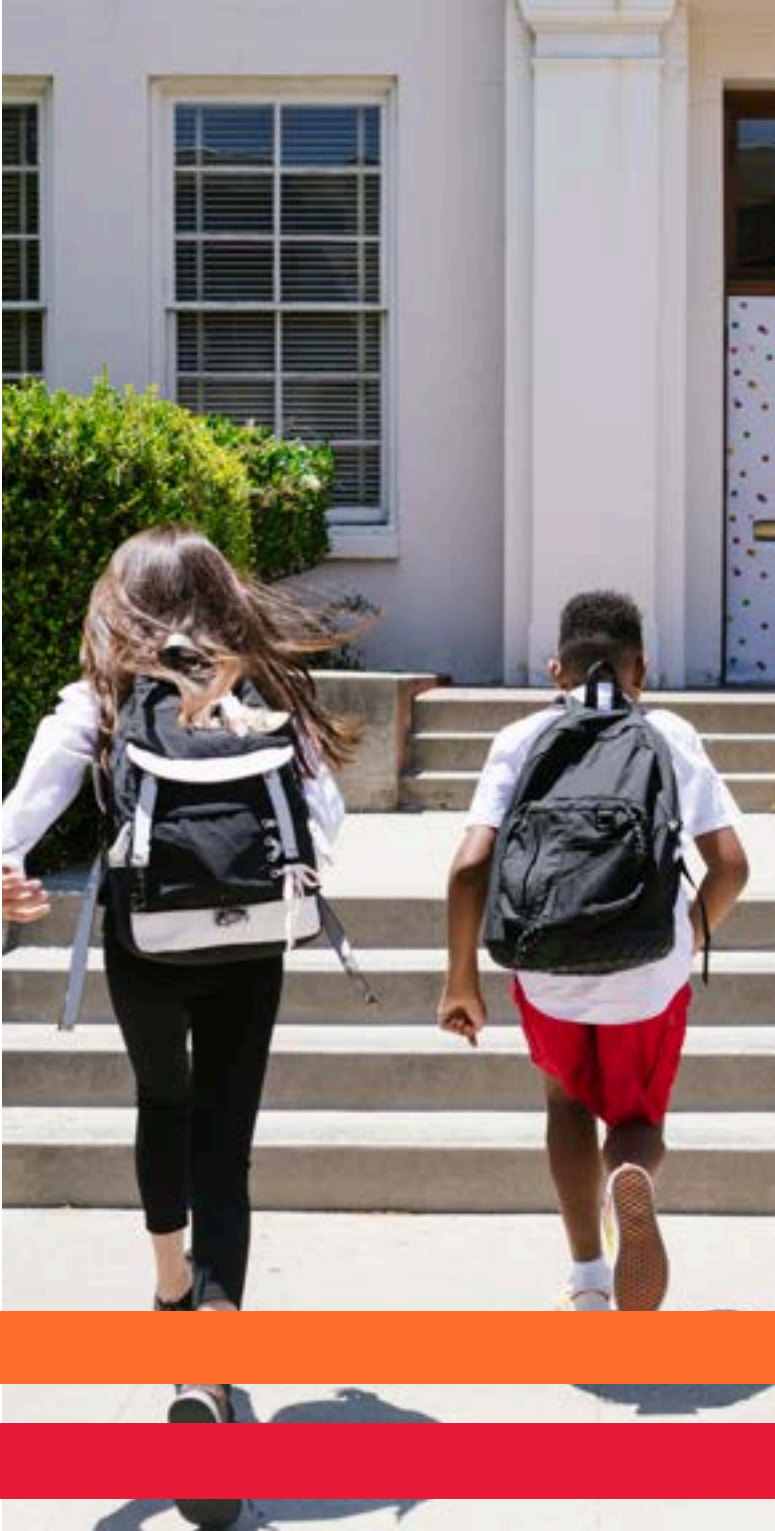
Children start elementary school at the approximate age of 5. From preschool to elementary school, there are after-school programs available.

Middle School (Grade 6 to 8)

Children start middle school in grade 6 at the approximate age of 11.

High School (Grade 9 to 12)

Teenagers start high school from grade 9 at the approximate age of 14 and finish it at grade 12 at the approximate age of 17. In high school, teenagers will be able to choose some of their subjects based on their interests and enroll in different programs like Advance Placement (AP) classes, International Baccalaureate, and industrial arts.



REGISTERING YOUR CHILD FOR SCHOOL

Registering children for school the year they turn 5 is mandatory. If your child's 5th birthday is after September 1st you may choose to have them begin the following year.

To register your child as a newcomer to Canada or an International Student, you will first have to contact the Newcomer Support Centre. Contact Information:

(506) 444-3573 | iwcfredericton@nbed.nb.ca



DOCUMENTS NEEDED

- Legal document with date of birth
- Proof of Address
- Proof of immunizations against certain diseases.

If immunizations are needed make sure to contact public health.

SCHOOL DISTRICTS

Anglophone West District:

(506) 453-5454

School List

Francophone South District:

(506) 856-3333

School List

SCHOOL TRANSPORTATION

The public school districts offer bus services for students that do not live within a safe walking distance of their school. For more information:

- School bus service for [ASD-W](#)
- School bus service for [DSF-S](#)

FRENCH IMMERSION

Anglophone schools also provide French Immersion programs, where children will be taught classes in French. This program is provided for students who want to improve their proficiency in their second official language.

For more information visit this [link](#):

HOME SCHOOLING

If you wish to homeschool your child, these are the [guidelines](#) from the Government of New Brunswick. Contact your district for further information.

PRIVATE SCHOOL

Private schools in the Capital Region require another application process to the public education system. The parents will have to apply for the children and pay tuition and fees. Public transportation is not available in private schools, so parents will need to arrange transportation for their child.

- [Acorn to Oak Academy](#)
- [Fredericton Christian Academy](#)
- [Fredericton Montessori Academy Inc.](#)
- [Our Lady of Grace Catholic School](#)
- [Riverside Montessori Learning Centre](#)
- [River Valley Christian Academy](#)



POST-SECONDARY INSTITUTIONS

The Capital Region offers various options for students that wish to pursue post-secondary studies (universities, colleges, and private universities), with campuses located in Fredericton as well as two online schools. Keep in mind that post-secondary education is not free.

UNIVERSITY OF NEW BRUNSWICK

The University of New Brunswick (UNB) is a public university, with two primary campuses, one located in Fredericton and the other one at St. John. It is the oldest English-language university in Canada and one of the oldest universities in North America. UNB offers over 75 degrees in fourteen faculties at undergraduate and graduate levels.

ST. THOMAS UNIVERSITY

St. Thomas University (STU) is a liberal arts university located in the city of Fredericton. It is primarily an undergraduate university that offers bachelor's degrees in the arts (humanities and social sciences), education, and social work. St. Thomas University offers distinguished programs in Criminology, Journalism, Human Rights, and Communication and Public Policy.

NEW BRUNSWICK COMMUNITY COLLEGE

The Fredericton campus of the New Brunswick Community College (NBCC) includes programs in Administrative Professional, Business Administration, Civil Engineering Technology, Health, Information Technology, and Social Sciences. Its state-of-the-art building is located on the grounds of the University of New Brunswick (UNB), with NBCC students having access to many of UNB and STU's services, such as the cafeteria, fitness centre, and in some instances, on-campus housing.

NEW BRUNSWICK COLLEGE OF CRAFT & DESIGN

The New Brunswick College of Craft & Design (NBCCD) is a public art college in Fredericton. The college campus is located downtown, near the Saint John River. It offers several fine arts and design diploma programs. NBCCD aims to prepare students for success in the workplace by having adaptable design-making and entrepreneurial skills at their disposal.



MARITIME COLLEGE OF FOREST TECHNOLOGY

The Maritime College of Forest Technology (MCFT) was established in 1946 as a cooperative effort of the provincial governments of New Brunswick and Nova Scotia, and the wood-using industries of the two provinces. MCFT has graduated over 3,300 students since 1946 and continues to produce quality graduates primed for work in the natural resources sector. They can be found in municipal, provincial, and federal government departments, working for NGOs and non-profits, operating their businesses, suppressing wildfires, and in many other exciting positions.

EASTERN COLLEGE

The Eastern College has established itself in the last 30 years as a leader in providing career-focused education that prepares students for a brighter, more rewarding future in some of today's most in-demand fields. The Fredericton campus offers the instruction, hands-on training, and equipment needed to develop your practical and technical skills.

ONLINE UNIVERSITIES

YORKVILLE UNIVERSITY

Yorkville University was founded in Fredericton in 2004. Today, Fredericton hosts most of its online programs. Yorkville University offers flexibility due to its online learning component, which allows you to work part-time while also completing your degree. The university also offers small class sizes, networking opportunities, and several programs inside its Bachelor of Business Administration and Interior Design.

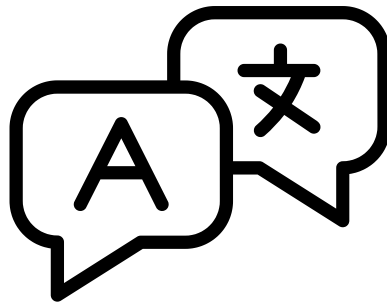
UNIVERSITY OF FREDERICTON

The University of Fredericton is a private for-profit online university in Fredericton. The university offers its programs through distance learning using live, online classrooms. It offers MBA, EMBA, and Master's Certificates through its Sandermoen School of Business and diploma and certificate programs through its School of Occupational Health and Safety and Psychological Health and Safety in the Workplace programs.

LANGUAGE TRAINING

Several organizations across the region offer language services for newcomers that want to improve their English or want to learn the official second language of the province. Most language training services are in the City of Fredericton, while some others are located near your regional area.

- The [Multicultural Association of Fredericton](#) offers language training services for both English and French, as well as language tutoring.
- The [New Brunswick Multicultural Council](#) offers programs for intensive English training for newcomers aged 16-20.
- The [Centre Communautaire Sainte-Anne](#) offers a rich program in French focused on performance arts, visual arts, films, classes, workshops, and various events.
- If you are a Permanent Resident, you can register for government-funded English or French classes through the [College Communautaire du Nouveau-Brunswick](#).
- The Public Library of Fredericton has access to Rosetta Stone language course for free. This course also helps in learning other languages too, not only French. After you get your membership number, you can access their online library including the Rosetta Stone course.



PAID LANGUAGE PROGRAMS

The Capital Region also offers some paid programs apart from the free programs that are government funded.

- The Atlantic Canada Language Program offers online classes for English training. Furthermore, through their lessons, they aim to teach mediation skills such as digital literacy and communication in different environments.
- The University of New Brunswick offers an English and French Language Programme, it offers both, an in-person and online component. You can also take these programs from anywhere in the world. Moreover, there are one-on-one courses available as well.
- The New Brunswick Community College offers an English Summer Program to enhance the mastery of the language before signing up for a post-secondary institution. In case you have work and cannot attend morning classes, they also offer an evening program.
- Université de Moncton offers a fully online paid French Language Program for the fall and the winter, as well as a discussion class to immerse in the language.

As an additional resource, if you want to find language services near your regional entity make sure to use this search engine as a guide.





CONTINUED LEARNING AND PROFESSIONAL DEVELOPMENT

As a newcomer, you can continue your education no matter your age or background. The province of New Brunswick and the capital region have different available programs to finish your high school degree (GED) and get other certifications through different organizations. Adults from 18 years old onwards are eligible for these programs.

Tip:

If you are interested in finding other continued learning programs that may fit you better, use your search engine to search for programs by the keywords:

- 'Continued learning Fredericton Region',
- 'Adult learning programs New Brunswick'

YOU CAN REFER TO THESE RESOURCES IF YOU ARE INTERESTED IN CONTINUING YOUR EDUCATION:

UNB COLLEGE OF EXTENDED LEARNING

The UNB College of extended learning provides courses designed for all ages and backgrounds, meant to lead to personal, professional, and organizational growth. They also provide online courses for accessibility purposes.

CENTRE FOR DISTANCE EDUCATION

Centre for Distance Education is a Canadian online education center that offers certificates through online learning to take out the cost and the hassle of commuting.

MARITIME COLLEGE OF FOREST TECHNOLOGY

The Maritime College of Forest Technology is a post-secondary institution that also provides continuing education courses for working professionals to get certifications that might be needed by their employers.

UFRED

The University of Fredericton is an online university that offers online certificates, diplomas, and degree programs for working professionals that wish to advance in their careers and upgrade their education without disrupting their work and personal life.

ADULT LEARNING AND ESSENTIAL SKILLS

The Government of New Brunswick offers various programs that adults can access to gain essential skills, such as literacy and high school equivalency certificates, as well as employment specific essential skills.

NEW BRUNSWICK COMMUNITY ADULT LEARNING CENTER

Academic Programs are designed to improve literacy levels in the province by bringing literacy training opportunities to adults in their own community. Contact [Central Valley Adult Learning Association Inc.](#) for more information on programs in the Capital Region.

LITERACY COALITION OF NEW BRUNSWICK

This Literacy Coalition of New Brunswick provides information about advanced literacy, lifelong learning, and essential skills for all citizens through the government of New Brunswick.

READ NB

Read NB is an adult literacy improvement partner that teaches adults to read and write.



CHAPTER 04

JOIN THE WORKFORCE

JOIN THE WORKFORCE

FEATURED IN THIS CHAPTER:

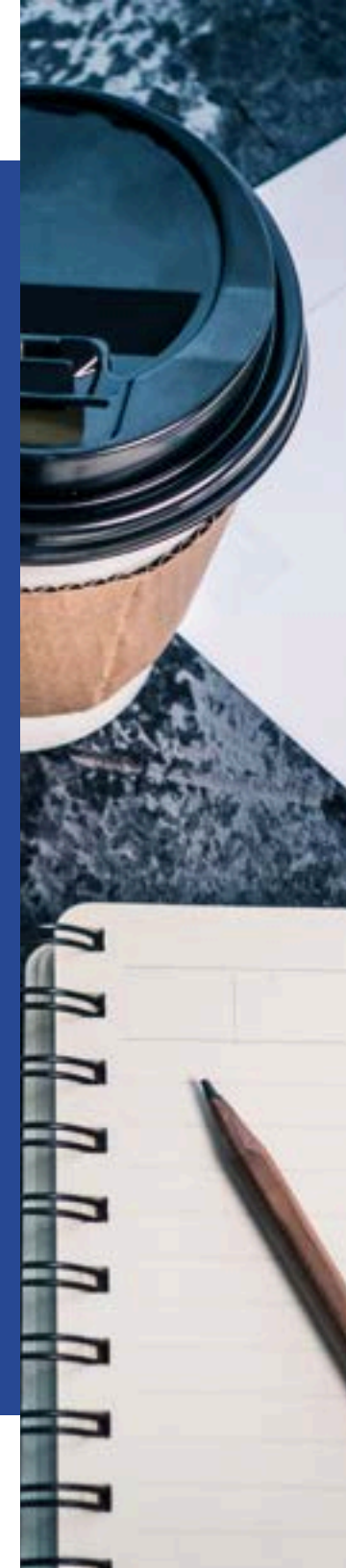
Social Insurance Number

Job Search

Credential Recognition

Entrepreneurial Resources

CHAPTER 04





INTRODUCTION

Finding a job in the Capital Region is a task that involves several factors. Some of those factors include adapting to a new office culture, breaking into hidden job markets, the transfer of competencies, and developing new skill sets. The more information you get on these factors the easier it will be to find a job within the region.

Organizations and Programs are spread all around the region that look forward to helping people new to the city, and more importantly, people who are new to the country. These organizations and programs aim to assist newcomers' breakthroughs in those job markets by providing them with the necessary tools and taking advantage of every opportunity that may be presented to them.

If many things sound unfamiliar to you, it might be worthwhile to reach out to these organizations to receive some assistance with the job-searching process.

SOCIAL INSURANCE NUMBER

The Social Insurance Number (SIN) is a nine-digit number necessary to work in Canada. To access government programs and services you will need a Social Insurance Number.

You can apply for a SIN in the following ways:

- Online
- By Mail
- In Person

If you wish to apply in person, you need to go to the Service Canada Centre and Passport Services located in the City of Fredericton.

The address is:

- 1133 Regent St Suite 200, Fredericton, NB E3B 3Z2.

Tip:

For more information on the online and mail process you can click [this link](#).

Note:

For information on the documents that you will need to apply for a Social Insurance Number, you can access the [Government of Canada](#) website.



Service
Canada 

JOB SEARCH

The Capital Region offers a wide job market for varied job sectors such as cybersecurity, engineering, biotech, agriculture, hospitality, skilled trades, healthcare, and many more sectors. There are several organizations that provide aid regarding employment search, as well as other services that will prepare newcomers, such as skilled workers and international students, for the Canadian workforce.



Working NB is an employment development office. They focus on supporting any New Brunswick employer with recruitment, retention, and training but also provide workforce support. Newcomers looking for career or training opportunities can connect with a Working NB counselor or investigate the different resources they offer; like information on virtual job fairs, a detailed job bank that includes further tips, and different opportunities for student internships during the summer.



GNB Mosaik is an intentionally co-created newcomer hiring program for anyone who was not born in New Brunswick, is eligible to work in Canada and is seeking meaningful employment opportunities within GNB. They do this through matching diverse talent to meaningful jobs within the provincial government, working to reduce language barriers, and taking a holistic approach so that newcomer hires are integrating into their community as well as their job.



Ignite is the economic development agency in charge of the Capital and Western NB Regions. They lead integrated economic development growth through diverse initiatives that create an environment for the Capital Region communities and businesses to be successful. Additionally, they foster a climate for growth through the support of job creation, entrepreneur development, workforce attraction, and community support.

Newcomers can reach out to Ignite to find resources like a job list that is updated every two weeks, a job seeker toolkit, entrepreneurial and business growth programs, and workforce skills development programs. These resources allow newcomers to develop further skills to integrate better into the Canadian work environment.

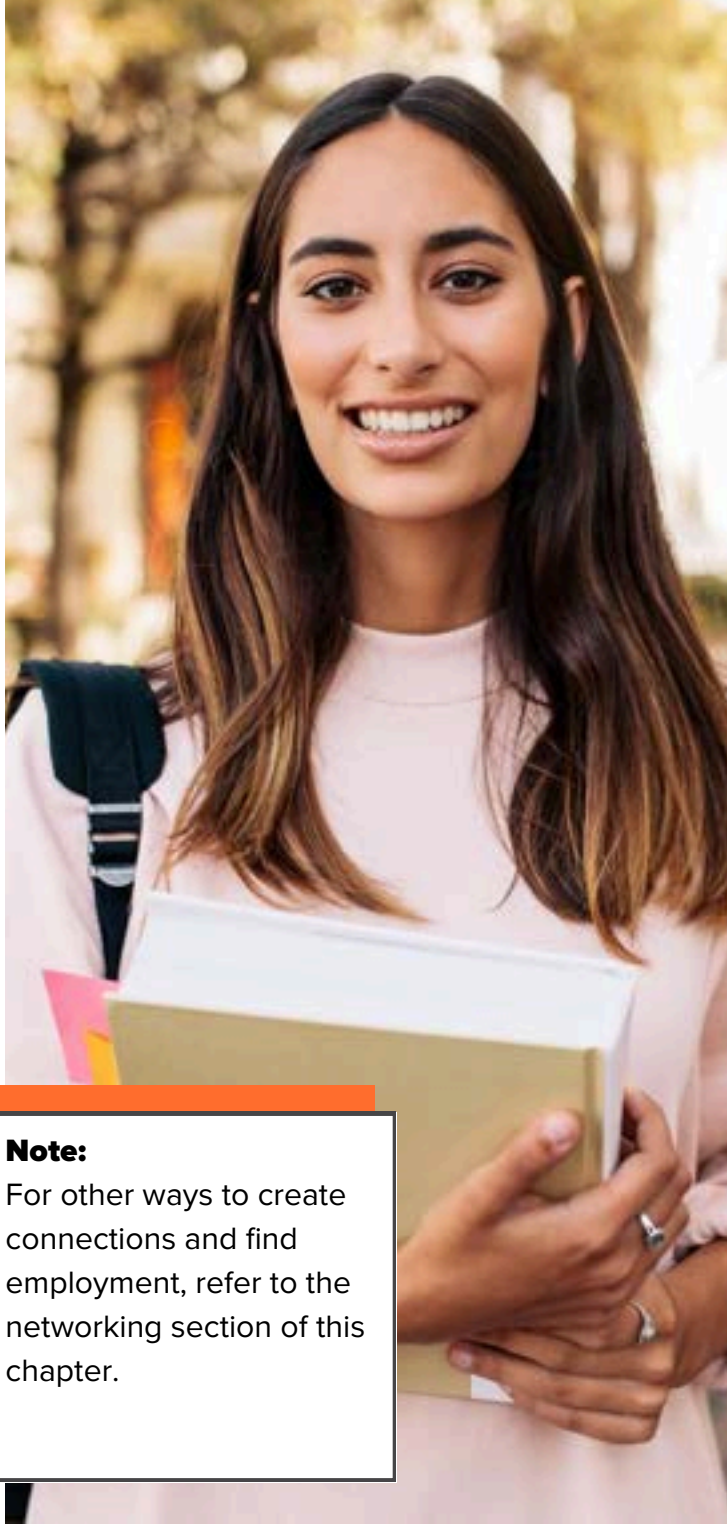
Tip: It's advised to keep tabs on Ignite's social media as they host events and programs that can help newcomers learn new skills and build their network in Canada, as well as sign up for their newsletter.



The Multicultural Association of Fredericton (MCAF) supports newcomers in many ways. In terms of employment, MCAF provides services to prepare and support newcomers to succeed in the Canadian work environment, such as employment coaching, networking opportunities, and training and tools.



The Centre communautaire Sainte-Anne (CCSA) supports the commitment of the French-speaking community of greater Fredericton in its development, growth and influence. To support Francophones with employment opportunities, CCSA compiles a list of available jobs in the region for French-speakers.

**Note:**

For other ways to create connections and find employment, refer to the networking section of this chapter.

JOB SEARCH | FOR STUDENTS

CAREER DEVELOPMENT OFFICES

Most universities in the Capital Region provide career development services. These offices offer services that will help students navigate the career development process as they start, progress through, and complete their degrees.

The services and resources they provide include resume preparation, job search strategies, preparing for graduate school, career fairs, employer info sessions, and on-campus employment programs.

If you would like more information you can contact the respective university's web pages, the link to the web pages will be listed below.

EXPERIENTIAL LEARNING OFFICES

Besides career development services, that most universities provide. They also promote the integration of theory and practice in their education system through experiential learning. The resources the experiential learning offices offer are internships, volunteer opportunities, and different certificates that will add more qualifications to students' resumes and experience related to their field of study.

These opportunities will help newcomers gain Canadian work experience and build a network in their field of interest. Some resources, like internships, can be paid as well, so even though they are temporary positions, they enrich the career development of the students.



EXPERIENTIAL LEARNING
CAREER DEVELOPMENT OFFICE



EXPERIENTIAL EDUCATION
CAREER DEVELOPMENT AND EMPLOYMENT CENTER



EXPERIENTIAL LEARNING
COUNSELLING DEVELOPMENT



JOBS & INTERNSHIPS



CREDENTIAL RECOGNITION

There are a variety of regulated occupations in New Brunswick. If you would like to work in a regulated occupation, you are required to be certified or licensed by the regulatory authority for that occupation. A regulatory authority is an organization, usually provincial, responsible for ensuring members of the occupation follow the rules outlined by legislation. This includes making sure that workers meet all requirements and follow occupational standards. One of the first steps in becoming certified or licensed in New Brunswick is to obtain an equivalency for the foreign qualifications you have earned outside of Canada. Your academic credentials and work experience will be evaluated to determine how your credentials and experience compare to Canadian-trained professionals.

For a list of regulated occupations in New Brunswick, refer [here](#).

If you are a tradesperson looking to have your credentials certified in New Brunswick, refer [here](#).

ATLANTIC IMMIGRANT CAREER LOAN FUND

The Atlantic Immigrant Career Loan Fund (AICLF) is a community-based partnership to assist internationally trained immigrants by providing micro-loans to overcome financial barriers to:

- Becoming licensed to practice
- Entering the workforce in their occupations or related fields.

Who is eligible for this fund?

- Permanent Residents or immigrant Canadian citizens
- Be a resident of NS, NB, NL, or PEI
- Be an internationally trained immigrant
- Have the required English/French skills
- Be a registered client with a designated immigrant services agency
- Have no un-discharged bankruptcy
- Agree to repay the loan with interest

FACILITATING ACCESS TO SKILLS TALENT (FAST NB)

Newcomers often bring valuable skills but can face barriers such as competency recognition or lack of Canadian work experience. FAST NB can help by offering participants the opportunity to have current competencies assessed and endorsed, as well as offering options and resources for upskilling/training to fill any gaps. Offered through NBCC, everything is completed online and at your own pace, with no cost to participate.

NURSES

New Brunswick's IEN Navigation service is designed specifically for internationally trained nurses (IENs). This service works with each candidate to help them navigate the challenges they might face during the licensure process.

This service offers guidance in the following:

- The National Nursing Assessment Service (NNAS);
- Provincial entry-to-practice competency assessments;
- Bridging programs available in the province; and
- Provincial regulatory bodies.

In June 2023, the provincial government announced a new five-year initiative to help reduce financial barriers for internationally educated nurses entering the healthcare system in New Brunswick.

To be eligible, candidates must:

- be accepted for immigration to New Brunswick;
- have received a provincial nomination certificate or endorsement;
- have accepted an offer of employment (or are currently working in the province);
- be a regulated, licensed nurse in their country; and
- pursue the licensure/registration process in New Brunswick.

Note: Internationally educated nurses can connect with the IEN Navigation Service by completing this short form.

OTHER HEALTHCARE PROFESSIONS

For healthcare professionals (other than nurses), each profession has a specific set of requirements that must be met. New Brunswick's IEHP Navigation service provides customized, profession-specific, and client-centered service to IEHPs at no cost to the candidate.

The service assists candidates with key barriers they might experience during the process to licensure, offering guidance surrounding:

- Provincial entry-to-practice requirements;
- Support programs where available; and
- Provincial regulatory bodies and national credential assessment processes and programs.

Note: Internationally educated health professionals can connect with the IEHP Navigation Service by completing this short form.



For more information on foreign qualification recognition and regulated occupations in New Brunswick you can visit the Government of New Brunswick's webpage.

NETWORKING OPPORTUNITIES

When looking for a job, networking is one of the best tools at your disposal. Networking allows you to increase your visibility toward employers and it exposes you to people that might recommend you to employers. It helps you get established people in your field that can offer advice or help you find a job. In the Capital Region, there are plenty of Networking Opportunities offered through a variety of different programs. Some of the most known are the following:



Ignite Your Network is a great networking event to start if you are new to the Capital Region. Ignite hosts this networking event four times a year, so if you are looking for a place to meet others like you, make some friends, learn about services available for you, and practice your networking skills, this event is for you!

The Ignite Connector Program matches internationally educated professionals and recent graduates (Connectees) with successful local professionals (Connectors). They are matched based on industry experience, professional backgrounds, or the Connectee's interest in a specific sector. Connectors are asked to refer the Connectee to three people in their network. This program is a great place to start your professional development.



The Study and Succeed in NB program offers international students the resources, support, and connections needed to launch a successful career and fulfilling life in the province. This program aims to increase the availability of skilled labour by retaining more international students after graduation.



Chambers of Commerce are responsible for improving the local business environment and strengthening communities through advocacy, networking, and campaigning. In addition, they create an easy line of communication for business owners to connect with governing bodies.

Moreover, Chambers of Commerce organize several events throughout the year with the sole purpose of business owners being able to network with each other.

To find out more about the events that each Chamber organizes, make sure to check their websites or contact them directly:

- [Fredericton Chamber of Commerce](#)
- [Oromocto Chamber of Commerce](#)
- [Mactaquac Chamber of Commerce](#)

The New Brunswick Business Immigrants Association (NBBIA) is a provincial organization working to support immigrant entrepreneurs and business owners to find success in business in New Brunswick. For networking opportunities such as Coffee Chat, be sure to follow their social media channels.



ENTREPRENEURIAL RESOURCES

If you are looking forward to starting your own business, the capital region offers several services, spaces to work on your business, and loan opportunities to start your business-owning journey. Furthermore, if you need an assessment, or information regarding the current market in the region, you should contact the economic development agency in your area, they can provide free services according to your needs.



PLANET HATCH

Planet Hatch is a wonderful place to start the journey from newcomer to business owner. Their main goal is to support start-up entrepreneurs through an integrated program service delivery as well as offering very engaging physical infrastructure. Moreover, they want to support entrepreneurs so they can develop into well-positioned, internationally competitive companies that will contribute to the region's economic growth. They look forward to helping their clients through programs, funding, mentorship, coaching, facilities and events.



The Start-Up Visa Program is for talented immigrant entrepreneurs hoping to launch their businesses in Canada while gaining permanent residency for up to five co-founders and their families. This program offered through Planet Hatch gets you to Fredericton so that you can start working diligently on your business faster than any other entrepreneur visa program, with three months of intense business acceleration as well as an expedited visa application process.



The Succession Matching Program partners alongside the New Brunswick Provincial Nominee Program's Entrepreneur Stream, to connect any aspiring newcomer buyers to any business-owners that are looking forward to selling their business. This is a great service that you can take advantage of if you do not want to start a business from scratch.



The Business Immigrant Essentials (BIE) program looks forward to contributing to the social and economic development within the region by integrating immigrants into the local business community. Newcomers, immigrant entrepreneurs, and international students are more than welcome to join this program if they want to start growing their businesses in the region. The main purpose of this program is for newcomers to gather an understanding of Canadian business culture and for their network to grow.



The Seed Grant Fund provides a non-repayable grant of up to \$25,000 to entrepreneurs in the Capital Region that are demonstrating high-growth potential. This grant provides enough capital for prototyping, product, and client validation, as well as market entry activities.

The Impact Loan is a program for Entrepreneurs in the Capital Region. This repayable loan provides up to \$25,000 in working capital for startups and expansion projects. To assess your eligibility for funds and loans you can contact Ignite's Business Startup Specialist or for more information access the Planet Hatch website.



Opportunities New Brunswick offers business navigators. Business navigators can help you by providing an overview of how to start certain types of businesses such as restaurants and garages. They help you identify what regulations you need to follow, and they help by identifying what licenses and permits are needed to operate your business. For more information, you can reach out to a business navigator here.



The Business Strategy Internship (BSI) provides \$10,000 or \$15,000 to students who develop projects that help an organization thrive through innovation. This program allows a student to undertake a four-month internship project with a partner organization in Canada. Interns will work alongside an academic supervisor to co-design a project with a partner organization. The main purpose is to help the partner organization improve its processes, products, or services. Moreover, to ensure the success of the intern, Mitacs offers online professional development courses through their e-campus, EDGE.



Propel is an Atlantic Canadian organization that offers an online accelerator to Technology Startups. Using a Founders First approach, Propel offers two e-accelerator courses (Vision & Validation; Traction & Growth), as well as weekly individual meetings and group meetups, fireside chats, lunch and learns, and Founder Real Talk.



CBDC is a non-profit that assists in the creation of small businesses and Startups, and in the expansion and modernization of existing businesses by providing services to entrepreneurs such as financial assistance, business counselling, entrepreneurship development and training, and technical assistance.



Futurpreneur is a national, non-profit organization that provides financing, mentoring and support tools to aspiring business owners aged 18-39. Their internationally recognized mentoring program hand-matches young entrepreneurs with a business expert from a network of more than 2,600 volunteer mentors.



Business Development Bank of Canada (BDC) supports small and medium-sized businesses in all industries and at every stage of growth with money and advice. They offer flexible financing, advisory services, and access to specialized financing and investment solutions.



Serving as their first point of contact, Women in Business NB (WBNB) guides and supports the success of female entrepreneurs across New Brunswick. WBNB offers online networking opportunities with other female entrepreneurs through their Coffee Break series, Consultant Advisory Services that helps female entrepreneurs access technical and financial assistance, and Women in Leadership - From Talk to Action to address key systemic barriers to women's advancement and to build community-based approaches in support of women's equality, accelerate systemic change in New Brunswick and to strengthen representation and participation of women on corporate boards and in other decision-making roles such as in politics.

A group of diverse young people, including men and women of various ethnicities, are smiling and holding hands in a circle against a clear blue sky. The image is oriented vertically, with the people's heads at the top and their hands reaching down towards the center. The overall mood is positive and collaborative.

CHAPTER 05

BELONG TO THE COMMUNITY

BELONG TO THE COMMUNITY

FEATURED IN THIS CHAPTER:

Tourism

Recreational Activities

Media

National and Provincial Holidays

Indigenous Communities

Ethnocultural Associations

Religion in the Capital Region

Gender-based Resources and 2SLGBTW+

Volunteering in the Capital Region

CHAPTER 05



INTRODUCTION

The Capital Region offers several ways to be exposed to different cultures, mindsets, and recreational opportunities to meet new people and build a home. Through the different recreational activities spread throughout the region, you get to meet new people, develop skills, and experience the culture through a different lens.

All over the region, there are several museums, art galleries, cultural organizations, and religious organizations that are looking forward to receiving you. Throughout the year, and according to the season, there are several free events for you and your family to be a part of.

This section gives out information on culture, heritage, shopping, and recreational opportunities that happen across your future home.



TOURISM

The Capital Region is a destination that's built for discovery. The more you look, the more you find. Explore our built heritage, world-class music festivals, stunning art galleries, award-winning taprooms and breweries, 120+km trail network and unique artisan markets. To discover all that awaits you within the Capital Region, visit the [Fredericton Capital Region Tourism website](#).



RECREATIONAL ACTIVITIES

Recreational activities are signs of a vibrant and healthy community. Recreation can increase people's participation in the community, and it promotes fitness as well as a healthy lifestyle for everyone. These activities also promote opportunities to produce new skills and develop networking skills that are useful to build meaningful relationships.

Spread across the region, all kinds of recreation centers provide services that are offered in a variety of programs for youth, adults, and seniors. There are plenty of indoor and outdoor activities ranging from golf courses to aquatic facilities and play parks. Click on your regional entity to find more information on the activities near you.

- [HARVEY](#)
- [VILLAGE OF FREDERICTON JUNCTION](#)
- [VILLAGE OF TRACY](#)
- [HANWELL](#)
- [SUNBURY-YORK SOUTH](#)
- [NEW MARYLAND](#)
- [OROMOCTO](#)
- [ARCADIA](#)
- [MUNICIPALITY OF GRAND LAKE](#)
- [NASHWAAK](#)
- [THE CITY OF FREDERICTON](#)
- [CENTRAL YORK](#)
- [NACKAWIC-MILLVILLE](#)

MEDIA

TELEVISION

If you are looking for some news broadcasters, the 4 main English providers of the province are CBC New Brunswick, Global News New Brunswick, CTV Atlantic, and Rogers; with the two main Francophone providers being Noovo and TVA.



RADIO

There are several radio stations spread out throughout the capital region. All the radio stations within the region, are varied and span all sorts of content. They range from news outlets to music stations; the capital region offers everything you need to hear and more!

NEWSPAPERS

Some regional newspapers are:

- Telegraph-Journal - Provincial Newspaper
- The Daily Gleaner - Capital Region-Oriented
- The Aquinian - St. Thomas University Student Newspaper
- The Brunswickan - University of New Brunswick Student Newspaper

Across Canada, there are two national newspapers:

- The National Post
- The Globe and Mail

ACCESSIBILITY

AMI is known as a not-for-profit organization that looks forward to supporting people with disabilities by providing them with media that entertains, informs, and empowers them. They offer three broadcasting services: AMI-tv and AMI-audio (English), and AMI- télé (French). They aim to establish a service that represents the interests, concerns, and values of people with disabilities through accessible media.



National holidays are celebrated on a federal level in Canada. There are also additional holidays recognized at the provincial level. These are paid public holidays (also called statutory or stat holidays), where employers are required to follow up provisions with their employees. For example, giving employees a paid day off or paying the rate of time and a half to employees who are working on holidays. For more information, refer [here](#).

There are also holidays celebrated nationwide, however, no paid vacation is given for these days:

- Valentine's Day (February 14th)
- St. Patrick's Day (March 17th)
- Mother's Day (2nd Sunday in May)
- Father's Day (3rd Sunday in June)
- Halloween (October 31st)

NATIONAL & PROVINCIAL HOLIDAYS

There are 9 paid public holidays celebrated in New Brunswick:

- New Year's Day (January 1st)
- Family Day (3rd Monday in February)
- Good Friday (varies each year)
- Canada Day (July 1st)
- New Brunswick Day (1st Monday in August)
- Labour Day (1st Monday of September)
- National Day for Truth and Reconciliation (September 30th)
- Remembrance Day (November 11th)
- Christmas Day (December 25th)

Other holidays, where schools and many stores and offices are closed, include:

- Easter Monday (the Monday following Good Friday)
- Victoria Day (3rd Monday in May)
- Thanksgiving Day (2nd Monday in October)
- Boxing Day (December 26th)

INDIGENOUS COMMUNITIES

Map of Indigenous Communities in New Brunswick



Wolastoqey Nation

The Wolastoqey Nation in New Brunswick (WNNB) is the technical advisory body for the six Wolastoqey communities in the province. Governed by the elected Chiefs of the six communities, we provide expert advice on land and resource projects, and ensure strength, unity, and empowerment for our people.



Wolastoqey Tribal Council Inc.

The Wolastoqey Tribal Council focuses on the growth and success of Wolastoqey communities through capacity building projects, training and workshops, and access to social services.

INDIGENOUS COMMUNITIES IN THE CAPITAL REGION

Sitansisk (St. Mary's First Nation)



Welamukotuk (Oromocto First Nation)



Pilick (Kingsclear First Nation)



INDIGENOUS ORGANIZATIONS



Joint Economic Development Initiative (JEDI)

The Joint Economic Development Initiative (JEDI) works with partners to foster Indigenous economic development in New Brunswick. JEDI provides a variety of programs and services focused on supporting Indigenous:

- entrepreneurship;
- community economic development;
- workforce development;
- partnerships with the public and private sector



Kehkimin

- The primary mission of Kehkimin is to sustain and strengthen the Wolastoqey language revitalization movement through immersive language and land-based education that is embedded in the life ways of Wolastoqiyik.

ETHNOCULTURAL ASSOCIATIONS

Finding communities that share your values and culture is very important to successfully settle in a new country; it helps the newcomers feel seen and welcomed. No matter what your culture is, the Capital Region has different cultural associations that will help you connect with other newcomers that share the same cultural practices.

For information on active ethnocultural associations in the Capital Region, refer [here](#).

MULTICULTURAL ASSOCIATION OF FREDERICTON (MCAF)

MCAF is a settlement agency responsible for assisting newcomers to become established in the community while also promoting a multicultural environment

RURAL SETTLEMENT NETWORK

The Rural Settlement Network (RSN) is an initiative that seeks to address the gaps in settlement services in rural and francophone areas. RSN-Grand Lake Region is the settlement service for the Municipality of Grand Lake.

CAFI

CAFi is a Francophone settlement agency responsible for ensuring, in French, the full integration of immigrants.



OFFICE OF COMMUNITY INCLUSION

Within the City of Fredericton, the [Office of Community Inclusion \(OCI\)](#) seeks to connect individuals with organizations to help citizens have a voice in the city by acting as a conduit between different levels of government and its people. The OCI develops and implements policies to protect people from racism, discrimination, exclusion and intolerance.

RELIGION IN THE CAPITAL REGION

The Capital Region has a variety of places of worship for you to practice your faith.

- **ANGLICAN**
- **BAPTIST**
- **CATHOLIC**
- **JEWISH**
- **PENTACOSTAL**
- **SHAMBHALA**
- **SIKH**
- **WESLEYAN**
- **UNITED**
- **PRESBYTERIAN**
- **ADVENTIST**
- **JEHOVAH'S WITNESS**
- **EVANGELICAL LUTHERAN**
- **CHRISTIAN REFORMED**
- **QUAKER**
- **MARONITE**
- **UNITARIAN**
- **ORTHODOX CHRISTIAN**
- **HINDU**
- **MUSLIM**

For information on any other religious denomination not listed above, search for that denomination and add the key words "near me" to find the nearest place of worship.



GENDER-BASED RESOURCES

Sexual Violence New Brunswick (SVNB)

SVNB supports victims of all genders and recognizes that sexual violence is a form of gender-based violence. Their local services support individual healing and societal change for a world without sexual violence.



- Sexual violence support line: (506) 454-0437
- Advocacy
- Individual counselling
- Group support for survivors and parents
- School-based sexual violence prevention programs
- Public education and awareness
- Campus sexual assault support and advocacy

Liberty Lane

Liberty Lane offers Second Stage Housing to female identified individuals (and their children) who have left family violence and Domestic Violence Outreach services to people of all gender identities. Their goal is to enable individuals (and their children) who have experienced domestic violence to attain personal and economic independence and a future free of violence.



Women in Transition House

- Transition House is a secure home for women fleeing abuse - whether it be physical, emotional, verbal, financial, spiritual, sexual, or stalking/criminal harassment.
- 24-hour Crisis/Shelter/Support Line: (506) 459-2300

2SLGBTQ+ Services

Fierté Fredericton Pride

Fierté Fredericton Pride strives to promote inclusion and intersectionality in celebrating and advocating for 2SLGBTQ+ individuals and communities. We seek to support and empower our communities while promoting visibility, collaboration, education, and diversity through community-focused events and programming. Fierté Fredericton Pride is committed to cultivating a culture of growth and transparency in line with our core values: equity, diversity, inclusion, and intersectionality.



Local and national resources, from health and counselling to support and social.



VOLUNTEERING IN THE CAPITAL REGION

As a newcomer, volunteering can help you to familiarize yourself with the community, make new friendships, and find employment through networking.

Note:

For more information on networking, refer to [Chapter 4](#)



In the Capital Region the biggest platform to look for volunteering opportunities is [Connect Fredericton](#). Here you will find numerous opportunities as well as the requirements you need to volunteer. You can choose organizations depending on your interests and contributing towards these causes can also give you experience in different fields depending on what role you choose.



For almost 60 years, [United Way](#) has worked to improve communities in Central New Brunswick by raising funds and engaging community members in volunteerism and action. They support 30 partner agencies and 39 programs and strategies that are helping children, youth, families, newcomers, disabled individuals and seniors in the Capital Region receive the services that are so invaluable in their daily lives.

Some rural municipalities also provide volunteering information on their websites:

HARVEY | HANWELL | OROMOCTO

For all other communities, contact your local municipal office to enquire about other volunteer opportunities that may be available.



**If you wish to propose modifications or additions to this
Welcome Guide, kindly complete this form.**





START | GROW | THRIVE

**CAPITAL REGION
WELCOME GUIDE**

ATTRACT | CONNECT | INTEGRATE | RETAIN

