

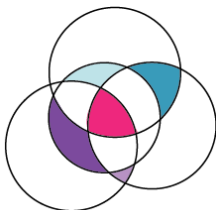
A Newcomers' Guide to Antigonish: Community, Culture, and Mental Wellness



The Antigonish/Guysborough Immigrant Support Program

A Program of the Antigonish Women's
Resource Centre.

Funded by the Department of Labour-Skills and
Immigration.



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Settling in Antigonish: Checklist

	Find Housing
	Exchange your Money for Canadian Currency
	Open a Bank Account
	Get a Social Insurance Number
	Get Canadian Phone Number
	Find Employment
	Register your Children in School
	Apply for Health Insurance and Family Doctor
	Have your Children Immunized
	Apply for the Canada Child Tax Benefit and/or the GST/HST Credit.
	Services for Newcomers in Town

Starting to Settle

How To:

Find Housing

- You might be able to find housing by using online platforms, and social media groups such as Facebook.
- A couple of websites with rental listings are: Rent Gorilla and Kijiji.
- Reach out to agencies and housing organizations such as:
 - Eastern Mainland Housing (902-862-1259)
 - A Roof Over Your Head (902-870-9919)
 - Antigonish Affordable Housing Society (902 318-3732)
 - Stephenson's Property Management (902-867-0992)
 - Make sure to find them online and check out their websites as well!

How To:

Open a Bank Account

- Choose a Bank. Research the available banks in Antigonish and choose one that suits your needs. Common banks in Canada include Scotiabank, Royal Bank of Canada (RBC), TD Canada Trust, Credit Union and others.
- Visit the bank. Make sure to bring your identification, such as a driver's license or a passport, and also proof of address.
- Ask questions! Don't hesitate to ask about currency exchange, fees, services or any other concerns you might have.



How To:

Apply for a Social Insurance Number (SIN)

- SINs are needed to work in Canada.
- In Antigonish, you can apply for a SIN number in the “Service Canada” building, located on the 2nd floor at 325 Main Street. You can also apply through the Service Canada online portal.
- Make sure to bring proof of identity and legal status in Canada. For example, a valid passport, permanent resident card, or work permit may be required.
- Store your SIN card in a secure place, as it is a sensitive piece of personal information. Avoid carrying it with you unless necessary.



Service Canada Building in Antigonish

How To:

Find Employment

- Update and/or translate your resume.
- Explore online job portals, such as Indeed.
- Look for employment services, such as:
 - Nova Scotia Works Career Connections: Free educational services and opportunities to help you find employment or start a business.
Phone: 902-863-8244
 - Service Canada: Provides access to an online job bank, employment insurance information, and more.
Phone: 902-863-7069 / 1-800-537-9573
- Make sure to check out their websites too!

How To:

Enroll your Children in School

- The Strait Regional School Board are administrators of public schools in the area.
- To enroll your child in public schooling, contact them at:
 - Phone: 902-625-2192
 - Toll-free: 1-800-650-4448
 - Website: www.strait.ednet.ns.ca
- To enroll your children in Daycare, make sure to contact the centres and get your children into waitlists. Some Daycares in Antigonish are:
 - Red Apple Children's Centre
 - Ponderosa Play & Learn
 - StFX Daycare

How To:

Apply for Health Insurance & Family Doctor

- **MSI Card:** You will need an MSI card to access most health care services for free.
 - Phone: 1-800-563-8880
 - Email: msienquiry@medavie.bluecross.ca
 - Website: www.gov.ns.ca
- **Family Doctor:** You will need a family doctor to address non-urgent health issues. Contact them to put yourself on the waitlist for a family doctor.
 - Phone: 811
 - Website: needafamilypractice.nshealth.ca
- **Maple:** While waiting for a family doctor, you can download the app “Maple”, or access them online on www.getmaple.ca to see a doctor online in Nova Scotia to resolve many common health concerns.
- **FOR EMERGENCIES:**
 - Call 911
 - Go to the emergency room at St. Martha’s Regional Hospital.

How To:

Apply for the CCTB and/or GST/HST Credit

- **Canada Child Tax Benefit**
 - It is designated to help families with the cost of raising children under the age of 18.
 - Apply by calling 1-800-387-1193 or online through the Canada Revenue Agency (CRA) portal.
- **GST/HST Credit**
 - It is designated to provide financial assistance to help families or individuals pay their taxes.
 - Apply by calling 1-800-959-1953 or online through the Canada Revenue Agency (CRA) portal.

Services for Newcomers in Town

Antigonish/Guysborough Immigrant Support

Program: 219 Main St.
Kirk Place Building, Suite 202
902-318-4779

- The AGISP helps with questions and information regarding settlement free of charge.
- Navigate local services
- Assistance with immigration forms
- Advocacy and accompaniment.

Antigonish Women's Resource Centre:

219 Main St.
Kirk Place Building, Suite 204
902-318-2211 / 902-863-6221

- The Centre offers support, advocacy, and counselling to women of all ages.
- The Centre helps navigate systems, solve problems, meet your emergency financial needs, care for your mental and physical health and wellbeing,

Antigonish Town & County Library:

283 Main St. Antigonish
902-863-4276

- They offer a full range of free services and access to the resources of all Nova Scotia public libraries.
- They offer fun programs such as: family story time, community café, and more programs to get to know members of the community.

Antigonish County Adult Learning Association (ACALA):

283 Main St.
(902)863-3060

- ACALA offers English as a second language (EAL) classes and tutoring services free of charge.
- ACALA partners with the Teaching Immigrants English (TIE) Program and YREACH to deliver beginner, intermediate and advanced classes to newcomers and residents.

Kids First Family Resource Centre:

83 Kirk Street
902-863-3848

- Kids' First builds confidence, stability and hope in families with children from 0 to 6 years old.
- They have family programs, such as Learning Library, Play Groups, Coffee and Conversations, and more free amazing programs.

Town of Antigonish Recreation Department:

274 Main Street
902-863-7612

- The recreation department is dedicated to provide sports, recreation and leisure activities for Antigonish's residents and citizens.

Antigonish County Recreation Department

285 Beech Hill Road
902-863-1141 / 902-863-03-16

- The recreation department of the County creates opportunities and resources for the community to pursue physical activity, sport, and recreation.

Local Health Services

1. St. Martha's Regional Hospital

- ❖ Provides a range of primary and secondary health services.
- ❖ Phone: 902-867-4500

2. Mental Health & Addictions Services

- ❖ Provides psychiatric and social work services for adults and children
- ❖ Phone: 1-888-291-3535

3. Public Health Services

- ❖ Provides health promotion & education, illness and injury prevention activities, nutrition, dental health, and more.
- ❖ Phone: 902-867-4500 ext. 4800

4. Lindsay's Health Centre for Women

- ❖ Provides mental health and addiction services, a nurse practitioner, women's centre services and a physician. For women and adolescent girls only.
- ❖ Phone 902-318-9984

5. Men's Health Centre

- ❖ Provides a physician, mental health & addiction services and family services. For men and boys 12 years and older.
- ❖ Phone: 902-863-2358

6. Antigonish Community Grief Support

- ❖ Provides a support program for those who have lost a loved one.
- ❖ Phone: 902-863-1375

7. Kids Help Phone

- ❖ Provides a free 24-hour service for children experiencing abuse or emotional distress.
- ❖ Phone: 1-800-668-6868

DRUGTORES & PHARMACIES

- MacKinnon's Pharmasave (902-863-3040)
- Lawton's Drugs (902-863-2015)
- Shoppers Drug Mart (902-863-6522)
- Walmart Pharmacy (902-867-1535)
- Teasdale Apothecary (902-735-2696)

EMERGENCY LINES

- For serious emergencies: Call 911
- Poison Control: 1-800-565-8161
- NS Telecare (Health information & advice 24/7): 811
- Environmental Emergencies: 1-800-565-1633
- Community (or other social services inquiries): 211

TIPS FOR CANADIAN MEDICAL SYSTEM

- Be on time for appointments
- Expect to wait a long time if ever on the emergency room.
- If medication needs to be prescribed, you will receive a signed paper by the doctor that you will need to show at the pharmacy.
- If medication is not prescribed, ask the pharmacist for "over-the-counter" medication, you will be able to buy it without a doctor's prescription. They are usually in on the pharmacy's shelves.

TRANSPORTATION

- Antigonish Community Transit (902-867-0411)
- Odgie's & MM Taxi (902-863-3030)
- Tartan Taxi (902-872-0720)
- Captain's Cab (902-870-2357)
- *Remember to ask about each companies' hours of operation, prices of fares, approximately how long will it take for the cab to pick you up, and other questions you might have. If ever taking the Antigonish Community Transit, always confirm your ride, especially during the winter.*

CANADIAN PHONE NUMBER

- You can choose from a variety of different service providers, such as:
 - Bell Aliant
 - Eastlink
 - Lucky Mobile
 - Telus
 - Fido

How To:

Take Care of your Mental Health while Settling

- Many newcomers experience culture shock. There is not much you can do to avoid it, but there are ways to cope with it. The first thing to do is accept the different emotions of settling, such as:
 - Excitement
 - Anger
 - Sadness
 - Frustration
 - Guilt
- It is only natural to feel frustrated when dealing with the adjustment period. It will get better eventually, but it's okay to feel sad, or even lost.
- It is very common to doubt your decisions and ask yourself: "did I make the right choice by moving here?" And while it is common, you don't have to deal with this alone. We are here for you!
- Here are some things you can do to make the settlement period easier:
 - Get to know the community and its members.

- Put yourself out there and make new friends! Especially since you will get to practice more English.
- Get out of your comfort zone. Navigating the Canadian system might be a little intimidating, and getting help is always good. However, make sure you are learning to do things by yourself.
- Allow yourself to feel, and take it one day at a time.
- Write down how you are feeling, and why are you feeling that way. This is helpful for organizing your thoughts and understanding yourself better.
- Always remember: **YOU GOT THIS!**