



Multicultural Association
Chaleur Region Inc.

L'Association multiculturelle
région Chaleur inc.

Newcomers' Guide to the Chaleur Region



Important Telephone Numbers

Multicultural Association Chaleur Region Inc. **506-547-7651**

Emergency -

Police, Ambulance, Fire, Poison Centre (24 hour service) **911**

Chaleur Regional Hospital (Bathurst) **506-544-3000**

Crime Stoppers **1-800-222-8477**

Power Outages (24 hour service) **1-800-442-4424**

Police (non urgent) (BNPP) **506-542-2666**

(Bathurst) **506-548-0420**

(RCMP) **506-548-7771**

Service Canada **506-547-2522 / 1-800-622-6232**

Service New Brunswick **1-888-762-8600**

Taxis

Acadie-Taxi, Beresford **506-545-6111**

Jean-Paul Émile Taxi, Pointe-Verte **506-783-3386**

People's Taxi, Bathurst **506-546-4435**

Taxi Don's, Belledune **506-237-3000**

Tele-Care (free, confidential, health advice

and information line) (24 hour service) **811**



Multicultural Association
Chaleur Region Inc.

L'Association multiculturelle
région Chaleur inc.

Message from the President

Hello and a warm welcome to the Chaleur region.

The Chaleur region is a wonderful place to call home. The Multicultural Association Chaleur Region's primary mission is the well-being of newcomers who come to settle in our region.

The Association's employees, members and volunteers strive at all times to provide services and activities to assist you in integrating into our community. We are also very fortunate to have a strong network of community partners to support us in our work. As president of the Association, I believe that, together with our partners, we have everything necessary to assist you in integrating into our region and to guide you in achieving your goals.

As an immigrant myself, I would like to cite a maxim from my country of origin: "Strength in unity". Through the talents of our immigrants and the bonds of friendship that they develop with local residents, we will all work together to build and strengthen our community.

We invite you to explore our website, www.macr-amrc.ca, to discover the range of services and activities offered by the Association.

A handwritten signature in black ink, appearing to read 'Jean Herman', with a long horizontal line extending to the right.

Jean Herman
President
Multicultural Association Chaleur Region

Table of contents

| | | |
|--------------|--|----|
| Section I | Welcome to Your New Home | 3 |
| Section II | Fundamentals of Government and Immigration | 11 |
| Section III | Employment and Entrepreneurship | 21 |
| Section IV | Money and Banking | 27 |
| Section V | Health | 31 |
| Section VI | Education | 43 |
| Section VII | Other Community and Social Services | 51 |
| Section VIII | Transportation | 61 |
| Section IX | Other Services for Newcomers in the Chaleur Region | 65 |
| Section X | Sports, Culture and Leisure | 75 |
| Section XI | Making the Most of Winter | 89 |
| | Newcomers' Checklist | 95 |

While every effort has been made to insure the accuracy of the information presented in this guide, we hereby disclaim any liability for any errors, omissions or discrepancies it may contain. Please check before using any of the information. Use of this guide and its contents is voluntary and the Multicultural Association Chaleur Region Inc. is not responsible for your use of the information it contains. All information is provided for informational purposes only, and as such should not be construed as advice.



Section I

Welcome to your New Home



Multicultural Association Chaleur Region

■ History

Since 1976, the Multicultural Association Chaleur Region Inc. (MACR) has been encouraging the meeting of cultures, old and new, in our region and helping with the settlement and integration of our immigrant newcomers. In September 2009, the Association opened its Welcome and Integration Centre in Bathurst. The Centre serves its clients in both French and English.

■ Mandate

The MACR is a non-profit organization which strives to achieve the following:

- Facilitate contact and communication between persons of different cultural backgrounds
- Foster harmonious relationships among all cultural groups and individuals
- Be a source of information and help for newcomers to the community
- Be a contact and communication medium for the various ethnic and cultural groups in the region
- Raise public awareness and promote acceptance of multiculturalism

■ Settlement Services

Our settlement and integration office is pleased to assist newcomers with:

- Locating housing and childcare services
- Registering children for school
- Finding a family doctor
- Interpretation
- Helping with application for government services such as Medicare, Social Insurance Card, driver's license, banking services, etc.

■ Host Program

Our host program consists of a pairing service between volunteers in the welcoming community and the new arrivals. The volunteer host (*family or individual*) has adapted to Canadian life and may be of Canadian or immigrant origin. We strive for the best possible pairing to allow newcomers to feel comfortable.

The goals of this program are to:

- Overcome integration-related stress
- Provide information on services available
- Accompany to community activities

■ Language Training

Language training in English and French is available free of charge to newcomers who are permanent residents, temporary foreign workers or international students. Canadian citizens who were educated abroad may also be eligible.

These courses are delivered by professionals, generally through CCNB - Bathurst. Please contact MACR for details.

Employment Services

■ **For Newcomers**

- Networking and training opportunities including Orientation to the Canadian Workplace, Essential Skills for the Canadian Workplace and other employment focused training opportunities
- Referral to regulatory agencies for professional re-credentialing and trades re-certification
- Assistance in enrolment in business mentoring program
- Assistance in contacting provincial immigration agents for aid in immigration matters including Provincial Nominee Program
- Referral and introduction to Department of Post-Secondary Education, Training and Labour career and employment counselors
- Referral for language training for permanent residents, temporary workers and international students
- Entrepreneur and mentoring programs

■ **For Employers**

- Assisting with the integration of newcomers into the workplace
- Promoting the advantages of multiculturalism and diversity in the workplace
- Networking opportunities with newcomers
- Referral to workplace onsite french language training for entrepreneurs
- Sourcing of interpreters or translators
- Referral to government departments and agents responsible for hiring of temporary foreign workers
- Referral and registration for training opportunities

Welcome and Integration Centre - Multicultural Association Chaleur Region Inc.

95 Youghall Drive, Bathurst, NB E2A 3Z2

Tel: **506 547-7651**

Fax: **506 547-2576**

Hours: Weekdays from 9 a.m. to 5 p.m.

info@macr-amrc.ca • www.macr-amrc.ca

To Locate Information

1. Call or visit the Welcome and Integration Centre. Our knowledgeable employees are here to guide you.
2. Understanding how to use the telephone properly can save you time, avoid unnecessary trips, and maximize your use of the resources available in the Chaleur Region. Telephone books are ideal sources of information. They are free to customers of Bell Aliant and contain the addresses and telephone numbers of various government departments as well as individuals, local services and local businesses.

3. The Internet is another extensive source of information. For example, **www.411.ca** has all the information found in the telephone book. The World Wide Web is commonly used for on-line banking, to pay bills and to do research.

■ **Local Internet providers**

Bell Aliant: **1 888 214-7896** or **www.bellaliant.net**

Rogers: **1 888 764-3771** or **www.rogers.com**

▮ *Compare costs and services (including television options) with these Internet and television service providers before signing a contract.*

■ **Reference and Internet services to the Community**

LIBRARIES

Smurfit-Stone Public Library

Bathurst City Hall Complex

150 St-George St, Bathurst, NB E2A 1B5

Tel: **506 548-0706**

Bibliothèque publique Mgr-Robichaud

855 Principale St, Beresford, NB E8K 1T3

Tel: **506 542-2704**

Bibliothèque publique de Petit-Rocher

702 Principale St, Suite 110, Petit-Rocher, NB E8J 1V1

Tel: **506 542-2744**

Canada - Your New Country

■ **The Canadian Way of Life**

Canada is an immense country. To understand what it means to be Canadian, it is important to know about our three founding peoples: Aboriginal, French and British. Aboriginal peoples' ancestors were well established here long before explorers from Europe first came to North America. Today, Canadian society stems largely from the English-speaking and French-speaking Christian civilizations that were brought here from Europe by settlers.

Most day-to-day life is conducted in English or French. Canada is home to people of many different backgrounds, religions, ethnicities and cultures. But Canadians share core values. These values guide and shape our everyday life. We are proud of our identity, our history and our achievements.

We have inherited legal and democratic institutions that date back to the Middle Ages in France and England. These are living traditions today in Parliament and

our provincial legislatures. Our laws and our governments ensure that we treat all people equally and that there is equal opportunity for all. Our laws also protect minorities. Together, we work hard to maintain a secure, peaceful and prosperous society." (excerpt from www.cic.gc.ca)

Canada is the second largest country on earth—10 million square kilometres. Oceans border three of Canada's frontiers—the Pacific in the west, the Atlantic in the east, and the Arctic in the north. Along the southern edge of Canada lies the Canada-United States border. Both Canada and the USA are committed to a safe, secure and efficient frontier.

Canada has a population of about 34 million people (2012). While many people live in cities, Canadians also live in small towns and rural areas.

■ The Province of New Brunswick

The largest of Canada's three Maritime Provinces and one of the four founding provinces of Canada, New Brunswick is the only constitutionally bilingual (*French-English*) province in the country. It covers an area of 73,440 square kilometres - 242 kilometres (150 miles) from east to west and 322 kilometres (200 miles) from north to south. It is located south of the province of Quebec and east of the State of Maine (USA). Its northern border also includes the Restigouche River and the Chaleur Bay. The eastern coast borders on the Gulf of St. Lawrence and the Northumberland Strait.

New Brunswick is connected to the province of Prince Edward Island by the world-famous Confederation Bridge, which crosses the Northumberland Strait. The curved, 12.9-kilometre (8-mile) long bridge, is the longest in the world crossing seasonally ice-covered water, and a decade after its construction, it endures as one of Canada's top engineering achievements of the 20th century.

Chignecto Bay and the 24-kilometre wide Isthmus of Chignecto connecting New Brunswick to Nova Scotia, form a small portion of New Brunswick's southern border, which for the most part, borders the Bay of Fundy. The Bay of Fundy boasts the highest tides in the world.

The 2011 Canadian census sets the population of New Brunswick at 751,171 people, the majority of which is English speaking, with a large Francophone minority. The Aboriginal groups in New Brunswick are the Maliseet, the Passamaquoddy, and the Mi'kmaq. Pabineau First Nation in Big River is the home of the Mi'kmaq in the Chaleur region.

New Brunswick has beautiful sandy beaches in the summer, spectacular autumn foliage, wildflowers in the spring and pure, white snow in the winter. The province is noted for its rolling hills and spectacular valleys, as well as both its historic and modern architecture. New Brunswick has eight cities: Bathurst, Campbellton, Dieppe, Edmundston, Miramichi, Moncton, Saint John and the provincial capital, Fredericton.

■ Welcome to the Chaleur region

The Chaleur region derives its name from the Chaleur Bay (*the bay of warmth*), so named by Jacques Cartier, the first European to visit the area. Permanent settlement dates back more than 350 years, when the first missionaries arrived in 1619 and established a Récollet mission on the shores of Nepisiguit Bay.

In 1652, Nicholas Denys, then Governor of Acadia, established his headquarters in the region. He died in 1688 and is reportedly buried on the site of the present Gowan Brae Golf and Country Club, where a monument in his memory can be visited.

The Chaleur region is strategically located to serve central and eastern Canada and the eastern United States. It is situated on Canada's Atlantic seaboard, on the northeastern coast of New Brunswick and 374 kilometres (*234 miles*) from the United States border at Houlton, Maine.

It includes the municipalities of Bathurst, Beresford, Nigadoo, Petit-Rocher, Pointe-Verte and Belledune.

Proximity to key market destinations

| From Bathurst to | Kilometers | Miles | From Bathurst to | Kilometers | Miles |
|------------------|------------|-------|------------------|------------|-------|
| Moncton | 222 | 138 | Toronto | 1415 | 884 |
| Saint-John | 355 | 221 | Boston | 904 | 545 |
| Fredericton | 252 | 157 | New York | 1261 | 788 |
| Halifax | 469 | 293 | Labrador | 959 | 596 |
| Montréal | 876 | 548 | Chicago | 2380 | 1488 |

Demographics

The Chaleur region has a population of close to 34,000 people. Approximately 220,000 people live within a two-hour drive from Bathurst. According to Statistics Canada's 2006 census, over 60% of the population has a working knowledge of both official languages, French and English. This is one of the Chaleur region's major advantages.

| Languages: | Chaleur Region | New Brunswick | Persons (#) | Persons (%) |
|---------------------------|----------------|---------------|-------------|-------------|
| English only | 7,145 | 19.2 % | 405,045 | 56.3 % |
| French only | 7,555 | 20.3 % | 73,750 | 10.2 % |
| English and French | 22,400 | 60.3 % | 240,085 | 33.4 % |
| Neither English or French | 70 | 0.19 % | 765 | 0.1 % |

Source: Statistics Canada, Community Profiles, 2006 Census

Population Distribution by Community

| Community | Population distribution | Percentage | Number of occupied private dwellings |
|------------------------------------|-------------------------|-------------|--------------------------------------|
| Allardville (<i>Parish</i>) | 2,081 | 5.7% | 850 |
| Bathurst (<i>City</i>) | 12,275 | 33.4% | 5,607 |
| Bathurst (<i>Parish</i>) | 4,979 | 13.5% | 2,061 |
| Belledune (<i>Village</i>) | 1,548 | 4.2% | 863 |
| Beresford (<i>Town</i>) | 4,351 | 11.8% | 1,868 |
| Beresford (<i>Parish</i>) | 6,354 | 17.3% | 2,575 |
| New Bandon (<i>Parish</i>) | 1,195 | 3.3% | 532 |
| Nigadoo (<i>Village</i>) | 952 | 2.6% | 387 |
| Pabineau (<i>Indian Reserve</i>) | 141 | 0.4% | 56 |
| Petit-Rocher (<i>Village</i>) | 1,908 | 5.2% | 853 |
| Pointe-Verte (<i>Village</i>) | 976 | 2.7% | 425 |
| Totals: | 36,760 | 100% | 16 077 |

Source: Statistics Canada, Community Profiles, 2011 Census

Lifestyle

Stunning coastal views, beautiful forests, an extensive trail network, fresh seafood, and beautiful golf courses attract tourists to this area. The summer waters of the Chaleur region's beaches are amongst the warmest in Atlantic Canada. Bathurst, Beresford, Nigadoo and Petit-Rocher have public beaches. There are many sporting, cultural and artistic facilities to enjoy in the Chaleur region.



Section II

Fundamentals of Government and Immigration



Immigration Procedures

■ Obtaining the Most Important Documents

Depending on your status (*permanent resident, temporary worker, refugee, student, etc.*) there are certain immigration procedures to follow as soon as you arrive in the Chaleur region.

For information on citizenship and immigration programs and services, including the permanent resident card, call **1 888 242-2100** or visit Citizenship and Immigration Canada's website: **www.cic.gc.ca**.

In Canada you have access to public services such as health care, schools, and employment, but you must first obtain certain documents to confirm your status. If you have not yet obtained or have lost any documents, you should contact the organization concerned as soon as possible.

- **Immigrant Visa and Record of Landing, Confirmation of Permanent Residence**

These documents confirm your permanent resident status in Canada and are essential in the initial stages of settlement. They are mandatory to access important services such as health care.

Keep these documents safe. For more information on how to obtain these documents, please contact Citizenship and Immigration Canada: **www.cic.gc.ca/english/information/applications/guides/5545E.asp**

- **Permanent Resident Card**

This card is proof of your permanent resident status in Canada. Please contact Citizenship and Immigration Canada (*CIC*) for information.

www.cic.gc.ca/english/information/pr-card/apply-who.asp

- **Medicare Card**

This card allows you to access health care, medical services and hospitalization, which are all covered by the New Brunswick health insurance program called Medicare.

All New Brunswick residents must register for this plan to access health services. For more information, contact Service New Brunswick.

www.snb.ca/e/1000/1021e.asp

You must present your Medicare card to the physician, clinic or hospital each time you need medical services.

If you are not eligible for Medicare, you should register with a private health insurance company. For more information, contact the Canadian Life and Insurance Association at **1 800 361-8070**, or consult the website:

www.clhia.ca.

- **Social Insurance Number**

A Social Insurance Number (*SIN*) is a nine-digit number that you need in order to work in Canada. It is sometimes required by financial institutions or government organizations. To obtain this card, contact Service Canada. The application form can also be obtained from the Service Canada website. The card will be sent to you by mail.

<http://www.servicecanada.gc.ca/eng/sin/forms.shtml>

- **Driver's Licence**

A valid driver's license for the class of vehicle being operated is required by law in Canada. To become licensed to drive in New Brunswick, you first need to obtain a learner's license, and after a period of practice driving, undergo a driver examination. However, in some cases, it is possible to transfer a driver's licence from another country. For more information on obtaining a driver's license, contact Service New Brunswick.

www.gnb.ca/content/gnb/en/services/services_renderer.200566.html

■ **Obtaining Canadian Citizenship**

To become a Canadian citizen, you must meet requirements in six categories: age, permanent resident status, time lived (*residence*) in Canada, language abilities, criminal history and knowledge of Canada.

If you meet the requirements, you may apply for citizenship. After you have completed your application, you will receive a copy of the study guide *Discover Canada: The Rights and Responsibilities of Citizenship*. Study the guide carefully. You will need to know the information in it for the citizenship test. The guide is also available online here:

www.cic.gc.ca/english/resources/publications/discover/index.asp

For more information about becoming a Canadian citizen, consult the Citizenship and Immigration Canada website:

www.cic.gc.ca/english/citizenship/index.asp.

You can also contact the nearest Canadian Citizenship office. Locations can be found here:

www.cic.gc.ca/english/information/offices/index.asp.

■ **Other Useful Resources**

Permanent Resident Card: **1 800 255-4541**

Department of Human Resources and Skills Development Canada:

www.hrsdc.gc.ca/eng/home.shtml

Important Government Services

■ **Service New Brunswick (SNB)**

Service New Brunswick is the provincial government's chief provider of front-line

services to the public. They provide over 200 services through a network of offices, online services, and Service New Brunswick TeleServices (*Call Centre*). The Chaleur region's SNB office is located at:

5001 Main St, Bathurst, NB

Tel: **1 888 762-8600**

www.snb.ca

■ **Canada Post**

Canada Post is responsible for mail delivery. To register your address, go to the post office nearest to your home. Normal operating hours are from Monday to Friday from 8 a.m. to 5 p.m. There are also Canada Post outlets open until 8 p.m. in certain stores and mail with sufficient postage may be deposited in street mail boxes. Canada Post mail boxes are easily identified by their red color and the Canada Post logo. To find a post office near you or for more information on rates and services offered by Canada Post, consult the website:

www.canadapost.ca

Political System

■ **Federal government**

Canada is a democratic constitutional monarchy, with a Sovereign (*Queen Elizabeth II*) as head of State and an elected Prime Minister as head of Government. An appointed Governor General represents the Queen in Canada and carries out the duties of head of state, along with appointed provincial representatives known as lieutenant governors. The head of state's functions are largely ceremonial.

Canada has a federal system of parliamentary government: government responsibilities and functions are shared between federal, provincial and territorial governments. Canada's Parliament consists of three parts: the Queen, the Senate and the House of Commons.

The House of Commons initiates most federal laws and all budgets. It has 308 elected members representing the various ridings throughout Canada. The leader of the party with the most elected representatives in the House of Commons becomes the Prime Minister. Elections take place about every four years.

The Senate studies, amends and either rejects or approves bills passed by the House of Commons. It consists of 105 appointed Senators. Seats in the House of Commons are distributed roughly in proportion to the population of each province and territory.

Seats in the Senate are distributed to give each major region of the country equal representation. New Brunswick has 10 Members of Parliament and 10 Senators.

The federal government takes responsibility for matters of national and international concern. These include defence, foreign policy, interprovincial trade and communications, currency, navigation, criminal law and citizenship. For more information on the Government of Canada:

Service Canada, Ottawa, Ontario K1A 0J9.

Tel: **1 800 622-6232**

www.canada.gc.ca

■ Provincial government

The Premier of the province is the leader of the party with the most elected representatives in the provincial election. Provincial responsibilities include hospitals, the healthcare system, natural resources, motor vehicles, roads, highways, education and social services.

The legislative body of New Brunswick is the Provincial Legislature, with 55 elected members representing all parts of the province. New Brunswick is the only constitutionally bilingual province in Canada. As such, all federal and provincial government services are available in English and French.

The Legislature Building
Centre Block, P.O. Box 6000,
Fredericton, NB E3B 5H1.

www.gnb.ca / www.leg@gnb.ca

■ Municipal government

The third level of government is municipal, and can be a city, town, village or rural community. Municipalities provide local services such as streets, water, sewage, parks, recreation, business permits, and property zoning.

Municipal government councils make municipal by-laws and regulations. A council is comprised of a mayor and other elected representatives, who are usually referred to as councillors.

Non-elected staff administer the services. For more information on municipal government contact the Department of Local Government at **506 453-2690** or visit **www.gnb.ca**.

Communities in the Chaleur region

Gloucester County has a population of 77,792 (*Statistics Canada 2011 census*). The Chaleur region is in the western half of the county, along the coast of Nepisquit Bay. There are six municipalities along the coast: Bathurst, Beresford, Nigadoo, Petit Rocher, Pointe-Verte and Belledune.

Bathurst

The city of Bathurst has a population of 12,275 and it serves another 6,354 people who live just outside its boundaries. Bathurst is the service center of northeastern New Brunswick and the resource industries of forestry, fishing and mining have long been the cornerstones of the region's economy.

While those traditional industries remain important, in recent years the economy has diversified to include an extensive service sector. The Vitalité Health Network is headquartered in Bathurst and according to its 2011 annual report, nearly 30 % of its 8,075 employees work in Bathurst.

Collège Communautaire du Nouveau-Brunswick (CCNB) offers regular training programs and many support services to students in two Bathurst locations.

The K.C. Irving Regional Centre is the leisure and entertainment center of the region. It is a multiple use facility that hosts trade shows, multicultural community festivals, and entertainment events in an arena with a 4400 person seating capacity. It is also home to the Acadie-Bathurst Titan, a Major Junior A hockey team.

Bathurst has a public indoor pool, a library, a marina, an ecological reserve, and two public golf courses. It is also a regional retail centre with many popular retailers and specialty stores. Bathurst is served by an airport and a train station.

City of Bathurst

150 St-George St, Bathurst, E2A 1B5.

Tel: **506 548-0415**

Fax: 506 548-0581

city@bathurst.ca

www.bathurst.ca

Belledune

The 2011 population for the Village of Belledune was 1,548 residents. Belledune is the anchor of regional industrial development for the region because of its year-round port, existing industrial activity, a major power-generating station, and ample opportunity for development. Well-known for its hospitality, the Village of Belledune offers its residents many recreational activities such as beaches, camping, water sports, hunting, fishing, cycling, hiking, birdwatching, or just relaxing by the sea.

Village of Belledune

P.O. Box 1006, 2339 Main St, Belledune NB E8G 2X9.

Tel: **506 522-3700**

Fax: 506 522-3704

bell001@nbnet.nb.ca

www.belledune.com

Beresford

The Town of Beresford, with a population of 4,351, is the second largest municipality in the Chaleur region. The residents are predominantly francophone, although many are fluent in both English and French. This coastal community borders Bathurst. With its commercial and residential sectors, it boasts an active community and offers a wide variety of services including a public beach, an arena, a curling club, a seasonal farmers' market and a library.

Beresford has a strong retail component with many unique businesses built on service. It is also home to one of the region's best known landmarks, Danny's Inn Restaurant and Conference Centre.

Town of Beresford
855 Principale St, Beresford, NB E8K 1T3
Tel: **(506) 542-2727**
Fax: (506) 542-2702
beresford@nbnet.nb.ca
www.beresford.ca

Nigadoo

The Village of Nigadoo has 952 residents and borders Beresford. It is a service centre for local tourism. Within its boundaries, Nigadoo offers visitors and residents an amusement park, a gas station, a fish market, a general store, a motel and a camping ground.

Village of Nigadoo
385 Principale St, Suite 1, Nigadoo, NB E8K 3R6
Tel: **506 542-2626**
Fax: 506 542-2678
nigadoo@nbnet.nb.ca

Petit Rocher

The population of the Village of Petit Rocher is 1,908 residents. It is home to the Société de l'Acadie du Nouveau-Brunswick (*SANB*), the Association francophone des municipalités du Nouveau-Brunswick (*AFMNB*) and the Société des jeux de l'Acadie (*SJA*). The first Caisse populaire acadienne was founded in Petit-Rocher in 1936. Petit Rocher has two schools and a sports complex, an arena and many social clubs.

Village of Petit Rocher
582 Principale St, Petit-Rocher, NB E8J 1S5
Tel: **506 542-2686**
Fax: 506 542-2708
petit-rocher@nb.aibn.com
www.petit-rocher.ca

Pointe-Verte

In this typical Acadian village of approximately 970 residents, fishing has always been the heart of the community. Depending on the season, lobster, cod or scallops are fished in the area. In the very center of Pointe-Verte is Atlas Park, a popular year round recreation and tourism attraction enjoyed by outdoor enthusiasts of all ages.

Village of Pointe-Verte

375 Principale St, Pointe-Verte, NB E8J 2S8

Tel: **506 542-2606**

Fax: 506 542-2638

pverte@nbnet.nb.ca

www.pointe-verte.ca

Legal aspects

■ Canadian law on human rights

The Canadian law on human rights promotes equality and forbids all forms of discrimination based on race, nationality, skin color, religion, age, gender, sexual orientation, marital, family or personal status and disability. For more information call **506 453-2301**, or toll free at **1 888 471-2233** or consult **www.gnb.ca/hrc-cdp/**.

■ Alcohol, drugs and tobacco

According to New Brunswick laws:

- You must be 19 years of age to buy, consume or be in possession of alcohol or cigarettes.
- It is illegal to drive a vehicle while under influence of alcohol.
- Consumption of prescription drugs without a prescription is illegal.

Important: *In New Brunswick, it is illegal to consume alcohol in public areas.*

■ Law Enforcement

Police officers promote public safety and security. Their mission is to protect citizens' lives and property, while preventing crime in collaboration with the community and other police forces. They patrol the streets and roads of New Brunswick and respond to emergency calls. A police officer may engage you in conversation at any time for a variety of reasons: courtesy, concern for public safety, or perceived infractions.

If a police officer stops you while you are driving your vehicle, you must comply with a request for your driver's license, registration and proof of insurance. In the case of an infraction, remedial actions can range from advice, a fine, or in more extreme cases, an arrest. To make a legal arrest, an officer must identify himself or herself, make you aware that you are under arrest, explain the reason for the arrest, and provide you with the opportunity to contact a lawyer.

Royal Canadian Mounted Police

The Royal Canadian Mounted Police is the Canadian national police service and an agency of the Ministry of Public Safety Canada. The RCMP is unique in the world since it is a national, federal, provincial and municipal policing body. The Chaleur region is served by RCMP District 9 with a detachment office in Bathurst. For information, call **506 548-7771**.

Bathurst Police Force

The Bathurst police force is devoted to serving and protecting the residents of Bathurst and visitors to the community. In addition, the officers are involved in a wide array of community initiatives.

Russel/O'neil Complex
285 King St, Bathurst, NB E2A 1P2
Tel: **506 548-0420**
Fax: 506 548-0707
city.police@bathurst.ca

BNPP Regional Police

This police force has served Beresford, Nigadoo, Petit-Rocher and Pointe-Verte since 1981. Like the other police forces, they work to protect the communities they serve, bring suspects to justice and educate the citizens on the various laws and regulations.

398 Principale Street, Nigadoo, NB E8K 3M8
Tel: **506 542-2644**
bnpp@nb.aibn.com
www.bnppolice.ca

Judicial services

The NB Bar Association can help you with legal needs. This association has many responsibilities including protection of public interest in matters of administration of justice, preservation and defense of all human rights and the administration of the judicial profession.

To find a lawyer for all your legal needs, consult the Yellow Pages of the telephone directory, under the heading Lawyers. Legal help is also available for those with limited financial resources.

Tel: **506 546-5010**
www.legal-info-legale.nb.ca

For more information on the New Brunswick Bar Association, call **506 458-8540** or visit the website: **www.lawsociety-barreau.nb.ca**.



Section III

Employment and Entrepreneurship



Employment

Finding employment is one of the most important steps to successfully integrating into a new place. This requires time, patience, and making certain you have all the relevant information. Initially, it may be necessary to accept work which does not meet your expectations or match your professional skills.

Fortunately, there are organizations which can provide you information and support in your search for employment. The MACR centre can offer you assistance with various employment-related needs and refer you to the employment and career counselors of the Department of Post-Secondary Education, Training and Labour.

■ Job Postings

There are several places where you can look for job openings.

- Classified ads in local newspapers (*especially on Saturdays*)
- Websites: Here is a sample of available resources.

| | |
|--|--|
| www.jobbank.gc.ca | www.atlanticjobs.com |
| www.careerbeacon.com | www.jobopenings.net |
| www.emploieqc.ca | www.emploi.gc.ca |
| www.gnb.ca | www.jobshark.ca |
| www.guichetemplois.gc.ca | www.informationmarchetravail.ca |
| www.jobboom.com | www.servicecanada.gc.ca |
| www.prestationsduncanada.gc.ca | www.monster.ca |
| www.nbjobs.ca | www.newbrunswickjobshop.ca |

- **PLACEMENT AGENCIES:** Placement agencies are private businesses that recruit employees for a fee. Normally the fee is paid by the employer, but that is not always the case. Consult the Yellow Pages in the phone book under the heading Placement Agencies .
- **“HELP WANTED” SIGNS:** Some businesses advertise job openings directly in their workplace. Look at windows or bulletin boards in business entrances to find job opening posters or notices. Basic requirements are often listed on the posters.
- **FAMILY AND FRIENDS:** Many jobs are not publicly advertised. Make your availability known to friends or acquaintances to expand your reach to potential employers.

■ Minimum Wage

Effective April 1, 2012, the minimum hourly wage in New Brunswick is \$10.00. This regulation is part of the Employment Standards Act. There are some additional regulations worth noting. For more information, call **1 888 452-2687**, visit your nearest Employment Standards Office, or see www.gnb.ca/labour.

Taxes and salary deductions

The Canada Revenue Agency (*CRA*) administers the tax laws for the Government of Canada and the provinces and territories. In addition, it administers various social and economic benefit and incentive programs delivered through the tax system. Individuals and businesses must file appropriate tax returns every year, identifying income and claiming accepted deductions. The CRA web page, www.cra-arc.gc.ca, provides comprehensive information on tax forms and publications by topic and client group. The topic is complex and you may require professional advice to ensure you are taxed accurately.

■ **Income Tax**

By law, your employer is required to deduct a percentage of your salary and send it to the federal government to pay the income tax that you owe. If too much is deducted, you will get a refund after you file your income tax return. If you paid too little, the CRA will notify you of the amount you owe. Our income tax pays for the cost of government services. For more information, visit the Canada Revenue Agency website: www.cra-arc.gc.ca.

■ **Canada Pension Plan**

A small part of your salary goes into this plan. When you retire, you will receive a monthly pension from the federal government. The amount will vary based on how many years you worked in Canada before retiring and how much money you earned. Visit the Human Resources and Social Development Canada website for more information on the Canada Pension Plan: www.hrsdc.gc.ca.

■ **Employment Insurance**

A small percentage of your salary will also be deducted each month to go into an Employment Insurance fund. Your employer contributes to the fund as well. Employment Insurance gives money to eligible, unemployed Canadian residents for a short period of time, while they look for a new job or take training to learn new skills. Visit the Human Resources and Skills Development Canada website for more information on Employment Insurance: www.hrsdc.gc.ca.

■ **Sales Taxes**

The goods and services tax (*GST*) is a tax that applies to the supply of most goods and services in Canada. Each province also has a provincial sales tax. New Brunswick, Nova Scotia, Ontario and Newfoundland and Labrador, have harmonized their provincial sales tax with the GST to create the harmonized sales tax (*HST*). The HST applies to the same base of taxable goods and services as the GST. Effective January 1, 2008, the GST rate is 5 % and the HST rate in New Brunswick is 13%. Provincial tax rates vary from province to province. Visit the Canada Revenue Agency website for more information on taxes: www.cra-arc.gc.ca.

Opening a business in the Chaleur region

If you are considering opening a business in the Chaleur region, the following resources can provide useful information and services:

■ Websites

| | |
|-------------------------------|--|
| Business New Brunswick | www.gnb.ca/0398/index-e.asp |
| Canada Business Network | www.canadabusiness.ca |
| Industry Canada | www.ic.gc.ca |
| Enterprise Chaleur | www.enterprisechaleur.com |
| CBDC Chaleur | www.cbdc.ca/nb/chaleur_index |
| MACR | www.macr-amrc.ca |

■ Organisations

Enterprise Chaleur

275 Main St, Suite 212A,
Bathurst NB E2A 1A9
Tel: **506 547-7445**
Fax: 506 548-8271
donald.hammond@ent-chaleur.ca

CBDC Chaleur

275 Main St,
Bathurst, NB E2A 1A9
Tel: **506 548-5951**
Fax: 506 548-5008

Multicultural Association Chaleur Region Inc.

95 Youghall Drive,
Bathurst, NB
Tel: **506 547-7651**
info@macr-amrc.ca
www.macr-amrc.ca

■ Greater Bathurst Chamber of Commerce

The Greater Bathurst Chamber of Commerce (*GBCC*) can assist newcomers interested in opening a business. GBCC has over 300 members representing the business community of the Chaleur region.

Their members are business professionals committed to economic development. The association provides a common forum to discuss relevant community matters. They host monthly events to facilitate networking and offer a range of services and benefits to their members. In October 2011, GBCC, with the financial support of the province of New Brunswick, launched the Business Immigrant

Mentorship Program to enable business immigrants to integrate with the community more effectively. During the six-month program, participants receive training on different business related topics and one-on-one help and support from a mentor.

Keystone Building,
270 Douglas Ave. - Suite 101,
Bathurst, NB E2A 1M9
Tel: **506 548-8498**
www.bathurstchamber.ca



Section IV

Money and Banking



Money and Banking

■ Canadian Money

Our currency is the Canadian dollar. There are 100 cents in one dollar. Frequently used coins are 5¢, 10¢, 25¢, 1\$ and 2\$. A popular nickname for the 1\$ coin is *loonie*, for the loon which appears on the coin, while the 2\$ coin is commonly called a *toonie*.

Visit the following websites to calculate the value of other currencies in relation to the Canadian dollar: **www.oanda.com** and **www.xe.com**.

■ Financial Institutions

Most Canadians deposit their money in a bank or credit union. A bank account is a safe place to keep your money. Most institutions provide various kinds of accounts to suit individual requirements. Arrange to meet with a bank or credit union representative to discuss your banking needs. You will need to provide some personal information and identification such as your passport or your Social Insurance Number. Most financial institutions also provide on-line banking services. Do not hesitate to ask questions on the services and products offered.

Bank Account

A bank account is necessary for many transactions, such as paying your rent and other bills. This can also be done by mail, by telephone or by on-line banking.

Transaction fees and rates vary from one institution to another and it is advisable to research the various options. Once you have chosen a financial institution, make an appointment to meet with a representative. Remember to bring your identification documents and your Social Insurance Number with you.

It is important to distinguish credit unions (*or Caisses Populaires in French*) from banks. Banks and credit unions offer similar products and services, but credit unions operate as a cooperative rather than as a private institution like banks. Both are very secure.

BANKS IN THE CHALEUR REGION

| | | |
|---------------------|-----------------------|------------------------------|
| BMO Financial Group | 506 546-3358 | www.bmo.com |
| CIBC | 1 800 465-2422 | www.cibc.com |
| National Bank | 506 548-9916 | www.nbc.ca |
| RBC Royal Bank | 506 547-1020 | www.rbc.com |
| Scotiabank | 1 800 472-6842 | www.scotiabank.com |
| TD Canada Trust | 1 866 222-3456 | www.tdcanadatrust.com |

CREDIT UNIONS IN THE CHALEUR REGION

| | | |
|---|-----------------------|-----------------------|
| Fédération des Caisses Populaires Acadiennes | 1 800 561-6127 | www.acadie.com |
|---|-----------------------|-----------------------|

See the white pages in telephone book for a listing of Caisses Populaires branches

Credit Card

Having credit means that you can borrow money to buy something now and pay it back later, with interest. Interest is the fee charged for using the money. Interest rates can be quite high, so you should be very careful how you use credit.

Credit comes in many forms – credit cards, lines of credit, mortgages and loans. You can apply for credit cards from banks and trust companies as well as from some stores. Your credit card company will send you a bill once a month for the items you purchased. If you pay the full amount back by the due date, you will not be charged any interest. However, late or partial payment will result in charges with significantly high interest rates.

Credit Report

A report of your credit history is one of the main tools lenders use to decide whether or not to give you credit. Your credit file is created when you first borrow money or apply for credit. Lenders send information related to the financial transactions they have with you to credit reporting agencies on a regular basis. Upon your arrival in the Chaleur region, it may be difficult for you to obtain credit. Paying your bills before the due date and careful management of your bank accounts will help you establish your Canadian credit.

For more information on credit reporting, consult the Canadian Consumer Handbook.

www.consumerhandbook.ca/en/topics/financial/credit-reporting

Debit Card

Many Canadians use a debit card and automated banking machines to make deposits and withdrawals from their accounts, to pay bills and pay for purchases. You may be charged a fee for this service. Consult your financial institution for details on available options and fees.



Section V

Health



Provincial Health System

In Canada, health services are primarily managed by the provinces. In New Brunswick, public health services are delivered through either the Vitalité Health Network (www.santevitalitehealth.ca) or the Horizon Health Network (www.rhab-rrsb.ca). The Vitalité Health Network is divided into four separate zones.

| | |
|-----------------------|--|
| Beauséjour Zone: | www.beausejour-nb.ca |
| Northwest Zone: | www.rrs4-rha4.nb.ca |
| Restigouche Zone: | www.santerestigouchehealth.com |
| Acadie-Bathurst Zone: | www.santeacadie-bathursthealth.ca |

For information on the New Brunswick health care system and the health plan, go to www.gnb.ca.

■ Hospital Services

Chaleur Regional Hospital

The Chaleur Regional Hospital is a 215-bed facility with over 70 physicians on staff.

CLINICAL SERVICES: 24-hour emergency care, primary care, general medical admission, palliative care, intensive care, extended care, rehabilitation. Twenty-four hours services are also provided in the areas of radiography, fluoroscopy, CT scanning, laboratory, electro diagnosis and respiratory therapy.

OUTPATIENT CLINICS: cardiac rehabilitation, treatment of COPD (*chronic obstructive pulmonary disease*), diabetes and asthma, gynecology, orthopedics, ophthalmology, urology, otorhinolaryngology (*ORL*) and internal medicine (*Monday to Friday*).

SURGICAL SERVICES: general, gynecological, maxillofacial, plastic, orthopedic, ophthalmologic, urological, vascular, thoracic, dental, and otorhinolaryngology (*ear, nose and throat*) surgery.

SPECIALIZED SERVICES: internal medicine, surgery, obstetrics, pediatrics, psychiatry, intensive care, renal dialysis, orthopedics, dermatology, gastroenterology, cardiology, pneumology, endocrinology, and endoscopy.

MOTHER/CHILD SERVICES: obstetric, nursery, neonatal, pediatric. Consultation clinics, treatment and education sessions are also provided in the Obstetric and Pediatric units.

DIAGNOSTIC SERVICES: Medical imaging: general radiology, fluoroscopy, CT scanning, mammography (*24-hour services*); MRI, ultrasound and nuclear medicine (*8 a.m. to 4 p.m., Monday to Friday*). Laboratory Medicine: phlebotomy, (*7 a.m. to 7 p.m., Monday to Friday*). Electro diagnosis: ECG, EEG, EMG, echocardiography (*8 a.m. to 4 p.m., Monday to Friday*); stress test and pacemaker clinic (*7:30 a.m. to 3:30 p.m., Monday to Friday*).

THERAPEUTIC SERVICES: clinical nutrition, psychology, social work, audiology (8 a.m. to 4 p.m., Monday to Friday), occupational therapy (8 a.m. to 4:30 p.m., Monday to Friday), physiotherapy, speech-language pathology (8 a.m. to 5 p.m., Monday to Friday), and respiratory therapy.

OTHER SERVICES: health records, patient reception, security, telehealth, cafeteria, gift shop, Lifeline, religious and spiritual care, pharmacy and volunteers. Specialized rehabilitation services are provided in partnership with the Shriners.

The VITAL project, for cardiac patients, has also been initiated in cooperation with the Atlantic Health Sciences Corporation in Saint John, New Brunswick.

The province's Cochlear Implant Follow-up Program is also based at the Chaleur Regional Hospital.

UCT PAVILION: The UCT Pavilion provides affordable lodging to families of patients. For information, call Patient Reception at **506 544-2434** or the Accounts Office at **506 544-3246**.

Chaleur Regional Hospital
1750 Sunset Drive, Bathurst, NB
Tel: **506 544-3000** or **1 888-695-9222**

■ The New Brunswick Extra-Mural Program

The New Brunswick Extra-Mural Program (*EMP*) is a provincial health care program that provides a full range of services to individuals of all ages in private homes, nursing homes, special care homes, and schools.

The purpose of the EMP is to promote, maintain, or restore the health of clients in the context of their day-to-day life, and to provide services that will ensure quality end-of-life care.

Health care services are provided by an interdisciplinary team made up of clinical nutritionists, nurses, occupational therapists, physiotherapists, respiratory therapists, social workers, speech-language pathologists, licensed practical nurses (*LPN*), and rehabilitation assistants.

Direct home care services are provided day and night to EMP clients through regular visits or, at minimum, on-call nursing services.

The Extra-Mural Program is an integral part of the health care system. Indeed, the EMP is involved in various partnerships with other government departments and divisions, as well as health care facilities and agencies in order to provide clients with a full range of health care services.

All New Brunswick residents have access to the Extra-Mural Program's core services as an insured benefit. These services include: assessment; intervention (*treatment, education, consultation*); service planning and coordination; long-term care and long-term oxygen assessment.

Every client/family can have direct access to rehabilitation services provided by the EMP. Request for services can also be made by physicians, school officials, nursing home personnel, hospital staff members, tertiary health care service providers, as well as employees from the Department of Veterans Affairs, of Public Health and of Family and Community Services. When a client is receiving rehabilitation services that have not been prescribed by the physician, the client's family physician will be notified, if deemed necessary. For more information regarding the Extra-Mural Program, call **506 544-3030** (*Bathurst*).

■ Public Health

Public Health provides a wide range of programs and services to citizens of New Brunswick. The purpose of Public Health is to promote, maintain and protect the health of New Brunswickers.

Public Health programs and services are delivered by health professionals, employees from regional health authorities (*Public Health nurses, nutritionists, speech language pathologists, etc.*), and rehabilitation assistants.

These health professionals work with the general public, specific target groups or high-risk groups and with communities as a whole to promote healthy lifestyles. Services are based primarily on the needs and priorities of clients and communities, as well as on the provincial mandate of each program.

The interdisciplinary teams work in close collaboration with other health stakeholders and various partners (*agencies and community organizations*).

Programs and Services

Public Health programs and services are delivered in various locations, including health facilities, private homes, Public Health offices (*immunization, screening and follow-up clinics*), in schools and in the community as part of health promotion and disease prevention activities (*information booths, presentations, conferences, forums, etc.*).

COMMUNICABLE DISEASE PROGRAM: surveillance, detection, research and control of preventable epidemics and communicable diseases (*e.g. meningitis, pertussis*), follow-up and vaccination.

IMMUNIZATION PROGRAM: The New Brunswick Routine Immunization Schedule is set by the Chief Medical Officer of Health. Vaccines recommended in the Routine Immunization Schedule are provided by Public Health and other health-care providers throughout New Brunswick. "On time" and "on schedule" immunization provide the best protection against vaccine-preventable diseases.

HIV SCREENING PROGRAM: screening (*HIV and other sexually-transmitted diseases*), consultations, teaching and referrals (*anonymous and direct service*).

Anonymous HIV testing:

Bathurst – **506 547-2140** / Acadian Peninsula – **506 336-3321**

EARLY CHILDHOOD INITIATIVES (ECI): ECI offer prenatal services that foster healthy pregnancy, and postnatal services that promote the healthy development of children from birth to age 5 years. ECI services also aim to support and assist parents, helping them to enhance their parenting abilities so that they can provide the type of environment their children need to grow and develop. ECI include the following:

- Prenatal screening and intervention – teaching, consultation, information, referrals and follow-ups.
- Postnatal screening and intervention – newborn assessments, case management, consultation, teaching, support, referral, support to parents to enhance parenting skills.
- Health clinic for 3 ½ year olds (*with appointment*) – early identification of health and developmental problems, consultation, teaching, support referrals and follow-ups.
- Child welfare – public health nurses and nutritionists work in close collaboration with Child Welfare Branch of the Department of Family and Community Services to ensure the safety and well-being of children.

HEALTHY LEARNERS IN SCHOOL: The Healthy Learners in School Program is a shared initiative developed jointly by the Department of Health and the Department of Education. The purpose of the program is to help students develop healthy lifestyle habits, improve access to programs and activities that promote health and well-being, strengthen school community skills, and enhance community partnerships.

The program is intended for elementary students (*kindergarten to grade 5*) and high school students. Services: teaching, awareness, support, healthy school initiatives and health advisory committees.

Currently, there is one Public Health nurse per district for all elementary schools (*kindergarten to grade 5, but can include up to grade 8*) throughout the region.

SEXUAL HEALTH PROGRAM: The purpose of the program is to promote healthy sexual behaviors among young adults, ages 24 and under, and to reduce the incidence of teen pregnancy and sexually transmitted diseases. Services: teaching (*in schools, colleges and universities, as well as to young adults in the community, parents, etc.*), counseling (*individual consultations*) and clinical services provided by a physician.

“TALK WITH ME” SERVICES: The purpose of the program is to promote the development of communication and literacy skills in preschoolers. Services: teaching, information and consultation for parents, as well as professionals and other stakeholders providing services to or caring for children from birth to age five.

Public Health office - Bathurst

165 St. Andrew St, Bathurst, NB E2A 1C1

Tel: **506 544-2062**, Fax: 506 547-7459

■ Community Health Centre

Chaleur Health Centre

Route 134, 382 Principale St, Pointe-Verte, NB
Tel.: **506 542-2434** or **506 542-2436**

Nurse on duty from 6 a.m. to 2 p.m. (*Monday to Friday*); nurse practitioner on duty from 8:30 a.m. to 4:30 p.m. (*Monday to Friday*); physician on duty two mornings per month.

Services: blood withdrawal by appointment (*Monday, Wednesday and Friday from 6:30 a.m. to 10 a.m.*); dressing changes, removal of stitches, injections, first aid, blood pressure monitoring, weight control follow-up, explanation of diet, information on diabetes and cancer, and other health-related topics.

Community Mental Health Services

The community mental health centres (*CMHC*) promote positive mental health for all New Brunswickers. They provide access to a range of mental health services, including prevention, assessment, treatment, rehabilitation, and support to residents of New Brunswick who have mental health problems. CMHC programs target three client groups: children and adolescents, adults with short-term needs, and adults with long-term needs. For more information call the CMHC at **506 547-2110**, Monday to Friday from 8:00 a.m. to 4:30 p.m.

■ Victoria Order of Nurses of Canada (VON)

VON Canada (*Victorian Order of Nurses*) is Canada's largest, national, not-for-profit, charitable home and community care organization. VON offers home care, personal support, and community services to enhance each client's quality of life by providing them with the personal assistance and the support needed to make them comfortable in their own home.

- **Nursing and Professional Programs/Services:** Blood Pressure Clinics; BMI (*Body Mass Index*) Testing; Cholesterol Testing; Clinics - Flu, Immunization, Wellness, Footcare; Drug Testing; Foot Care Services; General Home Visiting Nursing Program; Glucose Testing; Health Assessments; Injections of Aranesp, Eprex, Humira, Lupron Depot, Sandostatin Lar; VAC Assessments; Wellness and Health Promotion Clinics.
- **Health Promotion/Education Services:** Healthy Baby & Me; Immunization; Senior's Health Counselling; Wellness and Health Promotion Clinics; Workplace Wellness Clinics.
- **Occupational Health Services:** Back Care Education; EAP Program; Pre-employment Health Assessment/Medicals; Return to Work; Workplace Hazardous Materials Information System.
- **Special Services:** DNA Paternity Testing; Insurance Paramedicals.
- **Other Services:** Pre-Travel Clinics; School Bus Stop.

216 Main St., Bathurst NB E2A 1A8
Hours: 8:30 a.m. to 4:30 p.m.
Tel: **506 548-2448**, Fax: 506 547-0196
www.von.ca

■ Emergency

Dial 911 only in case of an emergency. This number will connect you with emergency services such as the police, ambulance, firefighters, and the poison centre.

■ Family Doctor

Your MACR centre can help you find a family doctor. You can also look in the Yellow Pages of the phone book for a complete list of doctors in the region.

PANEL PHYSICIANS - All immigrants and some visitors need to undergo a medical examination before receiving a visa. Citizenship and Immigration has designated certain doctors in each region who are authorized to perform immigration medical exams. Here is the list for New Brunswick:

| City | Name | Address | Telephone | Spoken Languages |
|-------------|--------------------|--|---------------------|---|
| Fredericton | Carmen Stuart | 435 Regent St, Suite 103, NB E3B 3X6 | 506 458-0303 | English |
| Moncton | Etienne Bandyayera | 350 St-George St., Suite 204, NB E1C 1X1 | 506 853-5131 | English, French, Kinyarwanda, Kirundi, Souaheli |
| Saint John | Theresa Koppert | 299 Metcalfe St., Suite 295, NB E2K 4P8 | 506 658-0994 | English, French |

***This information is subject to change at any time. Please visit the MACR Centre to make sure the information is up-to-date.*

■ Tele-Care NB

Tele-Care is a bilingual hotline operated by the NB Health Department. You can access this service by dialing **811**. Experienced nurses will answer your call 24 hours a day, 7 days a week. "Can Talk" service offers translation in more than 100 languages.

| *You do not need to have a Medicare number to use these services which are accessible to anyone calling from within New Brunswick.*

■ Dentists

Look in the Yellow Pages of the phone book under Dentists.

■ Optometrists

Look in the Yellow Pages of the phone book under Optometrists.

■ After-Hours Clinic

St-Peter After-hours Clinic
1047 St-Peter Ave., Bathurst, NB E2A 2Z6
Tel: **506-546-0730**

Other Health Services

■ **Addiction Services**

The ACADIE-BATHURST Health Authority's Addiction Services Department focuses on the well-being of those affected, directly or indirectly, by substance abuse or gambling problems. The Health Authority's Addiction Services Department's mission is to substantially reduce substance abuse and gambling problems by developing, promoting, and ensuring teaching, prevention and treatment strategies, in order to encourage individuals and the community to adopt a healthy lifestyle.

MANDATE:

- To offer assessment, counseling, detoxification management, and outpatient consultation services (*individual, group, and family counseling*), as well as prevention and educational programs, according to the needs identified by the client, the family, and the interdisciplinary team.
- To offer, in partnership with the community, prevention, promotion, teaching and community mobilization services with regard to the addiction process and a healthy lifestyle.
- To act as a resource, in partnership with other caregivers and health care professionals.

350 St-George St, Bathurst, NB E2A 1B9
Tel: **506 547-2086**, Fax: 506 547-7415

■ **Alzheimer's Support Group**

Information and support for patients suffering from Alzheimer's disease and for their families. Services: support group meets the third Tuesday of every month at the Beresford library.

Tel: **506 542-9737**

Contact person: Catherine Hentshal

■ **Obstetric Clinic**

Chaleur Regional Hospital
1750 Sunset Drive, Bathurst, NB E2A 4L7
Tel: **506 544-2310**, Fax: 506 544-2359

■ **Canadian National Institute for the Blind**

CNIB services include: counselling and referral; orientation and mobility; rehabilitation sessions; assessment of poor vision and training in the use of magnifying devices; educational activities to prevent loss of sight; demonstration of technical aids for the vision impaired and training in their use; employment counselling and the provision of books in Braille and talking books.

270 Douglas Ave, Bathurst, NB E2A 1M9
Tel: **506 546-9922**

■ **Audiology Service**

Chaleur Regional Hospital
1750 Sunset Drive, Bathurst, NB E2A 4L7
Tel: **506 544-2318**, Fax: 506 544-2324

■ Chaleur Deaf & Hard of Hearing Council Inc.

PO Box 513
209 Main St, Bathurst, NB E2A 3Z4
Tel: **506 548-3114**, Fax: 506 548-4725

■ Canadian Diabetes Association

A national, independent and self-financed organization dedicated to promoting the health of Canadians through research, education, services and advocacy in relation to diabetes. Services: education sessions, camps for diabetic children, leadership training, health care insurance for travelers.

New Brunswick Division
61 Carleton St, Office 2, Fredericton, NB E3B 3T2
Tel: **506 452-9009**, Toll-free number: **1 800 884-4232**
Fax: 506 455-4728
www.diabetes.ca
nbinfo@diabetes.ca

Joslin Diabetes Center - Chaleur Regional Hospital
1750 Sunset Drive, Bathurst, NB E2A 4L7
Tel: **506-544-2503**
Fax: 506-544-2098

■ Organ Donation

Chaleur Regional Hospital

1750 Sunset Drive, Bathurst, NB E2A 4L7
Tel: **506 544-2503**
Fax: 506 544-2324

■ Rehabilitation Equipment

Canadian Red Cross Society, Bathurst Division

Loan of equipment such as canes, walkers, wheelchairs, commodes, crutches, raised toilet seats, hospital beds, bedrails, bed tables and bedpans.

216 Main St, Bathurst, NB
Tel: **506 548-2824**, Toll-free number: **1 800 588-4881**
Fax: 506 548-0831

■ Pregnancy Counselling

Support and pregnancy testing.
231 Main St, Suite 1, Bathurst, NB E2A 1A4,
Hours: 9:30 a.m. to 12:30 p.m.
Tel: **506 545-6331**, Toll-free number: **1 800 550-4900**

■ Reproductive Health Centre (Public Health and Wellness)

165 St-Andrews St.
PO Box 5001, Bathurst, NB E2A 3Z9
Hours: 8:30 a.m. to 4:00 p.m.
Tel: **506 547-2139**

■ Immunization

Public Health - Family and Community Services

165 St. Andrew St, PO Box 5001, Bathurst NB E2A 3Z9

Tel: **506 547-2062**

Fax: 506 547-7475

■ Crohn's and Colitis Foundation of Canada (CCFD)

A non-profit organization that funds research into causes and treatments of inflammatory bowel disease (*IBD*).

The CCFD seeks to improve the treatment of patients and to raise awareness of IBD by providing information and training sessions to patients and their families, to healthcare professionals and to the general public. For more information visit the website: www.cffa.ca.

Chaleur Regional Hospital

1750 Sunset Drive, Bathurst, NB E2A 4L7

Tel: **506 544-3030**

Fax: 506 544-3029

■ Palliative Care

Extra-mural Program

The New Brunswick Extra-Mural Program (*EMP*) is a provincial health care program that provides medical, in-home, end-of-life care.

Chaleur Regional Hospital

1750 Sunset Dr., Bathurst, NB E2A 4L7

Tel: **506 544-2501**

Fax: 506 544-2324

Chaleur Palliative Community Services

Trained volunteers provide in-home, non-medical, end of life accompaniment to patients and their families. Services are provided free of charge and may include staying with the patient so that the primary caregivers can rest or attend to other duties, taking the patient on short outings, light meal preparation, etc. For more information, call **506 546-2525**.

■ Canadian Kidney Foundation

The Kidney Foundation of Canada is committed to patient services, public education, organ donation awareness and communications. Assistance is available to help kidney patients locate the information and resources they need to learn more about how to manage kidney disease and the impact it has on their lives.

Atlantic Canada Branch

56 Avonlea Court, Suite 204

Fredericton, NB E3C 1N8

Tel: **506 453-0533 / 1 877-453-0533**

Fax: 506 454-3639

kidneyatlantic@kidney.ca

www.kidney.ca/atlantic

■ **Kidney Dialysis Unit**

Chaleur Regional Hospital

1750 Sunset Dr., Bathurst, N.B. E2A 4L7

Tel.: **506-544-2501**/ Fax: 506-544-2324

■ **Cancer**

Canadian Cancer Society

The Canadian Cancer Society offers a number of services to people affected by cancer. Offices in New Brunswick provide information through pamphlets, books and videos on all aspects of cancer as well as:

- Emotional support: Peer support by telephone or group.
- Financial help: Each district office provides help with completing forms and directing people to the Society's provincial travel assistance program.
- Prosthesis: Free temporary breast prosthesis for women diagnosed with breast cancer.
- Wigs and headwear: Provided by the wig, hat and turban bank.

Canadian Cancer Society, Northeast District Office

219 Main Street, Suite 2, Bathurst, NB E2A 1A9

Tel: **506 548-4590**

Fax: 506 548-4498

Cancer Connection

Services: Buddy system and information on the disease.

Support group - CANSURMOUNT.

Toll-free: **1 800 263-6750**

Tel: **506 548-8023**

■ **Pharmacies**

In Canada, pharmacies are stores where you can purchase over-the-counter and prescribed medications. Many pharmacies also sell a wide assortment of products such as cosmetics and some food, and services such as Canada Post. In some pharmacies you can also pay utility bills.

Consult the Yellow Pages of the phone book under Pharmacies to find the list of stores in the Chaleur region.

■ **Private Health Insurance**

You can buy additional insurance from a private insurance company to cover items not insured by Medicare, including prescription drugs, vision and dental care.

A private insurance is also necessary for the first three months following your arrival in New Brunswick, until you become eligible for Medicare. Look in the Yellow Pages of the phone book under Insurance Agents & Brokers for names of private insurance companies.

Attention: *Be sure to read carefully the terms of the insurance contract to know the extent of the coverage before signing any document.*



Section VI

Education



Education

■ School System

New Brunswick's education system offers students the opportunity to learn in French or English through two parallel but separate education systems. The public school system is divided as follows:

ELEMENTARY SCHOOL– From kindergarten to grade 5. Children may start kindergarten when they are 5 years old.

MIDDLE SCHOOL - From grades 6 to 8.

HIGH SCHOOL – From grades 9 to 12. Students will receive their high school diploma when they graduate in grade 12.

There are many English and French public schools in the Chaleur region. For more information, contact the school that interests you or the school district office.

District Francophone Nord-est (*Campbellton, Bathurst and Acadian Peninsula*)

Tel: **506 394-3400**

www.francophonenordest.nbed.nb.ca

Anglophone North District

(*Campbellton, Bathurst, Miramichi and Rexton areas*)

Tel: **506 778-6075**

www.asd-n.nbed.nb.ca

Note: In all the schools there are support systems in place for allophone students. These support systems assist newcomers in learning French or English to facilitate their integration into the regular classroom. School attendance is obligatory for all students aged 6 to 16 years. The school year begins at the end of August or at the beginning of September and ends in June.

Daycare and After-school Centres

Many parents rely on daycares and after school centres for childcare while they are working. Daycares are for children 5 years of age and less, who are not going to school. Certain daycares accept school-aged children in the afternoon when classes are over.

Daycares vary in terms of quality of services and costs. The provincial government guide "A Parent's Guide to Quality Child Care in New Brunswick," explains how to choose quality child care and the difference between the childcare categories:

www.gnb.ca/0000/ECHDPE/pdf/ChildcareParentsGuide.pdf

For information on licensed daycares in the Chaleur region visit **www1.gnb.ca/0000/daycare/index1-e.asp** and click on Chaleur region, or consult the Yellow Pages of the phone book under Daycare or Child Care Services.

There is a Daycare Assistance Program for low income families. Contact the Department of Social Development of your community for more information: http://www2.gnb.ca/content/gnb/en/services/services_renderer.14136.Day_Care_Assistance_Program.html

IMPORTANT: It is illegal in Canada to leave children under the age of 12 unattended at home.

■ Preschool Education

Preschool education prepares children for elementary school by teaching them social and learning skills which can contribute to their schooling success. It is not obligatory and is available to children who are four years old (*part-time*) and five-years old (*full-time*).

■ School Registration

To register your children in school, contact the school for an appointment. Make sure to bring along the required documents such as: immigration documents, passports, immunization record and your child's previous school report.

■ Elementary Education

Elementary education is compulsory from the age of 6 years. Children who are 5 years old can be admitted on the condition that they will be 6 years of age before October 1st of their first school year.

■ Post-Secondary Education

Université de Moncton

The Université de Moncton is the largest Francophone university in Canada outside of the province of Quebec.

Its three campuses, located in Edmundston (*northwest New Brunswick*), in Shippagan (*northeast*), and in Moncton (*southeast*), offer a full range of programs in arts, humanities, pure and applied sciences and social sciences.

The nursing program is also offered in Bathurst at the Collège communautaire du Nouveau-Brunswick, on 725 College Rd.

There are two nursing programs available:

- The Bachelor of Science in Nursing for regular students is a 4-year, full-time or 8-year, part-time program.
- The Bachelor for nurses and registered nurses can be completed either on a part-time (*around 5.5 years*) or full-time (*around 2 years*) basis.

Information: **1 800 363-8336**, www.umoncton.ca

Mount Allison University

Mount Allison offers 5 different Baccalaureate programs: Bachelor of Arts, Bachelor of Science, Bachelor of Fine Arts, Bachelor of Commerce, and Bachelor of Music, along with certain Master of Science programs.

65 York St., Sackville, NB

Tel: **506 364-2269**

www.mta.ca

University of New Brunswick

UNB has two main campuses situated in Fredericton and Saint John, New Brunswick. These campuses offer full-time and part-time courses in the following disciplines: arts, science, business administration, computer science, nursing, engineering, education, forestry, law, and kinesiology.

In addition, UNB offers a Bachelor of Science in Nursing in Bathurst, where students also receive support with time management, study techniques, how to access information, and problem-solving techniques.

Students are encouraged to develop their social skills by participating in committees and social activities. UNB is a member of the Canadian Association of Students in Nursing.

Professional development programs in the form of certificates courses, seminars, web-based seminars and customized training are also available. Credit courses are offered face-to-face and by online video-conferencing.

Additionally, UNB offers personal and cultural enrichment non-credit courses, such as woodworking, astronomy, creative writing, and gardening.

UNB - Bathurst Campus

725 College Street, Bathurst, NB E2A 3Z2

Tel: **506 547-7477**

Fax: 506 547-7482

www.unb.ca

Collège communautaire du Nouveau-Brunswick

The Collège communautaire du Nouveau-Brunswick (CCNB) serves the Francophone communities of New Brunswick through its five campuses located in Bathurst, Campbellton, Dieppe, Edmundston and the Acadian Peninsula.

CCNB offers high-quality training in the areas of general, vocational, and technical education. In total, CCNB offers 90 regular programs annually.

As a French teaching institution open to the world, CCNB contributes to the development of the people, businesses, and communities it serves by tailoring its services to the needs of students as well as to labour market standards.

The CCNB Bathurst Campus

The CCNB - Bathurst Campus offers 30 regular training programs annually and a number of support services to the student population, in two separate establishments located on College Street and Youghall Drive, in Bathurst. Annual enrollment exceeds 900 students.

The Centre d'innovation et de transfert technologique des métaux (*computer-assisted metal shaping and cutting*), the Centre d'excellence en compétences essentielles au travail (*the Centre for Excellence in Workplace Essential Skills*) are also integral parts of the CCNB-Bathurst campus.

For more information about the programs offered at the Bathurst campus or elsewhere in the province, visit the website: **www.ccnb.nb.ca**.

CCNB – Bathurst Campus

725 College Street., P.O. Box 266, Bathurst, NB E2A 3Z2,

Tel: **506 547-2145** or toll-free **1 800 552-5483**

Fax: 506 547-7674

New Brunswick Community College

The New Brunswick Community College (NBCC) serves the English-speaking population of New Brunswick. There are six campuses in the province offering more than 80 full-time programs.

These campuses are located in Moncton, Saint John, Miramichi, Woodstock, Fredericton, and St. Andrews.

The New Brunswick Community College, a Crown corporation administered by a Board of Governors and led by a president, is accountable to the Department of Post-Secondary Education, Training and Labour.

For more information:

500 Beaverbrook Court. 5th Floor, Fredericton, NB E3B 5X4

Tel: **506 462-5012**

collegeworks@nbcc.ca

www.nbcc.ca

■ Language Courses

The Language Instruction for Newcomers to Canada (*LINC*) Program, offered by Citizenship and Immigration Canada, provides free basic French and English language courses to adult permanent residents. In the Chaleur region, these courses are offered at the CCNB - Bathurst Campus.

In addition, the MACR is able to provide financial support to temporary foreign workers and international students who wish to take French or English second language courses.

Before beginning language training, newcomers must undergo a language assessment. After completing the evaluation, students are placed in the appropriate level program.

The MACR will refer clients interested in second-language training to the language training centre in the Youghall Drive premises of the CCNB-Bathurst Campus. For more information, call the MACR at **506 547-7651**.

■ **Prior Learning Assessment and Foreign Qualification Recognition**

To work in a regulated occupation in New Brunswick and elsewhere in Canada, workers must be certified or licensed by the regulatory authority for that occupation. A regulatory authority is an organisation responsible for ensuring that its members meet all the necessary requirements and follow the standards set for the occupation.

One of the first steps to certification or licensure is Foreign Qualification Recognition (*FQR*), which verifies that the education, knowledge and skills obtained in another country are comparable to the national, provincial or territorial standards established for Canadian professionals and tradespersons.

The following websites provide information on the FQR process.

- **www.cicic.ca** (*Canadian Information Centre for International Credentials*)
- **www.hrsdc.gc.ca** (*Human Resources and Skills Development Canada*)
- **www.credentials.gc.ca** (*Foreign Credential Referral Office*). The FCRO is part of Citizenship and Immigration Canada. It provides information, path-finding and referral services on foreign credential recognition to help internationally trained workers succeed and put their skills to work in Canada more quickly.

The Government of New Brunswick has produced several fact sheets for regulated occupations in the province. They can be found here:

www.welcomenb.ca/content/wel-bien/en/immigrating_and_settling/working/foreign_qualification_recognition.html

Additionally, the Multicultural Association Chaleur Region website lists several resources for various professions. **www.macr-amrc.ca**.

■ **Public Libraries**

The New Brunswick Public Library System provides access to a provincial collection of more than 1.8 million items, as well as programs and services such as story hour for children, public lectures, reference, inter-library loans and public access computer workstations.

These programs and services are designed to respond to the educational, informational, cultural and recreational needs of residents of the province. The library system supports economic and social development and promotes self-reliance by providing opportunities for New Brunswickers to enhance their knowledge and their creative capabilities.

Smurfit Stone Library

150 St-George St, Suite 1, Bathurst, NB E2A 1B5

Tel: **506 548-0706**

Fax: 506 548-0708

Mgr Robichaud Library

855 Principale St, Suite 3, Beresford, NB E8K 1T3

Tel: **506 542-2704**

Fax: 506 542-2714

Petit-Rocher Library

702 Principale St, Suite 110, Petit-Rocher, NB E8J 1V1

Tel: **506 542-2744**

Fax: 506 542-2745



Section VII

Other Community and Social Services



Other community and social services

■ Religions

Many denominations are found in the Chaleur region. To find out if your specific religion is practiced here, you may contact the MACR, or consult the Yellow Pages of the phone book.

■ Services of an Interpreter

Contact the MACR Centre. Our personnel will try to find someone among our members and the newcomer community who can help you.

■ Services for Seniors

The Province of New Brunswick published a guide called, "Senior's Guide to Services and Programs: Be informed in your community." You can access it from this website link:

www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/Seniors/SeniorsGuide-e.pdf

The New Horizons for Seniors Program (NHSP)

Through the NHSP, the Government of Canada is taking action to enable seniors to share their knowledge, skills and experiences with others.

NHSP supports projects aimed at one or more of the following objectives:

- promoting volunteerism among seniors and other generations
- engaging seniors in the community through the mentoring of others
- expanding awareness of elder abuse, including financial abuse
- supporting the social participation and inclusion of seniors
- providing capital assistance for new and existing community projects and/or programs for seniors

For more information on this program visit the following website:

www.hrsdc.gc.ca/eng/community_partnerships/seniors/index.shtml

Association acadienne et francophone des aînées et aînés du Nouveau-Brunswick (AFANB)

The AFANB promotes and defends francophone seniors' rights in order to allow them to live fully in their language and culture, and contribute to their quality of life and to their communities.

www.aafanb.org/index.cfm

New Brunswick Senior Citizen Federation

Tel: 506 857-8242

Public Health Agency of Canada - Division of Aging and Seniors

The mission of the Agency is to promote and protect the health of Canadians through leadership, partnership, innovation and action in public health.

Hours: 8:30 a.m. to 4:30 p.m.

Tel: **613 952-7606**, Fax: 613 957-7627

www.hc-sc.gc.ca/hl-vs/seniors-aines/index-eng.php

Medavie Blue Cross Seniors' Health Program

The Medavie Blue Cross Seniors' Health Program offers seniors prescription drug coverage and supplementary healthcare services including chiropractic and physiotherapy, diabetic supplies, vision care, orthopaedic services, hearing aids, orthotic devices, supplies for ostomates, prostheses and ambulance services. These services are intended for any person 65 years of age or older who resides in the province and is enrolled in New Brunswick Medicare.

644 Main St, PO Box 6075, Moncton, NB E1C 8L3

Hours: 8:30 a.m. to 4:00 p.m.

Toll-free: 1 **800 565-0065**

Healthy Living

The Healthy Active Living Program for Older Adults provides free information sessions on recommended consumption of medications, physical activity, healthy diet, stress management and healthcare options. Trained volunteers lead these sessions and offer their friendship and support to help seniors take charge of their own healthcare and wellbeing.

Tel: **506 547-2478**, Fax: 506-547-2064

www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php

■ Family Violence

All Canadians, regardless of their origin, have the right to choose their values, their opinions and their religion. The political system of Canada is based on freedom and equality of its citizens, which means that women and men have the same rights in both private and public life.

The use of violence against anyone is prohibited by law. If you or someone you know is dealing with abuse, whether it is physical violence or psychological abuse such as threats, harassment, humiliation, deprivation of money needed to meet basic needs or the use of force to obtain sex, you can get the help you need by calling the local police.

■ Bathurst Youth Centre

The Bathurst Youth Centre, in operation since September 1998, is an example of successful collaboration between the local police and the community. It offers structured programs that are directed toward resolving specific problems faced by youth as well as providing counseling, and educational, recreational and social activities in a supervised setting. The Centre can also assist youth with preparing for job interviews, searching for employment and proper job etiquette.

895 St. Anne St, Bathurst, NB E2A 6X1

Tel: **506 549-3215**, Fax: 506 549-3238

■ **Chaleur Adult Learning Inc.**

SERVICES: Academic upgrading for adult learners and evaluations of literacy and mathematic levels and digital literacy program to teach basic computer skills.

PO Box 292, STN Main, Bathurst, NB E2A 3Z2

Tel: **506 549-5460**, Toll-free **1 866 473-4404**

■ **Laubach Literacy Bathurst**

Laubach Literacy Bathurst Council is a volunteer, not for profit organization, affiliated with Laubach New Brunswick and dedicated to helping adults become better readers. Trained volunteers provide free, one-to-one tutoring to adults who wish to improve their reading, writing or math skills.

Loretta Pisani (*Tutor-Coordinator*) **506 548-5137**

Cynthia Richard (*President*) **506 548-5050**

■ **Paquito Early Intervention Centre**

Bilingual, public organization providing home services related to learning problems for families and children. Service is provided through referral from a health unit.

SERVICES: helping parents with children from birth through age 5, including support, teaching child development techniques, and counselling (*aimed at enhancing family accountability*).

1370 Johnson Ave, Bathurst, NB E2A 3T7

Tel: **506 548-8122**, Fax: 506 547-0815

Hours: 8 a.m. to 4:30 p.m.

TALK WITH ME program

Contact Person: Guy Doré

Tel: **506 544-2492**, Fax: 506 544-2495

parlemoi@health.nb.net

■ **Early Childhood Service and School-based Service**

SERVICES : Early childhood and prenatal support, daycare, daycare service assistance program, alternative daycare service, early childhood social worker services, family economist services, educational support services and Nobody's Perfect parenting program.

Wendy McLeod-MacKnight, Director,
Sartain MacDonald Building, 2nd Floor

551 King St, PO Box. 6000,

Fredericton, NB E3B 1E7

Tel: **506-453-2950**

Fax: 506- 453-2082

wendy.mleod-macknight@gnb.ca

■ Family and Community Services

Family auxiliary service – Chaleur Services Network

This is a bilingual, non-profit organization which offers assistance in many forms to people affected by a physical or intellectual handicap, including residential services, complete services 24 hours per day or day services. Business hours are from 8 a.m. to 4:30 p.m.

268 Boudreau St, Beresford, NB
Tel: **506 542-9406**, Fax: 506 542-1087

Abandoned and/or neglected children and/or adults

Family and Community Services – Child protection services

This government agency's mission is to protect children, adults and handicapped people, as well as offering long term care to those in need. The adult protection program offers its services to senior citizens or to adults who are victims of neglect, wrongful physical treatment and sexual or mental cruelty.

165 St-Andrew St, P.O. Box 5001, Bathurst, NB E2A 3Z9
Tel: **506 546-2020**, Fax: 506 547-2744. After hours: **1 800 442-9799**.

Family and Community Services – Long term care program

165 St-Andrew St, P.O. Box 5001,
Bathurst, NB E2A 3Z9.

Business hours are from 8:15 a.m. to 5:00 p.m.

Tel: **506 547-2020**, Fax: 506 547-2744, After hours: **1 800 442-9799**

Victims' Services

DEPARTMENT OF PUBLIC SAFETY – PROVINCE OF NEW BRUNSWICK

If you are a victim of crime and have reported it to the police, Victim Services may be able to assist you. Services include trauma and short term counselling, compensation, court preparation and support, and follow-up after court.

Tel: (Bathurst) **506 547-2924**. Fax: 506 547-470
Hours: Mon to Fri, 8:30 a.m. to 4:30 p.m.
DPS-MSP.Information@gnb.ca

Turning Point Program

Non-profit organization which provides counselling to men who are abusive towards their spouse.

235 Main St, Bathurst, NB E2A 1A9.
Tel: **506 546-1215**, Fax: 506 548-4170.
family@nbnet.nb.ca

Nepisquit Family Services

Provides assistance to adults and children faced with challenges, couple or family problems or work related difficulties.

- Counseling
- Educational programs
- Turning Point (*for men who are abusive and controlling towards their spouse*)
- PAEF (*assistance program for employees and their family*)
- Transit (*services offered to clients of correctional services*)
- Research and Development
- Family Week
- Seniors' self-sufficiency program

216 Main St, Suite 309, Bathurst, NB E2A 1A8
Tel: **506 546-3305**, Fax: 506 548-4170

Chaleur Resource Center for Parents

The Chaleur Resource Center for Parents offers a wide range of programs and activities for parents and their children ages 0 to 6 years, including child development and play to learn activities, school readiness programs, family support, prenatal and postnatal support, outreach programs, toy lending library and other services.

216 Main Steet, Suite 100,
Bathurst, NB E2A 1A8
Tel: **506 545-6608**, Fax: 506 546-3816
bathurst@frc-crf.com

Ideal Center - Community Mental Health Center

The purpose of community mental health centres (*CMHC*) is to promote positive mental health for all New Brunswickers. Community mental health centres provide access to a range of mental health services, including prevention, assessment, treatment, rehabilitation, and support to residents of New Brunswick who have mental health problems.

1210 King Ave, Bathurst, NB
Tel: **506 548-6110**.

■ Refuge

Passage House

A non-profit, bilingual service offering a safe refuge for women (*17 and over*) and children who are victims of physical, verbal, psychological and/or sexual violence. This is a free, confidential service with on-site or telephone counseling and transfers (*sending a request for other agencies in the region*). Located in Bathurst. For information: **506 546-9540**, Fax: 506 546-3965.

Foyer Le Rameur du Nord

A non-profit organization offering professional assistance to children and teenagers from 10 to 18 years of age with emotional, social, and/or delinquency problems. Services include rehabilitation and support work in a structured environment.

695 Principale St, Petit-Rocher, NB
Tel: **506 783-3876**
Fax: 506 542-2417

■ Volunteer Centers

Acadie-Bathurst Regional Health Authority

Chaleur Regional Hospital
1750 Sunset Drive,
Bathurst, NB E2A 4L7
Tel: **506 544-2521**. Fax: 506 544-2324

Bathurst Volunteer Center Inc.

This non-profit organization offers the following services: food bank, clothing bank and furniture, soup kitchen, Meals on Wheels program and human service counsellors. Primary contact person: Michel Godin, manager.

464 King Ave, Bathurst, NB E2A 1P6
Tel: **506 549-5955**. Fax: 506 549-5866
manager@bvc-cbb.ca

Banque Alimentaire Coup de Pouce

690, Rue Principale,
Petit-Rocher, NB E8J 1H3
Tel: **506 783-3172**.

■ Service Clubs

Bathurst Lions' Club

Lions are an international network of men and women who work together to answer needs that challenge their communities.

Tel: **506 545-6390** or **506 545-6565**, fax: 506 545-6560

Club Richelieu

Francophone service club dedicated to the development and well-being of youth in the community.

Bathurst

2014 Vallee Lourdes Dr, Bathurst NB E2A 4R9
Tel: **506 546-5454**

Petit Rocher

Contact: Marcel Parent
Tel: **506 783-7445**.

Women's Richelieu Club

Contact: Pierrette Brideau
Tel: **506 548-3988**.

Rotary Club of Bathurst

Rotary club members are volunteers who work locally, regionally, and internationally to combat hunger, improve health and sanitation, provide education and job training, promote peace, and eradicate polio, under the motto Service Above Self.

The Rotary Club of Bathurst was established in 1936 and today has over 50 members. The Club meets every Monday at 12:10 p.m. at the Atlantic Host in Bathurst, New Brunswick.

P.O.Box 171, Bathurst, NB, E2A 3Z2

Tel: **506 544-2332**

Royal Canadian Legion

The Legion's mission is to serve our veterans and their families, to promote Remembrance and to serve our communities and our country. The Legion supports programs for seniors, community, housing, long term care, youth, education, sports, Cadets, Guides and Scouts

575 St-Peter Avenue, Bathurst, NB E2A 2Y5

Tel: **506 546-3135**

Shriners' Club

A non-profit organization dedicated to providing specialized care at no charge to children with orthopedic conditions, burns of all degrees, spinal chord injuries and cleft lip and palate.

1168 Vincent Drive, Bathurst, NB E2A 3V9

Tel: **506 546-6909**

Knights of Columbus

Non-profit organization. As Knights, members witness to their Catholic faith by serving the Church and engaging in volunteer service for those in need. They donate money and hours of volunteer services to Church, community and youth charities.

Bathurst

355 Douglas Ave, Bathurst, NB E2A 1N3

Tel: **506 546-2726**

East Bathurst

1395 Miramichi Ave, Bathurst, NB E2A 1Y3

Tel: **506 546-8102**

Beresford

Principale St, Beresford, NB E0B 1H0

Tel: **506 542-9780**

Petit-Rocher

702 Principale St, Petit-Rocher, NB E8J 1V1
Tel: **506 783-8395**

Pointe-Verte

147 Principale St, Pointe Verte, NB E8J 2V8
Tel: **506 783-1819**

Bathurst Business and Professional Women's Network

This group meets for supper on the 4th Tuesday of each month.
Contact: Rita May Gates
Tel: **506 548-3887**.

**Association des Femmes en Affaires Chaleur
(Chaleur Business Women's Association)**

Contact: Denise Benoit
Tel: **506 545-8037**
lafac@nb.sympatico.ca

■ Other Local Organizations**SANB**

The mandate of the Société de l'Acadie du Nouveau-Brunswick is the protection and advancement of Acadian interests in New Brunswick.

702 Principale Street, Office 204,
Petit-Rocher, NB E8J 1V1
Tel: **506 783-4205**.
sanb@nb.aibn.com

Synergies Chaleur

Fraternity and making new friends through social activities are at the heart of this organization for young adults (*19 and over*) and the young at heart. Its purpose is to reunite the younger set in order to form a sense of belonging to their community.

This group is bilingual and people are free to express themselves in the language of their choice. Everyone's beliefs, ideas and contributions are respected.

Synergies is open to all young people in the region. Monthly social gatherings are planned, as well as other activities.

www.synergieschaleur.com
info@synergieschaleur.com



Section VIII

Transportation



Transportation

Driver's Licence

Service New Brunswick provides a range of services for drivers in New Brunswick. Private driving schools also offer various services that could help you obtain your New Brunswick driver's licence. To find a driving school, look in the Yellow Pages of the phone book under Driving Instruction.

Registration of Vehicles

(Information from the Provincial Government and Service New Brunswick website)

To drive a motor vehicle on New Brunswick roads, you must register the vehicle. The price of the registration varies depending on the type of vehicle. You can register your vehicle at the Service New Brunswick office located at 161 Main Street in Bathurst. For more information call **1 888 762-8600**.

Motor vehicle inspections *(Information from the Government of New Brunswick website)*

All registered motor vehicles and trailers must undergo a safety inspection. Passenger cars and trucks require an annual inspection while taxis and busses are inspected twice a year. Vehicle inspections must be performed at an authorized testing station by a qualified mechanic. These stations are situated in all localities of the province. Upon completion of the inspection, an inspection sticker will be applied to your vehicle's windshield and you will receive a copy of the inspection report, which you must keep in your vehicle. Look in the Yellow Pages of the phone book under Garages to find the inspection stations in the Chaleur region.

Vehicle Insurance

Every vehicle driven on New Brunswick roads must be insured. To purchase automobile insurance, you will have to communicate with an insurance company. Look in the Yellow Pages of the phone book under Insurance Agents & Brokers to find the Insurance companies in the Chaleur region.

Laws and Rules *(Information from the New Brunswick Motor Vehicle Act)*

Attention:

- You can't drive if your blood alcohol level is above the legal limit. If you do so, you can be charged with an offence, fined and possibly lose your driver's license.
- The speed limit is posted in black numbers on white signs, on the right-hand side of the road. The maximum legal speed is in kilometres per hour.
- Drivers and passengers must wear their seatbelt at all times.
- If you see an ambulance or fire truck approaching with flashing lights, reduce your speed or stop completely and allow the emergency vehicle to pass.
- STOP when you see a YELLOW SCHOOL BUS with flashing red lights.
- All children travelling in a motor vehicle must be secured in an approved car seat until they meet one of the following requirements: be at least nine years old, weight at least 36 kg (79 lbs) or be at least 145 centimetres (57 inches) tall.

■ Types of Transportation

Car

Traveling in the Chaleur region is easy with a car. If you are not ready to buy a car immediately, you can rent one. Look in the Yellow Pages of the phone book under Automobile Renting or Automobile Dealers to find the companies that rent and sell cars in the Chaleur region.

Taxi

There are taxis available in each community of the Chaleur region. You can find a list in the Yellow Pages of the phone book.

Bicycle

If you want to save gas, biking is an alternative means of transportation. You can buy a bicycle in a “big box” store or in a sports equipment store. Look in the Yellow Pages of the phone book under Bike Dealers – Sale & Service. Used bicycles may also be available for sale. Websites such as **www.kijiji.ca** can be a good source for finding used bicycles.

Important: *Under the New Brunswick Motor Vehicle Act, wearing a bicycle helmet is mandatory for everyone when biking in New Brunswick.*

Carpooling

In some workplaces, employees organize carpooling among themselves. Carpooling is an arrangement among a group of automobile owners by which each owner, in turn, drives the others to and from a designated place. Consult your colleagues about the possibility of carpooling. Carpooling ads are often posted on websites such as **www.kijiji.ca** and on bulletin boards at the entrances of some stores.

■ Traveling outside the Chaleur Region

Airplane

The Bathurst Regional Airport airport is only 10 minutes from downtown Bathurst. Regular daily flights provide a link to other international airports. For more information, call: **506 548-8060** or consult **www.bathurstairport.ca**.

Train

The train station is only a few minutes from downtown Bathurst. VIA RAIL operates regularly scheduled trains from Halifax (*Nova Scotia*) to Montreal (*Quebec*), with many stops in between. For more information, call toll-free **1-888-842-7245**, or consult **www.viarail.com**

Do you know that...?
It is illegal to hitchhike in New Brunswick.



Section IX

Other Useful Services for Newcomers to the Chaleur Region



Housing

■ Finding a home

To find appropriate housing, there are a few basic questions you need to answer.

What can you afford?

Make a budget to determine how much you can afford to spend on a home. Ideally, all housing costs (*rent or mortgage plus operating costs*) should be no more than 30% of your total income. You should also consider homeowner or tenant insurance. Depending on the policy, this type of insurance provides various levels of protection for your household items and your dwelling.

Where should you live?

Before choosing a neighbourhood, find out about services such as schools, medical facilities, child care and stores, and proximity to your workplace.

Here are some factors to consider when choosing a location:

- **MEDICAL FACILITIES:** Is there a medical clinic, doctor's office or hospital in the area?
- **FIRE DEPARTMENT:** Is the fire station close by? Is it easy to find the address?
- **PLACE OF WORSHIP:** Is there a place of worship in the neighbourhood?
- **RECREATIONAL ACTIVITIES:** Are there any public parks, play parks, recreational fields, community centres and other recreational centres in the neighbourhood?
- **SCHOOLS:** Can your children walk or take a bus to school? Are there services offered by the school to help your children integrate? Are you at ease with the students and the class composition?
- **STORES:** If you do not have a car, will you be able to walk to the shopping area? Can you find the types of food you want?
- **WORK:** If you want to work, are there businesses in the area where you are likely to find employment?

Should you rent or buy?

By renting, you pay to live in a space owned by someone else. If you are not sure where you want to live, or if you are not able to buy a house, renting may be your best option.

Purchasing a home is a big investment which should be carefully considered. If you choose to buy a property, you will need a down payment and probably a mortgage from a financial institution. A conventional mortgage requires a down payment of at least 20%. You can get a mortgage with a smaller down payment

but the mortgage fees will be higher. Besides the down payment, you will need some funds to cover your home inspection, closing costs, moving and other potential expenses.

Important Links:

The Government of New Brunswick publication Orientation Guide For Newcomers to New Brunswick has a section on finding a place to live. It is available online here:

www2.gnb.ca/content/dam/gnb/Departments/petlepft/PDF/PopGrowthOrientationGuideNewcomers.pdf

A copy of this publication is also available for reference in the MACR office at 95 Youghall Drive in Bathurst.

Canada Mortgage and Housing Corporation provides extensive information on all aspects of housing in Canada, including a section dedicated specifically to immigration.

www.cmhc-schl.gc.ca

http://www.cmhc-schl.gc.ca/en/co/buho/upload/TheNewcomersGuide_E.pdf

■ Temporary Housing

You will need temporary housing for the first weeks following your arrival in the Chaleur region, while you are looking for permanent residence. Look in the Yellow Pages of the local phone book under Motels, Hotels or Bed and Breakfast, in the Chaleur region Travel Guide, or the Bathurst website **www.bathurst.ca**.

■ Rent an Apartment or House

Finding a place to rent

There are many ways of finding an apartment or house to rent. The MACR can guide you in this area. You can also ask your relatives and friends to help you. However, to find an apartment or house that is right for you, you should also do your own research.

Quick Tips for Finding Rental Housing:

- Ask friends or family already living in the community.
- Search the classified ads in community newspapers, and daily and weekly newspapers.
- Make sure to buy a newspaper first thing in the morning; apartments are often rented by 9 a.m. on the first day of advertising.
- Check bulletin boards in grocery stores, laundromats, health clinics, thrift stores, community centres.

- Put up your own notice asking for an apartment or house to rent in an area you like.
- Look online for rental properties <http://bathurst.kijiji.ca/>.
- Ask building superintendents if there are apartments to rent now or soon; fill out an application to go on the waiting list.

Lease

A lease is an agreement that regulates the relationship between landlord and tenant. In New Brunswick, the landlord and tenant must sign two copies of a prescribed form of lease, called the Standard Form of Lease. The lease sets out the rights and responsibilities of both the landlord and tenant.

Even if the landlord and tenant do not sign a lease, the Residential Tenancies Act still regulates the relationship. A lease for a fixed term ends automatically at the end of the term. However, the landlord or tenant can end a tenancy by giving written notice of termination.

The notice of termination must always be in writing. The time required for this notice differs according to the type of lease involved. For example, in a year-to-year tenancy, notice must be given at least three months before the anniversary date of the lease. If the tenancy is month-to-month, then one month's notice is required. If the tenant moves without giving proper notice or assigning or subletting the tenancy, the tenant may be liable for the rent if the landlord cannot find a new tenant.

For more information: www.legal-info-legale.nb.ca.

Also visit Service New Brunswick's Office of the Rentalsman website:

http://www.snb.ca/e/1000/1000-2/e/1000-2_002_e.asp

Service New Brunswick (Bathurst Centre)

161 Main Street
Bathurst, NB E2A 1A6

Mailing Address

Box 5001
Bathurst, NB E2A 3Z9
Tel: **506 547-2162**
Fax: 506 547-2106

■ **Buying a home**

Where to look:

- Classified ads in local newspapers;
- Websites, for example: www.mls.ca;
- Signs on property for sale.

Who to talk to:

- Real estate agents (*look in the Yellow Pages of the phone book under Real Estate Brokers & Sales Representatives*);
- Friends and family.

■ Other useful housing information

Furniture and Accessories

Local retailers sell a wide range of goods and services to furnish your home. Some businesses also sell used furniture. Look in the Yellow Pages of the phone book under Furniture Dealers - Retail to find places where you can purchase new furniture.

Used furniture, while less expensive than new furniture, must be inspected before purchase to make sure it is still in good condition. You can find used furniture by consulting local newspapers, radio announcements, and the website: <http://bathurst.kijiji.ca/>.

Buying Food

Grocery shopping may be done at a many locations in the Chaleur region.

Supermarkets

To find almost everything you will need when shopping for food, supermarkets are the ideal place. They are usually vast stores divided into different sections to facilitate your shopping. These sections are: fresh produce, bakery, fresh meat and sea food, health foods, dairy, and frozen foods. Although these stores sell mostly food, many also sell a variety of other articles such as health and beauty products, household items, pharmacy products, and even clothing.

Specialized grocers

Specialized grocers are usually smaller stores that carry imported, exotic or luxury food items that supermarkets might not sell. Their products are typically more expensive than those found in a supermarket. Gourmet coffees, teas, chocolate, imported or local cheeses, specialty spices and seasonings are some examples of products you can find in a specialized store.

Farmers' markets

Farmers' markets in the Chaleur region offer fresh, local produce and meats, as well as a variety of prepared foods and crafts. Most farmers' markets are open only on Saturday mornings and some operate only in the summer. The markets have a warm, vibrant atmosphere and are an excellent place to discover local producers and artisans, while mingling with people from the entire region.

Bathurst City-center Market

150 Main St, Bathurst (*relocating in 2013*)
Information: **506 545-5418**

Farmer's Market

Monroe St, Bathurst
Information: **506 548-0418**

Beresford Farmers' Market *(summer only)*

201 Parc St East, Beresford

Information: **506 542-2727**

info@beresford.ca

Restaurants

There is a wide variety of restaurants catering to all tastes and occasions in the Chaleur region. Most restaurants also offer food for take-out. Consult the Yellow Pages of the telephone directory under these heading: Restaurants, Cafés or Coffee houses, Café terrasses or Coffee-retail.

Did you know...? *In New Brunswick, it is customary to tip waiters and waitresses as a way of showing appreciation for good service. The amount left as a tip is usually 10-15% of the total amount before taxes.*

Convenience stores

These stores, sometimes combined with a gas station and often located close to a residential area, are usually open later than regular supermarkets, sometimes 24 hours a day, hence the name convenience store.

Many of these businesses are family owned and operated. They sell a limited variety of food, household items, magazines and newspapers, lottery tickets and a variety of other items. Consult the Yellow Pages of the directory under the heading Dépanneurs or Convenience stores to find one in your neighbourhood.

Did you know...? *Advertised prices in Canada do not usually include sales taxes. Basic groceries are not taxed but in New Brunswick, some prepared foods, snacks and candies, and all food sold in restaurants are taxable.*

■ Utilities

Heating

New Brunswick's winter is cold. At some point in autumn, you will have to start heating your home. Buildings are heated by different means: electricity, heating oil, natural gas, and wood. Regardless of the heating method you use, turning down the thermostat by a few degrees at night will help you to conserve energy and save money on your heating bill.

- House: Before you buy a house, ask how it is heated. Check windows and doors for air leaks that could let cold air in and increase your heating bill.
- Apartment: Ask the landlord if the heating cost is included in the monthly rent.

Electricity

NB Power is the company that provides electricity to New Brunswick.

For distribution and client service, call toll-free **1 800 663-6272** or visit **www.nbpower.com**.

The website also offers some useful tips on saving energy and the safe use of electricity.

Heating Oil

Look in the Yellow Pages of the phone book under Oil Companies to find heating oil suppliers in the Chaleur region.

Telephone

Residential Telephone and Cell Phone

Before you arrange for a residential telephone or a cell phone, make sure you understand the available packages and rates.

A few companies serve the Chaleur region. To obtain more information on available products and services, you can contact:

- Bell Aliant – **1 866 425-4268** or **www.bellaliant.net**
- Rogers – **1 888 764-3771** or **www.rogers.com**

Public Telephones

Available in some public places. Instructions on how to make a call are printed on the telephone.

Cost for a local call: \$ 0.25. To know your toll-free calling area and for information on long distance calls, look in the first pages of the telephone book.

Telephone Book

Most telephone books are divided in three sections: White Pages, Blue Pages and Yellow Pages.

The White Pages provide useful information in both English and French, such as how to make a long distance call, emergency and important numbers, North American and international area codes, and more.

They also list the telephone numbers of individuals and businesses in the region, sorted in alphabetical order from A to Z, by surnames or business name.

The Blue Pages are reserved for government telephone numbers. This is where you will find phone numbers of Canadian federal and provincial departments as well as those of regional and local administrations.

The Yellow Pages list phone numbers and addresses of restaurants, businesses, services, etc., and are sorted by subject, or product, and in alphabetical order (A to Z).

■ Media

Television

Most Canadians have a television in their home. Companies providing television services to the Chaleur region include Bell Aliant and Rogers.

For more information on products and services offered:

- Bell Aliant – **1 866 425-4268** or **www.bellaliant.net**
- Rogers – **1 888 764-3771** or **www.rogers.com**
- Shaw Direct – **1 888 554 7827** or **www.shawdirect.ca**

Some local and national stations

CHAU-TV (*French*)

Tel: **506 546-1898**

mallard@chautva.com

www.chautva.com

Rogers Cable Inc. (*English*)

Tel: **506 549-6624**

dcomeau@rci.rogers.com

www.rogers.com

Radio-Canada (*French*)

Tel: **506 547-0910**

francois_lejeune@radio-canada.ca

www.radio-canada.ca

Canadian Broadcasting Corp. (*English*)

Tel: **506 548-5540**

susan_aitken@cbc.ca

www.cbc.ca

Newspapers

The Northern Light (*English*)

Tel: **506 546-4491**

mulock.greg@thenorthernlight.ca

L'Étoile Chaleur (*French*)

Tel: **506 546-0570**

info@journalettoile.com

L'Acadie Nouvelle (*French*)

Toll-free number: **1 800 561-2255**

beatrice.seymour@acadienouvelle.com

www.acadienouvelle.com

Telegraph Journal (*English*)

Tel: **506 548-0825**

tjbath@nb.aibn.com

Radio

MAX (FM – 104.9) (*English*)

Tel: **506 547-1360**

www.max1049.ca/

CBC News (FM-97.9) (*English*)

Tel: **506 548-5540**

infomorning@cbc.ca

www.cbc.ca

CKLE (FM – 92.9) (*French*)

CJVA (AM - 810)

Tel: **506 546-4600**

ckleadmin@nb.aibn.com

Radio-Canada (*French*)(FM – 105.7)

Tel: **506 548-3395**

francois_vignault@radio-canada.ca

www.radio-canada.ca

Internet

There are two major Internet providers in the Chaleur region. The following links can provide you with information on their respective products and services.

- Bell Aliant – **1 866 425-4268** or **www.aliant.net**
- Rogers – **1 888 764-3771** or **www.rogers.com**

Do you know that...?

Many websites provide up-to-date access to information, including:

- **www.acadie.net**
- **www.capacadie.com**
- **www.cbc.ca**
- **www.cp.org**
- **www.ctv.ca**
- **www.knowmoncton.com**
- **www.radiocanada.ca**
- **www.rogerstelevision.com**
- **www.tqs.ca**



Section X

Culture, Parks and Leisure



Cultures, Parks and Leisure

■ Overview

New Brunswick is the only officially bilingual province in Canada. The 2006 census indicates that 33% of its population is French-speaking. In the Chaleur region, about 60% of the population considers itself bilingual (*French and English*).

■ Languages and cultures

Languages

The Official Languages Act states that English and French are the two official languages in New-Brunswick and that they have equal status, rights and privileges.

The Act also states that all citizens of the province have the right to receive all government services in the official language of their choice. This law created an Official Languages Commission and the nomination of a commissioner. The Act confers the right to the commissioner to make inquiries into public complaints pertaining to all matters of official languages, including all services offered to the public by governmental institutions. Following an inquiry, the commissioner may introduce improvements and corrective measures to ensure that the Act is respected.

Overall, the Commission's mandate includes governmental institutions, Crown corporations, all third parties who offer services on behalf of the provincial government, the province's courts and tribunals, law enforcement forces, all cities, municipalities whose linguistic minority represents at least 20% of its total population, all state-owned health commissions, as well as all planning commissions and all waste-management commissions serving a region with at least 20% of its population representing a linguistic minority.

For more complete information, please consult the following website:
www.officiallanguages.nb.ca

Cultures

A colorful mosaic

Our cross-cultural adventure dates back centuries on the very lands that would eventually become the province of New Brunswick. In the early 1600's, when Samuel de Champlain and other Europeans explored our coasts, they were greeted by the native peoples who were instrumental in helping these explorers survive the harsh elements of their first winters.

Be it First Nations, Acadians, Loyalists, Brayons, Scottish, Irish, or any of a multitude of other cultures found here, New Brunswick is a veritable cultural, social, religious and linguistic mosaic. From kitchen parties to neighbourhood gatherings, you will be enchanted by the violin melodies, our original cuisine and our very special *joie de vivre*. Whether it be in our larger communities, or in our charming, smaller

coastal municipalities, New Brunswickers are proud to welcome everyone who shows an interest in our past, our present, and our future.

■ Climate in NB

New Brunswick offers climatic characteristics varying from that of a coastal zone to a continental province. The harshest and coldest period of the year in the province is usually during the month of January, while the warmest month is usually July. However, mild conditions in winter and cool conditions in summer are a common occurrence, especially in the coastal areas, mainly because of the influence of the humid air masses from the Atlantic Ocean.

Summer is usually warm and very pleasant. The Chaleur region climate could be considered as mild continental.

Climate

Average summer temperatures

22,5 °C (72.5 °F)(High)

13,5 °C (56.3 °F)(Low)

Average yearly sun exposure

1,900 hours

Yearly rainfall average

732,6 mm

Average winter temperatures

-5,9 °C (21.3 °F)(High)

-12 °C (10.3 °F)(Low)

Yearly snowfall average

336,1 cm

(Source: Environment Canada)

For more information on Canadian weather, visit: www.weatheroffice.gc.ca.

Seasons

WINTER – December 21st to March 20th

SPRING – March 21st to June 20th

SUMMER – June 21st to September 20th

AUTUMN – September 21st to December 20th

Dressing for the season

The seasons in New Brunswick dictate the clothing that is worn. When the cold weather arrives, wearing warmer clothing such as winter coats, scarves, gloves or mittens, warm boots, hats and fleece-lined pants, will help you deal with the rigors of the autumn and winter climates and allow you to enjoy the multitude of winter sports and activities the region offers.

In the Chaleur region, there are many retailers who sell new and used clothing. Consult the Yellow Pages in the telephone directory under Clothing.

■ Outdoor and recreational activities

You will find many venues in the Chaleur region which offer a variety of recreational, cultural and sporting activities.

■ Golf Clubs

Gowan Brae Golf and Country Club

This challenging 18-hole golf course is one of the most picturesque in Atlantic Canada. Golfers maintain that no matter how good or bad a shot you make, you'll always have a great view on this seaside course which overlooks the Nepisiguit Harbour and the City of Bathurst.

The Gowan Brae Golf & Country Club is located on Youghall Drive in Bathurst.

Tel: **506 548-9469**

www.gowanbraegolf.nb.ca

Squire Green Golf Club

Located at the end of Golf Street, in the centre of Bathurst, this 9-hole golf course serves up 3,421 yards of pure sporting enjoyment.

The view overlooking the city is absolutely spectacular, as is the course layout itself, featuring beautiful waterways and lakes.

Tel: **506 544-PUTT (7888)** or **506 547-1911**

www.squiregreen.com

■ Outdoor adventures

Bathurst Marina

You'll find fun, food, and a scenic view at The Bathurst Marina. Guest berths are available for visiting boaters with water, fuel, and electrical hookups. During the summer months, a restaurant serves meals 7 days a week, indoors or outdoors on the scenic terrace and there is live entertainment on summer weekends.

The Bathurst Marina is situated next to Youghall Beach.

1555 Queen Elizabeth Drive, Bathurst, NB

506 547-1166

bathurstmarina@hotmail.com

www.bathurstmarina.com

Les Étangs du Nord (fishing ponds)

Try your hand at trout fishing in stocked man-made ponds. Fishing gear is available at no charge.

Chemin du Bassin, Petit Rocher.

Information: Roger Boudreau (*proprietor*) • Tel: **506 783-7385**

Les Aventures de la mer l'Acadien

This business offers fishing excursions (*cod, mackerel, and lobster*) and sightseeing tours. Group rates are available. Life jackets are provided as well as all fishing equipment. The office is situated at the Motel l'Acadien sur mer, in Petit-Rocher. Lobster fishing is available only in season.

Information: **506 783-1755**.

Atlas Park

This site is situated in Pointe-Verte, only 20 kilometres north of Bathurst. Atlas Park is built around an old rock quarry filled with exceptionally clear water. With a surface of 26,000 square meters, a depth of 33 meters, a submerged platform and two boats, it is a popular place for recreational scuba divers.

Amenities and activities include floating wharfs, picnic area, fishing, rowboats, paddleboats, playground, volleyball, horseshoes, walking trails, gift shop, visitor information centre, observation tower, snack bar and a licensed terrace. During the winter months, you will be thrilled by the under-ice scuba diving, the cross-country and snowmobile trails, the outdoor skating rink, and the enormous slide.

No matter the season, Atlas Park offers a variety of activities to fill your day with enjoyment. It can be accessed from Route 11, exit 333, or from Route 134, La Gare exit. Information: **506 783-1717**.

Pabineau Falls

Whether it's to see the ice break up in spring, or to see the salmon jumping upstream during spawning season, you will no doubt enjoy your visit to this beautiful natural environment. The Mi'kmaq word for this great site, Ge'goapgog, means "Beyond the falls".

Take Exit 304 from Highway 11 and follow Route 430 to Big River. Turn left on Pabineau Falls Road. Continue for 3-4 minutes and you will arrive in the Pabineau First Nation community, where the falls are located.

Information: **506 548-9211**

Chaleur Snowmobile Club Inc.

Situated on Snowmobile Trail 19, only a few kilometres outside of Bathurst, the Chaleur Snowmobile Club maintains almost 300 kilometres of snowmobiling trails. The club provides guides, as well as restaurant and bar services. A variety of activities are organized throughout the winter season.

Information: **506 783-3335**, or <http://www.nbfsc.com>.

Chaleur ATV/VTT Club Inc.

This is a registered club which organizes various activities during all four seasons. The club maintains over 150 kilometres of registered trails, as well as 100 kilometres of marked trails during the winter months. Situated in Petit-Rocher. Information: **506 546-5469**, or <http://nbatvng.com>.

■ Beaches

Youghall Beach

Youghall Beach Park is a great meeting place for people of all ages, offering you swimming, volleyball, windsurfing, or just lazing in the sun! The park is fully operational from June to August and offers a supervised saltwater beach. Come enjoy our golden sands and beautiful blue waters!

Facilities include a canteen area, change rooms and washrooms, picnic gazebo, picnic area, playground and boardwalks. The gates are open from 11 a.m. to 6 p.m. Information: **506 548-2727**

Beresford Beach

The Beresford Beach offers a number of attractions for tourists and local residents. The beautiful boardwalk which crosses the salt water marsh, home to the rare and endangered Maritime Ringlet Butterfly, has become a trademark of this sea-side community.

Amenities include shelters, picnic tables, an observation tower, a canteen, washrooms, changing booths and showers.

Live entertainment is provided on Wednesday evening and Sunday afternoons from July to mid-August.

Information: **506 542-2727**.

Parc du Vieux Moulin

Situated on the Nigadoo River, about 9 kms north of Bathurst along Route 134, this site offers fresh-water swimming and picnic facilities for the entire family.

Information: **506 542-2626**.

Parc de la Plage – Petit Rocher

This beach park is a family-oriented recreational facility offering picnic sites, games such as volley-ball, horseshoes and ring toss, as well as washroom and outdoor shower facilities.

The beach is unsupervised but the waters are very shallow for a distance of many meters from shore at low tide, making it ideal for families with small children. There is also a 50/50 Bingo on Thursday nights and musical entertainment every Sunday afternoon. Canteen services are also available (*weather permitting*).

Information: **506 542-2986**.

Roherty Point Beach – Belledune

Take the family to Roherty Point Beach in Belledune for an afternoon of fun in the sun. Whether you play in the water, explore the beach for undiscovered treasures or simply sit and relax by the bay, Belledune is a great place to visit. Picnic areas on site, and walking trails.

Information: **506 522-3700**.

■ Leisure activities

Ice skating

- KC Irving Regional Center, Bathurst. Information: **506 549-3333**
- Waterfront Promenade, Bathurst. Outdoor facility.
Information: **506 548-0418**
- Réal-Boudreau Arena, Beresford. Information: **506 542-2703**

- Petit-Rocher Arena. Information: **506 542-2477**
- Atlas Park, Pointe-Verte. Outdoor facility. Information: **506 542-2606**
- Belledune Arena. Information: **506 522-2183**

Bathurst Aquatic Center

In the very heart of downtown Bathurst, the Center offers a wide variety of aquatic activities, including swimming lessons, lap swimming and aquatic aerobics, to name a few.

Pool and mezzanine rentals are also possible.

558 King Ave, Bathurst, NB E2A 1P7;

Tel: **506 548-0703**

Fax: 506 548-0440

aquatic@nbnet.nb.ca

Badminton

Recreational badminton – Open to all. Bring your own raquet.

Location: Pavillion Gymnasium, St.-George Street, Bathurst. NB

Tuesday from 6:45 p.m. to 8:45 p.m. \$3.00 admission

Monday and Thursday, from 7 p.m. to 9 p.m., October to April 1st.

\$5 admission

Information:

Remi Doucet at **545-0932**

or Steven Christie at **546-3717**

Baseball and softball fields

Coronation Park (*4 fields*)

- Dobson and Vickers, Munro Street, Bathurst
- Buffalo and McLaggan, Dumaresq Street, Bathurst
- Bosca Park, Eaton Court, Bathurst

Reservations from June to August

Tel: **506 548-0406.**

centreregionalkc@bathurst.ca

Ecole secondaire Népisiguit

915 Ste-Anne St, Bathurst, NB E2A 6X1

Reservations from September to May

Tel: **506 547-2785**

École Place des jeunes

975 Ste-Anne St, Bathurst, NB E2A 6X1

Reservations from September to May

Tel: **506 547-2765**

VILLAGE OF PETIT-ROCHER. Tel: **506 542-2686**

TOWN OF BERESFORD. Tel: **506 542-2727**

VILLAGE OF NIGADOO. Tel: **506 542-2626**

Soccer fields

Coronation Park
Munro St, Bathurst
Reservations from June to August
Tel: **506 548-0410**, Fax: 506 548-0406
centreregionalkc@bathurst.ca

École secondaire Népisiguit
915 Ste-Anne St, Bathurst, NB E2A 6X1
Reservations from September to May
Tel: **506 547-2785**

École Place des jeunes
975 Ste-Anne St, Bathurst, NB E2A 6X1
Reservations from September to May
Tel: **506 547-2765**

Richelieu Sportsplex
Indoor soccer facility, training camps, league tournaments, rentals available.
116 Parc St, Nigadoo, NB E8K 3T6
Tel: **506 542-2090**

École Domaine étudiant
Petit-Rocher, NB
Tel: **506 542-2607**

Basketball courts

BASIN PARK, Keith Ave, Bathurst
CENTENNIAL PARK, Centennial St, Bathurst

Tennis courts

CENTENNIAL PARK, two (2) courts
Centennial St, Bathurst

CORONATION PARK, two (2) courts with lights
Parkside Dr, Bathurst

GROVE HILL PARK, one (1) court
Connemara Place, Bathurst

ÉCOLE PLACE DES JEUNES, five (5) courts
975 Ste-Anne St, Bathurst

ÉCOLE DOMAINE ÉTUDIANT, four (4) courts
636 Principale St, Petit-Rocher

ÉCOLE CARREFOUR ÉTUDIANT, two (2) courts
795 École St, Beresford

■ Sporting Installations

Pavilion Gymnasium

The gymnasium is situated in the Canada Games Pavilion on St-George Street in Bathurst. Equipment for badminton, indoor tennis or ball hockey is available.

The installation may also be used for other recreational activities. People renting the facility must provide their personal rackets, and/or sticks and plastic blades.

The Pavilion is available for rentals every day of the week at a rate of \$20.00/hr. + tax.

Information: 150 St-George Street,
Bathurst, NB E2A 1B5.
Tel: **506 548-0400**, Fax: 506 548-0581
ville@bathurst.ca

Dusty sneakers (50+) seniors' activity

This is a program of low-impact exercises for Seniors. The event is offered on Tuesday and Thursday mornings at 10:00 a.m. in the Pavilion Gymnasium. For information, call **506 548-0410**.

KC Irving Regional Center

This beautiful facility was designed to host a variety of events and expositions.

- Exhibitions, bazaars, craft shows
- Major junior hockey
- Trade fairs
- Figure skating and ice shows
- Circus, rodeos and animal shows
- Concerts and other entertainment
- Political and/or religious gatherings
- Conventions and other large meetings
- Car & truck shows and competitions
- Parades and special festivities

850 Ste-Anne St, Bathurst, NB E2A 6X2
Tel: **506 548-0410**.
Fax: 506 548-0406.
centreregionalkc@bathurst.ca

Physical training centers

Many of these training centers, or gyms, can be found in the Chaleur region. Consult the Yellow Pages of your phone book for details and contact information.

Bowling Alleys

A number of bowling alleys are found in the region. Consult the Yellow Pages of your phone book for more information.

Curling Clubs

BATHURST CURLING CLUB: Also available for rental during the summer months.
209 St-Andrew St, Bathurst, NB E2A 1C3
Tel: **506 646-5665**
<http://bathurstcurlingclub.ca>

CLUB DE CURLING SPORTEK:
201 Parc St, Beresford, NB E8K 1V9
Tel: **506 542-1500**

Track and field / walking tracks

ECOLE SECONDAIRE NÉPISIGUIT (*outdoor track*) 915 Ste-Anne St,
Bathurst, N.-B. E2A 6X1

ÉCOLE DOMAINE ÉTUDIANT (*outdoor track*) Petit-Rocher

KC IRVING REGIONAL CENTER (*indoor facility*)

■ Parks, trails and wildlife

For outdoor walking enthusiasts, Coronation Park, Harborview and Richelieu trails offer the opportunity to stroll in downtown Bathurst. Walk in beautifully landscaped open spaces while taking in the outstanding view and the fresh salt-water aroma of Bathurst Harbour. All along these trails, you will find documented historic information, as well as playgrounds for the children.

Daly Point Nature Reserve

The Daly Point Reserve, located on Caron Drive just northeast of Bathurst harbor, is a naturalist's dream. Alive with wildlife and especially birdlife, the Reserve covers around 100 acres of pristine salt marsh, fields, wooded plots and trails. Special attractions include the Canada geese that arrive on their migratory route in the fall, and the rare Maritime Ringlet Butterfly.

Bring your binoculars for bird watching, cameras for capturing the scenery and a lunch basket for a picnic.

For more information, call **506 548-0778** or visit the Daly Point Facebook page.
<http://fr-ca.facebook.com/pages/Daly-Point-Nature-Reserve/72221519024>

Tetagouche Marsh Park

Situated on St-Peter Avenue in Bathurst.

Mountain Bike Trails

To access these trails from downtown Bathurst, cross the causeway going in an easterly direction to Riverside Drive. Turn left onto Riverside Drive, and then turn right onto Golf Street. Pass the railway tracks and go up the hill. The starting point of the trail is on the right. From that point on, enjoy the ride and the scenery!

New Brunswick Trails

The NB Trails system covers hundreds of kilometres of walking and biking trails throughout the province and the Chaleur region has many options for you. A series of safe and on-going trails branch off from Coronation Park in Bathurst. In an easterly direction, one can cross the Nepisiguit River, fields, and wooded areas with panoramic views of the bay.

In Pokeshaw, you will see the Trail of Stars at the Chaleur Bay observation site.

In a northerly direction, the trail crosses the City of Bathurst and includes a segment from Waterfront Drive to the Bathurst Marina. Many paths branch off and allow you to take in the wonders of the Beresford marshes and beach, Nigadoo River falls, the wharf and beach in Petit-Rocher, Atlas Park and bicycle trails in Pointe-Verte, Roherty Beach and other developments in Belledune, the Jacquet River gorge, as well as the salmon barrier and pond in Belledune Head.

The west branch, a pure wilderness trail, follows the Nepisiguit River where you will see five waterfalls and eventually arrive in Mount Carleton park.

When using the trails, it is recommended that you follow the trail etiquette and safety rules which are posted on the NB Trails website: **www.sentiernbtrail.com**.

- Do not litter, disturb wildlife or make fires.
- Keep pets on a leash, clean up messes and restrain them near wildlife.
- Allow others to pass.
- Allow horses to pass; talk to them in a calm voice.
- Be courteous. Remove obstacles for others.
- Leave gates as you found them.
- Respect public and private property.
- Avoid ski tracks when hiking or snowshoeing.
- Bring lots of water.
- If camping by the trails, before making a fire it is important to call this number, **1-866-458-8080**, or follow this link, **<http://www.gnb.ca/public/Fire-Feu/dbpmap-e.asp>**, for an up to date forest watch status (*updated daily*).

■ Museums and Art Galleries

The Baybreeze Art Gallery

Located in the heart of Waterfront Promenade, the gallery is the gem of this new bay-side tourist site. Daily operations of the gallery are assured by the Bathurst Arts Society (1991) which has been involved in gallery operations since 1996. More than fifty artists, mostly local, have the opportunity to display their works in the gallery. The gallery is open from April to December, Tuesday to Saturday, between 10 a.m. and 4 p.m.

Come witness the love these artists have for the beautiful Chaleur region and you'll understand the importance of art in community development.

Tel: **506 546-6937**

Bathurst War Museum

The Bathurst War Museum is located in the Royal Canadian Legion on St-Peter Avenue, across from the McDonald's restaurant.

A great number of military artifacts are on display: weapons, medals, insignias, uniforms, and photos from World War I, World War II, and the Korean War.

A newly added display depicts a true-to-life trench from World War I. The museum is open in July and August. Out of season viewings are possible by appointment.

Open from 11:00 am to 9:00 pm.

Free admission.

575 St-Peter Ave, Bathurst, NB E2A 2Y5

Tel: **506 546-3135**

Nepisiguit Centennial Museum and Cultural Center

A wide variety of historical artifacts dating back to the region's earlier times can be found: photos, archives, genealogical documents, and other documents concerning First Nation and other cultures.

This permanent collection may be viewed daily during the summer months or by appointment during the off season.

Nepisiguit Centennial Building

360 Douglas Ave, Bathurst NB

Tel: **506 546-9449**

Fax: 506 545-7050

bhtc@nb.aibn.com

www.bathurstheritage.ca

■ Arts and Entertainment

Société culturelle régionale Népisiguit

725 College St, PO Box 266,

Bathurst, NB E2A 3Z2

Tel: **506 548-4338**

Conseil culturel région Chaleur

225 Chemin du Centre,

Madran, NB E8J 2M2

cdcc@live.ca

La Bébitte

This 150-seat hall is located in the CCNB-Bathurst campus at 725 College Street. It is operated by the CCNB Student Council and the Société Culturelle Régionale Népisiguit.

Tel: **506 547-2145**.

■ Theatre Companies

There are two theatre companies in the Chaleur region:

- L'Académie de Beresford Tel: **506 542-2966**
- Théâtre Vert de Pointe-Verte Tel: **506 783-1811**

■ Dance Companies

Ecole Danse Acadie

1047 Principale St, Beresford, NB E8K 1H2. Tel: **506 546-8000**

École de danse Bogeste

3762 Route 315, Petit-Rocher, NB E8J 1Y9. Tel: **506 783-7674**

Latino-pilates Studio

latinopilates@yahoo.ca Tel: **506 546-1299**

■ Movie theatres

The Apollo Cinemas offer five viewing theatres for your enjoyment. The theatres are situated on Ste-Anne Street in Bathurst, across from the KC Irving Regional Center.

P.O. Box 932, 855 Ste-Anne St, Bathurst, NB E2A 4H7

Tel: **506 546-8400**. Fax: 506 546-6540

www.apollocinemas.nb.ca

■ Other activities

To learn more about sports, arts and cultural events in New Brunswick, visit the province's web site: **www.gnb.ca** under CULTURE, TOURISM AND HEALTHY LIVING.

For local information: Tel: **506 547-2478**. Fax: 506 547-2064.

You may also consult the Acadie-Bathurst tourist guide available at tourist centers throughout the Chaleur region and at the MACR Welcome and Integration Centre. Events calendars also may be seen on these sites: **www.acadie-bathurst.ca** or **www.macr-amrc.ca**.



Section XI

Making the Most out of Winter



Making the Most out of Winter

The best way to fully appreciate the beautiful Canadian winter is to dress accordingly. One must never under-estimate the rigors of a cold winter day, mainly because of the risk of frostbite. Frostbite is a skin injury caused by the formation of ice crystals in the tissues. It can affect all parts of the body but exposed skin and extremities, such as ears, fingers, toes, nose, chin, cheeks, are most at risk. Proper clothing and reducing the length of exposure to extreme cold can help reduce the risk.

■ Dressing for winter

Dress in layers. Use many thin, warm layers rather than a few thick layers. It will insulate better and allow you to strip off layers if the temperature climbs.

Dress for the appropriate activity level. Dressing for an active day of skiing will be different than dressing for a sedentary day of ice fishing.

Buy a pair of insulated boots. You can purchase insulated (*lined*) boots, or use boots two sizes larger than usual and add a separate wool or synthetic lining. Another important factor is waterproofing. To stay warm, your feet must stay dry.

Wear winter socks. Warm winter socks are important in keeping warm dry feet. You can layer socks, but make sure that your feet are comfortable and that blood circulation isn't restricted.

Wear a warm coat, parka, or jacket. Generally speaking, the thicker the better, whether it is a synthetic ski jacket, a wool coat, or a down jacket. A wind and waterproof outer shell greatly increases the insulating properties of your coat or jacket.

Wear a base layer. A base layer is long underwear, or whatever can provide a warm, light base to your winter gear.

Wear a hat. Remember - heat rises, and without a hat, you will lose a lot of precious body heat.

Wear gloves or mittens. Fingers and hands are very vulnerable to the cold, so keep them covered. Thin gloves are better than nothing, but comfortable, warm gloves or mittens are important.

Wear more than one layer on your legs. Someone people will wear several layers on their torso, and only one layer on their legs. At minimum, have a base layer like long underwear and an outer layer, like snowboarding pant.

Keep dry. Being wet will cause chill to set in more quickly than if you're dry. Have waterproof or at least water resistant outer layers .

Getting accustomed to the cold

Getting used to cold temperatures takes a bit of time. You may find your first encounters with sub-zero temperatures unpleasant, but don't worry, you won't turn into a snowman! As winter progresses, you will adjust to the temperature change and once the warm season comes around, you may find you actually enjoy a cool minus 10 degree temperature.

Remain active and have fun

Given that as you will be completely surrounded by snow, you might as well learn to enjoy what some people refer to as "white gold". Activities like skating, tobogganing and walking in snowshoes are very pleasant and require a minimum of equipment. Other activities such as snowmobiling, skiing or snowboarding can be very costly, but equipment rentals are available. The purchase of good quality second-hand equipment is also a good option.

Checklist for Newcomers

Upon arriving to the Chaleur region, contact the Multicultural Association Chaleur Region Inc. at 506 547-7651. We provide a variety of settlement and employment related services that can help you as you begin your new life here.

In the first weeks following your arrival, you will need to:

- Exchange your money for CANADIAN CURRENCY.
- Explore your HOUSING OPTIONS.
- Get a map of your area and explore.
- Do some SHOPPING for yourself and your family.
- Get a telephone book from the local telephone company.
- Register your children in school

In the first months following your arrival, you will need to:

- Practice and improve your LANGUAGE SKILLS.
- Find a PLACE TO LIVE.
- Explore your options for COMMUNICATIONS SERVICES.
- Find a FAMILY DOCTOR.
- Have your children IMMUNIZED.
- Find out more about WHAT SERVICES ARE AVAILABLE IN YOUR NEW COMMUNITY.
- Find out where the LANGUAGE INSTRUCTION FOR NEWCOMERS (*LINC*) ASSESSMENT CENTRE is in your community and register for language classes. In French, LINC is called CLIC (*Cours de langue pour les immigrants au Canada*)
- Apply for the CANADA CHILD TAX BENEFIT.
- Apply for the GST / HST Credit .

In your first year you may wish to:

- Get a DRIVER'S LICENCE.
- Register for adult CONTINUING EDUCATION CLASSES.
- Understand your right and responsibilities under CANADIAN LAW.

If you intend to travel, the PERMANENT RESIDENT CARD is the official proof of your status as a permanent resident in Canada.

■ References

www.cic.gc.ca

www.gnb.ca

www.bathurst.ca

www.santeacadie-bathursthealth.ca/

www.servicenb.ca

www.tourismnb.ca

www.beresford.ca

www.petit-rocher.ca

www.pointe-verte.ca

www.entreprisechaleur.com

www.bathurstchambre.ca

www.belledune.com

www.canada.gc.ca

Traditional Holidays

New Year's Day - January 1st.

Good Friday - Friday before Easter (*in March or April, varies from year to year*)

Easter - the Sunday following Good Friday

Queen's birthday - always on the Monday preceeding May 25th

Canada Day - July 1st

New Brunswick Day -first Monday of August

Labor Day - first Monday of September

Thanksgiving Day - 2nd Monday of October

Remembrance Day - November 11th

Christmas Day - December 25th

Boxing Day- December 26th



Multicultural Association
Chaleur Region Inc.

L'Association multiculturelle
région Chaleur inc.

Multicultural Association Chaleur Region Inc.
L'Association multiculturelle région Chaleur inc.

95, promenade Youghall / 95 Youghall Drive
C.P. / P.O. Boîte/Box 266
Bathurst, N.-B. E2A 3Z2
Tel : (506) 547-7651
Fax : (506) 547-2576
info@macr-amrc.ca

www.macr-amrc.ca



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

New Brunswick
Nouveau
Brunswick
C A N A D A