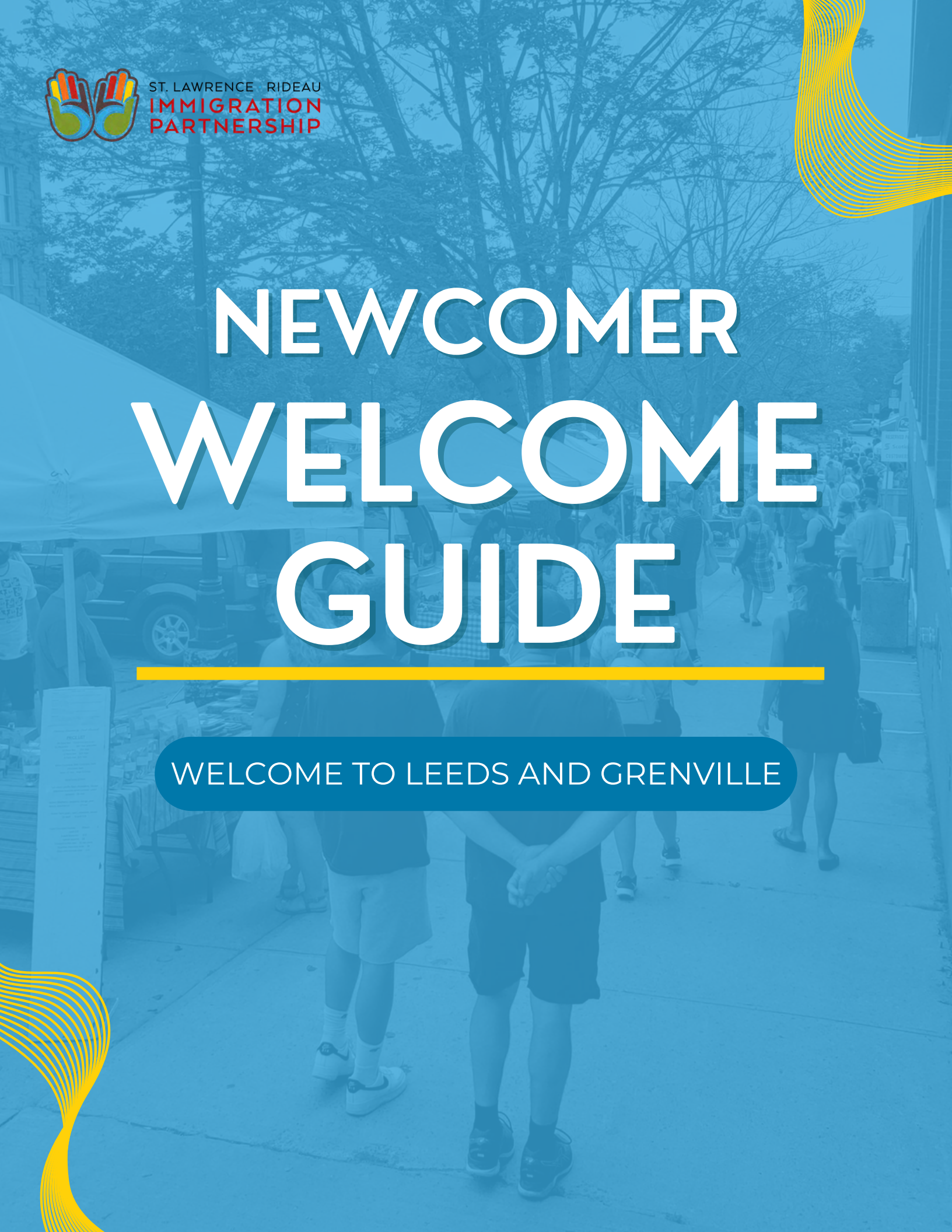
ST. LAWRENCE RIDEAU
IMMIGRATION
PARTNERSHIP

NEWCOMER WELCOME GUIDE

WELCOME TO LEEDS AND GRENVILLE



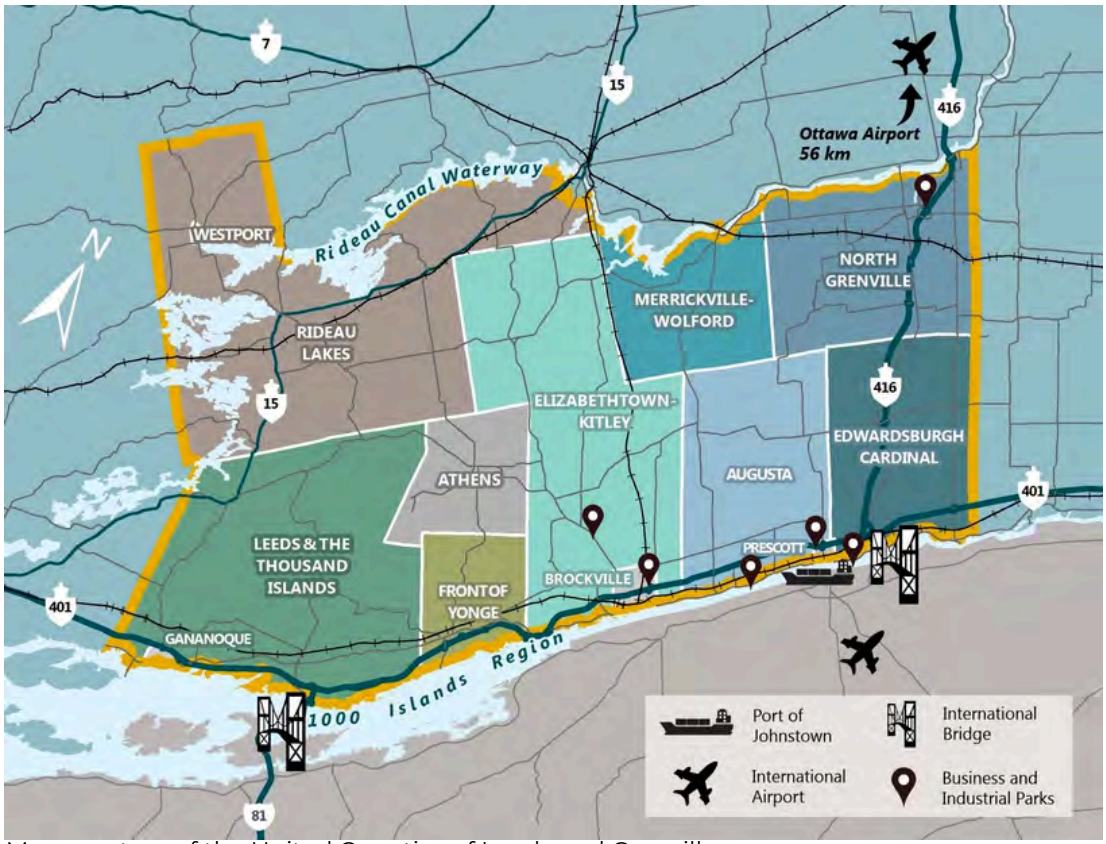
Welcome to the United Counties of Leeds and Grenville

Dear Reader,
Welcome to Leeds Grenville. We are very happy that you have decided to make your new home here. We are pleased to provide you with this guide to help you with your transition to this beautiful community.

This guide was written to help you settle into the area with basic information about:

- What to do when you first arrive
- How to obtain important Canadian documents
- Useful information on everyday living in Leeds Grenville

We encourage you to explore all that this area has to offer with its natural beauty and many local events and festivals.



Map courtesy of the United Counties of Leeds and Grenville

Disclaimer: This Welcome Kit is designed to provide information on being a newcomer to The United Counties of Leeds and Grenville only. This booklet does not contain all information available on the subject. Every effort has been made to make this booklet as accurate as possible. However, there may be typographical and/or content errors and may contain information that has become dated. Therefore, this booklet should serve only as a general guide and not as the ultimate source of subject information.

Produced By:
St. Lawrence-Rideau Immigration Partnership

Funded by: Financé par :

Immigration, Refugees and Citizenship Canada
Immigration, Réfugiés et Citoyenneté Canada

Land Acknowledgement

The St. Lawrence–Rideau Immigration Partnership acknowledges that we operate on the traditional territories of the Algonquin, Anishinaabe, Huron-Wendat, and Haudenosaunee peoples. We recognize Indigenous peoples as the original stewards of this land since time immemorial and honour the ongoing contributions of Métis, Inuit, and other Indigenous peoples in shaping and strengthening our communities, province, and country.

In partnership with local Indigenous communities and individuals, we are committed to supporting people across Leeds and Grenville in learning, unlearning, and reflecting on our shared history. We strive to remain open to new knowledge and perspectives as we build relationships grounded in respect, understanding, and reconciliation.











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YOUR RIGHTS AND FREEDOMS IN CANADA

In Canada, both federal and provincial or territorial laws protect the rights and freedoms of individuals. The Constitution Act of 1982 incorporates the Canadian Charter of Rights and Freedoms. The Canadian Constitution includes the rights and freedoms to which Canadians are entitled in a free and democratic society. The Constitution guarantees certain political rights to Canadian citizens. It also guarantees civil rights to everybody in Canada.

Affirming rights that Canadians have enjoyed for centuries and a number of additional rights, the Canadian Constitution protects:

- The freedom to express your beliefs and opinions freely (including through free press);
- The freedom to associate with anyone you wish and gather peacefully with other people;
- The freedom to practice religion;
- The right to live anywhere in Canada;
- The right to protection from unlawful or unjust arrest or detention by the government because in Canada every individual is equal before and under the law. You also have the right to due legal process under Canadian law. This means that the government must respect all your rights under the law;
- The right to the equal protection and equal benefit of the law without discrimination and, in particular, without discrimination based on race, national or ethnic origin, colour, religion, sex, age, mental or physical disability. The same rights are yours, no matter your gender.
- The right to receive services from the federal government in either English or French.

Our laws protect all Canadians from unjust discrimination. All Canadians enjoy the same access to education, health care, jobs, housing, social services and pensions, regardless of their sexual orientation.

In 2005, Parliament passed a law extending the right to civil marriage to same-sex couples. At the same time, the law protects religious freedom, so that no person or organization can be forced to act contrary to their conscience, religion or beliefs in respect of marriage.

Reference:
www.cic.gc.ca/english/pdf/pub/welcome.pdf



GOVERNMENT IN CANADA

Canada has three levels of government: Federal, Provincial and Municipal. Canadian citizens elect a representative for each level of government.

Federal

Members of the Federal Government or Members of Parliament (MP) represent their respective Ridings on issues relating to the country, at the House of Commons and in their Ridings. A Riding is also known as an electoral district. Federal elections are held every four years. Led by the Prime Minister the federal government determines priorities and policies and ensures implementation of laws that generally effect the entire country.
Learn more: www.electionscanada.ca

Provincial

Members of Provincial Parliament (MPP) represent their respective Ridings on issues relating to the province, at the Legislature and in their Riding. A provincial general election – an election in all of Ontario's provincial electoral districts at the same time, is held every four years on the first Thursday in October, unless that Thursday is a day of cultural or religious significance or the Lieutenant Governor in Council calls an election earlier at the request of the Premier. The provincial governments are responsible for public schooling, health, social services, highways and justice administration. They overlap the federal government in some areas.
Learn more: www.elections.on.ca

Municipal

Municipal government is a local council authority which provides local services, facilities, safety and infrastructure for communities. It is led by its Mayor and its council members. Municipal elections are held every four years. Voters in the province of Ontario elected mayors, councillors, school board trustees and all other elected officials in all of the province's municipalities.
Learn more: https://www.amo.on.ca/about-us/municipal-101/municipal-elections



INDIGENOUS PEOPLES

Indigenous Peoples of Canada



More than 1.8 million people in Canada identify themselves as an Indigenous person. There are three distinct groups of Indigenous Peoples recognized in the Canadian constitution, though there is a wide variety of nations, cultures, and peoples within these broad categories. The three groups are:

First Nations

Before the arrival of Europeans, First Nations in what is now Canada were able to satisfy all of their material and spiritual needs through the resources of the natural world around them. Today, There are more than 600 First Nations communities in Canada, which represent more than 50 Nations and 50 Indigenous languages.

Assembly of First Nations

To learn more, check out their website: .www.afn.ca

Inuit

Inuit are Indigenous people of the Arctic. The word Inuit means "the people" in the Inuit language of Inuktut. The singular of Inuit is Inuk. Many Inuit in Canada live in Inuit Nunangat, which means "the place where Inuit live." Inuit Nunangat is comprised of 4 regions: Inuvialuit (Northwest Territories and Yukon), Nunavik (Northern Quebec), Nunatsiavut (Labrador), Nunavut.

Inuit Circumpolar Council

To learn more, check out their website: www.inuitcircumpolar.com

Métis

The advent of the fur trade in the historic Northwest during the 18th century was accompanied by a growing number of mixed offspring of Indian women and European fur traders. As this population established distinct communities separate from those of Indians and Europeans and married among themselves, a new Indigenous people emerged – the Métis people – with their own unique culture, traditions, language (Michif), way of life, collective consciousness, and nationhood.

Métis Nation of Ontario

To learn more, check out their website: www.metisnation.org



Local Indigenous Statistics

There are 3,540 people living in Leeds and Grenville who identify as Indigenous, and there are 70 people who self-identify as speaking Indigenous languages, with the most known being Inuktitut, Anishinaabemowin (Chippewa), and Mohawk. All of these statistics are from the 2021 Canadian Census and are through self-identification. Due to this, the numbers may not be an accurate reflection of the reality, as many may be reluctant to identify themselves.

Indian Residential School System

Indian Residential Schools were government-funded, church-run institutions that operated across Canada for over a century. Their purpose was to assimilate First Nations children by forcibly separating them from their families, languages, and cultures. Indigenous children were forbidden from speaking their own language, forced to participate in religious instruction, and made to perform labour such as cooking and farming. Thousands of children never returned home and the search for unmarked graves is ongoing. The last Residential School closed in 1984 but the intergenerational trauma from these schools on Indigenous communities continues. Many Indigenous people are still working to reclaim their heritage, culture, and language.

Truth and Reconciliation Calls to Action

Development of the 94 Calls to Action was triggered by the destructive legacy of Canada's Indian Residential School System. The Truth and Reconciliation Commission was established in 2008 through the Indian Residential School Settlement Agreement. Between 2008 and 2015 the TRC gathered testimonies from residential school survivors in order to develop recommendations for healing and reconciliation. The final report (The 94 Calls to Action) was completed in 2015 and have and continue to serve as actionable steps for all levels of government, businesses, and Canadians to repair the harm, redress injustices, and move towards reconciliation with Indigenous Peoples. You can learn more here: www.rcaanc-cirnac.gc.ca

Local Territories

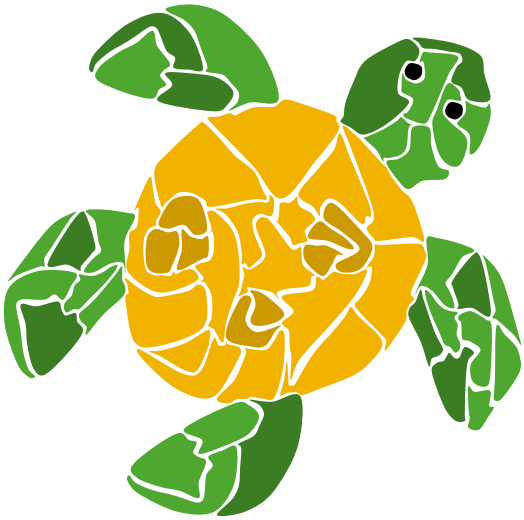
Tyendinaga Mohawk Territory

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanyen'kehá:ka community, built on and united by their language, culture, traditions, knowledge, and history. They exercise their rights and responsibilities for the protection of and respect for their people, their land, theirresources, and the environment. Learn more here: www.mbq-tmt.org

Mohawk Council of Akwesasne

Akwesasne is a unique Mohawk community located along the St. Lawrence River, where the Canadian provinces of Ontario and Quebec meet the U.S. state of New York. The community is divided into three districts: Kawehnò:ke (Cornwall Island), Kaná:takon (St. Regis), and Tsi Snaíhne (Snye). Every three years, residents elect four (4) District Chiefs from each district, along with one Grand Chief elected by the entire community — making up a 13-member Council.

Together, the Chiefs form the Mohawk Council. Each Chief accepts political responsibility for specific areas of community work and participates in portfolio committees that help achieve the strategic goals of the organization and meet the evolving. You can learn more here: www.akwesasne.ca



ST. LAWRENCE-RIDEAU IMMIGRATION PARTNERSHIP

Funded through Immigration, Refugees and Citizenship Canada, the St. Lawrence-Rideau Immigration Partnership is a coalition of area organizations that work together to make Leeds Grenville a welcoming place for newcomers. It works to attract immigrants to Leeds Grenville and to provide services that help with successful integration.

We Are Neighbours

An annual story sharing campaign started in 2017 to showcase the diversity of the people, ways of life, and experiences found here. It provides people living in Leeds and Grenville with an opportunity to share their story about moving, living, working, studying and playing here. You can find more information and read past stories here: www.weareneighbours.ca

Community Awards

In partnership with a number of local service providers, the St. Lawrence-Rideau Immigration Partnership runs two annual awards designed to celebrate and recognize local businesses in the area.

The first is the Leeds and Grenville Immigrant Entrepreneur Award, which celebrates the hard work, contributions and dedication of our local immigrant entrepreneurs.

The second is the Leeds and Grenville Inclusive Employer Award, which recognizes the work local employers are doing to welcome and support newcomers. To learn more about both awards, please visit: www.slrlip.ca

ST. LAWRENCE RIDEAU
IMMIGRATION
PARTNERSHIP

Mail: 105 Strowger Blvd,
Box 191
Brockville, Ontario K6V 5V2
343-264-1147
melissaf@eecentre.com
www.slrlip.ca

Diversity Day

Diversity Day is a popular, community focused conference that features training, local speakers, and networking opportunities. Topics have included the immigrant settlement journey, Equity, Diversity, and Inclusion in Action, immigrant attraction, and immigrant stories. Generally held in November, you can find more information on the Immigration Partnership's website or Facebook page.

Research

The Immigration Partnership connects regularly with communities across Leeds and Grenville to ensure an accurate understanding of the immigration landscape and community needs. A number of research reports are available on the Immigration Partnership website: www.slrlip.ca

More information about the St. Lawrence-Rideau Immigration Partnership can be found at www.slrlip.ca.
Most of the website content is also available in French.
Google Translate will translate content into other languages.

1 ABOUT LEEDS AND GRENVILLE

GEOGRAPHY

Leeds Grenville, located halfway between Toronto and Montreal, is home to 13 municipalities of different sizes and characteristics. The total population of Leeds Grenville is 104,070 (Statistics Canada 2021). The City of Brockville (population 22,116 in 2021) is the area's largest city. Other large population centres include and Gananoque (5,383 in 2021), Prescott (4,078 in 2021), and Kemptville (4,051 in 2021). Leeds and Grenville covers a large area, including the St. Lawrence River and 1000 Islands, parts of the Frontenac Arch Biosphere, Foley Mountain, and is primarily on the Canadian Shield. This creates a wide range of scenery and nature, with everything from lakes, ponds, and rivers to wide untouched areas of forest, and beautiful outlooks and rocky formations.

WEATHER

Leeds Grenville enjoys four different seasons every year: spring, summer, fall, and winter. You can find out about the weather in your area by listening to the radio, watching television, reading the newspaper or checking online.

Spring - March 20 to June 20
Spring is a rainy season. Make sure you have an umbrella and raincoat to stay dry. Average daytime temperatures are about 8°C in March and rise slowly through the rest of the season. The nights are cool.

Summer - June 21 to September 21
July and August can be very hot and humid. In Leeds Grenville, daytime temperatures are usually above 20°C and sometimes above 30°C. In the summer you should wear a hat and sunscreen to prevent sunburn.

Fall (or Autumn) - September 22 to December 20
The weather gets cooler, the days get shorter, and the leaves on many trees change colour and fall to the ground. The early part of fall is rainy, however, it may start snowing in October. The temperature slowly drops during fall. Make sure you wear a jacket and take an umbrella with you so you can stay warm and dry.

Winter - December 21 to March 19
In winter, it is cold and snows often. The temperature in most of the province is often below 0°C, day and night. Temperatures can drop below -30°, which can be dangerous if you do not have the right clothing. In the winter you should dress in layers and wear a hat to stay warm.

To find out more about how you should dress yourself and your family for winter, visit: http://settlement.org/ontario/daily-life/shopping/shopping-for-clothes/how-should-i-dress-for-winter-in-ontario/.

LOCAL MUNICIPAL OFFICES

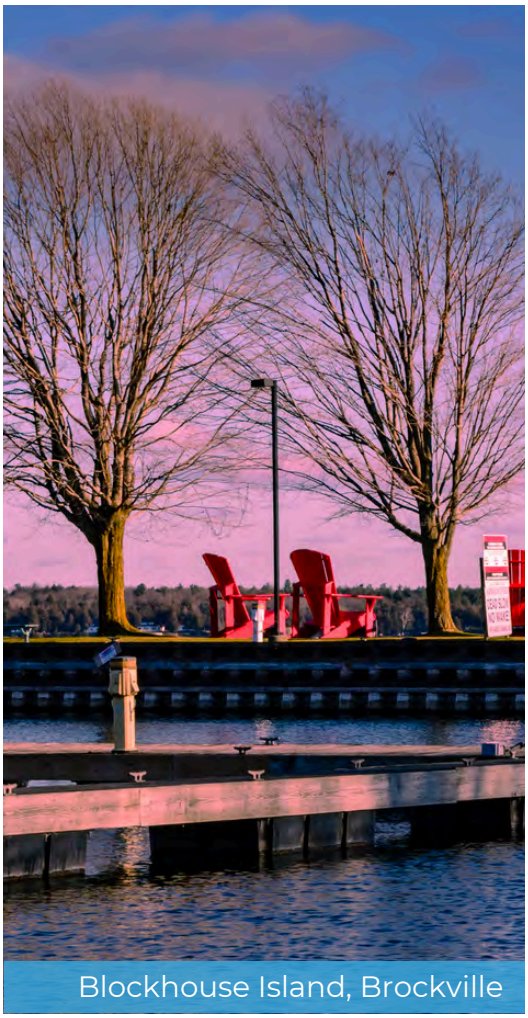


Here is the list and contact information for municipal offices in Leeds Grenville. These offices are where area residents pay certain fees, such as property taxes and water bills. One can also find information about garbage collection, recycling programs and recreation programs.

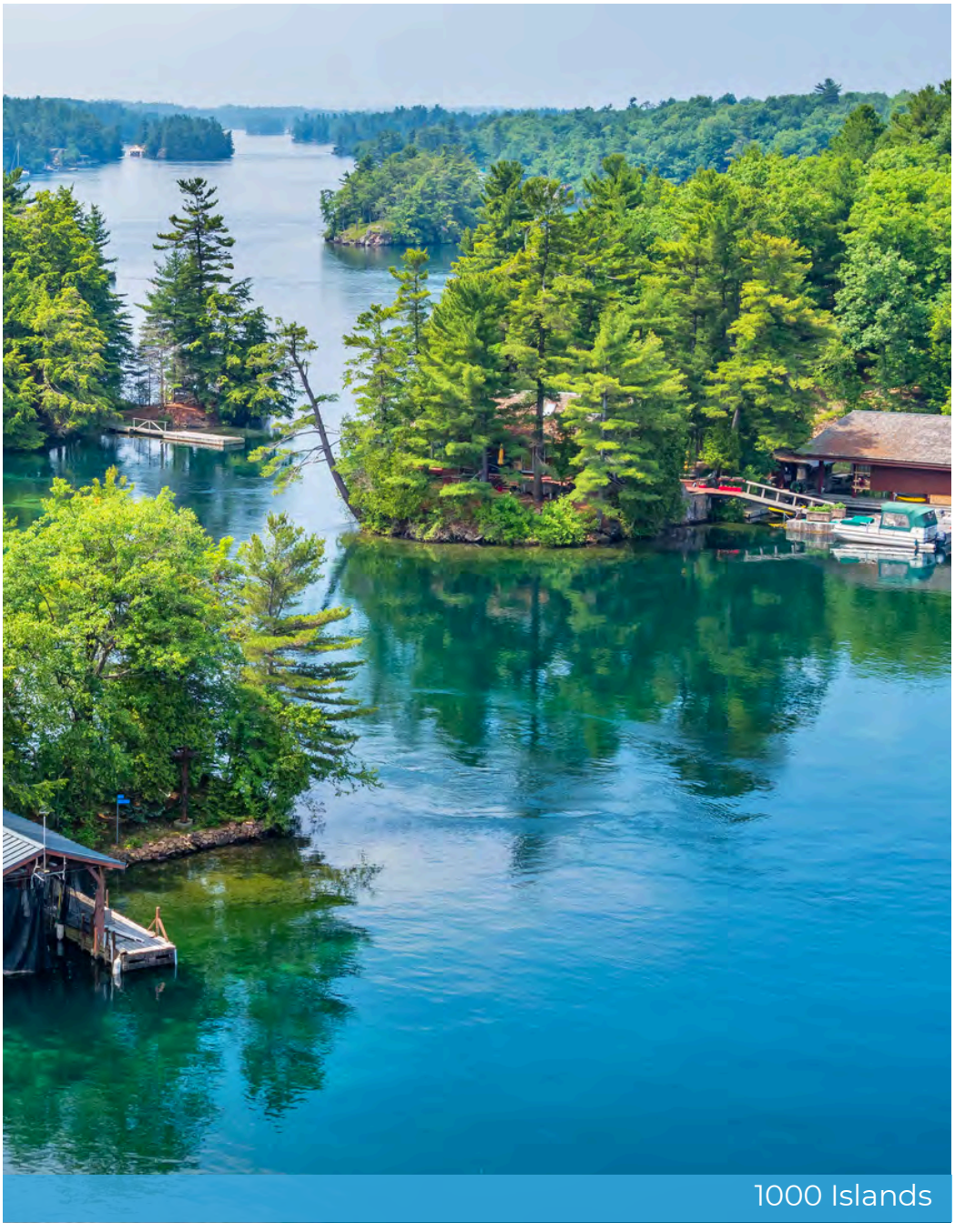
Municipality	Website	Address	Phone Number
Athens	www.athenstownship.ca	1 Main Street West; Athens, Ontario	613-924-2044
Augusta	www.augusta.ca	3560 County Road 26, RR2; Prescott, Ontario	613-925-4231
Brockville	www.brockville.com	1 King Street West; Brockville, Ontario	613-342-8772
Edwardsburgh/ Cardinal	www.twpec.ca	18 Centre Street; Spencerville, Ontario	613-658-3055
Elizabethtown-Kitley	www.ektwp.ca	6544 New Dublin Rd, RR 2; Addison, ON	613-345-7480
Front of Yonge	www.mallorytown.ca	1514 County Road 2; Mallorytown, Ontario	613-923-2251
Gananoque	www.gananoque.ca	30 King Street East; Gananoque, Ontario	613-382-2149
Leeds and the 1000 Islands	www.leeds1000islands.ca	1233 Prince Street; Lansdowne, Ontario	613-659-2415
Merrickville-Wolford	www.merrickville-wolford.ca	317 Brock Street West; Merrickville, Ontario	613-269-4791
North Grenville	www.northgrenville.ca	285 County Road #44; Kemptville, Ontario	613-258-9569
Prescott	www.prescott.ca	360 Dibble Street West; Prescott, Ontario	613-925-2812
Rideau Lakes	www.rideaulakes.ca	1439 County Road 8; Delta, Ontario	613-928-2251
Westport	www.villageofwestport.ca	30 Bedford Street; Westport, Ontario	613-273-2191
United Counties of Leeds and Grenville	www.leedsgrenville.com	25 Central Avenue; Brockville, Ontario	613-342-3840



Foley Mountain Conservation Area, Rideau Lakes



Blockhouse Island, Brockville



1000 Islands



Kemptville BuskerFest, Credit Laura of LJW Creative Photography



Leeds and the Thousand Islands



Shakespeare Festival



Spencerville Fair



Winter in Westport



Rideau River, Merrickville

2 IMPORTANT THINGS TO DO IN YOUR FIRST TWO WEEKS IN CANADA

Here is a **CHECKLIST** of important things to do within two weeks of your arrival in Leeds Grenville. The next page will list where/how you can obtain important documents.

- Find a place to live and set up essential services such as utilities (water, heat, electricity), insurance and telephone.
- Apply for a Social Insurance Number (SIN)
- Apply for an Ontario Health Card (OHIP)
- Apply for the Canada Child Benefit (CCB)
- Apply for the GST/HST Credit
- Open a bank account
- Find a family doctor
- Find out about local health clinics and emergency services
- Get your language ability tested and find English and/or French classes for you and your family
- Register your children in school





APPLYING FOR IMPORTANT DOCUMENTS

Document/Benefit	Organization	Contact
Social Insurance Number (SIN) You cannot work in Canada without a SIN. You must apply in person for your Social Insurance Number.	**Service Canada**	www.servicecanada.gc.ca 1-800-622-6232 *Service Canada operates offices in Brockville, Gananoque, Kemptville, and Prescott.*
Ontario Health Card An OHIP card allows you to access publically funded medical care in Canada. (additional info page #29)	**Service Ontario**	www.serviceontario.ca 1-800-267-8097 *Service Ontario operates Health Card (OHIP) offices in Brockville, Gananoque, Kemptville, Morrisburg, Prescott and Westport.*
Canada Child Benefit (CCB) The Canada child tax benefit (CCTB) is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18 years of age.	**Canada Revenue Agency**	www.cra-arc.gc.ca/bnfts-cctb/pplctn-eng.html 1- 800-387-1193
GST/HST Credit	**Canada Revenue Agency**	http://www.-cra-arc.gc.ca/bnfts-/gsthst/fq_ql-fyng-eng.html 1-800-959-1953
Ontario Driver's License Additional driving information page #34	**Driver Examination Centre**	www.drivetest.ca 1-888-570-6110 *The only DriveTest Centre in Leeds Grenville is located at 2211 Parkedale Avenue, Brockville.*

SETTLEMENT RESOURCES

The Upper Canada District School Board (UCDSB) Settlement Services is funded by Immigration, Refugees and Citizenship Canada, to assist Permanent Residents, Live-in-Caregivers and Convention Refugees with settlement and immigration needs.

Upper Canada District School Board Settlement Services

Toll free: 1-877-875-3437 (Cornwall), trleger.ucdsb.on.ca/programs_at_tr_leger/settlement_services

Services offered include:

- Settlement services
- Language assessments and referrals to language classes in school and online
- Matching newcomers with volunteers for the purpose of language and cultural integration
- Conversation groups
- Referrals to other agencies and community resources
- Help with Government forms and applications

Assistance is available to help with:

- Education
- Employment
- Health services
- Transportation
- Community services
- Housing

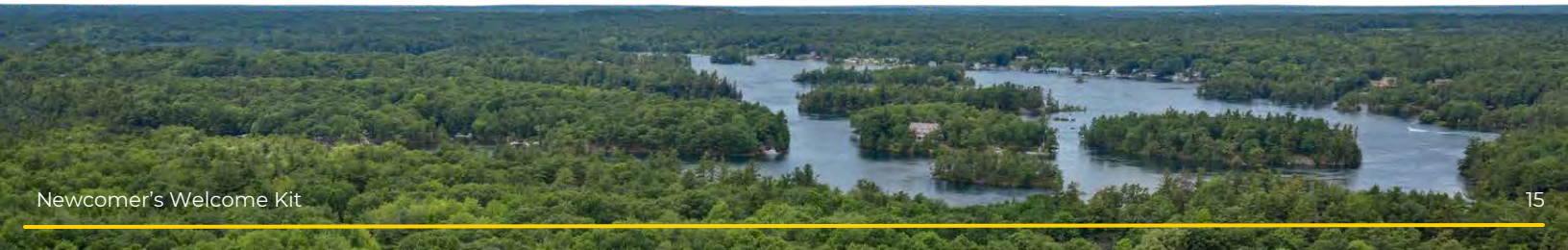
To reach the Brockville Office:
Phone: 613-498-2111 or
Email: ucdsbsettlementservice@ucdsb.on.ca

COMMUNITY DATABASES

The sites below are free online directories of organizations and services in Leeds Grenville. These databases are not specific to newcomers but do provide access to reliable community information.

211

211's is a non-emergency telephone helpline (dial 2-1-1 on your telephone) and website www.211ontario.ca that provides information on social services, organizations and government services offered in Leeds Grenville. 211 operates 24 hours a day, 7 days a week, in over 100 languages.

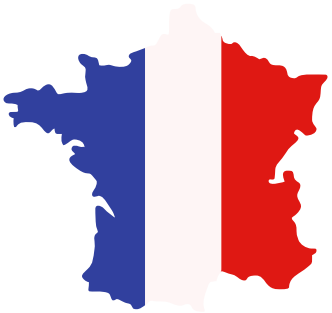


FRANCOPHONE SERVICES

Francophones in Leeds and Grenville

Leeds and Grenville is home to approximately 3,325 individuals who identify as Francophones, with 12,670 people who identify as speaking French (Canadian Census, 2021). There are several educational and employment related services available to Francophone newcomers.

ACFOMI



ACFOMI is a non-profit organization dedicated to strengthening the French-speaking community in the Thousand Islands region. It supports French-speaking newcomers and families through settlement services, community referrals, a French language services directory, promotion of cultural activities, and opportunities to connect in French. Through activities and events such as Café Franglish, the celebrations of Franco-Ontarian Day, and the Franco-Foire, ACFOMI promotes the vitality and visibility of Francophone life in the region.
Learn more: www.acfomi.ca

Réseau de Soutien à l'immigration francophone de l'Est de l'Ontario (RSIFEO)



RSIFEO works to strengthen the ability of Francophone minority communities to attract, welcome, and retain French-speaking immigrants, thereby supporting their growth and long-term vitality. RSIFEO does not provide direct services to immigrants. Instead, it coordinates with stakeholders so services are better organized, complementary and accessible. RSIFEO offers capacity-building workshops for its partners, promotes the regionalization of Francophone immigration by highlighting small municipalities, and supports initiatives that foster the integration of Francophone newcomers in Eastern Ontario. RSIFEO develops the Francophone integration pathway, which identifies all services available in French across the region. Learn more: rsifeo.org

French Catholic School Board

The Conseil des écoles catholiques du Centre-Est (CECCE) offers public education, in French, from kindergarten to Grade 12 in Leeds Grenville. Registration in this school board is subject to some restrictions.

There are two Conseil des écoles catholiques du Centre-Est (CECCE) schools in Leeds Grenville – one in Brockville, and one in Merrickville. To learn about registering your child with this school board, visit www.ecolecatholique.ca/en.

Conseil des écoles catholiques du Centre-Est (CECCE)
4000 Labelle Street
Ottawa, Ontario K1J 1A1
Toll-free phone number:
1-888-230-5131

French Public School Board

The Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) is one of the local school boards. The CEPEO serves 44 elementary and secondary schools located in Trenton, Pembroke, Ottawa, Hawkesbury, and Cornwall.

Together, they are committed to ensuring the inclusive well-being of learners, opening up to the world in a dynamic way, implementing innovative teaching approaches, being visionary with regard to sustainable development, and building a vibrant identity.

The CEPEO and the schools are surrounded by complementary community partners to collectively achieve the best in French-language education in the region.

At the provincial level, the CEPEO is part of a group of 3 other French-language public school boards, namely the Conseil scolaire public du Nord-Est de l'Ontario (CSPNE), the Conseil scolaire public du Grand Nord de l'Ontario (CSPGNO) and the Conseil scolaire Viamonde.

Conseil des Ecoles Publiques de l'Est de l'Ontario (CEPEO)

2445 Boul. St-Laurent
Ottawa, Ontario K1G 6C3
Toll-free phone number:
1-888-33CEPEO
cepeo.on.ca



CSE Consulting

CSE Consulting offices in Prescott and Kemptville have bilingual staff on site to support Francophone newcomers. All newcomer services offered which include job search strategies, career counselling, worker rights and workplace standards, and networking opportunities and mentorship are available to Francophone newcomers.

The Employment + Education Centre

The EEC provides an extensive array of services to residents of Brockville and other municipalities across Leeds and Grenville. Staff have access to various tools to ensure Francophone clients are supported in French.

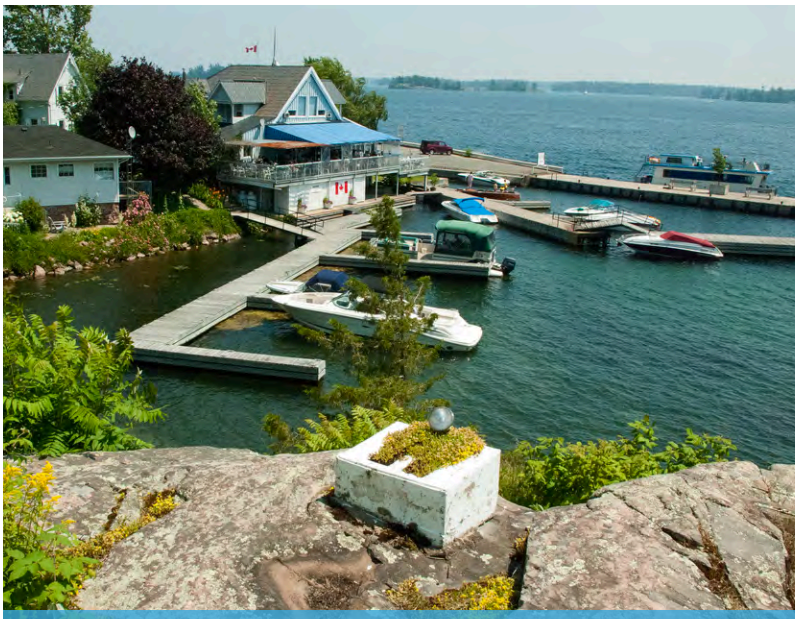
Kingston Employment and Youth Strategies (KEYS)

KEYS offers a variety of employment programs and services in the Gananoque and Kingston to newcomers, persons with disabilities, youth and anyone looking for employment. Their website is available in French so please visit the site to learn more: www.keys.ca .









Docks in Rockport



Gananoque RibFest



Skate the Lake, Portland



Prescott Harbour



Canada's First Railway Tunnel, Brockville



Riverside Skate Park, North Grenvillel

BANKING AND PERSONAL FINANCES

Opening a Bank Account

One of the first things you will need to do once you arrive in Leeds Grenville is open a bank account. The website www.settlement.org (Daily Life section) offers information on how to open a bank account in Canada. You will need to show more than one piece of identification to open an account. Contact your bank of choice, to learn more about the process. All of Canada's major banking institutions have one or multiple locations in Leeds Grenville. These include:

- BMO (Bank of Montreal);
- CBC (Canadian Imperial Bank of Commerce);
- President's Choice - PC Financial Bank;
- RBC (Royal Bank of Canada);
- Scotiabank;
- TD Canada Trust;
- Kawartha Credit Union.

All of these institutions will provide you with information about their services. Some have special offers for newcomers to Canada.

Additional Sources of Banking Information

The Financial Consumer Agency of Canada offers in-formation about the benefits of different types of bank accounts. To find this information, consult their website (www.fcac-acfc.gc.ca), or call their main office at 1-866-461-3222.

The Canadian Banking Association offers information on banking in Canada for newcomers. Refer to their website, www.cba.ca, or call their main office at (416) 362-6093 and ask about their information for newcomers.

Currency Exchange

Like most currencies, the value of the Canadian dollar changes constantly. To help you understand the value of the Canadian dollar at any given time, the Bank of Canada offers an online currency converter: www.bankofcanada.ca/en/rates/exchform.html. Another useful website for current conversions, is www.xe.com.

Income Tax

You must file an income tax return for every year you reside in Canada. The tax collected is used by the federal government to provide programs and services such as health care, education and infrastructure support to people who live in Canada. Even if you have no income to report or tax to pay, you may be eligible for certain payments or credits. You must file an income tax return in order to receive the following:

- GST/HST credit (Goods and Services Tax/ Harmonized Sales Tax)
- Canada Child Tax Benefit payments
- Provincial or Territorial tax credits

The deadline to submit your tax return is April 30 of each year. If you owe money to the government and miss this deadline, you could be charged interest fees.

The Canada Revenue Agency offers an introduction to the Canadian income tax system to help you understand how to file your income tax return in Canada. To find this information, call them at 1-800-959-8281 or consult the website, www.cra-arc.gc.ca.

In Leeds Grenville, the **Volunteer Centre of St. Lawrence-Rideau** offers a Community Volunteer Income Tax Program for people unable to complete their income tax and benefit return by themselves and are unable to pay for assistance. They can be reached (613) 498-2111 or toll free at 1-800-926-0777.

Social Assistance

Ontario Works helps people who are in financial need. In most cases, a client must agree to participate in employment assistance activities in order to receive financial assistance. Emergency assistance is also available to people who are in a crisis or an emergency situation.

To find out more about the Ontario Works program, visit the Ontario Ministry of Community and Social Services website (www.mcss.gov.on.ca/en/mcss/programs/social/ow) or contact the United Counties of Leeds Grenville (613) 342-3840 Toll free 1-800-770-2170 ext. 2129.











Housing



One of your first needs after arriving in Leeds Grenville will be finding a place to live. You may need to find a temporary residence until you find a more permanent home.

There are many types of housing available in Leeds Grenville, depending on your needs and budget. You may choose to buy or rent your home.

Renting

It is important to understand the rights and responsibilities of both the landlord and tenant if you decide to rent. People who rent are called "tenants". Tenants pay a monthly rental fee to the owner of the building who is a "landlord". This fee may or may not include utilities such as heat, water, and hydro fees. You may also have to pay for cable, internet and parking. Your rental agreement or lease should include details about the cost, rules and terms of your agreement. Rentals are available as single-family apartments (single-family dwellings in a building with many other apartments), houses, or duplexes (one house separated into two single-family dwellings). Most rentals have one, two or three bedrooms. "Bachelor" units have a single room that serves as a living area and bedroom. You may also rent a detached house with surrounding property as well as semi-detached and townhouses where each house shares a wall with another.

Buying

There are many things to consider if you are purchasing your home. The number one consideration is if you are financially ready. Costs to consider when buying a house are not only the mortgage and interest rates but also property taxes, repairs, and maintenance. If you purchase a condominium you will also need to pay condominium fees. Condominium fees typically cover common area maintenance and contribute to the building's reserve fund.

The Canadian Mortgage and Housing Corporation (CMHC) is an excellent resource for Canadian housing information. Their website http://www.cmhc-schl.gc.ca/ has useful information for newcomers on renting or buying a home including:

If you are planning to buy a home, two useful CMHC publications are:

- Buying Your First Home in Canada: What Newcomers Need to Know and
- Homebuyers Checklist: A Newcomers' Guide and Workbook.

These can be downloaded from www.cmhc-schl.gc.ca/professionals/project-funding-and-mortgage-financing/mortgage-loan-insurance/mortgage-loan-insurance-homeownership-programs/newcomers or you can order them by calling CMHC at 1-800-668-2642. These resources are available in eight different languages.

The web site Settlement.org also provides information about buying your first home in Canada, where to look for rental housing, how to choose a rental home and emergency and short-term housing. Settlement.org also provides information about your rights as a tenant in Ontario.

Affordable Housing

Affordable Housing, designed to be accessible to various income levels and to cost less than 30% of a household's before-tax income, is available in Leeds and Grenville through several programs.
For information, visit: www.leedsgrenville.com/en/services/affordable-housing.aspx



3 EDUCATION

THE SCHOOL SYSTEM

The school system in Ontario has two levels:

- Elementary Schools offer kindergarten programs and programs for Grade 1 – Grade 8.
- Secondary Schools are often called “High Schools” and provide programs for Grade 9 – Grade 12. These schools sometimes include “Junior High Schools” in the same building and provide programs for Grade 7 – Grade 12.

Parents in Leeds Grenville have a number of options about the types of schools their children attend. They can choose to enroll their children in either public (non-religious) or Catholic elementary and secondary schools. Children ages 4 to 17 attend school for free in the province of Ontario. Most children start in kindergarten at age 4 or 5. According to Ontario law, children ages 6 to 17 must attend school. Children must attend a school in the same area in which they live. There are 3 different school boards in Leeds Grenville:

Public School Board

The Upper Canada District School Board (www.ucdsb.on.ca) offers public education from kindergarten to Grade 12 in Leeds Grenville. Registration in this school board is open to all children.



To find out which school your child should be attending visit transportation.steo.ca/.

Upper Canada District School Board
225 Central Avenue West, Brockville, ON K6V 5X1
Toll-free phone number: 1-800-267-7131

Catholic School Board

The Catholic District School Board of Eastern Ontario (www.cdsbeo.on.ca) offers public education from kindergarten to Grade 12 in Leeds Grenville. You can register your children with this school board, with the following restrictions:

- From kindergarten to Grade 8, children must be baptized in the Catholic faith or must have one parent who is Catholic
- From Grade 9 to 12, all children can enroll regardless of religion.

To find out which Catholic school your child should be attending visit transportation.steo.ca/Default.aspx.

Catholic District School Board of Eastern Ontario
Box 2222, 2755 Highway 43 Kemptville, ON K0G 1J0
Toll-free phone number: 1-800-443-4562



French Catholic School Board

The Conseil des écoles catholiques du Centre-Est (CECCE) offers public education, in French, from kindergarten to Grade 12 in Leeds Grenville. Registration in this school board is subject to some restrictions.

There are three Conseil des écoles catholiques du Centre-Est (CECCE) schools in Leeds Grenville – one in Brockville, one in Kemptville, and one in Merrickville. To learn about registering your child with this school board, visit www.ecolecatholique.ca/en.

Conseil des écoles catholiques du Centre-Est (CECCE)
4000 Labelle Street
Ottawa, Ontario K1J 1A1
Toll-free phone number:
1-888-230-5131



Académie catholique Ange-Gabriel (Brockville) : Visit ange-gabriel.ecolecatholique.ca for more information.
École catholique Sainte-Marguerite-Bourgeoys (Merrickville) : Visit sainte-marguerite-bourgeoys.ecolecatholique.ca for more information.
Académie catholique Notre-Dame (Kemptville) : Visit notre-dame.ecolecatholique.ca for more information.

French Public School Board

The Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) is one of the most forward-thinking school boards. The CEPEO serves 44 elementary and secondary schools located in Trenton, Pembroke, Ottawa, Hawkesbury, and Cornwall.

They have a combined elementary and secondary school in Kemptville, Rivière Rideau. You can learn more here: cepeo.on.ca

Conseil des Ecoles Publiques de l'Est de l'Ontario (CEPEO)
2445 Boul. St-Laurent
Ottawa, Ontario K1G 6C3
Toll-free phone number:
1-888-33CEPEO

École élémentaire et secondaire publique Rivière Rideau (Kemptville) : Visit riviere-rideau.cepeo.on.ca for more information.

Private Schools

In Ontario, private schools operate as businesses or non-profit organizations independently of the Ministry of Education and in accordance with the legal requirements established by the government.

There are three private schools in Leeds Grenville – one in Prescott, one in Merrickville, and one in New Dublin, north of Brockville. Information on a particular school's educational program, business practices and other policies should be obtained from the school directly, prior to registration.

St. Lawrence Academy: Visit stlawrenceacademy.ca for more information.
Heritage Community Christian School: Visit www.hccs.ca for more information.
Fulford Academy: Visit www.fulfordacademy.com for more information.



Newcomer's Guide to (Children's) Education in Ontario

Newcomer's Guide to Education in Ontario has information about how to help your children in school. They have information about registering your child in school, school policies, what students learn, and how students are graded.
Information on elementary schools can be found at: https://settlement.org/ontario/education/elementary-and-secondary-school/newcomers-guides-to-education/the-newcomer-s-guide-to-elementary-school-in-ontario/

Information on secondary schools can be found at:
https://settlement.org/ontario/education/elementary-and-secondary-school/newcomers-guides-to-education/the-newcomer-s-guide-to-secondary-school-in-ontario/

Vaccines

Ontario has passed legislation that mandates children be vaccinated in order to attend school.

The Ontario legislation, in place since 1982, is quite extensive and requires school children to be vaccinated against diphtheria, tetanus, polio, pertussis (whooping cough), measles, rubella, mumps, varicella (chicken pox) and meningococcal disease.

For information about the Ontario's Immunization Strategy contact the South East Health Unit Phone: (613) 345-5685

Provincial information can be found at: www.ontario.ca/page/vaccines



It is important to start saving for post-secondary education as soon as possible. There are many costs associated with university or college including tuition, books and living expenses. The Government of Canada programs listed below can help.

Canadian Education Savings Grants (CESGs) (for children aged 17 or younger) and Canada Learning Bonds (for children aged 15 or younger).

One of the best ways to save for a child's post-secondary education is through a Registered Education Savings Plan (RESP). Whether you want to save for your own children, your grandchildren, a niece, nephew, or family friend, a RESP offers flexibility, tax-deferred investment growth and direct government assistance to help you save for a child's education.

- Interest income and investment growth earned within a RESP are not taxed as long as the funds remain in the plan.

- The Canada Education Savings Grant (CESG) matches 20% on the first $2,500 contributed annually to a maximum of $500 a year ($7,200 overall) for a child under the age of 18, plus possible catch-up grants. Learn more here: www.canada.ca/en/revenue-agency/services/tax/individuals

Grants and Student Loans

Many students depend on financial assistance programs to cover the costs associated with post-secondary education. You can find a useful tool to help you calculate the cost of post-secondary education at www.canlearn.ca.

Generally speaking, there are two types of financial assistance for students: (1) "student loans," which have to be repaid and (2) "grants," "scholarships" or "bursaries," which do not have to be repaid. Both the federal government and the Ontario government have financial assistance programs that provide low-cost loans, grants and scholarships for students. You can find information on federal student assistance by calling the **National Student Loans Service Centre** at 1-888-815-4514 or by visiting a Service Canada Centre. For information on the **Ontario Student Assistance Program** (OSAP) call 1-200-387-5514 or visit www.osap.gov.on.ca/OSAPPortal.
Reference: www.cic.gc.ca/english/pdf/pub/welcome.pdf

Adult Continuing Education

For adults who have not completed elementary or secondary education, **TR Leger School of Adult and Continuing Education** provides educational services to young people over the age of 19. https://trleger.ucdsb.on.ca/home

Brockville Campus: 613-292-8406, **Gananoque Campus**: 613-382-5285, **Prescott Campus**: 613-925-1834, **Kemptville Campus:** 613-292-8406

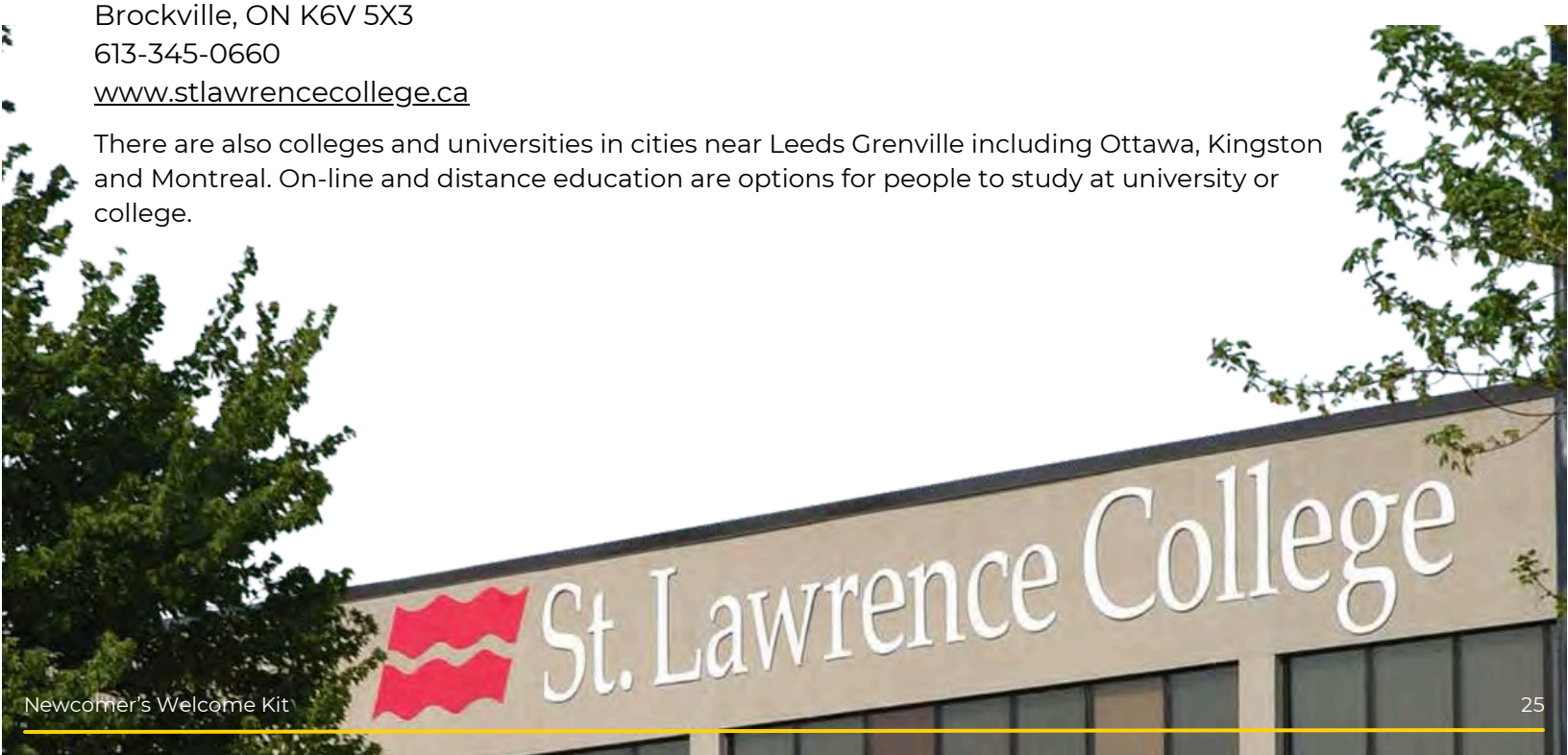
Post-Secondary Education

To learn about different programs of study offered at Canadian universities, colleges and Institutes, visit www.educationincanada.ca or go to www.cicic.ca.

Locally, St. Lawrence College has campuses in Brockville, Kingston and Cornwall. They deliver more than 80 programs, including Business, Technology, Health Sciences, Nursing and ESL (English as a Second Language).

St. Lawrence College
2288 Parkedale Avenue
Brockville, ON K6V 5X3
613-345-0660
www.stlawrencecollege.ca

There are also colleges and universities in cities near Leeds Grenville including Ottawa, Kingston and Montreal. On-line and distance education are options for people to study at university or college.



4 WORKING IN LEEDS GRENVILLE

To be eligible for employment in Leeds Grenville you must have your SIN (Social Insurance Number) or a valid work permit for Canada. Social Insurance Number are available through Service Canada. Please call or visit website for office locations. Phone: 1-800-O-Canada (622-6232), www.servicecanada.gc.ca. Work permits can be arranged via Immigration, Refugees and Citizenship Canada. Online applications can be found at http://www.cic.gc.ca/english/information/applications/work.asp.



Credential Recognition

You will need to have your education, work experience and professional credentials gained outside Canada assessed if you are in Canada as a Federal Skilled Worker and if you are planning on working in the skilled trades.

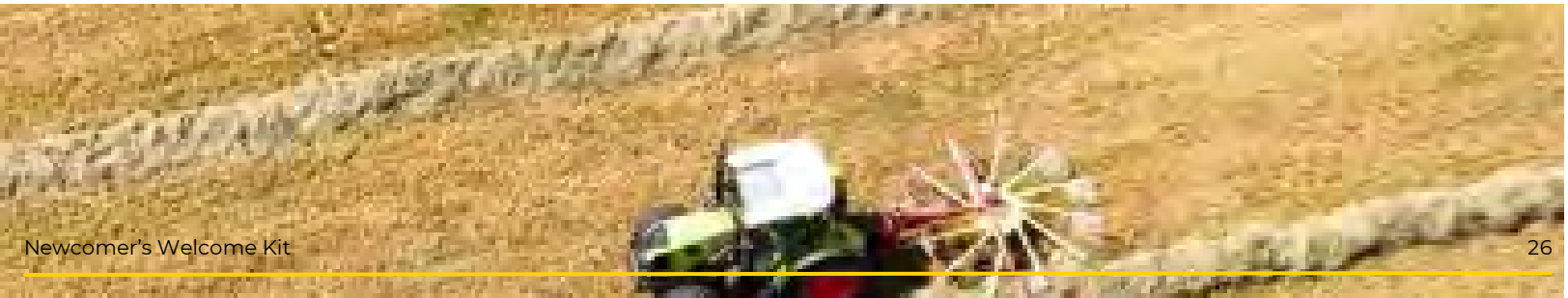
Credential assessment will help you to:

- Determine if your credentials are equal to the standards set for Canadian workers
- Find out whether you need more training or education in Canada
- Understand the types of jobs you are qualified for
- Help employers understand your qualifications

Information on Foreign Credential Recognition can be found at: www.canada.ca/en/employment-social-development/programs/foreign-credential-recognition.html.

Workplace Language Skills

Strong English or French language skills are essential for many jobs in Canada. The level of English or French that you will need for working in Canada may be higher than the level needed to meet immigration requirements or for basic communication. Strong language skills are as important as educational credentials and previous employment experience for working in Canada. In many parts of Canada, the ability to speak both English and French is a definite advantage when you are looking for a job.



SEARCHING & APPLYING FOR JOBS

Employment Counselling and Job Search Assistance

The Employment + Education Centre (EEC)

The EEC offers a comprehensive package of employment services in Brockville and throughout the municipalities of the Leeds Grenville. Following is a list of some of these services:

- Employment counselling, offered through personal meetings with a trained counsellor to develop an action plan to achieve your employment goals.
- Workshops that cover essential job search skills from understanding the local job market to using the hidden job market, effective resume writing and interviews.
- A resource centre with free access to the internet, computers and a library for job search purposes.
- Job Development and Job Board: online resume posting and search of job openings in the area. In certain cases, advocacy with the employer on behalf of the client can be offered.

For more information, call: 613-498-2111 or visit www.eecentre.com.

CSE Consulting

Provides FREE services to all job seekers in Grenville County, with employment resource centres in Brockville, Prescott and Kemptville. The resource centres (equipped with free high-speed internet, computer labs and fax machines) offer the tools necessary to assist clients in their job search, as well as: occupational/educational information, labour market research, career coaching and support, training/education guidance, assessment tools, a resource reference library and referral to community services and supports.

CSE Consulting's office in Brockville provides Employment Supports through the Ontario Disability Supports. Program. Consultants are dedicated to assisting people with disabilities throughout the Leeds and Grenville region to successfully start a new job search, return to work and help those currently employed to keep their jobs. The following FREE services can be tailored to an individual's needs: Employment Planning, Work Experience, Self-Employment, and Work-Related Disability Supports.

For more information, visit: www.cseconsulting.com

Brockville: 613-342-2312, **Prescot**t: 613-925-0222, **Kemptville**: 613-258-6576

Kingston Employment and Youth Strategies (KEYS)

KEYS offers a variety of employment programs and services in the **Gananoque and Kingston** to newcomers, persons with disabilities, youth and anyone looking for employment. Their website is available in several languages.

For more information, call: 613-382-1085 or visit www.keys.ca.

Socially Assisted Employment

Ontario Works provides employment support to individuals who receive social assistance. Its services cover employment counselling, job search workshops and access to employment resource centres. Ontario Works also provides assistance to cover employment related expenses, including clothing, transportation, childcare and training.

Ontario Works has offices in **Brockville, Prescott, Kemptville,** and **Gananoque**.

For more information, call: 613-342-3840, ext. 2119 or 1-800-267-8146.

Ontario Ministry of Community and Social Services

Provides employment assistance to people with disabilities through its Ontario Disability Support Program (ODSP). The ODSP program offers income and employment supports to people with disabilities who are in need. Their employment services include helping to find a job that is right for each client, job coaching, on-the-job training, interpreter services, transportation assistance, software and mobility devices that can help clients do their job, and more. For more information, visit: www.mcss.gov.on.ca.

Professional Networking

The process of meeting potential employers and other contacts to further your career is called professional networking. Professional networking is an essential part of your job search. It can help uncover the hidden job market and unadvertised jobs. Job search workshops at the Employment + Education Centre and CSE Consulting provide in-depth information on professional networking strategies. Settlement.org also offers a list of professional networks.

Employers in the Region



You will need to research businesses in the area that employ people with your skills. For example, if you are trained and experienced as an engineer, a starting point to find engineering firms in the area is Leeds Grenville online business directory (www.leedsgrenville.com) that can help you find businesses in your field. Their website also offers a comprehensive list of organizations and businesses

Job Search Websites

www.jobbank.gc.ca	Posts hundreds of new openings every day. Narrow your search to Ontario and then to the Kingston or Cornwall areas for available jobs in Leeds Grenville.
www.gojobs.gov.on.ca	Lists Ontario Public Service (OPS) Employment Opportunities.
www.jobs-emplois.gc.ca	Lists Government of Canada positions.
www.indeed.ca	Searches jobs from thousands of job boards, newspapers, classifieds and company websites for jobs.
http://cse.jobs.ims-login.com/jobs	CSE Consulting job board.
https://eecentre.com/job-board/	Employment + Education Centre job board.
https://keys.ca/jobboard/	KEYS job board.
www.charityvillage.com	Lists employment opportunities in the not-for-profit sector.
https://www.workopolis.com/	Browse Workopolis for jobs, view local and national salary information, discover companies, and learn about the job market in a specific city.

KNOW YOUR RIGHTS AT WORK

Occupational Health and Safety

You have the right to a safe work environment. The Ontario Occupational Health and Safety Office can inform you of your rights and responsibilities as a worker, and you can report unsafe working conditions in your workplace. Workers who report unsafe working conditions are protected against dismissal or other punitive action by their employer. For more information, visit: www.labour.gov.on.ca/english/hs/ or call: 1-877-202-0008.

Employment Standards

Employers have to comply with the Ontario Employment Standards Act, which regulates working hours, workplace requirements, wage variations, leave and holiday and overtime pay among other matters. Contact the office of Employment Standards for information about your rights and responsibilities as an employee. For more information, visit: www.labour.gov.on.ca/english/es/ or call: 1-800-531-5551.

Ontario Human Rights Commission (OHRC)

The Ontario Human Rights Commission works to build respect for human rights into all aspects of life in Ontario. It works with different sectors and groups, including the Government of Ontario, to promote organizational change and to break down barriers to equity and success. The OHRC has developed a policy to support immigrants who are facing employment barriers because of a perceived need by employers for “Canadian work experience”.

Learn more from their website: https://goo.gl/PyYzgb

Employment Insurance

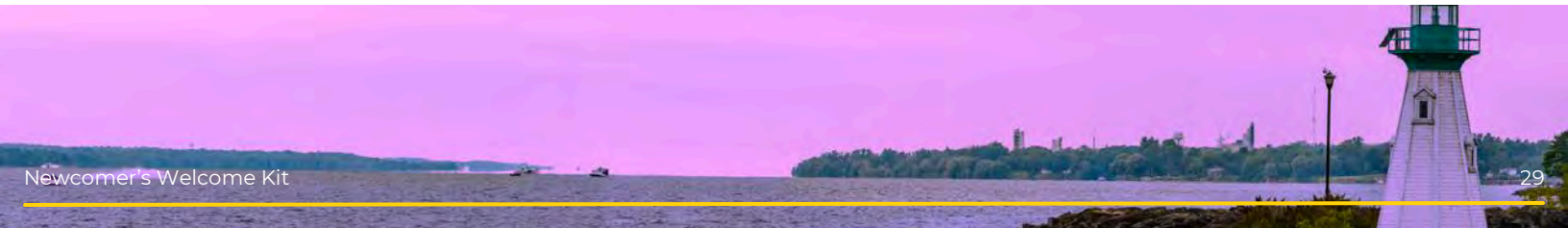
If you are unemployed, you might be eligible to receive Employment Insurance (EI) depending on whether you meet certain requirements. EI provides temporary financial assistance (regular benefits) while you look for work or upgrade your skills. You may also receive temporary financial assistance from EI if you are:

- Sick, injured or subject to quarantine for health reasons;
- Pregnant or caring for a newborn or adopted child; or
- Caring for a family member who is seriously ill with a significant risk of death.

If you work in Canada, you must pay EI contributions so that you can benefit from EI in a time of need. Your employer will usually deduct EI contributions directly from your paycheques. EI benefits are also available to self-employed people who choose to participate in the EI program. To benefit from EI, you must apply and meet certain eligibility criteria. For detailed information on EI and how to apply, consult www.servicecanada.gc.ca/ei, call Service Canada at 1-800-206-7218 or visit a Service Canada Centre in person.

Pensions

The **Canada Pension Plan** (CPP) is a program for workers and their families. It provides a measure of protection to cover loss of income due to retirement, disability or death. Anyone who works in Canada is required to pay into the CPP. Your employer will deduct CPP contributions directly from your paycheques. The amount you pay is based on your salary. If you are self-employed, it is based on your net business income (after expenses). You can get more information about the CPP at www.servicecanada.gc.ca/eng/isp/cpp/cpptoc.shtml, by calling 1-800-277-9914 or by visiting a Service Canada Centre.



STARTING A BUSINESS

The following list of resources can help you start a new business, buy an existing business or a franchise, or invest in a business in Leeds Grenville.

Business Support and Resources

Municipal Economic Development Offices can provide assistance in understanding the business and economic climate in a municipality and its surrounding region. They can also show you investment opportunities and help in building your business network.

Additional resources for starting a business can be found by searching the websites below:

Canada Business Network
The goal of the Canada Business Network is to provide businesses with the resources it needs to grow and prosper, including a wide range of information on government services, programs and regulations.
www.canadabusiness.ca

Ontario Ministry of Economic Development and Trade
Delivers a range of programs, services and tools to help businesses innovate and compete in the global economy. www.ontario.ca/page/ministry-economic-development-job-creation-trade

United Counties of Leeds and Grenville Economic Development Office
32 Wall Street, 3rd Floor, Suite 300
Brockville, ON K6V 4R9
613-342-3840
invest.leedsgrenville.com/en/index.aspx

City of Brockville Economic Development Office
1 King Street West
Brockville, Ontario K6V 7A5
613-342-8772 ext. 445
www.brockville.com

Gananoque Economic Development Office
30 King Street East
P.O. Box 100
Gananoque, Ontario K7G 2T6
613-382-2149 ext.1127
www.gananoque.ca/invest-in-gananoque

Prescott Economic Development Office
60 Dibble St W,
Prescott, ON K0E 1T0
613-925-2812
www.prescott.ca/invest

Municipality of North Grenville Economic Development
285 County Rd #44,
Kemptville ON K0G 1J0
613-258-9569 ext. 125
www.northgrenville.ca/economic-development

Leeds Grenville Small Business

This organization provides training, counselling and coaching services to assist businesses that are just starting or have been in business for less than five years. Experienced business counsellors guide entrepreneurs and provide tools to assist in writing a business plan and/or securing financing. They also offer a program for Ontario residents aged 18 to 29 who are not attending school full time who are interested in starting their own business. Contact them directly for eligibility requirements and additional services.

invest.leedsgrenville.com/en/small-business/small-business.aspx

1000 Islands Community Development Corporation

This organization also provides business counselling and support. Their services include business advice, help in developing a business plan, entrepreneurial training, referrals and more.

3 Market St. West, Unit 3
Brockville, Ontario K6V 7L2
1-800-431-6015
www.ticdc.ca

Grenville Community Futures Development Corporation

This organization also provides business counselling and support in Grenville County. Their services include business advice, help in developing a business plan, entrepreneurial training, referrals and more.

197 Water St #405,
Prescott, ON K0E 1T0
613-925-4275 or 877-925-4275
www.grenvillecfdc.com

Settlement.org is another reliable source of comprehensive information on starting a business including the advantages and disadvantages of self-employment.



Chambers of Commerce

Chambers of Commerce enable business communities throughout Leeds Grenville to come together to further the interests of businesses located in the area.

1000 Islands Gananoque Chamber of Commerce

Areas Served: West of Brockville to the East of Kingston; including Gananoque, Ivy Lea, Rockport and Lansdowne.

Sampson House
215 Stone Street South
Gananoque, ON K7G 2A3
613-382-7744 or 1-800-561-1595
www.1000islandsganchamber.com

Athens and District Chamber of Commerce

Areas Served: Township of Athens, Charleston Lake and area.
PO Box 543
Athens, ON K0E 1B0
613-924-0997
athenstownship.ca/

Brockville and District Chamber of Commerce

Areas Served: Brockville and Area
3 Market Street West, Suite 1
Brockville, ON K6V 7L2
613-342-6553
www.brockvillechamber.com

Lyndhurst Seeley's Bay Chamber of Commerce

Areas Served: The villages of Lyndhurst and Seeley's Bay
P.O. Box 89
Lyndhurst, ON K0E 1N0
613-928-2382
www.lyndhurstseeleysbaychamber.ca/

Merrickville and District Chamber of Commerce

Areas Served: Merrickville and Area PO Box 571
446 Main Street West
Merrickville, ON K0G 1N0
613-269-2229
merrickvillechamber.ca

North Grenville Chamber of Commerce

Areas Served: Municipality of North Grenville and Area PO Box 1047
5 Clothier Street East
Kemptville, ON K0G 1J0
613-258-4838
www.northgrenvillechamber.com

South Grenville Chamber of Commerce

Areas Served: Prescott, Township of Augusta and Township of Edwardsburgh/ Cardinal.
107 King Street West
PO Box 2000
Prescott, ON K0E 1T0
613-925-2171
www.southgrenvillechamber.ca

Township of Rideau Lakes

Areas Served: Westport, Portland, Forfar, Delta, Newboro, Elgin and Chaffey's Locks
PO Box 157, Westport, ON K0G 1X0
613-273-2929
www.rideaulakes.ca







5 HEALTH AND MEDICAL SERVICES



ONTARIO HEALTH INSURANCE PLAN

Ontario has a publicly-funded health care system which is available through the Ontario Health Insurance Plan (OHIP). All residents of Ontario, including those of permanent resident status, are guaranteed access to essential medical services through OHIP. Some other immigrant classes can receive medical services through OHIP as well.

For detailed information about OHIP visit www.ontario.ca/page/what-ohip-covers or call ServiceOntario, INFOline at 1-866-532-3161.

OHIP pays for services that are medically necessary only. Services covered include visits to family doctors and specialists. A full list of health services covered by OHIP is available online. OHIP does not pay for prescription medicines or non-essential medical services, such as treatment by a chiropractor or naturopaths. For services not covered by OHIP, you might want to purchase additional health insurance. You can find a Guide to supplementary health insurance in Ontario on the Settlement.org website.



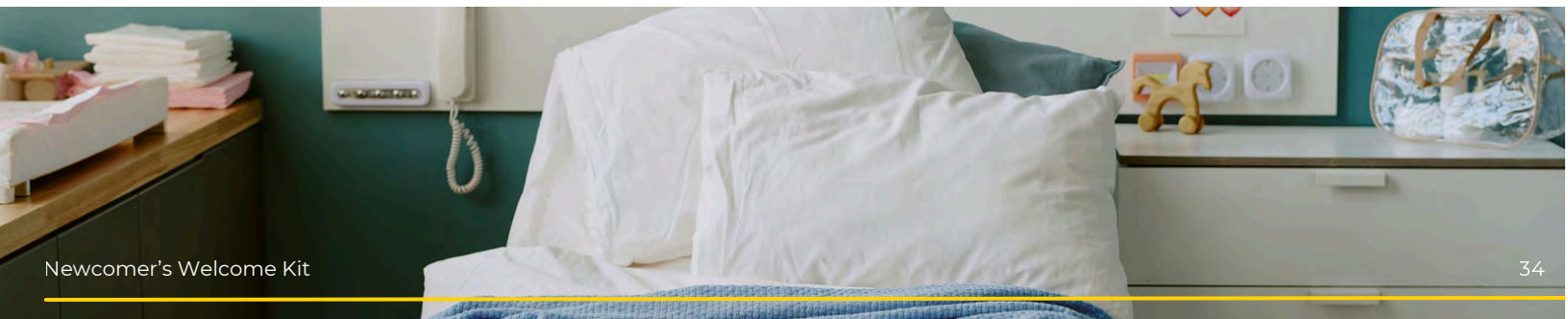
You should apply for OHIP coverage as soon as possible after your arrival in Canada. You must wait approximately three months before coverage begins. The Ontario Ministry of Health and Long-Term Care offers information on this three-month waiting period. Settlement.org's website offers information on how to finance health services during your first three months in Ontario.

Please Note: Each member of your family including children must have their own OHIP card. Health care service providers will validate your OHIP card each time you visit them. It is important to carry your health card at all times.

Family Doctors

Family Doctors or General Practitioners (GPs) are usually the first clinicians to see a patient. A family doctor provides all basic health care, including treating you when you are sick and encouraging preventative health care. Health Care Connect is a Ministry of Health and Long-Term Care (MOHLTC) program that helps Ontarians find a family health care provider if they don't have one. The program refers people without a regular family health care provider to physicians and nurse practitioners who are accepting new patients in their community.

To register for the Health Care Connect program, call 1-800-445-1822, or for more information, visit the MOHLTC website: www.ontario.ca/page/find-family-doctor-or-nurse-practitioner.



Telehealth Ontario

Telehealth is a free, confidential 24-hour service provided by the Government of Ontario Ministry of Health and Long-Term Care. Calls are answered by qualified, registered nurses to assist with health advice or information. The nurses will not diagnose your illness or give you medicine. They will direct you to the most appropriate level of care or may put you in contact with a health professional who can advise you on your next steps. Telehealth service is provided in English or French and translation support in some other languages. 1-866-797-0000.

Hospitals and Emergencies

There are two hospitals in Leeds Grenville. Hospitals provide care to patients who are staying in the hospital, patients with appointments at clinics in the hospital and emergency cases. If you have a medical emergency, you may go directly to one of these hospitals, with your OHIP card and photo ID (examples: a driver's license or permanent resident card). You may also dial 911 for emergency service and assistance. 911 service is free of charge, although you may be charged a fee if you have to be taken to the hospital by ambulance.

Brockville General Hospital
75 Charles Street
Brockville, ON K6V 1S8
613-345-5645
www.bgh-on.ca

Kemptville District Hospital
2675 Concession Road
Kemptville, ON K0G 1J0
613-258-6133
www.kdh.on.ca

Mental Health

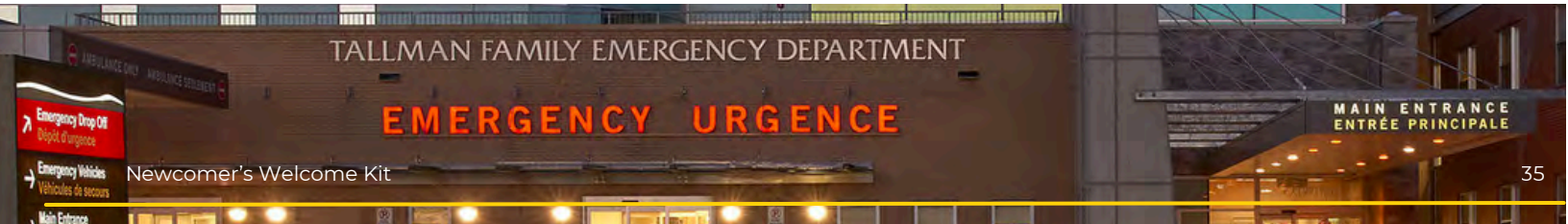
Organizations in Leeds Grenville that can help if you or your family have problems with mental health and/or addictions.

Lanark, Leeds and Grenville Addictions and Mental Health
Brockville (Main Office)
25 Front Ave. W
Brockville, Ontario K6V
4J2 613-342-6214 or 1-866-499-8445
http://www.lgmentalhealth.ca

Children's Mental Health of Leeds & Grenville

Children's Mental Health of Leeds & Grenville is dedicated to serving the mental health needs of children, youth and their families. No professional referral is required. Children 12 and over may self-refer. Programs and services are free, accessible, and confidential.

Brockville Office
779 Chelsea Street, Suite BU
Brockville, ON K6V 6J8
613-498-4844
www.cmhlg.ca



Public Health

Public health works to protect and improve the health and well-being of people in local communities.

South East Health Unit

Leeds, Grenville & Lanark District Health Unit with offices in Brockville, Kemptville and Gananoque offers a wide range of services to promote healthy living, healthy growth and development; prevent illness and injury and control communicable diseases in the community. Services are available to individuals and groups of all ages in a variety of places. A referral is not needed for any service.

Brockville Main Office:
458 Laurier Blvd,, Brockville, Ontario K6V 7A3
613-345-5685
http://www.healthunit.org

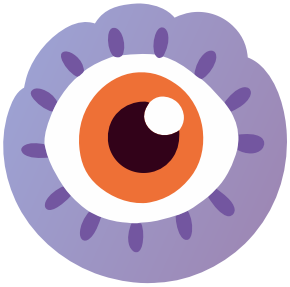
ADDITIONAL HEALTH CARE PROVIDERS

Dental Services



Dental Services are partially covered by the Canadian Dental Care Plan for families with an adjusted household income of less than $90 000. You can learn more about eligibility and how to apply here: www.canada.ca/en/services/benefits/dental/dental-care-plan/providers/toolkit.html
If you are not eligible for the Canadian Dental Care Plan and do not have an employee dental plan, you can purchase a plan from a private insurance company. Dental plans help people pay for procedures such as cleaning teeth and gums and filling cavities.

Eye Care



A comprehensive eye examination is covered by OHIP once a year for persons under 20 and those 65 and over. OHIP also covers a major eye exam once every 12 months for persons aged 20 – 64 who have medical conditions requiring regular eye exams. Routine eye examinations for patients aged 20 to 64, are not covered by OHIP. These individuals are responsible for payment for these examinations or have the cost covered by private insurance.

Complimentary Health Services



You may choose to seek health care professionals in addition to, or other than your family doctor or specialist. Leeds Grenville has a large number of professionals including Naturopathic Doctors, Registered Massage Therapists, Acupuncturists, Physiotherapists, Osteopaths and more. The Ontario Health Insurance Plan doesn't normally cover expenses associated with these professionals, but most private health care plans do. You can find a professional in your area by searching for the name of the service using Google or checking a phone book or 411 online.

IMPORTANT HELP LINES

911 is the emergency number to call to stop a crime, report a fire, save a life. **Call 911** in any emergency situation whenever you need police, fire or ambulance assistance immediately.

Assault Response and Care Centre of Leeds & Grenville
Free counselling services provided to victims of sexual assault and domestic violence.
Telephone: 1-800-567-7415

Leeds Grenville Interval House
Provides a safe, secure, and confidential refuge for women and their children who have been physically, sexually, emotionally or psychologically abused, threatened, or assaulted. They also provide a 24-hour crisis phone line.
Telephone: 1-800-267-4409

Distress Centre Lanark, Leeds and Grenville
A volunteer-based telephone crisis service to anyone in the community needing support and assistance. This is an anonymous and free service, offered every day from 5 pm until 12 am (Midnight).
Telephone: 1-800-465-4442

Kids Help Phone
Provides toll-free, 24-hour, bilingual and anonymous phone counselling to young people in Canada.
Telephone: 1-800-668-6868

Poison Control Ontario
Provides telephone in-formation and advice about potential or real exposures to poisonous substances.
Telephone: 1-800-268-9017

Telehealth Ontario
A free, confidential telephone service you can call to get health advice or general health information from a registered nurse. Available 24 hours a day, 7 days a week.
Telephone: 1-866-797-0000

Non-emergency assistance
If you require police assistance, when it is not an emergency, you should contact your local police station. The municipalities of Brockville and Gananoque have their own police forces, while the rest of the municipalities in Leeds Grenville are served by the Ontario Provincial Police (OPP).

Brockville Police: 613-342-0127 2269 Parkedale Avenue Brockville, ON K6V 3G9
Gananoque Police: 613-382-4422 340 Herbert St, Gananoque, ON K7G 1R1
Ontario Provincial Police: are in several communities. The toll-free number is **1-888-310-1122**

Police Services in Canada are responsible for both emergency and non-emergency services such as crime prevention, law enforcement, assistance to victims of crime, maintaining public order and emergency response. Visit http://settlement.org/ontario/legal-services/police/ to learn about police services in Canada.



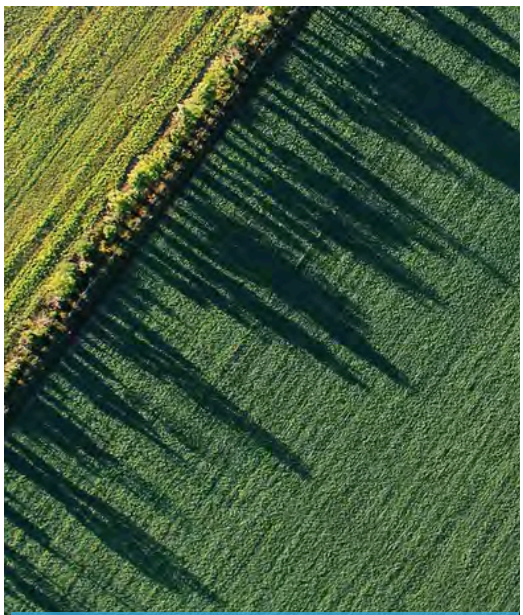
Rideau River Provincial Park, North Grenville



Beaver Dam, Merrickville



Mermaids at the Brockville Aquatarium



Fields, Elizabethtown-Kitley



Lansdowne Halloween



Prescott Public Library



Gananoque Town Hall

CHILD CARE

Working parents with young children may need to make arrangements for childcare. In general, most families in Canada do not leave children under the age of 12 at home alone. You may need to ask a family member or pay someone to look after your children while you are at work. There are different options for childcare: licensed childcare centres, licensed home childcare, nursery schools and unlicensed homebased child care services

Licensed Child Care

Anyone who cares for more than five unrelated children under the age of 10 years has to be licensed, by law, in Ontario. Licensed caregivers must meet certain provincial health, safety and caregiver training standards. This type of childcare includes licensed childcare centres, home-based licensed programs, and before and after school programs.

A list of licensed childcare programs in Leeds Grenville is available from the United Counties of Leeds and Grenville. Contact them at 613-342-3840 ext. 2122 or 2372, or visit their website: www.leedsgrenville.com/en/services/child-and-youth--programs.aspx

Financial Support for Families

You may be eligible for a reduced fee for childcare. The reduction is called a subsidy. The Integrated Program Delivery Department of the United Counties of Leeds Grenville determines eligibility for childcare fee subsidy in Leeds Grenville.

Child Care subsidies are available for children ranging in age from infant to 12 years of age, where the parent(s) is/ are employed or enrolled in an educational or re-training program. Subsidy is also available to children with special needs who have been identified by social agencies or medical professionals. Child Care Fee Subsidy assistance is only available to families choosing to licensed childcare options. You must meet with staff at the United Counties of Leeds and Grenville to apply to receive a subsidy. For additional information contact the United Counties at 613-342-3840.

Unlicensed Home Care

Unlicensed childcare services are private arrangements between parents and a caregiver. This group of caregivers is not regulated. That means they do not have to meet provincial health, safety, and caregiver training standards. Examples of this kind of childcare providers are babysitters, family members and live-in caregivers (or nannies).



The federal government of Canada has two programs that provide financial support for families raising children: the Universal Child Care Benefit (UCCB) and the Canada Child Tax Benefit (CCTB). To find out if you qualify and how to apply for the UCCB and CCTB, go to www.cra.gc.ca/bnfts or call the Canada Revenue Agency (CRA) at **1-800-387-1193**. You can also visit a Service Canada office. Service Canada has offices in Brockville, Kemptville, Gananoque and Prescott. Toll free: **1-800-622-6232**

Ontario Child Benefits - If you are eligible, the Ontario Child Benefit will be included with the Canada Child Tax Benefit and National Child Benefit Supplement monthly payments. For the most recent information on Child Benefits visit www.cra.gc.ca/bnfts (Government of Canada) or www.children.gov.on.ca/htdocs/English/topics/ financialhelp/ocb/what.aspx (Government of Ontario).

6 TRANSPORTATION

Driving in Ontario

To drive in Ontario (and the rest of Canada), it is the law that you must have a valid driver's license. You must carry the license with you whenever you drive on public roads. Information on the following topics: driver testing, license types, how to apply for a driver's license in Ontario and a list of test fees may be found on the DriveTest website drivetest.ca/licences/licences-overview.

The Ontario Ministry of Transportation website (www.ontario.ca/page/driving-and-roads) will help you learn more about renewing a driver's license, replacing a lost or stolen license, reinstating a suspended license, changing information on a driver's license, demerit point system, graduated licensing and getting a driving record.

License Plates & Validation

If you have a car from another country or province, you have 30 days to register it in Ontario. You must register your vehicle before you will be issued Ontario license plates. To register your vehicle, go to the Driver and Vehicle License Issuing Office, operated through Service Ontario. To find the Service Ontario office nearest to you, consult their website, www.serviceontario.ca, or call their toll-free phone number 1-800-267-8097.

License plates are renewed annually, on the vehicle owner's birthday. Owners of vehicles can sign up for online reminders via email or text. You can complete the renewal online, or at any Service Ontario location.

Topic	Organization	Contact Details
Driver testing, license types, etc.	**DriveTest**	www.drivetest.ca 211 Parkedale Ave, Brockville, ON 613-342-9005
License Plates & Validation	**Service Ontario**	www.serviceontario.ca 1-800-267-8097



Auto Insurance

Ontario law requires that all motorists have auto insurance. Fines for vehicle owners, lessees, and drivers who do not carry valid auto insurance can range from $5,000 to $50,000. If you are found driving without valid auto insurance, you can have your driver's license suspended and your vehicle impounded.

You may purchase auto insurance from insurance companies or an insurance broker. Visit the Ontario government website for information regarding the rules and regulations for car insurance in Ontario. It is essential to understand the province's mandatory requirements and limitations. Website: www.fsco.gov.on.ca/en/auto/brochures/Pages/ brochure_autoins.aspx#a1.

When you are ready to buy car insurance, comparison shopping is very important. Prices, features and benefits vary widely from company to company. You can find insurance companies through the phone book or an Internet search.

Transit

The City of Brockville operates a bus transit system for travel within the city. For more information, including bus fares and schedules, visit the city website: www.brockville.com/transit.

River Route is an inter-city bus route that connects Brockville, Augusta, Prescott, and Edwardsburgh Cardinal in a 2-hour loop for 12 hours each weekday. You can find more information on their website: riverroute.ca

NG Transit operates a bus within the bounds of North Grenville, along with an am/pm Ottawa commuter route. This is an on-demand service and must be booked in advance. You can find more information here: www.northgrenville.ca/services-and-payments/municipal-services/transportation

Taxis

There are many taxi (cab) companies offering transportation in Leeds Grenville. For a fee, they will pick you up and then drive you to where you want to go. The fare appears on a meter in the front of the cab, beside the driver.

Trains

The VIA rail train station is located at 141 Perth Street in Brockville. The train travels daily to Toronto, Montreal and Ottawa. For schedule and fares call the station at 1 888-842-7245 or visit the website: www.viarail.ca.

Buses

MegaBus offers daily bus service to Toronto, Ottawa, Kingston, Montreal, etc. Has a stop in Brockville. Visit their website: www.ca.megabus.com or call them at 1-866-488-4452 for schedules and prices.

FlixBus offers bus services throughout Canada and the US. Has a stop in Gananoque. Visit their website, www.flixbus.ca, for schedules, prices, and more information.



Rideshares & Carpooling

Kangaride is a private Canadian company that provides a ridesharing platform for posting and booking long-distan-ce rides in North America. Visit their website: http://www.kangaride.com or call them at 1-855-526-4274 for more information and prices.

Buying A Car

There are many decisions to make when purchasing a car. The Ontario government has produced a fact sheet (below) with many tips and questions to help you buy a car www.omvic.on.ca/portal/infographic/index.html.



OMVIC – The Road to Buying a Car in Ontario https://www.omvic.on.ca/portal/infographic/index.htm

7 COMMUNICATIONS AND LOCAL NEWS MEDIA

Telephone

Most Canadian telephone numbers have 10 digits (for example, 123-456-7890). The first three digits are the "area code" and the seven remaining digits are the number itself. Each region in Canada has a different area code with three digits, the area code in Leeds Grenville is typically "613", but other area codes are used. Here is a basic description of how to make telephone calls.

Local telephone calls	A local call is a call to a number within the same city or rural district. To make a local call you simply dial the 10 digit number (area code + number).
Long-distance telephone calls (within Canada and the United States)	A long distance call is a call to a number that is outside your city or rural district. Any call outside your geographical area is a long distance call, even if the number shares the same area code as yours. To make a long distance call to a number in Canada, dial 1 + area code + number. Check with your telephone service provider for the cost of international long-distance calls.
Long-distance telephone calls (international)	When making an international call, you need to dial 011 (this is the "exit code") + the country code + the area code telephone book, by dialing "0" for the telephone operator or searching on the Internet.
Free calls (or "toll-free" calls)	Any number that begins with 1-800, 1-866, 1-877 or 1-888 means that you will not be charged for calling that number. Simply dial all the digits (including the "1").

Reference: www.cic.gc.ca/english/pdf/pub/welcome.pdf

Postal Services

Canada Post, a division of the federal government, is responsible for postal services in Canada. Through Canada Post, you can send and receive mail and parcels to and from anywhere in the world. For information on the many services and products offered, as well as to find your local Canada Post office, consult www.canadapost.ca.



In Canada, there are also private “express shipping” companies such as **Purolator, FedEx**, and **UPS** that offer delivery of small packages within Canada and across the world.

Please visit their website for more information, including Leeds Grenville office locations:
www.purolator.com
www.fedex.com/ca
www.ups.com

There are many different places to find local news and events for Leeds Grenville. When looking for information about what is happening in your community, consider the following sources:

Newspapers

The Brockville Recorder & Times is a subscription-based newspaper distributed daily (Tuesday – Saturday) to residents in the City of Brockville and the surrounding area. **613-342-4441**, www.recorder.ca

Gananoque Reporter is a free newspaper distributed weekly in Gananoque and the surrounding area. **613-382-2156**, www.gananoquereporter.com

North Grenville Times is a locally owned media and the voice of North Grenville, a weekly newspaper distributed in the communities of North Grenville. editor@ngtimes.ca, ngtimes.ca

The Prescott Journal is a subscription-based newspaper distributed weekly to the residents of Prescott and the surrounding area. **613-925-4265**, www.prescottjournal.com

Metroland Media is a free weekly newspaper distributed to the communities of Gananoque, Leeds and the 1000 Islands, Front of Yonge, Athens, Brockville, Augusta, Prescott, and Edwardsburgh-Cardinal.



Television

CJOH is the local station offering CTV programming to a large area around Ottawa, including Leeds Grenville. **613-224-1313**, ottawa.ctv.ca

CKWS Television is based in Kingston, but often covers news relevant to the communities in Leeds Grenville. The station has a news program every weekday (Monday – Friday) at 5:30 p.m., 6:00 p.m., and 11:00 p.m. **613-544-2340**, www.ckwstv.com

Cogeco Cable 10 is based in Brockville and offers programming to cable television subscribers in the region, on Channel 10. The station offers a community events calendar, and local programming. **1-866-709-5098**, www.tvcogeco.com/brockville







Radio

CBC radio 91.5 the Canadian Broadcasting Corporation, is Canada's public broadcaster, with a mandate to provide radio and television services incorporating a wide range of programming that informs, enlightens and entertains.

104.9 myFM plays a mix of hits from the 1980s to present day and is known as the "At Home and At Work" station for Brockville. **613-345-1666**, www.brockvilledaily.ca

103.7 Giant-FM Brockville's classic rock. **613-345-1666**, www.brockvilledaily.ca

99.9 myFM Gananoque Office: **613-382-6936 ext. 7231** Cell: **613-867-9952**

96.7 YES-FM plays current hit songs, and covers local news from around the region and Northern New York State. **315-393-1220**, www.yesfm.com

Internet

The Internet is a useful tool of everyday life for most Canadians. For example, many people in Canada use the Internet to search and apply for jobs, do their banking, learn about and purchase many different products, and read the news. The Internet is provided free at most public libraries. Home internet can be set-up by a variety of local and national internet service providers. For more information, visit: www.leedsgrenville.com/en/services/telecommunications.aspx

Eastern Ontario Network (EON-TV) is a locally based online television station in Eastern Ontario that brings you the stories from Brockville and Leeds & Grenville. www.easternontarionetwork.com









8 ENJOYING LIFE IN LEEDS GRENVILLE

Public Libraries

There are 24 libraries throughout Leeds Grenville offering a wide range of services including free online language learning, lending services for books, magazines, audio CDs, and DVD movies. Many also offer free computer and internet access. There are also many other community groups and programs at our local libraries, including story readings, arts and crafts, art exhibits and events. Most library services are provided free of charge to residents of each municipality.

To borrow items from libraries, you will need a library card. To find a library near you visit www.leedsgrenville.com/en/services/libraries.aspx or call your municipal office.

Connecting with Community

Connecting with others in your new community is an important step in making you feel at home. Here are some ideas to help you **meet people** and **make friends**:

Connect with **UCDSB** (Upper Canada District School Board) **Settlement Services**. They offer a variety of programs and supports for newcomers, including their Settlement Workers in School (SWIS) Program, and Language for Newcomers to Canada (LINC) Program.
For more information about their programs, contact them at:
Brockville 613-498-2111 or **Cornwall: 613-933-9626,** or visit their website at: trleger.ucdsb.on.ca/programs_at_tr_leger/settlement_services

Brockville Newcomers Club

This group is open to all new residents of Brockville and area who wish to become involved in social activities. They have monthly meetings and different groups who meet about shared interests such as reading, kayaking, cooking, etc. For more information about the Brockville Newcomers Club visit their website: www.brockvillenewcomersclub.com.

Volunteer in the community

Volunteering is an excellent way to meet people and contribute to your community. There are many places in Leeds Grenville where you can volunteer including schools, not-for-profit organizations and at local festivals and events.

To learn more about volunteering visit **The Volunteer Centre of St. Lawrence-Rideau**, **42 George St.** 105 Strowger Blvd., Brockville, ON K6V 5V7. 613-498-2111, toll free 1-800-926-0777 or visit their website at: www.volunteercentre.ca.



Multiculturalism in Leeds Grenville

Brockville and District Multicultural Council is an organization of cultural groups and individuals who aim to work towards a society that ensures and enjoys a strong Canadian identity firmly grounded in the multicultural nature of the population.

The Council organizes an annual Multicultural Festival held in Brockville in May. See the website for information about the Council, various groups and the festival.
https://www.facebook.com/groups/2269439226739971/





Sports and Recreation

Playing sports is a fun way to meet new people and be physically active. Throughout Leeds Grenville, there are many organized sports leagues for both children and adults. Contact your local municipal office for a listing of organized sports activities. Alternatively, you can call 211, and the service operator can help you find a league for the sport of your interest.

There are also community centres and gyms where you can participate in fitness classes and do other sports-related activities. You can do an online search to discover gyms in your community.

Garden Clubs

There are several horticultural societies in Leeds Grenville where people attend monthly meetings to learn and share ideas related to gardening.

Athens Garden Club website:
www.athensgardenclub.com/

Brockville Horticultural Society website:
gardenontario.org/society-listing/entry/96/

North Grenville Horticultural Society website:
gardenontario.org/society-listing/entry/100/

Trails

There are many trails in Leeds Grenville where you can jog, rollerblade, ride a bicycle, cross-country ski or walk. To find nearby trails, contact your local municipal office or visit the United Counties website at discover.leedsgrenville.com/en/see-do/cycling.aspx.

Leeds Grenville is also home to the St. Lawrence River and many lakes where you can enjoy swimming, canoeing, kayaking and boating.

YMCA of Eastern Ontario

345 Park St, Brockville, ON K6V 5Y7
613-342-7961
eo.ymca.ca



Places of Worship

Leeds and Grenville is home to a large variety of worship spaces, from Christian churches to the Islamic centre to the Bahá'í community. To find what centres are nearest you, check out: discover.leedsgrenville.com/en/plan-your-trip/places-of-worship.aspx.

Christianity

There are numerous Anglican, Baptist, Evangelical, Mormon, Presbyterian, Roman Catholic, and Reformed churches that can be found throughout Leeds and Grenville. Follow the link above to find the ones nearest you.

Islam

The Brockville Islamic Centre is the only mosque in Leeds and Grenville. It is located at 332 Park St, Brockville, ON K6V 2J2. You can learn more on their website: www.brockvillemuslims.ca

Bahá'í

The Bahá'í Community of Brockville doesn't have a formal worship space, but they join others in Monthly Multi-Faith Devotional at the Brockville Public Library. You can learn more on their website: www.brockvillebahai.ca

Wicca

While there is no formal group in Leeds and Grenville, The Cottage Witch in Brockville is something of a hub for the community. You can find out more here: www.thecottagewitch.ca.

Nearby, there is the Cornwall Wiccans group, which you can find online here: www.facebook.com/groups/892645827494090

Judaism

While there are no synagogues in Leeds and Grenville proper, there are three in Kingston, and over a dozen in Ottawa.

Buddhism

There are no temples in Leeds and Grenville proper. But just outside, in Perth, there is the Tisarana Buddhist Monastery. It is a monastery in the Thai forest lineage of Ajahn Chah and Ajahn Sumedho. You can learn more here: www.tisarana.ca

Sikhism

Please refer to the sites below to learn more about local options: (www.kscagurudwara.com) and one in Ottawa (www.ottawasikhsociety.com). The local Indian community does also rent out spaces for special events such as Diwali.

Paganism

There are no formal groups in Leeds and Grenville, but there is one in Kingston that can be found online here: www.facebook.com/groups/1680957962408766/






Events and Festivals

There are many festivals and events that take place across Leeds Grenville throughout the year. These festivals range from **county fairs, to arts and culture, music and dance, food and fun, history, Canada Day, Autumn festivals and winter fun**. For a complete list of events and festivals visit discover.leedsgrenville.com/en/see-do/festivalsandevents.aspx.

Arts and Culture

Leeds Grenville is home to many arts and cultural associations as well as professional playhouses which bring a variety of acts to the area.

Brockville Theatre Guild produces one mainstage pro-duction each year as well as an annual dinner theatre. www.brockvilletheatreguild.com/

Brockville Operatic Society is an amateur theatre group which puts on musicals at the Brockville Arts Centre. www.brockvilleoperaticsociety.org

The 1000 Islands Playhouse is a community theatre showcasing professional companies and performers in a variety of plays and musicals throughout the year.
Gananoque; www.1000islandsplayhouse.com

The Brockville Arts Centre is one of the best perfor-mance theatres in Ontario, and regularly attracts world class entertainers. **235 King Street West, Brockville**; www.brockvilleartscentre.com

The Brockville Concert Association presents concerts of classical music for the enjoyment of Brockville and the surrounding communities. www.brockvilleconcert.ca

Shakespeare Festival Prescott offers Shakespeare plays with professional actors at the outdoor amphi-theater on the river front in Prescott. www.stlawrenceshakespeare.ca/home.aspx

Joshua Bates Centre is a performing arts centre located in Athens featuring music, theatre, dance and arts. www.joshuabatescentre.com







Local Attractions

Frontenac Arch Biosphere (FAB):

The FAB has an in-credibly rich natural environment and history. It was recognized in 2002 when it became a UNESCO World Biosphere Reserve, part of a worldwide network of Biosphere reserves. The website provides information on local trails, food, education, heritage, events, camps and many activities in the region. www.frontenacarchbiosphere.ca

The Institute for Canadian Citizenship (ICC) is a not-for-profit organization that provides Cultural Access passes which entitles new Canadian citizens (during their first year of citizenship), free admission to more than 1000 of Canada's cultural treasures. Visit the website to learn more about this program. www.icc-icc.ca

Provincial and National Parks

Leeds Grenville is home to a number of provincial and national parks where you can go hiking, camping, swimming, boating, and more. To find a park near you, visit the Parks Canada website at www.pc.gc.ca and the Ontario Parks website at www.ontarioparks.com.

Thousand Islands National Park

The municipality of Front of Yonge is home to the Visitors Centre of 1000 Islands National Park and offers parking, boat launch, playground, picnic area, camping and visitor experience centre. It also includes services on 19 islands located throughout the St. Lawrence River. **Charleston Lake Provincial Park** (Lansdowne) offers swimming, hiking, boat launch and camping.

There are also municipal parks in the communities of Leeds Grenville offering a variety of outdoor activities for people.



The Rideau Heritage Route celebrates the beauty and historical importance of the Rideau River and Rideau Canal. It stretches from Kingston to Ottawa, and includes many of the communities in Leeds Grenville. You may choose to enjoy the route by car, canoe, kayak, bicycle, motor boat, or on foot. www.rideauheritageroute.ca

Ferguson Forest Center is a not-for-profit tree nursery growing high quality trees and shrubs. They promote forest awareness, conservation and recreation. Their forests feature beautiful trails for hiking and walking, and are open to the public. **Kemptville** www.seedlingnursery.com

Shipwrecks and Scuba Diving

The 1000 Islands area is world famous for shipwrecks and scuba diving. With many historic shipwrecks and clean, clear waters, the area is said to be one of the best freshwater diving sites in the world. Consult your phonebook or do an internet search to find scuba diving tour guide and equipment rental companies.

Boat Cruises

There are many companies offering boat cruises on the beautiful St. Lawrence River. To learn about schedules and prices contact Rockport Boat Line (www.rockport-cruises.com), 1000 Islands Cruises (www.1000islands-cruises.com), or Gananoque Boat Line (www.ganboat-line.com).







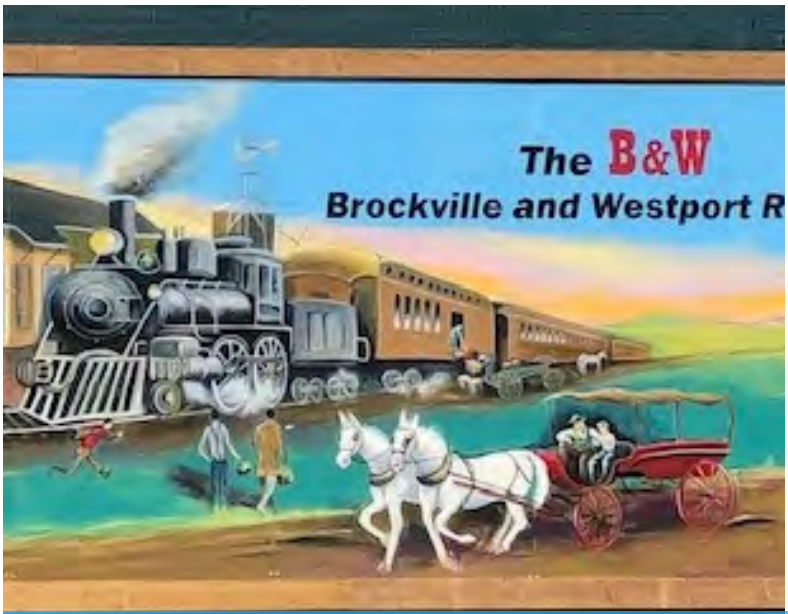
Saunders Country Critters, North Grenville



Locks in Merrickvilles



Lighthouse at Joel Stone Park, Gananoque



Mural in Athens



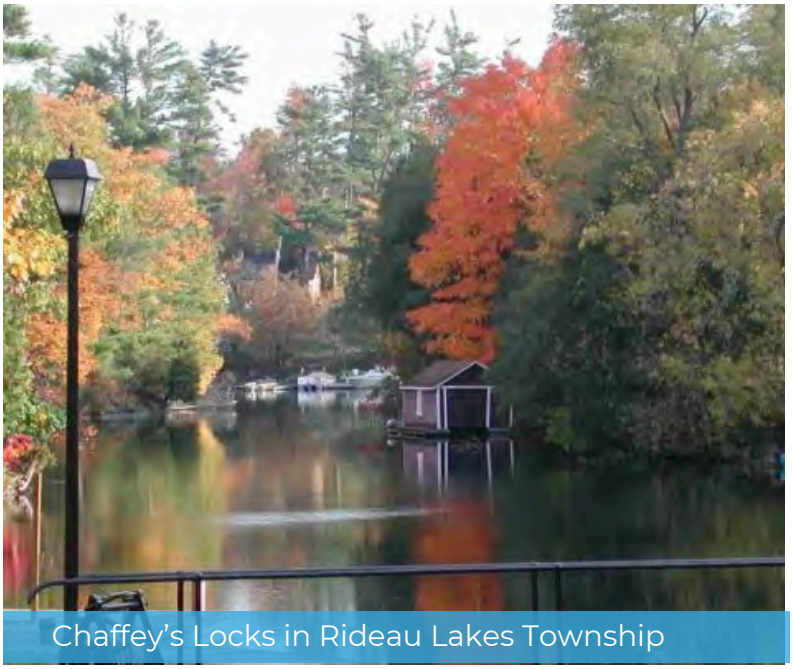
Spencerville Fair



Hiking at Jones Creek Trails, Mallorytown



Park Gazebo, North Grenville



Chaffey's Locks in Rideau Lakes Township



Landon's Bay Lookout, Leeds and the Thousand Islands



Misty Islands at St. Lawrence Park, Brockville

9 PETS/ANIMALS

Pets

Approximately 80% of Canadian households own at least one pet, with the most popular being cats and dogs. It is important to note that some rental units do not allow pets such as cats or dogs but smaller animals such as fish and hamsters are usually permitted.

Large pets like cats and dogs must be registered with your local municipality, and you must have proof of the registration (tag on a collar, photo or copy of the registration) if you take your pet off your property.

If you already have a pet you wish to bring with you to Canada, check out inspection.canada.ca/en/importing-food-plants-animals/pets, for information on how to safely and legally bring your pet into Canada.

Adopting a Pet

Adopting a pet can be done through a breeder, or through an animal rescue. Some local rescues are:

Ontario SPCA (Leeds and Grenville Animal Centre)
(888) 668-7722
800 Centennial Road, RR 4, Brockville, ON, K6V 5T4
info@ontariospca.ca
ontariospca.ca

Gananoque and District Humane Society
85 County Rd 32, Gananoque, ON K7G 2V3
(613) 382-1512
ihumanesociety@bellnet.ca
www.ganhumanesociety.ca

Livestock

Some people keep livestock, such as chickens, cows, horses, sheep, etc. Whether they're larger animals on a farm, or smaller animals kept in a backyard, you need to ensure you're following your municipalities rules and zoning with regards to your animals.





Vet Services

Many pets require routine care, vaccinations, and check-ups. Others may need to visit a veterinarian if they become sick. Some local veterinary services include:

Athens Veterinary Services
(548 County Road 42, Athens, ON K0E 1B0
Phone: 613-924-2009
athensvet@avet.ca
www.avet.ca

Merrickville Veterinary Services
105 Wellington Street West,
Merrickville, ON K0G 1N0
Phone: 613-269-4779
merrickvillevet@avet.ca
www.avet.ca

Gananoque Veterinary Clinic
231 County Road 32 North,
Gananoque, ON K7G 2T6
Phone: 613-382-3429
www.ganvetclinic.com

Thousand Islands Veterinary Services
839 Stone St. N. Unit #1 Northgate Plaza,
Gananoque, Ontario, K7G 1Z7
Phone: 613-382-2900
www.thousandislandsvet.ca

Westport Veterinary Services
39 Concession St, Westport, ON K0G 1X0
Phone: 613-273-4250
perthvet.ca/westport-veterinary-services

Lanark Leeds Grenville Spay Neuter Clinic
4099 County Road 29, Brockville, ON
Phone: 613-345-7729
613345spay.ca

Seaway Veterinary Clinic
2819 Concession 2 Road,
Brockville, Ontario K6V 5T1
Phone: 613-342-3457
info@seawayvet.com
www.seawayvet.com

Brockville Animal Hospital
681 Stewart Blvd. Brockville, ON K6V 5T4
Phone: 613-345-3401
info@brockvillevet.ca
www.brockvilleanimalhospital.net

Island City Animal Hospital
1275 Kensington Pkwy Unit 14,
Brockville, ON K6V 6C3
Phone: 613-345-7388
www.islandcityanimalhospital.com

Grenville-Dundas Veterinary Clinic
2643 County Rd 43, Kemptville, ON K0G 1J0
Phone: 613-258-2394
info@kemptvillevet.com
www.kemptvillevet.com

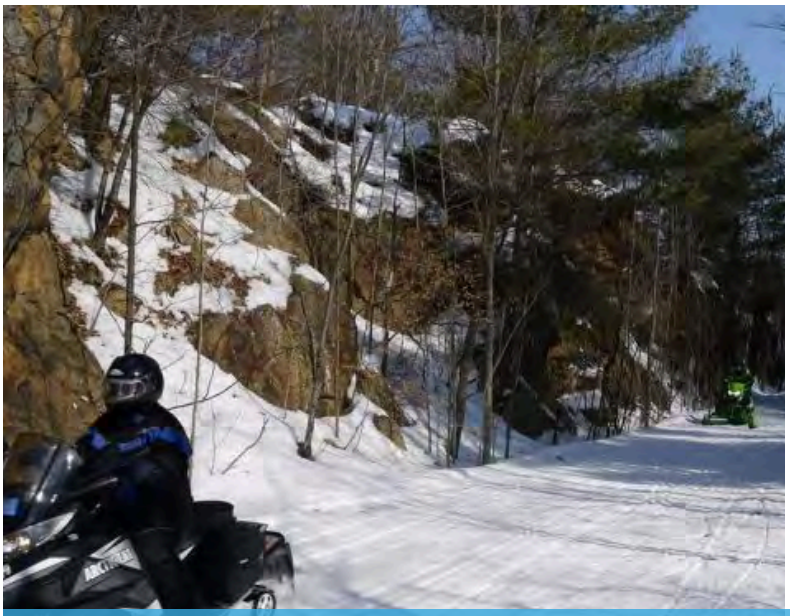
Kemptville Animal Hospital
Unit 5, 4 Industrial Rd., South Gower, Industrial Park, Kemptville, ON, K0G 1J0
Phone: 613-258-2030
office@kahvet.com
www.kahvet.com

Cranberry Hill Animal Hospital
2895 County Rd 43, Kemptville, ON K0G 1J0
Phone: 613-258-5745
www.cranberryhill.ca









Snowmobiling in Rideau Lakes



Tall Ships Festival, Brockville



Rotary Park, North Grenville



Fishing in Leeds and the Thousand Islands



Swim Lessons, Elizabethtown-Kitley



Thousand Islands Steel Drum Band Performing



Quiddity Trail, Charleston Lake Provincial Park



Camping, Thousand Islands National Park



Winter bonfire in Rideau Lakes Township



Performer, Spencerville Fair

ST. LAWRENCE-RIDEAU IMMIGRATION PARTNERSHIP



CONTACT INFORMATION

343-264-1147

melissaf@eecentre.com

www.slrlip.ca