

# Welcome to Canada



## Information for Ukrainians and their family members coming to Canada

When you first arrive in Canada, there is a lot to do, but there is also a lot of help available. Below is a list of things you should do before arrival and during your first days in Canada. Scan the QR code to be immediately directed to find more [information for Ukrainians coming to Canada](#).



### **Decide where to live**

Canada is the second largest country in the world with many diverse cities and regions to explore. You may know about big cities such as Vancouver, Toronto and Montréal; however, you may want to consider living in one of Canada's smaller cities and towns because of the quality of life, more housing options and good job opportunities in these smaller communities. Scan the QR code to learn more about [how to decide where to live before you arrive](#).



### **Get free help from newcomer services**

Finding a sense of community, safety and belonging is important in helping you and your family feel more at home in Canada. There are special programs and services available from settlement services providers; community groups, including Ukrainian Canadian organizations; provincial, territorial and local governments in the city or town you live in.

Friendly and experienced settlement professionals can help you with information about housing; language training; information about living in Canada, such as help with enrolling children in school; information and services to help access the labour market, including mentoring, networking, and employment counselling; and other newcomer services. Scan the QR code to find [free newcomer services near you](#).



### **Temporary emergency accommodation**

The Government of Canada is providing up to 14 nights of temporary accommodation in select cities across Canada to people who arrive under the Canada-Ukraine Authorization for Emergency Travel (CUAET) and have no other place to stay.

The temporary emergency accommodations are not a long-term solution. It is your responsibility to find a place to live before your 14-night temporary stay is over. The stay will not be extended beyond 14 nights. Scan the QR code to read more about [temporary emergency accommodations in Canada](#) for CUAET holders.



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## Find a place to live

The cost of living can be very different depending on where you live in Canada. Large cities are often more expensive than smaller towns. Scan the QR code to learn more about [how to find a place to live](#).



## Open a bank account

One of the first things you should do when you arrive in Canada is open a Canadian bank account. This will let you get paid for work in Canada, and let you apply for financial assistance. Scan the QR code to learn more about [how to open a bank account](#).



## Apply for financial assistance

The Government of Canada provides financial assistance to help Ukrainian families who are in Canada under the CUAET meet their basic needs. Scan the QR code to learn more about [how to apply for financial assistance](#).



## Get your social insurance number (SIN)

Before you can work in Canada, you need to get a SIN. You also need a SIN to receive most benefits and services from government programs. Scan the QR code to learn [how to apply for a SIN](#).



## Find out how to get health care

In Canada, health care is managed by provinces and territories. To access most health care services, you must apply for a health card from your province or territory. Scan the QR code to learn more about [how to get health care](#).



## Learn more about mental health support

Mental health refers to how we think, feel and behave. It's an important part of our overall health. You can get help if you or someone you know is experiencing stress, anxiety, depression, family or gender-based violence, mental illness, addiction or substance use problems and any other mental health problem. Scan the QR code to learn more about [mental health support](#).



## Enrol your children in school

In Canada, the primary (elementary) and secondary education system is managed by each province or territory and is free if children are attending public schools. Scan the QR code to learn [how to enrol your children in school](#).



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## Get a work permit

A work permit is necessary to work legally in Canada and may also help you access public health coverage in some provinces. If you don't have a work permit already, you can apply for one after you arrive. Scan the QR code to learn more about [how to apply for a work permit](#).



## Get Your Credentials Assessed

Newcomers to Canada must have their foreign licences and certificates recognized to work in some Canadian jobs (skilled trades, medical professions, etc.). This process is managed by authorized bodies who will review your foreign education, language skills or work experience to confirm that federal, provincial or territorial standards are met. They will also direct you to training and supports as required to succeed in assessment processes. Scan the QR code to learn more about [foreign credentials recognition](#).



## Find a job

Finding a job is an important step toward starting your new life in Canada. Many businesses are looking to hire Ukrainian newcomers. There are specific job sites and supports to help you find work. Scan the QR code to learn more about [how find a job in Canada](#).



## Taxes and benefits

Many of the benefits people enjoy in Canada are made possible through taxes. Depending on your immigration status, you may be eligible to get some benefits right away, while other benefits require that you have lived in Canada throughout the previous 18 months. Scan the QR code to learn [how to get benefits and credits](#).



## Protect yourself from immigration fraud

When you are new to Canada, you may not be used to how companies or the government does business. As a resident, you have rights and freedoms protected by Canadian law. Be alert to potential attempts to defraud you and ask a trusted source whenever something seems suspicious. Scan the QR code to learn more about [how to protect yourself from immigration fraud](#).



## Emergency services

All provinces and territories provide emergency fire, police or medical services free of charge. Call **9-1-1** to report a life-threatening emergency, such as a fire, a crime or to save a life. **9-1-1** can respond in multiple languages.

If you need urgent medical help, dial “**9-1-1**” for an ambulance or quickly go to the emergency department of the nearest hospital. In most provinces and territories health care plans do not pay for ambulances. If you call an ambulance, you may receive a bill in the mail.




























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Get help in different provinces and territories

Learn more about how to get different kinds of help in:



 <a href="#">Alberta</a> 	 <a href="#">British Columbia</a> 	 <a href="#">Manitoba</a> 	 <a href="#">New Brunswick</a> 
 <a href="#">Newfoundland and Labrador</a> 	 <a href="#">Northwest Territories</a> 	 <a href="#">Nova Scotia</a> 	 <a href="#">Nunavut</a> 
 <a href="#">Ontario</a> 	 <a href="#">Prince Edward Island</a> 	 <a href="#">Quebec</a> 	 <a href="#">Saskatchewan</a> 
 <a href="#">Yukon</a> 