

YOUR GUIDE TO LIVING IN PICTOU COUNTY.




**PICTOU
COUNTY**
Regional Enterprise Network

WELCOME!

This resource is your guide to settling in Pictou County, Nova Scotia, Canada. We hope this resource and the services listed will help you with your journey, build a sense of belonging for you in Pictou County, and navigate your rights and responsibilities as a resident of this region.

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*Thank you for settling
into our community*



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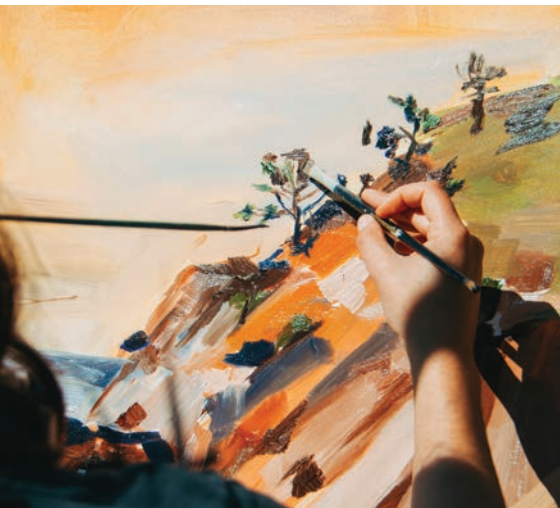


The New Glasgow Farmer's Market

ARTS, FESTIVALS & MUSEUMS



Pictou County boasts incredibly talented artisans, performers, and opportunities to connect with your neighbors.



Creative Pictou County

A group designed to promote, support, and connect the artistic community, illuminate the creative economy, and promote its growth.
creativepictoucounty.ca

New Glasgow Farmer's Market

Our market is a social gathering place where you can listen to great music, eat great food, and meet friends and neighbours. There is no entrance fee to go to the market.
ngfarmmarket.com

Performing Art Facilities

Our performing arts centres at Glasgow Square Theatre and the deCoste Performing Arts Centre are year-round venues that offer a wide variety of entertainment for the whole family.
glasgowsquare.com
and decostecentre.ca

Arts Are For Everyone Pass

Enjoy an evening of entertainment free with your library card! By visiting your local library branch in Pictou County, you can sign out a pass that will allow you to receive two free tickets to a select deCoste Performing Arts Centre show.

MUSEUMS AND HERITAGE PARKS

Museum of Industries

Push, pull, lift, drop and laugh as you enjoy acres of exhibits and interactive displays that highlight how technology and people worked throughout this Province's history.

museumofindustry.novascotia.ca

Northumberland Fisheries Museum

This lighthouse research and interpretative centre in Pictou pays tribute to the fisheries industry by preserving the rich sea heritage and culture and by helping to conserve the vulnerable lobster populations in the Northumberland Strait.

northumberlandfisheriesmuseum

The Africentric Heritage Park

Commemorates the past, focuses on the present, and provides a foundation for the cultural future of Nova Scotians of African descent.

A FEW EVENTS TO HIGHLIGHT ARE:

The Multicultural Association's Fusion Festival celebrates the growing cultural diversity. The goal of the festival is to foster a welcoming community for all.

[@mapcfusionfest](https://www.instagram.com/mapcfusionfest)

Art at Night

a unique event where performers and artisans showcase their talents at this annual celebration of art, community, and culture. artatnight.ca

Pictou County Lobster Carnival

spend the day wandering the waterfront watching the boat races and listening to local music.

pictoulobstercarnival.ca

New Glasgow Music Jubilee

This event hosts world-class musicians at the multi-day outdoor event. thejubilee.ca

New Glasgow Music Festival young local talent shares their musician abilities.

newglasgowmusicfestival.org

Westville's Canada Day events

The community of Westville is known for its annual Canada Day events that include a community favorite: The Canada Day Parade.

Trenton's Funfest

a community celebration that provides something for everyone. Town.trenton.ns.ca/trenton-funfest

Stellarton's Homecoming

a family fun event in celebration of the town. stellarton.ca

Pictou Landing First Nation's traditional annual Mawio'mi

event includes the Sacred Fire, storytelling, the Grand Entry, and drumming competitions. plfn.ca

Learn more about events in Pictou County
by visiting coastalnovascotia.ca or
[whatsapp-pictoucounty.com](https://whatsapp.com/channel/00299a11111111111111)





The YMCA Centre for Immigrant Programs

COMMUNITY AND SUPPORT SERVICES

We invite you to become familiar with these services.

Pictou County is fortunate to have many non-profits, volunteer organizations, and advocacy groups, with staff and volunteers that are working to support all community members.

The YMCA Centre for Immigrant Programs Pictou County

Our provincial YMCA Settlement Program provides place-based settlement and language support to immigrants and refugees.

Program includes:

- In-person individual and group settlement services.
- Community orientation and support in accessing services.
- Social events and recreational opportunities.
- Child and Youth Programming.
- Solution-focused counseling and advocacy.
- Awareness raising and welcoming communities initiatives.

- Community collaboration and referrals.
- In-person language instruction.
- Needs Assessments and Settlement Plans for Atlantic Immigration Program (AIP) participant.

YMCA staff are community navigators who can help you learn about and become familiar with community supports and services.

Multicultural Association of Pictou County

Encourages and promotes all aspects of multiculturalism in Pictou County and hosts community gatherings.

Pictou County Women's Resource and Sexual Assault Centre

Works one-on-one with women and offers resources on a wide range of issues and challenges.

Pictou County Sexual Health Centre

Provides comprehensive and accessible sexual and reproductive health services in a safe, confidential, and non-judgmental manner for people of all ages.

Pictou County Roots for Youth Society

Provides shelter and youth programs for youth ages 16-24.

Tearmann Society for Abused Women

Provides safe shelter and supportive counseling services to women and their children who are experiencing abuse.

Highland Community Residential Service

Dedicated to creating an inclusive community with people who have intellectual disabilities and/or mental health challenges.

Pictou County Rainbow Community

Provides a social support network and advocacy for the local 2SLGBTQ+ community.

Pictou West Food Bank and Pictou County Food Bank East

Helps provide food for those in need.

Autism Pictou County

Supports our community of Pictou County and anyone who wishes to learn more about Autism Spectrum Disorder and spreads awareness throughout various public activities.

New Leaf Pictou County

A support group for men in our community who are struggling with their relationships, which could lead to abusive behaviours towards their partner/ex-partner and/or children.

Viola's Place Homeless Shelter

Provides support, shelter, and hope to those in need.

Big Brothers and Big Sisters of Pictou County

Mentoring and programming for children and youth ages 6-18.

Pictou County Kids First Family Resource Centre

Delivers free programs and services to families with children ages 0-6 in Pictou County, and also offers prenatal support.

Let Abilities Work Partnership Society

Concentrates its efforts on the inclusion of local persons with disabilities in social and recreational activities to help meet their community social needs.

SchoolsPlus Pictou County

A collaborative interagency approach supporting the whole child and their family with the school as the center of service delivery.

Summer Street Industries

The organization offers a full spectrum of programs and services and is driven by the desire for a community where everyone is treated with fairness and respect – including adults with intellectual disabilities.

Department of Community Services

Social and economic well-being for all Nova Scotians through the child, youth, and family supports, income assistance, employment support services, and the disability support program.

Unsure of where to look for help? Call 211 to help guide you.



Nova Scotia 211 offers 24/7 free and confidential navigational assistance in over 100 languages, connecting Nova Scotians experiencing unmet social or human needs with organizations able to meet those needs.



The YMCA of Pictou County

RECREATION AND SPORTS

Sports teams, fitness groups, and recreational programming provide a great way to meet new friends at every age! Here are some resources to help you learn more about what is available in Pictou County and how to get connected.

There are lots of options in Pictou County to take part in traditional sports like basketball, softball, baseball, track and field, lacrosse, rugby, curling, equestrian opportunities, and more.

Jumpstart and KidSport

Provide funding for children and youth to participate in active programming. To learn more about these programs and to see if your family qualifies for this support, please contact the Municipality of Pictou County.

Bikes for Kids

Bikes for Kids provides new-to-you bikes for children in the community. You can connect with this program by contacting the Recreation Department at the Municipality of Pictou County.



Equipment Loan Program

The municipalities offer an equipment loan program where you can borrow paddleboards, snowshoes, cross country skis, nordic walking poles, bikes, and more for free or minimal cost. You can view what is available and sign the equipment out online at "Go Play" Pictou County or by contacting the recreation department at the Municipality of Pictou County or the towns of Pictou, New Glasgow, Stellarton, Trenton, or Westville.

Municipality Recreation

A fun way to find groups, explore a new activity, give a new sport a try, or take in a fitness program is to connect with our local municipal recreation departments that offer a variety of programming throughout the entire year for toddlers to seniors. These programs are often free or available at a minimal fee.

Swimming

Swimming lessons and opportunities to swim are available at the local YMCA of Pictou County, at the Pictou Fisheries Training Pool, and the Trenton Park outside pool. In the summer months, you can swim at the local beaches.

TIP: Melmerby Beach offers a supervised swimming area with a lifeguard.

Skating

There are options to learn to skate, to figure skating, to power skating, or to participate in non-supervised skate times. There are several local rinks in Pictou County. Rinks offer non-supervised skate times, often listed on the schedule as 'public skate', 'open skate,' or 'family skate' for a minimal fee.

TIP: Occasionally, rinks offer non-supervised skate opportunities for free.

Soccer

The two most popular soccer associations are: Pictou County Football Club
pictoucountysoccer.com and Northern Nova United Soccer Club
nnusc.demosphere-secure.com

Gymnastics

The Pictou County Gymnastics Club is a not-for-profit that offers gymnastics programs, starting at 18 months and up, as well as parkour and retired living recreation programs.
pictoucountygymnasticsclub.com

Play Boxes

In the summer months, "play boxes" full of equipment to be used for games, sports, and activities can be found in local parks and at community centres for use while at the park.

PICTOU COUNTY, ANTIGONISH REGIONAL LIBRARY (PARL)

The Pictou County, Antigonish Regional Library (PARL) provides a suite of books and reading resources related to all topics and levels of readers. The library hosts free programming and events.

The library also supplies:

Play Pack Kits

Play Packs are kits with books and play equipment available to borrow with your free library card.

Fun Fit Passes

Passes are available at the library to try out the YMCA of Pictou County or the Town of Pictou's Recreation and Aquatics Centre.

Arts Are For Everyone Pass

Borrow a pass from your local library branch in Pictou County and receive two free tickets to a select deCoste Performing Arts Centre show.

You can find snowshoes, nordic walking poles, telescopes, bike tune-up kits, and more at the library!

parl.ns.ca - Library programs are for free.

YMCA of Pictou County

The YMCA of Pictou County offers a gymnasium, a fitness centre, change rooms and showers, and a magnificent pool area featuring a 25-meter swimming pool and a therapeutic pool with a lazy river used for rehabilitation, exercise, or fun. All spaces are fully accessible with chair lifts and water wheelchairs. The YMCA provides many fitness and recreation options for all ages. The YMCA is accessible through membership and one-time fee options.

Memberships at a subsidized rate are available through the YMCA financial assistance program.
pcymca.ca or Facebook @pcymca

highlandconnect.ca

Is a robust online database for everything related to recreation, leisure, and physical activity in the region.

YMCA Centre for Immigrant Programs and Active Pictou County

YMCA Centre for Immigrant Programs and Active Pictou County have often provided programs specific to newcomers. You can learn more about what programs might be available by reaching out to these organizations.
ymcahfx.ca/yreach-sites and Facebook @activepictoucounty



The Jitney Trail in Pictou



EXPLORING PARKS AND TRAILS IN PICTOU COUNTY

Provincial Parks

We're fortunate to have access to an array of beautiful provincial parks managed and maintained by the Province of Nova Scotia, ensuring that important natural areas continue to thrive.

parks.novascotia.ca

A few popular Provincial Parks in the region are:

Caribou-Munroes Island

This park provides access to a mile long sand beach, picnic locations, and lots of green space.

Green Hill Provincial Park

A look-off location with magnificent views of the farmlands below. There are also picnic locations and trails.

Melmerby Beach

One of Nova Scotia's most popular beaches, this 2 km (1.25 mi) sandy beach is supervised with lifeguards in the summer months.

TIP: Located at Melmerby Beach is a 4km trail called Roy's Island. At the tip of the path, you can see Pictou Island and may even get a glimpse of the PEI ferry.

Powells Point

A large day-use park with shoreline access to the water. Individuals are often use this park to kayak or to paddleboard. There is a sandy beach on one side and a rocky beach on the other. There are also lots of picnic tables and a short easy trail for walking. In the winter time, this park is used for snow shoeing and cross-country skiing.

If you are looking for hiking trails and events, connect with @PictouCountyTrails on Facebook. This is a group that is providing information about the hiking trails available in Pictou County and events to hike together in a group.

facebook.com/PictouCountyTrails

The YMCA of Pictou County also offers events to hike together in a group. Find the YMCA of Pictou County events are posted at @YMCAPictouCounty or at pcymca.ca



Carmichael Park in New Glasgow

Municipal Parks and Trails

Trenton Park

Our largest municipal park, stretching through 565 acres of forest is Trenton Park. This is a popular spot for walks and bike rides around the pond, or through the well-marked trails, and in the summer, many enjoy a dip in the pool, along with a variety of special events and activities.

Jitney Trail in Pictou

Part of the **GREAT TRAIL OF CANADA (Trans Canada Trail)**, the world's longest network of recreational trails, stretching over 24,000 km passing through every province and territory connected by greenway, waterway, or roadway.

Acadia Park in Westville

Where you'll discover walking trails, a playground, and a splash pad.

Sampson Trail in New Glasgow

Located in New Glasgow, this 4km trail is used year-round for walking, running, and biking. There are many ways to access this trail and ample parking places as well. Access points are at the Kinsmen Look-Off, Carmichael Park, Pedestrian Bridge, Rotary Park and Duff Cemetery.

Allan Park and Playground

Located in Stellarton, Allan Park and Playground provides playground equipment, benches, and lots of green space.

TIP: There is a splash pad in Stellarton Town Square which is in walking distance from Allan Park and Playground.

Playgrounds in Pictou County

There are many playgrounds throughout Pictou County that include swings, slides, and other children's equipment.

Play Boxes

In the summer months, "play boxes" full of equipment can be found in local parks and at community centres for use while at the park.

Indoor Walking Tracks

Indoor walking tracks are available at The Pictou County Wellness Centre and the Pictou Hector Arena.





New Glasgow Community Garden

CHILDCARE IN PICTOU COUNTY

Regulated childcare is licensed through the Government of Nova Scotia and administered through registered daycare organizations. In Pictou County, we have two YMCA daycare sites and many privately-run daycare businesses.

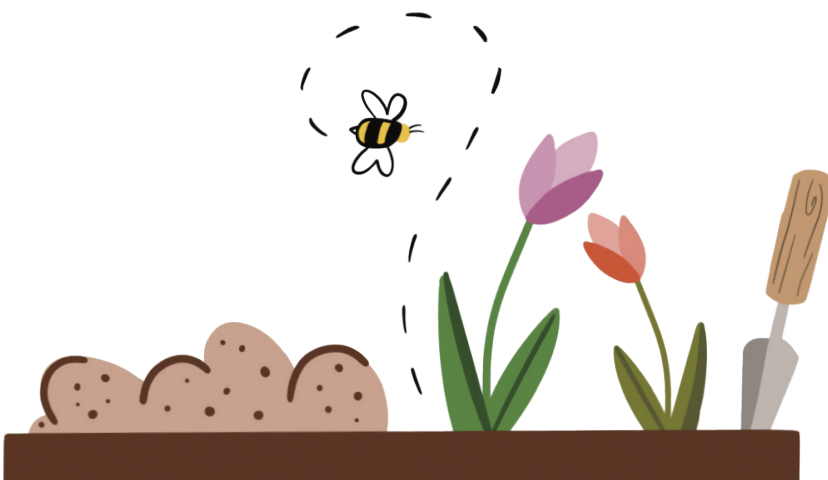
Options are also available for in-home care for infants, toddlers, and after-school care for school-aged children. Many daycares offer flexible hours, which provides parents or guardians the option for early drop-offs or later pick-ups.



Kids First

Pictou County Kids First Family Resource in downtown New Glasgow delivers free programs and services to families with children ages 0-6 in Pictou County, as well as offering prenatal support to pregnant women within the community.

TIP: Depending on the age of your child and your daycare of choice, there may be a waitlist for placement. We recommend looking into childcare as one of your priorities.





Creative Beginnings Early Learning Centre

Stellarton

Infant: 0 - 17 months
Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)
School Age: 4 - 12 years (in school)

Family Home Child Care Society

Stellarton

N/A

FHCC After School and Preschool Program

STELLARTON

Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)
School Age: 4 - 12 years (in school)

Hands On Learning Centre

Westville

Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)
School Age: 4 - 12 years (in school)

Kinder Kampus

Stellarton

Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)
School Age: 4 - 12 years (in school)

Microtots Preschool

New Glasgow

Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)

Playtime at Dodie's Preschool Inc

New Glasgow

Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)
School Age: 4 - 12 years (in school)

Spring Garden Child Care Centre

Westville

Infant: 0 - 17 months
Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)

Spring Garden Road Child Care Centre

Westville

Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)
School Age: 4 - 12 years (in school)

Starting Blocks Day Care and Preschool Ltd.

Pictou

Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)
School Age: 4 - 12 years (in school)

Pictou County Child Care Centre

Westville Road

Infant: 0 - 17 months
Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)

YMCA of Pictou County High Street Child Care Centre

New Glasgow

Infant: 0 - 17 months
Toddler: 18 - 35 months
Preschooler: 36 months - 5 years (not in school)

Childcare options are available as early as three months old at some centres.



Library in town of Stellarton (PARL)

EDUCATION AND SCHOOLS IN PICTOU COUNTY

Schools in Pictou County belong to the Chignecto-Central Regional Centre for Education and are part of the Celtic Family of Schools, which consists of 16 schools in Pictou County. In Nova Scotia, children can go to school as early as four years old in the pre-primary program.

However, some parents choose to wait and have their child start school at five years old in the primary program. The school that your child attends is normally based on the location of where you live. In some communities children and youth walk to school where other schools require students to take a school bus.



Schools in Canada:

- The school year in Nova Scotia will start in September and finish at the end of June, with a summer break of two months.
- The school week runs from Monday to Friday during the school year, except during holidays or planned in-service days.
- High school diplomas are given to students who complete secondary school (high school).

Elementary and High Schools

In Canada, parents are required to ensure their children access education. Canada does not have a national system of education. Provincial and territorial governments set up and run their own school systems. Children in Nova Scotia can start school at either four or five years old and continue until they are 18. All public elementary and secondary school, also known as high school, is free in Canada.

Enrolling in school

To enroll your child in elementary or high school, contact your local school board or centre for education. If you are enrolling your children in a Canadian school for the first time, the school or school board will assess your child and decide:

- **The level (or grade) where they should be placed**
- **If they need free support such as English or French language classes**

There are also settlement workers placed in many Canadian schools who are there to support newcomer children and parents.

TIP: In Pictou County, the YMCA Centre for Immigrant Programs has a school settlement worker available to help you register your child in school and they can liaise between you and the school if you have any questions or concerns.

School Year

The school year runs from early September to the end of June. There are scheduled breaks over the December holidays, other holidays, in-service days, and school breaks for one week in March. During the March break, there are often a variety of programming, camps, and other opportunities for students to participate within the community.

Education (4+)

Public and private school options are available in Pictou County. Public schools are for children and youth ages 4 to 18 years old and are free.

THE PUBLIC-SCHOOL PROGRAM ALSO OFFERS ADDITIONAL PROGRAMS

French Immersion programs are offered at several schools in the county.

The International Baccalaureate (IB) Diploma Program is a rigorous pre-university course of studies designed for students aged 16 to 19.

For more information, visit ccrce.ca

After School Options

If you need care for your child after school hours, care might be available at your child's school through the YMCA of Pictou County. pcymca.ca

The Province of Nova Scotia provides a searchable database of after school programs that is available at: nsbr-online-services.gov.ns.ca/DCSOnline/ECDS/loadSearchPage.action

Day Camp Options

Day camp options are available on non-school days at the YMCA of Pictou County and the municipal recreation departments. You can reach out to your local YMCA or municipality to learn more about day camp options. There are some private childcare centres who also offer school aged day camp programs.

Post-secondary Institutions

After grade 12, students may choose to attend a post-secondary institute.

Pictou County is about 40 minutes from St. Francis Xavier University in Antigonish and Dalhousie Agriculture College in Truro.

The Nova Scotia Community College

The Pictou Campus offers full-time programs and continuing education. nsc.c.ca

English as a Second Language

As a newcomer to Canada, you may be eligible for English language classes to help you pursue English as a second language. Language Instruction for Newcomers to Canada (LINC) offers federal, provincial, and territorial taxpayer-funded language classes in all provinces and territories.

To begin language classes funded by the federal government, you must first get an assessment. This assessment is to find out your current language skills. To get an assessment in Nova Scotia, visit Learn English Nova Scotia (LENS) to learn more and to request an exam email applications@lasns.info. After your assessment, staff will help you decide on the best language class for you. Staff will also provide you with a referral to a school where you can begin classes.



HEALTH SERVICES

**Applying for your Nova Scotia Health Card:
(Required to receive coverage under the Nova
Scotia's Health Insurance Program.)**



Nova Scotia Health Cards (MSI)

Proof of Citizenship or Immigration documentation will be required to apply for a Nova Scotia health card. Once the application is processed, health cards are issued for each family member. Health cards must be presented to health care providers before receiving insured health services.

TIP: Please carry your signed Nova Scotia Health Card with you at all times. You must present it to the physician and/or hospital each time you need insured hospital or physician services.

To be eligible for Nova Scotia Medical Service Insurance benefits you must be

- A Canadian Citizen or "Permanent Resident" (Landed Immigrant).
- A resident who makes his/her permanent home in Nova Scotia.
- Present in the province 183 days every calendar year and registered with MSI.

Nova Scotia's Health Insurance Programs are designed to provide eligible residents with coverage for medically required hospital, medical, dental, and optometric services with some restrictions. Visitors to Nova Scotia are not considered eligible residents and are not eligible for coverage.

**For more information about
your MSI Health Card,
please visit the Frequently
Asked Questions at**

**[novascotia.ca/dhw/msi/
faq.asp](http://novascotia.ca/dhw/msi/faq.asp)**

Find a Family Physician or Other Primary Care Provider

If you are looking for a family doctor, a nurse practitioner, or other primary health care service, please call 811 or visit;

needafamilypractice.nshealth.ca

People on the registry are contacted in chronological order when a family practice in their area is accepting new patients.

TIP: It is recommended that you place your name on the list at 811 for a permanent health care provider as soon as you are able.

Your primary care provider (doctor or nurse practitioner) is where most of your health issues can and should be addressed. However, there are times when you may not be able to see your primary care provider when you require urgent treatment. You may also not have a primary care provider. Here are other options if you require them.

For health information and advice, call 811

811 can help you with advice on everything from bee stings, frostbite, to coughs, and flu. 811 provides services in over 125 different languages including Farsi, Cantonese, French, Chinese, and Arabic, to name a few. You can call 811 to speak with a registered nurse for health care advice, available 24 hours a day. Health information on more than 500 topics is available online at 811.

NovaScotia.ca.

Primary Care Clinics

A Primary Care Clinic (PCC) provides short-term primary medical care for people on the Need a Family Practice Registry. Primary Care Clinics do not offer walk-in services. All appointments must be pre-booked and are for people who do not have a family doctor or nurse practitioner.

Primary Care Clinic

688A East River Rd,
New Glasgow

902-752-8643 for a same-day appointment.

Monday to Friday,
8:30 a.m. - 4 p.m.

One Door Chronic Disease Management Centre

688A East River Rd,
New Glasgow

902-752-7600, Ext. 4700

Aberdeen Walk-In Clinic

Appointments required

610 E River Rd,
New Glasgow

902-752-7125



Well Women Clinic

The Well Woman Clinic offers a variety of health-related services and health education, delivered by a female doctor or nurse. The services and days and hours of operation vary by clinic. Services are open to patients with no provider or if patients are uncomfortable with their male provider.

In Pictou County, the Well Women Clinic is located in Pictou.

Pictou West Health Centre
Lenora Brace, NP
Patients call **1-888-480-8588**
or local **902-473-7438**

Virtual Care

VirtualCareNS provides access to virtual primary health care for individuals on the Need a Family Practice Registry. You must have an email address on file with the Need a Family Practice Registry, to add an email or see if you have an email on file please call 811. You will receive an email invitation to VirtualCareNS. Please visit:

virtualcarens.ca

At Your Library

Do you need help accessing virtual health care?

Virtual care is an innovative way for people to have an appointment with a health care professional, but it can be a challenge if you do not have access to a computer or are not comfortable with technology.

Your local library is here to help!

The libraries in New Glasgow, River John, and Westville now have safe and secure rooms for confidential virtual appointments with a health professional. Plus, the librarians have been trained on the technology and processes to assist you.

For more information, please email info@parl.ns.ca or call **902-755-6031**

Community Pharmacies

Pharmacists do more than fill prescriptions - your community pharmacist may be able to renew your prescription, assess minor or common ailments (such as allergies, coughs, nausea, mild headaches, etc.), suggest medication substitutions or adaptations, and do medication reviews; suggest program management for smoking cessation, etc. Contact your local pharmacy and ask what services they can provide for you. To locate a pharmacy in your community, visit Pharmacy Finder, Pharmacy Association of Nova Scotia pans.ns.ca. These programs may require a fee for service.

In Pictou County, Lawtons pharmacy provides a Walk-in Clinic. These clinics are generally first-come, first-serve clinics and will require a fee for service.

HEALTH RESOURCES

Healthynovascotia.ca

A website where you can participate in online wellness sessions and information on healthy living, and visit a library.
nshealth.ca/HealthyLiving/RegisterForPrograms



Mental Health

Mental Health and Addictions Intake Service

Call the 24-hour mental health crisis line at 1- 888-429-8167. You can also visit mhahelpns.ca for information on support and available services.

EMERGENCY 911

If you are having potentially life-threatening conditions, you should immediately call 911 who will send help right away. Emergency departments address the most serious and life-threatening health issues. The 911 operator will notify emergency responders, like fire, police, or ambulance. 911 operators have access to interpreters in more than 170 languages.

Aberdeen Hospital Emergency

Emergency departments (EDs) and their staff are an essential part of the province's health care system, quickly assessing and managing patients with an unexpected illness or injury. The emergency room at the Aberdeen Hospital (835 East River Rd., New Glasgow) provides 24/7 access to emergency services.

RiseUp powered by Kids Help Phone

RiseUp powered by Kids Help Phone is Canada's first national, 24/7, bilingual e-mental health support service for Black youth. The service is free and available from coast to coast to coast. Black youth can text RISE to 686868 or Facebook Messenger to connect with a trained, volunteer crisis responder. The crisis responders will listen to you and help you sort through what's on your mind. Your conversation is confidential. Kidshelpphone.ca

RESOURCES

Hotlines are toll-free and available to help 24/7 or go to your closest emergency department.

Provincial Mental Health and Addictions Crisis Line
1-888-429-8167

Kids Help Phone
1-800-668-6868, Kidshelpphone.ca

TEXT "CONNECT"
to 686868

24-hour mental health crisis line
1-888-429-8167. You can also visit mhahelpns.ca for information on support and available services.

Mental Health Services
Anyone in Nova Scotia can access the e-mental health tools by visiting MHAhelpNS.ca/tools.

**THE YMCA CENTRE
FOR IMMIGRANT
PROGRAMS
PICTOU COUNTY**





The Town of Pictou, Hector Ship



CLIMATE AND WEATHER

Dressing in layers is recommended, especially during the winter months. If you are walking to and from work in the winter months, you may wish to purchase ice or snow grips that will fit over your boot and help you to walk in the snow and ice better.

Hot summers, crisp falls, cold (but often beautiful) winters, and fresh springs.

Snow cancellations

Snow or icy conditions can often impact school, work, and extra-curricular activities.

TIP: Tune into the local radio station as a resource for being up to date on cancellations. School cancellations are also posted on the ccrce.ca and most schools have Facebook pages.

Redcross offers a series of blogs related to winter preparation. www.redcross.ca

Pictou County Weather	Summer	Fall	Winter	Spring
Annual average temperatures	14 °C to 25 °C (57 °F to 77 °F)	5 °C to 20 °C (41 °F to 68 °F)	-9 °C to 0 °C (16 °F to 32 °F)	From 1 °C to 17 °C (34 °F to 63 °F)
Description	Our summers can be very hot – that’s why we love our beaches so much.	Cozy up with a walk and enjoy the fall colours.	Enjoy outdoor sports and the beautiful snow cover.	We get excited when things thaw, and we see signs of new growth.
Attire	Light clothing, shorts, sandals and sun protection (hat, sunglasses and sunscreen).	Light boots, pants and jeans, sweaters and light jackets for layers, or a vest.	Warm coat and boots, sweaters and layers, warm socks and hats, mittens or gloves and scarves.	Waterproof jacket and shoes, light sweaters and coats.
Favourite activities	Head to your favourite beach, splash pad or pool.	Hike on our trails and enjoy the beautiful fall colours.	Skiing, sledding, snowshoe, skating (indoor or one of our many outdoor rinks) and snowmobiling.	Running or walking, gardening.
Be prepared for	High UV rates even when it’s cloudy – wear your sunscreen or cover up.	Flash freezing or black ice can happen in fall – check the weather before venturing out.	Snowstorms – make sure you always keep a scraper or snow brush in your car, and have your winter tires on.	Flooding can happen in some areas – be especially mindful when out exploring and snow is melting.



MONEY AND BANKING

Moving to a new country can be stressful, especially when it comes to your finances and figuring out how everything works.

Chances are you can use your debit card from home at the Automated Teller Machine (ATM) here and while shopping, but you are likely paying extra fees to do so. Opening a Canadian bank account and transferring your funds here will allow you to avoid extra fees. There are also accounts tailor-made for newcomers to Canada.



Opening a Bank Account

When you open a bank account, you will receive a bank card, also called a debit card. Banks usually have monthly fees associated with their chequing accounts (known as 'current accounts' in other countries). The two most common types of accounts you will want to start with are a checking account and a savings account.

A **chequing account** will be where you keep the money for day-to-day transactions. This account is used for things like grocery shopping, gas for your car, paying bills, etc.

A **savings account** is where you keep the extra money that you don't need right away. Savings accounts will allow you to earn a little bit of interest on the money as well, as long as it stays deposited in the bank account.

What you Need to Open a Bank Account in Canada

You will need two of the following. If you have no status yet in Canada, one of your identifications must be your passport.

- Permanent resident card or a confirmation of a permanent residence.
- Work permit. (if applicable)
- Social Insurance Number (SIN)
- 2 pieces of valid government recognized ID (ie: passport or driver's licence).

Most banks will allow you to open a new account online but it might be easier for you to visit the bank in person and open an account that way. Some banks will have special promotions for new immigrants to Canada and the bank representative will be able to help you. Once you have opened the account you will be given a debit card which you can use at the point of purchase or at an ATM to withdraw cash.

Almost all Canadian banks offer online banking services as well so you can easily manage your funds online or even via an app on your phone.

It is important that you keep enough money in your account to pay any automatic bills. If there is not enough money in your account to pay an automatic bill, you will have to pay a banking fee.

TIP: When you open the account, you should ask for a 'void cheque' printout. This paper will give you your account details, including the Financial Institution Number, Branch Number, and Account number, which is different than the number on the front of your bank card.

Building credit and applying for a credit card

Major Canadian banks offer credit cards for newcomers. Credit cards allow you to purchase items on credit with the promise to repay the credit card company. If you purchase items on your credit card, you will receive a bill each month for what you owe. If you do not pay the total amount each month, you will be charged interest and your next monthly payment will increase.

To apply for a credit card, you will also need a letter from your employer to confirm your salary.

Credit cards are a useful financial tool. You can build your credit or reputation with the major Canadian lending companies, such as Visa or Mastercard by regularly using and paying off your credit card. When you establish good credit in Canada, you are able to borrow money from banks and lenders for large items, such as a car or a mortgage to buy a house. However, if using your credit card, but do not make regular payments, you will damage your credit and it will be difficult for you to borrow large

amounts in the future. You will also pay money in interest that you will not receive back.

Here are two major credit card companies in Canada:

- Visa
- Mastercard

You can ask your bank about either of these credit card companies.

TIP: Most businesses in Pictou County do not accept American Express cards.



BUDGETING

It is important to make a budget to manage your finances when you come to Canada. You may be coming to Canada for paid employment, but the beginning months and weeks can be expensive as you settle into your new home and ensure that you have everything you need. It is good to prepare a budget for your start-up costs, which might include furniture, rental deposit, and winter clothing (depending on the season) for your family. Then, after you have taken care of the start-up costs, you can plan a budget that considers your monthly income and your monthly expenses.

TIP: Ask The YMCA Centre for Immigrant Programs Pictou County to provide you with a budget template and advice about managing your finances in Canada.

Banks available in Pictou County are:

- Royal Bank of Canada (RBC)
- Scotia Bank Canada
- Canadian Imperial Bank of Commerce (CIBC)
- Bank of Montreal (BMO)
- TD Canada Trust
- Credit Union





Pictou County Masjid



FAITH-BASED COMMUNITIES

Presbyterian, United, Anglican, Baptist, Roman Catholic, and other Christian churches sit prominently in our town landscapes; village churches dot the hillsides and rural roads, each of them with its own story, all of them the product of local vision and labour.

The Pictou County Council of Churches demonstrates a level of cooperation and mutual support among the faith community. Our communities are also home to a Church of Jesus Christ of Latter-Day Saints.

In 2018, we welcomed our first masjid (mosque), a former church now bringing light and life as a house of worship and community gathering space for the local Muslim community.





CARING FOR YOUR HOUSE OR RENTAL PROPERTY

The decision to live within the town limits, or in the county depends on your work, life, school of choice for your children (if applicable), and transportation. Nova Scotia Office of Immigration has a good resource and information to help you navigate housing here in Pictou County.

novascotiainmigration.com/live-here/housing

When moving to Pictou County, you can rent or purchase a home.

Renting a Home

If you decide to rent a home, you will pay rent every month to a landlord or company who owns and takes care of the house or apartment.

TIP: It may be hard to find a house or apartment, if you have a large family. Most Canadian families have 1-3 children and two parents.

Most apartments are no larger than two or three bedrooms. If you have a large or extended family, you might consider looking for a house to rent instead of an apartment.

When renting an apartment or home, you are responsible for any damage caused by your presence. Day-to-day upkeep, repair, and fixing past damage are the responsibility of the landlord.

beta.novascotia.ca/pr-grams-and-services/residential-tenancies-program



Once you have signed a lease, you are legally responsible to follow its terms and conditions for as long as it says on the lease. If you need to move before the end of the lease, you may need to sublet. Subletting is finding someone to take over for the rest of your lease. A sublet must be approved by your landlord.

More information on tenant rules and responsibilities in Nova Scotia can be found in the Residential Tenancies section of the Access Nova Scotia website.

Utilities For Your Home

Electricity and Heating

In Nova Scotia, we have one company, Nova Scotia Power, an Emera Company that is our electric utility. Electric heating is one popular source of heating, in addition to oil and gas heating. There are many local providers for oil and gas, and the source of heating for your home might be something you wish to consider when purchasing or renting a home, as each requires maintenance and estimated costs. There are also options for propane gas heating, solar energy, and wood. If you are renting utilities (water, electricity, heat, etc.) may be included in your rent, or must be paid for separately by the renter.

Insurance

It is highly recommended that you also secure insurance for your home and your belongings. (Referred to as Contents or Tenants Insurance).

Cable and Internet

Cable and internet are available from a variety of providers in our area, the largest being Bell Aliant and Eastlink, and other local options such as Seaside Internet, TNC Wireless, Xplornet, and Purple Cow.

TIP: It's recommended that you check to ensure that the service can be provided to your area of choice.

Phone

Internet, phone, and television can be provided by the same company. Bundles are available that make your purchase cheaper than sourcing each of these services separately. Landline options are available for your home; however, most people now tend to only purchase a cell phone and use it as their main contact. Cell phone providers in our community include Bell Mobility, Koodo, Eastlink, and Rogers. The selection of a cell phone provider depends on the coverage provided and the cost. Not all providers give the same services throughout the county.

Tips For Finding an Apartment or a House From the Nova Scotia Office of Immigration.

- If you have a problem with the English language, bring an English-speaking companion with you to view the apartment or the house.
- If you can, schedule viewings during the day so it's easier to see any damage.
- Ask about any repairs that need to be made. Make a list of the damages before you sign or agree to anything. Make sure the landlord signs the list and attaches it to the lease so you will not be held responsible when your lease is over.
- Ask if utilities (water, electricity, heat, etc.) are included in the rent.
- There could be a limit on how many people are allowed to live there, or if pets are allowed. Make sure you ask about these rules.
- Have things ready for the landlord such as income/pay stubs, resume, and references. There may also be an application process.

Owning Your Own Home

Property Taxes

Tax rates are determined by each municipal unit – all property owners pay residential taxes. There is also a separate charge for property owners for utilities such as sewer, water, and waste. You do not pay property taxes if you are renting.

FACT: Residents living in the Municipality of Pictou County may use well water and individual septic systems, rather than town-supplied water and sewer.

Water and Sewer

Water and Sewer are managed through each municipal unit, with the county (Municipality of Pictou County) relying on well water service.

Waste Management

Pictou County Solid Waste (PCSW) is a waste management service, providing a biweekly collection of residential waste, including garbage, recyclables, and compost.

What Goes Where?

Pictou County is proud to offer a robust waste diversion program. Waste is sorted by residents before it is sent to the collection centre. For those new to the area, this can often be an overwhelming process, however, Pictou County Solid Waste has resources to assist you with that, including a free app that helps you learn what goes where, see your waste collection schedule, and set up reminders about your collection day.

You can find a sorting guide at Facility Guidelines Pictou County Solid Waste Reduce * Reuse * Recycle pcwastemgmt.com

Visit www.pcwastemgmt.com or download the Pictou County Solid Waste app for a complete listing of what goes where.





PICTOU COUNTY SOLID WASTE

Waste Reduction Sorting Guide

Visit www.pcwastemgmt.com or download the Pictou County Solid Waste app for a complete listing of what goes where.

GREEN CART ORGANICS

- All food waste
- Cooking oil and fat
- Hot and cold drink cups
- Leaves, brush and plants
- Coffee filters and tea bags
- Soiled napkins and paper towels
- Cat litter

- NO plastic bags (including those labelled "compostable" or "biodegradable")
- NO ashes
- NO glass or metals
- NO milk cartons
- NO diapers, wipes or personal hygiene products

BLUE BAG 1 RECYCLABLE CONTAINERS

- All plastic food containers
- All plastic bags and wrap
- All refundable beverage containers
- Milk and juice containers
- Styrofoam
- Aluminum foil and plates
- Glass bottles and jars
- Tin/aluminum food cans

- NO paper
- NO bottle caps
- NO plastic cutlery or straws
- NO disposable cups
- MUST be rinsed and clean

BLUE BAG 2 RECYCLABLE PAPER

- Boxboard (cereal and cracker boxes)
- Paper egg cartons
- Newsprint and flyers
- Paper (shredded and whole)
- Magazines, catalogues, phone books and paper back novels
- Envelopes
- Coffee trays
- Cardboard (flattened)

- NO plastic
- NO disposable cups
- MUST be clean and dry

GARBAGE CLEAR BAGS

- Aerosol cans (empty)
- Potato chip bags
- Straws
- Foil gift wrap
- Broken glass (safely packaged, placed beside clear bag)
- Diapers
- Disposable wipes



Use the Pictou County Solid Waste mobile and web app to see what goes where and to receive collection and special event notifications.
www.pcwastemgmt.com

HOUSEHOLD HAZARDOUS WASTE (HHW)

HHW materials can be dropped off at the Pictou County Solid Waste Facility during regular hours.

OTHER

Electronics

- Many electronics can be dropped off for recycling. See locations and accepted items at recycleMYelectronics.ca/ns

Batteries

- Drop-off at any Town or Municipal Office in Pictou County.

Clothes/Textiles

- Donate old clothes, shoes and textiles. Visit afterwear.ca for donation bin locations.

Medications/Sharps

- Return to pharmacy.
- Pick up a safe sharps container at the pharmacy.

Pin to your fridge to make this guide easy to find.



Waste Reduction Sorting Guide Additional Information



Materials must be curbside before 7:00 a.m. to ensure collection

GREEN CART ORGANICS

Collected every two weeks.

New homes eligible for the curbside collection of organics receive a green cart and mini-bin.

Green carts remain at your property if you move.

Weight limit of 100 kg (220 lb.) to ensure the cart is not damaged otherwise the equipment will not empty it.

Branches tied in armload sized bundles can be placed beside your green cart for collection. The bundles must be a maximum of 4 feet long.

Wrap wet organics in paper to help keep your cart clean.

If you cart is damaged, call 902-395-1495 to arrange repair or replacement.

BLUE BAG 1 RECYCLABLE CONTAINERS

Collected every two weeks.

Transparent blue bags required.

There are no limits to the amount of recycling bags allowed.

Beverage containers can also be redeemed at a local Enviro-Depot™. Visit www.divertns.ca for full details and a list of locations.

Ensure materials are clean prior to placing in blue bags.

Questions?

Visit: www.pcwastemgmt.com

Or phone: **902-396-1495**

BLUE BAG 2 RECYCLABLE PAPER

Collected every two weeks.

Transparent blue bags required.

Do not mix recyclable containers and paper in the same bag or it will be stickered and left behind at the curbside.

There are no limits to the amount of recycling bags allowed.

Corrugated cardboard: Boxes must be flattened and bundle to a size no larger than 3 feet by 2.5 feet. Place bundles beside blue bags.

Ensure paper is clean and dry.

NO recyclables or organics are permitted in the garbage.

GARBAGE CLEAR BAGS

Collected every two weeks.

There is a **4 bag limit** of garbage per collection. Each home may place **4 clear bags** of garbage at the curb for collection, **OR A COMBINATION OF:**

3 clear bags & 1 solid colour bag of garbage,

OR A COMBINATION OF:

clear bags of garbage & paper bags of leaves, not exceeding 4 bags in total

Apartment Residents: If you live in an apartment building where garbage is placed in an outside storage container, you are **NOT** permitted to use any **SOLID** colour bags. Material **MUST** be placed in clear bags.

All garbage delivered to the Pictou County Waste Management Facility **MUST** be in clear bags.

HOUSEHOLD HAZARDOUS WASTE (HHW)

Household hazardous waste is not collected curbside.

HHW materials can be brought to the Pictou County Waste Management Site located at 220, Landfill Road, Mount William during regular business hours.

HHW materials can also be taken to special community events held throughout the year.

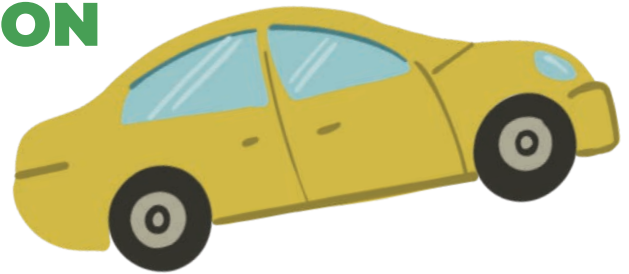
No business waste accepted.

Only residential households within Pictou County are eligible for this free drop-off service.



PUBLIC TRANSPORTATION AND CAR OWNERSHIP

In Pictou County, the primary means of transportation is by personal vehicle.



Public transportation

This service is called Pictou County Transit and is available for residents to get on and off in the towns of New Glasgow and Stellarton.

Pictou County Transit

- \$3.00 one direction
- \$7.50 day pass

Monthly passes are as follows:

- Adults (14-64) \$70
- Senior (65+) and Students (high school or NSCC) \$60
- Children aged 6 -13 \$40
- Children under five ride free

pctransit.com

Walking

In the town areas, sidewalks and trails provide an opportunity to walk.

TIPS:

- If you are walking on the road, walk facing the oncoming traffic.
- When crossing the road, use cross walks and crosswalk lights where applicable and make eye contact with the driver.
- If it is at night when you are walking reflective or bright-colored clothing will help drivers to know that you are there.

Taxis

There are several taxi companies in Pictou County. Taxis can be used for a fee.

Traveling outside the county

Maritime Bus offers an option to travel throughout Nova Scotia, PEI, and New Brunswick. maritimebus.com

Purchasing a vehicle

There are options to purchase a used vehicle or a new vehicle in Nova Scotia. Used vehicles can be purchased both through a dealership (a registered vehicle business) or privately (a person sells you a car that they own).

If you are interested in a used vehicle additional information is provided by Access Nova Scotia. You must have a driver's license to purchase a vehicle and insurance. After a vehicle has been purchased, the next step is to register it and receive a license plate to put on the vehicle. In order to fill out the form visit the Registry of Motor Vehicles.

Automatic and manual vehicles are available for purchase in Nova Scotia. However, automatic vehicles are more common.

www.novascotia.ca/sns/access/individuals/consumer-awareness/consumer-purchases/buying-a-car.asp

Dealerships provide options to purchase new or used vehicles. A number of large dealerships exist in the community carrying the brands of Chrysler, Chevrolet, Mazda, Kia, Hyundai, Subaru, Toyota, and more. New vehicles will be more expensive and can only be purchased from a dealership

Used vehicles can also be purchased by dealerships specializing in used vehicles.

There are many positives and negatives in determining your decision to purchase a vehicle that is new versus used, including financing, lease, interest rates and repairs.

Insurance

By law, you must hold insurance on your vehicle. This insurance will help you if you are in an accident, or if your vehicle is ever stolen or damaged.

Obtaining Your Driver's Licence

Visitors or Newcomers who have a valid driver's licence from another part of Canada, or from another country, can drive in Nova Scotia for up to 90 days without getting a Nova Scotia Driver's Licence. After that, you need a Nova Scotia license.

New residents

New residents who have a valid driver's licence from another part of Canada, or from another country and choose to drive in NS need to get a Nova Scotia driver's licence within 90 days of becoming a resident. You are considered to be a resident if: (a) you are attending school or college here; or (b) you live here and your children attend school here; or (c) you are employed here for more than 30 days in any given year; or (d) you live here for more than 90 days in any given year.

New to driving

To obtain a driver's license in Nova Scotia you must be 16 years of age and be able to prove your understanding of road safety and how to drive a vehicle. A written and road test are required.

For information about driver's licence information in Nova Scotia visit **The Registry of Motor Vehicles.**

THERE ARE IMPORTANT RULES WHEN DRIVING. HERE IS A HIGHLIGHT OF SIX KEY RULES

1. Everyone in the vehicle must wear a seat belt.
2. It is against the law to drive a vehicle after drinking alcohol, drug use (including cannabis), etc.
3. Smoking in a personal vehicle with a person under the age of 19 present is not permitted (Smoking cannabis is not permitted.)
4. While you are driving, you are not allowed to use a handheld cell phone for texting or making a phone call. To use cell phones while driving they must be hands-free.
5. Children under the age of 9 years old must use a car or booster seat.
6. If you see an emergency vehicle pulled over with its lights flashing, slow down to 60 km/h or obey the speed limit if it is lower than 60 km/h. If you are on a road with 2 or more lanes in your direction, you must also move into another lane farther away from the stopped vehicle, if you can do so safely. You do not need to slow down or move over if the vehicle is on the other side of the median on a divided highway.

novascotia.ca/slowdownmoveover
novascotia.ca/sns/rmv/safe/alcohol.asp



SETTLEMENT SERVICES

YMCA Centre for Immigrant Programs Pictou County

The YMCA Center for Immigrant Program provides place-based settlement and language support to immigrants, refugees, and their families who are new to the community.

YMCA program includes

- In-person individual and group settlement services
- Community orientation and support in accessing services
- Social events and recreational opportunities
- Child and youth programming
- Solution-focused counselling and advocacy
- Awareness raising and welcoming communities initiatives
- Community collaboration and referrals
- In-person language instruction
- Needs Assessments and Settlement Plans for Atlantic Immigration Program (AIP) participants

ISANS – Immigrant Services Association of Nova Scotia

ISANS is a non-profit organization that provides settlement and integration services to immigrants who are in or are destined for communities across Nova Scotia.

By offering comprehensive programs and supports, as well as a dedicated and caring team, they help immigrants build a promising future here.

As the front door to many of Nova Scotia's immigrants, their goal is to create a community where all can belong and grow, in turn building a stronger Nova Scotia and Canada for all. Connect with ISANS. Connect with ISANS at isans.ca

Pictou County, Antigonish Regional Library (PARL)

Rocket Languages

Is an interactive online language learning program. All you need is your library card to use it.

Newcomer online centre

PARL also provides online resources valuable to individuals who are new to the community. Visit this online resource at:
parl.ns.ca/newcomers/index.php

Sponsorship Groups

Pictou County has gained a reputation for its active role in sponsoring refugees. There are three local groups in the area: Westville Warm Hearts, CAiRN (Pictou), and Pictou County Safe Harbour. The three groups have been active since 2016, and altogether have resettled more than 75 individuals from Syria, Iraq, and the Democratic Republic of the Congo.

Multicultural Association

This volunteer-based group encourages and promotes all aspects of multiculturalism in Pictou County, and hosts community gatherings.



The Stellarton Library (PARL)

GOVERNMENT SERVICES

Apply for a Social Insurance Number (SIN)

You must have a Social Insurance Number (SIN) to receive benefits and services from government programs and to work. Every person who is a Canadian citizen, a newcomer, or a temporary resident will have a SIN. Employers need this number to pay you.



Primary documents include:

You must provide 1 of the following documents

- Permanent Resident card issued by IRCC or CIC.
- Confirmation of Permanent Residence.
 - (COPR) Issued by IRCC with:
 - a travel document (for example, a foreign passport), or

A photo identification issued by a provincial or territorial authority (for example, a driver's license).

- Record of Landing issued by CIC before June 28, 2002.

TIP: If the COPR is used within one year of becoming a permanent resident, it is acceptable. After this period, the Permanent Resident Card is required.

Secondary documents include:

You must provide 1 of the following documents. It must contain the legal name (family name and given name) and the date of birth.

- A passport (Canadian or foreign).
- A Canadian provincial or territorial ID card or driver's license.
- Any other Canadian government-issued ID.

To learn more about a Social Insurance Number, what is required to apply and how to apply, please visit:

canada.ca/en/employment-social-development/services/sin/apply.html

Apply for Canada Child Benefit

The Government of Canada has a program to provide financial support for families raising children under the age of 18 years old called the Canada Child Benefit (CCB). It is a generous amount for each child depending on your income. You must be a Permanent Resident to receive this benefit. You must apply to receive this financial support. For information about eligibility and how to apply, go to:

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

- Call the Canada Revenue Agency (CRA) at **1-800-387-1193**. You can also visit a Service Canada office.





Filing Taxes

Every person living and working in Canada must file taxes each year. You will have to submit information to the Government of Canada about the income you have earned since arriving in Canada and about the taxes you have already paid on this income. The deadline to submit this information in an income tax return is each year by April 30.

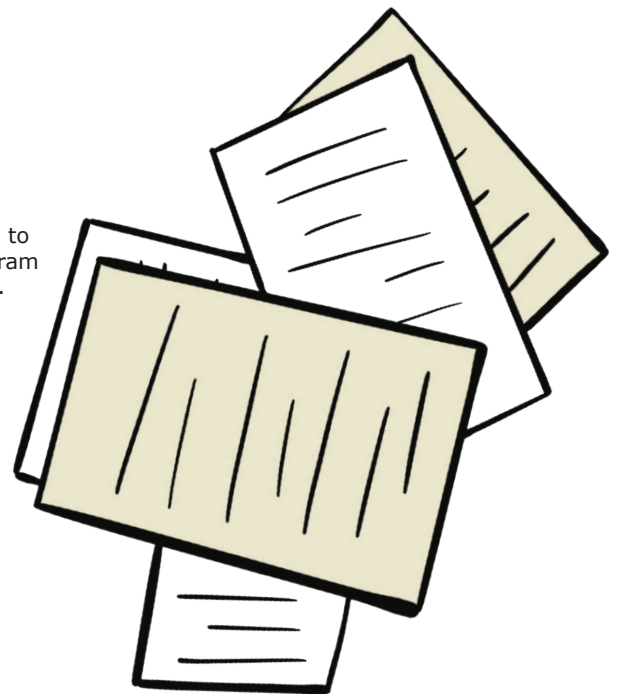
Filing your taxes must take place each year

There are many free community programs to help you file your taxes in February and March. Any government benefit that you are receiving, such as the Canada Child Benefit, is linked to your taxes. If you do not file your taxes on time, the government will stop your benefits.

For information for newcomers about filing taxes, please visit: Newcomers to Canada (immigrants and returning residents) at:

canada.ca/en/revenue-agency/services/tax/international-non-residents/individuals-leaving-entering-canada-non-residents/newcomers-canada-immigrants.html

TIP: Check with the local library to see if they offer a community program that will help you to file your taxes.





Owners of Alladin Syrian Canadian Restaurant in Pictou

EMPLOYMENT OPPORTUNITIES

Employment Support: Career Connections, also called NSWorks, is a leading provider of career development services in Nova Scotia. If you are looking to find meaningful employment or explore career options NSWorks can help you.

NSWorks provides:

- Job search assistance
- Help with resumes, cover letters, and interview skills
- Free Wifi access
- Mock interviews
- Case management/career counselling
- Free workshops
- Access to the latest (LMI) Labour Market Information
- Access to desktop and fully accessible computers

Employment Nova Scotia Funding Programs Information careerconnections.ca

Opportunities

When a business has a position available, it is normally posted publicly. Available jobs can be found online at popular sites such as Indeed, Career Beacon, or Service Canada. Jobs may be posted by ad in the local newspapers (Advocate or Saltwire), at the business location, or on the businesses' website or social media.

If you are offered a job, the employer will tell you the wage before you accept the position. The wage provided by the employer may be negotiable. Depending on the position it may include benefits such as support for visits to the optometrist (eye health), the dentist (teeth health), and pension.

Employment Rights & Responsibilities

In Nova Scotia, the Labour Standards Code sets the standard for employer-employee relationships. Both the workers and employers have rights and responsibilities under these rules. Both employees and employers have the right to file a complaint with the Labour Standards Division whenever they feel a rule has been broken. It is important to understand these rules when you are looking for a job, or when you want to hire employees for your own business.

The Labor Standards Code sets

- minimum wage.
- vacation and holidays.
- pregnancy/parental leave.
- the right of retail workers to refuse work on Sundays and holidays.
- rules for workers under 14 years old.
- rules for workers under 16 years old, and more.

novascotia.ca/lae/employmentrights/

They can also be reached, toll-free, at 1-888-315-0110

Minimum Wage Rate

A wage rate is the amount of money an employer pays an employee for each hour of work. In Nova Scotia, the General Minimum Wage Order sets minimum wage rates, which is the smallest amount of money an employer must pay an employee for each hour of work.

The Nova Scotia government has useful resources to share your rights as an employee.

novascotia.ca/lae/employmentrights/minimumwage.asp

Human Rights Act

In Nova Scotia, it is against the law for anyone to discriminate because of age, race, colour, religion, creed, sex (gender), sexual orientation, physical or mental disability, ethnicity, national



Angela's Home Decor

or aboriginal origin, family or marital status, source of income or political belief or affiliation.

These rights are protected by the Nova Scotia Human Rights Act. The Act also prohibits sexual harassment in all areas of public life.

For more information, take a look at the Canadian Charter of Rights and Freedoms. It is also important to give a look at the Nova Scotia Human Rights Act for a more in-depth look at these rights in the Province.

laws-lois.justice.gc.ca/eng/const/page-15.html

nslegislature.ca/sites/default/files/legc/statutes/human%20rights.pdf

Income tax

In Canada, people pay income tax each year. This money is used to support important programs, such as education and health care.

You want to keep in mind that:

- Generally, residents must send their income tax return to the Canada Revenue Agency by April 30 each year.
- Most people automatically have taxes taken out of their pay cheque throughout the year.
- If you pay too much tax from your pay cheques, you will receive a refund of the excess tax that was withheld.
- If not enough tax was withheld, you will have to pay the balance owing.

The CRA also offers valuable information for newcomers, including videos that help to explain the tax system in Canada.



Groovy little gift shop



Forge Home and Garden

ENTREPRENEURS

In Pictou County, we welcome new businesses who provide a service or product to our community, or for export beyond.

Immigration Services Association of Nova Scotia (ISANS) provides support in starting your own business. Business Services has a dedicated team of business professionals to help you understand what you need to know to start or grow your business in Nova Scotia.

isans.ca/do-business

Pictou County Regional Enterprise Network (PCREN)

Staff at the PCREN can help you to navigate the many businesses and innovation support programs and opportunities in the region.

Pictou County Chamber of Commerce (PCCC)

The voice of the business community in Pictou County, advocating on behalf of businesses, providing networking events, and health and wellness benefits.

pictouchamber.com

Nova Scotia Business Inc (NSBI)

The province's business development agency.

novascotiabusiness.com

Ignite

Nova Scotia's rural innovation hub. Pictou County's IGNITE provides collaborative workspace options that can be used instead of renting your own workspace or working from home.

igniteatlantic.com

NOBL

Provides support to new business and financing programs.

noblbusinessskills.ca

Destination Eastern and Northumberland Shores (DEANS)

The regional tourism marketing association for Pictou County.

coastalnovascotia.ca

New Glasgow Farmer's Market

If you make, bake, or grow your product you can apply to be a vendor at the local Farmer's Market. The Farmer's Market provides a lower-cost option to try out your product in the local market. The market is open on Saturday mornings. There is also an opportunity to sell goods at the market as an additional income.

Local supports for starting or running your business



GROCERIES

There are many places to buy groceries and other things you may need in Canada. Often, people use the grocery store that is closest to their neighbourhood, especially if they do not have transportation. However, some stores may offer different items or different prices, so you are welcome to explore your options.

Local grocery stores include: Sobeys, Superstore, and Foodland. Walmart and Giant Tiger also provide grocery items.

Sobeys has several locations in Pictou County, including two locations in the Town of New Glasgow, one location in Pictou, and Stellarton. The Sobeys Aberdeen location is known to provide a large selection of international ingredients compared to other grocery locations in the community. The Sobeys Aberdeen is located at 610 E River Rd, New Glasgow, NS B2H 3S2 sobeys.com

TIP: Sobeys and Superstore offer online ordering with a curbside pick-up. This might be a helpful tool if using a taxi for grocery shopping.

Smaller grocery locations are popping up throughout the community!



BALAI Filipino and Asian Food Mart

Balai Filipino and Asian Food Mart provide grocery items from the Philippines and other Asian countries it is located in Stellarton. balaiasianstore.ca

Maple Cedar Syrian Kitchen restaurant

Maple Cedar Syrian Kitchen also provides a selection of grocery items. It is located in New Glasgow.

The New Glasgow Farmer's Market

The Farmer's Market offers many locally sourced goods and food products.

The Farmer's Market is open on Saturday mornings from 9:00 am – 1:00 pm.

Purchasing Goods and Services

Tax HST

The HST is a tax that is applied to most purchases of goods and services in Nova Scotia and other Canadian provinces.

In Nova Scotia, the HST rate is 15 percent which is a total of 5 percent GST combined with a 10 percent provincial sales tax. Most goods and services supplied in Nova Scotia are subject to charge Harmonized Sales Tax (HST).

Depending on the good you may need to pay tax. Tax is not normally included on the price tag; therefore, you will have to add an additional 15% at the cash register.

For example, a shirt costs \$10.00 on the price tag. However, you will pay \$11.50 for the item.

$$1) \$10.00 \times 15\% = \$1.5$$

$$2) \$10 + \$1.5 = \$11.50$$

Items like basic groceries (milk, bread, vegetables) do not charge tax.





COMMUNICATIONS

Be ready to communicate in a timely and effective way by prioritizing getting access to a reliable phone number and email address. This will be helpful when it comes to accessing services, such as medical appointments or meetings, and your relationship with your employer. It is critical that you have consistent access to communication tools such as a Canadian phone number local to your community and a functional email address.

If you do not have an email address, you should create an email address using your name or some variation of your name with a trusted email company, such as Gmail.

TIP: You should check your email regularly and add the application to your cell phone so that you can monitor when you receive new or important messages. Many service providers and employers communicate by email.

When you arrive in Canada, look into buying a Canadian SIM card, which will allow you to make and receive local phone calls with a local phone number. There are many companies to choose from and each company offers slightly different service packages or rates. Learn about getting a cell phone and internet service at Settlement.org (please note this resource is specific to the Province of Ontario, but the information here is relevant across provinces). You will need a Social Insurance Number (SIN) to set up a Canadian phone plan.

Note: The Canadian government will never call you and ask for your Social Insurance Number (SIN) or banking information over the phone. **DO NOT** give anyone this information over the phone. Sometimes, fraudulent companies call asking for this information to scam you or steal your money. Do not ever give this information unless you know exactly who you are speaking to and it is safe to do so.

EMERGENCY SERVICES

Canada offers many emergency services across the country to ensure that you and your family stay safe. You can be connected to Canada's emergency services at any time by dialing 9-1-1. Do not call 9-1-1 unless it is an emergency. You do not need a SIM card to dial this number. By calling 9-1-1, you can reach:

- **Emergency Medical Services (EMS)/Ambulance:** EMS services are available if you have a medical issue and need immediate help. An ambulance will come to your location to transport you to the hospital. Paramedics working for EMS can provide you with medical treatment at your location.

- **Fire Services:** Fire services are available if you have a fire in your home. The fire department will send a truck and firefighters to extinguish the fire.

- **Police Department:** Police services are available if someone's life, safety, health, or property is in immediate danger. The police are intended to keep the community safe and free from crime.

To call any of these services, **dial 9-1-1**. When you call remain calm and give your name, address, and phone number. If you are using a cell phone, provide the town or city, and province you are calling from. Then tell the person why you are calling. Follow any instructions you are given.



