

2010-
2011

Cambridge and North Dumfries Directory of
Services for Immigrants and Refugees

Compiled by:
Information Cambridge and North Dumfries,
A service of



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Introduction

The Social Planning Council of Cambridge and North Dumfries has spent the past several months requesting and updating agency and organization information in order to bring you this pilot edition of *Cambridge and North Dumfries Directory of Services for Immigrants and Refugees*. This publication is a comprehensive listing of all services that include or are geared towards the immigrant population of Cambridge and North Dumfries. The purpose of this directory is to provide easier access for immigrants to commonly needed services within Cambridge and North Dumfries.

This directory has been designed to be easy to navigate. Organizations are listed under specific categories with a detailed table of contents at the front. All organizations and agencies listed include a phone number, address, description of services provided, and website.

Criteria for being listed in this directory is that the agency or organizations are either non-profit or provide a unique and important service that cannot be accessed in this region in the non-profit sector. Agencies and organizations must also provide a direct service to the immigrant and refugee community.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

Important Numbers

Are you hurt or in danger?

Cambridge Memorial Hospital..... 700 Coronation Blvd, Cambridge	519-621-2330
Community Care Access Centre.....	310-2222
Telehealth Ontario	1-866-797-0000
Victim Services of Waterloo Region..... Waterloo Regional Police, Division 2, 176 Hespeler Rd, Cambridge	519-585-2363
Waterloo Region Committee on Elder Abuse.....	519-883-2280
Waterloo Regional Police..... 200 Maple Grove Rd, Cambridge	Crisis 911 519-653-7700

Are you in need of shelter?

The Bridges Shelter..... 26 Simcoe St, Cambridge	519-624-9305
Haven House..... Cambridge	Abused Women 519-653-2289 Crisis 1-800-410-4482, 519-653-2422

Are you hungry?

The Bridges Shelter..... 26 Simcoe St, Cambridge	519-624-9305
Cambridge Self-Help Food Bank..... 54 Ainslie St S, Cambridge	519-622-6550
Cambridge Vineyard..... 147 Elgin St N, Cambridge	Tuesdays 519-623-4639 Other Days 519-740-8463
Family & Community Connections, Ayr..... 80 Stanley St, Ayr	519-632-9737
The Salvation Army..... 16 Shade St, Cambridge	519-623-1221

The Salvation Army Hespeler Community Church.....519-658-9850
18 Tannery St E, Cambridge

Waterloo Region Social Services Department.....519-883-2290
Community Outreach Program

Trinity Community Table.....519-621-8860
Trinity Anglican Church, 12 Blair Rd, Cambridge

Do you need someone to talk to?

Telecare Distress Centre.....519-658-6805
Box 32074 Preston Centre PO, Cambridge

Cambridge Active Self Help Organization..... 519-623-6024
13 Water St N, Cambridge

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health
Cambridge.....519-740-7782
Ayr.....519-632-9737
Distress Line.....519-745-1166

COPING Bereavement Support Groups of Ontario Inc.....519-650-0852
1740 Blair Rd, Cambridge.....1-877-554-4498

John Howard Society of Waterloo-Wellington.....519-622-0815
Cambridge Place, 3-73 Water St N, Cambridge

Lutherwood, Mental Health Services, Lutherwood Family Counselling Services.....519-622-1670
35 Dickson St, Cambridge

Are you new to Canada and need support?

YMCA Immigrant Services.....519-621-1621
258 Hespeler Rd, Cambridge

Health Care Providers

Cambridge Memorial Hospital

519-621-2330

700 Coronation Blvd, Cambridge, ON N1R 3G2

Cambridge Memorial Hospital is a 240-bed community hospital serving Cambridge and North Dumfries Township. CHM provides acute care services including Cancer Care, Intensive Care, Medicine Unit, as well as Diagnostic, Emergency, Surgical, Mental Health, Outpatient, Rehabilitation and Restorative Services.

Fully Accessible

Cambridge Walk-In Clinic

519-654-2260

980 Franklin Blvd, Cambridge, ON N1R 7Z1

Walk in medical clinic for non life threatening medical problems and a Family Medical Centre.

Fully Accessible

Cambridge Walk-In Clinic

519-654-2260

101A Holiday Inn Dr. Cambridge, ON N3C 1Z3

Walk in medical clinic for non life threatening medical problems and a Family Medical Centre.

Fully Accessible

Langs Farm Community Health Centre

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

Offers medical counselling for people in Preston within the catchment area.

Fully Accessible

North Dumfries Community Health Centre Satellite

519-632-1229

53 Hilltop Dr. Ayr, ON N0B 1E0

Community health centre that provides: Primary Health Care, Programs for Children and Youth, Social Work Counselling and Nutrition Counselling

Fully Accessible

Region of Waterloo Public Health

519-883-2000

150 Main St, Cambridge, ON N1R 6P9

Health education, disease prevention, promotional activities, counselling, and referral services in these areas: violence prevention, dental, environmental, infection control, food safety, cancer prevention, heart health, AIDS/STDs, sexual health

Fully Accessible

Settlement Services

Kitchener-Waterloo Multicultural Centre

519-745-2531

102 King St. W, Kitchener ON N2G 1A6

Website: www.kwmc.on.ca

Email: available through website

Thousands of culturally, linguistically, and religiously diverse immigrants and refugees in the process of settlement use our services each year. They include, but are not limited to, seniors, youth, children, parents, the unemployed, women suffering abuse, etc. Our most frequently provided service is information and referral. Also provide settlement counselling.

K-W Reception Centre

519-743-2113

101 David St, Kitchener ON N2G 1Y1

Website: www.kwrcentre.ca

Email: mira@kwrcentre.ca

K-W Reception Centre is a temporary home for government assisted refugees (GARs). They help both newly arrived and secondary migrant government assisted refugees with: temporary and more permanent housing, orientation to life in Canada (including banking, schooling, health care, etc.), life skills for those who have been living in refugee camps, and one-on-one help with settlement counsellors. Shelter is provided for up to two weeks, and settlement assistance is provided for up to one year.

Mennonite Coalition for Refugee Support

519-571-1912

58 Queen St. S, Kitchener ON N2G 1V6

Website: www.mcrs.ca

Email: refugee@mcrs.ca

Helps refugee claimants with the refugee claim process, immigration proceedings, and settlement and other needs that you and your family have.

YMCA of Cambridge & Kitchener

Website: www.ymcacambridgekw.ca

Cambridge:

519- 621-1621

258 Hespeler Road, Cambridge, ON N1R 3H3

Kitchener:

519-579-9622

800 King Street West 3rd Fl, Kitchener, ON N2G 1E8

Settlement services support a newcomer's smooth transition to life in Canada by providing necessary information and services tailored to his/her specific needs. Information on language training, schooling, housing, employment, health care, immigration and citizenship, social services, legal issues and human rights, banking and budgeting, recreation and other human services are provided.

Information Resources

A large collection of resources are available for your use, including cultural profiles, employment related materials, multilingual resources and information on various settlement topics such as child care, housing, getting a driver's license and more. For your convenience we provide access to public computers with Internet access.

Employment Services

Family & Community Connections, Ayr

519-632-9737

80 Stanley St Ayr, ON N0B 1E0

Providing outreach services to low income families with resources such as food, clothing, shelter, recreation, transportation, childcare and counselling. They also offer summer camp, seniors program, job search program, employment counselling, local job postings, counselling for individuals and families.

Focus for Ethnic Women

519-746-3411

145 Columbia St. W Unit 9, Waterloo, ON N2L 3L2

Website: www.few.ca

Email: ffew@golden.net

Provides groups and services specific to immigrant women in order to help them obtain employment. Services provided include:

Skills Unlimited: A 6 week program that offers a wide range of resources, supports, and service components to respond to the career and employment needs of individuals and the skilled labour needs of employers, and can help individuals on a path to higher skills. Covers topics such as: Career and employment goals, Effective job search skills, Canadian work experience, Resume & cover letters, Interview preparation, Computer skills, Local labour market information and Workplace communication.

Investing in Women's Futures: This is a 12 week program that helps immigrant and visible minority women towards economic self-sufficiency through marketable skills training and employment readiness and life skills. IWF includes three main components: Industrial Sewing Machine Training, Individual Employment Counselling, and Computer Training.

Library and Computer Lab

Immigrant Women and Voice: A leadership program for visible minority and immigrant women who wish to become more confident and self-aware, and who would like to become involved in their community. The program is run in 8 week sessions, where the women will attend workshops for 3 half-days per week. The workshops relate to the theme of the program, which focuses on women's potential for being community leaders and creating change. Women who participate in the workshops will discover what they are passionate about, and how they can follow-through on becoming involved in the community. This community involvement is supported by the program through a volunteer placement where the women will be able to gain experience and network within the community.

John Howard Society of Waterloo-Wellington, Cambridge Career Connections

519-622-0815

40 Ainslie St. S Cambridge ON N1R 3K1

Website: www.combridgecareerconnections.com

Email: ccc@waterloo.johnhoward.on.ca

Cambridge Career Connections is a Resource Centre for anyone in the Cambridge and North Dumfries area. The "one stop shop" for job seekers and employers is equipped with job banks, computer workstations, fax and photocopier services, Internet access, community resource information, as well as an array of employment, training and career development resources. This initiative is a partnership between Cambridge Career Connections, John Howard Society and Service Canada.

Kitchener-Waterloo Multicultural Centre

519-745-2531

102 King St. W, Kitchener ON N2G 1A6

Website: www.kwmc.on.ca

Email: available through website

A big part of what we have been doing over the last few years focuses on Career Planning and Employment Readiness. We offer 3-day Job Search Workshops and we provide one-to-one assistance with things such as: basic job search, resumes, cover letters, becoming self-employed, university and post-secondary school information, skills training, evaluating and recognizing foreign training and education credentials.

L'association canadienne-française de l'Ontario, Francophone Employment Resource Centre

519-623-2822

647 Franklin Blvd, 2nd Flr Cambridge, ON N1R 7Z1

Website: www.acfo-hamilton.on.ca

Assistance in finding bilingual employment and resume preparation.

Lutherwood Adult Employment Centre

519-623-9380

35 Dickson St. Cambridge ON N1R 7A6

Website: www.lutherwood.ca

Job search and career development assistance including outplacement assistance to companies and employees impacted by downsizing or closures and a fully equipped resource centre.

Service Canada: Cambridge Service Canada Centre

519-621-7150

Employment Insurance 1-800-206-7218

350 Conestoga Blvd. Unit C2 Cambridge ON N1R 7L7

Website: www.servicecanada.gc.ca

Offers an all-Canadian job bank and can help obtain Employment Insurance.

Waterloo Region Social Services Department, Ontario Works

519-740-5700

150 Main St. Cambridge ON N1R 8H6

Website: www.region.waterloo.on.ca

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of: Income Support (e.g. Ontario Works), Family Support, Employment Services and Special Services.

(The) Working Centre

519-743-1151

Website: www.theworkingcentre.org

E-mail: genmail@theworkingcentre.org

58 Queen St. S, Kitchener ON N2G 1V6

The Working Centre's main projects give people access to tools to create their own work combined with continuous ways of learning and co-operating. The Working Centre organizes its projects into six areas; the Job Search Resource Centre, St. John's Kitchen, Community Tools, Access to Technology, Affordable Supportive Housing and the Waterloo School for Community Development. Offers access to experience in sewing and in the food industry.

YMCA of Cambridge and Kitchener

Website: www.ymcacambridgekw.ca

Cambridge:

519- 621-1621

258 Hespeler Road, Cambridge, ON N1R 3H3

Kitchener:

800 King Street West 3rd Fl, Kitchener, ON N2G 1E8

519-579-9622

The YMCA provides a selection of workshops, information sessions and clinics designed to enhance your knowledge of and ability to more comfortably handle the process of adapting to Canadian society. Services offered include How to Write a Resume, English Conversation Practice, Job Search Workshops, Understanding the Ontario School Systems, Workplace Hazardous Materials Information System (WHMIS) Training , First Aid CPR Training and Cultural Diversity and Awareness. There is also a Newcomer Employment Resource Centre, Career Counselling, Job Search Workshops and Mentorship.

Job Banks

Cambridge Jobs.ca

www.cambridgejobs.ca

Charity Village.com

www.charityvillage.com

(The) Job Bank- Service Canada

<http://jb-ge.hrdc-drhc.gc.ca/>

Jobs in Canada.com

www.jobsincanada.com

Monster

www.monster.ca

Workopolis

www.workopolis.com

Language Skills/ Interpretation

Conestoga College- International English Language Testing System (IELTS)

519-748-3516

299 Doon Valley Drive, Kitchener, ON N2G 4M4

Website: <http://www.conestogac.on.ca/ielts/index.jsp>

Email: ielts@conestogac.on.ca

IELTS, the International English Language Testing System, is an internationally recognized language test designed to assess the language ability of candidates who need to study or work where English is the language of communication.

Conestoga College- LINC Program

519-740-8797

150 Main St, 1st and 3rd Fl. Cambridge, ON N1R 6P9

Free English classes for permanent residents and convention refugees as part of the Language Instruction for Newcomers (LINC) program funded by Citizenship and Immigration Canada (CIC). Students can study on a full-time or part-time basis. Free day care is available.

Kitchener-Waterloo Multicultural Centre: Interpreter services

519-519-745-2593

102 King St. W, Kitchener ON N2G 1A6

Website: www.kwmc.on.ca

Email: available through website

We provide translation and interpretation services to clients.

Kitchener-Waterloo Multicultural Centre: One-on-One Volunteer Tutor Program

102 King St. W, Kitchener ON N2G 1A6

Website: www.kwmc.on.ca

Email: available through website

This is a program which is geared to help newcomers learn the English Language. There are many reasons why people cannot attend an English As Language class, for example, young children at home, employment, or just uncomfortable in a classroom setting. This program provides the opportunity for newcomers to be coached privately one-on-one, by community volunteers. The tutor and student meet once a week for approximately two hours for a minimum of four months. However, most of the matches last much longer than that. The volunteers, who give so generously of their time, have indicated that it is a very rewarding experience to watch the improvement made by each individual student.

St. Louis Adult Learning Centre

<http://stlouis.wcdsb.ca/>

Cambridge:

519-745-1201

E-mail: stlouis@wcdsb.ca

82 Beverly St. Cambridge ON N1R 3Z7

Kitchener:

519-745-1201

E-mail: stlouis@wcdsb.ca

80 Young St, Kitchener ON N2H 4Z1

Provides ESL classes including Literacy, ESL Levels 1 - 6+ (All language skills), Intermediate & Advanced Reading & Writing, Intermediate & Advanced Speaking, Listening & Pronunciation, Computers - Basic, Experienced & Advanced, and English Language Training for the Service Industry.

(The) Working Centre

519-743-1151 Ext. 114

Website: www.theworkingcentre.org

E-mail: genmail@theworkingcentre.org

58 Queen St. S, Kitchener ON N2G 1V6

Offers informal language programs including:

Speak English Café: Practice speaking English in a café setting. Everyone is welcome.

Self-Directed Language Lab: Build an informal English learning plan with a job counsellor. Use on-site and on-line resources for free, including pronunciation software in a language lab.

YMCA of Cambridge and Kitchener

Website: www.ymcacambridgekw.ca

Cambridge:

519- 621-1621

258 Hespeler Road, Cambridge, ON N1R 3H3

Kitchener:

800 King Street West 3rd Fl, Kitchener, ON N2G 1E8

Several services provided, including evaluation of language skills, determination of literacy needs, conversation circles, referral to LINC programs, Interpreter services and Translation services.

Services for Children

Big Brothers Big Sisters

519-629-0180

151 Savage Dr. 5A Cambridge ON N1T 1S6

Website: www.bbbsofcambridge.org

Email: ashleva@bbbskw.org

Big Brothers Big Sisters is a volunteer-driven community leader in creating opportunities for children and youth to maximize their potential through adult and youth based mentoring services and programs that foster caring, self esteem, life skills and friendships.

Kids Help Phone

1-800-668-6868

Website: www.kidshelpphone.ca

Anonymous, confidential, 24 hour support line for children and youth. Also can provide information and referrals. Web chat available.

YMCA of Cambridge and Kitchener

Website: www.ymcacambridgekw.ca

Cambridge:

519- 621-1621

258 Hespeler Road, Cambridge, ON N1R 3H3

Kitchener:

519-579-9622

800 King Street West 3rd Fl, Kitchener, ON N2G 1E8

Offers several programs for children and youth. There are also summer programs available. Programs and services offered include:

School Friendship Program In Local Schools:

The school friendship program runs at various schools in Kitchener, Waterloo and Cambridge. The program matches newcomer children with volunteer children within local schools. The children meet together during lunchtime at the Host Friends club. The participating students (both newcomers and volunteers) learn about anti-racism, cultural awareness, cross cultural communications, diversity and acceptance.

Newcomer Youth 6-12

This weekly recreation based program is for children new to Canada. They learn about sports, education, community and cultural diversity while at the same time they make new friends.

Youth Employment Workshop

Employment counsellors inform students about the importance of having a part time or summer job, interview etiquette, work culture, job fairs, websites and accessing community resources. with job postings.

Resume Writing

This Resume Workshop helps young job seekers to successfully write resumes by identifying transferable skills, decide upon job objectives, learn about the importance of work experience and acquire limited business writing skills.

Newcomer Orientation Week (NOW)

For many newcomer students, high school in Ontario is very different from their previous school and the first few months can be stressful. But a new program promises to give them a better start.

NOW activities orient students to the people and activities that can help them settle in their new school. The activities include a scavenger hunt to help them learn the layout of the building, skits about the challenges of school in a new country, a visit to the local library and an introduction to the sources of help and support in their school.

Newcomer Youth 13-17

This is a weekly 10-session integration program that offers socialization, recreation and educational opportunities.

Older Adult Programs

St. Louis Adult Learning Centre

<http://stlouis.wcdsb.ca/>

Cambridge:

519-745-1201

E-mail: stlouis@wcdsb.ca

82 Beverly St. Cambridge ON N1R 3Z7

Kitchener:

519-745-1201

E-mail: stlouis@wcdsb.ca

80 Young St, Kitchener ON N2H 4Z1

E-mail: stlouis@wcdsb.ca

Provides ESL classes for older adults.

YMCA of Cambridge and Kitchener

Website: www.ymcacambridgekw.ca

Cambridge:

519- 621-1621

258 Hespeler Road, Cambridge, ON N1R 3H3

Kitchener:

519-579-9622

800 King Street West 3rd Fl, Kitchener, ON N2G 1E8

The YMCA offers several programs for older adults. These include:

Friendship Program for Older Adults

The Friendship Program for Older Adults opens a world of friendship, fun, and possibilities for Older Adult newcomers and their Canadian "Hosts". Preventing isolation and creating a sense of belonging are the goals.

Lunch and Learn Sessions

Based on topics of interest to the participants, guest speakers are invited to deliver information sessions.

English Conversation Circles for older adults

Run in two community centres. It is easy to participate as there is no cost or registration required

Tours and Recreational Activities

Tours are run for older adults periodically, such as visits to museums, free concerts and sight seeing.

Counselling Services

Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr ON N0B 1E0

Email: loriw@fccnd.com

Providing outreach services to low income families with resources such as food, clothing, shelter, recreation, transportation, childcare and counselling.

Family Counselling Centre of Cambridge and North Dumfries

519-621-5090

18 Walnut St. Cambridge, ON N1R 2E7

Website: www.fccnd.com

Email: ex.dir@golden.net

Family Counselling Centre of Cambridge & North Dumfries is a non-profit agency helping individuals and families from all backgrounds. The counselling agency takes an active role in issues relating to family violence, poverty, families, children, and marriage counselling.

Kitchener-Waterloo Multicultural Centre

519-745-2531

102 King St. W, Kitchener ON N2G 1A6

Website: www.kwmc.on.ca

Email: available through website

We provide crisis intervention and initial counselling that might lead to more long-term therapeutic counselling provided by the organizations we partner with.

Lutherwood Mental Health Services, Family Counselling Services

519-622-1670

35 Dickson St. Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

Email: lfcs@lutherwood.ca

Various types of counselling and therapy, including couple, family and individual counselling. Support groups for children and adults are also available. It provides educational programs and a nationally accredited training program for professionals seeking certification in counselling and education.

Mental Health Service Information Ontario

1-866-531-2600

Website: www.mhsio.on.ca/

Confidential, anonymous information services 24 hours a day. Anonymous web chat is available.

Self Help Alliance- Cambridge Active Self Help

519-623-6024

9 Wellington St. Unit 1 Cambridge ON N1R 3Y4

Website: www.self-help-alliance.ca

Email: general@cambridgeactiveselfhelp.ca

C.A.S.H. is a self help and peer support organization that offers a variety of mental health related information and services including: Self Help Recovery Centre, Peer Support Groups, Self Help Resource Centre, and Community Access Program (C.A.P).

Ethnic Groups

Albanian Canadian C.C.

519-742-2509
1196 Ottawa St. Kitchener ON N2E 1L8
Albanian association.

Alpine Club

519-744-1521
464 Maple Ave. Kitchener ON N2H 4X5
Website: www.alpineclub.ca
Email: info@alpineclub.ca
A club focused on German dancing and festivities such as Oktoberfest. Club also includes assorted groups and a bowling league.

Arab Canadian Families

519-576-5857
77 Hickory Heights Cres. Kitchener ON N2N 1H3
Group for Arab Canadian families.

Armenian Community Centre

519-623-6331
15 International Village Dr. Cambridge ON N1R 7M5
Website: www.acc-cambridge.org
Since the settlement of the first Armenians in Cambridge, the Armenian Community Centre (ACC) has been the focal point of Canadian Armenian life. The Armenian Community in Cambridge is the oldest Armenian Community in Canada and has existed in various shapes and forms for 115 years. Today, the ACC is the home of over 3,000 Armenians living in the Greater Cambridge Area including Mississauga, London to Hamilton, Guelph, Kitchener and Waterloo. The ACC provides a multitude of services to all Ontarians including the Annual Bazaar, Adult Education programs, Saturday School language classes, New Immigrant services, cooking classes and art exhibits. In addition, the facility is used for cultural events, sports tournaments, meetings and social and recreational activities.

Association de Francophones de Kitchener-Waterloo

519-746-0337
C.P. 1028 Waterloo ON N2J 4S1
Website: www.afkw.org
Email: info@afkw.org
Offers a wide range of services to the French-speaking community of close to 10, 000 residents within Canada's Technology Triangle. Serving Kitchener, Waterloo, Cambridge, Guelph, North Dumfries, Wellesley, Wilmot, and Woolwich, the Francophone Association organizes social, cultural and sports activities open to all. Some of these activities occur on a monthly basis and others are annual events, like La Franco-Fête in June and the Christmas party in December.

Beth Jacob Congregation of Kitchener-Waterloo

519-746-4641
269 Shakespeare Dr. Waterloo ON N2L 2T8
Website: www.bethiacobkw.ca
Jewish congregation.

Canadian Latin Association

519-749-2705
116 Overlea Dr. Kitchener ON
Latin association.

Canadian Polish Congress

519-570-0901
601 Wellington St. N, Kitchener ON N2H 5L6
Website: www.kpk-kitchener.org
Email: leszekjan@rogers.com
Kitchener district of the Canadian Polish Congress.

Canadian Caribbean Association of Waterloo Region

519-725-2369 or 519-895-0373
PO Box 40024, Waterloo Town Sq. Waterloo ON N2J 4V1
Association for Caribbean Canadians.

Central Ontario Chinese Cultural Centre

519-576-6168
100 Campbell Ave. Unit 9, Kitchener ON N2H 4X8
Website: <http://coccc.net>
Email: info@coccc.net

The objectives of the COCCC are: to promote the Chinese culture, to promote goodwill and mutual understanding among different cultures, and to provide culture-related programs and services that meet the needs of the community.

Centre Communautaire Francophone de Cambridge

519-623-2822
647 Franklin Blvd. Cambridge ON N1R 7Z1
Website: www.centrefrancocambridge.on.ca
Email: cfc@golden.net

Goals: To collaborate with other local or regional groups that have similar missions, to help the development of a healthy and vibrant francophone community, to promote bilingualism between the francophone and anglophone communities, to coordinate, develop and encourage activities done in the French language, and to encourage the mutual comprehension and friendship between the French and other cultural communities.

Co-operative Council of German Canadian Clubs of Waterloo Region

519-884-0332
651 Glen Forrest Blvd. Waterloo ON N2L 4K4
Council for German clubs within Waterloo Region.

Concordia Club

519-745-5617
429 Ottawa St. S, Kitchener ON N2M 3P6
Website: www.concordiaclub.ca
Email: mail@concordiaclub.ca

The Concordia Club includes groups such as: Mixed Choir, Male Choir, Children's Choir, Youth Choir, Treffpunkt (Youth Group), Skate Club, Bridge Club, Chess Club, Alpine Ice Curling Group (Eisstock), Bowling Club, Soccer Club, Table-Tennis Club, Tennis Club, Enzian Folk Dancers, Mardi Gras Club, Ballroom Dancing Club, Outdoor Recreational Club, Women's Club, Horticultural Club, Seniors Group, and a Camping Club.

Congress of Black Women of Canada

519-578-3660 x393 or 519-767-1067

394 Tamarack Dr. Waterloo ON N2L 4G6

Website: www.cbwc-ontario.org

Email: itispossible@rogers.com

The Ontario Region of the Congress of Black Women of Canada is a regional body with a number of local chapters linked to the National Congress of Black Women of Canada. It provides leadership and direction to create and maintain links among the Ontario Chapters of the Congress of Black Women in their missions to address the social, economic and cultural issues and needs of black women, regardless of ability, age, ancestry, citizenship, class, culture, ethnicity, family status, marital status, place of birth, political affiliation, religion or sexual orientation. The Congress of Black Women of Canada will promote organizational visibility, facilitate consistency of leadership and coordinate the concerns and issues of all Ontario Chapters.

Cultural Association "Russian Troika"

24 Combermere Cres. Waterloo ON N2L 5B1

Website: www.rtroika.org

Russian Speaking community of Kitchener, Waterloo & Cambridge.

Czechoslovak Association of Canada, K-W-G Branch

519-884-1107

PO Box 41025, 373 Bridge St. W, Waterloo ON N2K 3T5

Association for Czechoslovakian residents.

Danish-Canadian Club

615-1100 Courtland Ave. E, Kitchener ON N2C 2H9

Club for Danish residents.

East Indian Ladies Club of Waterloo Region

519-888-0452

578 Sandbury Lane, Waterloo ON N2T 1Z5

Club for East Indian Women.

Eritrean Community of K-W

519-579-1014

312-241 Victoria St. S, Kitchener ON N2G 2C1

Filipino-Canadian Association of K-W

519-576-1056

118 Forest Hill Dr. Kitchener ON N2M 4G3

Website: www.angelfire.com/ok/filipinokitchener/

Email: hmamccauley@exculink.com

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French Association of Kitchener-Waterloo

519-746-0337

680A Star Flower Ave. Waterloo ON N2J 4S1

Website: www.afkw.org

Email: randre@golden.net

Galt Burns Club

448 Waterloo St. S Cambridge ON N3H 1N9

Scottish Club.

Galt Newfoundland Club

519-623-6360

1500 Dunbar Rd. Cambridge ON N1R 6V3
Newfoundland Club of Cambridge.

German-Canadian Schwaben Club

519-742-7979

1668 King Street E, Kitchener ON N2G 2P1

Website: www.kitchenerschwabenclub.com

Email: schwaben@kitchenerschwabenclub.com

The Kitchener Schwaben Club preserves and celebrates the Schwaben culture. This site was made for both members and non-members alike to learn more about the the Schwaben people, their culture, the Schwaben Club, and the services it offers for those who wish to keep this heritage alive.

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Greek-Cypriot Community of Waterloo Region

519-746-7254

57 Lodge St. Waterloo, ON N2J 2V5

Greek Ladies Philoptochos Society

519-893-5035

64 Rannie Dr. Kitchener ON N2T 1H9

Website: www.philoptochos.org

Gujarati Cultural Association of Golden Triangle

Website: www.gcakw.org

Email: info@gcakw.org

A non-profit organization working to promote the culture, language and heritage of Gujarat State of India.

Hindu Council of Canada

506-130 Lincoln Rd. Waterloo ON N2J 4N3

Email: mail@myhcc.com

Hispanic Cultural Society

519-578-0384

14 Williamsburg Road #31 Kitchener ON N2E 1W1

Italian Cortina Club

519-894-3852

22 Kevco Pl. Kitchener ON N2C 2G5

Website: www.cortinaclub.org

Email: info@cortinaclub.org

Since 1965, the Italian Cortina Club has served as Kitchener-Waterloo's meeting place for recent immigrants, Canadians of Italian background and those interested in the cultures of Italy.

K-W Arab Canadian Friendship Association

519-579-0832 or 519-651-9433

173 Roger St. Waterloo ON N2J 1B1

K-W Cyprus Brotherhood

9 Grandhill Dr. Kitchener ON N2G 3W6

K-W Irish Society

519-745-1406
189 Mary St. Waterloo ON N2J 1S1

K-W Islamic Association

402 Clairbrook Cres. Waterloo ON N2L 5V7

Website: www.kwia.ca

Works toward uniting the KW Muslim community through a variety of services, events and community outreach programs. With the continued growth of the Grand River Region the KWIA is increasingly focused on bringing the community together and providing the resources and services needed to build a strong, sustainable Muslim community.

K-W Trinago Association

107 Carlyle Dr. Kitchener ON N2P 1V9

Kitchener Portuguese Club Inc.

519-579-6960

1548 Fischer-Hallman Road E, PO Box 48006 Kitchener ON N2E 4K6

Website: www.kitchenerportugueseclub.ca

Email: kpci@bellnet.ca

Lan-Tin Club

56 High St. Waterloo ON N2L 3X8

Lao Association of K-W

519-743-5593

35 Pinedale Dr. Kitchener ON N2E 1J9

Macedonian Canadian Community

519-748-5930

14 Quaiser St. Kitchener ON

Pakistan Canadian Association Waterloo-Wellington Counties

519-576-5059

43 Highbarry Cres. Kitchener ON N2N 3P6

Website: www.pcawwc.com

Email: fauziamazhar65@yahoo.ca

Serving Canadians of Pakistani origin in Waterloo-Wellington Counties through organizing social, cultural, religious and (non-partisan) political events; creating liaisons between the Pakistani Canadian community, mainstream, and other ethno-cultural communities; and encouraging women and youth participation in the community.

Portuguese Club of Cambridge

519-658-9703

870 Townline Road
 Cambridge, Ontario
 P.O. Box 26036
 Website: <http://portugueseclubofcambridge.com>
 Email: info@portugueseclubofcambridge.com

Salvadorean Canadian Community of Waterloo Region Inc.

519-504-4122
 807 Guelph St
 Kitchener, ON N2H 5Z2
 Email: mauricio-r@sympatico.ca
 Promoting culture and a sense of community belonging among Salvadorians and our neighbours.

Slavonia-Croatian Non-Profit Homes Inc.

519-742-0841
 100-10 Westwood Dr. Kitchener ON N2M 5P2

Somali-Canadian Association of Canada

519-998-4302
 P.O. Box 336, 525 Highland Rd W Kitchener ON N2N 5P4

Tamil Cultural Association of Waterloo Region

519-741-1140
 P.O. Box 25068 Kitchener ON N2A 4A5
 Website: www.tamilculturewaterloo.org
 Email: mail@tamilculturewaterloo.org
 The membership includes Tamils from Canada and immigrants from Sri Lanka, South India and Malaysia.

Transylvania Club

519-744-1191
 16 Andrew St. Kitchener ON N2H 5R2
 Website: www.transylvaniacub.com
 Email: transylvaniacub@intown.net
 The Transylvania Club is a Transylvania Saxon / German organization which provides a place for its members to meet and share in their heritage.

Turkish Cultural Association

519-748-1367
 510 Pioneer Dr. Kitchener ON N2P 1N5

United Kingdom Club

519-623-6580
 35 International Village Dr. Cambridge ON N1R 7M5

Waterloo Region Chinese Community Association

519-745-3373
 211 Sleaford St. Waterloo ON N2J 4Z8
 Website: www.waterloocca.com

Friendship Groups

Focus for Ethnic Women

519-746-3411

145 Columbia St. W Unit 9, Waterloo, ON N2L 3L2

Website: www.few.ca

Email: ffew@golden.net

Healthy Lifestyles: Group facilitators work at creating a safe, caring environment in which women can make friends, learn about our community, share ideas/experience on parenting, relationships, healthy eating, child development, life in Canada, and much more. Women feel connected and more confident in being a part of these groups and feel strengthened to manage daily challenges and plan toward a healthier future. This program that encourages health, well-being and progress of the immigrant woman, her family and community is delivered from a number of centres across the Kitchener-Waterloo.

(The) YMCA Women's Group of Cambridge

519-621-1621 Ext. 291

258 Hespeler Road, Cambridge, ON

Email: nmahmood@ckwymca.ca

Join the group to share your skills, views and experiences.

Places of Worship

Baha'i Community of North Dumfries

519-632-9985

Website: <http://northdumfries-bahais.org>

Email: lsa.northdumfries@gmail.com

The Baha'i Community of North Dumfries is part of a larger global community established in more than 330 countries and major territories across the globe. Our world-wide community is probably the most diverse group of people anywhere in the world, and we truly welcome all.

Brahmrishi Mission of Canada

519-579-1486 or 519-579-2713

525 Bridge St. E, Kitchener ON N2K 3C5

Website: www.brahmrishimission.org

Shri Ram Dham Hindu Temple & Brahmaidya Yogashrama

Cambridge Islamic Centre

519-740-6855

1550 Dunbar Rd, Cambridge ON N1R 8J5

Website: <http://www.iccambridge.com>

A place for Muslims to get together for religious and social events and to provide religious education for children. In addition by efforts and action programs we hope to promote building of communities of Muslims in the region of Waterloo and surrounding regions.

Cambridge Muslim Society

519-623-0568

315 Elgin St. N, Cambridge ON N1R 8C9

Muslim religious Organization.

Radha Krishna Mandir

519-650-1575

67 Old Mill Rd, Cambridge ON N3H 4R8

Website: www.radhakrishnamandir.net

Place of worship for Hindus.

Romanian Cultural Centre "Banatul" & Romanian Orthodox Church

519-570-0172

Website: www.kw-banat.org

Email: info@kw-banat.org

St. John the Baptist Romanian Orthodox Church as well as Cultural Centre.

Soupr Neshan Armenian Apostolic Church

Contact Person: Rev. Gomidas M.Panossian

Telephone: 519-623-6372

Email: dergomidas@hotmail.com

Located in Cambridge

Temple Shalom

519-746-2234

543 Beechwood Dr. Waterloo ON N2T 2S8

Website: www.templeshalom.ca

Email: info@templeshalom.ca

Temple Shalom is a thriving Reform congregation that draws members from Waterloo, Kitchener, Cambridge, Guelph, Stratford, and Hanover. Young Jewish families continue to seek out our warm and welcoming congregation.

Ukrainian Catholic Centre

519-745-6951

15 Michael St. Kitchener ON

Ukrainian Catholic Church of the Transfiguration

519-742-4172

131 Victoria St. S, Kitchener ON N2G 2B6

Yog Fellowship - Centre for Kriyayoga Meditation

519-696-3869

388 Plains Road

Kitchener ON N2R 1R8

Website: www.kriyayoga-yogisatyam.org

Email: kriyayoga.canada@yahoo.ca

Yog Fellowship is a non-profit organization established in 1983 dedicated toward the science of Kriyayoga meditation, a non-sectarian spiritual practice. Persons of any age, faith, gender, race, physical or mental ability are welcome to learn this scientific technique at no charge. First introduced to the West by Paramahansa Yogananda in the 1920's, Kriyayoga has been proven to remove all mental, emotional, and physical suffering of the sincere practitioner.

Schools

Essential Skills Upgrading (WRDSB)

519-740-3800

256 Hespeler Rd, Cambridge ON

Website: www.wrdsb.ca/esu

ESU is an employment-focused adult upgrading program of the Waterloo Region District School Board. ESU can help upgrade skills in math, writing, reading and computer and is free-of charge. Also helps prepare people for writing their GED.

Islamic School of Cambridge

519-740-6855

1550 Dunbar Rd, Cambridge ON N1R 8J5

Website: <http://www.iccambridge.com>

The Islamic School of Cambridge (ISOC) is registered as a private school with the Ontario Ministry of Education and Training. It is owned and operated by the Islamic Centre of Cambridge. ISC does not receive any funding from any government sources. The school is financially supported by students' fees and donations from the Muslim community at large. The ISOC is currently a junior kindergarten to grade 8 school serving the community since 1992. It provides an Islamic learning environment which gives children the strong and stable foundation that they need to succeed in this world and thereafter. The students learn and practice Islamic manners, self-discipline, responsibility and courtesy while dealing with their peers and teachers and most importantly the love of Allah and the Prophet (p.b.u.h.)

K-W Arabic School

255 Fisher-Hallman Rd. Kitchener ON

Website: http://www.kwia.ca/kw_arabic_school.html

The school is administered by **KW Islamic Association** in conjunction with **Waterloo Region District School Board (WRDSB)**. It has classes for children in Kindergarten to Grade 8 in addition to four credit courses for high-school students.

(The) Literacy Group

519-621-7993

89 Main St. Unit 1 Cambridge ON N1R 1W1

Website: www.theliteracygroup.com

Email: joyce@theliteracygroup.com

The Literacy Group of Waterloo Region is a volunteer, non-profit, charitable organization dedicated to helping adults 18 years and older improve their basic reading, writing and math skills. Services include: One-to-one learning, Small group programming (8-10 people), Skills upgrading in reading, writing, math, computer and workplace essential skills.

St. Louis Adult Learning Centre

519-745-1201

82 Beverly St. Cambridge ON N1R 3Z7

Website: www.stlouis.wcdsb.ca

Email: stlouis@wcdsb.ca

Provides adult training and continuing education classes. Daycare on site, self-referrals accepted. Allow older students to obtain their high school diplomas. Also offer special courses such as hairstylist, chef, second languages, and others.

Waterloo Catholic District School Board

519-578-3660

35 Weber St. W Unit A Kitchener ON N2H 3Z1

Website: www.wcdsb.ca

Email: info@wcdsb.ca

Information and locations of all Catholic schools located within Waterloo Region. Adult education ; Boards of education ; Citizenship ; Elementary separate schools ; English as a second language ; French-speaking communities ; Literacy instruction ; Parent and child programs ; Parenting support ; Religious counselling ; Remedial education ; Secondary separate schools. ESL is available to elementary and secondary school students.

Waterloo Region District School Board

519-570-0300

51 Ardelet Ave. Kitchener ON N2C 2R5

Website: www.wrdsb.ca

Academic upgrading ; Adult education ; Alternative schools ; Boards of education ; Citizenship ; Distance education ; Elementary schools ; Employment ; English as a second language ; First language literacy programs ; Homophobia ; Job placements ; Literacy instruction ; Parent and child programs ; Remedial education ; Secondary schools ; Vocational counselling. ESL is available to elementary and secondary school students.

Welcome Centre for Newcomers

Waterloo Region District School Board

519-576-3018

Website: <http://www.wrdsb.ca/schools/how-register/newcomers-welcome-centre>

749 King St W, Unit 203, Kitchener ON N2G 1E4

The Welcome Centre introduces newcomer families to our community in a caring and professional manner. Our assessment service determines the best programming for newcomer students so they can have a good beginning in our schools.

YMCA of Cambridge and Kitchener

Website: www.ymcacambridgekw.ca

Cambridge:

519- 621-1621

258 Hespeler Road, Cambridge, ON N1R 3H3

Kitchener:

519-579-9622

800 King Street West 3rd Fl, Kitchener, ON N2G 1E8

Settlement Services in Schools

The Settlement and Educational Partnerships in Waterloo Region team is committed to build bridges to link newcomers with the school and the community. The settlement workers in schools are dedicated to assisting and connecting newcomer students and their families to services and resources in the school and the community to foster student achievement.

Transportation

Golden Triangle Taxi

519-724-2222

Toll free- 1-800-946-8294

14 Wellington St, Cambridge ON N1R 3Y5

Website: www.goldentriangletaxi.com/index.php

Email: mail@goldentriangletaxi.com

24-hour a day taxi service serving Cambridge, Kitchener and Waterloo.

Grand River Transit (GRT)

519-585-7555

35 Ainslie St S Cambridge, ON

Website: www.grt.ca

Bus systems going between Kitchener and Cambridge. Service is \$2.50; bus passes are also available for purchase, as well as discounted packages.

List of Neighbourhood Organizations

The City of Cambridge is rapidly growing and contains many different neighbourhoods. Wherever you live in Cambridge, there is a neighbourhood organization in your area. These organizations usually provide programming for children, youth and adults as well as volunteer opportunities. They also commonly employ an outreach worker who can help those in need of help such as additional food, counselling, and many other needed services. Neighbourhood organizations are a great way to get connected with both your neighbourhood and any additional resources you may need.

Alison Neighbourhood Association

519-620-1867

Located within St. Anne School at:

127 Elgin St. N Cambridge, ON N1R 5H6

Website: <http://www.alisonneighbourhood.org/>

Email: alisonneighbourhood@on.aibn.com

Blair Road Neighbourhood Association

519-624-0898

30 Parkhill Rd, Cambridge, ON N1S 2J4

Kinbridge Community Association- Christopher Champlain

Resource Centre

519-740-8565

125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

Christopher Champlain McIntosh Loft

519-624-3855

200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

Kinbridge Community Association- Southwood

519-621-2930

241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5

East Hespeler Neighbourhood Association

519-740-4681 ext 4459

W.G. Johnson Centre

31 Kribs St, Cambridge, ON N3C 2L3

Fiddlesticks Community Centre

519-621-4040

71 Cowan Blvd, Cambridge, Ontario N1T 1K7

Website: <http://www.fiddlesticks.ca/>

Email: fiddlesticks@on.aibn.com

Greenway Chaplin Community Centre

519-623-4220

116 Rouse Ave, Cambridge, ON N1R 4M8

Website: <http://www.greenwaychaplin.webs.com/>

Email: greenway@golden.net

Hespeler Village Neighbourhood Association

519-740-4681, ext 7970

Website: <http://www.hespelervillage.org/contact.html>

Email: info@hespelervillage.org

Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit #1, Cambridge, ON N3H 5K4

Website: <http://www.langs.org/locations.php>

Email: info@langs.org

Youth & Teen Community Centre

581-E Langs Dr, Cambridge, ON N3H 5K4

519- 653-1263

Popcorn House Community Resource Centre

519-654-9444

292 Shepherd Ave, Cambridge, ON N3C 1V1

Website: <http://www.popcornhouse.ca/contact-us.html>

Email: popcorn@popcornhouse.ca

Preston Heights Community Group

519-650-2971

350 Linden Dr, Cambridge, ON N3H 5N7

Website: www.prestonheights.ca

Email: phcg@golden.net

Silverheights Neighbourhood Association

519-740-4681

Silverheights Public School

390 Scott Rd, Cambridge, ON

Email: silverheightsna@hotmail.com

Libraries and Computer Access

Ayr Public Library

519-632-7298
137 Stanley St Ayr, ON
Public Library with services such as internet stations, photocopier, etc offered

Cambridge Libraries and Galleries

Website: www.cambridgelibraries.ca
Queen's Square 519-621-0460
1 North Sq Cambridge, ON N1S 2K6
Preston Branch 519-653-3632
435 King St E Cambridge, ON N3H 3N1
Hespeler Branch 519-658-4412
5 Tannery St E Cambridge, ON N3C 2C1
Clemens Mill Branch 519-740-6294
50 Saginaw Pkwy Cambridge, ON
Public libraries and galleries; internet access.

Community Access Program

This program allows people of the community who do not have access to a computer at home or at work to do things such as create a resume, find a job, or to see what kind of government services that are available online. There are four CAP sites available to the public:

Cambridge Active Self Help
519-623-6024
9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4
Christopher Champlain Community Centre
519-740-8565
8-125 Champlain Blvd. Cambridge ON N1R 2X6
Langs Farm Village Association
519-653-1470
887 Langs Dr. Unit 1 Cambridge ON N3H 5K4
The YMCA of Cambridge
519-621-3250
250 Hespeler Rd Cambridge, ON N1R 3H3

Family & Community Connections, Ayr

519-632-9739
80 Stanley St. Ayr, ON N0B 1E0
Computer Access as well as resource library

Government Departments

Canada Revenue Agency

Individual Income Tax Enquiries 1-800-959-8281

Universal Child Care Benefit, Canada Child Tax Benefit 1-800-387-1193

GST/HST Credit for Individuals 1-800-959-1953

Ontario Sales Tax Credit 1-877-627-6645

Website: www.cra-arc.gc.ca

Information, application, and release dates of several tax refunds and services offered by the Government of Canada, including the GST/HST credit and the Canada Child Tax Benefit.

Citizenship and Immigration Canada

1-888-242-2100

Website: www.cic.gc.ca

Every day, CIC employees work with people from diverse cultures. They strive to serve them fairly, efficiently and with integrity. Our applicants can expect impartial, unbiased and professional treatment, as well as clear and accountable decision making. The CIC screens and approves for admission, immigrants, foreign students, visitors and temporary workers who help Canada's social and economic growth, resettles, protects and provides a safe haven for refugees, helps newcomers adapt to Canadian society and become Canadian citizens, manages access to Canada to protect the security and health of Canadians and the integrity of Canadian laws and, and helps Canadians and newcomers to participate fully in the economic, political, social and cultural life of the country. CIC works in partnership with several departments and agencies to carry out these activities.

Government of Canada

1-800-622-6232

Service Canada, Ottawa ON K1A 0J9

Website: www.canada.gc.ca

Email: sitecanadasite@canada.gc.ca

General and contact information for all Government departments and agencies within Canada.

Immigration and Refugee Board of Canada

416-954-1000

74 Victoria St. Suite 400, Toronto, ON M5C 3C7

Website: www.irb-cisr.gc.ca

Email: info@irb-cisr.gc.ca

Citizenship and Immigration Canada (CIC) has the overall responsibility for immigration and refugee matters. CIC determines claims for refugee protection made abroad at Canadian embassies and consulates. It is responsible for selecting immigrants, issuing visitors' visas, and granting citizenship. It is also CIC that determines the eligibility of all refugee protection claims made in Canada and refers eligible claims to the IRB for a decision. The Canada Border Services Agency (CBSA) is responsible for carrying out enforcement functions related to immigration and refugee matters. These include detention, removals, investigations, and intelligence and immigration control functions overseas. The IRB reports to Parliament through the Minister of Citizenship and Immigration, but the IRB remains independent from CIC and the Minister. All IRB decisions have an impact on the lives and security of the individuals appearing before the IRB. They contribute to the security of Canadians, the integrity of Canada's immigration and refugee systems, and the strength and diversity of our nation. Refugees and immigrants have always been part of Canadian history and will continue to help shape our future.

Service Canada

1-800-622-6232

Service Canada, Canada Enquiry Centre, Ottawa ON K1A 0J9

Website: www.servicecanada.gc.ca

Service Canada is the Government of Canada's one-stop service delivery network. In partnership with other departments, agencies, and levels of government, we offer Canadians an easy point of access to a wide range of the programs and services they need. Service Canada brings together a growing number of services from federal departments and agencies. We are also building partnerships with other levels of government and community service providers to bring even more services together. Whether you want to apply for Employment Insurance or a passport, find a job, or get a Social Insurance Number, Service Canada is the place to go. Also offers information on immigration services.

Websites of Interest

Newcomers Waterloo Region

<http://www.newwr.ca/Pages/Home.aspx>

Contains information about immigrating to Waterloo Region, services provided within Waterloo Region, and things to do once you arrive in Canada.

Settlement.org

www.settlement.org

If you are new to Ontario, **Settlement.Org** is for you. Find answers to common questions about moving to Ontario and settling into your new home.

Settlement Workers in Schools (SWIS)

www.swisontario.ca

Provides information about services and programs available within Ontario to help your child adjust to attending school in Canada.

Government of Canada

www.canada.gc.ca

Contains useful information such as employment, taxes, social insurance number, starting a business, etc.

Canadian Immigrant.ca

www.canadianimmigrant.ca

Contains information for immigrants and suggestions from other immigrants.

Yellowpages.ca

www.yellowpages.ca

Contains contact information for all people and businesses within the specified area.

Things to do after Arriving in Canada

- **Apply for a Social Insurance Number** to work in Canada
 - 350 Conestoga Boulevard , Unit C2 Cambridge, ON
 - <http://www.servicecanada.gc.ca/eng/sin/apply/how.shtml>
- **Apply for a Health Card** to receive health services
 - 700 Coronation Boulevard, Cambridge ON
 - <http://www.newwr.ca/health/Pages/HealthcareSystem.aspx>
 - It takes about three months to receive your new Health Card. In the meantime, you may wish to buy private health coverage in case of emergency.
- **Apply for the Canada Child Tax Benefit and the Goods and Services Tax Credit** in order to receive regular tax-free payments from the Government of Canada if you have children under the age of eighteen or are low income.
 - Applications and instructions are all available on-line
 - <http://www.cra-arc.gc.ca/benefits/>
 - Newcomers to Canada have additional forms to complete
- **Apply for an Ontario Driver's License** so you can drive in Ontario.
 - 1-888-570-6110
 - 1405 Ottawa Street N., Unit 11 Kitchener, ON N2A 3Z1
 - <http://www.mto.gov.on.ca/english/dandv/driver/drvlicen.shtml>
- **Find a family doctor** for you and your family.
 - K-W Multicultural keeps a current list of doctors accepting patients within the region.
 - For information, call 519-745-2531
- **Open a bank account** to safely store your money, as well as to pay your bills through cheques.
 - Waterloo Region has many banks
 - The information about your bank of preference will be available either in the local phone book, or through www.yellowpages.ca
- **Find a place to live**
 - There are several options for housing in Waterloo Region.
 - You can rent an apartment, a townhouse, a room, or a house.
 - You must fill out an application for each individual dwelling you wish to live in and wait for approval from the landlord.
 - You can also buy a house, condominium or a townhouse
 - There are also temporary emergency shelters available
 - More detailed information is available through Newcomers Waterloo Region; <http://www.newwr.ca/housing/Pages/Housing.aspx>

- **Find a job**
 - There are many different types of jobs available throughout Waterloo Region, with varying skill sets, wages and qualifications.
 - There are many job banks and services available throughout the region.
 - For information on services provided, see the employment section of this directory.
 - To apply for a job, you can either drop off your resume in person or send it through email. You sometimes may be required to also fill out an application.
 - You will need a telephone number for potential employers to contact you at.
 - Translators can assist you in converting your resume into English.

- **Set up telephone services**
 - Telephones are an important means of communication in Canada.
 - Telephone numbers are required by employers, schools, doctors, etc.
 - There are many telephone service providers in the region.
 - For more information, look up telephone service providers in the yellow pages of the phone book or at www.yellowpages.ca

- **Purchase furnishings for your new home**
 - There are several second-hand stores throughout the region who have furniture for sale for affordable prices.
 - For more information, look up second hand stores either in the phone book or at www.yellowpages.ca