**New Immigrant Needs** (May 5th 2014)

1. Emergency Situation:
   1. **Dial 911**: Police, Fire department, Ambulance
   2. Go to Emergency of Lakeshore hospital (you would need to pay if you do not have a medicare card)
   3. Children under 18, go to Montreal Children hospital (English hospital located at 2300,Rue-Tupper,Montréal,QC,H3H1P3,tel (514) 412-4400) down town

OR St Justin Hospital (French, 3175, Chemin de la Côte-Sainte-Catherine  
Montréal,H3T-1C5,Québec, Tél : 514 345-4931)

1. Medical issues but not emergency, Go to a walk in clinic:
   1. Clinique médicale Médistat (Médistat FMG), 4965 Saint-Pierre Street, Pierrefonds, H9H 4M5. Tel. 514-624-4774
   2. Statcare clinic and Stillview group: 175 Stillview, Pointe*-*Claire *(QC) H9R4S3.* suite 104 (514)-694-9282 (you would need to pay if you do not have a medicare card)
   3. For children, go to walk in clinic Tiny Tots Medical Center, 3400 du Marché street, Dollard-des-Ormeaux QC H9B 2Y1, suite 203. (tel. (514) 685-3531
   4. See also list of Medical resources West Island
   5. dial: 811 to talk to a nurse for consultation at Info Santé
   6. For a family doctor, you need to register with the closest CLSC. Also visit: <http://www.csssouestdelile.qc.ca/en/how-to-find-a-family-doctor/> or fill out a form at: https://www.csssouestdelile.qc.ca/en/how-to-find-a-family-doctor/form-referral-centre/
2. Register In Church, fill out registration form
3. Church Information, Schedules and activities: visit <http://www.stgeorgestjoseph.ca/framePage.htm>
4. Social Insurance Number (SIN):
   1. Go to: Service Canada, 6500 Trans Canada Highway, Pointe-Claire QC H9R 0A5, office 100
5. Bank Account + Credit card + checks: Mr Essam Mossaad at (514) 583-0741 or Mrs Marina Zaki (514) 694-3026 ext 227
6. Furniture, moving furniture: Contact Mr. Nasser Salib (514) 993-5788 & Mr. Hany Keliny (514) 975-3636
7. Carte d’Assurance Maladie (Medicare card): Contact Mr. Bahaa (514) 714-9412
   1. Régie de l’assurance-maladie du Québec (RAMQ) / Medicare

425 boul. De Maisonneuve Ouest, Montréal, QC H3A 3K5, 3e étage, Montréal, (Métro McGill or Place des Arts). Tel. : (514) 864-3411

www.ramq.gouv.qc.ca

* 1. You need to have a permanent address (apartment lease for a period of 6 months or more) before you apply for medicare card. Waiting time is 3 months.

1. Transportation :
   1. Buy and charge Opus Card from any metro station: Check also available locations in West Island (Pierrefonds, Pointe Claire etc) at: <http://www.stm.info/en/info/fares/opus-cards-and-other-fare-media/opus-card>
   2. Visit also STM (Société de transport de Montréal) : <http://www.stm.info/en> for information on bus lines & schedules, metro map & schedule etc
   3. Receive bus schedules by text message (You need to Dial 52786 (LASTM), then enter your bus line number and bus stop code in the message box (separate the bus line number from the bus stop code with a space). OR Call 514 288-6287 (A•U•T•O•B•U•S). You will be asked for the five-digit bus stop code and bus line number.
2. Insurance::
   1. You are not covered by the government for medical expenses until you receive your medicare card. You may want to get insurance until then.
   2. If you drive a car, you **must be insured prior to driving**
   3. You may want to insure your possessions and to cover your liabilities
3. Schools: Contact Mrs Marianne Cherkesly at : 514-887-0741
   1. General: Commission Scolaire Marguerite Bourgeoys, 1100 Boul. Côte Veru, Ville St Laurent H4L 4V1. Tel. (514) 855-4500, www.**csmb**.qc.ca
   2. Public schools in West Island, for example: École Ste Geneviève Ouest, 35 Rue Ste-Anne (off Boul. Pierrefonds), tel. (514) 855-4215
   3. For English schools: New comers have no right to send their children to English schools with the exception of English schools not subsidized at all by the government which are very expensive
   4. Please be aware of existence of education plans which are meant to save money for university education. The government contributes partially to such plans. For more info, contact Ms Rania Hanna at (514) 585-0804 or Mr Mina Taufilos at (514) 833-2892
4. Daycares : Visit web site of Ministère de la famille at : [www.mfa.gouv.qc.ca](http://www.mfa.gouv.qc.ca). You can also contact Mrs. Patricia Rizk at (514) 696-1919
5. French Courses (full time or part time):
   1. C.I.M.O.I. (Centre d’Intégration Multi-Services de l’Ouest de l’Ile)
      1. 143 Place Frontenac, Pointe Claire, H9R 4Z7. Tel. (514) 693-1000, [info@cimoi.com](mailto:info@cimoi.com)
      2. 4734, rue Alexander, Pierrefonds, H8Y 2B1, (514) 685-3000, [info@cimoi.com](mailto:info@cimoi.com)
   2. Visit : <http://www.immigration-quebec.gouv.qc.ca/fr/langue-francaise/apprendre-quebec/index.html> for full time courses paid by the government (You may be eligible for a small salary)
   3. See document on French course places
6. English courses: see list of schools offering English courses.
7. Child Benefits Canada (Please make copy before you send) : Contact Mrs Marianne Cherkesly at : 514-887-0741 or Mr. Mina Taufilos at (514) 833-2892. Fill out and send the ‘’Canada Child Benefit Application’’ available at:
   1. <http://www.cra-arc.gc.ca/E/pbg/tf/rc66/rc66-fill-13e.pdf> (to be filled on Line, then printed, signed, submitted by mail (Canada post)
   2. <http://www.cra-arc.gc.ca/E/pbg/tf/rc66/rc66-13e.pdf> (to be printed, filled out by hand, signed and then sent by mail with Canada Post)
8. Child Benefits Quebec (Please make copy before you send): Contact Mrs Marianne Cherkesly at : 514-887-0741 or Mr. Mina Taufilos at (514) 833-2892. Fill out and send by mail the ‘’Application for Child Assistance Payments’’ available at <http://www.rrq.gouv.qc.ca/SiteCollectionDocuments/www.rrq.gouv.qc/Anglais/formulaires/soutien_aux_enfants/LPF800_en.pdf>
9. Canada Tax Credit Application (Please make copy before you send): Contact Mrs Marianne Cherkesly at : 514-887-0741 or Mr. Mina Taufilos at (514) 833-2892
   1. <http://www.cra-arc.gc.ca/E/pbg/gf/rc151/rc151-fill-13e.pdf> (to be filled on Line, then printed, signed, submitted by mail (Canada post)
   2. <http://www.cra-arc.gc.ca/E/pbg/gf/rc151/rc151-13e.pdf> (to be printed, filled out by hand, signed and then sent by mail with Canada Post)
10. Quebec Tax Credit Application (Please make copy before you send): Contact Mrs Marianne Cherkesly at : 514-887-0741 or Mr. Mina Taufilos at (514) 833-2892. Fill out and send by mail a ‘’ Quebec solidarity tax credit application’’. <http://www.revenuquebec.ca/en/sepf/formulaires/tp/tp-1029_cs_1.aspx>
11. Work: Contact Mr. Ernst, Mr Bassem , Nasser, zodiac, or Mr Nabil Awadalla
    1. Emploi Québec (ask for advisor): Centre Local d’Emploi de l’ouest de l’Ile, 1000 boul St-Jean, 4e étage, Pointe Claire, H9R 5Y8, Tel. (514) 694-9494, [www.emploiquebec.net](http://www.emploiquebec.net)
    2. C.I.M.O.I. see above item 13-a (CVs. Interview preparation, searching work). for more info, please contact Mrs Suzy Greas at (438) 936-1363
    3. Carrefour Jeunesse- emploi for 16-35 year olds at <http://www.rcjeq.org/en/>. Tel 514-393-9155
    4. PRIME program: Letter from Emploi Quebec that they can pay part of your salary for a limited period of time.
    5. Employment Agencies in West Island, On line etc, see list and Emploi Québec list.
    6. Ordres des professions: for a list of Professional Orders visit: <http://www.opq.gouv.qc.ca/ordres-professionnels/liste-des-ordres-professionnels/>
    7. For Teachers:
       1. <http://www.immigration-quebec.gouv.qc.ca/fr/emploi/professions-metiers/profession-enseignant.html>
       2. Also see summary prepared by our teacher. Mrs Nowart (438) 993-3126
    8. For Doctors: Please see summary prepared by our Doctor Dina Refaat Lewis at (514) 625-6279
    9. For Dentists: Please contact Mrs Sherine Sabaa (514) 655-0046
    10. For Pharmacists: Please contact Mr. Fady (438) 990-4239
    11. For engineers: Please contact Mr Ayman Morkos: (514) 609-3935
    12. For Financial sector: <http://www.immigration-quebec.gouv.qc.ca/fr/emploi/professions-metiers/autorite-marches-financiers.html>
    13. For Construction Trades: <http://www.immigration-quebec.gouv.qc.ca/fr/emploi/professions-metiers/metiers-construction.html#metiers>
    14. For other technical trades: <http://www.immigration-quebec.gouv.qc.ca/fr/emploi/professions-metiers/qualifications-professionnelles-reglementees.html>
12. Education:
    1. Equivalence: **By Mail &Internet Only**, Direction Du Courrier, de l’encaissement et de l’évaluation comparative, Ministère de l’Immigration et des communautés culturelles (MICC)

255 Boulevard Crémazie Est, 8e étage, bureau 8.01, Montréal, H2M 1M2

Tel. (514) 864-9191

<http://www.immigration-quebec.gouv.qc.ca/EN/education/comparative-evaluation/index.html>

* 1. Check with your order of profession or trade, see item 18 (Work) above
  2. For obtaining diplomas from Quebec in trades, visit any college web site in Quebec
  3. For vocational Training and diplomas:
     1. visit Lester Pearson School Board at <http://www.pearsonskills.com/> Or
     2. visit any college web site in Quebec (examples are: John Abbott College, Vanier college, Gerard Goudin college)
  4. You can obtain financial assistance from Quebec via Prêts et Bourses program (Loans and Bursaries) to which you can apply from within the program that you studying and the Cégep/University you are attending. Visit: <http://www.afe.gouv.qc.ca/en/pretsBourses/index.asp>. Please Contact Mrs Suzy Greas at (438) 936-1363

1. Quebec Assistance Programs:
   1. Action: <http://www.mess.gouv.qc.ca/solidarite-sociale/programmes-mesures/action/index_en.asp>
   2. Last Resort Financial assistance : <http://www.mess.gouv.qc.ca/solidarite-sociale/programmes-mesures/assistance-emploi/index_en.asp>
   3. Shelter Allowance Program: <http://www.habitation.gouv.qc.ca/english/programme/programme/shelter_allowance_program.html>
   4. Food banks: (514) 696-1905 or West Island Mission at (514) 912-6813
2. Driver’s Licence: Please Contact Mr. Bahaa (514) 714-9412
3. CAA: For road assistance with used cars. Address: 1000 Boul St Jean, Pointe Claire, H9R 5P1. Phone (514) 426-2760
4. Inexpensive clothing, furniture, baby articles etc…:
   1. Village aux Valeurs, 3399 Des Sources Blvd (corner sallebery), (514) 684-1326
   2. Salvation Army store : 11815 De Pierrefonds Blvd. Pierrefonds, QC  H9A 1A1, Phone: 514-683-6414
   3. Play It Again Sports: Used sports articles.
   4. Baby used articles <http://www.perfectthreads.ca/SearchResults.asp?searching=Y&sort=3&cat=1819&show=40&page=1&f-Newborn=1916&gclid=CMz9nbWVk74CFcZaMgodLBcAlA>
   5. Maison Renaissance,

14891, De Pierrefonds Blvd.  
Pierrefonds H9H 4M5   
Phone: 514 696-4961

[http://www.renaissancequebec.ca/ang.php?id=4&&lieu=170](http://www.renaissancequebec.ca/ang.php?id=4&&lieu=170 )

1. Financial Information:
   1. Tax Return: The Church provides assistance with tax return forms in March and April of each year. Contact Mr. Joseph Philopos (514) 655-4926
   2. RRSP info (Saving for retirement which is tax deductible): Contact Ms Rania Hanna at (514) 585-0804 or Mr Mina Taufilos at (514) 833-2892
2. Other info: See “Vous Êtes Un Nouvel Arrivant’’ : Visit <http://emploiquebec.gouv.qc.ca/uploads/tx_fceqpubform/06_emp_aide-memoire_2013.pdf>
3. Recreational activities for families:
   1. Bowling, 9562, boul Gouin O, Pierrefonds, QC H8Y 1R3. 514-421-2695
   2. Swimming: Municipal pools (indoors and outdoors). Beaches.
   3. Libraries: Municipal Libraries, read books, borrow books or movies etc.
   4. Parks: Municipal Parks. You can BBQ, play, have a picnic.
   5. Zig Zag Zoo (Entertainment center): 980 Av St Charles, Vaudreuil-Dorion, QC J7V, (450) 424-3244
   6. Woo Hoo Entertainment Center : 25 boul. cité des jeunes, Vaudreuil, Quebec J7V0N3
   7. Musée pour enfants, Laval 450-681-4333
   8. Cross country skiing (you will need to have skis): Cap St Jacques
   9. Skating (you will need to have skates):
      1. Municipal arenas
      2. 4 glaces at 14700, boulevard Pierrefonds, Pierrefonds, QC H9H 4Y6  
         (514) 626-2500
      3. You can also rent skates and skate at 1000 de la Gauchetière in downtown Montréal.
   10. La Ronde: This is an amusement park (malahy) close to downtown
   11. Water parks
   12. Church activities for families and children
4. Wills: Writing a will is important. Please contact Mr Essam Mossaad at (514) 583-0741

PLEASE GIVE US YOUR FEEDBACK AT THE NEW COMERS DESK. THANKS