

Welcome Home!

TO SAINT JOHN



A New Resident Guide



SJLIP | PLISJ

SAINT JOHN LOCAL
IMMIGRATION PARTNERSHIP

PARTENARIAT LOCAL POUR
L'IMMIGRATION À SAINT-JEAN



SAINT JOHN

Welcome!



Saint John is the oldest incorporated city in Canada. Located on the Atlantic Coast and nestled on the Bay of Fundy along the St. John River, Saint John is an oasis of lakes, rivers, ocean beaches, forests, trails, heritage buildings, and modern conveniences. We are a city of industry, arts and cultures, diversity, safe neighbourhoods, and new businesses. Saint John is a port of call to ships from across the world, a traditional immigration point, and a growing city. We also have the highest tides in the world!

We are excited that you have chosen to live here, and we look forward to making your new life all it can be!

This guide will help as you settle in Saint John. It lists the vital information you need including services, organizations, and contact information to help you and your family. From housing and transportation, language services, education, employment, and even the weather and special events, we hope this guide will help you find all you need to live, work, and play in your new home.

SETTLEMENT CHECKLIST

The following is a list of the immediate services you will need to begin your life in Saint John.



This icon indicates which services are particularly relevant to New Canadians:

Before you arrive, visit

 www.canada.ca/en/immigration-refugees-citizenship.html

- Seek Settlement Services Page 5
- Find Essential Services
 - Driver's Licence Page 21
 - Health Card Page 8
 - Social Insurance Number Page 48
- Grocery Stores Page 58
- Banks Page 44
- Health Clinics Page 11
- Begin Language Classes Page 41
- Look for your Home Page 27
- Register for School Page 35
- Plan your Job Search Page 50
- Engage with your Community Page 86

TIP:

If you require temporary housing when you arrive, there are many Bed and Breakfasts, Motels, and Hotels in Saint John.

The websites, phone numbers, and services provided are up to date as of August 2020. Please phone or email to confirm locations, hours, and services. The goal of this guide is to provide you with resources to find the services you need. Please visit our website

 www.lifeinsaintjohn.ca for the most up to date resources.

TABLE OF CONTENTS

	1 ABOUT SAINT JOHN	1	
	1.1 Historic Saint John	1	
	1.2 Saint John Today	2	
	• Population	2	
	• Geography	2	
	• Economy	3	
	• Weather	3	
	• Time Zone	3	
	• Airport	4	
	1.3 Government	4	
	• Municipal	4	
	• Provincial	4	
	• Federal	5	
	1.4 Settlement Support 	5	
	2 HEALTH CARE	7	
	2.1 New Brunswick Health Care 	8	
	2.2 Emergency 911	10	
	2.3 Telecare	10	
	2.4 Family Doctors	10	
	2.5 Health Clinics/Hospitals	11	
	2.6 Pharmacy/Prescriptions	13	
	2.7 Dental Care	13	
	2.8 Eye Care	13	
	2.9 Medisante Saint-Jean	14	
	2.10 Women's Wellness Centre	14	
	2.11 Mental Health	15	
	2.12 Sexual Health	16	
	2.13 Disabilities	16	
	2.14 Vaccines	16	
	2.15 Naturopathic and Chiropractic Medicine	17	
	3 TRANSPORTATION	18	
	3.1 Public Transportation	19	
	• Buses	19	
	• Taxis	19	
	• Ferries	20	
	3.2 Driving	20	
	• Getting your Licence 	21	
	• Vehicles	21	
	• Purchasing a Vehicle	21	
	• Insurance	22	
	• Registration	22	
	• Safety Inspection	22	
	• Alternate-Side Parking	22	
	• Winter Driving 	87	
	(See Winter in Saint John)		
	• Safety 	23	
	• Seatbelts and Car Seats	23	
	• Alcohol and Drugs	23	
	• School Buses	23	
	• Emergency Vehicles	23	
	3.3 Active Transportation 	24	
	3.4 Cycling	25	
	3.5 Tips	25	
	• Street Name Duplication	25	
	• Funerals	25	
	• Tinted Windows	25	
	• Handicap Parking	25	
	• Right turn on a Red Light	25	
	• Residential Parking Permits	25	
	4 HOUSING	26	
	4.1 Rental and Short Term Accommodations 	27	
	• Know your Rights	27	
	• Finding an Apartment	29	
	4.2 Purchasing a Home 	29	
	• Real Estate Agents	29	
	• Property Tax	29	
	• Building Permits	29	
	4.3 Utilities	30	
	4.4 House Hold Waste	31	
	4.5 Safety and Responsibilities 	33	
	4.6 Emergency Shelters	33	
	5 EDUCATION	34	
	5.1 Registering for School	35	
	• Anglophone and Francophone Education	35	
	• Public Schools	36	

TABLE OF CONTENTS

<ul style="list-style-type: none"> • Private Schools 36 • French Immersion 36 • Home Schooling 37 			
5.2 Daycares 37			
5.3 School Buses/ Transportation 37			
5.4 School Cancellations due to Weather 38			
5.5 Post-Secondary 38			
<ul style="list-style-type: none"> • University and Colleges 38 • Private Institutions 39 			
5.6 Adult Learning 40			
<ul style="list-style-type: none"> • Retraining Programs and Language Training 41 • General Educational Development (GED) 42 			
 6 MONEY 43			
6.1 Banking  44			
<ul style="list-style-type: none"> • Opening a Bank Account 44 • Credit Checks/ Credit Reports 44 • Banks 45 • Bank Machines/ATMs 45 			
6.2 Taxes 46			
<ul style="list-style-type: none"> • Federal Income Tax 46 • Sales Tax/HST 46 			
6.3 Currency 46			
 7 EMPLOYMENT  48			
7.1 Working in Canada  48			
<ul style="list-style-type: none"> • Required Documents 48 • Knowing Your Rights 48 			
7.2 Foreign Qualification Recognition and Regulated Occupations in New Brunswick 50			
7.3 Finding a Job 50			
<ul style="list-style-type: none"> • Where to Look 50 • Resources 51 			
7.4 Starting a Business 53			
7.5 Criminal Record Checks/ Vulnerable Sector Check 53			
7.6 Professional Workplace Culture 56			
		8 COMMUNICATION 54	
		8.1 Media 55	
		<ul style="list-style-type: none"> • Radio and Television Stations 55 • Newspapers 55 	
		8.2 Mobile Phone and Internet Providers 56	
		9 SHOPPING 57	
		9.1 Food 58	
		9.2 Clothing 59	
		9.3 Furniture and Appliances 60	
		10 FAITH AND CULTURAL ORGANIZATIONS 61	
		10.1 Faith and Religious Organizations  62	
		10.2 Ethno Cultural Organizations 67	
		11 FAMILY 69	
		11.1 Family Activities 70	
		11.2 Seniors 70	
		11.3 Pets 71	
		11.4 Legal Services 72	
		11.5 Resources 73	
		12 SAFETY 73	
		12.1 Police 74	
		12.2 Fire 74	
		12.3 By-Laws 74	
		13 LIVING IN SAINT JOHN 75	
		13.1 Explore Your City 76	
		13.2 Volunteer in the Community 86	
		13.3 Library Services 86	
		13.4 Mail 86	
		13.5 Funeral Services and Cemeteries 87	
		13.6 Construction Updates 87	
		13.7 Winter in Saint John 87	
		13.8 Important Dates and Public Holidays 90	



WELCOME HOME TO SAINT JOHN!



A MESSAGE FROM THE MAYOR OF SAINT JOHN AND SAINT JOHN COMMON COUNCIL

Welcome Home to Canada's Original City - Saint John, New Brunswick - the first incorporated city in the country!

Saint John is a culturally-diverse and inclusive community known for our friendliness, where our residents enjoy a rich quality of life in vibrant and safe neighbourhoods. Our city is rich in heritage and natural beauty, but more importantly, we're rich in character. We are a family city, a welcoming city. People from all over the world have come through our harbour to the place we know as home.

With a population of approximately seventy thousand in the city and over 130,000 in greater Saint John, we are a growing community. The opportunities to thrive lie in the quality of our business innovation, industry, arts and culture, and recreational experiences. It's the spirit of our people and the beauty and heritage that surrounds us that makes us proud to live in this city.

On behalf of Saint John Common Council and our citizens, Welcome Home to Saint John!



City Hall



ABOUT SAINT JOHN

1.1 HISTORIC SAINT JOHN:

The first people to live here over 12,000 years ago were the Wolastoqiyik who called this land Menahkwesk. During the summer, the Wolastoqiyik resided in villages along the Wolastoq River, living off bass, sturgeon, salmon, wild roots, and berries. They also planted corn, harvesting it at the end of summer before their migratory winter hunt of moose and bear. Birch tree bark was central to Wolastoqiyik culture, as they used it to cover wigwams and make canoes. Today, Wolastoqiyik continue to live in Saint John and the surrounding area.

In 1604, explorers from France, led by Sieur de Monts and Samuel de Champlain, arrived at the mouth of the Wolastoq River on June 24th. This date is known as “St. John the Baptist Day”, and they called the river, and the land, “St. John”.

French settlers colonized the area in 1631, building a fortress at the mouth of the river known as Fort La Tour. In the 1700’s the fortress was destroyed by the governor of Acadia, and French settlers known as Acadiens settled along the river. The British and the French fought over who owned the land, and the Acadiens were forcefully deported from the area. The British built fortresses and permanent British settlement began.

ABOUT SAINT JOHN

In 1783, a large influx of refugees from the American Revolutionary War arrived in Saint John. These “Loyalists” wished to remain loyal to the British rule. They settled the communities of Parr Town and Carleton. In 1785, by Royal Charter, the two communities merged to form Saint John, Canada’s first incorporated city.

Also referred to as “the Port City,” Saint John became a leading industrial centre in the nineteenth century, predominantly due to the shipbuilding trade. The city quickly grew, with the largest influx of immigrants occurring during the Irish famine of the 1840’s, adding “Canada’s most Irish City” to its list of names.

The City’s harbour has welcomed people from across the globe, leaving an imprint on Saint John history through culture, architecture, and traditions.



1.2 SAINT JOHN TODAY

Population

Saint John has a population of approximately 70,000 representing cultures from across the world. New Brunswick is Canada’s only officially bilingual province. All federal and provincial services are available in both French and English.

Geography

The City of Saint John is 315.82 km² (121.94 sq. mi) and comprised of a number of distinct neighbourhoods, including Uptown Saint John, the Old North End, South/Central Peninsula, East Side, the Lower West, Lancaster, Morna-Martinon, Acamac, Lorneville, and Millidgeville.

ABOUT SAINT JOHN

The Greater Saint John Census Metropolitan Area (CMA) is 3,362.95 km² (1,298.44 sq. mi) in size. It is comprised of the City of Saint John and the surrounding towns of Rothesay, Quispamsis, Grand Bay-Westfield, and St. Martins with a population of 130,000 residents.

Economy

Saint John has strong health care, manufacturing, tourism, energy and IT sectors. The employment in Saint John CMA has been steadily increasing, while the unemployment rate has been decreasing. Compared to other cities in Canada, the cost of living in Saint John is affordable.

- The **minimum wage** in New Brunswick is \$11.70/hour
- Median total household income: \$65,851
- Average house price: \$159,400

Weather

Saint John has four very distinct seasons. Because the city is located on the Bay of Fundy, it tends to be cooler in the summer and warmer in the winter in comparison to other cities in Atlantic Canada.

- The average temperature during summer months is 17 C to 22 C. Winter temperatures range from -13 C to 2.7 C.

Time Zone

Saint John is located in the UTC-04:00 (AST)

TIP:

Daylight Saving Time is the practice of setting clocks forward one hour from the standard time in the spring, and setting them back again in the fall, in order to make better use of natural light.

ABOUT SAINT JOHN

YSJ Saint John Airport

The code for the Saint John Airport is YSJ. It is located on the East Side of Saint John. The main airlines are Air Canada, Porter Airlines, and Flair. These flights serve as connectors to other Canadian cities such as Toronto, Halifax, and Montreal.

1.3 GOVERNMENT

We have three levels of democratically elected government in New Brunswick:

City of Saint John provides Police and Fire Services, maintains streets and roadways, provides public transportation, and recreation such as parks and beaches. City Council consists of 10 elected councilors and the mayor.

City of Saint John

15 Market Square

 www.saintjohn.ca

Province of New Brunswick provides services such as Health Care, Driver's Licences, Education, and Labour Laws. The head of the provincial government is the Premier and Members of the Legislative Assembly

 www.gnb.ca

Federal Government of Canada oversees Social Insurance Numbers, income tax, passport services, and immigration services. Canada is a federation, which means powers are shared between federal and provincial governments. The federal government is located in the House of Commons in Ottawa, led by the Prime Minister, and Saint John is represented by a Member of Parliament (MP).

 www.canada.ca

TIP:

*Our city is called
SAINT JOHN,
NEW BRUNSWICK.
There is another city
on the East Coast
called St. John's
Newfoundland.*



SAINT JOHN



Canada 

1.4 SETTLEMENT SUPPORT

Saint John Newcomers Centre

165 Union Street

 (506) 642-4242

 www.sjnewcomers.ca

The Saint John
Newcomers
Centre



Le Centre
de nouveaux arrivants
de Saint-Jean

The Saint John Newcomers Centre offers specialized settlement services to newcomers in Saint John. Their settlement advisors guide individuals and families through creating a settlement plan according to their specific needs and immigration status. Additionally, their advisors will recommend attending one of the Centre's many programs and events that connect newcomers to the local community and foster positive integration into their new home.

Programs and Events include:

- Settlement Supports
- French and English Conversation Groups
- Orientation to living in Saint John
- Information Sessions on Community Services
- Networking Opportunities
- Volunteer Opportunities
- Family-Friendly Social Events
- Free Tax Clinic
- Employment Supports
- Translation Supports

YMCA Newcomer Connections

191 Churchill Boulevard AND 129 McAllister Drive
(506) 634-4860

 (North End) saintjohnymca.ca
(Field House) irvingoilfieldhouse.com

YMCA Newcomer Connections offers a variety of services including:

- General Information and Orientation Sessions
- Language Programs
- Canada School
- Interpretation Support
- Health Support
- Employment Support
- Youth Support
- Settlement and Resettlement Assistance Services, including AIPP
- Cultural Competency Training
- Atlantic Immigrant Career Loan Fund program

PRUDE INC (Pride of Race, Unity, and Dignity through Education)

165 Union Street, Suite 301

 (506) 634-3088

 www.prudeinc.org

PRUDE Inc. is dedicated to the full participation of all cultural communities in the social, cultural, and economic fabric of mainstream New Brunswick life. PRUDE Inc. is open to all who support this message of cultural diversity, regardless of ethnicity, religion, age or gender, and works to sustain an environment of diversity, equality, respect and inclusiveness through its awareness programs. PRUDE Inc.'s services focus on: "community connections" to welcome landed immigrants with the Canadian Way programs and workshops; "community outreach" to bridge cultural diversity through anti-racism programs and training; "in-school education" to enrich our regional cultures.





HEALTH CARE

2





2.1 NEW BRUNSWICK HEALTH CARE

“Medicare” is a term that refers to Canada’s publicly funded health care system. Instead of having a single national plan, we have 13 provincial and territorial health care insurance plans. Under this system, all Canadian residents have reasonable access to medically necessary hospital and physician services without paying out-of-pocket.

All members of a family must have their own Medicare card.

To apply for your Medicare Card:

Service New Brunswick office

15 King Square North,

Saint John, NB

 1-888-762-8600

 www.snb.ca

To be eligible for New Brunswick Medicare coverage you must be:

- A Canadian citizen OR legally entitled to remain in Canada and a resident who makes his/her permanent and principle home in New Brunswick (PR) OR an international student who meets the eligibility criteria.

If you have moved to New Brunswick from another country, you must apply for Medicare at the Service New Brunswick offices (with the appropriate documents listed in the next section). It may take up to 6 weeks for approval. Your card will be sent to your home by mail. During this wait time you can pay for medical services out-of-pocket or choose to purchase personal health insurance. If you are a post-secondary student, your school may have an insurance program – contact them for more details.

What is covered by Medicare?

Visits to your family doctor and specialist, necessary medical procedures, hospital stays, and drugs administered in hospital are all paid for through Medicare.

What is not covered by Medicare?

The cost of prescription drugs, ambulance services, vision care and glasses, cosmetic procedures, and dental care are generally not covered. Patients are responsible for paying the service provider for these services.

If you have moved to New Brunswick from another province in Canada, there is a three-month waiting period before you become eligible for NB Medicare coverage.

When applying for your Medicare care, you must provide three documents (one from each of the categories below):

1. Proof of Citizenship/Status

2. Proof of Identification: Choose one of the following documents

- Birth Certificate; Valid New Brunswick Driver's Licence
- Valid Passport (Canadian or foreign)
- Valid Permanent Resident Card (front & back) or Record of Landing Document (example: Form # IMM 1000)
- Active Temporary Resident Permit issued by Citizenship and Immigration Canada
- Certificate of Canadian Citizenship
- Legal Name Change Document
- Student or Employee ID Card
- Previous Provincial Health Card



3. Acceptable proof of Residency: Choose one of the following documents

- Mortgage Document
- Rental or Lease Agreement (must be signed by landlord & tenant)
- Utility Bill - not older than two months
- Employment Confirmation
- Insurance Policy (home, tenant, auto)
- Valid NB Motor Vehicle Registration
- Valid NB Driver's Licence
- Child Tax Benefit Statement
- Property Tax Bill (current year)



2.2 EMERGENCY 911

911 If there is a life threatening emergency such as a medical issue, fire, or crime, telephone 911. The operator will dispatch a fire truck, police, or ambulance. There is no fee for police or fire emergencies. In the case of medical emergencies, an ambulance will be dispatched with two paramedics. Note that ambulance calls will result in a bill for \$130.60, so only call an ambulance if it is an emergency. Otherwise, call Telecare 811 (see below), or drive/taxi to the hospital.

In Canada, the Police protect and serve the citizens, and you should not be afraid to call them if you need help.

2.3 TELECARE 811

811 Telecare is a free service that does not require a Medicare number. An experienced nurse will offer advice on medical treatments 24 hours a day. Calls can be made from anywhere in Saint John and it is completely confidential.

2.4 FAMILY DOCTORS

Most Canadians visit a Family Physician when they require health care and consultation.

Patient Connect NB is designed to help New Brunswick residents find a primary health care provider (family doctor or nurse practitioner) if they do not currently have one. The program will work to find you a primary health care provider in your area. Your information will be used to determine your health needs, refer you to a provider and to contact you to ensure that you are still looking for a provider.

 www.gnb.ca Search "Patient Connect"



2.5 HEALTH CLINICS/HOSPITALS

Walk-in and After Hours clinics provide care for patients with non-urgent medical problems who don't have a family doctor or who are unable to obtain an appointment with their family doctor within a reasonable time-frame. After Hours clinics provide non-urgent medical care outside regular office hours and generally require patients to make appointments. Walk-in clinics serve patients on a first-come, first-serve basis.

Clinics:

- **Saint John After-Hours Medical Clinic**
110 Crown Street (Shoppers Drug Mart)
Saint John, NB
(506) 635-2273 call up to one hour before opening to book a same-day appointment.

- **West Side Medical Clinic**
201 - 107 Catherwood Street W (Lawton's Drugs)

Saint John, NB
(506) 693-2273 call up to one hour before opening to book a same-day appointment.

- **Millidgeville Medical Clinic**
725 - 2 Millidge Avenue Saint John, NB
(506) 642-3627 call up to one hour before opening to book a same-day appointment.

- **University Avenue After-Hours Medical Clinic**
35 University Avenue (in Jean Coutu Pharmacy)
Saint John, NB
(506) 657-9355 call for hours

TIP:

If you do not have a family doctor, try to visit the same clinic for your medical needs. The staff will know you and have your files available.



- **KV After Hours Medical Clinic**
140 Hampton Road (Sobeys Mall Plaza)
Rothesay, NB
☎ (506) 849-2273 call up to one hour before opening to book a same-day appointment.

TIP:

Residents often refer to the Emergency Room as "The Out Door".

Hospitals:

Saint John has two hospitals providing emergency medical services:

- **Saint John Regional Hospital 24hr Emergency room service**

400 University Avenue
Saint John, NB E2K 5B4

☎ (506) 648-6000

🌐 www.horizonnb.ca

- **St. Joseph's Hospital Emergency room service from 08:00am to 10:00pm.**

130 Bayard Drive

Saint John, NB E2L 3L6

☎ (506) 632-5555

🌐 www.horizonnb.ca



2.6 PHARMACY AND PRESCRIPTIONS

Prescription drugs costs are not covered by Medicare, and patients have to pay out of pocket unless they have private health insurance. The New Brunswick Prescription Drug Program (NBPDP) provides prescription drug benefits to eligible residents of New Brunswick, including Senior citizens, people with disabilities, and residents who meet certain income criteria.

There are many pharmacies in Saint John that sell medicine and fill a doctor's prescription. They also carry over-the-counter medicines which do not require a doctor's prescription

You may find a pharmacy located in larger chain grocery stores or as stand alone shops.

2.7 DENTAL CARE

Dental exams are not covered by Canada's provincial health care system.

These services are paid for by the patient or by a personal health care insurance provider*

A list of dentists in Saint John is available at

 www.nbdent.ca

2.8 EYE CARE

There are many optometrists located in Saint John. Eye care is not covered by the Medicare system, and is paid by the patient or a personal health care insurer.*

Information on optometrists is available at

 www.opto.ca/find_doc

TIP:

Pharmacies are also called "Drug Stores."

* *Healthy Smiles,*

Clear Vision is a Dental and Vision plan for children of low-income families. This plan will provide the necessary coverage for specified dental and vision benefits as follows:

Dental: The dental program will cover basic items, such as regular exams, X-rays and extractions, with some focus on preventative treatments such as sealants and fluoride treatments.

Vision: The vision program will cover basic items such as yearly exam, lenses and frames.

For more information contact:


 www.gnb.ca Search "healthy smiles clear vision"

2.9 MÉDISANTÉ SAINT-JEAN

Médisanté Saint-Jean provides quality and enhanced primary health care services to the local Francophone community. **Services include:**

Respiratory Health Assessment Clinic, Assistance with Smoking Cessation, Diabetes Education Clinic, and Flu Clinics.

Médisanté Saint-Jean Address:
Samuel-de-Champlain Community School,
67 Ragged Point Road

 (506) 648-8020

 www.horizonnb.ca

Clinic hours are Monday to Friday 8:30 a.m. to 4:30 p.m.

2.10 WOMEN'S WELLNESS CENTRE

Helping women of all ages reach and maintain personal wellness, this centre consists of a group of caring and knowledgeable female doctors and nurses who are committed to providing exceptional care and helping women lead healthier lives. Referrals are not necessary.

Services include:

Family Planning, Menopause and Bone Health, Pregnancy Tests, Prenatal Clinic, Pap test, Pelvic and Breast exams, Sexually Transmitted Infection Testing
St. Joseph's Hospital,

130 Bayard Drive 9th floor

 (506) 632-5454

 www.horizonnb.ca

Search "Women's Wellness Centre"


Monday to Friday 8:00 am to 4:00 pm

TIP:

The City has neighbourhood wellness centres offering health and wellness services and programs to help you access government and community based programs.


North End Wellness Centre

223 Victoria Street

 (506) 649-2704


Market Place Wellness Centre

120 Market Place West

 (506) 674-4335

HOPE Wellness Centre

4347 Loch Lomond Road

 (506) 632-5695

2.11 MENTAL HEALTH

Saint John Community Mental Health provides community-based mental health services in short term and long term rehabilitation, child and youth services, senior services, crisis programs and specialized mental health services for those involved with the legal system.

Mercantile Centre,
55 Union Street, 3rd Floor
Saint John, NB

 (506) 658-3737

Information on mental health services is available at

 www.horizonnb.ca

Search “Community Mental Health”

Mobile Crisis Services provides assessment, specialized intervention, and stabilization for individuals experiencing emotional distress relative to addiction and Mental Health.

Service may include:

Initial support and assessment over the phone (24/7),
On-site visit if necessary (8 am - midnight daily), assessment of the presenting situation, current support and resources, supportive and collaborative planning, referral to appropriate follow-up services, consultation with existing supports and services, short-term management as necessary.

The services are voluntary and provided with the consent of the individual.

 1-888-811-3664

2.12 SEXUAL HEALTH

Saint John Sexual Health Centre focuses on promoting healthy sexual attitudes and responsible sexual behavior among adolescents and adults of all ages and genders.

8 Richmond St

 (506) 658-3998

 www.horizonnb.ca

Search “saint john sexual health centre”

2.13 DISABILITIES

There are many programs and resources for people living with disabilities which you can access through the provincial government’s website.

 www.gnb.ca

Search “disabilities”

2.14 VACCINATIONS

Publicly funded vaccines and immunizations are available to residents of Saint John based on the eligibility. Public Health focuses on immunization for infants, preschoolers, youth up to 18 years of age. The routine immunizations recommended for infants, children, adolescents and adults are outlined at

 www.gnb.ca

Search “Immunization”

A personalized vaccination schedule can be obtained at

 www.healthycanadians.gc.ca/apps/vaccination-schedule/index-eng.php

2.15 NATUROPATHIC, ALTERNATIVE, AND CHIROPRACTIC MEDICINE

The New Brunswick Association of Naturopathic Doctors (NBAND) is the provincial association for qualified Naturopaths in New Brunswick. You can find a naturopath at www.nband.ca



Licensed chiropractors must be graduates of an accredited college or university, and have successfully completed the national licensing exams.

For a list of chiropractors in the city, visit www.nbchiropractic.ca



TIP:

For ideas on staying healthy and maintaining an active lifestyle, see Chapters 12 and 14

TIP:

It is prohibited to smoke or vape in public places.



TRANSPORTATION

Saint John residents can choose from a variety of modes of transportation. Most neighbourhoods are accessed by public transportation, which will allow you to travel to work, recreation activities, shops, and grocery stores. Many people in Saint John own a car, and some families have more than one vehicle.


3

3.1 PUBLIC TRANSPORTATION

Buses

Saint John Transit is the public transport system serving Saint John, providing scheduled transit service in the city. Saint John Transit offers many services including charter bus services and site seeing bus tours.

Full bus routes and schedule information:

 (506) 658-4700

 www.saintjohn.ca

Handi-Bus Service

Operated by Independence Plus Inc., a non-profit organization, Handi-Bus provides transportation to persons with physical disabilities who are unable to use regular public transportation. Independence Plus Inc. Handi-Bus Accessible Transportation

 (506) 648-0609

 www.saintjohn.ca

Taxis

Saint John is serviced by a variety of Taxi operators. Taxis are more expensive than the bus and use a meter system. You can confirm the price of your trip in advance. The fare is the same for one passenger and multiple passengers. Adding a passenger does NOT double the price.

 For a list of taxis visit www.yellowpages.ca

TIP:

SJ Transit is integrated with Google Maps and Apple maps

TIP:

Bus passengers can pay to travel using cash on the bus, or purchase a bus pass or prepaid punch card at Drug Stores and Convenience Stores throughout the City.

TIP:

Customers usually tip the driver 10 to 15 per cent on top of the price



Ferries

Though not located in the central part of the city, there is a series of ferries to help transport cars and people to islands and peninsulas located in Greater Saint John. You can find a list of ferries online at:

 www.gnb.ca/content/gnb/en/departments/dti/bridges_ferries/content/ferries.html

The Fundy Rose ferry has daily crossings between Digby, Nova Scotia and Saint John, New Brunswick. All types of vehicles including cars, RVs, trucks, tour buses, and motorcycles, are welcome aboard – as well as walk-on passengers and four-legged friends.

 www.ferries.ca/nb-ns-ferry/


3.2 DRIVING

You must have a valid Driver's Licence to operate a motor vehicle in Saint John. It must always be carried when operating a vehicle, and must be produced for inspection on the request of any peace officer.

The minimum age to receive a graduated, or instructional, Licence is 16 years.

To obtain your Driver's Licence or register your vehicle, visit:

Service New Brunswick
15 King Square North,
Saint John, NB

 1-888-762-8600

 www.snb.ca





Getting your Licence

• Students

Students who move to Saint John do not need to exchange their Licence while in school, but as soon as you take up permanent residence or become gainfully employed, you must obtain a New Brunswick Licence.

If you have a Driver's Licence from another country or an International Driver's Licence, you may use it for up to three months, and then you must obtain a valid New Brunswick Driver's Licence.

• Graduated Driver's Licence

If you have not had a Driver's Licence in the past you must participate in the Graduated Driver's Licence program.

• Driver Training

If you are new to driving, or wish to refresh your skills and learn about driving in Canada, there are many Drivers Education (Driver's Ed) schools in the city. Google "Drivers Ed Saint John" to find a school near you.

Vehicles

• Purchasing a vehicle

New and used vehicles can be purchased from car dealers in Saint John. Used vehicles can also be found on www.kijiji.ca and www.autotrader.ca



Banks can help you finance the purchase of your vehicle.

TIP:

It is always a good idea to have a mechanic check a vehicle before you purchase it.

TIP:

To rent a vehicle you must be 21 or older and have a valid drivers license. Rental agencies can be found online.

- **Vehicle Insurance**

Insurance is required for all vehicles in New Brunswick, and if you drive without insurance you will be given a ticket/fine. Vehicles can be insured with various insurance companies in Saint John.

- **Registration**

Your car must be registered each year. Vehicles can be registered at Service New Brunswick. There is a fee to register your vehicle.

- **Safety Inspection**

All vehicles registered in New Brunswick require a safety inspection every two years. You can bring your vehicle to a Licenced mechanic or auto repair garage to pay for an inspection.

- **Alternate-Side Parking**

In an effort to better manage street cleaning, snow removal and street maintenance in the South/Central Peninsula, year-round alternate-side parking has been put into effect.

From the 1st to the 15th day of each month, parking is allowed on the odd-numbered side of the street. From the 16th to the last day of each month, parking is allowed on the even-numbered side of the street. Changeover from one side of the street to the other takes place from 6:01 p.m. to 12:00 a.m. on the 15th day and the last day of each month.

For more information visit:



www.saintjohn.ca



Winter Driving (see Winter in Saint John) page 83



Safety

In Canada, vehicles drive on the right side of the road.

• Seatbelts and Car Seats

Everyone in the car must wear seatbelts when the vehicle is moving. You can only have as many passengers as there are seatbelts. Children must be in the correct size car seat until they are nine years old, weigh at least 36 kilograms (79 pounds), or be at least 145 centimetres (57 inches) tall. Car seats must always be in the back seat and properly fastened. New babies must face backwards in their car seats. Babies and children cannot be held in parents' arms or on their laps.



Guidelines on child car seat safety: www.tc.gc.ca



Alcohol and Drugs

The Criminal Code prohibits driving while impaired to any degree by drugs, alcohol, or a combination of both. Penalties for this offence range from a mandatory minimum fine of \$1000 to life imprisonment, depending on the severity of the offence. It is also against the law to have open alcohol in your vehicle.



For more information visit: www.justice.gc.ca



School Buses

It is a crime to pass a yellow school bus when it has stopped for children to enter or exit, or when its lights are flashing.



Emergency Vehicles

If you hear or see an ambulance, fire truck, or police vehicle with its flashing lights and siren on, pull over to the side of the road to let it pass you.



3.3 ACTIVE TRANSPORTATION

Cross Walks



What is a Crosswalk?

A crosswalk is the area on a road where pedestrians have the right (with certain responsibilities) to get from one side of the road to another. Crosswalks exist at all intersections of streets whether or not there are crosswalk lines and signs or sidewalks. Crosswalks also exist everywhere else on a road where crosswalk lines and signs are in place.

As a motorist you must let a pedestrian cross the street at all crosswalks, whether the crosswalk is marked or not. You must not pass another vehicle when that vehicle is stopped at a crosswalk for a pedestrian.

As a pedestrian, you are allowed to cross the street only at a crosswalk. You must not suddenly begin crossing the street in a way that does not allow a motorist to yield to you.

When facing a signal for a pedestrian you must enter the crosswalk only when the signal shows the white outline of a person and not when the orange outline of a hand is shown blinking or steady. The blinking outline of the hand will often start when you begin walking along a crosswalk but you have enough time to cross the street before other vehicles can move as long as you started crossing when the white outline of a person was showing.



TIP:

Extending your arm prior to and during crossing will help let the drivers know you wish to cross.

3.4 CYCLING

Many city streets have a bike lane between the side walk and the road, which allows cyclist to drive on the road. Cyclists must wear helmets and observe the same rules of the road as motorists.

3.5 TIPS

- **Street Names:** Saint John consists of towns that amalgamated to form The City of Saint John, but the street names didn't change. So we have streets with similar names, such as Duke Street, Charlotte Street, and Mount Pleasant in different areas of the City. Check ahead using google maps to make sure you arrive at the correct destination.
- **Funerals:** In Saint John, it is customary (but not a rule) for cars and pedestrians to stop when a funeral procession passes.
- **Tinted Windows:** It is illegal to have tinted windows in your vehicle.
- **Handicap Parking:** Saint John's streets and parking lots have parking spaces designed for people displaying a handicap parking pass. They are often marked with a blue logo or a blue parking meter. It is illegal to park in these spaces without a handicap parking pass.
- **Turning Right on a Red Light:** Unless otherwise marked, it is legal to turn right on a red light.
- **Residential Parking Permits** are issued to residents of the South/Central Peninsula who want to park their cars on the street overnight.

 www.saintjohn.ca

TIP:

City buses often have bike racks on the front of the bus, so you can transport your bike with you.





HOUSING

You have many neighbourhoods to choose from for your new home. Whether you choose to rent an apartment or purchase a house, you'll find a wide variety of options. Most suburban and some urban houses have yards with grass and flower gardens. Many neighbourhoods have schools, grocery stores, and a choice of single and multi-family houses and apartment units, parks, and public transit.



4.0 NEIGHBOURHOOD MAP

South (End) Central Peninsula—Uptown

North End (Portland/Millidgeville)

East Side (Simonds/Loch Lomond)

West Side (Carleton/Lancaster/Fairville)





4.1 RENTAL AND SHORT TERM ACCOMMODATIONS

When renting a house or apartment in Saint John, you should know your rights as a tenant.

Information on tenants' rights and obligations is available at www.snb.ca/irent

Information on the rights and obligations of residential landlords and tenants is available at <http://sjaoa.ca/index.php/rentalsman-contact>



- Your landlord should have you sign a lease. Your lease states the rights and responsibilities of both the landlord and tenant. Review the lease and ask questions prior to signing.
- A damage deposit is required when signing a lease. This will be returned to you when you move if your apartment has not been damaged.
- Most leases require a month's notice before you move out.
- In some cases, landlords will require proof of employment or income.
- Most apartments are "unfurnished" meaning there is no furniture, but there will be a stove and fridge. "Furnished" apartments range from including beds, dressers, and furniture to having dishes and cutlery. Make sure you confirm what is included prior to signing your lease.
- Renter's Insurance provides coverage for any lost, damaged, or stolen items, as well as coverage for injuries to another person that might occur in your rented home or apartment. You can find Insurance providers via the internet.
- In rental apartments, each bedroom **MUST** have a window and at least one window in the bedroom must be egress.



Finding an Apartment

- 🌐 www.kijiji.ca is a popular website listing apartments and shared accommodations.
- 🌐 Other property companies include www.killamreit.ca; <https://www.chfr.ca>; and <https://www.pomm.ca>
- 🌐 Facebook “Marketplace” and Facebook “Student Housing in Saint John” also provide apartment listings

4.2 PURCHASING A HOME

The cost of purchasing a home in Saint John is less than similar cities in Canada. Most properties for sale are listed on www.realtor.ca where you can choose a price range and neighbourhood.

Real estate agents

Agents are not paid to show you houses for sale, but are paid only once a house is sold.

It is recommended to use a real estate agent, who can help you through the process. You must also have a lawyer review the documents.

To find more information about purchasing your home,

- 🌐 contact www.legal-info-legale.nb.ca

Property Tax

Homeowners pay property tax based on the value of their home and land. Property Taxes are used to pay for municipal services such as policing, firefighting, parks, community centres, and street maintenance.

More information on property tax and property tax assessments are available at

- 🌐 www.snb.ca

TIP:

Many apartments have laundry facilities in the building, including a washing machine and clothes dryer. Some landlords charge extra for the use of laundry facilities, and the machines will be coin operated.

TIP:

If you are in Canada as an International Student, you may choose to purchase a home.

Building Permits (One Stop Shop)

If you are considering building or renovating your home, you will need proper permits to ensure that your project meets the health and safety requirements set out by the National Building Code of Canada.

Examples of work requiring a permit include:

Siding, garage, shed, deck, pool, plumbing, additions, finishing a basement, adding a room, new windows, new door openings, electrical upgrades, and interior renovations.

To learn more contact:

One Stop Shop

(506) 658-2911



onestop@saintjohn.ca



4.3 UTILITIES

Heating and Electricity

In Saint John, the fall, winter, and spring months can be cold, and you will need to heat your home. Homes can be heated in different ways: an oil furnace, natural gas, electric heat, and a wood stove.

Some rentals include utilities (Heat and Electricity) while others require tenants to pay for their utilities separately.

- **Electricity** is supplied by Saint John Energy. As a new customer, they will require a deposit.

Saint John Energy

1-877-907-5550



www.sjenergy.com

- **Natural Gas**

Consumers should purchase natural gas from the source that best suits their needs. You can find the suppliers on line.

- **Heating Oil**

There are many suppliers for heating oil if your home has an oil furnace. You can find a variety of them listed on line.

Water and Sewage

Water and Sewage is always the responsibility of the landlord. If you are purchasing your home, you should contact Saint John Water at

652-1960 or

www.saintjohn.ca

to connect your water and sewage, and to arrange payments.

4.4 HOUSE HOLD WASTE

Garbage Collection

The City of Saint John will collect your garbage if you live in a house. Many larger rental units have private garbage collection. Check with you landlord about garbage collection days/time.

Garbage is divided into five categories:

- **Compost:** Composting reduces landfill waste. Vegetable peelings, fruit, meat, grass clippings, leaves and other organic waste is composted to create new soil. Most homes have a small green bin to gather compost and a larger green bin to place at the side of the road for collection.
- **Recycling:** You can reduce household waste by 50% when you recycle. You can collect your cardboard, boxboard, plastic, metal, and milk containers in a bin, and drop them off at one of the many Blue Bin recycling depots located throughout the city.
www.fundyrecycles.com

TIP:

If you have a house that uses a well, contact the Department of the Environment for information on well water safety


www.gnb.ca




- **Redeemables:** Soda Pop, Wine, and Beer bottles can be dropped off at a Redemption centre. There is an automatic fee of 10 cents added to your purchases, but upon return each bottle and can will earn you 5 cents. Some people drop off bags of bottles and the money is donated to a charity.
- **Trash:** Anything that doesn't fall into one of the above categories must be placed in a large garbage bag and placed at your curb on garbage collection day. Many people place their large bags in a garbage bin, to prevent birds or animals from interfering with the trash. For more information about the landfill, visit:

 www.fundyrecycles.com

- **Bulky Items:** Large items of a household nature including but not limited to furniture, mattresses, bed springs, boxes, barrels, pieces of fencing, barbecues, "white goods" (refrigerators, stoves), carpets and the like that would normally accumulate at a residential dwelling unit can be picked up twice a year. Residents are not permitted to place these items at the curb unless arrangements have been made with Municipal Operations.

 To arrange pick up,
(506) 658-4455

To find out the schedule in your neighbourhood,
 www.saintjohn.ca





4.5 SAFETY AND RESPONSIBILITIES

Smoke Detectors and Carbon Monoxide Detectors

You should have a working smoke detector on all levels of your home. You should replace the batteries twice a year. You should also have a carbon monoxide detector.

No Barbeques (BBQ)/Outdoor Stoves indoors

Many residents use Barbeques (both charcoal and propane) and fire pits outside for cooking food. Never use a Barbeque or Fire Pit inside your home.

Lawn care

If you have a home with a yard, you will need to mow the grass. A lawn mower can be purchased at most department and hardware stores.

Winterizing your Home

See Winter in Saint John

4.6 EMERGENCY SHELTERS

- Coverdale Centre for Women (506) 634-1649/672-6285
- First Steps Housing Project (16-29 years) (506) 693-2228
- Fresh Start Services for Women/YWCA (506) 638-1409
- Fundy Region Transition House
(Women and Kids) (506) 466-4485
- Hestia House (Women and Kids) (506) 634-7570
- Housing Alternatives (506) 632-9393
- Outflow Men's Shelter (506) 658-1344
- Safe Harbour House (Youth 16-19) (506) 642-6647
- Social Development NB 1-866-441-4340
(evenings) 1-800-442-9799



EDUCATION

Saint John has an Anglophone and a Francophone school district, as well as Immersion programs to learn an official second language. The City is also home to the University of New Brunswick's Saint John Campus, a Campus for Dalhousie University's Medical School, and the New Brunswick Community College. There are two Private Schools in Saint John and three more in the Greater Saint John Area.



5.1 REGISTER YOUR CHILD FOR SCHOOL

Anglophone South School District

🌐 (ASD-S) <http://asd-s.nbed.nb.ca>

Or

District Scolaire Francophone Sud (DSFS)

🌐 <https://francophonesud.nbed.nb.ca>

Children must register the year they turn 5. If your child's 5th birthday is after September 1st you may choose to have them begin the following year.

Your child must have a legal document with date of birth, proof of address, and proof of immunizations against certain diseases to register for school. If you need information about this, or to discuss immunizations please contact public health

☎️ (506) 658-2454

🌐 www.horizonnb.ca

If your child was not born in Canada or born in Canada but their mother/native language is not English or French you can choose the Anglophone or Francophone school system. To ensure your child gets any specialized services needed to integrate them into school, contact

Anglophone Schools:

🌐 [http://web1.nbed.nb.ca/sites/](http://web1.nbed.nb.ca/sites/ASD-S/Pages/InternationalStudents.aspx)

ASD-S/Pages/InternationalStudents.aspx

☎️ (506) 658-3019

Francophone Schools:

🌐 <https://francophonesud.nbed.nb.ca/inscription-a-l-ecole/eleves-immigrants>

☎️ (506) 658-4613

All children in Saint John are required to attend public or private schools, or be home schooled. Children must stay in school until they are 18 years old or their age when they graduate.

TIP:

When children enroll in High School, they may choose their classes based on their interests and potential career paths. High Schools in Saint John offer various specialized programs, including the International Baccalaureate (IB) program, Advanced Placement (AP) classes, and industrial arts. Students may also continue their studies in French Immersion.

Public Schools:

A list of Anglophone Public Schools in Saint John is available at

 <http://web1.nbed.nb.ca/sites/ASD-S/Pages/SchoolDirectory.aspx>

The Francophone School in Saint John is Samuel de Champlain.

 <http://ecole.district1.nbed.nb.ca/samuel-de-champlain/>

Private Schools:

These schools are not free and follow a different curriculum than the public schools. Private schools require application fees, tuition fees, and books. Transportation is not provided by the schools, and parents must arrange for transportation to and from school.

Divine Mercy Catholic School (Grades K-8)

 <http://www.divinemercycatholicschool.ca>

Tír na nóg Forest School (Elementary School)

 <http://www.tirnanogforestschool.ca/>

Private Schools in the surrounding towns include

 Rothesay Netherwood School (www.rns.cc),

 Touchstone Community School (touchstoneacademy.ca),

 and Valley Christian Academy (vcaschool.com).

French Immersion:

Many Anglophone schools also offer French Immersion programs where children are taught their classes in French. The French Immersion program is provided for students who wish to develop a degree of proficiency in their second official language.

TIP:

Schools are assigned based on where you live.

Elementary School:

Kindergarten to Grade 5

Middle School:

Grades 6-8

High School:

Grades 9-12

Home Schooling:

Some parents choose to home school their children and join home school groups. To home school children, parents must submit an Annual Home Schooling Application Form for approval by the minister of education.

 <https://www.gnb.ca>

5.2 DAYCARES

Daycare is available if you are working and need care for your preschool aged child during the day. If you need care for your school aged child, there are also after school programs for this. Children under age 12 are not permitted to remain home alone. There is a fee for daycare.

Two types of daycare services are offered in Saint John:

- **Licensed** childcare services are registered with the provincial government
- **Unlicensed** are home childcare services offered by individuals

A list of daycare centres approved by the New Brunswick government is available at

 www.nbed.nb.ca/parentportal/en

5.3 SCHOOL BUSES/ TRANSPORTATION

Depending on where you live in proximity to the school, your child may either walk or take the school district provided school bus to school. School and transport eligibility can be obtained at

 <https://asdsbp.nbed.nb.ca/Eligibility.aspx> (Anglophone)

 <https://dsfsbp.nbed.nb.ca/Eligibility.aspx>
(Francophone)

TIP:

If you require Daycare for your child, it is important to place them on a list as soon as possible. Many parents will place their child's name on a waiting list while still pregnant.

Parents are responsible for the safety of their children to and from the school bus stop if you live within 2.4 km of the school. Check on the internet for ideas parents in other jurisdictions have created (e.g. walking school bus) to transport their children safely to and from school.

5.4 SCHOOL CANCELLATIONS DUE TO WEATHER/SCHOOL HOLIDAYS

(See Winter in Saint John)

5.5 POST-SECONDARY

There are many options for students who wish to pursue their post-secondary (university, college, private colleges) studies in Saint John. Post-Secondary education is not free.

Universities and Colleges:

- The University of New Brunswick (UNBSaint John) UNB, one of the oldest English language university in Canada, has a campus in Saint John (UNBSJ) offering undergraduate degrees in Arts, Science, Nursing, Computer Science, Medical Radiation Sciences, Health Sciences, Business, introductory Engineering, and Information Sciences as well as the MBA program and PhD program.

 (506) 648-5670

 www.unb.ca

- Dalhousie University (DAL)
Dalhousie has a Medical School at its Saint John location (on the UNBSaint John Campus).

 (506) 636-6000

 www.medicine.dal.ca

TIP:

Call ahead if you think school may be closed due to weather conditions:

Anglophone Schools:


1-855-535-7669

Francophone Schools:

1-877-551-5553

- **New Brunswick Community College (NBCC)**

The New Brunswick Community College has a campus in Saint John and offers a variety of training programs, including but not limited to Welding, Pipefitting, Power Engineering, Pharmacy Technology, Medical Technology, International Business Management, and Early Childhood Education.

 (506) 658-6600

 www.nbcc.ca

- **New Brunswick College of Craft and Design (NBCCD)**


Students can take the Foundation Visual Arts Certificate program at the Saint John Arts Centre. Graduates of this one-year Certificate Program will be eligible to apply for admission to the New Brunswick College of Craft & Design Diploma Programs, offered in Fredericton, NB.

 1-877-400-1107

 www.nbccd.ca



Private Institutions

- **Eastern College** is a diploma granting college focused on practical hands-on training in areas such as Business (Accounting Payroll, Administration Specialist), Technology (IT Systems Administration, Network Support Specialist), Healthcare (Massage Therapy, Personal Support Worker, Veterinarian Assistant, Child and Youth Care Worker, Occupational and Physical Therapy Assistant, Pharmacy Assistant), Law (Criminology, Legal Assistant Specialist, and Paralegal), Supply Chain Logistics, and Barbering.

 (506) 633-5166

 www.easterncollege.ca

- Ready Arc Training and Testing is a registered occupational training organization, offering courses in welding.

 (506) 696-8336
 www.readyarc.ca

- Canadian Operating Engineers Training Institute of New Brunswick offers a variety of skills-oriented programs in Heavy Equipment, Cranes, and Safety.

 (506) 635-1110
 www.coejatc.ca

- Majestany Institute provides instruction to prepare students entering the beauty industry, including courses in Hairstyling, Aesthetics, and Medical Aesthetics.

 (506) 693-4125
 www.majestany.ca



5.6 ADULT LEARNING

Language training

Immigrant service agencies in Saint John offer specialized language training.





- Saint John Newcomers Centre offers Conversational French and English programs

Address: 165 Union St., 4th floor
Saint John, NB E2L 5C7

 (506) 642-4242
 www.sjnewcomers.ca

TIP:

*For more information on private training institutions and apprenticeships contact:
Apprenticeship and Occupational Certification Saint John
Regional Office
 (506) 658-2445
 www.gnb.ca*

- **YMCA of Greater Saint John** offers the LINC program (Language Instruction for Newcomers to Canada)
191 Churchill Blvd and
129 McAllister Drive
Saint John, NB
 (506) 693-9622
 www.saintjohnny.com/programs/newcomerconnections/
- **PRUDE (Pride, Race, Unity, Dignity, Education)**
165 Union St., Suite 301
Saint John, NB E2L 2C7
 (506) 634-3088
 www.prudeinc.org
- **Saint John College**
Saint John College is the English-second-language training institute for the University of New Brunswick Saint John. The college offers English-second-language programs that help international students and English-second-language speakers prepare to study in colleges or university programs in Canada (or other English countries). There are three main English for academic preparation programs:


The English for Academic Purposes (EAP) Program:
A four-level, full-time program for students ranging in English ability from Beginner to High-Intermediate.

The English-Second-Language (ESL) Support Program:
A full-time, one-semester program for students who have a high level of English but who need to refine their English for academic study and also make the transition from full-time ESL to university study.

The Pre-MBA Program: A two-module (two semester) program for international students conditionally admitted to the UNB Saint John Master of Business Administration program. Specialty and customized courses are also available.

University of New Brunswick
Saint John Campus
Grand Hall

Charlotte street
Saint John, N.B.

 (506) 648-5599

 www.unb.ca/saintjohn/business/mba

- CCNB's Language Assessment Centre of New Brunswick (LACNB) is a licensed Canadian Language Benchmarks (CLB) as well as the niveaux de compétences linguistiques canadiens (NCLC) assessment centre. Their team of certified and experienced assessors provides services across the province of New Brunswick. They are the only provider of the French assessment (NCLC) in the Atlantic Provinces.

 www.continuum.ccnb.ca/language-learning-centre/

- **General Educational Development (GED)** is an international testing program for adults who have been unable to complete high school.

 www.gnb.ca

- **The Learning Exchange** offers adult education, training, and career development. The Basic Education and Skills Training (B.E.S.T.) program and the Community Adult Learning Program (C.A.L.P.) help adult learners develop skills and prepare for the G.E.D.

139 Prince Edward Street

 (506) 648-0202



MONEY

6





6.1 BANKING

Opening a Bank Account

If you are a Newcomer to Canada, it is important to open an account at a financial institution as one of your first steps in settlement. Bank services include savings accounts, checking accounts, lines of credit, credit cards and debit cards.

These services are available at all banks, trust companies and credit unions.

Requirements:

- Two pieces of identification are normally required to open accounts at Canadian banks.
- At least one piece of identification should have your picture on it, such as your passport.

Credit Checks/Credit Reports

You may be asked to provide a Credit Check to obtain a credit card, borrow money, or purchase a home. A credit check will show your credit history by detailing debts owed in the past and when they were paid back. It is important to build your credit by paying your bills on time. You can obtain a credit check by contacting:

- ☎ Equifax Canada 1-800-465-7166 or
- ☎ TransUnion Canada 1-800-663-9980

FRAUD:

The Financial and Consumers Services Commission protects consumers and enhances public confidence in the financial and consumer marketplaces. For information on fraud and how to spot scams,

🌐 www.fcnb.ca

Finding a Bank

Banks Available in Saint John:

- Bank of Montreal www.bmo.com
- Bayview Credit Unions www.bayviewnb.com/Home
- CIBC www.cibc.com
- National Bank www.nbc.ca
- Royal Bank www.rbc.com
- Scotiabank www.scotiabank.com
- TD Canada Trust www.td.com



Bank Machines (ATM)

Also called ATM's, Bank machines are found in most banks as well as in malls and larger stores. These kiosks allow you to withdraw and (sometimes deposit) money as well as check your bank balance. Please note that some ATM's charge service fees up to \$5.00.

TIP:

Financial advisors assess the financial needs of individuals and help them with investments (such as stocks and bonds), tax laws, and insurance decisions. They help clients plan for short-term and long-term goals, such as education expenses and retirement.



6.2 TAXES

There are various types of taxation for residents of Saint John.

- **Income tax** is money you pay based on your income. These taxes fund services the government provides, such as health care, roads, and education. You must file your income tax return each year by April 30th. You can find more information on filing your tax return at www.cra-arc.gc.ca
- **Sales Tax** is charged when you buy items. This is called the Harmonized Sales Tax (HST) and is 15% in New Brunswick.

TIP:

Newcomers in Saint John can be eligible for some benefits and credits. For more information or to register for your benefits, contact

www.canada.ca/en/services/benefits/family.html

6.3 Currency

In Canada, our currency is called the Dollar. It comes in paper and in coins. There are 100 cents in one dollar.

The value of the Canadian dollar in other countries can

be obtained at www.xe.com

Canadian money comprises the following denominations:

TIP:

The Government of Canada offers free tax clinics through the Community Volunteer Income Tax Program.

www.canada.ca





EMPLOYMENT





7.1 WORKING IN CANADA

Required Documents to work in Canada:

- Social Insurance Card (SIN #)
You must have a Social Insurance Number to work in Canada.
- Your Social Insurance Number (SIN) is a nine-digit number used in the administration of various Canadian government programs and is required to work or to receive government benefits.

To receive your SIN # you will need a primary document that proves your identity and status in Canada. This document should be the original and written in English or French. Any documents in a foreign language should be translated and certified.

If you are a temporary foreign worker or student, your SIN # will begin with a 9 and have an expiration date. Be sure to apply for your new card when you gain your PR status. Your SIN number is processed and issued same day.

To Apply:
Service Canada (HRDC office)
1 Agar Place Saint John
1-800 206-7218
 www.servicecanada.gc.ca

TIP:

You may need a work permit to work in Canada, based on the line of work you do.

 www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants.html

Knowing Your Rights

The Human Rights Act is a provincial law that prohibits discrimination and harassment in:

- Employment
- Housing
- Public services (schools, stores, motels, hospitals, police and most government services)
- Publicity, and
- Certain associations

The prohibited grounds of discrimination are:

- Race
- Colour
- National origin
- Place of origin
- Ancestry
- Creed or religion
- Age
- Marital status
- Family Status
- Sex (including pregnancy)
- Sexual orientation
- Gender identity or expression
- Physical disability
- Mental disability
- Social condition (includes source of income, level of education and occupation)
- Political belief or activity

There are also separate provisions for sexual harassment and reprisal.

If you think you are being discriminated against or harassed based on the prohibited grounds listed above you can file a complaint with the **Human Rights Commission**. You do not need to be a citizen or landed immigrant. It does not cost anything, and it is illegal for someone to penalize you because you file a complaint.

Monday to Friday: 8:15 a.m.-4:30 p.m.

 1-888-471-2233

TIP:

The Province of New Brunswick Employment Standards.

 www.gnb.ca

7.2 FOREIGN QUALIFICATION RECOGNITION AND REGULATED OCCUPATIONS IN NEW BRUNSWICK

There are a variety of regulated occupations in New Brunswick. If you would like to work in a regulated occupation, you are required to be certified or licensed by the regulatory authority for that occupation. One of the first steps in becoming certified or licensed in New Brunswick is to obtain an equivalency for the foreign qualifications you have earned outside of Canada. Your academic credentials and work experience will be evaluated to determine how your credentials and experience compare to Canadian-trained professionals.

 www.cicic.ca/2/home.canada

7.3 FINDING A JOB

Where to Look

There are limitless possibilities for a rewarding career in Saint John. To stay up to date on jobs and employers in Saint John:

-  www.nbjobs.ca/jobs
-  www.linkedin.com/groups/12110653/
-  www.workingnb.ca

You can visit this website for a list of major employers and recruiting firms

 www.saintjohnlifeonyourterms.ca/

TIP:

Tell people you meet that you are looking for a job. Networking is important and you should let everyone know, not just potential employers.

TIP:

Volunteering will help you build connections, and provide references, which can lead to employment. The Settlement agencies can help you find places to volunteer.


Resources

The Work Room

Services include:

- Career planning – Plan to achieve career excellence
- Job search – Guide to finding a job
- Labour market – Gathering information on the labour market
- Free resources – Career publications, tools and links
- Scholarships, Loans & Grants – Funding for post-secondary education

1 Agar Place


 1-855-412-3330

 www.careerthatwork.ca

Opportunities NB (ONB Connect)

Opportunities New Brunswick (ONB) works in partnership with businesses operating in a variety of sectors throughout New Brunswick. Featured Opportunities is a curated list of some of the most exciting career opportunities available from their clients around the province. This monthly updated list can be accessed online at onbcanada.ca or you can sign up to receive Featured Opportunities directly in your email inbox each month.

40 King Street

 (506) 453-5471

 www.onbconnects.ca/

Employment agencies

Submitting your resume to a staffing agency such as **Adecco** and **Kelly Services** can give you access to many potential jobs. You also get to choose the type of jobs you would be open to accepting.

 Adecco: www.adecco.ca/

 Kelly Services: www.kellyservices.ca/ca/

7.4 STARTING A BUSINESS

Business Immigrant Essentials

Delivered as part of the suite of programs for entrepreneurs, The Business Immigrant Essentials exists to equip newcomer professionals with the tools, resources, and network needed to be successful in New Brunswick and encompasses a combination of incubation space, mentoring, and the Business Immigrant Essentials curriculum. This course is designed to translate your international business experience to our local market, including finance, law, sales, lead generation, and import/export training.

 www.edgsj.com

Saint John Community Loan Fund

Part of the social enterprise ecosystem, the Community Loan Fund works with creative and enterprising partners to scale innovative solutions to poverty reduction and community well being. Offering skills development, accessible loans, and programming.

 www.loadfund.ca

7.5 CRIMINAL RECORD CHECKS/VULNERABLE SECTOR CHECK

Some employers and most volunteer organizations will require you to have a Criminal Record Check and/or a Vulnerable Sector Check. These are available by contacting the Saint John Police at

1 Peel Plaza

Saint John

 www.saintjohn.ca

7.6 PROFESSIONAL WORKPLACE CULTURE

Depending on the type of job you have, the customs and culture of the workplace will vary. However, it is always a good idea to present yourself as professional and hard working. This website details common workplace culture for newcomers:

 www.international.gc.ca



8.1 MEDIA

Many residents find their local and international news on reputable websites belonging to television, radio, and newspapers.

- www.globeandmail.com
- www.nationalpost.com
- www.cbc.ca
- www.globalnews.ca
- www.ctvnews.com

There are both English and French radio stations broadcasting news, music, and other information in Saint John. A full list of media in Saint John is available at

- www2.gnb.ca/content/gnb/en/news/media_list.html

The English Language newspaper published in Saint John is called **The Telegraph Journal**, and it is available in print at local stores as well as online:

- <https://tj.news/>

The French language newspaper for the Saint Joh region is **Le Saint Jeannois**:

- www.arcf.ca/journal-le-saint-jeannois.html

HUDDLE is a Maritime business publication that tells the stories of the creative, innovative, and interesting entrepreneurs working in the Maritimes.

- www.huddle.today

8.2 MOBILE AND INTERNET PROVIDERS

Most residents of Saint John use mobile (cell) phones to communicate. There are many providers of cell phones in the area.

There are three major telephone service providers in Saint John that also provide cable and internet services packages:

- **Bell Aliant**
1 866-425-426
 www.aliant.bell.ca
- **Rogers**
1 888-764-3771
 www.rogers.com
- **Eastlink**
1 888-345-1111
 www.eastlink.ca

TIP:

Remember to have your mobile phone unlocked before leaving your home country or province. This will allow you to buy a SIM card in New Brunswick.

TIP:

The common means of communicating over social media in Saint John are Facebook, Facebook messenger, and LinkedIn. What's App and WeChat are unfamiliar to most residents but they are welcome to learn.



SHOPPING



9

9.1 FOOD

There are many options for food shopping (grocery shopping) in Saint John. Most neighborhoods are close to a large grocery store such as Super Store, Wal-Mart, Sobeys, or Costco. These stores offer a large variety of food options, from fresh produce and meats to packaged foods.

Convenience stores are smaller stores that carry food basics. They are usually located in residential neighborhoods or near gas stations.

The Saint John City Market is located in Uptown Saint John and carries a wide variety of fresh fruit, vegetables, fish, and meats.

Open air farmers markets can be found on the weekends in some community parks during the spring, summer, and fall.

Food Banks

If a resident needs assistance with obtaining food through the month, there are “food baskets” and “food banks” to help. These organizations offer food basics for families and individuals who have lower incomes.

To access a food bank, you need to show your Medicare card and a proof of address, which could include a piece of mail with your address, your license, or other documents. Residents should go to the food bank in their neighborhood.

TIP:

Many large stores also have an imported food section, and some carry Halal and Kosher meats. There are also a number of specialty grocery stores with foods from various cultures.



- **Saint John Community Food Basket**

Open Wednesday and Friday

245 Union St.

 (506) 652-2707

 www.saintjohnfoodbasket.org/

- **Saint John East Food Bank**

Open Tuesday and Friday

648 Westmorland Rd

 (506) 633-8298

- **West Side Food Bank**

Open Tuesday and Friday

120 Market Place West

 (506) 635-1060

- **North End Food Bank**

Open Tuesdays

211 Main Street

 (506) 634-7403

9.22 CLOTHING

In the winter, people have warm coats, winter boots, and gloves, mittens, and scarves. You may not need them every day, as the temperature varies from day to day. The spring and fall are cooler than summer, and it is a good idea to have sweaters, light jackets, and a rain coat and an umbrella.

People purchase their clothing items in large department stores, malls, boutiques, and second hand shops. Some shops are for the whole family, and others are specific to adults or children. There are many second hand shops where the prices are less expensive and there is a large variety.

9.33 FURNITURE AND APPLIANCES

If you are purchasing items for your home, you can begin with a second hand store which would have a large selection of household items such as tables, chairs, beds, etc. There are also stores specializing in new furniture and appliances like refrigerators, stoves, washing machines, and clothes dryers. Many homes and most apartments have large appliances and some homes are rented “furnished”, meaning there may be furniture included. Check with your landlord to see what is included in your home.

Many residents will purchase furniture and appliances using websites such as Kijiji and Facebook. You can search “furniture and appliances” on “Facebook Market Place”



FAITH AND CULTURAL ORGANIZATIONS



10.1 FAITH AND RELIGIOUS ORGANIZATIONS

In Saint John, everyone has the right to believe and practice their religion freely and openly.

Faith and Religious Places of Worship in Saint John include:



- Anglican
- Baptist
- Catholic
- Hindu
- Islam
- Jain
- Jewish
- Mormon
- Orthodox Christian
- Pentecostal
- Shambhala
- Sikh
- United
- Wesleyan

To locate a place of worship near you, search on-line

10.2 ETHNO CULTURAL ORGANIZATIONS

Saint John has growing and diverse ethno cultural communities. Contact information can be found at

 www.lifeinsaintjohn.ca

Aboriginal Peoples Council

African Association

Asian Heritage Society of NB, Saint John Chapter

Association Regionale de la Communaute Francophone de Saint-Jean (ARCF)

Brazilian Community

Canadian Lebanese Association

Cuban Community

Danish Consulate: Demark

Egyptian Cultural Association of New Brunswick

Filipino Association of New Brunswick

Finnish Consulate: Finland

French Consulate: France

Greater Saint John Chinese Cultural Association

Indo Canadian Society of Saint John

Iranian Community

Irish Canadian Cultural Association

Congregation Shaarei Zedek: Israeli/Jewish Community

Japanese Community

Korean Community

Mexican Community

FAITH AND CULTURAL ORGANIZATIONS



Muslim Association of New Brunswick
New Brunswick Black History Society
Nigerian Community
Palestinian Community
Somalian Association
St Andrews Society: Scotland
St Georges Society: England
Swedish Community
Syrian Community
Ukrainian Community
UNB Saint John African and Caribbean Society
Vietnamese Community
Welsh Society



FAMILY

The quality of life in Saint John is relaxed and centred on family and community. You have the opportunity to take part in many extracurricular programs, including music, dance, theatre, sports, science, art, and more. There are organizations and clubs dedicated to providing programs for families.

11

11.1 FAMILY ACTIVITIES


For children and youth many other organizations offer afterschool/weekend programs as well as summer camps and programs on school holidays.

Adults can take part in sports, the arts, as well as other adult only events in the community, including trivia nights, open mics, sporting events, and clubs.

(Visit Chapter 13 “Living in Saint John” for more resources.)

11.2 SENIORS

In Canada, a senior is aged 65+, however many shops offer Senior Discounts for people aged 55+. Canadian seniors are active in the community. The Seniors’ Resource Centre can help match you with a group or activity: Seniors’ Resource Centre Brunswick Square, Level 3, Saint John, New Brunswick

 (506) 633-8781

 <http://seniorshelpsj.ca/>

Support

There are many supports in place for seniors, including Old Age Security Pension and the Low Income Senior’s Benefit. This information is available on the federal government’s website

 www.canada.ca

TIP:

In Canada, most people have a first and last name. The last name is your family name.

TIP:

Ask your neighbours, school mates and teachers, or coworkers for suggestions on family based organizations. Joining an activity or group will help you makes friends and become part of the community.

TIP:

*For accessible transit visit: Independence Plus Inc. Handi-Bus Accessible Transportation
(506) 648-0609
www.saintjohn.ca*

11.3 PETS

In Canada, many households have domesticated animals such as pets: dogs, cats, small rodents such as rats, mice, hamsters, gerbils, guinea pigs; fish, and birds.

Many pubs and shops in Saint John are dog friendly. Please check the following link for the pet friendly businesses in Uptown Saint John:

 www.uptownsj.com/blog/2016/07/13/uptown-is-pet-friendly/

Dogs must be kept on a leash. Every dog must be licensed. The dog licenses must be renewed annually and are valid from January 1st to December 31st. Cats do not require licenses. To obtain a license, contact City Hall, your veterinarian, or

The Society for the Prevention of Cruelty to Animals (SPCA)

295 Bayside Drive

 (506) 642-0920

 www.spcaanimalrescue.com


Dog parks

- **Rockwood Park Bark Park**
7 days a week, dusk until dawn
376 Hawthorne Ave. Ext.,
Rockwood Park, Saint John
- **Rainbow Park Bark Park**
7 days a week, 24 hours a day
205 Sydney St., Saint John




11.4 LEGAL SERVICES

Sometimes families or individuals may need the resources of a lawyer. A lawyer can help you navigate purchasing a home, starting a business, contracts, as well as separation, divorce, and human rights violations. Saint John has law firms and legal aid.

 www.legal-info-legale.nb.ca/ is an initiative of the Public Legal Education and Information Service of New Brunswick (PLEIS-NB). It offers general information and resources about family law in New Brunswick.

If you have questions about how the courts work, court rulings or procedures, contact Family Law Information Line

 1-888-236-2444.

11.5 RESOURCES

If you or a member of your family requires support in an emergency or crisis situation, the Saint John Human Development Council provides a full listing of resources at this link:

 www.sjhdc.ca/surviving-the-streets.html



SAFETY

Canada is one of the world's safest places to live. The crime rate is low compared to many other countries, and people feel safe and secure. Our fire and police departments are staffed by trained professionals who help residents in times of need. You should not be afraid of the police.

FOR EMERGENCIES CALL 911



12.1 POLICE

A police officer's job is to maintain safety and the law. If you are stopped by the police while in your car, they will ask for your registration, license, and proof of insurance.

If you are arrested, the police must identify themselves, state that you are under arrest, tell you the reason, and tell you that you have the right to speak to a lawyer.

1 Peel Plaza
(506) 648-3333
www.saintjohn.ca



12.2 FIRE

The fire department will come to your home in case of fire. They also respond to accidents, and will often go to the scene of an emergency even if there is not a fire. You can call the fire department to help you with smoke detectors.

(506) 658-2910
fire@saintjohn.ca
www.saintjohn.ca

12.3 BYLAWS

Bylaws are created to maintain the health and safety of residents. Various bylaws regulate activities within the City's boundaries. Categories include: Parking, Animal Control, Noise, Building/Construction, Solid Waste, and Dangerous and Unsightly Properties. You may need more information on a bylaw or to pay or dispute a ticket. To learn about bylaws, contact

www.saintjohn.ca

TIP:

211 is a provincial phone service to help you navigate social and community services, including housing, mental health supports, food banks, and other social development programs.



13.1 EXPLORE YOUR CITY

Saint John is filled with awesome activities year round for every age group. Each day there is live music, theatre, sports, cultural and nature based events taking place for the whole family. From beautiful creative spaces, to parks, trails, and beaches, there is always something new to explore!

Harbour Passage

Many residents enjoy walking or cycling along Harbour Passage. A series of interconnected walkways, lookouts, and heritage sites linking the Reversing Falls Rapids to Uptown Saint John, Harbour Passage features interpretive structures and panels along the way. Ideal for walking, running and biking, the trail includes stretches of Broad, Sydney, and Water Streets, the boardwalk at Market Square, and the Chesley Drive waterfront.



Irving Nature Park

The Irving Nature Park is a 600 acre (243 hectare) site created by J.D. Irving, Limited (JDI) to help protect an environmentally significant area.



On the way into the park families can stop to enjoy the Children's Forest, featuring barbeques, a playground and life-size mazes.

Park visitors can enjoy the rugged beauty, boardwalks and lookout points. Special events like meteor showers, geological history, moonlight snowshoeing and story sessions are all free.

Featuring forest and marsh, beaches and trails, it is ideal for recreational activities as well as interactive outdoor educational programs.

Sand Cove Rd

8:00 AM - 7:00 PM

(506) 653-7367



<https://www.facebook.com/IrvingNaturePark/>

Rockwood Park

Rockwood is the hub of outdoor activities year round. Over 55 trails and footpaths will guide you through the Park's unspoiled charm, with its unusual topography and geography. A UNESCO Stonehammer Geopark site, Rockwood's billion years of history can be seen in unique rock formations, caves and waterfalls. Families enjoy swimming at Lily Lake and Fisher Lake. There is a large pavilion with changing rooms and a restaurant, a golf course, stables for horses and pony rides, the Kiwanis Play Park, and areas for BBQ's and Picnics.



www.rockwoodpark.ca



Recreation

Recreation options in the City of Saint John are diverse, inclusive, and responsive: they enrich quality of life, encourage healthy active living, and promote personal growth and development opportunities for all age groups. They are also readily accessible to residents and families regardless of social or economic status or level of ability. It's easy to maintain a healthy, active lifestyle in Saint John. Our facilities, programs, and natural surroundings provide many opportunities to test your limits and discover new ways to stay healthy.

There are plenty of indoor and outdoor ice rinks for playing hockey and skating. We also have golf courses, aquatic facilities, trails, skateboarding parks, play parks, and sporting facilities located throughout our region. Our schools, associations, and community organizations offer a variety of competitive sporting and arts programs for you and your family. Being surrounded by the Bay of Fundy and the St. John and Kennebecasis rivers, you'll find many opportunities for exciting, affordable boating experiences. Simply put, if you like to be active, you'll find plenty to motivate you in Saint John!

Sports

Saint John has over 30 sports to choose from including cricket, roller derby, rugby, skiing, hockey, and gymnastics. There are many sporting organizations that offer classes, recreational teams, and elite programming. To find a sport association, visit: www.saintjohn.ca



Indoor Skating Rinks

- **Charles Gorman** 80 University Avenue, North
(506) 632-6150 Heated viewing and Canteen
- **Peter Murray** 711 Dever Road, West
(506) 658-2809 Canteen
- **Stewart Hurley** 1500 Hickey Road, East
(506) 632-6151 Heated viewing and Canteen

TIP:

The Saint John Community Services Database lists government and community programs and services in Saint John, including recreation, arts, and sports associations.

 www.saintjohninfo.ca

TIP:

PROKIDS provides assistance to as many children and youth as possible who are unable to participate in sport, art, recreation, or cultural activities due to financial limitations. Activities such as arts, culture, recreation and sports are known to promote self-esteem, healthy growth, increased knowledge and personal development.

To Apply visit:

 www.saintjohn.ca

Outdoor Public Skating Locations

- **Lily Lake Rockwood Park** North - Conditions permitting from dawn until 10 p.m. daily
- **Rainbow Park** 205 Sydney St. South - Conditions permitting from dawn until 10 p.m. daily

Playgrounds

Many neighborhoods have playgrounds either on school property or in public spaces. Some playgrounds have equipment for children as well as basketball courts and baseball diamonds. The City also has three splash pads, which are areas for water play with fountains and sprinklers.

For a full listing of playgrounds in the City, visit: www.saintjohn.ca

Beaches

With access to the rivers and the bay, Saint John has many public beaches for your enjoyment including:

- **Rockwood Park**, in the North End, has two supervised sandy freshwater beaches, playground, and hiking trails
- **Little River Reservoir** is located on Loch Lomond Road in East Saint John. It offers a freshwater beach, playground, and hiking trails
- **Dominion Park Beach** is on the West Side's Randolph Island, and accessible by a small bridge. It is a freshwater, sandy swimming beach with playground, canteen, change houses, barbeque, and picnic shelters.
- **Mispec Beach**, one of the finest sandy beaches on the Bay of Fundy, offers visitors free parking, picnic sites, a playground, and more.



TIP:

Other public beaches in the City include Bayshore, Saints Rest and Tucker Park.

TD Station

Located in the uptown district, this is the centerpiece for sporting and entertainment events. TD Station attracts a diversity of world-class entertainment and sporting events. One of TD Station's greatest assets is its connection by indoor walkways to many amenities in the uptown core. The "Inside Connection" links the facility to hotels, shopping centres, restaurants, bars and indoor parking all within walking distance.

99 Station Street

506.632.6103

www.harbourstation.ca

Canada Games Aquatic Centre

Built to host the 1985 Canada Summer Games, the Canada Games Aquatic Centre has the only 50-metre pool in New Brunswick with its own filtration system and a timing system capable of scoring swimming, diving, water polo, and artistic swimming. The depth of the pool is 3.5 feet (shallow end) to 14 feet (deep end). The competition pool also has two one-meter springboards, two three-meter springboards, and one five-meter diving platform.



The Leisure Pool Area is comprised of the Tots Pool, Leisure Pools, Hot Tubs (adults and families), and the public dry and steam saunas. The leisure pool has multiple features such as waterfalls and a spiral slide! The centre also offers a Functional Fitness Studio, Multipurpose Room (MPR), and Fitness Centre. For more information about public swims, birthday parties, summer camps, classes and scheduling, contact:

50 Union Street

(506) 658-4715

www.aquatics.nb.ca/

Irving Oil Field House

The Field House provides residents the chance to play the sports they love. Join in for weekly sports nights on one of the indoor turf fields! The Field House offers diverse sports opportunities like cricket, soccer, pickleball, and more.

129 McAllister Drive

 www.irvingoilfieldhouse.com/newcomer-connections/


Arts and Culture

Saint John is recognized for its exciting history of visual arts, live theatrical performances, and music. A strong supportive arts community coupled with the built heritage, natural beauty, and diverse cultural population is allowing Saint John to grow as a vibrant location for signature events, concerts, and much more.

Imperial Theatre

The Imperial Theatre is an 800 seat theatre in the heart of Uptown Saint John. Described by The Globe and Mail as "... the most beautifully restored theatre in Canada", Imperial Theatre offers diverse and inclusive performances and programming, community outreach, and their Newcomers Ambassadors Program. Visit the Imperial website for a full listing of events and performances.

12 King Square South

 (506) 674-4100

 www.imperialtheatre.ca



Saint John Arts Centre

The Saint John Arts Centre is a multidisciplinary venue, dedicated to serving the community through arts, educational and cultural programming accessible to all. The building was constructed in 1904 as a Carnegie Building, and operated as the Saint John Free Public Library until 1983.

Programming includes: an exhibition schedule in five galleries, workshops in Visual, Performing and Fiber Arts, Literary Series, Performing Arts in Theatre and Music, Educational Tours, Community, Social and Ceremonial Events, and Youth Development Programs.

Open Tuesdays to Saturdays from 9:00 am to 5:00 pm

20 Peel Plaza






(506) 633-4870

www.sjartscentre.ca



Arts and Culture Activities

Saint John has many professional and recreational organizations providing training, outreach, and performance opportunities for children, youth, and adults. These are some of the many arts and cultural companies offering programs:

-  The Saint John Theatre Company www.sjtc.ca
-  InterAction School of Performing Arts www.iactspa.com
-  Connections Dance Works
www.connectiondanceworks.com
-  Symphony New Brunswick www.snb.ca
-  Third Space Gallery thirdspacegallery.ca



New Brunswick Museum

Saint John is home to Canada's oldest continuing museum, the New Brunswick Museum! Over a dozen galleries explore themes that are important to our province. Stories from extensive art, history and natural science collections are the focus in the feature galleries, and an active schedule of temporary exhibitions means there's something new to experience every visit. Full time exhibits include: New Brunswick Industry Gallery, Wind, Wood and Sail, New Brunswick Ships Abroad, New Brunswick Furniture Gallery, Birds of New Brunswick, Our Changing Earth, Hall of Great Whales, and Discovery Gallery, as well as a large collection of New Brunswick, Canadian, and International Art.

Uptown walking tours are offered at 3pm weekdays, from May to October. Visit the Boutique and take a little bit of New Brunswick home with you with works of over 40 New Brunswick and Maritime artisans.



www.nbm-mnb.ca

Uptown Exhibition Centre:

Market Square

(506) 643-2300

1-888-268-9595

Collections and Research Centre:

277 Douglas Avenue

(506) 643-2322

1-888-268-9595

Saint John City Market

Open year-round, the Saint John City Market offers a unique cultural experience. Famous for its variety of local crafts, art, and cuisine, the Market is the oldest continuing farmers market in Canada, and a gathering place for locals and visitors. During the summer months, a weekly Night Market takes place along South Market Street, with an assortment of local vendors and live music.



The Royal Charter establishing the City of Saint John in 1785 provided for the operation of public markets, naming the Mayor of the city as Clerk of the Market with power to grant licenses to farmers, craftspeople and others to peddle their wares. Each license bore the Mayor's seal and commanded a fee which comprised a portion of the Mayor's compensation at that time.

The Crest of the City of Saint John holds a prominent position above the Germain Street entrance. The official seal of the city, its symbols tell the story of a proud history in fishing, forestry, shipping and industry - the strengths of our forebearers and still our strengths today.

47 Charlotte Street

(506) 658-2820

www.sjcitymarket.ca

Events

Saint John has many signature events taking place throughout the year.

- **PRIDE Week** is celebrated in Saint John each August, and PRIDE month is June across Canada. PRIDE events including parades, concerts, showcases, networking events, panels, and art shows take place to celebrate, support, and reflect the LGBTQ+ community and its allies
- **AREA 506** is a music festival taking place over the New Brunswick Day long weekend. Featuring local, national, and international musical acts, as well as a container village with food, art, and products produced in New Brunswick.
- **Third Shift** is a night-time exhibition of public contemporary art, including temporary installations, performances, and projections, offering a unique opportunity to engage with contemporary art and re-imagine the urban space.
- **Uptown Sparkles** is a magical winter themed experience featuring the charm of the uptown core. Enjoy the Mayor's Tree Lighting, the historic City Market lit up in spectacular splendor, Victorian Carolers, Horse Trolley Rides, a holiday Craft Market, and much, much more. Bring the family out and visit the Uptown shops, boutiques and restaurants for holiday specials and treats.
- **Queen Square Farmers Market** is an open-air market located uptown on the South Central Peninsula. Farmers, food vendors, artists, and musicians showcase their products to hundreds of residents each Sunday. The Market operates rain or shine from 9:00 a.m. to 2:00 p.m. every Sunday from Mother's Day to Mid-October.



For a full list of events taking place in Saint John visit www.saintjohn.ca

13.2 VOLUNTEER IN THE COMMUNITY

Volunteering is a fantastic way to meet new people, make friends, create professional networking opportunities, and give back to the community. Most not-for-profit organizations, such as arts companies, sports organizations, and festivals rely on volunteers to operate.

13.3 LIBRARY SERVICES

The Saint John Free Public Library has a wide variety of free services and programs for children, adults, teens and seniors. Your free library card gives you access to over a million books located across the province. There are three libraries in Saint John: East Side, West Side, and Uptown.

 www.saintjohnlibrary.ca

13.4 Mail

Canada Post offers services for mailing and receiving letters and packages. Many homes have mailboxes or mail slots in their front doors, while other neighborhoods have community mailboxes. Mail delivery is daily Monday-Friday. There are post offices and postal outlets throughout Saint John. There are red postal boxes located on the street where you can mail a letter. Be sure you have correct postage stamps on your mail, as well as a return address and postal codes.

125 Rothesay Ave

 1-866-607-6301

 www.canadapost.ca

13.5 FUNERAL SERVICES AND CEMETERIES

Many residents of Saint John choose a funeral home and cemetery based on where their family has gone in the past. You can talk to members of your faith or ethno cultural community for recommendations. Funeral homes have experience working with various faiths and religions. To find a funeral home or cemetery visit

 www.nbfuneraldirectors.ca

13.6 CONSTRUCTION UPDATES

The City of Saint John announces construction updates on a regular basis, so commuters can plan alternate routes or budget extra time into their travels. You can sign up for emails from the City at

 www.saintjohn.ca/en/home/news/subscribe.aspx

13.7 WINTER IN SAINT JOHN

The winter in Saint John can be mild or cold. We often see the first snow in November, but it may melt quickly. January and February are the months of the most snow storms, and the snow generally stays on the ground until the spring. During the winter, many people plan indoor activities; however there is plenty to do outside, including downhill and cross country skiing, skating, sliding (tobogganing) and building a snowman.

In the winter, people wear warm coats, winter boots, and gloves/mittens, and scarves. You may not need them every day, as the temperature varies from day to day, but you should always be prepared for cold weather.



Frozen Pipes

In the winter months, plumbing pipes may freeze in very cold weather if not properly insulated. If you plan on being away from home on vacation or travels, leave the water running a bit to ensure the pipes don't freeze.

Shoveling

When the snow accumulates outside, residents will need to shovel their pathways, stairs, and driveways. You may also need to shovel the sidewalk in front of your home depending on where you live. Keep a bag of road salt at your home and spread a thin layer of salt on the ice or snow in your driveway or walkway, which will then melt over time. Be sure to check with your landlord to find out who is responsible for shoveling and salting.

Driving and Vehicle Care

Driving in the winter months can involve many factors. The roads can be clean and dry, frozen and covered with frost, snowy, or have compacted ice. Most Canadian drivers put snow tires on their vehicles in the winter. It may take you a while to be comfortable driving in the winter, and it is always important to be cautious. Drive slowly, accelerate and decelerate slowly.

Black Ice refers to frozen roads that may not look dangerous but are hazardous.

When the temperature gets colder, you may notice the condensation on the interior or exterior of your car windows will freeze. Keep a small hand held ice scraper in your car for this. Made of safe plastic, the scraper allows you to remove the ice and frost without damaging your windows.

TIP:

Never pour water on your ice or snow, thinking it will speed up the melting process. The water will freeze into a sheet of ice, making it more dangerous.

When the snow falls, you will need a snow brush (many have ice scrapers on the end). You will need to remove snow from all windows of your car, as well as the hood and roof.

It is a good idea to plan ahead on cold mornings and allow yourself extra time to de-ice and warm up your car. **NEVER IDLE YOUR CAR IN A GARAGE TO AVOID CARBON MONOXIDE POISONING**

Snow Ban Parking

The City may declare a snow ban for all or any of the streets of Saint John when it is necessary for the safe and efficient removal or movement of snow or ice.

Once a parking ban has been declared between the hours of 11:00 p.m. (South Central Peninsula) and 12:00 a.m. (North, East and West) and 7:00 a.m. the following day. Any vehicles remaining on a street when the parking ban is in effect will be ticketed and/or towed at the owner's risk and expense.

Temporary parking bans allow snow plows to push snow back to the curb on all streets to maintain access through the streets.

If you live or work in a Snow Ban area, the City provides parking lots for your car during the bans.

Recorded Information Line 506-658-4040

www.saintjohn.ca



Storm Days/School Cancellations

During winter months, it may be necessary to cancel a bus run, close schools, or delay schools opening to ensure students are not endangered by hazards brought on by poor weather or road conditions. The School

District's decision must be made prior to 6:30 am and is based on the forecasts and current on road conditions. It is important to listen to the Radio or check the district website

🌐 www.asd-s.nbed.nb.ca/ (anglophone)
or twitter

🌐 http://twitter.com/ASD_South
after 6:30 a.m.

www.francophonesud.nbed.nb.ca (francophone)

You can also call the Snow line at 1-855-535-7669.

Schools are closed by Education Centre:

Hampton Education Centre

Saint John Education Centre (if your child goes to school in the City, this is their education centre)

St. Stephen Education Centre

Schools within an Education Centre may be closed depending on conditions.

13.8 IMPORTANT DATES AND PUBLIC HOLIDAYS

A paid public holiday means a public holiday for which employers are required to follow the provisions with regard to their employees. Examples of provisions include paying employees for the day off or pay a rate of time and a half to employees who have to work or potentially pay the employee an additional average day's pay.

There are eight paid public holidays observed in New Brunswick:

- New Year's Day: January 1st
- Family Day: 3rd Monday in February
- Good Friday: varies each year
- Canada Day: July 1st
- New Brunswick Day: 1st Monday in August
- Labour Day: 1st Monday in September
- Remembrance Day: November 11th
- Christmas Day: December 25th

Other Holidays include:

- Mother's Day: 2nd Sunday in May
- Victoria Day: 3rd Monday in May (school holiday, most stores and offices are closed)
- Father's Day: 3rd Sunday in June
- Thanksgiving Day: 2nd Monday in October (school holiday, most stores and offices are closed)
- Boxing Day: December 26th (school holiday, most stores and offices are closed)



Proudly sponsored by:

