

The Ultimate Guide to Settling Down in Ottawa, Canada as a Newcomer



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Foreword

Dedication

This settlement guide is dedicated to Almighty God, our father, Abass Olalere, our mother, Adetayo Okunola Olalere and our stepmother, Marites Rios.

To Almighty God, the one who bestows wisdom, knowledge and understanding.

To our father, for keeping us focused, making sure we never give up on our life goals and always making himself available at any time to advise us in the pursuit of our life goals.

To our mother, for believing in us that we can achieve anything in life as long as we stay focused and pray.

To our stepmother, for taking on the role of our deceased mother, loving us unconditionally and not hesitating to correct us when need be.

Prepared By:

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Settlement Information Resource for Newcomers to Canada

Overview

This manual was created to aid newcomers migrating to Canada easily find helpful resources to make their relocation to a new country smooth.



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0.1. Find a Place to Stay

The search for accommodation is usually the first concern for newcomers.

On arrival to Canada an individual might reside in a hotel, short term rental apartment or a house.

In all scenarios, knowing what type of accommodation you require at the beginning is critical.

Once you have settled down, you can look for a more suitable accommodation that suits your composition.

To help you with your search, please visit the websites below.

0.2. Short Term Accommodation

If you are interested in short term accommodations, here are some websites you can visit:

- o Airbnb.com
- o Sublet.com
- o Facebook.com/marketplace/Ottawa
- o Kijiji.com
- o Zumper.com
- o HolidayInn.com
- o Roommatesottawa.com



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0.3. Long Term Accommodation

If you are interested in long term accommodation, here are some websites you can visit:

- Minto.com
- Rentals.ca
- OsgoodeProperties.com
- Rentfaster.ca
- Padmapper.com
- Classified sections of local newspapers
- Renterspages.com
- Sleepwellmanagement.com
- ccohousing.org

0.4. Subsidized Housing

To apply for subsidized housing, contact

- **Shepherds of Good Hope- St. Andrew's Residence**
208 St Andrew St,
Ottawa, ON
Phone: 613 789 8210
Website: sghottawa.ca
- **Ottawa Community Housing – Chapel Office (Ottawa)**
731 Chapel St,
Ottawa, ON
Phone: 613 731 1182
Website: <https://www.och-lco.ca/>
- **Ottawa Community Housing**
734 Carson's Rd,
Ottawa, ON
Phone: 613 748 8204
Website: www.och-lco.ca/
- **City of Ottawa Social Services**
370 Catherine St,
Ottawa, ON
Phone: 613 560 0622
Website: <https://ottawa.ca/en/family-and-social-services>

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1.0. Apply for a SIN number

Having a SIN number is critical in Canada, as it is the basis for almost everything that will be done by you.

To get your SIN number, visit the nearest Service Canada Office.

Please Visit:

Service Ontario City Hall

110 Laurier Avenue West,

Ottawa, ON

Phone: 416-326-1234

Toll free: 1-800-267-8097

TTY: 416-325-3408

Toll free TTY: 1-800-268-7095

Website: <https://www.ontario.ca/locations/serviceontario/ottawa-city-hall-ottawa>

2.0. Get your Permanent Residence card

This card will be sent to the address you provide to the Canadian Borders Services Agency (CBSA) officer at the airport upon arrival.

In case you have not received your PR card within a month of your arrival in Canada, Please call: + 1 888 242 2100.

You can also use the attached link for more details on how to get in touch with IRCC:
<https://ircc.canada.ca/english/helpcentre/answer.asp?qnum=054&top=10>

3.0. Apply for a Health card

This should be done as soon as possible for you to benefit from the Public Health Care coverage from the province.

Please visit the Health Canada website, which lists the Provincial and Territorial Ministries of Health.

To find out the Service Ontario Location close to you, use the following link:
<https://www.ontario.ca/locations/serviceontario>

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4.0. Apply for an Ontario Photo ID

An Ontario Photo ID can be applied for if you do not yet have a Driver's license making it easier for you to open a bank account or do other activities that requires official identification:
<https://www.ontario.ca/page/ontario-photo-card#section-2>

5.0. Open a Bank account



With your SIN number, immigration documents, information about your physical address and a means of Identification, you should open a bank account as soon as possible.

While these are the typical documents that are required. Kindly note that Canada has several banks and the documents that are required may differ, and you can make your choice from the non-exhaustive list provided hereunder:

- o TD Bank: <https://www.td.com/us/en/personal-banking>
- o CIBC: <https://www.cibc.com/en/personal-banking.html>
- o BMO: <https://www.bmo.com/en-ca/main/personal/?tcid=PERS-11159|B>
- o SCOTIA Bank: <https://www.scotiabank.com/ca/en/personal.html>
- o HSBC: <https://www.hsbc.ca/>

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- RBC: <https://www.rbcroyalbank.com/personal.html>
- DESJARDINS: <https://www.desjardins.com/ca/index.jsp>
- NATIONAL BANK OF CANADA: <https://www.nbc.ca/>

6.0. Get a Credit card

Almost all banks in Canada have a credit card specifically tailored to the needs of newcomers. You should take advantage of the following credit cards packages for newcomers from any one of the under listed banks:

○ **BMO**

This bank offers 12 month no fee banking first year free, free unlimited transactions and safety deposit box. No credit History is required.

To contact the bank, please visit:

Address: 109-2446 Bank Street, Ottawa,

Phone: 613 564 6376

Website link: <https://www.bmo.com/main/personal/credit-cards/newcomers-to-canada/>

○ **CIBC**

This bank has well had credit cards for newcomers to Canada that includes no fee payment for 2 years and unlimited transactions.

To contact the bank, please visit:

Address: 84 Bank Street, Ottawa.

Phone: 613 564 8713

Website: <https://www.cibc.com/en/journeys/banking-offers-for-newcomers/newcomer-credit-cards.html>

○ **ScotiaBank**

The Scotiabank StartRight® Program is a bank product designed specifically for newcomers to Canada.

To contact the bank, please visit:

Address: 186 Bank Street, Ottawa.

Phone: 613 564 5307

Website link: <https://startright.scotiabank.com/newcomers.html>

○ **RBC**

This bank offers a product called RBC Newcomer Advantage. It includes no fee banking for a year, 2 free International Money Transfer Per Month for a year and free small safe deposit box for 2 years. The bank also has student credit cards, and requires no credit history.

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To Contact this Bank, please visit:
Address: 90 Sparks Street, Ottawa.
Phone: 613 564 3100
Website: rbc.com/newcomers/what-we-offer.html

o **DESJARDINS**

This bank has credit cards that are tailored to the needs of newcomers to Canada with no credit history.

To Contact this Bank, please visit:
Address: 250 Albert St, Ottawa
Phone: 613 566 1691
Website: <https://www.desjardins.com/ca/personal/you-are/newcomers-canada/open-account-canada/index.jsp>

o **HSBC**

This bank has a credit card called HSBC World Elite MasterCard. Suitable for newcomers.

To Contact this Bank, please visit:
Address :131 Queen St, Ottawa
Phone: + 1 888 310 4722
Website: <https://www.hsbc.ca/chequing-accounts/offers/new-to-canada/>

o **TANGERINE**

This bank has a credit card for newcomers as well.

To Contact this Bank, please visit:
Address: 8555 Campeau Dr, Ottawa
Phone: 613 435 0850
Website: <https://www.tangerine.ca/en/products/spending/creditcard>

o **CREDIT UNION**

This bank has a credit card for newcomers as well.

To Contact this Bank, please visit:
Address 1541 Merivale Rd, Nepean,
Phone: 613 238 8001
Website: <https://www.yourcu.com/>

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7.0. Start the Job Hunt process



The process of job hunting should be started as soon as possible.

You are encouraged to look at the following job sites for jobs across Canada:

- o Zip Recruiter.ca
- o Indeed.ca
- o LinkedIn.ca
- o Glassdoor.ca
- o Monster.ca
- o Simply Hired.ca
- o Talent.com
- o hireagardner.ca
- o Workopolis.com
- o Careerbuilder.ca
- o Grabjobs.com

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- o Roberthalf.ca
- o Eluta.ca
- o Snaphunt.com
- o Jobillico.com/en
- o Jobboom.com
- o Jobbank.gc.ca
- o Localwork.ca
- o Choosecornwall.ca
- o cornwall.ca
- o Talentegg.ca
- o Wowjobs.ca
- o Careerjet.com
- o Charityvillage.com
- o Kijiji.ca
- o Google for jobs and employment
- o ca.jpbrapido.co
- o flexjobs.com
- o wizehire.com
- o Craigslist
- o Auto-Jobs.ca
- o snagajob.com

7.1. Prince Edward Island Job sites

- o workpei.ca/jobs/
- o employmentjourney.com
- o islandrecruiting.com

7.2. Alberta Job sites

- o <https://alis.alberta.ca/look-for-work/>
- o <https://www.calgaryjobboard.ca/>

7.3. Saskatchewan Job sites

- o Saskjobs.ca
- o <https://www.saskatchewanjobs.ca/>

7.4. Manitoba Job sites

- o mbjobs.ca
- o <https://workinmanitoba.ca/>

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7.5. Ontario Job sites

- o ontario.ca/page/jobs-and-employment
- o gojobs.gov.on.ca

7.6. British Columbia Job sites

- o <https://www.bcjobs.ca/>
- o workbc.ca/search-and-prepare-job/find-jobs#/job-search

7.7. Nova Scotia Job sites

- o jobs.novascotia.ca
- o novascotiajobs.ca

7.8. New Brunswick Job sites

- o <https://www.nbjobs.ca/>
- o www2.gnb.ca/content/gnb/en/gateways/employment.html
- o www.careerbeacon.com/en/search/jobs-in-new-brunswicks

7.9. Newfoundland and Labrador Job sites

- o <https://www.gov.nl.ca/ipgs/jobs/>

7.10. Quebec Job sites

- o <https://emplois.isarta.com/>

7.11. Nunavut Job sites

- o <https://carrefournunavut.ca/en/work/jobs-bank>
- o canadagovernmentjobs.ca/nunavut/
- o headhunters-canada.com/regions/nunavut
- o redsealrecruiting.com/northwest-territories

7.12. Northwest Territories Job sites

- o <https://www.gov.nt.ca/careers/en/search/job>
- o we-xpats.com/en/job/na/ca/search/?area=3945

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8.0. Resume/CV preparation

Resume preparation is a critical aspect in your job search.

Use the services of the under listed resume organization for free resume preparation.

Kindly visit:

St Lawrence College – Employment Services Ottawa.

Address is at 200 Elgin Street, Suite 903, Ottawa.

Phone: 613 232 0022

Website: <https://www.stlawrencecollege.ca/community/employment-service>

9.0. Volunteering Experience



To gain Canadian Experience, you may need to volunteer with an organization.

Please contact:

Volunteer Ottawa

815 St. Laurent Blvd Suite 208, Ottawa

Phone: 613 736 5270

Website: volunteerottawa.ca

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10.0. Know the Cost of Living of your Province

The attached link is a good guide in helping you estimate the basic cost of living in your Province.

To know more, please visit the link below:

https://www.numbeo.com/cost-of-living/country_result.jsp?country=Canada

11.0. Applying for a Driver's License/Replacing your Foreign Driver's License



If you have a foreign Driver's License and need help to get a Canadian Driver's License, you will need to visit the Drive Test Centre.

Please Visit:

Drive Test Walkley Center.

156 Walkley Road, Ottawa.

Phone: + 1 888 570 6110.

Website: <https://drivetest.ca/>

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11.1. Replacing a foreign Driver's License

If you have a driver's license from Australia, Austria, Belgium, France, Germany, Great Britain, Isle of Man, Japan, South Korea, New Zealand, Northern Ireland, Republic of Ireland, Switzerland, and Japan; you may be able to switch your foreign driver's license with that of Ontario (Note that this is to replace your driver's license)

Please visit: <https://www.ontario.ca/page/exchange-out-province-drivers-licence>

Phone: 416 235 2999

If you do not have a car, you can use the public transit system that functions quite well.

For Ottawa, the main means of public Transit is through OC Transpo. You have the choice of paying your fares by cash or having a pre-loaded card called a Presto Card.

To get more information about products and services offered by OC Transpo, including the costs of Transport fares, please visit: <https://www.octranspo.com/en/>

Address: 1500 St. Laurent Blvd Ottawa, ON and/or 50 Rideau St #0351B, Ottawa ON
Phone: (613) 741-4390 (613) 560-5000

11.2. Other Ways of Getting Around – Ride Apps

- **Uber.**

You can also use Uber to get around the city.

To get the App, do the following:

Go to the Google Play store on your Phone.

Download the Uber App, and provide all relevant information as may be prompted by the App.

- **Lyft.**

You can use Lyft to get around the city.

To get the App, do the following:

Go to the Google Play store on your Phone.

Download the Lyft App, and provide all relevant information as may be prompted by the App.

- **Poparide.**

This is very good for long distance travel.

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To get the App:
Go to the Google Play store on your Phone.

Download the Poparide App, and provide all relevant information as may be prompted by the App.

- **Facedrive.**

If you live in the Toronto area, then this app will be useful.

To get the App:
Go to the Google Play store on your Phone.

Download Face Drive App and provide all relevant information that may be required.

- **Kangaride.**

This is the most popular ride sharing App in Canada.

To get the App
Go to the Google Play store on your Phone.

Download Kangaride App and provide all relevant information that may be required.

- **Capital Taxi Ottawa.**

To get the App:
Go to the Google Play store on your Phone.

Download Capital Taxi App and provide all relevant information that may be required.
You can also call 613 744 3333 to book a taxi.

- **Blue Line Taxi.**

To get the App:
Go to the Google Play store on your Phone.

Download Blue Line Taxi App and provide all relevant information that may be required.
You can also call 613 238 1111 to book a taxi.

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12.0. Improve your Language Skills



Being able to communicate in English or French or both is vital to succeed in Canada. Should you want to improve your English or French Language s, there are organizations that you can approach for free language classes.

Please visit:

- o **Ottawa Catholic School Board – Language Instructions for Newcomers to Canada (LINC).**
570 West Hunt Club Road, Nepean Ontario.
Phone: 613 228 3338
Website:
<https://conted.ocsb.ca/adults/language-instruction-for-newcomers-to-canada-linc/>

- o **Ottawa Carleton District School Board**
Phone: 613 224 2222
Website:
https://www.ocdsb.ca/continuing_education/english_as_a_second_language_language_i

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nstruction

12.1. Career Schools for Newcomers

Kindly visit the following schools:

- o **Herzing College**
1200 St. Laurent Blvd,
St. Laurent Shopping Centre, Suite 408
Phone: 613 742 8099
Website: <https://www.herzing.ca/locations/ottawa>

- o **Humber College**
205 Humber College,
Blvd, Etobicoke
Phone: 416 675 3111
Website: <https://humber.ca/>

- o **College Boreal**
233 Rue Main, Ottawa
Phone: 800 361 6673
Website:
<https://www.collegeboreal.ca/en/our-campus/our-locations/centre-daces-ottawa>

- o **Seneca College**
1750 Finch Avenue, East Toronto
Phone: 416 491 5050
Website: <https://www.senecacollege.ca/home.html>

- o **Algonquin College**
1385 Woodroffe Avenue
Phone: 613 727 4723
Website: <https://www.algonquincollege.com/>

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13.0. Dress appropriately for Canadian weather



You can buy used winter boots, gloves, and clothes of good quality at:

- o **Value Village**
1221 Cyrville Road
Phone: 613 749 4977

- o **Value Village**
1824 Bank Street
Phone: 613 526 5551

- o **Salvation Army**
171 George Street
Phone: 613 241 1573

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14.0. African Cuisine/ Restaurants



Should you feel nostalgic and want to have a taste of African cooking, please visit:

- o **Suya Spot**
1319 Shillington Avenue
Phone: 613 265 6119
Website: <https://thesuyaspot.com/>

- o **Detola's Kitchen**
97 Sorento Street, Ottawa
Phone: 613 700 5481
Website: www.detolaskitchen.com

- o **Suya Palace**
1066 Somerset Street, W, Ottawa
Phone: 613 728 8646
Website: <https://www.suyapalace.com/>

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- o **BBQ Golden Grill**
523 Gladstone Avenue
Phone: 613 695 5557
Website: <https://bbqgoldengrill.com/>

15.0. Mediterranean and Other Continental Restaurants



Should you feel nostalgic and want to have a taste of Mediterranean or Continental cooking, please visit:

- o **Jericho Lebanese Food**
84 Bank Street.
Phone: 613 238 1289
- o **The Greek Souvlaki Shack**
258 Bank Street.
Phone: 613 695 1185
Website: www.facebook.com/pages/The-Greek-Souvlaki-Shack/124129220991968

- o **Aroma Meze**
239 Nepean Street
Phone: 613 232 1377
Website: <https://aromameze.com/>
- o **Shawarma Palace**
2440k Street
Phone: 613 739 8533
- o **Delina Restaurant and Bar**
570 Gladstone Avenue
Phone: 613 700 0919
- o **Ottawa Kabab**
577 Gladstone Avenue
Phone: 613 518 7434
Website: <https://ottawakabab.com>
- o **Ayla's Social Kitchen**
338 Preston Street, Ottawa
Phone: 343 984 4486
Website: <http://www.aylassocial.ca/>
- o **Jericho**
840 Bank Street
Phone: 613 235 1289
Website: <https://jerichorestaurant.com>
- o **Falafel Scoop**
398 Kent Street, Ottawa
Phone: 613 421 8000
Website: www.falafelscoop.com
- o **Casa Mexico**
1491 Merivale Road, Nepean
Phone: 613 695 7899
Website: <https://casa-exico.ca>
- o **Talay Thai**
511 Bank Street
Phone: 613 238 2529
Website: www.talaythai.ca/
- o **Tuk Tuk Thai Cuisine**

Olalere Law Office

508 Gladstone Avenue, Ottawa Ontario

Phone: (613) 799-7572; Fax: (613) 482-4759

Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

5031 Bank Street
Phone: 613 425 5600
Website: <https://www.tuktukthaicuisine.ca/>

o **Lemon Grass Thai Cuisine**

331 Elgin Street
Phone: 613 233 5000
Website: <https://ottawalemongrass.com>

o **Social Thai**

399 Bank Street, Ottawa
Phone: 613 230 0084
Website: <https://ottawasocialthai.ca/>

o **Viet – Thai**

312 Bank Street
Phone: 613 567 9029
Website: <https://viet-thai-ottawa.com>

o **Light of India Restaurant**

730 Bank Street
Phone: 613 563 4411
Website: <http://lightofindia.ca>

o **Milestones**

700 Sussex Drive, Unit 201 Ottawa
Phone: 613 789 5432
Website: <https://milestonesrestaurants.com/locations/sussex/>

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Website : <https://www.ottawaimmigrationlawyers.com/>

16.0. African, Caribbean and Mediterranean Ingredients/products

Should you require African, Caribbean, and Mediterranean food Ingredients and products, please visit:

- o **African Queen**
2430 Bank Street, Ottawa
Phone: 613 736 5369

- o **Arya Food Market**
508 Gladstone Avenue, Ottawa,
Phone: 613 594 3636

- o **T & T Supermarket**
224 Hunt Club Road, Unit A Ottawa
Phone: 613 731 8113
Website: <https://www.tntsupermarket.com/eng/>

- o **Shiraz Food Market**
725 Somerset Street, W, Ottawa
Phone: 613 563 1207

- o **Athena Gourmet Greek Imports**
368 Bank Street, Ottawa
Phone: 613 234 5555
Website: <https://www.greekfoodpluscanada.com>

- o **Lim Bangkok Grocery**
794 Somerset Street, West, Ottawa
Phone: 613 594 4673

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Website : <https://www.ottawaimmigrationlawyers.com/>

17.0. Food Delivery Apps

There are lots of food delivery apps that you can download to have food delivered to your house. The popular ones you can download are:

- o Uber Eats.com
- o Skip the Dishes.com
- o Door Dash.com
- o Delivery.com
- o Instacart.com
- o GrubHub.com

You download any one of the above apps from the Google Play Store on your Phone.

18.0. Notary Services/ Commissioner for Oaths



As a newcomer to Canada, you will need to notarize certain documents, such as educational credentials, adoption agreements, financial records, letters of employment, letters of invitation, articles of incorporation, etc.

For all your Notary service needs and declarations in front of a Commissioner for Oaths, please contact:

Olalere Law Office

508 Gladstone Avenue, Ottawa Ontario

Phone: (613) 799-7572; Fax: (613) 482-4759

Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

- o **Olalere Law Office**
508 Gladstone Avenue, Suite 206
Ottawa, ON
Phone: 343 9615680

19.0. Passport Photos for Canada and International Passport

For all your Passport Photos for Canada, and other countries, please contact:

- o **Magenta Photo St. Laurent Centre**
1200 unit, 1200 St. Laurent Blvd #240,
Ottawa, ON K1K 3B8
Floor 1 - St. Laurent Shopping Centre
Phone: 613 744 8778
- o **Henry's Camera**
267 Bank St
Ottawa, ON K2P 1X5
613 232 5368
- o **Sooter's Photography - 1996 Custom Photo Lab**
1430 Prince of Wales Dr,
Ottawa, ON K2C 1N6
613 226-2242

20.0. Tax Services

Even as a newcomer to Canada, you will need to file your tax returns irrespective of income level.

For all your tax needs, contact:

- o **HR Block**
Website: <https://www.hrblock.ca/tax-situations/newcomers>

- o **Liberty Tax**
110- 360 Croydon Avenue, #110
Phone: 613 686 3715
Website: <https://www.libertytaxcanada.ca/income-tax-preparation-locations/70551>

- o **The Tax Guyz**
190 Somerset Street, W#212
Phone: 613 866 4577
Website: <https://thetaxguyz.ca/>

20.1. Free Tax Clinic

For file **your tax** for free, please visit the free tax clinics on CRA website or the link below:
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html>

21.0. Food Bank

Should you need food assistance with food and other necessities, please visit:

- o **The Ottawa Food Bank**
2001 Bantree Street, Ottawa.
Phone: 613 745 7001
Website <https://www.ottawafoodbank.ca>

- o **Emergency Food Centre**
507nk Street
Phone: 613 232 3059
Website: <https://cefcottawa.org/>

- o **Kanata Food Cupboard**
Leggett Drive, Kanata, Door #46
Phone: 613 355 9834
Website: <https://www.kanatafoodcupboard.ca/>



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Website : <https://www.ottawaimmigrationlawyers.com/>

22.0. Facebook Groups for Free Items

Facebook can be used by you to obtain free items such as furniture, appliances, or other household items. To do this, follow the undermentioned steps:

- o Log in to your Facebook account.
- o Type in free stuff near (add your location)
- o Go to categories.
- o Contact the individual that posted the free item.
- o <https://www.facebook.com/marketplace/vancouver/free/>

23.0. If You Have a Child

23.1. Apply for Canadian Child Benefit (CCB)

If your child is under 18 and lives with you, please visit the website below:

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

23.2. Register your children.

For you to find schools for your child or children, you need to register with the school Board as soon as possible.

You may wish to contact the under listed schools Boards regarding the requirements for registration:

- o **Ottawa Catholic School Board**
570 West Hunt Club Road
Phone: 613 224 2222
Website: <https://www.ocsb.ca>
- o **Ottawa Carleton District School Board**
133 Greenbank Road, Ottawa
Phone: 613 721 1820
Website: <https://www.ocdsb.ca>

The Province of Ontario has a one stop website, where all you do is key in your postal code and all public Elementary and Secondary Schools close to your location will show up.

The website link is: <https://www.app.edu.gov.on.ca/eng/sift/index.asp>

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Website : <https://www.ottawaimmigrationlawyers.com/>

24.0. Day Care and After School Care



This is especially important if you will be working. Kindly take immediate steps to register with a day care centre as wait times are long.

Ottawa has a childcare registry wherein you can apply for licensed child care.

Phone: 613 580 2400

+ 1 866 261 9799

Website:

<https://ottawa.ca/en/family-and-social-services/childrens-services/apply-child-care#section-ea889777-3547-4697-bac2-e6e50d3dbd>

25.0. Student Grants

The Province has lot of student loans and grants: to find out if you are eligible, visit:

<https://studentloansandgrants.com/financial/ontario-funding/>

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Website : <https://www.ottawaimmigrationlawyers.com/>

26.0. Immigration Lawyers



For all legal issues or questions related to Canadian Immigration, refugees, permanent residency and citizenship, please visit:

- o **Olalere Law Office**
508 Gladstone Avenue, Unit 206, Ottawa
Phone: 613 799 7572
Email: Olalere@CanadianImmigrationLawyer.com
Website: OttawaImmigrationLawyers.com
YouTube: Olalere Law Office

27.0. NGO Organizations/Community Services for Newcomers in Ottawa

As a newcomer to Canada, you will need organizations that provide services for newcomers. This greatly helps with your integration. Some of the organizations you can contact are:

- o **Ottawa Community Immigrant Service Organization (OCISO)**
959 Wellington West, Ottawa
Phone: 613 725 0202
Website: <https://ociso.org/>
- o **Catholic Centre for Immigrants - Ottawa**
219 Argyle Avenue, Ottawa
Phone: 613 232 9634
Website: <https://ccioottawa.ca>

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Email: Olalere@CanadianImmigrationLawyer.com
Website : <https://www.ottawaimmigrationlawyers.com/>

- o **LASSA (Lebanese and Arab Social Services Agency)**
2410 Holly Ln, Ottawa
Phone: 613 286 0003
Website: <http://lassa.ca/>
- o **Immigrant Women Services, Ottawa**
219 Argyle Avenue, Ottawa, Suite 400
Phone: 613 729 3145
Website: <https://immigrantwomenservices.com>
- o **Y Newcomer Information Centre**
150 Isabella Street, Ottawa
Phone: 613 788 5001
Website:
<https://www.ymcaottawa.ca/employment-immigrant-services/immigrant-services/>
- o **Ottawa Chinese Community Service Centre**
Cooper Street, #2000, Ottawa
Phone: 613 235 4875
Website: <https://www.ocsc.org/>
- o **Somali Centre for Family Services**
1719 Bank Street, Ottawa
Phone: 613 526 2075
Website: <https://scfsottawa.org/>
- o **Housing Help- Aide Logement**
309 Cooper Street, Ottawa
Phone: 613 563 4532
Website: <https://www.action-logement.ca/en/housing-help/>
- o **City of Ottawa Subsidized Housing**
Website: <https://ottawa.ca/en/family-and-social-services/housing/subsidized-housing>
- o **Canada Connects**
Website:
<https://www.canada.ca/en/immigration-refugees-citizenship/campaigns/canada-connects.html>
- o **Culture Links**
Website: culturelink.ca

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Website : <https://www.ottawaimmigrationlawyers.com/>

28.0. Translation Services

If you have any document that is not in English or French, the documents need to be translated. This is especially important if your documents are requested from a potential employer or the Government of Canada.

For translation services, visit:

- o **Cultural Interpretation Services for Our Communities (CISOC)**
901 Somerset Street, W #201
Phone: 613 237 0502
Website: <https://www.cisoc.net/en>

- o **Translation Agency of Ontario**
116 Albert Street, 3rd Floor, Ottawa
Phone: 613 416 9724
Website: <https://www.taontario.ca/>

- o **Larrass Translations**
150 Elgin Street, #1000, Ottawa
Phone: 613 744 5902
Website: https://larrasstranslations.com/?utm_source=GBP&utm_medium=organic

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Website : <https://www.ottawaimmigrationlawyers.com/>

29.0. Tourist Attractions in Canada



Canada has many Tourists attractions that aid with relaxation and appreciation of what it means to be Canadian. Some of the popular Tourist Spots are:

- o **Parliament Hill**
Wellington Street Ottawa
Website: https://lop.parl.ca/sites/Visit/default/en_CA
- o **Gatineau Park**
33 Chem Scoot, Chelsea, QC
Phone: 819 827 2020
Website: <https://ncc-ccn.gc.ca/places/gatineau-park>
- o **Vincent Massey Park**
Heron Road, Ottawa, Ontario
Phone: 613 239 5000
Note: The website for Gatineau Park and Vincent Massey Park are currently not available
- o **Upper Canada Village**
13740 County Rd 2, Morrisburg, Ontario
Phone: +1 800 437 2233
Website: uppercandavillage.com

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Website : <https://www.ottawaimmigrationlawyers.com/>

- o **Canadian Tulip Festival**
Commissioners Park, Queen Elizabeth Driveway Ottawa
Phone: 1 800 668 8549

- o **TD Place Stadium (Events, Live Concerts, Music and Games)**
1015 Bank Street, Ottawa, Ontario
Phone: 613 232 6767
Website: <https://tdplace.ca/>

- o **Canadian Tire Center (Events, Live Concerts, Music, and Games)**
1000 Palladium Drive, Kanata, Ontario
Phone: 613 599 0100
Website: <https://www.canadiantirecentre.com>

- o **EY Center (Exhibitions and Events)**
4899 Upland Drive, Ottawa, Ontario
Phone: 613 822 8800
Website: <https://eycentre.ca>

- o **Royal Ontario Museum**
100 Queens Park, Toronto, Ontario
Email: info@rom.on.ca / Website: <https://www.rom.on.ca/en>

- o **Canadian Museum of Nature**
240 Mcleod Street, Ottawa, Ontario
Website: <https://nature.ca/en/>

- o **National Gallery of Canada**
380 Sussex Drive, Ontario
Phone: 613 990 1985
Email: Infor@gallery.ca
Website: <https://www.gallery.ca/>

- o **Canadian War Museum**
1 Vimy Place, Ottawa, Ontario
Phone: 819 776 7002
Website: <https://www.warmuseum.ca/about/>

- o **Byward Market Neighbourhood**
It is a hub of food, shopping and Entertainment.
55 Byward Market Square, Ottawa, Ontario
Phone: 613 244 4410

- o **Pinewood Orchards (Apple Picking)**

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Website : <https://www.ottawaimmigrationlawyers.com/>

101 Herzberg Road Kanata, Ontario, Canada

- o **Orleans Fruit Farm**
1399 Joseph Blvd, Ottawa
Phone: 613 830 1303
Website: <https://www.fermedorleans.com>
- o **Maple Hill Urban Farm**
200 Moodie Drive, Ottawa
Phone: 613 828 2987
Website: <https://maplehillurbanfarm.com>
- o **Central Experimental Farm National Historic Site of Canada**
960 Carling Avenue, Ottawa
Website: https://www.pc.gc.ca/apps/dfhd/page_nhs_eng.aspx?id=1818
- o **The Dominion Arboretum at the Central Experimental Farm**
Arboretum Ottawa
Phone: 613 759 1982
- o **Shouldice Berry Farm**
2110 Merivale Road
Phone: 613 832 2129
Website: <https://www.shouldicefarm.com>
- o **Rideau Pine Farm (Pick Fresh Fruits and Vegetables)**
5714 Fourth Line Road, North Gower
Phone: 613 489 3501
Website: <https://www.rideaupinesfarm.com>
- o **Farmers Pick**
1430 Prince of Wales Drive
Phone: 613 225 1240
Website: <https://www.farmerspick.ca>
- o **Diefenbunker: Canada's cold War Museum**
3929 Carp Road, Ottawa
Phone: 613 839 0007
Website: <https://diefenbunker.ca>
- o **Notre – Dame Cathedral Ottawa**
On Sussex Drive across from the National Gallery
Phone: 613 241 1627
Website: <https://www.notredameottawa.com>

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Website : <https://www.ottawaimmigrationlawyers.com/>

- o **National Arts Centre**
Address: 1 Elgin Street, Ottawa, Ontario
Phone: 613 947 7000
Website: <https://nac-cna.ca/en>
- o **Canadian Winterlude**
(This usually takes place over 3 weeks in February)
Address: Various locations in the city (Dow Lake, Confederation Park, Byward Market-etc)
- o **Funhaven**
1050 Baxter Road, Ottawa, Ontario
Phone: 613 828 4386
Website: <https://www.funhaven.com/>
- o **Cosmic Adventures**
1373 Ogilvie Road, Gloucester, Ontario
Phone: 613 742 8989
Website: <https://www.cosmicadventures.ca/>
- o **Saunders Farm**
7893 Bleeks Road A, Ottawa, Ontario
Phone: 613 838 5440
Website: <https://saundersfarm.com/>
- o **Taffy Lane Light Show during Christmas**
- o **Jigsaw Escape Rooms**
12 Byward Market Square #2, Ottawa, Ontario
Phone: 613 422 6542
Website: <https://jigsawescape.com/ottawa/>
- o **House of Targ**
1077 Bank Street
Phone: 613 680 8274
Website: <https://www.houseoftarg.com>
- o **Canada Science and Technology Museum**
1867 St. Laurent Blvd, Ottawa,
Phone: 613 235 7053
Website: <https://ingeniumcanada.org/scitech>
- o **Beavertails Byward Market**

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Website : <https://www.ottawaimmigrationlawyers.com/>

69 George Street, Ottawa
Phone: 613 241 1230
Website: <https://beavertails.com>

- o **Biodome**
4777 Pierre-de Coubertin Ave, Montreal, Quebec
Phone: 514 868 3000
Website: <https://espacepurlavie.ca/biodome>
- o **Montreal Science Centre**
2 de la Commune St W, Montreal, Quebec
Phone: 514 496 4729
Website: <https://www.centredessciencesdemontreal.com/>
- o **Parc Jean Drapeau**
1 Circuit Gilles Villeneuve, Montréal
Phone: 514 872 6120
Website: <https://www.parcjeandrapeau.com/>
- o **Calypso Theme Park**
2015 Calypso St, Limoges, ON
Phone: 613 443 9995
Website: <https://www.calypsopark.com/en/>
- o **Andrew Haydon Park**
3127 Carling Ave, Nepean
Phone: 613 580 2595
- o **Montreal Museum for Fine Arts**
1380 Sherbrooke St W, Montreal
Phone: 514 285 2000
Website: www.mbam.qc.ca/fr/
- o **Olympic Stadium**
4545 Pierre-de Coubertin Ave, Montreal
Phone: 514 252 4141
Website: parcolympique.qc.ca/
- o **Montreal Casino**
1 Ave du Casino, Montreal, Quebec
Phone: 514 392 2746
Website: casinos.lotoquebec.com/fr/montreal/accueil
- o **Mont- Tremblant Resort**

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Website : <https://www.ottawaimmigrationlawyers.com/>

1000 Chem. des Voyageurs, Mont-Tremblant, Québec
Website: www.tremblant.ca/

- o **Nordik Spa Nature**
16 Chem. Nordik, Chelsea, Quebec
Phone: 819 827 1111
Website: [/chelsea.lenordik.com/](http://chelsea.lenordik.com/)
- o **Parc Omega**
399 QC-323, Montebello, Quebec
Phone: 819 423 5487
Website: www.parcomega.ca/
- o **CN Tower**
290 Bremner Blvd, Toronto, Quebec
Phone: 416 866 6937
Website: www.cntower.ca/

30.0. Money Transfers



You can use the following Money Transfer services:

Olalere Law Office

508 Gladstone Avenue, Ottawa Ontario

Phone: (613) 799-7572; Fax: (613) 482-4759

Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

- o **World Remit.**
Go to the Google Play store on your phone.
Search for the World Remit App and download it to your phone.
Website: Worldremit.com

- o **XE**
Go to the Google Play store on your phone.
Search for XE App and download the app to your phone.
Website: xe.com

- o **Remitly**
Go to the Google Play store on your phone.
Search for the Remitly App and download the app to your phone.
Website: www.remitly.com

- o **Western Union Money Transfer**
Go to the Google Play store on your phone.
Search for the Western Union App and download it to your phone.
Website: <https://www.westernunion.com/ca/fr/home.html>

- o **Send Wave**
Go to the Google Play store on your phone.
Search for the SendWave App and download the app to your phone.
Website: <https://www.sendwave.com>

- o **Remit2India.**
This can be used if you want to send money to India.
Go to the Google Play store on your phone.
Search for the Remit2India App and download the app to your phone
Website: www.remit2india.com/sendmoneytoindia/Canada/index.jsp

- o **Lemonade Finance**
Go to the Google Play store on your phone.
Search for the Lemonade Finance App and download the app to your phone.
Website: www.lemonade.finance/

31.0. Buying a House in Canada

As part of the process of buying a house in Canada, you will need the services of a **Real Estate Agent**.

Please Contact:

- o **Valerie Kazubinski**
2148 Carling Avenue, Unit 5 & 6
Phone: 613 301 4689
Website: https://kwintegrity.ca/agent-profile/?user_id=48

You will also need the services of a **Real Estate Lawyer**.

Please Contact:

- o **Bryan Delaney (Delaney's Law Firm)**
487 Lewis Street, 2nd Floor, Ottawa
Phone: 613 233 7000
Website: ottawalawyer.com
- o **Valerie Akujobi**
38 Auriga Drive, Suite 200, Nepean
Phone: 613 850 0208
Website: vtalaw.ca

31.1. Home Repairs and Renovations

For all issues relating to home repairs and renovations.

Please contact:

- o **Fix and Homes Inc**
Tel: 613 265 7498
Instagram: [fixand_homes](https://www.instagram.com/fixand_homes)

31.2. Home Insurance

For all issues relating to home insurance. Please contact:

- o **Square One Insurance Services**

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Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

439 University Avenue, Suite 500
 Toronto, ON
 Phone: 647 749 6933
 Website: www.squareone.ca/

- **PC Insurance**

Email: talktous@autohome.pcinsurance.ca
 Phone: + 1 877 251 8656
 Website: [//www.pcinsurance.ca/en/contact-us/](http://www.pcinsurance.ca/en/contact-us/)

32.0. Car Insurance

For all issues relating to Car insurance, please contact:

- **Intact Insurance**

St Laurent Shopping Centre
 Phone: + 1 800 267 1836
 Website: intact.ca/gc/en/contact-us/ontario/ottawa.html

- **CAA**

Tel: 613 820 1890
 Website: caaneo.ca/about/contact-us/

- **Aviva Canada Incorporated**

112 Kent Street, Suite 2100
 Phone: 613 235 6775
 Website: aviva.ca/en/

- **Belairdirect**

1111 Prince of Wales Dr, #200
 Phone: + 1 833 245 6400
 Website: <https://www.belairdirect.com>

33.0. Credit Reporting Agencies

Credit reports are vital in the home acquisition process.

To check your credit score or obtain a free credit report, please contact any of the following:

For all your credit reports, contact:

- **TransUnion**

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 508 Gladstone Avenue, Ottawa Ontario
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 Email: Olalere@CanadianImmigrationLawyer.com
 Website : <https://www.ottawaimmigrationlawyers.com/>

3115 Burlington, Road Burlington
Phone: +1 800 663 9980
Website: <https://www.transunion.ca/>

o **Equifax**

North American Centre, 5700 Yonge Street North York, ON
Phone: +1 800 465 7166
Website: Equifax.ca

34.0. Debit Problem

Should you have a problem with debt, please contact.

o **Credit Counselling Society Ottawa**

Suite 130 Albert Street, Suite 514 Ottawa
Phone: 613 234 0505
Website: <https://nomoredebts.org/canada-credit-counselling/ontario>

o **Credit Canada Debt Solutions, Ottawa**

116 Albert Street, #300, Ottawa
Phone: 613 216 6077
Website: www.creditcanada.com

o **Consolidated Credit**

505 Consumers Road, Suite 400, Toronto
Phone: + 1 844 402 3073
Website: www.consolidatedcreditcanada.ca

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Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

35.0. Hairdressing/Barbering Services



For all hairdressing and barbering services needs contact:

- **Greely Hair Salon**
7209 Evening Shadow Avenue Greely, Ontario
Phone: 343 997 7629
Email: greelyhairsalon@gmail.com
Instagram: @greelyhairsalon
Website: <https://greelyhairsalon.com/>

36.0. Free Calling Apps

There are many free calling Apps that you can use to make free calls.

Note that all the Apps must be downloaded from your Google Play store and installed on your phone. In all cases, once you have access to free wifi you can make a call. The Apps are:

- WhatsApp
- Talkatone

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Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

- o Skype
- o Google Duo
- o Textnow
- o Viber
- o Messenger
- o Google Hangouts
- o imo
- o Line
- o Tango Live
- o Facetime
- o Wechat
- o TencentQQ
- o Telegram

37.0. Phone Services

To get a mobile phone at affordable rates, please contact any of the following:

- o **Chatr Mobile (Cellular X Zone)**
Billings Bridge Shopping Centre
2269 Riverside Drive#116
Phone: 613 730 1212
Website: <https://cellular-x.business.site/>
- o **Chatr Mobile**
246 Bank Street
Phone: 613 695 6624
Website: <https://www.chatrwireless.com/>
- o **Freedom Mobile**
215 Bank Street, Ottawa
Phone: 613 714 6851
Website: <https://locations.freedommobile.ca/ottawa/215-bank-street-wcot0103>
- o **Freedom Mobile**
50 Rideau Street, Unit 327E
Phone: 613 714 6831
Website: <https://www.freedommobile.ca/en-CA>

38.0. Cable TV and Internet Subscription services

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Please Contact:

- **Bell Canada**
Phone: +1 866 310 2355
Website: www.bell.ca

- **Rogers Communication Canada Inc**
Phone: + 1 888 769 3771
Bloor Street, East Toronto
Website: www.rogers.com

39.0. Public Libraries in Ottawa



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Should you want to use a public library, contact:

- **Ottawa Public Library (Main)**
120 Metcalfe Street, Ottawa
Phone: 613 580 2940
Website: <https://bibliottawalibrary.ca/en>
- **Ottawa Public Library (Sunnyside)**
1049 Bank Street, Ottawa
Phone: 613 580 2940
Website: <https://bibliottawalibrary.ca/en/branch/sunnyside>
- **Ottawa Public Library (Rideau)**
377 Rideau Street, Ottawa
Phone: 613 580 2940
Website: <https://bibliottawalibrary.ca/en/branch/sunnyside>
- **Ottawa Public Library (Greenboro)**
363 Lorry Greenberg Drive, Ottawa
Phone: 613 580 2940
Website: <https://bibliottawalibrary.ca/en>

40.0. Psychotherapy Services/ Mental Health

For issues relating to psychotherapy and mental health, please contact:

- **Crocus Care Solutions**
2211 Riverside Drive, Suite B4
Phone: 613 686 5818
Website: <https://www.crocuscare.ca/>

41.0. Learn about Canada

To learn about Canada, its laws, people, human rights, land climate and provinces:

Website: https://publications.gc.ca/collections/collection_2013/cic/Ci87-1999-eng.pdf

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Website : <https://www.ottawaimmigrationlawyers.com/>

For all issues relating to Canadian Justice system, Charter of Rights and Freedom and the Right not to be discriminated against, visit these websites:

- o <https://www.justice.gc.ca/eng/csj-sjc/just/img/courten.pdf>
- o <https://www.canada.ca/content/dam/ircc/migration/ircc/english/pdf/pub/discover.pdf>
- o <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada.html>

42.0. Pension Benefits

To know about Canadian Pension benefits, please visit:

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-benefit/apply.html>

To Access your pension benefits and services, visit the under-listed website:

<https://www.canada.ca/en/employment-social-development/services/my-account/cpp-oas.html>

You can also request a copy of your statement of Contribution of your Pension Plan from the CRA by mail to:

Contribution Client Services
Canadian Pension Plan
Service Canada
PO Box 818 Station Main
Winnipeg MB R3C 2N4

43.0. Shelters

Should you require to stay in a shelter for whatever reasons, contact:

- o **Shepherds of Good Hope**
256 King Edward Ave, Ottawa
Phone: 613 789 8210
Website: <https://www.sghottawa.com/>
- o **The Ottawa Mission**
35 Waller St, Ottawa
Phone: 613 234 1144
Website: <https://ottawamission.com/>
- o **The Well- La Source**
154 Somerset St W, Ottawa

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Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

Phone: 613 594 2843

Website: <http://the-well.ca/>

- o **Cornerstone Housing for Women**
Booth St, Ottawa
Phone: 613 254 6584
Website: <https://cornerstonewomen.ca/>
- o **St. Joe's Women Centre**
151 Laurier Ave E, Ottawa
Phone: 613 231 6722
Website: <https://stjoeswomenscentre.org/>
- o **Salvation Army- Ottawa Booth Centre**
171 George St, Ottawa,
Phone: 613 241 1573
Website: <http://www.ottawaboothcentre.org/>
- o **Ottawa InnerCity Ministries**
391 Gladstone Ave, Ottawa
Phone: 613 237 6031
Website: <https://www.ottawainnercityministries.ca/>
- o **Restoring Hope**
140 Laurier Ave W, Ottawa
Phone: 613 808 3321
Website: <https://restoringhope.ca/contact/>
- o **Ottawa Humane Society (Shelter for Animals)**
245 W Hunt Club Rd, Nepean
Phone: 613 725 316
Website: <https://ottawahumane.ca/>
- o **Dempsey Community Centre**
1895 Russell Rd, Ottawa
Phone: 613 247 4846
- o **Caldwell Family Centre**
20, 1100 Medford St #22, Ottawa
Phone: 613 728 1800
Website: <https://caldwellfamilycentre.ca/>

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- o **St. Mary's Home**
780 Église St, Ottawa
Phone: 613 749 2491
Website: <https://stmaryshome.com/>

44.0. Pharmacies in Ottawa



Please visit:

- o **Rexall Drug Store**
1725 Walkley Rd Unit C, Ottawa
Phone: 613 737 9826
- o **Shoppers Drug Mart**
455 Bank St, Ottawa
Phone: 613 238 9041
Website: <https://www.shoppersdrugmart.ca>
- o **Centre Town Pharmacy**
326 Bank St, Ottawa

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Website : <https://www.ottawaimmigrationlawyers.com/>

Phone: 613 422 2900

Website: <https://pharmaco.ca/>

○ **Somerset Drugs**

708 Somerset St W, Ottawa

Phone: 613 234 7011

Website: <https://www.pharmachoice.com/locations/somerset-drugs/>

○ **Ottawa Medical Pharmacy**

797 Somerset St W, Ottawa

Phone: 613 236 2307

Website: <https://rxottawa.ca/>

○ **Brisson Pharmacy**

70 Dalhousie St, Ottawa

Phone: 613 241 6273

Website: <https://pharmaciebrisson.ca/>

○ **Canadian Family Pharmacy**

343 Preston St, Ottawa

Phone: + 1 718 487 9792

Website: <https://canadianfamilypharmacy.ru/>

○ **South Keys Pharmacy**

1883 Bank St, Ottawa,

Phone: 613 680 8880

○ **1355 Bank Street Pharmacy**

1355 Bank St, Ottawa

Phone: 613 731 2200

Website: <https://pharmasave.com/ottawa-bank-street/>

45.0. Hospitals in Ottawa

Should you need to visit a hospital, contact:

○ **The Ottawa Hospital General Campus**

501 Smyth Rd, Ottawa,

Phone: 613 722 7000

Website: <https://www.ottawahospital.on.ca/en/>

○ **Children Hospital of Eastern Ontario (CHEO)**

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Website : <https://www.ottawaimmigrationlawyers.com/>

Smyth Rd, Ottawa
Phone: 613 737 7600
Website: <https://www.cheo.on.ca/en/index.aspx>

○ **Children's Hospital Outpatient**

Smyth Rd, Ottawa
Phone: 613 737 2222

○ **Montfort Hospital**

713 Montréal Rd, Ottawa,
Phone: 613 746 4621
Website: <https://hopitalmontfort.com/en>

○ **The Ottawa Hospital Civic Campus**

1053 Carling Ave, Ottawa
Phone: 613 798 5555
Website: <https://www.ottawahospital.on.ca/en/>

○ **Queensway Carleton Hospital**

3045 Baseline Rd, Nepean,
Phone: 613 721 2000
Website: <https://www.qch.on.ca/>

○ **Psychiatric Emergency (Secure Wing)**

1053 Carling Ave, Ottawa
Website: <https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/mental-health/our-services/psychiatric-emergency-services-pes/>

○ **Royal Ottawa Mental Health Centre**

145 Carling Ave, Ottawa
Phone: 613 722 6521
Website: <https://www.theroyal.ca/>

○ **South Ottawa Maternity Care**

3500 Fallowfield Rd, Nepean
Phone: 613 843 1718
Website: <https://ottawasouthmaternity.ca/>

○ **Almonte General Hospital**

75 Spring St, Almonte
Phone: 613 256 2500
Website: <https://www.agh-fvm.com/>

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Website : <https://www.ottawaimmigrationlawyers.com/>

- **Eye Institute -Ottawa Hospital**
501 Smyth Rd, Ottawa
Phone: 613 737 8575
Website: <https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/eye-institute/>
- **Hull Hospital**
116 Boul Lionel-Émond, Gatineau
Phone: 819 966 6202
Website: <https://ciyss-outaouais.gouv.qc.ca/>

46.0. Walk-In Clinics in Ottawa

Should you need to visit a walk-in clinic, contact:

- **Chadha Medical Centre**
1883 Bank St, Ottawa,
Phone: 613 526 3377
Website: <https://chadhamedical.com/>
- **South Bank Medical Centre**
2430 Bank St, Ottawa,
Phone: 613 736 6946
Website: <https://www.southbankmedicalcentre.com/>
- **Appletree Medical Group**
240 Sparks St. c153, Ottawa
Phone: 613 482 0118
Website: <https://appletreemedicalgroup.com/>
- **Walk in Clinic at Walmart Ottawa by Jack Nathan Health**
1375 Baseline Rd, Ottawa
Phone: 613 627 3901
Website: <https://www.jacknathanhealth.com/>
- **Rideau Friel Medical Centre**
421 Rideau St, Ottawa,
Phone: 613 789 7707
Website: <https://www.rideaufrielmedical.com/>
- **St. Laurent Medical Centre**
968 St. Laurent Blvd, Ottawa,

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Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

Phone: 613 789 4385
Website: <https://slmclinic.ca/>

47.0. Find a Family Doctor

- **Register with Health Care Connect.**

Website: <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner:#section-1>

- **Virtual Doctor.**

To apply use the attached link: virtualdoctor.ca

Phone: + 1 855 574 4885,

Email: info@virtualdr.ca

48.0. Summer Festivals in Ottawa



These are some of the summer festivals held in Ottawa:

- Ottawa Bluesfest
- Lebron Flats
- Escapade Festival

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- Lansdowne Park
- Ottawa Dragon Boat Festival
- Mooney's Bay Park and Beach
- Nersdock Fest Festival Ottawa
- Ottawa International Animation Festival
- Canada Day Fireworks
- Perth Garlic Festival

49.0. Halal Meat and Food Stores in Ottawa

Here are some of the Halal meat and food stores in Ottawa:

- **Ottawa Halal Market**
2833 Dumaaurier Ave, Ottawa
Phone: 613 274 7040
- **Aljazeera Food and Meat Market (Halal)**
1101 Wellington St. W, Ottawa
Phone: 613 321 6113
Website: <https://aljazeeraottawa.ca/>
- **Carson Fresh Grocer (Halal Meat and Bangladeshi Fish)**
876 Montréal Rd, Ottawa
Phone: 613 749 6531
- **MC Halal Meat and Grocery**
379 McArthur Ave., Vanier,
Phone: 613 744 6634
- **Ameer Grocery and Meat Shop**
1800 Bank St, Ottawa
Phone: 613 422 1800
Website: <https://ameer-grocery-and-meat-shop.business.site/?m=true>
- **Arya Food Market**
Gladstone Ave, Ottawa,
Phone: 613 594 3636
- **Moussa Market & Meat Shop**
300 McArthur Ave., Vanier
Phone: 613 745 7900

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Email: Olalere@CanadianImmigrationLawyer.com

Website : <https://www.ottawaimmigrationlawyers.com/>

Website: <https://mossa-market-meat-shop.business.site/>

50.0. Organizations that Give Out Used Computers

Please contact:

- **Reboot.PcTech**
1265 Wellington St. W Apt 306, Ottawa
Phone: 613 879 2812
Website: <https://www.rebootcanada.ca/>
- **Let's get Together**
Phone: 416 302 8349
Website: <https://www.letsgettogether.ca/computers/need-a-computer>
- **Catholic Centre For Immigrants Ottawa (CCI)**
219 Argyle Ave, Ottawa,
Phone: 613 232 9634
Website: <https://cciottawa.ca/>
- **CompuCorps**
Phone: 613 234 8988
Website: <https://www.compucorps.org/>
(No Physical Address found on Website)

51.0. Free Legal Clinics

Should you require free legal advice on any issue, contact:

- **Community Legal Services of Ottawa - Downtown Location**
1355 Bank Street, Suite 406
Phone: 613 733 0140
Website: <https://www.clsottawa.ca/>
- **Community Legal Services of Ottawa - West location**
Phone: 613 596b 1641
1299 Richmond Road, Ottawa
Website: <https://www.clsottawa.ca/>

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Website : <https://www.ottawaimmigrationlawyers.com/>

- **Legal Aid Ontario**
275 Slater Street, Suite 101
Phone: 613 238 7931
Website: legalaid.on.ca
- **University of Ottawa Community Legal Clinic**
540 King Edward Avenue, Ottawa
Phone: 613 562 5600
Website: <https://www.uottawa.ca/faculty-law/common-law/community-legal-clinic>

52.0. Places for Religious Worship

Should you require a place to worship, please visit:

- **Parkway Road Pentecostal Church**
7275 Parkway Road, Greely, ON
K4P 1K7
Phone: (613) 821-1056
Website: <https://www.parkwaychurch.ca/>
- **Bethel Pentecostal Church**
500 Viewmount Dr, Nepean, ON
K2E 7P2
Phone: (613) 226-1383
Website: <https://bethel.ca/>
- **Chinese Christian Church, Ottawa**
116 Empress Ave, Ottawa, ON
Phone: 613 563 3043
Website: <https://www.ccco.on.ca/>
- **Premier Street Mosque**
51 Premier Ave, Ottawa, ON
K1Z 8P7
Website: Ottawamosque.ca
- **Ottawa Mosque**
251 Northwestern Ave
Ottawa, ON
K1Y 0M1
Website: www.ottawamosque.ca
Phone: (613) 722-8763
- **Ottawa Buddhist Vihara**

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Website : <https://www.ottawaimmigrationlawyers.com/>

4 Christie St, Ottawa, ON
K1R 6J3
Phone: 613 565 0842
Website: Ottawabuddhistvihara.ca/

- o **The Metropolitan Bible Church**
2176 Prince of Wales Dr, Nepean, ON
K2E 0A1
Phone: 613 238 8182
Website: www.metbiblechurch.ca

- o **Temple Israel**
1301 Prince of Wales Dr, Ottawa, ON
K2C 1N2
Phone: 613 224 1802
Website: templeisrealottawa.ca/

- o **Parkdale United Church**
429 Parkdale Ave, Ottawa, ON
K1Y 1H3
Phone: 613 728 8656
Website: parkdaleunitedchurch.ca

- o **Transforming Life Centre**
156 Cleopatra Dr, Nepean, ON
K2G 5X4
Phone: 613 729 3535
Website: <https://tlcottawa.org/>

- o **RCCG Overcomers Chapel**
26 Auriga Dr, Nepean, ON
K2E 8B7
Phone: 613 733 1837
Website: <https://rccgovercomerschapel.org/>

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53.0. Canadian Politics

1. Canada's Political System:

- Canada is a federal parliamentary democracy and a constitutional monarchy. This means it recognizes a monarch (currently King Charles III) as the head of state, but the monarch's powers are largely ceremonial.
- The political system is divided into three branches: the Executive (headed by the Prime Minister), the Legislative (Parliament), and the Judicial (the courts).

2. Head of State and Government:

- The monarch is the ceremonial head of state, represented in Canada by the Governor General. The Governor General performs various ceremonial duties and acts on the advice of the Prime Minister.
- The Prime Minister is the head of government, responsible for leading the Cabinet and making policy decisions.

3. Parliament:

- Canada's Parliament is bicameral, consisting of two houses: the House of Commons and the Senate.
- Members of the House of Commons (MPs) are elected by the public in federal elections. The leader of the party with the most seats usually becomes the Prime Minister.
- Senators are appointed by the Governor General on the advice of the Prime Minister. Senators represent regions and are appointed until the age of 75.

4. Political Parties:

- Major political parties in Canada include the Liberal Party, Conservative Party, New Democratic Party (NDP), Bloc Québécois, and the Green Party.
- The party with the most seats in the House of Commons usually forms the government, and its leader becomes the Prime Minister.

5. Elections:

- Federal elections are held at least every four years, but the Prime Minister can request the

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Governor General to dissolve Parliament and call for an election before the term ends.

- Canada uses a first-past-the-post electoral system, where the candidate with the most votes in each constituency wins a seat in the House of Commons.

6. Provincial and Territorial Governments:

- Canada has ten provinces and three territories, each with its own government.
- Provincial and territorial governments are responsible for areas such as education, healthcare, and natural resources. They have similar structures to the federal government, with a Premier as the head of government.

7. Indigenous Representation:

- Indigenous peoples play a crucial role in Canadian politics. Efforts are made to include Indigenous perspectives in decision-making processes.

8. Judiciary:

- The judiciary is independent and interprets laws. The Supreme Court of Canada is the highest court.

9. Official Languages:

- Canada has two official languages: English and French. Government services and documents are provided in both languages.

This guide provides a basic overview of Canadian politics. Keep in mind that the political landscape may evolve, so staying informed about current events is essential for a comprehensive understanding.

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53.1 List of Major Canadian Political Parties

Here's a basic summary of some of the major political parties in Canada. These summaries provide a brief overview of each party's general stance. It's important to note that political ideologies can evolve, and parties may adjust their positions over time. Additionally, new parties may emerge or existing ones may undergo changes. Stay updated on current events for the latest information on Canadian politics.

Liberal Party of Canada (LPC):

- Leader: Justin Trudeau
- Ideology: Center-left
- Positions: Generally supports social progressivism, environmental policies, and a mixed-market economy. Historically strong on issues like healthcare and education.

Conservative Party of Canada (CPC):

- Leader: Pierre Poilievre
- Ideology: Center-right
- Positions: Advocates for free-market policies, fiscal conservatism, and often takes a more traditional stance on social issues. Supports a strong national defense.

New Democratic Party (NDP):

- Leader: Jagmeet Singh
- Ideology: Left-wing
- Positions: Advocates for social justice, workers' rights, and progressive taxation. Generally, supports government intervention in the economy for social welfare.

Bloc Québécois:

- Leader: Yves-François Blanchet
- Ideology: Quebec nationalism
- Positions: Focuses on representing the interests of Quebec and promoting Quebec sovereignty. Advocates for the recognition of Quebec as a distinct nation.

Green Party of Canada:

- Leader: Annamie Paul (as of my last knowledge update in 2022; leadership changes may have occurred)
- Ideology: Environmentalism, social justice
- Positions: Strong emphasis on environmental sustainability, social justice, and

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participatory democracy. Advocates for a green economy and renewable energy.

People's Party of Canada (PPC):

- Leader: Maxime Bernier
- Ideology: Right-wing populism
- Positions: Advocates for limited government intervention, reduced immigration, and a more libertarian approach to economic and social issues.

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