



Multicultural association chaleur region
Association multiculturelle région chaleur

Newcomers' Guide to the Chaleur Region



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BATHURST, NB E2A 1P3



506-547-7651



macr-amrc.ca



info@macr-amrc.ca



[macrc_amrc](https://www.instagram.com/macrc_amrc)

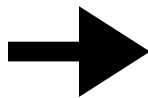


[https://www.facebook.com
/macrc.amrc/?locale=fr_CA](https://www.facebook.com/macrc.amrc/?locale=fr_CA)

Important Telephone Numbers



911



Ambulance



Fire



**Poison Control
Centre**



Police



Tele-Care

811



Chaleur Regional Hospital (Bathurst)

506-544-3000



Crime Stoppers

800-222-8477



Énergie NB Power

NB Power : Power Outages

800-663-6272



Service Canada

800-622-6232



Service Nouveau-Brunswick

888-762-8600



Multicultural Association Chaleur Region

506-547-7651



Police (non-emergency)

- Beresford, Nigadoo, Petit-Rocher, Pointe-Verte
506-542-2666
- Bathurst
- 506-548-0420

RCMP: Royal Canadian Mounted Police

506-548-7771



Taxi People's, Bathurst

506-546-4435



Go Taxi

506-546-4666



**211 NB (free, confidential service
that directs people quickly to
essential government, social and
community services)**

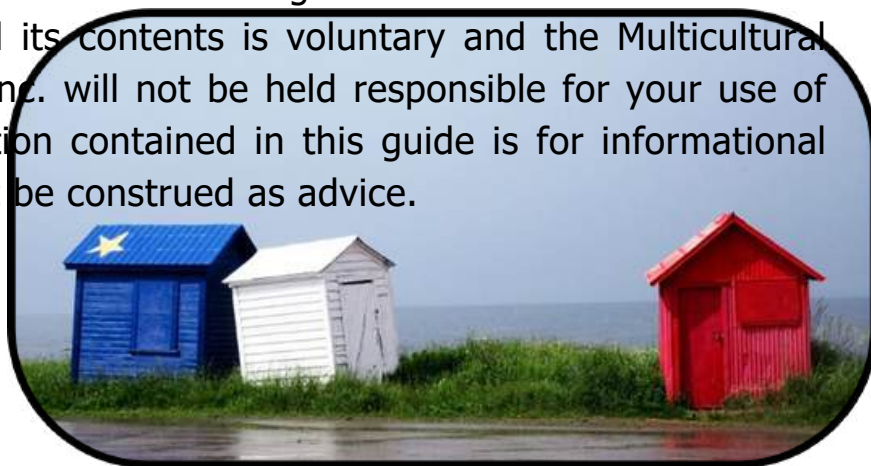
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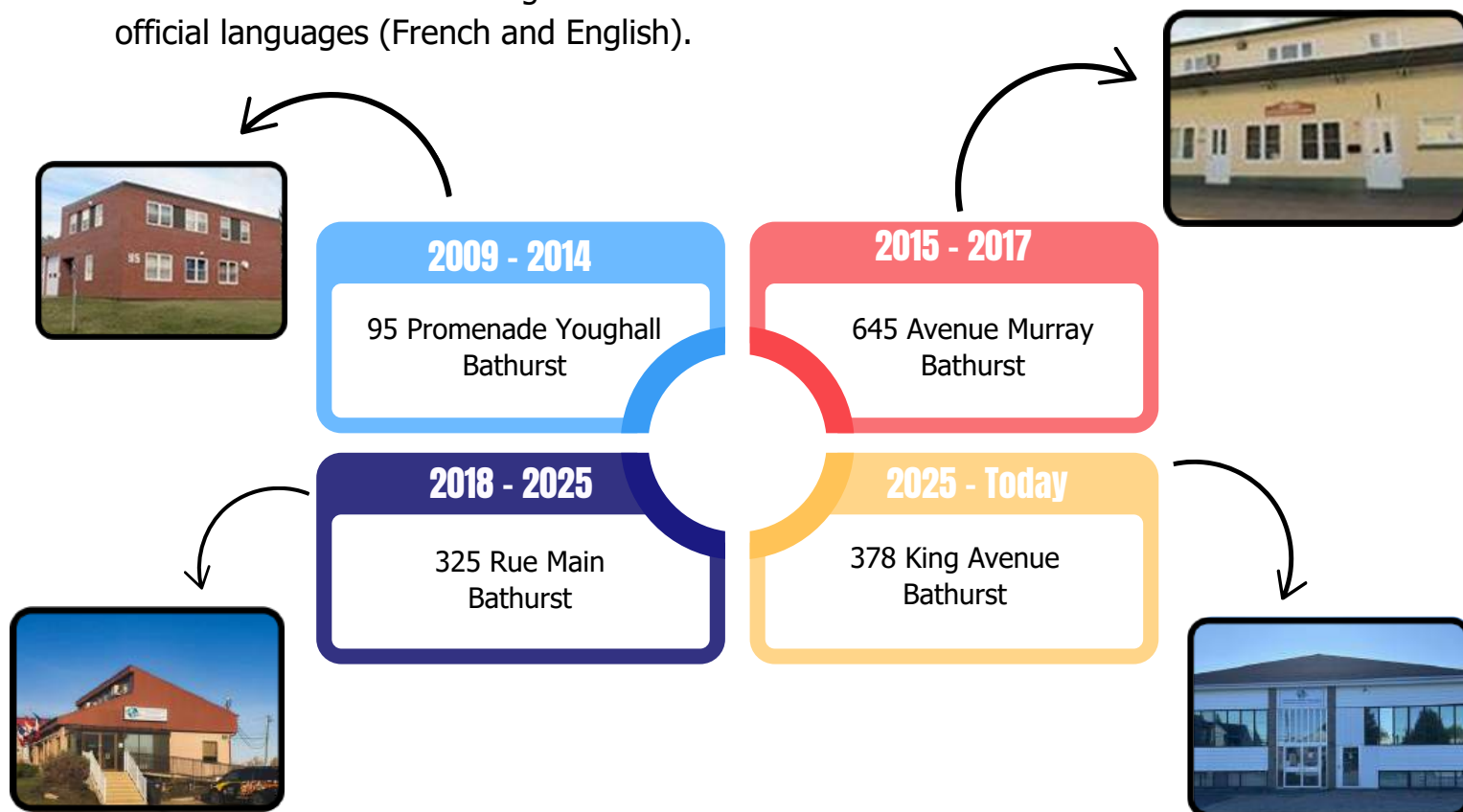
Section I : Welcome

Multicultural Association Chaleur Region

Our history :

Since 1976, the Multicultural Association Chaleur Region (MACR) has been encouraging the meeting of old and new cultures in our region and helping with the settlement and integration of our newcomers.

In September 2009, the MACR opened its first Welcome and Integration Centre, which is now located at 378 King Avenue in Bathurst. The center serves clients in both official languages (French and English).



Our mandate :

The MACR is a non-profit organization which strives to achieve the following:

- Facilitate contact and communication between people of different cultural backgrounds
- Foster harmonious relationships between cultural groups and individuals
- Provide information and help to newcomers in the community
- Be a means of contact and communication between the various ethnic and cultural groups in the region
- Raise public awareness and promote acceptance of multiculturalism

Our settlement services :



Our services include :



Finding housing and childcare



Registering children for school



Helping access banking and government services



Finding a family doctor



Raising awareness of multiculturalism with newcomers



Helping to apply to community and government services for a health insurance card (Medicare), social insurance card, driver's license, banking, etc.



Accessing a wide range of services that can help newcomers with their settlement

Our host program :

≡Welcome≡

Our host program consists of a pairing service between volunteers in the welcoming community and newcomers.

The volunteer host (family or individual) has adapted to Canadian life and may be of Canadian or immigrant origin. We strive for the best possible pairing to allow newcomers to feel comfortable.

The goals of this program are the following:



Overcoming immigration-related stress



Providing information about available services



Participating in community activities

Our language training :

Language training in English and French is available free of charge through CCNB to newcomers who are permanent residents, temporary foreign workers, or international students. Please contact the MACR for more information.

The MACR offers conversation circles in English and French, to help newcomers practice the language of their choice.



Our employment services :

Our service includes :



Networking and training opportunities



Assistance in enrolling in a business mentorship program



Referral and introduction to career and employment counsellors from the Department of Post-Secondary Education, Training and Labour



Assistance in the recognition of foreign professional qualifications, including referral to regulatory agencies for the recognition and certification of competences

For Employers :



- Assisting with the integration of newcomers into the workplace
- Promoting the advantages of multiculturalism and diversity in the workplace
- Networking opportunities with newcomers
- Finding interpreters or translators
- Referral to government departments and agents responsible for hiring of temporary foreign workers
-

Internet Providers :



It is recommended that you compare costs and services (including television options) with these telecommunications service providers before signing a contract. For more information, see page 41.

Reference services :



For more information, see page 41.

Canada – Your New Country



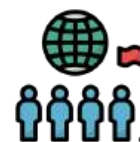
The Canadian Way of Life :

Canada is a vast country. It has ten provinces and three federal territories :



Canada is the second largest country on earth, covering almost 10 million square kilometers. Oceans border three of Canada's frontiers : the Pacific in the west, the Atlantic in the east, and the Arctic in the north.

Along the southern edge of Canada lies the Canada-United States border. Both Canada and the USA are committed to a safe, secure, and efficient border. Canada has a population of about 40 million people (2023). While many people live in cities, Canadians also live in small towns and rural areas.





Most day-to-day life is conducted in English or French. Even though Canada is home to people of many different backgrounds, religions, ethnicities, and cultures, Canadians share core values which guide and shape our everyday life. We are proud of our identity, our history, and our achievements.



Our laws and our governments ensure that we treat all people equally and that there is equal opportunity for all. Our laws also protect minorities. Together, we work hard to maintain a secure, peaceful, and prosperous society.

The Province of New Brunswick :

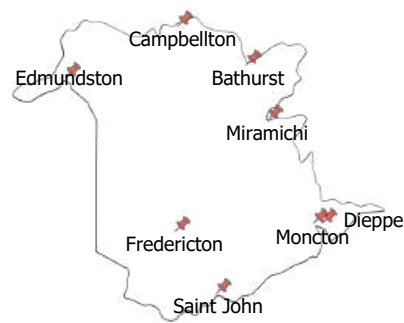
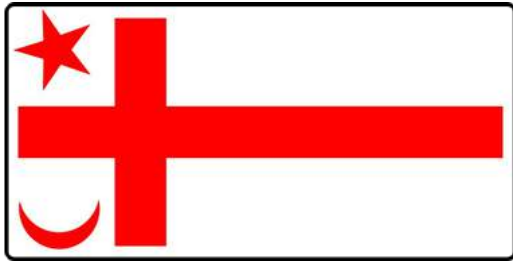


As the largest of Canada's three Maritime Provinces and one of the four founding provinces of Canada, New Brunswick is the only officially bilingual (French-English) province in the country. All public government services are offered in French and English.

New Brunswick covers an area of 73,440 square kilometers : 242 kilometers (150 miles) from east to west, and 322 kilometers (200 miles) from north to south. It is located south of the province of Quebec and east of the state of Maine (USA). Its northern border also includes the Restigouche River and the Chaleur Bay. The eastern coast borders on the Gulf of St. Lawrence and the Northumberland Strait.



New Brunswick enjoys long, sandy beaches in the summer, spectacular foliage in the fall, wildflowers in the spring, and dazzling, white snow in the winter. The province is known for its picturesque rolling hills and spectacular valleys, as well as both its historic and modern architecture. New Brunswick has eight cities : Bathurst, Campbellton, Dieppe, Edmundston, Miramichi, Moncton, Saint John, and Fredericton, the provincial capital.



The Indigenous peoples in New Brunswick are the Maliseet, the Passamaquoddy, and the Mi'kmaq. Pabineau First Nation in Big River, near the city of Bathurst, is a Mi'kmaq community in the Chaleur region.

Communities in the Gloucester County :

Gloucester County has a population of about 78,256 people (Statistics Canada 2021 census). The Chaleur region is in the western half of the county, along the coast of Nepisiguit Bay. There are six coastal municipalities : Bathurst, Beresford, Nigadoo, Petit-Rocher, Pointe-Verte and Belledune. For more information, see page 42.



Welcome to the Chaleur Region :

The Chaleur region derives its name from the Chaleur Bay (the bay of warmth), so named by Jacques Cartier, the first European explorer to visit the area. Permanent settlement dates back more than 350 years, when the first missionaries arrived and established a Recollect mission on the shores of Nepisiguit Bay. In 1652, Nicholas Denys, then Governor of Acadia, established his headquarters in the region. He died in 1688 and is reportedly buried on the site of the present Gowan Brae Golf and Country Club, where a monument in his memory can be visited.

The Chaleur region is strategically located to serve central and eastern Canada, as well as the eastern United States. It is situated on Canada's Atlantic seaboard, on the northeastern coast of New Brunswick, 374 kilometers (234 miles) from the United States border at Houlton, Maine. It includes, among others, the municipalities of Bathurst, Beresford, Nigadoo, Petit-Rocher, Pointe-Verte and Belledune.

Quality of Life :

Stunning coastal views, beautiful forests, an extensive trail network, fresh seafood, coastal golf courses and the warmest waters in Atlantic Canada are only some of the region's tourist attractions. In addition to the municipal beaches in Bathurst, Beresford, Nigadoo and Petit-Rocher, there are also many sporting, cultural and artistic facilities to enjoy in the Chaleur region.



Section II : Government and Immigration

Obtaining the Most Important Documents

For information on citizenship and immigration programs and services, including the permanent resident card :



1 (888) 242-2100



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

In Canada, you have access to public services such as health care, schools, and employment, but you must first obtain certain documents to confirm your status. If you have not yet obtained them, or have lost any documents, you should contact the appropriate organization as soon as possible.

Canada Immigration Visa, Record of Landing, Confirmation of Permanent Residence :

These documents confirm your permanent resident status in Canada and are essential in the initial stages of settlement. They are mandatory to access certain services such as healthcare.

Keep these documents safe. For more information on how to obtain these documents, please contact Immigration, Refugees and Citizenship Canada:



www.canada.ca/en/immigration-refugees-citizenship/services/application/application-forms-guides/guide-5545-application-verification-status-vos-replacement-immigration-document.html



Permanent Resident Card :



This card is official proof of your permanent resident status in Canada. Please contact Immigration, Refugees and Citizenship Canada for more information.



www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/pr-card/apply-renew-replace.html

Canadian Citizenship :



To become a Canadian citizen, you must meet requirements in six categories: permanent resident status, time lived (residence) in Canada, language abilities, criminal history, knowledge of Canada, and oath of citizenship. If you meet these requirements, you may apply for citizenship.

After you have completed your application, you will need to go online and request a copy of the study guide. Study the guide carefully.

You will need to know the information in the guide to pass your citizenship test. The guide is also available online here:



Discover Canada : The Rights and Responsibilities of Citizenship



www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada.html

For more information about becoming a Canadian citizen, consult the Immigration, Refugees and Citizenship Canada website:



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



Service Canada



Service Canada provides eligible Canadian residents with a single point of access to a wide range of government services and benefits such as : employment insurance, the Canada Child Benefit, allowance for seniors, and many others. For mor information, see page 41 or visit :



www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html

Social Insurance Number :

A SocialInsurance Number (SIN) is a nine-digit numberthat you need in orderto work in Canada or to receive government benefits and services. Contact Service Canada to request one. The application form is also available on the Service Canada website. The card will be sent to you by mail.



www.canada.ca/en/employment-social-development/services/sin/before-applying.html

Employment and Social Development Canada :

For more information, see section III and visit :



www.canada.ca/en/employment-social-development.html



Service Nouveau-Brunswick (SNB)

Service New Brunswick provides more than 300 services, including the most common : obtaining/exchanging a driver's licence, vehicle registration, health insurance number, rentals man, and more. For more information, see page 41 or visit :



www2.snb.ca

Driver's Licence :



A valid driver's license for the class of vehicle being operated is required by law in Canada. You can use your driver's license from your country of origin for six months. After that time, you will need to visit SNB to obtain a Canadian driver's license.

Chaleur Driving School :



**855, O'Neil Avenue
Bathurst, NB, E2A 3W4**



(506) 543-1575



simone_vienneau@hotmail.com

Nepisiguit Automobile Education :

**23, allée Pointe-à-Richard
Pointe Brûlée, NB, E8S 2V8**



1 (888) 453-6555



educauto@nb.aibn.com



Motor Vehicle Registrations :



To drive a motor vehicle on New Brunswick roads, you must register the vehicle. The price of registration varies depending on the type of vehicle. You can register your vehicle at a Service New Brunswick office.

Motor Vehicle Inspections :



Motor vehicle inspections are required to ensure that all motor vehicles meet required safety standards. Vehicle inspections must be performed at an authorized inspection station by a certified mechanic. These stations are located in all the communities of the province. Upon completion of the inspection, an inspection sticker will be applied to your vehicle's windshield and you will receive a copy of the inspection report, which you must keep in your vehicle.



Passenger vehicles

inspections every 2 years



Taxi

inspections every 1 year



Trucks

inspections every 1 year



buses

inspections twice a year

Vehicle Insurance :



All vehicles driven on New Brunswick roads must be insured. To purchase automobile insurance, you will need to communicate with an insurance broker or an insurance company.

Health Insurance Card (Medicare) :



You must present your health insurance card to the doctor, clinic or hospital, each time you need medical services. If you are not eligible for Medicare coverage, you should register with a private health insurance company. For more information, contact the Canadian Life and Health Insurance Association (see page 29) or visit:



**[www2.gnb.ca/content/gnb/en/services/services_renderer.9035.Medicare -
Registration.html](http://www2.gnb.ca/content/gnb/en/services/services_renderer.9035.Medicare_-_Registration.html)**

Canada Post :



Canada Post is responsible for mail delivery. To register your address, go to the post office nearest to your home. Normal operating hours are from Monday to Friday from 9 a.m. to 5 p.m. There are also Canada Post outlets open until 8 p.m. in certain stores. Mail with sufficient postage may be deposited in street mailboxes. Canada Post mailboxes are easily identified by their red color and the Canada Post logo. For more information, see page 42.

Legal Aspects

Canadian Human Rights Act :



The Canadian Human Rights Act provides for the application of the principles of equal opportunities and non-discrimination. It forbids all forms of discrimination based on race, nationality, skin color, religion, age, gender, sexual orientation, marital status, family status, personal status, and disability. For more information :



(506)453-2301 or **1(888)471-2233** (toll-free)



www2.gnb.ca/content/gnb/en/departments/nbhrc/human-rights-act/act-explained.html

Alcohol, Drugs and Tobacco :

According to New Brunswick laws :



You must be 19 years of age to buy, consume, or be in possession of alcohol or cigarettes.



It is illegal to drive a vehicle while under the influence of alcohol (0.8mg of alcohol per ml of blood for those over 21).



Consumption of prescription drugs without a prescription is illegal.



Important: In New Brunswick, it is illegal to consume alcohol in public areas.



Police, Fire, Ambulance :

!!! It is very important to know that if a police car, ambulance or fire truck puts on its flashing lights behind you, or in front of you, you need to immediately pull over to the side of the road and stop to allow them to pass.



A police officer may engage you in conversation at any time for a variety of reasons: courtesy, concern for public safety, or perceived infractions.



If a police officer stops you while you are driving your vehicle, you must comply with a request for your driver's license, registration, and proof of insurance. In the case of an infraction, remedial actions can range from advice to a fine, or in more extreme cases, an arrest.



To make a legal arrest, an officer must identify himself or herself, make you aware that you are under arrest, explain the reason for the arrest, and provide you with the opportunity to contact a lawyer.

Royal Canadian Mounted Police :

The Royal Canadian Mounted Police (RCMP) is the Canadian national police service and an agency of Public Safety Canada. The RCMP is unique in the world since it is a national, provincial, and municipal policing body. The Chaleur region is served by RCMP District 9 with a detachment office in Bathurst. For more information, see page 42.

Bathurst Police Force :

The Bathurst Police Force is devoted to serving and protecting the residents of Bathurst and visitors to the community. Officers are also involved in a wide array of community initiatives. For more information, see page 42.

BNPP Regional Police :



The BNPP has served the municipalities of Beresford, Nigadoo, Petit-Rocher and Pointe-Verte since 1981. Like other police forces, BNPP officers work to protect the communities they serve, arrest criminals, and educate citizens on various laws and regulations. For more information, see page 42.

Family Law Information Line :



For more information, see page 46.



Section III : Employment and Entrepreneurship

Employment

There are organizations which can provide you with information and support in your search for employment.

The MACR centre can offer you assistance with various employment-related needs and refer you to the employment and career counsellors of the Department of Post-Secondary Education, Training and Labour.

Credential recognition and regulated occupations :

The following websites provide information on the FCR process :



www.cicic.ca(The Canadian Information Centre for International Credentials)



www.canada.ca/en/employment-social-development/programs/foreign-credential-recognition.html



www.canada.ca/fr/immigration-refugies-citoyennete/services/nouveaux-immigrants/preparer-vie-canada/prepare-travailler/evaluation-titres-competences/processus.html

The Government of New Brunswick has created several fact sheets about regulated occupations in the province. They can be found here :



www2.gnb.ca/content/gnb/fr/corporate/promo/immigration/travailler-au-nb/profession-reglementees-et-licences.html



https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Jobs/content/LabourMobility/CertifiedOccupations.html



https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/Skills/content/ApprenticeshipAndTrades/CredentialRecognition.html

Job Opportunities :

There are several places where you can look for job openings:

- Classified ads: Check the local newspapers (especially on Saturdays).
- Websites:



www.jobbank.gc.ca



www.jobs.gc.ca



www.careerbeacon.com



www.nbjobs.ca



emplois.ca.indeed.com



www.atlanticjobs.com



https://www.facebook.com/groups/586955271461153/?locale=fr_FR



https://www.facebook.com/cecchaleur/?locale=fr_CA

- “Help Wanted” signs: Some businesses advertise job openings directly in their workplace. Look at windows or bulletin boards in business entrances to find job opening posters or notices. Basic requirements are often listed on the posters.
- Family and friends: Many jobs are not publicly advertised. Make your availability known to friends or acquaintances to expand your reach to potential employers.
- Facebook pages: “Job Offers Chaleur Region” is a bilingual Facebook page (French and English) and “Chaleur Career Information Centre” advertises available job postings in the Chaleur region.



Minimum Wage :

Effective April 1, 2024 the minimum hourly wage in New Brunswick is \$15.30 per hour.

The Employment Standards Act determines minimum wage and other regulations. For more information : see page 43, visit your nearest Employment Standards Office, or visit the website :



www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/People/content/EmploymentStandards.html

Taxes and Payroll Deductions :

The Canada Revenue Agency (CRA) administers the tax laws for the Government of Canada and most of the provinces and territories. In addition, it administers various social and economic benefit and incentive programs delivered through the tax system.

Individuals and businesses must file appropriate tax returns every year, identifying income and claiming accepted deductions. The CRA website provides comprehensive information on tax forms and publications classified by type, topic, and client group. This topic is complex and you may require professional advice to ensure you are taxed accurately.



www.canada.ca/fr/agence-revenu/arc-canada.html



Income Tax : %

By law, your employer is required to deduct a percentage of your salary to pay the income tax that you owe to the federal government. If too much is deducted, you will get a refund after you file your income tax return. If you paid too little, the CRA will notify you of the amount you owe. Our income tax pays for the cost of government services. For more information, visit the Canada Revenue Agency website :



www.canada.ca/en/services/taxes/income-tax.html

You do have the option of having a professional fill out your tax return (fees are charged for this service, with some exceptions).

Canada Pension Plan :

A small part of your salary is paid to the Canada Pension Plan. When you retire, you will receive a monthly pension from the federal government. The amount will depend on the number of years you worked and how much money you earned. Visit this website for more information on the Canada Pension Plan :



www.canada.ca/en/services/benefits/publicpensions/cpp.html

Employment Insurance :

A small percentage of your salary will also be deducted each month for Employment Insurance. Your employer contributes to this program as well. Employment Insurance gives a certain amount of money to eligible, unemployed individuals for a short period of time, while they look for a new job or take training to learn new skills. For more information, visit :



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

Sales Taxes :

The goods and services tax (GST) is a tax that applies to the supply of most goods and services in Canada. New Brunswick, Newfoundland and Labrador, Prince Edward Island, and Nova Scotia, as participating provinces, have harmonized their provincial sales tax with the GST to create the harmonized sales tax (HST).

The HST generally applies to the same base of taxable goods and services as the GST. The GST rate is 5 % and the HST rate in New Brunswick is 15%. Provincial tax rates vary from province to province. Visit the Canada Revenue Agency website for more information:



www.canada.ca/fr/agence-revenu/services/impot/entreprises/sujets/tps-tvh-entreprises.html

Entrepreneurship in the Chaleur Region

If you are considering opening a business in the Chaleur region, the following resources may be of use to you :



www2.gnb.ca/content/gnb/en/gateways/for_business.html



www.canada.ca/en/services/business.html



www.ic.gc.ca/eic/site/icgc.nsf/eng/home



www.cbdc.ca/en/



www.facebook.com/thehivelaruche/about



Organizations

CBDC Chaleur :



219, Main Street, Suite 3
Bathurst, NB, E2A 1A9



(506) 548-5951 (Bathurst)



1 (888) 303-2232 (toll-free)

Chaleur Chamber of Commerce :

The Chaleur Chamber of Commerce is a network of businesses committed to encouraging economic growth. It is the voice of the local business community and defends the interests of its members. It regularly organizes activities to facilitate networking and enables members to build business links and strengthen their businesses.



219, Main Street, Suite 5
Bathurst, NB, E2A 1A9



(506) 546-8100



info@chaleurchamber.ca



www.chaleurchamber.ca/index

Section IV : Money and Banking

Canadian Money :

The Canadian dollar is the official currency of Canada. There are 100 cents in one dollar. Frequently used coins are 5¢, 10¢, 25¢, \$1 and \$2. A popular nickname for the \$1 coin is loonie, for the loon which appears on the coin, while the \$2 coin is commonly called a toonie.

Visit the following websites to calculate the value of other currencies in relation to the Canadian dollar :



www.oanda.com/currency-converter/fr/?from=EUR&to=USD&amount=1



www.xe.com



50 Cents

1\$

2\$



5 Cents



10 Cents



25 Cents



Financial Institutions :

Most Canadians deposit their money in an account at a bank or credit union. A bank account is a safe place to keep your money. Most institutions provide various kinds of accounts to suit individual needs. Communicate with the financial institution of your choice to meet with a financial advisor to discuss your banking needs.

Bank Account :

A bank account is required for many transactions, such as paying your rent and other bills. This can also be done by mail, by telephone or by on-line banking.

Transaction fees and rates vary from one institution to another, so it is advisable to research the various options to find the plan that best suits your needs. Once you have chosen a financial institution, make an appointment to meet with an advisor.

It is important to distinguish credit unions (caisses populaires in French) from banks. Banks and credit unions offer similar products and services, but credit unions operate as a cooperative rather than as a private institution like banks. Both are secure.

Banks in the Chaleur Region :

For purchases, you have the choice of using cash, a debit card, or a credit card. You can ask for more information when you visit your financial institution (see page 43).

Section V : Health

The Provincial Health System :



In Canada, health services are primarily managed by the provinces. In New Brunswick, public health services are delivered through either the Vitalité Health Network or the Horizon Health Network :



www.vitalitenb.ca



www.horizonnb.ca

Chaleur Regional Hospital :



**1750, Sunset Drive
Bathurst, NB, E2A 4L7**



(506) 544-3000



www.vitalitenb.ca/en/points-service/chaleur-regional-hospital

After Hours Clinic :



The After Hours Clinic provides care to patients with non-urgent medical problems who are unable to get an appointment with their family doctor. For more information, see page 44.



Important Telephone Numbers :

- Tele-Care is a free, confidential hotline that offers information and advice about your health. Call 811 to speak with bilingual registered nurses, 24 hours a day, 7 days a week. The “Can Talk” service offers translation in more than 100 languages. You can also call this number to request a family doctor.



811 (Tele-Care)



- Dial 911 only in case of an emergency. This number will connect you with emergency services such as the police, ambulance, firefighters, and the poison control center. (There is a fee for ambulance services.)



911 (Emergency)



Ambulance



Fire



Poison Control



Police

Centre

Family Doctors :



Your MACR center can help you find a family doctor.

Dentists :



For a list of dentists, see page 44.

Optometrists :



For a list of optometrists, see pages 44-45.

Other health services :



For more information, see pages 43-44.

Pharmacies :

In Canada, pharmacies are stores where you can purchase over-the-counter and prescription medicine. Many pharmacies also sell a wide assortment of products such as cosmetics and food, and have services such as Canada Post. In some pharmacies, you can also pay utility bills.

For a list of pharmacies in the Chaleur region, see page 45.

Private Health Insurance :

You can buy additional insurance from a private insurance company to cover items not insured by Medicare, including prescription drugs, vision care, and dental care. Private insurance is also necessary for your first three months in New Brunswick, until you become eligible for Medicare coverage.



Attention: Before signing any insurance contract, be sure to carefully read the terms of the contract to know the extent of the coverage.

Section VI : Education

School System :



As the only officially bilingual province, New Brunswick's public education system offers students the opportunity to learn in French or English through two parallel but separate education systems. The public school system is divided as follows:

- **ELEMENTARY SCHOOL**– From Kindergarten to Grade 5. Children may start Kindergarten when they are 5 years old. Children who are 4 years old can be admitted on the condition that they will be 5 years of age before the end of the calendar year.
- **MIDDLE SCHOOL** - From Grades 6 to 8.
- **HIGH SCHOOL** – From Grades 9 to 12. Students receive their high school diploma when they finish Grade 12.



In all the schools, there are support systems in place for allophone students. These support systems assist newcomers in learning French or English to facilitate their integration into a regular classroom. School attendance is mandatory for all children aged 5 to 18. The school year begins at the beginning of September and it ends in June.



Daycare and After-school Programs :



Many parents rely on daycares and after-school programs for childcare while they are working. Daycares are for children 5 years of age and less who do not attend school. Certain daycares also accept school-aged children in the afternoon when classes are over.

Daycares vary in terms of quality of services and costs. The provincial government guide entitled "A Parent's Guide to Quality Child Care in New Brunswick" explains how to choose childcare services and the difference between childcare categories:



www2.gnb.ca/content/gnb/en/departments/education/elcc/content/guide.html

For more information about licensed childcare facilities in the Chaleur region, visit:



www.nbed.nb.ca/parentportal/en/Search/Elc/

There is a Daycare Assistance Program for low-income families. Contact the Department of Social Development in your community for more information (see page 45) or visit :



www2.gnb.ca/content/gnb/en/services/services_renderer.14136.Daycare_Assistance_Program.html

! IMPORTANT : It is illegal in Canada to leave children under the age of 12 unattended at home.

School Registration :



To register your children in school, contact the school for an appointment. Make sure to bring along all required documents, such as immigration documents, passports, immunization records, and your child's previous school report cards.

Preschool Education :



Preschooleducation prepares children for elementary school by teaching them social and learning skills which can contribute to their success at school.

This service, which is not mandatory, is generally available to children who are four years old (part-time or full-time).



Post-Secondary Education

Université de Moncton :



The Université de Moncton is the largest Francophone university in Canadaoutside of the province of Quebec. Its three campuses, located in Edmundston (northwest New Brunswick), Shippagan (northeast), and Moncton (southeast), offer a full range of programs in arts, humanities, pure and applied sciences, and social sciences.

The Bachelor of Science in Nursing may also be completed in Bathurst at the Collège Communautaire du Nouveau-Brunswick, at 725 College Street. There are two options available



1 (800) 363-8336



www.umoncton.ca



Mount Allison University :



Mount Allisonoffers fivedifferent undergraduate programs: Bachelor of Arts, Bachelor of Science, Bachelor of Fine Arts, Bachelor of Commerce, and Bachelor of Music, along with certain Master of Science programs.



www.mta.ca



University of New Brunswick (UNB) : UNB

UNB has two main campuses situated in Fredericton and Saint John, New Brunswick. These campuses offer full-time and part-time courses in the following disciplines: applied arts, applied management, arts, business, computer science, education, engineering, environment and natural resources, forestry, health, health sciences, kinesiology, law, leadership studies, medical laboratory science, nursing, recreation and sport studies, science, and software engineering.

Students are encouraged to develop their social skills by participating in committees and social activities. UNB is a member of the Canadian Association of Students in Nursing.

Professional development programs in the form of certificates courses, seminars, web-based seminars and customized training are also available. Credit courses are offered face-to-face and by online video-conferencing. Additionally, UNB offers personal and cultural enrichment non-credit courses, such as woodworking, astronomy, creative writing, and gardening.

University of New Brunswick – Fredericton Campus :



www.unb.ca

New Brunswick Community College :

The New Brunswick Community College (NBCC) serves the English-speaking population of New Brunswick. There are six campuses in the province offering more than 80 full-time programs. These campuses are located in Miramichi, Moncton, Fredericton, Saint John, Woodstock, and St. Andrews.



www.nbcc.ca



nbcc@nbcc.ca

Section VII : Other Community and Social Services

Religions :

Many different faiths are found in the Chaleur region. To find out if your specific religion is practiced here, please contact the MACR.

Interpretation Services :

Contact the MACR Centre. Our staff will try to find someone among our members or the newcomer community who can help you.

Family Violence :

All Canadians, regardless of their origin, have the right to choose their values, their opinions, and their religion. The political system of Canada is based on freedom and equal opportunities for its citizens, which means that women and men have the same rights in both private and public life. The use of violence against anyone is prohibited by law.

If you or someone you know is dealing with abuse, whether it is physical violence or psychological abuse, such as threats, harassment, humiliation, withholding of money needed to meet basic needs, or the use of force to obtain sex, you can get the help you need by calling the local police.



Family and Early Childhood North :



Family and Early Childhood North provides developmental support for children aged 0 to 8 in natural environments to ensure they reach school age with every opportunity for optimal development.

It offers support for healthy childhood growth and development, healthy parent-child relationship, and family wellness. For more information, see page 46.

Talk With Me Program :



The Talk With Me program is offered by a team of speech-language pathologists and assistants. It consists of workshops and presentations about speech, language, literacy and social skills for parents and people who work with children aged 0 to 5. For more information, see page 44.

Neglected or Abandoned Children and Adults

Child Protection Services :

This government agency's mission is to protect children, adults, and handicapped people, as well as offering long-term care to those in need. The adult protection program offers its services to seniors or adults who are victims of neglect, abuse, or physical, sexual, or mental cruelty.

To report a suspected case of child abuse :



1 (833) 733-7835 (calls from within the province only)

or After-Hours Emergency Social Services (between 4.30 p.m. and 8.15 a.m) :



1 (800) 442-9799

Social Development :

The New Brunswick Department of Social Development provides a comprehensive approach to family services by removing barriers to work and leading to greater self-sufficiency.

The department provides a comprehensive approach to :



Family services (including Day Care Assistance, Canada Child Benefit, Prenatal Benefit Program)



Youth services



Children's services



Seniors' services



Services for persons with disabilities



Programs and Services include:

- Health Services
- Individual Supports
- Community Supports
- Adoption
- Family Foster Care
- Social Assistance
- Protection
- Housing
- Long-Term Care
- Early Learning and Child Care
- Parenting
- Nursing Homes

For more information, see page 46.

Victim Services :

Department of Justice and Public Safety – Province of New Brunswick

If you are a victim of crime and have reported it to the police, Victim Services may be able to assist you. Services include :

- trauma counselling
- short-term counselling
- compensation
- court preparation
- court support
- follow-up services after court

For more information, see page 46.



Nepisiguit Family Services :



This organization provides assistance to adults and children faced with challenges, couple or family problems, or work-related difficulties :

- Counselling
- Educational programs
- EFAP (Employee and Family Assistance Program)
- Research and Development
- Family Week

For more information, see page 46.

Chaleur Resource Center for Parents :

The Chaleur Resource Center for Parents offers a wide range of programs and activities for parents and their children aged 0 to 6 :

- child development 
- play-to-learn activities (age 3)
- school readiness programs
- family support 
- prenatal and postnatal support
- outreach programs 
- toy lending library
- family drop-in program
- "1-2-3 Learn" preschool program (age 4)
- Active Kids program 
- parenting workshops
- information sessions on child car seats. 

Their programs aim to promote communication, family literacy, the development of emotional ties, health, and child safety. For more information, see page 46.

Ideal Center- Community Mental Health Center :



The purpose of Community Mental Health Centers (CMHC) is to promote positive mental health for all New Brunswickers. CMHCs provide New Brunswick's population with access to a range of mental health services, including prevention, assessment, treatment, rehabilitation, and support.

This center offers different activities each month to people with mental health problems. For more information, see page 43.

Passage House :



Located in Bathurst, this bilingual, non-profit organization offers safe refuge to women (17 and up) and children who are victims of physical, verbal, psychological or sexual violence. This is a free, confidential service with on-site or telephone counselling, as well as referrals to other aid agencies in the region. For more information, see page 46.



Bathurst Volunteer Center Inc. :



This non-profit organization offers the following services :

- food bank
- clothing and furniture bank
- soup kitchen
- Meals on Wheels program
- counselling services.



For more information, see page 46.

Banque Alimentaire Coup d’Pouce (food bank) :



Distribution of food to families in need. For more information, see page 46.

Newspapers :



To have a newspaper delivered to your house,
newspaper of your choice :

you need to sign up for the

- Telegraph Journal (English)
- NorthernLight (English)
- L’Acadie Nouvelle (French)
- L’Étoile Chaleur (French)

Radio :



- Phantom 103.3 FM (English)
- The Wave 104.9 FM (English)
- CKLE 92.9 FM (French) Radio
- Canada 105.7 FM (French)

Section VIII : Répertoire des services

Internet services :



Bell Aliant :

 1300, ST.PETER AVENUE
BATHURST, NB
 (506) 547-4517

Rogers :

 1300, ST. PETER AVENUE
BATHURST, NB
 (506) 547-4517

Public Library :



Bathurst :

 150, ST.GEORGE STREET
BATHURST, NB
 (506) 548-0706

Beresford :

 855, PRINCIPALE STREET
BERESFORD, NB
 (506) 542-2704

Petit-Rocher :

 57, ROCHETTE STREET
PETIT-ROCHER, NB
 (506) 542-2744

government service:



Service Canada :

 120, HARBOURVIEW BOULEVARD
BATHURST, NB
 (800) 622-6232

Service New-Brunswick :

 161, MAIN STREET
BATHURST, NB
 1 (888) 762-8600

Insurance :



Canadian Life and Health Insurance Association Inc. :



WWW.CLHIA.CA



(416) 777-2221



1 (888) 295-8112 (sans frais)

Canada Post :



Bathurst :

 495, KING AVENUE
BATHURST, NB
 1 (866) 607-6301

Bathurst :

 1047, ST. PETER AVENUE
BATHURST, NB
 1 (866) 607-6301

Beresford :

 767, PRINCIPALE STREET
BERESFORD, NB
 1 (866) 607-6301

Petit-Rocher :

 593, PRINCIPALE STREET
PETIT-ROCHER, NB
 1 (866) 607-6301

Municipality :



City of Bathurst :

 150, ST. GEORGE STREET
BATHURST, NB
 (506) 548-0400

Town of Beresford :

 855-2, PRINCIPALE STREET, BERESFORD, NB
 (506) 542-2727

Village of Nigadoo :

 385, PRINCIPALE STREET
NIGADOO, NB
 (506) 542-2626

Village of Petit-Rocher :

 582, PRINCIPALE STREET
PETIT-ROCHER, NB
 (506) 542-2686

Village of Pointe-Verte :

 375, PRINCIPALE STREET
POINTE-VERTE, NB
 (506) 542-2606

Village of Belledune :

 2471, MAIN STREET
BELLEDUNE, NB
 (506) 522-3700

Police :



Royal Canadian Mounted Bathurst Police Force : Police (RCMP) :

 900, VANIER BOULEVARD
BATHURST, NB
 (506) 548-7771

 285, KING AVENUE
BATHURST, NB
 (506) 548-0420

BNPP Regional Police :

 398, PRINCIPALE STREET
NIGADOO, NB
 (506) 542-2666

Driving School :



Chaleur Driving School :

 855, O'NEIL AVENUE
BATHURST, NB
 (506) 543-1575

Nepisiguit Automobile Education :

 EDUCAUTO@NB.AIBN.COM
 1 (888) 453-6555



Employment :



Chaleur Chamber of Employment

Commerce:



219, MAIN STREET
SUITE 5
BATHURST, NB



(506) 546-8100

Standards:



HARBOURVIEW PLACE
275, MAIN STREET
BATHURST, NB



(506) 549-5361



1 (888) 487-2824
(TOLL-FREE)

CBDC Chaleur :



219, MAIN STREET
SUITE 3
BATHURST, NB



(506) 548-5951



1 (888) 303-2232
(TOLL-FREE)

Canada Revenue Agency (CRA):



WWW.CANADA.CA/EN/RE
VENUE-AGENCY.HTML



1 (800) 267-6999

Financial Institution :



TD Canada Trust:



117, MAIN STREET
BATHURST, NB



(506) 546-8444

BMO :



201, MAIN STREET
BATHURST, NB



(506) 546-3358

CIBC :



270, DOUGLAS AVENUE
#202, BATHURST, NB



(506) 548-8838

RBC Royal Bank :



230, MAIN STREET
BATHURST, NB



(506) 547-1020

Scotiabank :



1300, ST. PETER AVE.
BATHURST, NB



(506) 548-9921

National Bank :



705, ST. PETER AVE.
BATHURST, NB



(506) 548-9916

National Bank :



557, PRINCIPALE STREET
PETIT-ROCHER, NB



(506) 783-4234

UNIFinancialCooperation :



1215, ST. PETER AVE.
BATHURST, NB



1 (888) 359-1357

UNI Financial Cooperation :



816, PRINCIPALE STREET
BERESFORD, NB



1 (888) 359-1357

UNI Financial Cooperation :



702, PRINCIPALE STREET
PETIT-ROCHER, NB



1 (888) 359-1357

Health Services :



Chaleur Regional Hospital :



1750, SUNSET DRIVE,
BATHURST, NB



(506) 544-3000

Chaleur Health Centre :



415, PRINCIPALE STREET
POINTE-VERTE, NB



(506) 542-2434

Ideal Centre – Community Mental Health Centre :



250, MAIN STREET
BATHURST, NB



(506) 548-6110

AddictionServices(Bathurst) :



165, ST. ANDREW STREET
BATHURST, NB



(506) 547-2086



Canadian Red Cross Society :

 216, MAIN ST, SUITE
101, BATHURST, NB
 (506) 548-2824

PUBLIC HEALTH :

 165, ST. ANDREW STREET
2E ÉTAGE, BATHURST, NB
 (506) 547-2062

Community Mental Health Centre :

 165, ST. ANDREW STREET
2E ÉTAGE, BATHURST, NB
 (506) 547-2110

After Hours Clinic :

 1057, ST. PETER
AVENUE, BATHURST, NB
 (506) 252-8785
 (By appointment)
AFTERHOURS_APRESHEU
RES@OUTLOOK.COM

Obstetric Clinic - Chaleur Regional Hospital :

 557, PRINCIPALE STREET
PETIT-ROCHER, NB
 (506) 783-4234

Sexual Health Services :

 (506) 547-2062

TalkWithMeProgram :

 1 (833) 560-8679
(Toll-free)

Dentist :

Dr Don Dempsey

 275, MAIN STREET
BATHURST, NB
 (506) 548-8331

Chaleur Dental Clinic :

 1020, ST. ANNE STREET
BATHURST, NB
 (506) 547-0077

Acadie-Bathurst Dental Center :

 100, MAIN STREET
BATHURST, NB
 (506) 500-0224

Dr Jean-Marc Haché :

 59, ROCHETTE STREET
PETIT-ROCHER, NB
 (506) 783-3232

Denturist :

Aurèle Allain Denturist :

 1300, ST. PETER AVENUE, SUITE 208
BATHURST, NB
 (506) 546-2330

Leger Denture Clinic :

 958, PRINCIPALE STREET
BERESFORD, NB
 (506) 546-4486

Orthodontist :

Dr Sanjay Anand :

 1270, PRINCIPALE STREET
BERESFORD, NB
 (506) 546-8130

Optometrist :

Dr. R.B. Savoie :

 1126, ST. PETER ST.
BATHURST, NB
 (506) 546-4221

Dr. Lyne Ouellet :

 1020, ST. ANNE STREET
BATHURST, NB
 (506) 546-6490

Dr. Elaine Landry :

 924, PRINCIPALE STREET
BERESFORD, NB
 (506) 542-2020

Walmart Vision Centre :

 900, ST. ANNE STREET
BATHURST, NB
 (506) 546-0500

ChaleurOptometry Clinic :

 35, YOUGHALL DRIVE
BATHURST, NB
 (506) 548-3232

Dr. JasonLarocqueDr. Isabelle Savaria :

 1309, ST. PETER AVENUE
BATHURST, NB
 (506) 548-3080

Pharmacy :

PJC JeanCoutu:

 1047, ST. PETER AVE.,
BATHURST, NB
 (506) 546-6666

PJC Jean Coutu :

 271, CENTER STREET
BERESFORD, NB
 (506) 542-2222

PJC Jean Coutu :

 63, ROCHETTE STREET
PETIT-ROCHER, NB
 (506) 783-8441

Pharmasave Bathurst

 325, VANIER BOULEVARD
BATHURST, NB
 (506) 545-6666

Walmart Pharmacy : Shoppers Drug Mart : Sobeys Pharmacy : AtlanticSuperstorePharmacy :

 900, ST. ANNE STREET
BATHURST, NB
 (506) 546-3672

 939, ST. PETER AVENUE
BATHURST, NB
 (506) 547-8023

 1125, ST. PETER AVENUE
BATHURST, NB
 (506) 548-3640

 700, ST. PETER AVENUE
BATHURST, NB
 (506) 547-3199

Education :

Francophone School District – North-East :

 3376, PRINCIPALE STREET
TRACADIE-SHEILA, NB
 (506) 547-2771

Anglophone North SchoolDistrict :

 78 HENDERSON STREET
MIRAMICHI, NB
 (506) 778-6075

UniversityofNew Brunswick :

 3 BAILEY DRIVE
P.O. BOX 4400
FREDERICTON, NB
 1 (888) 895-3344

Daycare :

Manège Enchanté Daycare :

 1190, PRINCIPALE ST.
BERESFORD, NB
 (506) 548-9324

Bimbo Daycare :

 644, UNIVERSITY DRIVE
BATHURST, NB
 (506) 548-8069

Club Des Amis No 6

 980, VANIER BOULEVARD
BATHURST, NB
 (506) 547-0084

Daycare Assistance Program :

 275, MAIN STREET, 2ND FLOOR,
SUITE 200, BATHURST, NB
 1 (833) 733-7835
 SD-DS@GNB.CA

Happy Little Faces Daycare :

 1119, PRINCIPALE ST.
BERESFORD, NB
 (506) 546-5401

Club Des Amis Halte- Scolaire (After- School):

 840, GRANDVIEW ST.
BATHURST, NB
 (506) 547-0008

Club Des Amis No 4 :

 1410, MIRAMICHI AVENUE
BATHURST, NB
 (506) 548-8584

Community and social services :



Family Law :

 SPEIJNB@WEB.CA
 WWW.LEGAL-INFO-LEGALE.NB.CA
 (506) 453-5369
 1 (888) 236-2444
(Toll-free)

Family and Early Childhood North :

 506-778-6532
 1 (855) 778-6532
(Toll-free)

Social Development :

 275, MAIN STREET, 2ND FLOOR,
SUITE 200, BATHURST, NB
 1 (833) 733-7835

Victim Services :

 254, ST. PATRICK
STREET, BATHURST, NB
 (506) 547-2924

Nepisiguit Family Services :

 219, MAIN STREET,
SUITE 4, BATHURST, NB
 (506) 546-3305

Chaleur Resource Centre for Parents :

 263, KING AVENUE
BATHURST, NB
 (506) 545-6608

Long-Term Care Services :

 HARBOURVIEW PLACE,
275, MAIN STREET, 2ND FLOOR,
SUITE 200, BATHURST, NB
 1 (833) 733-7835
(Toll-free)

Bathurst Volunteer Center :

 464, KING AVENUE
BATHURST, NB
 (506) 549-5955

Food bank Coup d'Pouce :

 690, PRINCIPALE ST. PETIT-
ROCHER, NB
 (506) 783-3172

Passage House :

 (506) 546-9540

Market :



Beresford Regional Farmers' Market :

 201, PARC EST STREET
BERESFORD, NB
 (506) 542-2705
 ECOMARCHEBERESFORD@OUTLOOK.COM
(Summer only)

Bathurst Community Market :

 309, ST. PATRICK STREET
BATHURST, NB
 BATHURSTMARTET@GMAIL.COM
(Saturdays from 8 a.m. to 1 p.m.)

Sports :



Gowan Brae Golf & Country Club :

 150, YOUGHALL DRIVE
BATHURST, NB
 (506) 546-2707
EXT. 1

Squire Green Golf Club :

 805, GOLF STREET
BATHURST, NB
 (506) 544-7888

Ice skating :

 K.C. IRVING REGIONAL
CENTRE, BATHURST, NB
 (506) 548-0410

Bathurst Aquatic Center :

 558, KING AVENUE
BATHURST, NB
 (506) 548-0729



Chaleur Climbing Club :

 725, COLLEGE STREET
BATHURST, NB
 (506) 547-2145

Bathurst Pickleball :

 1019, JOHNSON AVENUE
BATHURST, NB
 BATHURSTPICKLEBALL@GMAIL.COM

Yoga Fit by Amanda Wood :

 255, KING AVENUE
BATHURST, NB
 (506) 545-8475

Badminton -Pavilion- Gymnasium :

 150, ST. GEORGE STREET
BATHURST, NB
 (506) 548-0410

Coronation Park (4 fields):

 MUNRO ST. AND
DUMARESQ ST.
BATHURST, NB
 (506) 548-0410

Pure Balance Yoga :

 339, ST. PATRICK STREET
BATHURST, NB
 (506) 548-8963

Eat bikerentals:

 K.C. IRVING REGIONAL
CENTRE, BATHURST, NB
 (506) 548-0410

Basketball courts - Centennial Park :

 1050, CENTENNIAL STREET
BATHURST, NB

Danse Acadie :

 1047, PRINCIPALE ST.
BERESFORD, NB
 (506) 546-8000

CrossFit Chaleur :

 2030, ST. PETER AVENUE,
BATHURST, NB

BoGeste Dance School :

 53, ROCHETTE STREET
PETIT-ROCHER, NB
 (506) 783-7674

Entertainment :



Sled Dog Adventures :

 5586, 134 ROAD
ALLARDVILLE, NB
 (506) 583-1717

Chaleur Snowmobile Club :

 4806, CHEMIN SORMANY,
SORMANY, NB
 (506) 783-3335

Bowlarama :

 2020, ST. PETER AVE.
BATHURST, NB
 (506) 546-2020

Daly Point Nature Reserve :

 2075, CARRON DRIVE
BATHURST, NB
 (506) 548-0778

Tetagouche Falls :

 3559, 180 ROAD
SOUTH TETAGOUCHE,
NB

Camping Malybel :

 1121, BRYAR STREET
BERESFORD, NB
 (506) 545-6888

Apollo Cinemas :

 855, ST. ANNE STREET
BATHURST, NB
 (506) 546-8400

Pabineau Falls :

 3553, PABINEAU FALLS ST.
PABINEAU FIRST NATION, NB
 (506) 548-9211

Nepisiguit River Company :

 1015, ST. ANNE STREET
BATHURST, NB
 (506) 548-5575

(Outdoor pool with slide)