



## Living in Canada: Your checklist

With so much to remember, we decided to create a checklist to help you to get the important things done first. We hope you find it useful.

### In Your First Few Weeks

You will need to...

- Exchange your money for Canadian currency
- Find temporary accommodation
- Have some identification (ID) with you
- Apply for private Health Insurance
- Get a map of the area and find out about transportation in your area
- Get your own telephone book
- Contact an immigrant-serving organization in your community

### In Your First Few Months

You will need to...

- Find permanent housing
- Get a telephone installed
- Register your children in school
- Get a family doctor
- Have your children immunized
- Fill out the forms for a Social Insurance Number card and a Health Insurance card
- Open a bank account
- Look for a job
- Carry your address and telephone number with you
- Explore your community with a Canadian HOST volunteer
- Know where the Language Instruction for Newcomers (LINC) assessment centre is in your community and register for language classes

The Saint John  
Newcomers  
Centre



Le Centre  
de nouveaux arrivants  
de Saint-Jean

## Greater Saint John Hospitals and Clinic Services

***Disclaimer:** This list was compiled using the information provided by the yellowpages.ca, Horizon Health, and the Saint John Community Service Data Base. The Saint John Newcomers Centre does not endorse any of the listed services. All efforts are made to ensure timely and accurate information. The Saint John Newcomers Centre, legally known as The Saint John Multicultural & Newcomers Resource Centre Inc., assumes no legal liability for the accuracy, completeness, or usefulness of any information provided below (updated January 15, 2020).*

**Before visiting any of the services below please check the costs if you do not have a Canadian Permanent Residence status or an NB Medicare card.**

Call **811**: To register for a family doctor, OR for non-urgent medical advice from a nurse; 24 hours a day

Call **911**: For emergencies; 24 hours a day

### **Saint John Regional Hospital**

**Phone:** 506-648-6000

**Address:** 400 University Ave., Saint John, NB, E2L 4L2

**Hours:** Open 24 hours daily including weekends

**Notes:** Any patient may walk-in at the emergency room. For those who wish to consult with a specialist, they must have a referral first.

### **Saint Joseph Hospital**

**Phone:** 506-648-6000

**Address:** 400 University Ave., Saint John, NB, E2L 4L2

**Hours:** Open 24 hours daily including weekends

**Notes:** Any patient may walk-in at the emergency room. For those who wish to consult with a specialist, they must have a referral first.

### **Public Health Saint John**

**Phone:** 506-643-2913 for child immunization appointments; 506-658-2454 for other programs  
**Address:** 55 Union Street, Mercantile Centre, Saint John, NB, E2L 5B7  
**Hours:** Monday to Friday, 8:30am - 4:30pm  
**Notes:** The centre does not have a primary care clinic, but offers immunization for all children by appointment only free of charge with or without Medicare. Nurses at the YMCA may help newcomers. The centre provides information on other programs: healthy toddler assessments, healthy families, sexual health, nutrition, and special food programs.

### **Crown Street Medical Clinic**

**Phone:** 506-635-2273  
**Address:** 110 Crown St, Saint John, NB, E2L 2X7 (Shoppers Drug Mart building)  
**Hours:** Monday to Friday, 12:00pm-2:45pm; and 6:00pm-8:45pm, Weekends and Holidays, 12:00-2:45pm  
**Notes:** Offers services for non-urgent medical problems. Clients must call for an appointment, offers same-day appointments only, must call and schedule one hour before the clinic specific start time. Valid NB Medicare card must be presented. Valid out of province Medicare cards (with Quebec as the exception) are accepted as well. Cash payments are accepted for those without cards or from out of the country.

### **Millidgeville Medical Clinic**

**Phone:** 506-642-3627  
**Address:** 725-2 Millidge Ave, Saint John, NB, E2K 2N7  
**Hours:** Monday to Friday, 6:00pm-9:00pm; Saturday, 12:00am-3:00pm; closed Sunday  
**Notes:** Offers services for non-urgent medical problems. Clients must call for an appointment, offers same-day appointments only, must call and schedule one hour before the clinic specific start time.

### **West Side Medical Clinic**

**Phone:** 506-693-2273  
**Address:** 107 Catherwood St W, Ste.201, Saint John, NB, E2M 5J7  
**Hours:** Monday to Friday, 12:00pm-2:45pm  
**Notes:** Offers services for non-urgent medical problems. Clients must call for an appointment, offers same-day appointments only, must call and schedule one hour before the clinic specific start time. It also provides specialty clinics such as asthma, pap, hypertension, thyroid, cholesterol, and osteoporosis. Call 657-3455 for the specialty clinics.

### **KV After Hours Medical Clinic**

**Phone:** 506-849-2273  
**Address:** 140 Hampton Road, Rothesay, NB, E2E 2R2 (Sobeys Mall Plaza)  
**Hours:** Monday to Friday, 6:00pm-8:45pm; Weekends 5:00pm-7:45pm  
**Notes:** Offers services for non-urgent medical problems. Clients must call for an appointment, offers same-day appointments only, must call and schedule one hour before the clinic specific start time.

### **University Avenue Medical Clinic**

**Phone:** 506-657-9355  
**Address:** 35 University Ave., Saint John, NB, E2K 1Z2 (Jean Coutu Building)  
**Hours:** Monday to Friday, 6:00pm-9:00pm; Sundays and Holidays, 12:00pm-3:00pm  
**Notes:** Offers services for non-urgent medical problems. Clients must call for same-day appointments only, must call and schedule 90 minutes before the clinic specific start time for M-F appointments and one hour before the clinic specific start time on Sundays and holidays.

### **Grand Bay Medical Clinic**

**Phone:** 506-738-8028  
**Address:** 114 River Valley Drive, Grand Bay, NB, E5K 1A2 (Guardian Pharmacy Building)  
**Hours:** Monday to Thursday, 5:00pm - 8:00pm  
**Notes:** Offers services for non-urgent medical problems. Clients must call for an appointment, offers same-day after hour's appointments only, must call and schedule 30 minutes before the clinic specific start time.