



# Services *for* You



Guide to Government of Canada Services in  
Nova Scotia



Government of Canada  
Gouvernement du Canada

Canada 

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# Introduction

Government of Canada services are designed to meet your changing needs. This guide, *Services for You*, describes a few of these services, how they work and how you can access them. It has seven sections. Each deals with individual needs or areas of common concern.

- Topics are in **bold**.
- Titles of booklets and pamphlets appear in *italics*.
- Toll-free telephone numbers and Web site addresses are provided at the end of each description.
- A detachable list of toll-free telephone numbers and Web sites for other frequently used services is provided at the end of the guide.



We encourage you to keep *Services for You*. If your needs change, it will help you find the right service.

## About other services

To find out about other Government of Canada services:

- Call 1 800 O-Canada (1 800 622-6232), the Government of Canada information service;
- Visit the Government of Canada main Web site: [canada.gc.ca](http://canada.gc.ca)

This guide is also available in large print, on audio cassette, in Braille and on computer diskette by calling 1 800 O-Canada.


# Environment

## How you can take positive action on climate change

Climate change affects our health, environment and economy. By using less energy, we can reduce the greenhouse gas emissions that contribute to **climate change**. Here are a few simple ways to save energy every day:

- Turn off lights, appliances, televisions and computers when not needed.
- Seal leaks around doors and windows.
- Check the EnerGuide label when buying a new appliance.
- Turn off your vehicle whenever possible. Letting your vehicle run for just 10 seconds uses more fuel than restarting your engine.
- Lower your thermostat at night or when you're not at home.
- Take the bus. One full bus takes 40 vehicles off the road. That saves fuel and reduces emissions.
- Use compact fluorescent bulbs. They last longer and use 75% less energy.
- Clean or replace your furnace filter regularly.
- Install low-flow shower heads.
- Fix leaky faucets.



 **1 800 O-Canada**

 [www.climatechange.gc.ca](http://www.climatechange.gc.ca)

## Fish and marine habitat is everyone's business

☎ 1 800 782-3058  
🌐 [www.dfo-mpo.gc.ca/habitat](http://www.dfo-mpo.gc.ca/habitat)

Our fish and marine habitat is important to all Nova Scotians. You can help protect and preserve this precious resource through the **Habitat Management Program**. The program is designed for individuals, businesses, schools, youth and community groups. It gives you the tools you need to make a difference. The program also provides advice on projects like building a dock, altering your water frontage or installing a drainage ditch with minimum impact on habitat.

# Health

## Pregnant and in need of support? Here's how to get help

If you're expecting a child and need support, the **Canada Prenatal Nutrition Program** can help. The program helps pregnant women by providing nutrition counseling, food supplements, education, referral to other services and counseling on lifestyle issues such as alcohol abuse.

The program is available in communities across Nova Scotia, including Amherst, Antigonish, Canning, Digby, East Preston, Guysborough, Halifax, Sydney, Truro, and Westville.



☎ 1 866 225-0709 (toll-free)  
🌐 [www.hc-sc.gc.ca/hppb/childhood-youth](http://www.hc-sc.gc.ca/hppb/childhood-youth)  
and click on "Community Based Programs"

## How to keep your children active and healthy

Keeping your children active is the best way to help them stay healthy. Studies show that more than half of children

and youth in Canada are not active enough. As a result, many young people suffer from childhood obesity. This increases their risk of health problems such as heart disease and diabetes.

Order your copy of *Canada's Physical Activity Guide for Children* and *Canada's Physical Activity Guide for Youth*. Both booklets offer tips to keep your kids active.

☎ **1 866 225-0709 (toll-free)**

🌐 [www.hc-sc.gc.ca/hppb/paguide](http://www.hc-sc.gc.ca/hppb/paguide)

## Preventing falls can protect your good health

As a senior, you know good health is important to your independence. One of the best ways to protect your quality of life is to **prevent falls**. Falls are responsible for most injuries among seniors and almost half of nursing home admissions. *You Can Prevent Falls!* is a series of fact sheets that explains what can be done to maintain seniors' quality of life. *You Can Prevent Falls!* is aimed at seniors, veterans, families and caregivers.

☎ **1 800 O-Canada**

🌐 [www.hc-sc.gc.ca/seniors-aines](http://www.hc-sc.gc.ca/seniors-aines)

and click on "Publications," then on "F" in the A-Z index

## Don't forget to apply for seniors' benefits

Canada Pension Plan and Old Age Security benefits do not start automatically. You must apply for them. To learn more about Government of Canada services for seniors and soon-to-be seniors, order a copy of *Services for Seniors*.



☎ **1 800 O-Canada**

🌐 [canada.gc.ca](http://canada.gc.ca) and click on "Services for Canadians," then on "Seniors"

# Help for businesses

## Get the help you need to start your own business

Interested in starting your own business? Contact the Canada-Nova Scotia Business Service Centre. The centre is your one-stop shop on **how to get started in business**. You'll find a wide range of information, from how to obtain funding to applying for a patent. A visit to the Canada-Nova Scotia Business Service Centre is always a good business decision.

If you are between the ages of 18 and 29 and interested in business, the Young Entrepreneurs ConneXion-Seed Capital Program offers loans of up to \$15,000.

Youth can also take advantage of the Centre for Entrepreneurship Education Development. The centre has youth-friendly walk-in sites that provide workshops, seminars, Internet facilities, and the Open for Business, Break Into Business and Business is Jammin' camps.

If you live in rural Nova Scotia, look for the nearest Community Business Development Corporation. It offers financial solutions, advice and counseling to small business. Call 1 888 303-2232 (toll-free).



☎ **1 800 668-1010**  
🌐 [www.cbsc.org/ns](http://www.cbsc.org/ns)

# Innovation

## Recognizing young entrepreneurs

The **Young Entrepreneur Award** recognizes the accomplishments of young Canadian entrepreneurs. Every year, one winner is selected from each province and territory by a panel of business people, members of Chambers of Commerce and representatives from the Business Development Bank of Canada.

Winners receive public recognition and a special day of training with senior managers, academics and business leaders. To be eligible, you must be:

- a Canadian citizen;
- between 19 and 30 years old on December 31, 2003; and
- have at least three years experience as an entrepreneur.

Nominate yourself, or someone you know, before June 6, 2003.



■ **1 877 232-2269 (toll-free)**

■ **[www.bdc.ca](http://www.bdc.ca)**

and click on "Young Entrepreneur"

### Carla lets nothing go to waste

Carla MacQuarrie believes nothing should go to waste—not even waste. In her hydroponic business, the West Chezzetcook native uses fish waste as an organic nutrient. The nutrient helps to grow hydroponic vegetables, such as spinach, basil and other fresh herbs. "I wanted to put together a system that would be part of the solution rather than part of the problem," says Carla, 27. Her work earned Carla a Young Entrepreneur Award from the Business Development Bank of Canada.



## Public access to the Internet is available

You don't have to own a computer to use the Internet. Chances are an organization in your area offers affordable access to computers and the Internet. The **Community Access Program** helps community-based organizations in Nova Scotia buy computers. The Community Access Program also offers computer and Internet training in schools, libraries and community centres.

## River John makes a great connection

Public access to the Internet is bringing new life to the community of River John. The community's public library got a grant from the Community Access Program to buy three computers. That allowed most River John residents to receive basic Internet training. Several businesses also set up their own Internet sites and are now conducting business on-line.

 **1 800 575-9200**

 <http://cap.ic.gc.ca>

# Personal finances

## Help fellow Nova Scotians at tax time

If you know the difference between a tax credit and a tax refund, and you're handy with a calculator, you can help others with their income tax returns. Through the **Community Volunteer Income Tax Program**, you'll receive free training and helpful reference materials to help you help others.

Call today to find out how you can volunteer for the program. If you feel you need help preparing your tax return, call to see if you're eligible for assistance.

 **1 800 959-8281**

 [www.ccra.gc.ca/volunteer](http://www.ccra.gc.ca/volunteer)

## Self-Employment Benefit can make your business a reality

If you're collecting employment insurance and want to start a business, help is available through the **Self-Employment Benefit**. It can provide

financial support, planning assistance and mentoring to help you get your business up and running. For more information, contact your local Human Resource Centre of Canada.

☎ **1 800 206-7218**

🌐 [www.hrdc.gc.ca](http://www.hrdc.gc.ca)

and click on "Grants and Contributions" in the left menu, then on "Unemployed Persons" and "Self-Employment"

## Safety and security

### Don't set sail without your boating competency card

Commercial and recreational boating is a vital part of life in Nova Scotia. New rules make boating and related water activities safer. To operate a boat, you now need an **operator competency card**. To get the card, you have to pass a test from the Canadian Coast Guard. The test covers topics like regulations, minimum safety equipment requirements for your boat, the Canadian buoy system, and how to share waterways. To prepare for the test, you can take a course or learn by correspondence.



☎ **1 800 267-6687**

🌐 [www.ccg-gcc.gc.ca](http://www.ccg-gcc.gc.ca)

## You can help prevent smuggling

Police say Canadians are the key to preventing crimes like smuggling. That's because people familiar with their surroundings are the first to notice suspicious activities. If you see suspicious activities—like boats traveling at night without lights—call the police.

Many Nova Scotians are helping to protect their communities through the Royal Canadian Mounted Police's **Coastal/Airport Watch Program**. The program shows you what to look for and how to inform the police.



📞 **1 800 803-7267**

🌐 [www.rcmp.gc.ca](http://www.rcmp.gc.ca)

### Tip helps police catch the big one

A Nova Scotia fisher was suspicious when he saw a boat head out into rough seas. He decided to notify police. As it turned out, police had been looking for that very boat. They were waiting at the dock when the boat returned. Thanks to the fisher's tip, police kept nearly 12 tonnes of illegal drugs off Nova Scotia streets.

## Serving Canada and the world

If you are looking for exciting career opportunities, the **Canadian Forces** could be for you. There are approximately 15,000 dedicated men and women proudly serving Canadians in Nova Scotia. They are primarily based in Halifax, Greenwood and Shearwater.

Our military is also a vital part of Canada's commitment to international peace, stability and security. Since October 2001, approximately 2,000 military members from Nova Scotia have been deployed overseas as part of Canada's contribution to the anti-terrorism campaign.

You will find more than 100 job choices in the Canadian military.

 **1 800 856-8488**

 [www.recruiting.forces.gc.ca](http://www.recruiting.forces.gc.ca)

# Youth

## Your chance to explore and experience Canada

Get to know Canada and yourself better by experiencing life in another part of Canada. **Exchanges Canada** offers two exciting programs to help you learn more about yourself and your country.

**Youth Exchanges Canada** pairs Canadians aged 11 to 18 across the country. You'll help organize



the exchange, do the research on your twin community, help raise funds and plan activities.

**Youth Forums Canada** brings people under 30 together in a Canadian community for at least five days. Your time will be dedicated to studying and discussing national institutions and issues of national interest.

In most cases, the Government of Canada will pay your travel costs.


Many groups are under-represented in exchange programs. These include Aboriginal youth, youth with disabilities, youth from low-income families, and youth from rural or isolated regions. The Government of Canada encourages these groups to take advantage of available programs.

## Employers and youth win with the Youth Employment Strategy

If you're between 15 and 30 and are looking to enhance your skills or get work experience, help is available through the **Youth Employment Strategy** programs. These programs make funds available to private and public sector groups and non-governmental organizations. They use the money to help you get the knowledge, skills and practical work experience you need to find and keep a job.

### Simply an incredible week

R. Mark Wainman of Hants West describes his experience with Exchanges Canada as "the best week of my academic life. I learned things about my country and also made friends with other participants from all over Canada."

 **1 800 O-Canada**

 [www.exchanges.gc.ca](http://www.exchanges.gc.ca)



 **1 800 935-5555**

 [youth.gc.ca](http://youth.gc.ca)

# Canada's New Health Care Accord

Recently, the Prime Minister and the provincial Premiers reached an agreement about sustaining and reforming Canada's treasured health care system. To make that agreement a reality, the Government of Canada is **increasing federal funding for health care by \$34.8 billion over the next five years.**

The Accord reinforces the five key principles of the *Canada Health Act* and it provides increased support for existing health care services across the country.

Equally important, it seeks and finances change – for the better:

- better access to appropriate primary health care providers on a 24-7 basis, reducing pressures on emergency departments;
- improved home-care services and coverage against catastrophic drug costs;
- a compassionate care benefit, through employment insurance, for those who need to take time off work temporarily to support a gravely ill family member;

- new diagnostic and medical equipment, to shorten waiting lists and speed up treatments;
- secure electronic patient records, to avoid repetitive and time-consuming paperwork;
- more science and innovation at research hospitals;
- special attention will be paid by federal, provincial and territorial governments to the health needs of Aboriginal peoples.

The Accord also provides for the creation of a Health Council to report regularly to all Canadians on the quality of their health care system. Citizens and taxpayers have a right to know how health dollars are being spent and how health reforms are being implemented.

## For more Health Care Accord information:

■ 1 800 O-Canada  
(1 800 622-6232)  
TTY 1 800 465-7735

■ [canada.gc.ca](http://canada.gc.ca)