



Services *for* **You**



Guide to Government of Canada Services in
New Brunswick



Government of Canada
Gouvernement du Canada

Canada 

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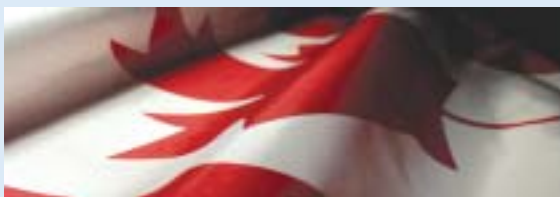
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Introduction

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 six 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 sites 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

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

Children and families

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 Prenatal Nutrition Program

is available in communities across New Brunswick, including Fredericton, Saint John, Campbellton, Miramichi, Woodstock and St. Stephen.



☎ **1 866 225-0709 (toll-free)**

🖥 www.hc-sc.gc.ca/hppb/childhood-youth
and click on "Community Based Programs"

Parental leave provides new perspective

Serge Cormier of Caraquet wanted to stay home to take care of his baby. But he also wanted to contribute financially to his family. He did both, thanks to **parental benefits** available through the employment insurance program. If you're a new father like Serge, you may also be eligible to receive financial support while caring for your child. "Being with my daughter every day made me see things in a whole new perspective," says Serge.

☎ **1 800 206-7218**

🖥 www.hrdc.gc.ca/ei
and click on "Types of Benefits"

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



Education savings grant, a gift for the future

When you decide to open a Registered Education Savings Plan for a special child in your life, you give them a gift for the future. The **Canada Education Savings Grant** will contribute up to \$400 per year by depositing 20 cents for every dollar you invest in a Registered Education Savings Plan, until your child turns 17.

This government support could add up to \$7,200 by the time your child is ready to go on to post-secondary studies.

☎ **1 888 276-3624 (toll-free)**
🌐 www.hrdc.gc.ca/cesg

Entrepreneurs

Support to start your own business

The **Canada/New Brunswick Business Service Centre** can help you start your own business. You'll deal with knowledgeable staff and find the information you need in the centre's various databases and publications. Two publications that will help get you started are:

- *Business Start-up in New Brunswick—Info-Guide*
- *Financing your Business—Info-Guide*



☎ **1 800 668-1010**

🌐 **www.cbsc.org/nb**

and click on "Talk to Us!" and a business information officer will guide you online to the right information.



Roberta gets the answers she needs

Roberta Hibbert of Fredericton says the Canada/New Brunswick Business Service Centre gave her the answers she needed to start her own business. Roberta's company, Directions Promotional Products, sells goods such as business cards, office stationery, t-shirts and key chains. "I was able to get answers to all my business questions under one roof," says Roberta. "And it was free of charge!"

Help on the Internet

Many small- and medium-sized businesses use the Internet to get the information they need to make their business grow. A popular site for entrepreneurs is the “Interactive Business Planner.”



 www.cbisc.org/ibp

Help for business expansion

If you're a business owner or an aspiring entrepreneur, the **Atlantic Canada Opportunities Agency** can help you set up, expand or diversify. The agency can also help you market your products and services, in Canada and beyond.

 **1 800 668-1010**

 www.acoa.gc.ca

Company casts a wide net

In 1989, Clarence Blanchard, of Pennfield, started making and repairing nets for the aquaculture industry. Thanks to the support of the Atlantic Canada Opportunities Agency, his business, FutureNets and Supplies Ltd., has grown from a three-person operation into a complete resource for the aquaculture industry. Today,

says Clarence, he and his wife Sheila employ 40 people. The company serves both Canada and the U.S.




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 carbon dioxide emissions and pollutants.
- 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



Help your community protect the environment

Want to get your community involved in cleaning up the environment? Help is available through the **EcoAction Program**. The program supports projects that protect the environment. If your non-profit group has an environmental project in mind, contact EcoAction.

☎ **1 800 663-5755**

🌐 www.ec.gc.ca/ecoaction

Health

Get the support you need to quit smoking

In New Brunswick, one child in four is regularly exposed to second-hand smoke until the age of 11. Second-hand smoke is especially hard on children. It has twice the nicotine and tar and five times the carbon monoxide of first-hand smoke.

Protect your children by **going smoke-free**. Whether you're a light or heavy smoker, Health Canada can help you stop. We offer:

- step-by-step quick quit tips;
- information on how to quit, build your motivation and even deal with people who nag you to stop smoking; and
- quit-smoking e-mails to support you through the process.

☎ **1 866 318-1116 (toll-free)**

🌐 www.gosmokefree.ca



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 aimed at seniors, veterans, their families and caregivers.



☎ **1 800 O-Canada**

🌐 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

and click on "Services for
Canadians," then on "Seniors"

Innovation

Public access to the Internet is available

You don't have to own a computer to use the Internet. Chances are there's an organization in your area that offers affordable access to computers and the Internet. Through the **Community Access Program**, the Government of Canada helps community-based organizations in New Brunswick buy computers. The Community Access Program also offers computer and Internet training in schools, libraries and community centres.



☎ **1 800 575-9200**

🌐 <http://cap.ic.gc.ca>

Recognizing young entrepreneurs

Presented by the Business Development Bank of Canada, 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.

☎ **1 877 232-2269 (toll-free)**

🌐 www.bdc.ca

and click on "Young Entrepreneur"

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

Personal finances

Get all the facts about public pensions

If you have questions about public pensions, you can arrange for a Government of Canada information officer to visit your community. The officer will explain what the **public pension system** offers and when and how to apply for your benefits. You'll learn about the following:

- Old Age Security
- Guaranteed Income Supplement
- Canada Pension Plan
- Credit-Splitting and
- Disability Benefits

Call today to book your free information session at a seniors' club or organization in your community.



📞 1 800 277-9914

🌐 www.hrdc.gc.ca/isp

Help others prepare their income tax returns

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 training and 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

Donald helps many file their tax returns

After running a volunteer tax clinic in his hometown of Sussex for more than a decade, Donald Lisson has many happy memories. But one stands out. "An elderly couple didn't know that they could apply for the GST/HST credit," he explains. "Because they didn't have an income, they hadn't filed income tax returns in 10 years." Donald says he was able to file returns for the couple and get them 10 years' worth of GST credits. "I really like helping people and it's a good feeling to help those who need it."

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