



Government  
of Canada

Gouvernement  
du Canada

Version française à l'endos

# SERVICES *for You*

QUEBEC Edition



## TAX CUTS

Find out how much  
you're saving

## HEALTH CARE

Our number one priority

## PLANNING YOUR

### RETIREMENT

 2002:  
75 years of public pensions in Canada

## INVEST IN YOUR KIDS'

### EDUCATION

 Check out the  
Canada Education Savings Grant

## INTERNET RESOURCES

Information for school projects,  
shopping and running your business

Printing and distribution cost: 32¢ per unit

## INSIDE



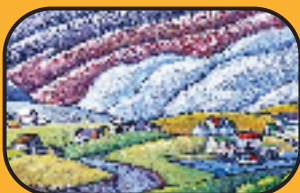
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**08 HEALTHY FINANCES**



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**10 HEALTHY AND SAFE COMMUNITIES**

Find out what we can do for you:

**1 800 O-Canada  
canada.gc.ca**



**Canada**

# G

*Government of Canada Services for You* offers practical information on health, the environment, finances, learning and living. At the end of each story, there is a phone number or a web site where you can go to find out more about what matters to you. You are only a telephone call, a visit or a few clicks of your mouse from using the programs and services that the Government of Canada has developed for you.

### Innovation: the possibilities are endless



*A Quebec invention that pleases families.*

Innovation creates wealth and jobs! Regional economic development efforts encourage innovative new projects to meet many different needs. Have you spent the summer pulling your little ones around in an ingenious trailer that turns into a stroller? As it happens, that clever contraption — which is proving to be very popular in Europe and the U.S. — was designed by a Drummondville company.

### Boreal delight

Need to relax after a tough day? Inuit herbal teas, whose ingredients are carefully handpicked in Nunavik, will help you unwind while giving you a taste of rich Northern culture. The teas were prepared by an Inuit company




using traditional methods.

To read about other examples of Aboriginal success stories or learn more about programs and services available to Aboriginal people, visit:

 [www.inac-ainc.gc.ca](http://www.inac-ainc.gc.ca)

### Do you have innovative business ideas?

Get in touch with the *Sociétés d'aide au développement des collectivités*, with 56 locations throughout Quebec:

 [www.reseau-sadc.qc.ca](http://www.reseau-sadc.qc.ca)

You can also try Canada Economic Development:

 [www.dec-ced.gc.ca](http://www.dec-ced.gc.ca)



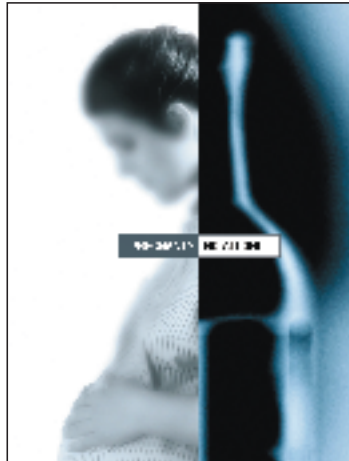


## At work in Quebec

### Take no chances

Did you know that fetal alcohol syndrome (FAS) is a leading cause of preventable birth defects in Canadian newborns? Children with FAS suffer from learning problems, hyperactivity and behaviour disorders.

 [www.healthcanada.ca/fas](http://www.healthcanada.ca/fas)



### One too many...

Given that researchers have not determined safe levels of alcohol consumption, Health Canada recommends completely abstaining from alcohol if you are pregnant or trying to conceive. Even moderate alcohol consumption during pregnancy can have serious and lasting effects on your baby.

### Are you concerned about your children's health and safety?



Would you like to reduce the risk of accidents both inside and outside your home? Is it really safe to warm the baby's bottle in the microwave? Find the answers to these questions and more by visiting a web site for which Health Canada is a proud partner:

 [www.parentsdujourdhui.com](http://www.parentsdujourdhui.com)

### The youth, the whole youth and nothing but the youth



The Youth Café, the only one of its kind in Canada, offers young people under 35 all the tools they need for full and active participation in the workforce. Located in downtown Montréal, the Café provides information on national and international internships, free access to computers, media reviews, summer job offers, and much much more. Not a Montrealer? Visit the Café's Internet site.

 [1 514 496-9040](tel:15144969040)

 [www.jeune-youth.cafe.gc.ca](http://www.jeune-youth.cafe.gc.ca)

### Drug free sports

Are your young athletes hearing about miracle drugs that will vastly improve their performance? The Royal Canadian Mounted Police (RCMP) has joined forces with the *Ligue de développement de hockey Midget AAA du Québec* and created a prevention program to discourage doping in sports. Find out more about the RCMP's drug awareness services.

 [1 450 926-6450](tel:14509266450)  [1 418 648-3653](tel:14186483653)

 [www.grcquebecrcmp.com](http://www.grcquebecrcmp.com)

(Click on "4")



## Think globally, act locally



*Canada's Biosphere in Montréal.*

Trying to raise environmental awareness among youth? Environment Canada's Biosphere is a veritable gold mine of information. Since 1995, over 100,000 young people have participated in the Biosphere's educational activities, and thousands of families have visited exhibits on the Saint Lawrence and Great Lakes ecosystems and learned about protecting them. There's also ObservAction Network, whose members include some one hundred community, municipal and school groups dedicated to protecting the environment.

 **1 514 283-5000**

 **[www.biosphere.ec.gc.ca](http://www.biosphere.ec.gc.ca)**

In the Québec City area, efforts to restore and enhance Beauport Bay improve the environment and result in a greater diversity of animal habitats along the coast. To find out more about environmental action:

 **[www.qc.ec.gc.ca](http://www.qc.ec.gc.ca)**

The Lachine Canal — on the outskirts of Montréal — will be open for recreational boating in 2002. You can paddle a canoe, ride a pedal boat and make the most of the top-quality tourist and cultural attractions this Canadian national historic site has to offer.

 **[www.parkscanada.gc.ca/canallachine](http://www.parkscanada.gc.ca/canallachine)**

### Eco-tips

- Turn the tap off while you brush your teeth or shave and save up to eight litres of water each time.
  - By using phosphate-free detergents, you are protecting the oxygen supply in our lakes and waterways.
  - Installing a low-flow shower head means saving water without sacrificing comfort.
-  **[www.biosphere.ec.gc.ca](http://www.biosphere.ec.gc.ca)**  
(Click on "The News", then on "Watery Wisdom")

### An investment in quality of life for Quebec communities

In Saint-Tharcisius, in the Lower Saint Lawrence, a permanent well for drinking water and a new distribution main will help protect public health. The filtration plant and new sediment tanks installed in Berthierville will provide residents with better drinking water. Shifting highway 117 to Val-d'Or will pave the way for a mining project that is essential for the community's economic well-being. In collaboration with the municipalities and the province, the Government of Canada will invest more than \$515 million in Quebec's infrastructure over the next five years.



 **1 800 O-Canada**

 **[www.tbs-sct.gc.ca/ino-bni](http://www.tbs-sct.gc.ca/ino-bni)** (Click on "Partners")



## Creating and sharing opportunity

# Canada

Canada's success in today's world — and our quality of life — depends on the contribution of all of us. The Government of Canada is committed to focussing on our shared priorities: a strong and innovative economy, children, health care, safe communities and a clean environment.

### Health care is a priority

Our quality of life depends on a strong health care system that helps us stay well and cares for us when we are ill. The Government of Canada is working with provinces and territories to meet the challenges of ensuring that Canadians have a top-quality health care system. There's also a lot each one of us can do to be healthy.



### Eat well, live well

Eating well and staying physically active are essential to good health, disease prevention and getting the most out of life. *Canada's Food Guide to Healthy Eating* offers practical guidelines you can use daily to make healthy food choices.

 **1 800 O-Canada**

*Canada's Physical Activity Guide to Healthy Active Living* is available to help all Canadians become more physically active.

 **1 888 334-9769**

 **www.hc-sc.gc.ca**



### Health information you can trust

The Canadian Health Network links you to some 10,000 Internet-based sources of health information, including more than 700 non-profit organizations, other federal departments, provincial and territorial governments, as well as community-based organizations, libraries and universities.

 **www.canadian-health-network.ca**

### Get in the know

How safe is your cellular phone? Can you protect your family from food poisoning?

*It's Your Health* fact sheets provide you with practical tips and health

advice on a wide variety of important issues —

from safer drinking water to the proper use and storage of household cleaners.



 **www.hc-sc.gc.ca**





## Invest in children, invest in the future

One of the best ways to help our children is to start saving for their post-secondary education as soon as possible. The Canada Education Savings Grant is a special grant that is paid into a child's Registered Education Savings Plan (RESP). The Government of Canada will contribute an additional 20% on top of your annual RESP contributions to a maximum of \$400 a year until the child turns 17.

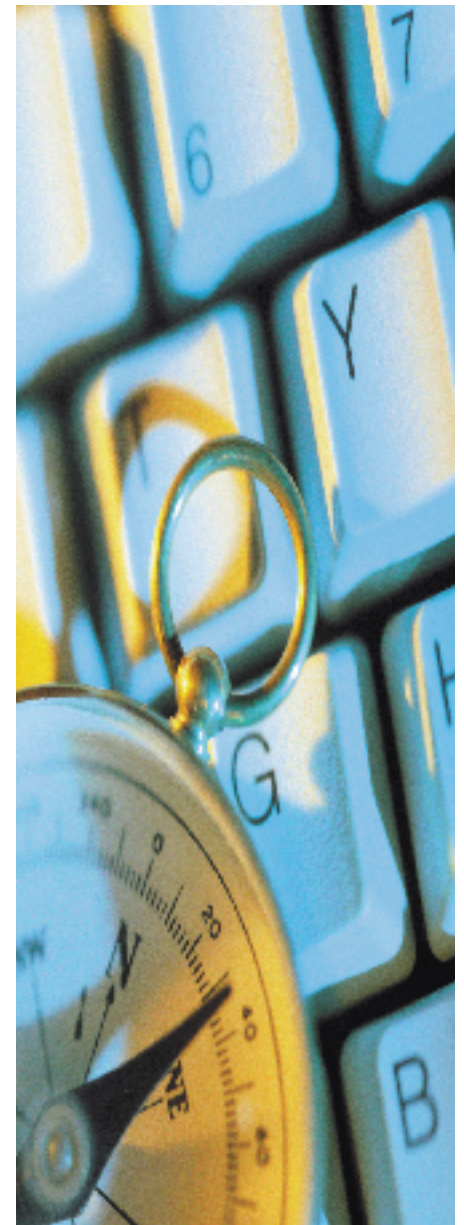
-  **1 800 O-Canada**
-  **[www.hrdc-drhc.gc.ca/cesg](http://www.hrdc-drhc.gc.ca/cesg)**



## Young Canadians — this tool's for you!

Youth Link is an excellent tool to help youth find the program that fits their needs. There are over 230 programs, services and resources to help you plan your career, find work experience, get a summer job, and select the perfect training opportunity.

-  **1 800 935-5555**
-  **[www.youth.gc.ca](http://www.youth.gc.ca)**





## Children first

Family breakdown is never easy, but you can reduce conflict and tension if you know what to expect. The Government of Canada has several publications about divorce law and child support.

-  **[www.canada.justice.gc.ca](http://www.canada.justice.gc.ca)**  
(Click on "Programs and Services")

### Services for children

Order your guide to more than 100 services for children and their families, from financial benefits to information on nutrition and safety.

-  **1 800 O-Canada**
-  **[canada.gc.ca](http://canada.gc.ca)**  
(Click on "Publications")





## SchoolNet makes the grade

SchoolNet is a one-stop-shop for students writing reports, teachers looking for resources, and parents wanting to be involved in their children's education.

- 📞 1 800 575-9200
- 🌐 [www.schoolnet.ca](http://www.schoolnet.ca)



### Surf safely

- Ask your kids to use a nickname when they chat online.
- Make sure they know they should never arrange to meet a friend they have made on the Internet without your involvement.
- Make a list of fun web sites and kid-friendly search engines and keep it next to the computer.

*Illegal and Offensive Content on the Internet: The Canadian Strategy to Promote Safe, Wise and Responsible Internet Use* has lots of tips to help you surf safely and wisely.

- 🌐 [www.connect.gc.ca/cyberwise](http://www.connect.gc.ca/cyberwise)

## Have you applied for the Canada Child Tax Benefit?

The Canada Child Tax Benefit is a tax-free monthly payment to help families with the cost of raising children under 18. To receive it, you must apply to the Canada Customs and Revenue Agency, and both spouses have to file income tax returns. Don't forget to tell us if you move so we can keep the payments coming, even if you use direct deposit.

- 📞 1 800 387-1193
- 🌐 [www.cra.gc.ca/benefits](http://www.cra.gc.ca/benefits)



## Fighting terrorism and acting to protect Canadians

As a result of the tragic events of September 11, 2001, the Government of Canada has undertaken further measures to fight terrorism and better protect Canadians. You may be affected. For example, if you plan to travel, you should be prepared for longer waits and more thorough security checks at airports and border points because officers are exercising extra vigilance. Other measures include new laws to fight terrorism, more funding for law enforcement and intelligence gathering, and working internationally and militarily with other governments. If you would like to know more:

- 📞 1 800 O-Canada
- 🌐 [canada.gc.ca](http://canada.gc.ca)



## Tax cuts for Canadians



The Government of Canada has introduced a \$100-billion five-year tax reduction plan — the largest tax cut in Canada's history.

In 2001 alone:

- A single-earner family of four with an income of \$40,000 is saving about \$1,100.

- A two-earner family of four earning \$60,000 is saving about \$1,000.

By the time the plan is fully in place in 2004, personal income taxes will be down by an average of 21%. Families with children will save even more — about 27% on average.

### How much money are you saving?

Find out using the online tax calculator.

 [www.fin.gc.ca](http://www.fin.gc.ca)  
(Click on "Taxes and Tariffs")



## Are you missing out on your GST/HST credit?

If you have a modest income, you can offset all or part of the Goods and Services Tax (GST) you pay. You can receive credit payments for GST or Harmonized Sales Tax (HST) for yourself, your spouse and your children, but first, you have to file a tax return, whether or not you have any income. Make sure you complete the GST/HST credit application section of the return.

 **1 800 959-1953**

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

## Plan for your best years

Canada's Old Age Security program provides most seniors with a secure base of retirement income. It also provides additional benefits to eligible low-income pensioners and their spouses or common-law partners in the form of the Guaranteed Income Supplement and the Allowance. The Canada Pension Plan (CPP) pays a monthly retirement pension to people who have worked and contributed to the CPP. It also protects workers and their families against loss of income due to disability and death.



### Did you know?

- 2002 marks 75 years of public pensions in Canada.
- Canada's public pension system extends benefits and obligations to same-sex common-law partners.
- Your Canada Pension Plan and Old Age Security benefits are not started automatically. You must apply for them.

 **1 800 277-9914 or 1 800 255-4786** (TTY/TDD)

 [www.hrdc-drhc.gc.ca](http://www.hrdc-drhc.gc.ca) (Click on "Seniors")





## Online information helps businesses



The business gateway is a site for smart entrepreneurs to bookmark. How to launch a business, get financing, keep books, pay taxes, export goods, hire and manage staff — it's all there.

 [businessgateway.ca](http://businessgateway.ca)

*Your Internet Business: Earning Consumer Trust* tells you how to build a consumer-friendly web site to sell your goods or services.



 <http://strategis.gc.ca>  
(Click on "Using Electronic Commerce")

E-Commerce training is available from the Student Connection Program — a great way to help your business and a student.

 [scp-ebb.com](http://scp-ebb.com)

## Tomorrow's innovators find support



University students and graduates in a wide variety of fields can find financial support through scholarships, fellowships and awards offered by the Natural Sciences and Engineering Research Council and the Social Sciences and Humanities Research Council.

 [www.nserc.ca](http://www.nserc.ca)  [www.sshrc.ca](http://www.sshrc.ca)

## Canadians click: our Internet advantage

By early 2001, more than one in two Canadians were using the Internet. We go online from our homes, our schools and libraries, and our workplaces. We talk to each other, we learn, we get information, and we buy goods and services — all at the click of a mouse. Through the Community Access Program, almost 10,000 sites across Canada get you online at no (or nominal) charge.



 **1 800 575-9200** to find the centre near you or visit  [cap.ic.gc.ca](http://cap.ic.gc.ca) (Click on "CAP communities")

## Smart consumers click to know

Shoppers can go online to get the information they need to make smart decisions. Find out what you need to know before you renovate your house, clear ice from your roof, plan an overseas vacation, or buy a car seat for your child.

 [www.consumerinformation.ca](http://www.consumerinformation.ca)



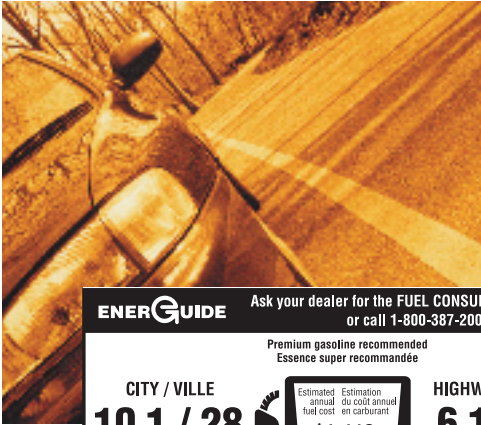
## Tips for shopping online

- Get detailed product information.
- Read and print out terms and conditions of sale.
- Make sure the merchant has a secure transaction system to protect your personal and financial information.

This is just some of the advice available for cybershoppers in *Shopping on the Internet: Get Informed*.

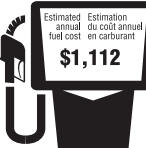
 [strategis.gc.ca/pics/ca/consumer.pdf](http://strategis.gc.ca/pics/ca/consumer.pdf)

## Canadian action clears the air



**ENERGUIDE** Ask your dealer for the FUEL CONSUMPTION GUIDE or call 1-800-387-2000.

Premium gasoline recommended  
Essence super recommandée

<b>CITY / VILLE</b> <b>10.1 / 28</b> L/100 km mi/gal	 <p>Estimated annual fuel cost Estimation du coût annuel en carburant <b>\$1,112</b></p>	<b>HIGHWAY / ROUTE</b> <b>6.1 / 46</b> L/100 km mi/gal
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These estimates are based on the Government of Canada's approved criteria and testing methods. The actual fuel consumption of this vehicle may vary. Refer to the Fuel Consumption Guide.

Données obtenues selon les critères et méthodes d'essais approuvés par le Gouvernement du Canada. La consommation réelle de carburant de ce véhicule peut varier. Consultez le Guide de consommation de carburant.

Canada

**Demandez le GUIDE DE CONSOMMATION DE CARBURANT à votre concessionnaire ou composez le 1-800-387-2000.**

Cleaner air makes for better health — especially for seniors, children and people with lung and heart problems. The Government of Canada has a 10-year, \$120 million action plan

to reduce pollution from cars and track pollutants and polluters.

### What you can do: read the label

The *EnerGuide* label on new vehicles helps

you choose wheels that save you money and pollute less. The *Fuel Consumption Guide* can also help you choose an environmentally friendly car.

 [http://autosmart.nrcan.gc.ca/home\\_e.htm](http://autosmart.nrcan.gc.ca/home_e.htm)



## Think about today's Canadian Forces

Looking for a full-time or part-time job that will get you out of the nine to five routine and into a real adventure?

You'll find more than 100 job choices in the Canadian military — from dental technician to information technology specialist to infantry soldier to engineer. You'll learn a lot. And you'll discover even more about yourself. Think about us.

 **1 800 856-8488**

 **www.forces.ca**



## Calling rural Canadians

Whether you're looking for business advice, a cultural exchange experience or a boating safety program, the Pocket Directory of Rural Programs and Services was designed for you. The directory lists about 200 federal programs and services for individuals and businesses.

 **1 800 O-Canada**  **www.rural.gc.ca**

(Click on "Publications")

