

# Services for Children

Guide to  
Government of Canada  
Services for Children  
and their Families



Canada 

To find out about the services in this guide, and more, contact:

- \* The Government of Canada's toll-free telephone number: 1 800 O-Canada (1 800 622-6232). All calls are personally answered in the official language of your choice, Monday to Friday from 8 a.m. to 8 p.m., Eastern time. If you are hearing- or speech-impaired, the TTY/TDD number is 1 800 465-7735.
- \* The Government of Canada's Web site at [canada.gc.ca](http://canada.gc.ca). Access to the electronic version of this guide is available at this site, with direct links to the programs listed. You can also find the program you want by entering its full name in the site's search engine. If you don't have Internet access at home, call 1 800 O-Canada to find out about places in your community that offer free Internet access.
- \* Service Canada Access Centres in communities across Canada where you can get information in person, pick up key publications and use computer terminals. Service Canada staff will help you find what you need. Call 1 800 O-Canada to find out if there is a centre near you. You can also go to [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and click on "In Person" and then on your province or territory on the map of Canada.

The publications mentioned in this guide are also accessible through most libraries across Canada. To find the nearest library, go to <http://publications.pwgsc.gc.ca/depolib-e.html>

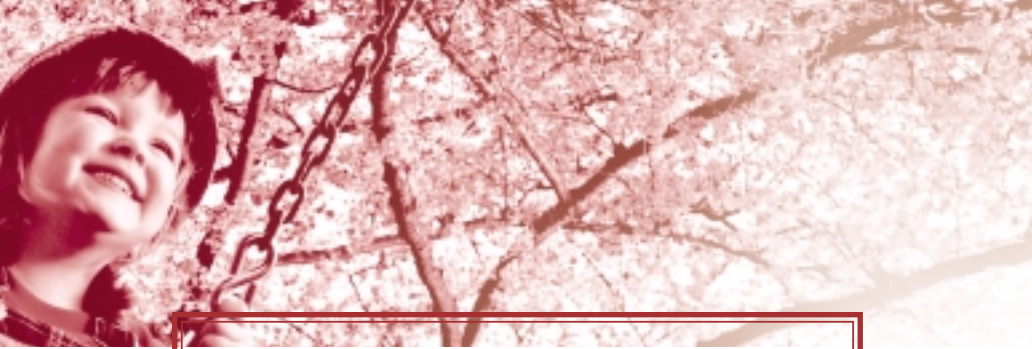
This guide is also available in large print, on audio cassette, in Braille and on computer diskette by calling 1 800 O-Canada.

# INTRODUCTION

Our children are our future. They deserve every opportunity to lead happy, healthy and productive lives. If you're a parent or other caregiver, the Government of Canada offers many services that can help. We provide useful and reliable information on child health, safety and nutrition. There are many educational resources available from federal departments and agencies for learning and schoolwork. Everyone in the family will find interesting and entertaining things to do at Canada's national museums and parks. To help with the costs of raising children, there are tax measures and benefits, and programs to help finance post-secondary education. We also offer services if your child or family has special needs. This guide can help you find out what's available and how to get more information.

## USING THE GUIDE

The topics in this guide are intended to cover the main concerns of parents and other caregivers, as well as the basic needs of children. All programs are shown in **BOLD TEXT** and booklets and pamphlets appear in *italics*. Web site addresses to access these services and obtain copies of publications are provided with each listing. Toll-free telephone numbers are provided where they exist. If no toll-free number is provided, call 1 800 O-Canada. Information officers are available to answer your calls Monday to Friday from 8 a.m. to 8 p.m., Eastern time.



## TABLE OF CONTENTS

Preparing for parenthood .....	5
Canada Child Tax Benefit and other tax measures and benefits ...	6
Child safety .....	9
Child nutrition and health care .....	12
Learning, educational activities and school projects .....	13
Planning for post-secondary education .....	18
Employment programs for youth .....	19
Services for Aboriginal families with children .....	21
Support for families with special needs .....	24
Services and information for immigrant families with children ..	26
Sports, recreation and travel .....	28
Key publications .....	32

### **For more information about Government of Canada services:**

1 800 O-Canada  
(1 800 622-6232)

canada.gc.ca  
TTY/TDD: 1 800 465-7735

## PREPARING FOR PARENTHOOD



The Government of Canada has increased parental benefits to provide **EMPLOYMENT INSURANCE MATERNITY AND PARENTAL BENEFITS** for up to one year. Parents with a child born or placed in their care for adoption on or after December 31, 2000, may be eligible for these increased benefits. In addition, the Government has reduced from 700 to 600 the number of hours of insured employment you need to qualify. Find more information at [www.hrdc-drhc.gc.ca/ae-ei](http://www.hrdc-drhc.gc.ca/ae-ei) (click on “Types of Benefits”) or call 1 800 O-Canada for a copy of the pamphlet *Employment Insurance: New Maternity, Parental and Sickness Benefits*.

**FETAL ALCOHOL SYNDROME (FAS)** is one of the most serious preventable birth defects among Canadian children. For more information about FAS and related disorders, go to [www.healthcanada.ca/fas](http://www.healthcanada.ca/fas) or call 1 800 O-Canada.

Under Canadian immigration law, you can adopt **A FOREIGN-BORN CHILD** inside or outside the country. For more information, visit Citizenship and Immigration Canada’s Web site at [www.cic.gc.ca](http://www.cic.gc.ca) (click on “Immigrants” in the menu on the left, then on “Immigrating to Canada” and then on “International Adoption”) or call 1 800 O-Canada to request the pamphlet *International Adoption and the Immigration Process*.

The **LIVE-IN CAREGIVER PROGRAM** brings workers to Canada on a temporary basis to care for children, seniors or persons with disabilities when there is no one in Canada to fill these positions. For more information, visit [www.cic.gc.ca](http://www.cic.gc.ca) (click on “Visitors” in the menu on the left and then on “Working Temporarily in Canada”) or contact the nearest Citizenship and Immigration Canada call centre (for telephone numbers, see page 26).

**CHILD SUPPORT GUIDELINES** set the basic amount that parents providing child support should pay based on income, the number of children involved, and the province or territory where the parents live. To find out more, call 1 888 373-2222 or visit [www.canada.justice.gc.ca](http://www.canada.justice.gc.ca) (click on “Programs and Services” and then on “Child Support”).



## CANADA CHILD TAX BENEFIT AND OTHER TAX MEASURES AND BENEFITS

**THE CANADA CHILD TAX BENEFIT (CCTB)** is a tax-free monthly payment based on family income that qualifying families receive to help them with the costs of raising children under the age of 18. For more information about the CCTB, call 1 800 387-1193. For a copy of the pamphlet *Your Canada Child Tax Benefit*, call 1 800 959-2221 or download it from [www.ccra.gc.ca/benefits](http://www.ccra.gc.ca/benefits)

The Canada Child Tax Benefit includes the Government of Canada’s contribution to the **NATIONAL CHILD BENEFIT (NCB)**. The Government of Canada is working with provincial and territorial governments and First Nations through the NCB to help prevent and reduce child poverty and ensure that families will always be better off as a result of working. As the Government of Canada invests in the NCB by increasing benefits for low-income families with children, provinces, territories and First Nations reinvest savings and make additional investments in complementary programs and benefits. For more information, go to [www.socialunion.gc.ca](http://www.socialunion.gc.ca) and click on “National Child Benefit” in the menu on the left.

The **GOODS AND SERVICES TAX CREDIT/HARMONIZED SALES TAX CREDIT (GSTC/HSTC)** is a tax-free payment to help low- and modest-income individuals and families offset part or all of the GST or HST they pay. This credit is based on marital status, number of children and family income. For more information, call 1 800 959-1953 or visit [www.cca.gc.ca/benefits](http://www.cca.gc.ca/benefits)

The Government of Canada offers **OTHER TAX MEASURES** to help Canadian families with children. When you file your tax return, make sure you claim all the credits and amounts to which you are entitled. Here is a list of the tax measures that concern children, and if required, the special forms you need to claim them:

- \* **CHILD CARE EXPENSES:** If you or your spouse or common-law partner paid for someone to look after your child so you could earn income, go to school or do research during the year, you may be eligible to claim the child care expenses on your tax return (Form T778, Child Care Expenses Deduction).
- \* **EQUIVALENT-TO-SPOUSE AMOUNT:** If you are single, divorced, separated or widowed and support a child, you may be able to claim an equivalent-to-spouse amount on your tax return.
- \* **AMOUNT FOR INFIRM DEPENDANT AGE 18 OR OLDER:** If your child or your spouse's or common-law partner's child or grandchild is age 18 or older and is mentally or physically infirm, you may be entitled to claim this amount on your tax return.
- \* **CAREGIVER AMOUNT:** You may be able to claim this amount on your tax return if, at any time during the year, you maintained a residence and lived with a child or grandchild, age 18 or over, who is dependent on you due to mental or physical infirmity.
- \* **DISABILITY AMOUNT TRANSFERRED FROM A DEPENDANT OTHER THAN YOUR SPOUSE:** You may be able to claim all or part of any disability amount for which your dependant qualifies (Form T2201, Disability Tax Credit Certificate).



- \* **TUITION AND EDUCATION AMOUNTS TRANSFERRED FROM A CHILD:** Students who do not need all their tuition and education amounts for the year to reduce their federal income tax to zero may be able to transfer the unused part to a parent or grandparent (Form T2202, Education Amount Certificate, or Form T2202A, Tuition and Education Amounts Certificate).
- \* **MEDICAL EXPENSES:** You may be able to claim the eligible medical expenses you or your spouse or common-law partner paid for your or your spouse's or common-law partner's child or grandchild who depended on you for support. If medical treatment is not available locally, you may be able to claim the cost of travelling to get the treatment somewhere else.

For any of these forms, you can call 1 800 959-2221 or visit [www.ccra.gc.ca/formspubs/menu-e.html](http://www.ccra.gc.ca/formspubs/menu-e.html) The Child and Family Benefits Web site at [www.ccra.gc.ca/benefits](http://www.ccra.gc.ca/benefits) provides more information about programs such as the Canada Child Tax Benefit and the GST/HST Credit.

If you need help claiming the benefits, credits or amounts you are entitled to, the Canada Customs and Revenue Agency offers the following services:

- \* **THE TAX INFORMATION PHONE SERVICES (T.I.P.S.) AND T.I.P.S. ONLINE** can help you determine whether you are eligible for the Canada Child Tax Benefit (CCTB) or the GST/HST Credit. Call 1 800 267-6999 or visit [www.ccra.gc.ca/tips](http://www.ccra.gc.ca/tips)
- \* If you need help with your personal income tax return and you are unable to pay for assistance, the **COMMUNITY VOLUNTEER INCOME TAX PROGRAM** may be able to help you. Specially trained volunteers can help you complete your income tax return. The service is free. Call 1 800 959-8281 or visit [www.ccra.gc.ca/volunteer](http://www.ccra.gc.ca/volunteer)



- \* Representatives are also available for **GENERAL TAX ENQUIRIES** at 1 800 959-8281, or in person at tax services offices across Canada. For addresses and telephone numbers of tax services offices, consult the Government of Canada section of your telephone directory or visit [www.cra.gc.ca/contact](http://www.cra.gc.ca/contact)

In addition, visually impaired people can get information on the services of the Canada Customs and Revenue Agency, as well as order publications either in Braille or large print, or on audio cassette or computer diskette. Please call 1 800 267-1267 Monday to Friday between 8:15 a.m. and 5 p.m., Eastern time.

## CHILD SAFETY



**CONSUMER INFORMATION** related to your child's safety is available online through the Canadian Consumer Information Gateway at [www.consumerinformation.ca](http://www.consumerinformation.ca). The site provides reliable safety information from more than 35 Government of Canada departments and agencies and covers everything from used baby cribs to violence ratings for television shows.

The video *Car Time 1-2-3-4* and its companion booklet, *Keep Kids Safe*, help parents select and properly use a **CHILD SEAT IN A MOTOR VEHICLE**. Call 1 800 333-0371 for your free copies of the video and booklet, or request them by going to [www.tc.gc.ca](http://www.tc.gc.ca) and clicking on "Child Safety" in the menu on the left.

For information about **MAKING YOUR HOME A SAFE PLACE FOR CHILDREN**, visit [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) and click on "Safety" under "Fast Find" and then on "Safe and Supportive Environments for Children." Here, under "Built Environments," you'll find helpful resources, including the guide *Is Your Child Safe?* You can also order this publication by calling 1 800 O-Canada.

The publications *Play Spaces for Preschoolers* and *Play Opportunities for School-Age Children 6-14* offer guidelines on creating SAFE OUTDOOR PLAY AREAS for children. They are available for \$21.95 each. To order copies, visit [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca) and click on “Order Desk” or call 1 800 668-2642.

**SUDDEN INFANT DEATH SYNDROME (SIDS)**, also known as Crib Death, refers to the sudden and unexpected death of an apparently healthy infant usually less than a year old. For information about how to reduce the risk of SIDS, visit [www.back-to-sleep.com](http://www.back-to-sleep.com) or call 1 800 O-Canada and ask for a copy of the pamphlet *Back to Sleep*.

**ALLERGY ALERT!** is an online service that offers allergy and recall warnings to help you protect your family from food allergies. To subscribe, visit [www.inspection.gc.ca](http://www.inspection.gc.ca) and click on “Food Recalls.”

By learning about **FOOD SAFETY** early on, children develop safe food-handling skills that stay with them through life. The Canadian Food Inspection Agency supports programs for children to help them learn safe food-handling habits. You can find these learning resources online by going to [www.inspection.gc.ca](http://www.inspection.gc.ca) and clicking on “Related Sites” in the menu on the left, then scrolling down to “Partners” and clicking on “Canadian Partnership for Consumer Food Safety Education.”

**OUR MISSING CHILDREN** is one of many programs that safeguard children. At the border, Immigration Officers and Customs Inspectors use profiles and indicators to recover missing or abducted children. In the 15 years since its creation by the Government of Canada, the Missing Children’s Registry (RCMP) has assisted with more than 6,000 cases involving missing children. Visit [www.ourmissingchildren.ca](http://www.ourmissingchildren.ca) to find out more or call 1 877 318-3576.

**CHILD ABDUCTIONS** are even more complicated when they involve other countries. Parents in these circumstances need to work closely with government officials to improve the chances of being reunited with their children. For more information, or to order the publication *International Child Abductions: A Manual for Parents*, go to [www.voyage.gc.ca](http://www.voyage.gc.ca) or call 1 800 267-8376.

The **CANADIAN STRATEGY TO PROMOTE SAFE, WISE AND RESPONSIBLE INTERNET USE** equips Canadians with tools, information and resources to surf the Internet safely. You can download the pamphlet *Illegal and Offensive Content on the Internet* at [www.connect.gc.ca/cyberwise](http://www.connect.gc.ca/cyberwise) or request a copy by calling 1 800 O-Canada.

To learn about the latest **BOATING SAFETY REGULATIONS** and how to obtain a pleasure craft operator card for you and your children, look for the *Safe Boating Guide* at [www.ccg-gcc.gc.ca/obs-bsn](http://www.ccg-gcc.gc.ca/obs-bsn) or call 1 800 267-6687.

By preparing for emergencies, such as floods, tornadoes, toxic spills and power failures, you can reduce the degree to which your family is affected. Information on **EMERGENCY PREPAREDNESS** is available at [www.ocipep-bpiepc.gc.ca](http://www.ocipep-bpiepc.gc.ca). New emergency awareness products and activities for youth are available on the site or by calling 1 800 830-3118.

**For more information about Government of Canada services:**

1 800 O-Canada  
(1 800 622-6232)

[canada.gc.ca](http://canada.gc.ca)  
TTY/TDD: 1 800 465-7735



## CHILD NUTRITION AND HEALTH CARE

The *Child Health Record* is a pocket-sized booklet that provides an easy way to keep track of **IMPORTANT FACTS ABOUT YOUR CHILD'S DEVELOPMENT**, including health check-ups, weight and immunization history. To request your copy, call 1 800 O-Canada or go to [www.healthcanada.ca/chr](http://www.healthcanada.ca/chr)

Did you know that today almost 80 percent of mothers are **BREASTFEEDING** their babies? For information about breastfeeding, including copies of *10 Great Reasons to Breastfeed* and *10 Valuable Tips for Successful Breastfeeding*, call 1 800 O-Canada or visit [www.hc-sc.gc.ca/childhood-youth](http://www.hc-sc.gc.ca/childhood-youth) and enter "Breastfeeding" in the site browser at the bottom of the page (click on "Infant Nutrition" and then on "Infant Nutrition Resources").

*Canada's Food Guide to Healthy Eating* offers practical guidelines you can use daily to make **HEALTHY FOOD CHOICES** for you and your family. For copies of the guide, call 1 800 O-Canada or go to [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) and click on "Food and Nutrition" in the "Fast Find" menu on the left.

*The Clean Air Guide: How to Identify and Correct Indoor Air Quality Problems in Your Home* provides important information to help protect children and other family members with **ASTHMA, ALLERGIES, RESPIRATORY DISEASES OR ENVIRONMENTAL SENSITIVITIES**. The guide also includes a personal action plan. To order a copy for \$5.95, visit [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca) and click on "Order Desk" or call 1 800 668-2642.

*Canada's Physical Activity Guide to Healthy Active Living* is designed to help all Canadians, including parents and children, become more **PHYSICALLY ACTIVE** to improve health, prevent disease, and get the most out of life. To order your copy, call 1 888 334-9769 or visit [www.hc-sc.gc.ca/hppb/paguide](http://www.hc-sc.gc.ca/hppb/paguide)

**QUIT 4 LIFE** is a Web-based program that gives teens the tools they need to quit smoking. For positive, supportive, realistic advice that recognizes the challenges of quitting, go to [www.quit4life.com](http://www.quit4life.com)

The **CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING** work to increase our understanding of the physical and mental health needs of children and the critical factors for healthy child development. The Centres focus on different aspects of child and youth health and provide research-based information. To find out more, visit [www.hc-sc.gc.ca/centres](http://www.hc-sc.gc.ca/centres) or call 1 800 815-8979.

## LEARNING, EDUCATIONAL ACTIVITIES AND SCHOOL PROJECTS

**EXCHANGES CANADA** gives young Canadians the chance to meet new friends and experience Canada's many languages, customs and cultures. Exchanges can bring groups of young Canadians together in one location, or encourage participants to invite new friends to visit their community. Visit [www.exchanges.gc.ca](http://www.exchanges.gc.ca) for more information or call 1 800 O-Canada.



Canada's **SCHOOLNET** is a valuable Web site for parents and students who need accurate, up-to-date information for school projects. For access to more than 5,000 online learning resources, visit SchoolNet at [www.schoolnet.ca](http://www.schoolnet.ca) or call 1 800 268-6608.

Through online **EDUCATION RESOURCES FROM STATISTICS CANADA**, students can find free information for school projects and homework assignments on just about everything under the Canadian sun. Explore Canada's land, people, economy and culture, "Ask an Expert" or test your Canadian IQ with the "Canada Quiz" at [www.statcan.ca/english/edu](http://www.statcan.ca/english/edu)

Do you want to know more about Canada's role in the world? Students can use the Internet to check out **CANADIANS IN THE WORLD** and learn about Canadian achievements in international relations and co-operation, business, culture and sports. Go to [www.dfait-maeci.gc.ca](http://www.dfait-maeci.gc.ca) and click on "Culture, Education and Youth," then scroll down to "Youth" and click on "Canadians in the World." You can also visit [www.acdi-cida.gc.ca](http://www.acdi-cida.gc.ca) and click on "Youth Zone."

**COMPUTERS FOR SCHOOLS** collects and upgrades computers donated by the private and public sectors. The computers are then distributed free-of-charge to Canadian schools and libraries so young people can gain information technology skills. To learn more, go to [www.schoolnet.ca/cfs-ope](http://www.schoolnet.ca/cfs-ope) or call 1 888 636-9899.

The **SYMBOLS OF CANADA** are important to our identity as Canadians. To learn more about the national flag and other symbols, visit [www.pch.gc.ca/ceremonial-symb](http://www.pch.gc.ca/ceremonial-symb)

The history of our country is alive with stories of people whose remarkable achievements have made Canada and the world a better place. To learn more about Canada's heroes, visit [www.pch.gc.ca/poh-sdh](http://www.pch.gc.ca/poh-sdh) where you will find information about the **PATH OF HEROES**, a series of routes through Canada's Capital that celebrates our heroes.

Have you ever wanted to see Canada from outer space? Make your own map? Take a virtual tour of the Arctic? **NRCAT ON-LINE** at [www.nrcan.gc.ca/edu](http://www.nrcan.gc.ca/edu) has plenty of activities to help you learn about Canada's geography, forests, minerals, metals, energy, geology, and more.

Canada's **NATIONAL PARKS, HISTORIC SITES, AND MARINE CONSERVATION AREAS** are special places to learn about our heritage. Now you can visit them online at [www.parksCanada.gc.ca](http://www.parksCanada.gc.ca) and find information on ecological integrity and our shared heritage.

Trying to find a good Canadian book for the child in your life? Call 1 877 896-9481 to request a copy of *Read Up On It*, the **NATIONAL LIBRARY OF CANADA'S** annual guide to Canadian children's literature, or look it up at [www.nlc-bnc.ca/ruoi](http://www.nlc-bnc.ca/ruoi)

Looking for Canadian resources to stimulate your kids to read, write and create art? Call the **NATIONAL FILM BOARD OF CANADA** at 1 800 267-7710 for videos for kids of all ages, or visit [www.nfb.ca/kids](http://www.nfb.ca/kids) where you'll find lots of fun activities.

Planning to research your family tree? Have your children been assigned a school project on genealogy? Do you have a passion for Canadian history? If so, visit the **NATIONAL ARCHIVES OF CANADA** at [www.archives.ca](http://www.archives.ca) or call 1 866 578-7777.

Come visit **KIDS' STOP** at [www.ainc-inac.gc.ca/ks](http://www.ainc-inac.gc.ca/ks) to learn more about First Nations and Inuit peoples. You'll find historical and contemporary information, hear Aboriginal languages, learn about famous Aboriginal people, and more. Teachers can also order free classroom materials by e-mailing [learningcircle@inac.gc.ca](mailto:learningcircle@inac.gc.ca)



**KIDSPACE** is the Canadian Space Agency's Web site for youth and educators. Go to [www.space.gc.ca/kidspace](http://www.space.gc.ca/kidspace) for information about Canada in space, as well as activities, games, virtual learning opportunities and educational resources.

The **VIRTUAL MUSEUM OF CANADA** is your family's online gateway to a wide variety of Canadian museums. Learn about hundreds of attractions across Canada, experience multimedia productions, see fascinating museum treasures, play interactive games and explore many other learning resources, all by visiting [www.vmc.gc.ca](http://www.vmc.gc.ca)

Every year, students across Canada can take the **CANADA DAY POSTER CHALLENGE** and design a poster that shows their pride in Canada and in being Canadian. The winning artwork becomes the official poster for Canada Day and "Celebrate Canada!" All 13 provincial/territorial finalists win a trip to Ottawa to join in the official Canada Day celebrations on Parliament Hill. The deadline for entries is in February each year. For contest rules and information, contact the Celebrate Canada Committee in your province or territory, visit the Poster Challenge Web site at [www.pch.gc.ca/affiche-poster](http://www.pch.gc.ca/affiche-poster) or call 1 800 O-Canada.

The **WELCOME HOME CAMPAIGN** invites primary school children to create messages of welcome for thousands of newcomers to Canada. For more information and to see examples online, visit Citizenship and Immigration Canada's Web site at [www.cic.gc.ca](http://www.cic.gc.ca) (click on "Welcome Home Campaign" in the "Quick Find" menu on the left).

**CITZINE** is an interactive Web site for young Canadians. It contains information on citizenship and a quiz for young Canadians to test their knowledge of Canada. Visit Citzine on Citizenship and Immigration Canada's Web site at [www.cic.gc.ca](http://www.cic.gc.ca) (click on "Citzine" in the "Quick Find" menu on the left).

If you're looking for resources to teach children and youth about **CANADA'S VETERANS AND MILITARY HISTORY**, call Veterans Affairs Canada at 1 877 604-8469 or visit [www.vac-acc.gc.ca/youth](http://www.vac-acc.gc.ca/youth). You will find materials about Canada's involvement at home and abroad during the First World War, the Second World War and the Korean War.

Looking for an educational activity on the environment? Sign up for the **BIOSPHERE'S EDUCATIONAL WORKSHOPS**. At [www.biosphere.ec.gc.ca](http://www.biosphere.ec.gc.ca) elementary and high school students can become water, climate or ecosystem keepers.

Can your teenagers fly a plane? Sail a boat? Parachute? Ours can! **CADETS CANADA** also offers team sports, international exchanges and summer employment. Call the Youth Info Line at 1 800 935-5555 or visit [www.cadets.ca](http://www.cadets.ca) to learn more.

**For more information about Government of Canada services:**

1 800 O-Canada  
(1 800 622-6232)

[canada.gc.ca](http://canada.gc.ca)  
TTY/TDD: 1 800 465-7735



## PLANNING FOR POST-SECONDARY EDUCATION

The **CANADA EDUCATION SAVINGS GRANT (CESG)** program helps Canadians save for their children's post-secondary education.

The Government of Canada provides a grant of 20 percent on Registered Education Savings Plan (RESP) contributions, up to a maximum of \$400 annually, until the child turns 17. This could add up to as much as \$7,200 by the time a child is ready for post-secondary education. Find more information at [www.hrdc-drhc.gc.ca/cesg](http://www.hrdc-drhc.gc.ca/cesg) or call 1 888 276-3624.

Every year, the **CANADA STUDENT LOANS PROGRAM (CSLP)** helps over 350,000 post-secondary students pay for their education by providing loans and paying the interest while the students are in school. The program also has repayment options for borrowers who have difficulty making payments after leaving school. For more information, visit [www.canlearn.ca](http://www.canlearn.ca) and click on "Canada Student Loans." For loan information related to study in universities and colleges, dial 1 888 815-4514. For loan information related to study in trade schools and private institutions, dial 1 866 587-7452.

The **SUMMER LANGUAGE BURSARY PROGRAM** allows young Canadians to learn their second official language or, in the case of Francophone minorities, to perfect their mother tongue. Full-time students who have completed at least Grade 11 (Secondary V in Quebec) can participate in five-week immersion courses in English or French at accredited institutions. For more information, go to [www.pch.gc.ca](http://www.pch.gc.ca) (click on "Programs and Policies" in the menu on the left, then on "Official Languages" and select "Summer Language Bursary Program") or call the Council of Ministers of Education, Canada, at 1 877 866-4242.

In today's world, life skills are as important as professional qualifications. The **ROYAL MILITARY COLLEGE OF CANADA (RMC)** lays the foundation for the professional and personal skills necessary to meet the unique challenges of a career as a Canadian Forces officer. To find out more, go to [www.rmc.ca](http://www.rmc.ca)

In 1998, the Government of Canada introduced the \$2.5 billion **CANADA MILLENNIUM SCHOLARSHIPS** initiative to help Canadians gain access to post-secondary education and reduce student debt. The Canada Millennium Scholarship Foundation, the independent body created to manage the fund and administer the scholarships, assists some 100,000 students annually. For more information, visit the Foundation's Web site at [www.millenniumscholarships.ca](http://www.millenniumscholarships.ca) or call 1 877 786-3999.

## EMPLOYMENT PROGRAMS FOR YOUTH

Canada's **YOUTH EMPLOYMENT STRATEGY** provides young people with information and opportunities to get the skills, knowledge and work experience they need for a successful career. The Strategy also helps employers who hire youth. To find out more, and to order a copy of *Youth Link*, your detailed guide to Government of Canada employment programs and services for youth, call the Youth Info Line at 1 800 935-5555, visit the Web site at [www.youth.gc.ca](http://www.youth.gc.ca) or contact the nearest Human Resources Development Canada (HRDC) office.



Keep the **POST-SECONDARY RECRUITMENT PROGRAM** in mind if a university degree is on the horizon for your child. This program leads to employment and development opportunities in the Public Service of Canada. For more information, go to [www.jobs.gc.ca](http://www.jobs.gc.ca) For the telephone number of the nearest Public Service Commission office, call 1 800 O-Canada.

Under the **FEDERAL STUDENT WORK EXPERIENCE PROGRAM**, full-time high school, college and university students are eligible for more than 8,000 temporary jobs year-round with the Government of Canada. This program helps students gain valuable work experience that strengthens their employability. For more information, go to [www.jobs.gc.ca](http://www.jobs.gc.ca) For the telephone number of the nearest Public Service Commission office, call 1 800 O-Canada.

If your child is planning to enrol for post-secondary education in a recognized co-op/internship program, consider a work term with the **CO-OPERATIVE EDUCATION PROGRAM** of the Public Service of Canada. The program provides students with on-the-job experience related to their field of study. For more information, visit [www.jobs.gc.ca](http://www.jobs.gc.ca) For the telephone number of the nearest Public Service Commission office, call 1 800 O-Canada.

A **PART-TIME JOB AS A RESERVIST** can be a great opportunity for youth age 17 or older to get valuable experience, develop their skills and benefit from Canadian Forces training while still studying or pursuing a regular job. To find out more about the reserves in each branch of the Canadian Forces, call 1 800 856-8488 or visit:

- \* [www.army.dnd.ca/reserves](http://www.army.dnd.ca/reserves)
- \* [www.navy.dnd.ca](http://www.navy.dnd.ca) (click on “Navy Links” and choose “Naval Reserve HQ”)
- \* [www.airforce.dnd.ca](http://www.airforce.dnd.ca) (choose “Organization” from the menu on the left and then “Air Reserve” from the menu at the top).

Are you age 18 or older and looking for a part-time job working with Cadet youth? Find out more about the **CADET INSTRUCTORS CADRE** at [www.vcds.dnd.ca/cic](http://www.vcds.dnd.ca/cic)

The **JUNIOR CANADIAN RANGER PROGRAM** offers structured activities for 12- to 18-year-olds in Canada's remote and isolated communities. The program also respects and promotes the traditional lifestyles and skills of Canada's Aboriginal peoples. It offers opportunities to develop important life and Ranger skills, including navigation, safety and first aid, and search and rescue. Visit [www.rangers.dnd.ca](http://www.rangers.dnd.ca) or call the Youth Info Line at 1 800 935-5555 for more information.

Full and part-time **CAREERS IN THE CANADIAN FORCES** are open to Canadian citizens who are at least 17 years of age by July 1st of the year of enrolment or who have at least a Grade 10 education. To find out more about your future in the Canadian Forces and the location of your nearest recruiting office, go to [www.recruiting.dnd.ca](http://www.recruiting.dnd.ca) or call 1 800 856-8488.

## SERVICES FOR ABORIGINAL FAMILIES WITH CHILDREN



While the services in this guide are available to all Canadian families, the following services are addressed specifically to Aboriginal families. More information can be found at [www.aboriginalcanada.gc.ca](http://www.aboriginalcanada.gc.ca) which provides a single window to Canadian Aboriginal online resources, contacts, information, and government programs and services.

The **FIRST NATIONS AND INUIT CHILD CARE (FNICC)** program provides parents living in First Nations and Inuit communities with affordable, quality child care. The FNICC also promotes healthy child development through formal day-care programs that reflect First Nations and Inuit beliefs and values. For more information, visit [www.hrdc-drhc.gc.ca/aro](http://www.hrdc-drhc.gc.ca/aro) and click on “Child Care.”

**ABORIGINAL HEAD START (AHS)** consists of two early intervention programs designed to give Aboriginal children the best possible start in life. One program is for Aboriginal children, including First Nations, Inuit and Métis children, living in urban and Northern communities. The other program is for First Nations children living on reserve. Both programs focus on culture and language, education, health promotion, nutrition, social support programs, and parental involvement. For more information, visit Health Canada’s Web site at [www.hc-sc.gc.ca/ahs](http://www.hc-sc.gc.ca/ahs)

### **FOR FIRST NATIONS FAMILIES AND THEIR CHILDREN LIVING ON RESERVE**

**FIRST NATIONS NATIONAL CHILD BENEFIT REINVESTMENT** promotes the health and well-being of First Nations children and youth, and supports First Nations community members looking for work. Projects include school hot lunch programs, day-care services, drop-in centres, and skills training. For more information, contact your band office or Indian and Northern Affairs Canada (INAC) regional office, or visit [www.ainc-inac.gc.ca](http://www.ainc-inac.gc.ca) (click on “Programs and Services,” then on “Social Services” and then on “Children’s Programs”).

To ensure the safety and well-being of First Nations children, **FIRST NATIONS CHILD AND FAMILY SERVICE AGENCIES** provide culturally sensitive child protection services. For more information, contact the Child and Family Service Agency in your community or your Indian and Northern Affairs Canada (INAC) regional office, or visit [www.ainc-inac.gc.ca](http://www.ainc-inac.gc.ca) (click on “Programs and Services,” then on “Social Services” and then on “First Nations Child and Family Services Program”).



Funding to band councils and other First Nations education authorities helps support **EDUCATION** in First Nations communities. Funds cover areas such as teaching services in First Nations schools; the costs of students who live in First Nations communities but attend provincial schools; and services such as student transportation, counselling, accommodation and financial help. For more information, contact your band office or Indian and Northern Affairs Canada (INAC) regional office, or visit [www.ainc-inac.gc.ca](http://www.ainc-inac.gc.ca) (click on “Programs and Services” and then on “Education”).

The **FAMILY VIOLENCE PREVENTION PROGRAM** for First Nations provides assistance and support to families. Services include emergency shelters, support groups, and seminars on stress and anger management. For more information, contact your Indian and Northern Affairs Canada (INAC) regional office or visit [www.ainc-inac.gc.ca](http://www.ainc-inac.gc.ca) (click on “Programs and Services,” then on “Social Services” and then on “Family Violence Prevention Program for First Nations”).

If you are a First Nations family in need of **SOCIAL ASSISTANCE**, you may be eligible for help in meeting basic needs for food, clothing and shelter, as well as special needs allowances for essential goods and services. For more information, contact your band office or Indian and Northern Affairs Canada (INAC) regional office, or visit [www.ainc-inac.gc.ca](http://www.ainc-inac.gc.ca) (click on “Programs and Services,” then on “Social Assistance”).

**For more information about Government of Canada services:**

1 800 O-Canada  
(1 800 622-6232)

[canada.gc.ca](http://canada.gc.ca)  
TTY/TDD: 1 800 465-7735



## SUPPORT FOR FAMILIES WITH SPECIAL NEEDS

If you support a child with a disability, you may be able to claim the **DISABILITY TAX CREDIT**, a non-refundable tax credit for people who have a “severe and prolonged mental or physical impairment.” The Government of Canada has increased tax relief for persons with disabilities by raising the amount you can claim for children under age 18. For more information about the disability tax credit, call 1 800 959-8281 or go to [www.cra.gc.ca/disability](http://www.cra.gc.ca/disability)

The **RESIDENTIAL REHABILITATION ASSISTANCE PROGRAM FOR PERSONS WITH DISABILITIES** helps homeowners and landlords make homes more accessible and safe for children or adults of low income who have disabilities. For more information, call 1 800 668-2642 or visit [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca) and click on “Programs and Financial Assistance” in the menu on the left.

Two publications are available to help address the **HOUSING NEEDS** of families who have members with a disability: *Housing for Persons with Disabilities* (\$11.95) and *Housing Choices for Canadians with Disabilities* (\$7.95). To order copies, visit [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca) and click on “Order Desk” or call 1 800 668-2642.

The **MILITARY FAMILY SERVICES PROGRAM** offers services and programs to help Canadian Forces families cope with the stresses of frequent postings, separations from spouses and extended families, extra child care responsibilities, and spousal employment instability. The program is offered through 43 Military Family Resource Centres at all Canadian bases, wings and stations, as well as some foreign locations. For more information, go to [www.dnd.ca](http://www.dnd.ca) and click on “CF Families” in the menu on the left, then on “Health, Education and Community” and then on “Director Military Family Services (DMFS)/Military Family Resource Centres (MFRC).”

The **CANADA PRENATAL NUTRITION PROGRAM (CPNP)** helps community organizations provide services to at-risk pregnant women. Services may include help with nutrition and breastfeeding, infant development, and substance abuse problems. For information, visit [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) (choose “Children” from the menu on the left, then scroll down and click on “Community-based Programs”).

The **COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)** funds community coalitions to help children living in conditions of risk. This includes children who live in low-income or teenage-parent families; children with social, emotional and behavioural problems; and abused and neglected children. For more information, go to [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) (choose “Children” from the menu on the left, then scroll down and click on “Community Action Program for Children”).

**NOBODY’S PERFECT** is a support and education program for parents of children from birth to age 5. If you are young, single, or living in isolation or on a low income, a trained facilitator can help you develop the skills you need to cope with the pressures of raising a child. For more information, or to contact your provincial co-ordinator, go to [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) (choose “Parenting” in the menu on the left, then scroll down and click on “Nobody’s Perfect Program”).



## SERVICES AND INFORMATION FOR IMMIGRANT FAMILIES WITH CHILDREN

### *The Newcomer's Guide to Canadian*

*Housing* is a free online information guide that helps newcomers to Canada find A COMFORTABLE, SAFE PLACE TO LIVE. Look for it at [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca) under “Buying or Renting a Home” (then click on “Buying a Home”) in the menu on the left or call 1 800 668-2642.

People who are already living in Canada can SPONSOR FAMILY MEMBERS who wish to immigrate to this country. Sponsors must be Canadian citizens or permanent residents, age 19 or over, and able to provide for lodging, care, maintenance and the normal settlement needs of the applicant and family members for 10 years. For more information, go to [www.cic.gc.ca](http://www.cic.gc.ca) (click on “Immigrants” in the menu on the left, then on “Immigrating to Canada” and then on “Family Class Immigration”) or call one of the following Citizenship and Immigration Canada call centres:

- \* In Montreal, call: (514) 496-1010
- \* In Toronto, call: (416) 973-4444
- \* In Vancouver, call: (604) 666-2171
- \* Anywhere else in Canada,  
dial toll-free 1 888 242-2100.
- \* If you are hearing- or speech-impaired, you may access  
TTY service at 1 888 576-8502.

The Government of Canada provides information about VISA REQUIREMENTS AND WORK PERMITS to ensure that visitors from abroad have the right documentation when they come to this country. If you are expecting visits from family or friends from abroad, go to [www.cic.gc.ca](http://www.cic.gc.ca) (click on “Visitors” in the menu on the left) or contact the Citizenship and Immigration Canada call centre nearest you.

Besides helping newcomers apply for citizenship, **CITIZENSHIP PROGRAMS** assist Canadians who were born abroad, who have children who were born in another country, or who hold dual citizenship. Kits and brochures are available at [www.cic.gc.ca](http://www.cic.gc.ca) (click on “Citizenship” in the menu on the left) or by contacting your nearest Citizenship and Immigration Canada call centre.

Through the **LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)** program, non-profit groups and educational institutions provide basic language training to adult newcomers in one of Canada’s two official languages. The program is offered in most provinces and all territories (if you live in Quebec, Manitoba or British Columbia, contact your provincial government for information about the language training program in your province). Find out more by contacting the nearest Citizenship and Immigration Canada call centre or by visiting [www.cic.gc.ca](http://www.cic.gc.ca) (click on “Immigrants” in the menu on the left, then on “Living in Canada” and scroll down to “Information for Settlement Partners”).

Through the **HOST PROGRAM**, Canadian volunteers help newcomers access local services, practise English or French, look for employment, and participate in community life. In return, Host volunteers make new friends, learn about other cultures, and contribute to building Canada. For more information, call your nearest Citizenship and Immigration Canada call centre or go to [www.cic.gc.ca](http://www.cic.gc.ca) (click on “Immigrants” in the menu on the left, then on “Living in Canada” and scroll down to “Information for Settlement Partners”).



## SPORTS, RECREATION AND TRAVEL

Check out the **SPORT CANADA** Web site at [www.pch.gc.ca/sportcanada](http://www.pch.gc.ca/sportcanada) to keep tabs on major games and events. You can also look for Canada's Olympic/Paralympic results or explore links to all the major national sports organizations.

From June 21, National Aboriginal Day, through Saint-Jean-Baptiste Day on June 24 and Canada Day on July 1, communities across Canada organize concerts, street parties, socials, dances, parades, and lots more to **CELEBRATE CANADA**. There is something for everyone in the family. Contact your provincial or territorial Celebrate Canada Committee for all the details. For contact information on your committee and more information about Celebrate Canada, visit [www.pch.gc.ca/canada](http://www.pch.gc.ca/canada) or call 1 800 O-Canada.

Few spectacles are more breathtaking than the flying displays of Canada's world-famous **CANADIAN FORCES SNOWBIRDS** and the parachute demonstrations of the **SKYHAWKS**. Every summer, these aerial acrobats demonstrate their superb skills in precision formation flying at airshows across the country. To learn more about the Snowbirds and find out where and when you can take your family to see them, go to [www.snowbirds.dnd.ca](http://www.snowbirds.dnd.ca). To learn more about the SkyHawks, visit [www.army.dnd.ca](http://www.army.dnd.ca) (click on "SkyHawks").

The RCMP's famous **MUSICAL RIDE** — an intricate set of horseback-riding drills and figures set to music — thrills children and their parents every summer. To find out when the Musical Ride will be in your area, go to [www.rcmp-grc.gc.ca/musicalride/tour.htm](http://www.rcmp-grc.gc.ca/musicalride/tour.htm)

Canada provides **CONSULAR SERVICES** to all its citizens, including children, through a network of consular offices worldwide (embassies, high commissions and consulates). Visit [www.voyage.gc.ca](http://www.voyage.gc.ca) before your departure or consult the list of Canadian Government offices abroad in the publication *Bon Voyage, But...* to find the address of the office closest to your foreign travel destination. You can also request a printed copy by calling 1 800 267-8376.

More than 220 REPORTS ON TRAVEL AND FOREIGN DESTINATIONS are available by clicking on “Travel Reports” at [www.voyage.gc.ca](http://www.voyage.gc.ca). If you are a woman travelling alone or with children, *Her Own Way: Advice for the Woman Traveller* provides practical tips and safety measures. Young people taking their first trip abroad, or planning an “eco” or “extreme” holiday should take a look at *Out on a Limb: Advice for the Adventure Traveller*. Copies of these publications are also available by calling 1 800 267-8376.

Canadian children under the age of 16 can have their names included on the PASSPORT of either parent or can be issued their own passports. Children with their own passports have the flexibility of travelling with either parent. However, if the child is not listed on your passport and you are travelling abroad without the other parent, you must have a notarized document from the child’s other parent to leave the country with your child. To find out more, visit [www.ppt.gc.ca](http://www.ppt.gc.ca) or call 1 800 567-6868.

These dogs sniff and tell... but they won’t bite! When you last came back from a family vacation abroad, you may have noticed DETECTOR DOGS at the airport. They are a special force of inspectors trained to prevent the entry into Canada of plant and animal products prohibited by law. Before travelling with your family, seek advice on what you can bring into the country at [www.inspection.gc.ca](http://www.inspection.gc.ca) or call 1 800 442-2342.

### FAMILY-FRIENDLY DESTINATIONS

Whether you want to travel into our country’s past, experience our diverse cultures and traditions, or enjoy our spectacular outdoor landscapes and wilderness, Canada has national museums, galleries, historic sites, parks and conservation areas to suit every family. Here are just a few ideas for your vacation planning.



Be prepared for unforgettable experiences at any of the 39 spectacular **NATIONAL PARKS AND NATIONAL PARK RESERVES** across Canada. Children and their families can join enthusiastic naturalists on guided tours or explore on their own. Our parks offer camping opportunities for every level of adventure, from fully serviced to primitive sites. To find out more and to order a vacation planner or reserve a campsite, go to [www.parksCanada.gc.ca](http://www.parksCanada.gc.ca) and click on “National Parks of Canada” or call 1 888 773-8888 and ask for Operator 111.

Canada’s history and stories come alive at Canada’s over 860 **NATIONAL HISTORIC SITES**. From the exploits of heroes to the everyday lives of ordinary citizens, your children can learn about them all through entertaining hands-on activities and displays. To find out about visiting a national historic site near you, go to [www.parksCanada.gc.ca](http://www.parksCanada.gc.ca) and click on “National Historic Sites.” You can also call 1 888 773-8888 and ask for Operator 111.

Explore **NATIONAL MARINE CONSERVATION AREAS** to experience Canada’s aquatic natural heritage. Families can hike, explore the shorelines, and learn about the enormous variety of wildlife that our wetlands, estuaries, islands and coastal areas support. For more information, go to [www.parksCanada.gc.ca](http://www.parksCanada.gc.ca) and click on “National Marine Conservation Areas” or call 1 888 773-8888 and ask for Operator 111.

**THE PLAINS OF ABRAHAM** is a wonderful family playground. On your next visit to Quebec City, view the new Canada Odyssey interactive exhibition, attend a multimedia show, visit the Martello Towers, meet past historical figures, visit a military encampment, and more. Visit [www.ccbn-nbc.gc.ca](http://www.ccbn-nbc.gc.ca) for more information.

At Canada’s first Ecowatch Centre, the **BIOSPHERE** in Montreal, a team of experienced interpretive guides will help you discover water and the great ecosystems with your heart, head and senses. For more information about this leading-edge information centre, visit [www.biosphere.ec.gc.ca](http://www.biosphere.ec.gc.ca)

Come to Ottawa-Hull and rediscover your Capital. **CANADA'S CAPITAL REGION** will tempt you with events, festivals and attractions for all tastes and ages. For information, call the National Capital Commission at 1 800 465-1867 or visit [www.canadascapital.gc.ca](http://www.canadascapital.gc.ca)

The many benefits of vacationing in our Capital include visiting our national museums and art galleries, which offer something for everyone. Find out more about their special shows, programs and exhibits for children:

- \* The **NATIONAL GALLERY OF CANADA** and its affiliate museum, the **CANADIAN MUSEUM OF CONTEMPORARY PHOTOGRAPHY** ([www.national.gallery.ca](http://www.national.gallery.ca))  
1 800 319-ARTS (1 800 319-2787)
- \* The **CANADIAN MUSEUM OF CIVILIZATION**  
([www.civilization.ca](http://www.civilization.ca)) 1 800 555-5621
- \* The **CANADIAN MUSEUM OF NATURE**  
([www.nature.ca](http://www.nature.ca)) 1 800 263-4433
- \* The **CANADA AGRICULTURE MUSEUM**  
([www.agriculture.nmstc.ca](http://www.agriculture.nmstc.ca))
- \* The **CANADA AVIATION MUSEUM**  
([www.aviation.nmstc.ca](http://www.aviation.nmstc.ca)) 1 800 463-2038
- \* The **CANADA SCIENCE AND TECHNOLOGY MUSEUM**  
([www.science-tech.nmstc.ca](http://www.science-tech.nmstc.ca))
- \* The **CANADIAN WAR MUSEUM**  
([www.warmuseum.ca](http://www.warmuseum.ca)) 1 800 555-5621

**For more information about Government of Canada services:**

1 800 O-Canada  
(1 800 622-6232)

[canada.gc.ca](http://canada.gc.ca)  
TTY/TDD: 1 800 465-7735



## KEY PUBLICATIONS

Save yourself some time. If you're interested in receiving the publications in this guide, you can get most of them with one phone call. The following publications are all available directly by calling 1 800 O-Canada:

*Employment Insurance: New Maternity, Parental and Sickness Benefits*

*International Adoption and the Immigration Process*

*Your Canada Child Tax Benefit*

*Keep Kids Safe*

*Is Your Child Safe?*

*Back to Sleep*

*Illegal and Offensive Content on the Internet*

*Safe Boating Guide*

*Child Health Record*

*10 Great Reasons to Breastfeed*

*10 Valuable Tips for Successful Breastfeeding*

*Canada's Food Guide to Healthy Eating*

*Canada's Physical Activity Guide to Healthy Active Living*

*Read Up On It*

*Youth Link*

*Her Own Way: Advice for the Woman Traveller*

*Out on a Limb: Advice for the Adventure Traveller*

If you have comments about this guide,  
you can write to us at:

Government of Canada Services for Children  
c/o Public Works and Government Services Canada  
Government Enquiry Centre  
Ottawa, ON K1A 0S5

Fax: 1 800 269-6412

E-mail: [guide@pwgsc.gc.ca](mailto:guide@pwgsc.gc.ca)

Please be sure to include your address so we can get back to you.