



NEWCOMER CHECKLIST

Week 1- Immediate Priorities

- ☐ Social Insurance Number (SIN) - **Service Canada (3301 30th Ave, Unit #101)**
- ☐ Enroll in BC Medical Services Plan (MSP) - **Service BC (3201 30th Street)**
- ☐ Purchase temporary health insurance for MSP waiting period
- ☐ BC Driver's License or ICBC Appointment - **Service BC (3201 30th Street)**
- ☐ Open Canadian Bank Account - **bring passport, SIN, proof of address**
- ☐ Set up BC Hydro (electricity) - **1-800-224-9376 or bchydro.com**
- ☐ Setup FortisBC (natural gas) - **1-800-224-2710 or fortisbc.com**
- ☐ Arrange Internet Service - **Telus, Shaw/Rogers, Bell**
- ☐ Get Tenant/Home Insurance - **Several providers in the city and online**
- ☐ Register and File Change of Address with Canada Post - **3201 32nd Avenue**



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NEWCOMER CHECKLIST

Month 1 - Getting Settled

☐

Register children with School District 22 or Private Schools in the area.
If applicable

☐

Apply for childcare/daycare and arrange before/after school care. **If applicable, make sure to read reviews and meet owners for good fit.**

☐

Research family doctors in the area and register with walk-in clinics. Locate your nearest pharmacy and transfer prescriptions if needed

☐

Practice driving and travelling in Vernon, and learn local routes to commonly used areas (ex. grocery stores, work locations, etc.)

☐

If you have a vehicle, research winter tire options, and locate local garages who can conduct maintenance. Snow tires are mandatory during winter.

☐

Explore local shopping options, visit places of worship and introduce yourself (**if applicable**), and learn about your neighborhood

☐

Research community groups through local media and newspapers (ex. Vernon Morning Star) and check out local events in the community.





NEWCOMER CHECKLIST

Month 2 and 3 - Establishing Roots

☐

Purchase winter clothing (coat, boots, hat, gloves, scarf) - **lots of different suppliers of this clothing throughout the city**

☐

If you own a car, purchase winter tires and speak with local garages to understand when to bring in car for installation. **Lines become long fast**

☐

Check your home weatherproofing, heating, and air-conditioning systems to ensure that they are functioning properly.

☐

Research and apply for government benefits (ex. Canada Child Benefit) that you are qualified for - <https://www.canada.ca/en/services/benefits.html>

☐

Meet with a local accountant or tax preparation service to understand your tax obligations, especially in your first year to ensure compliance.

☐

Join a community group, recreation program, or volunteer opportunity in the city. Use Social Media or local media sources to find opportunities

☐

Contact Vernon & District Immigrant and Community Services Society (VDICSS) who offer settlement assistance and other newcomer assistance



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Addresses and Phone Numbers to Know

911 - Police, Fire, Medical Emergency

811 - HealthLink BC (24/7)

250-545-7171
Police Non-Emergency Line

250-515-2211
Vernon Jubilee Hospital
2101 32nd Street

1-800-622-6232
Service Canada Vernon Office
3301 30th Avenue, Unit #101

250-549-5511
Service BC Vernon Office
3201 30th Street

1-800-663-7100
Medical Services Plan BC (MSP)

1-800-224-9376
BC Hydro - Electricity

1-888-224-2710
Fortis BC - Natural Gas

250-542-3331
School District 22 - Education

250-542-4177
Vernon & District Immigrant &
Community Services Society (VDICSS)

250-545-6035
Vernon Recreation Centre
3310 37th Avenue

250-542-3121
Boys & Girls Club Vernon
3300 37th Avenue

250-545-0585
NexusBC Community Resources
3201 30th Street, Unit #102

250-545-0771
Vernon Chamber of Commerce
3002 32nd Ave, Unit #204



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