

Your Guide to Living in Truro & Colchester County



TRURO COLCHESTER
WELCOME NETWORK

"It's Good to Be Home"

View Online





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Welcome / Pjila'si

01

Nova Scotia is located within Mi'kma'ki. Mi'kma'ki is the unceded territory and ancestral home of the Mi'kmaw Nation. The relationship between the Mi'kmaq and settlers is based on a series of Peace and Friendship treaties. These treaties date back to 1725 and are between the Mi'kmaq and the Crown. In Nova Scotia, we recognize that We are All Treaty People.

The Truro Colchester Welcome Network is a non-profit organization. Our goal is to make everyone in our community feel like they belong. We do this by working with the following individuals and groups:

- volunteer welcomers
- community volunteers
- diverse community groups and local welcome groups

Together we help newcomers adjust to their new community and settle into their new homes.



Colchester County



The first peoples to call this place home

Colchester County is in the province of Nova Scotia, Canada. It boasts a rich and diverse history that spans centuries. The history of Colchester County begins with the Mi'kmaw people.

The Mi'kmaq

The Mi'kmaq are the First Nations People of Nova Scotia. Europeans first arrived here in the 16th and 17th centuries. At that time, the Mi'kmaq lived in the areas we now call the Maritimes and the Gaspé Peninsula. Later they also settled in New England and Newfoundland.

The Mi'kmaq call themselves L'nu'k meaning "the people." The word Mi'kmaq comes from their word nikmak, which means "my kin-friends."

African Nova Scotians

Nova Scotia is said to be the birth place of Black culture and heritage in Canada. The first Black person to come to Nova Scotia came with Samuel de Champlain in 1608. His name was Mathieu DaCosta. Since then, Black people have continued to come to Nova Scotia. In the 18th century, many Black people came as slaves with white explorers and settlers. Later, they came as former slaves who had been freed.

There are 52 historic African Nova Scotian communities in Nova Scotia.

The Acadians

The first Europeans to settle in the area were French. They arrived in the mid-1600s. The descendants of these French settlers called themselves Acadians. They created a thriving agricultural community in the region. They turned marshland into fertile farmland by building dykes to keep the seawater out. They cultivated the land and developed a distinct culture.

The Seven Years' War between France and Britain was fought in Europe and North America. In Nova Scotia, Britain became suspicious of the Acadians. The Acadians promised not to side with France against the British. But the British did not trust them. In 1755 they removed the Acadians by force. They burned their homes and farms and sent them away in ships. This is called Le Grand Dérangement.

The Europeans

After the removal of the Acadians, the British began to settle in Colchester County. Many came from Scotland and Ireland. They brought with them their own cultural traditions, agricultural practices, and political systems.

The first large group of Scottish immigrants came in the late 1700s. This was the time of the Highland Clearances in Scotland. Landlords forced tenants off their land and into crofter communities. These communities collapsed due to overcrowding, industry collapse, and famine.

For most, the only choice was to leave Scotland. Many were promised land in Nova Scotia and came for a fresh start. They set up communities across the province. The largest communities were in Pictou County, Antigonish, and Cape Breton Island.

Most of these new settlers were farmers. The success of these farms led to a growing economy and vibrant communities. The settlers built churches and developed a strong sense of identity.

A Cultural Tapestry

The history of Colchester County is a tapestry. It is woven with the stories of the Mi'kmaq, the Acadians, British, and African Nova Scotians. Each group makes its own mark on the county's cultural, social, and economic fabric.

By understanding the diverse contributions these groups continue to make, we can embrace our past. But we can also shape a more inclusive future. It is through this appreciation of its history that the county can thrive and remain a testament to the resilience of its diverse communities.

We still have work to do

Our community continues to work on building a more inclusive society where diversity is valued. But we still have work to do. We are fighting systemic racism and looking for opportunities for reconciliation.



Your First Months in Canada

02

The First 2 Weeks

There is a lot to do when you move to a new country. These are the first 4 things you should do within the first 2 weeks of your arrival:

Apply for a Social Insurance Number (SIN)

You need a SIN for each person in your family including children. This number allows you and your family to do 2 things:

- to receive government services
- to work

To find out how to apply for a SIN, visit Canada.ca and type Social Insurance Number in the search box.

Apply for a Health Card

In Nova Scotia, your health card is also called an MSI card. MSI stands for Medical Service Insurance. You need this card to get free treatment in a hospital, clinic, or doctor's office. Without this card, you will have to pay for these services.

To apply for a health card in Nova Scotia, call the MSI Registration and Enquiry Department.

From anywhere in Canada call 1-800-563-8880

Open a Bank Account

Most banks have packages for people who are new to Canada. Type "newcomer bank offers" into a search engine like Google. This will bring up a list of banks that offer these packages. Most banks also offer interpretation services over the phone. Call and ask for the language you need.

Connect with your local settlement service provider

YREACH offers a variety of services to support immigrants, refugees, and their families. These services can help you in your first 2 weeks in Canada and beyond.

You must register with YREACH to get all of their services.

See Section 4, Settlement Services in this guide.





Language Services

When you register with YREACH, settlement staff can arrange a free English-language assessment. This will place you in the right English language class for your level. Once you have had your assessment, you can take English-language classes for free. You can take these classes in person or online. Classes are offered at various times during the week. For more information, email Karen Kittilsen Levine at karen.kittilsen@halifax.ymca.ca.

See Section 5, Language Services in this guide.



For more information on what to do during your first 2 weeks in Canada, watch this video:



Other Services

YREACH also offers services that may make it easier for you to feel connected to your new community.

These are some of those services:

- social events and recreational opportunities
- child and youth programming
- community collaboration and referrals
- awareness raising and welcoming communities' initiatives
- solution-focused counselling and advocacy



The First 2 Months

Now that you have taken care of the most immediate items, you can move on to some less urgent needs. These are the 4 things you should do with the first 2 months of your arrival:

Find a Doctor

You will need someone to take care of your family's primary health care. In Nova Scotia, that care is usually provided by a family doctor or a nurse practitioner. There is a wait list for both of these professionals. There are 2 ways to get on the waiting list:

- Call 811. You can ask for an interpreter
- Visit nshealth.ca and click on Need a Family Practice

You can get health care for you and your family while you are waiting for a doctor or nurse practitioner.

Visit nshealth.ca. Type “[where to go for health care](#)” in the search box and follow the links.

For more information, see Health in section 9 of this guide.

Find a Dentist

To find a dentist, type “dentists in Colchester County” into a search engine.

For more information, [see Health in section 8 of this guide.](#)

Get Your Nova Scotia Driver's Licence

You must have a valid driver's license to drive in Canada. If you have a valid driver's license from another country, you can use it to drive in Canada for 90 days. After that, you must get a Nova Scotia driver's licence.

For more information, see Car Ownership in section 17 of this guide.

Register Your Child for School

In Nova Scotia, children must be 5 years old by December 31 of the year they start school. That means that for your child to attend public school this year, they must turn 5 any time before December 31st. It is possible that they will be 4 years old when they start school and turn 5 during the first half of the school year. To find out more, visit ccrce.ca or csap.ca

If you are an immigrant, and require assistance to register your child to school, contact [YREACH](#).

For more information, type “Newcomers’ Guide to Nova Scotia Schools” into a search engine. This document focuses on public school up to the end of high school. It contains the following information:

- getting ready for school, the documents you will need
- school procedures
- learning English as an additional language
- educational practices
- teaching and learning in Nova Scotia classrooms
- roles and responsibilities
- the Nova Scotia curriculum
- meeting the outcomes
- reporting student success
- student behaviour
- parent involvement in school
- additional information for high school





Settlement Services

03

Settling into a new community can be overwhelming. Luckily, there are several services available to help you. Some are located here in Colchester County and others are in Halifax.

In Colchester County

YMCA Centre for Immigrant Programs Truro Colchester County (YREACH)

YREACH staff can help you to learn about your new community and connect you to the services you need. If you came to Canada through an Atlantic Immigration Program (AIP), you can also get these 2 services:

- Needs Assessments
- Settlement Plans

YREACH also offers services that may make it easier for you to feel connected to your new community. These are some of those services:

- social events and recreational opportunities
- child and youth programming
- community collaboration and referrals
- awareness raising and welcoming communities' initiatives
- solution-focused counselling and advocacy

To find out more, type [YREACH](#) into your search engine.

Truro Colchester Welcome Network

Our goal is to make everyone who is new to Truro and Colchester County feel welcome. That's why we created this guide for you. We also host community activities and promote other welcome groups in our area.

Visit us on Facebook. Type “[TCWelcomeNetwork](#)” into the search box. There you will see the many activities and resources Truro and Colchester County have to offer.

<https://trurocolchesterwelcomenetwork.ca>



Fostering Welcoming and Inclusive Communities

There are many organizations focused on Equity, Diversity, Inclusion and Accessibility (EDIA), in Truro and Colchester County. They work to create more welcoming and inclusive communities.

Immigrant Services Association of Nova Scotia (ISANS)

ISANS' goal is to create a community where all can belong and grow. They do this by helping immigrants in communities across Nova Scotia to settle in their new homes. These are some of the things ISANS can help you with:

- housing and tenancy
- financial and budgeting matters
- documents you need
- ways to advocate for yourself

To find out more, visit isans.ca.





YWCA Halifax- Financial Literacy for Newcomers (FLNP)

FLNP teaches newcomers how Canada's financial system works. These are some of the things FLNP can help you with:

- budgeting
- savings
- credit
- buying a home
- filing your taxes

To find out more, visit ywcahalifax.com and type "financial literacy for newcomers" in the search box.



Language Services

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YMCA Centre for Immigrant Programs Colchester County

YREACH

When you register with YREACH, settlement staff can arrange a free English-language assessment for eligible clients. This will place you in the right English language class for your level. Once you have had your assessment, you can take English-language classes for free. You can take these classes in person or online. Classes are offered at various times during the week.

For more information, email Karen Kittilsen Levine at karen.kittilsen@halifax.ymca.ca

Immigrant Services Association of Nova Scotia (ISANS)

ISANS offers language training, translation and interpretation for their registered clients. These are some of the services they offer:

- English-language classes
- preparation for English-language testing including IELTS and CELBAN
- translations of documents needed for settlement in Nova Scotia
- language interpretation for people receiving ISANS settlement services and medical care received outside the hospital

For more information visit isans.ca, click “Explore our Programs” and type “language”, “translation”, or “interpretation” in the search box.

The Association of Translators and Interpreters of Nova Scotia (ATINS)

ATINS members adhere to a code of ethics. All certified members have passed the CTTIC examination. This is the level of certification you need when you are getting documents translated for immigrations purposes. ATINS website makes it easy to find a translator or interpreter for the language you need.

To find out more visit atins.org and click on “I Need Language Services”.





Money and Banking

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Moving to a new country can be stressful. Learning how financial matters work in your new country can add to that stress.

The debit card you used at home may work at Canadian Automated Teller Machines (ATMs) and in stores, but you may have to pay extra fees. You can avoid those fees by moving your money into a Canadian bank account.

Most banks have packages for people who are new to Canada. Type “newcomer bank offers” into a search engine like Google.



Opening a Bank Account

There are 2 kinds of bank accounts that most Canadians use: chequing and savings.

Chequing accounts are also called current accounts. This is where you keep the money you need to pay for everyday expenses. Banks often charge a monthly fee for these accounts. They may waive the fee if you keep a certain amount in the account at all times.

A savings account is where you keep money you want to save. If you keep it in the bank, it will earn interest.

What you Need to Open a Bank Account in Canada

To open a bank account in Canada, you need 2 pieces of identification. If you have no status in Canada yet, one of these must be your passport. These are the other pieces of identification banks will accept:

- permanent resident card or a confirmation of a permanent residence
- work permit
- Social Insurance Number (SIN)
- driver's licence

Most banks will let you open a new account online. You may find it easier to visit the bank and open your account in person.

Once you have opened the account, the bank will give you a debit card. You can use this card to buy things or to deposit or withdraw money from an ATM.

Most Canadian banks offer online banking. This lets you manage your accounts online or with an app on your phone.

Keep enough money in your account to pay your bills. If there is not enough money in your account to pay a bill, you will have to pay a fee.

Registered Education Savings Plans

A Registered Education Savings Plan (RESP) helps you to save money for your child's education after high school. You do not pay tax on money that you put in this plan. You can put money in an RESP if you are a parent, family member, or friend of the child named in the plan.

To find out more about RESPs, visit Canada.ca and type "RESP" in the search box.





Community and Support Services

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There are many places to go in Truro and Colchester County when you need support. Each place specializes in particular needs.



General services

Nova Scotia 211

Nova Scotia 211 offers help in more than 100 languages. The services are free and confidential. These are some of the services and information you can find there:

- newcomer services
- food support
- financial information
- government and legal information

To find out more, call 211 or visit ns.211.ca

Department of Opportunities and Social Development

The department of opportunities and social development delivers social programs funded by the provincial government. These are some of the programs you can access through the department:

- employment support
- skills training
- income assistance
- affordable housing
- disability support
- child, youth, and family supports

To find out more, visit novascotia.ca/coms



Services for persons living with a disability

Autism Nova Scotia – Truro branch

The Truro branch of Autism Nova Scotia supports, Autistic adults and children, their families, and caregivers. They do this through events and programming like the following:

- art and music programs
- caregiver support
- family events
- summer camp
- SwimAbilities
- teen and adult AuSome social hour

To find out more, visit autismnovascotia.ca/chapter/truro

CNIB

The Canadian National Institute for the Blind Foundation delivers programs and advocacy that empower people impacted by blindness.

To find out more, visit cnib.ca

Society of Deaf & Hard of Hearing Nova Scotians

This society provides sign language interpreter services and many more support services for Deaf people. To find out more, visit sdhhs.org

STEPs on Arthur

STEPs on Arthur helps adults with intellectual disabilities to engage fully in their community. STEPs offers vocational training and skills assessment. It also provides employment through 2 social enterprises.

To find out more, visit stepsonarthur.com

Truro Inclusion Project

The Truro Inclusion project is run by parents and caregivers of people with disabilities. Their goal is to make everyone in Truro and Colchester County feel included regardless of their differences. The project hopes to offer a day program and social enterprise in the future.

To find out more, visit truroinclusion.wixsite.com/truro

Children, women, and families

Big Brothers Big Sisters of Colchester

Big Brothers Big Sisters pairs children and youth with adult mentors. Mentorship happens in school and in the community.

To find out more, visit colchester.bigbrothersbigsisters.ca

BGC Truro and Colchester

The BGC is a place for children and youth to grow. The club helps young people to do these things:

- experience new opportunities
- overcome barriers
- build positive relationships
- develop confidence and life skills

To find out more, visit bgctruro.ca



The Lotus Centre

The Lotus Centre is a women's resource centre that offers help and services to women and their families. They provide free personal care items and clothes to women in need. They also offer programs for youth and adults.

To find out more, visit thelotuscentre.net

Maggie's Place Family Resource Centre

Maggie's Place offers a variety of programs and supports for families and children. These are some of the programs and supports they offer:

- prenatal, postnatal, and breastfeeding support
- family meal kits and cooking workshops
- free used children's' clothes, books, and toys

To find out more, visit maggiesplace.ca

Schools Plus

Schools Plus offers government programs and services at public schools across Nova Scotia. They offer services in these areas:

- social work
- health
- mental health
- justice
- recreation

Schools Plus schools also offer these resources on-site:

- early years centres
- family resource centres
- youth health centres

To find out more, visit ednet.ns.ca/schoolsplus

Nova Scotia Child Welfare Services – Colchester County

Child welfare services in Nova Scotia have 3 main functions:

- to intervene in cases of child abuse or neglect
- to place children in foster care and support them
- to place children in care for adoption

If you suspect a child is being abused or neglected you can report it in one of 3 ways:

1. Call 1-888-919-4236 during business hours.
2. Call 1-866-922-2434 after business hours if you think a child is in immediate danger.
3. Visit the Colchester District Office at 60 Lorne St. in Truro.



Cultural services

Centre Communautaire Francophone de Truro (CCFT)

The CCFT is a place where the francophone community can meet and socialize. They offer social, cultural, and educational activities in French.

To find out more, visit centreturro.org



Mi'kmaw Native Friendship Centre

Based in Halifax, the Friendship Centre has five main roles:

- It helps Indigenous people adjust to life in an urban environment.
- It encourages Indigenous people to take part in all aspects of society.
- It strives to create mutual understanding and positive relations between Indigenous and non-Indigenous peoples.
- It works with government and other organizations to improve the lives of Indigenous peoples.
- It promotes the advancement of Indigenous peoples in these areas:
 - education
 - cultural
 - financial wellbeing

To find out more, visit wijewinen.ca

Truro Pride Society

Truro Pride works to improve the representation and wellbeing of the local 2SLGBTQIA+ community.

To find out more, visit truropride.ca

Community Enhancement Association (CEA)

The CEA aims to build a stronger community for African Nova Scotian families in Truro and Colchester County. In particular, it works to ensure fair access for African Nova Scotians in these areas:

- employment
- education
- technology
- arts and culture

They work to build on strengths and meet the needs of African Nova Scotians of all ages.

To find out more, visit their Facebook page. Search “community enhancement association” or email them at CEATruro@outlook.com



Cultural resources

First Nations resources

Millbrook First Nation

Millbrook First Nation is a Mi'kmaq community located within the town of Truro. It is home to the Millbrook Cultural and Heritage Centre and the Confederacy of Mainland Mi'kmaq.

To find out more, visit millbrookband.com, millbrookheritagecentre.ca, and cmmns.com

The Mi'kmahey Debert Cultural Centre (MDCC)

The cultural centre is a charitable, not-for-profit First Nations organization. It gets its mandate from all 13 Nova Scotia Mi'kmaq chiefs. The Confederacy of Mainland Mi'kmaq administers the centre.

To find out more, visit mikmaweydebert.ca



Office of L'nu Affairs

The Office of L'nu Affairs has 4 main responsibilities:

- It leads negotiations of treaty rights between the Mi'kmaq and the Government of Canada.
- It coordinates consultation between the Government of Nova Scotia and the Mi'kmaq.
- It represents provincial interests in First Nations matters.
- It gives advice on how to support the social and economic wellbeing of First Nations communities.

To find out more, visit the Office of L'nu Affairs at beta.novascotia.ca/government/lnu-affairs



Black Cultural Centre for Nova Scotia

Throughout Nova Scotia's history, African Nova Scotians have contributed to the fabric and success of our province. Today these settlers make up the African Nova Scotia community. It is the largest indigenous Black population in Canada.

To find out more, visit The Black Cultural Centre of Nova Scotia's website at bccns.com. You can also find out more at ourbultheritage.htnsarchived.ca

African Nova Scotian Affairs (ANSA)- Government of Nova Scotia

African Nova Scotian Affairs has 6 responsibilities:

- to help African Nova Scotian communities access programs and services
- to make sure the Government of Nova Scotia is aware of the issues and needs of African Nova Scotian communities
- to facilitate conversations between African Nova Scotians, the Government of Nova Scotia, and its partners
- to promote awareness of African Nova Scotian history and heritage
- to take part in community events, activities, and workshops
- to work with African Nova Scotian communities to help do these things:
 - resolve issues
 - develop new community programs
 - support community celebrations

To find out more, email ANSA@novascotia.ca /



Literacy and learning

Colchester Adult Learning Association

The Adult Learning Association offers free courses to adults in these areas:

- reading
- writing
- math
- communications
- digital literacy
- online safety
- employment readiness
- preparation for the high school equivalency test called the GED

To find out more, visit gocala.ca

Colchester East Hants Public Library

You can do more than borrow books at the Colchester East Hants Public Library. To get everything the library has to offer, you need a library card. With this card you can do these things and more:

- use computers and the internet for free
- borrow ice skates
- take part in programs for children, youth, and adults
- take free English conversation classes
- get free access to Rocket Languages, an interactive online language learning program

To find out more, visit lovemylibrary.ca

Mental Health and counselling

Canadian Mental Health Association (CMHA) – Colchester East Hants Branch

The CMHA supports people living with and recovering from mental illness. It provides a resource centre for those with mental illness and their support people. It advocates for their rights. And educates the public about mental illness.

To find out more, visit ceh.cmha.ca.

Bridges Institute

The Bridges Institute is a counselling centre for families. They specialize in domestic abuse and anger management. They also offer counselling to men, women, and children struggling in these areas:

- anxiety
- depression
- parenting
- post-traumatic stress disorder (PTSD)
- relationships
- stress
- trust

To find out more, visit bridgesinstitute.org



Nova Scotia Health Mental Health and Addictions Services

If you or someone you love is in a mental health crisis, call the Provincial Mental Health and Addictions Crisis Line:

[1-888-429-8167](tel:1-888-429-8167)

To find programs, online tools, and professionals in your area, visit: mha.nshealth.ca

Colchester East Hants Hospice Society

The Hospice Society provides grief support on a one-to-one basis and in group sessions.

To find out more, visit cehhospice.org.

Colchester Sexual Assault Centre

The Colchester Sexual Assault centre supports everyone affected by sexual violence. They offer services to all genders and cultural identities. These are some of the services they offer:

- free counselling
- support
- education

The centre offers a safe space for members of the 2SLGBTQIA+ community. It also works closely with Truro Pride.

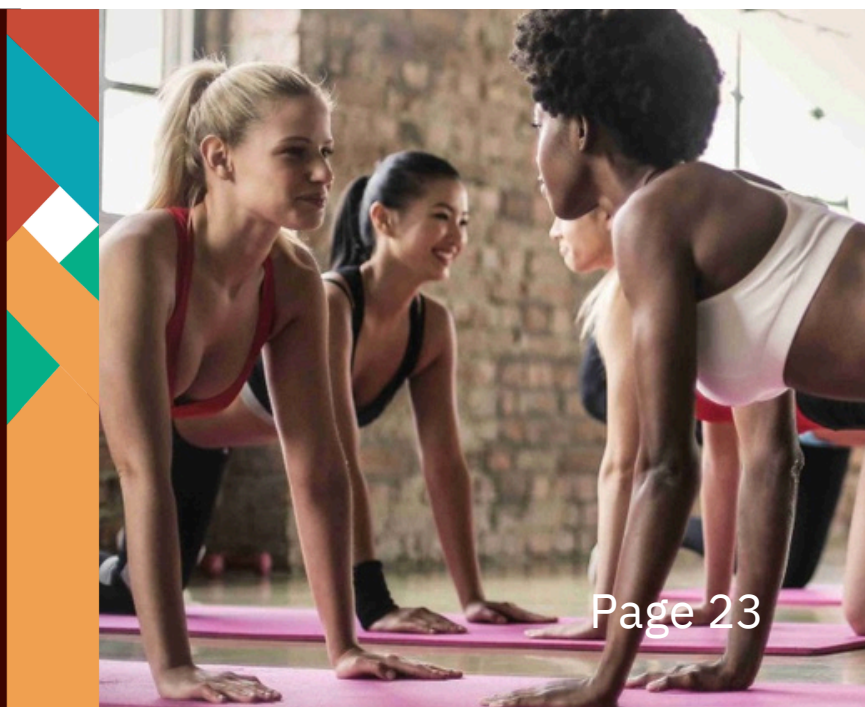
To find out more, visit colchestersac.ca

Third Place Transition House

This transition house is a 10-bed shelter for women and children fleeing violence. They offer these services:

- 6-week stays
- counselling supports, advocacy, and referrals
- outreach and family support
- public education and community partnerships
- policy engagement

To find out more, visit thirdplaceth.ca



Service clubs and charities

Rotary Club of Truro

The Rotary Club of Truro contributes to community and international projects through fundraising. They have recently raised funds for the following projects:

- Camp Tidnish, a summer camp for children with disabilities
- [Portapique Community Build Up + Project](#)
- A community workshop called Now called Delaney House
- The Colchester East Hants Health Centre
- Polio Plus, a campaign to end polio around the world

To find out more, visit rotarycluboftruro.ca

Truro and District Lions Club

The Truro and District Lions Club is a chapter of Lions Clubs International. The club works to improve the quality of life for these people:

- seniors
- youth
- people with disabilities
- people in financial need
- people who need help with medical care

To find out more, visit e-clubhouse.org/sites/trurons

United Way Colchester & Cumberland Counties

The United Way is a charity focused on funding local non-profit organizations. Recently, the charity has given funds to these organizations:

- Autism Nova Scotia
- Bridges Institute
- Colchester Adult Learning Association

To find out more, visit unitedwaycolchester.ca



Other support services

Colchester Food Network

The society provides food to those in need. Two service clubs operate a food bank garden. This allows the society to provide fresh produce as well as packaged goods.

The society protects the privacy of those who use its services.

To find out more, visit colchesterfoodbank.com

John Howard Society of Nova Scotia

The goal of the John Howard Society is to respond humanely to the causes and consequences of crime. They offer mental health and social support to criminalized people.

To find out more, visit jhsns.ca



Groceries

07

Grocery Stores

Depending on where you came from, you may notice that shopping for food is different in Canada. Most Canadians shop once a week or once every two weeks. We buy our food at one of three main large grocery chains:

- Sobeys [sobeys.com](https://www.sobeys.com)
- AtlanticSuperstore atlanticsuperstore.ca
- Foodland foodland.ca

There are 2 Sobeys locations and one Atlantic Superstore in Truro. There is one Foodland location in each of these communities:

- Bible Hill
- Stewiacke
- Tatamagouche

Walmart and Giant Tiger sell groceries at a lower price. They also sell other items like clothing and housewares. Both are in Truro.

- Walmart walmart.ca
- Giant Tiger gianttiger.com



The Running Man Grocery Mart in Truro sells many of the same items you can find at Costco. You do not need a membership to shop there.

[Running Man Grocery Mart](#)

Masstown Market is a large local market just outside Truro. It sells fresh produce, homemade baked goods, meat, fish, and other local products.

masstownmarket.com

Some smaller grocery stores offer items that you can not get at the larger chains. For example, you may want some items that you used to buy at home. Or you may want to buy local products.

Specialty Stores

In Truro, there are number of specialty stores, including:

- Brampton Cash and Carry at 415 Willow Street
- Peace African Caribbean Foods at 62 Brunswick Street
- Indian Spice Land at 572 Prince Street

About one hour away, in Halifax-Dartmouth, you can find foods from China, Eastern Europe, South Asia, and the Middle East. See the following table:

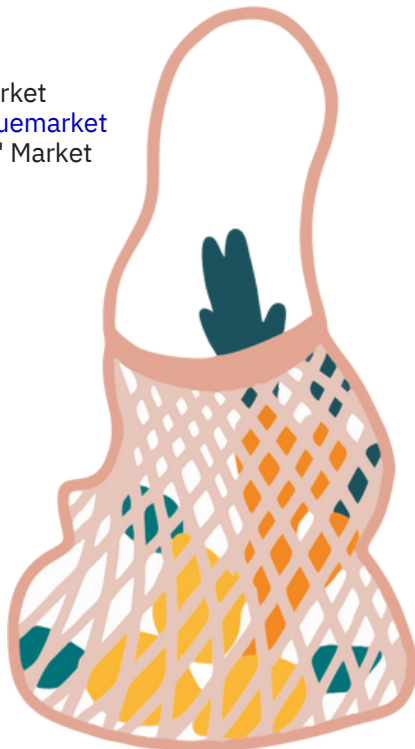


SPECIALTY	STORE	WEBSITE
China	E-Joy Food Mart	https://ejoyfoodmart.com/
Eastern Europe	Yummy Deli	https://europeannewmarket.ca/
South Asia	Bombay Spices	bombayspices.ca
Middle	Syriana Market	https://facebook.com/syrianamarket/
East Halal meat	Al-Hilal Meat Shop	https://alhilalmeats.ca/
Asian	New Asian Food Market	https://newasian.online/

Farmers' Markets

Colchester County is also home to 3 farmers' markets. These are open once a week. They sell locally produced food and other goods.

Truro Farmers' Market
trurofarmersmarket.org
Portapique Farmers' Market
facebook.com/portapiquemarket
Tatamagouche Farmers' Market
tatafarmersmarket.com



Sales Tax

In Nova Scotia, sales tax is called HST. That stands for Harmonized Sales Tax. It's called that because it is a combination of a 5% federal tax and a 9% provincial tax.

You do not have to pay HST on basic groceries that you use to prepare food at home. You do have to pay HST on foods that come ready to eat, like snack foods and ready-to-eat meals.

Tax is not normally included on the price tag. Expect to be charged 14% more at the cash register. For more information, visit novascotia.ca/finance. Click "Taxation", then choose "Tax 101", then "HST".



Health Services

08

Nova Scotia Health Cards (MSI)

You can get a Nova Scotia Health Card (MSI) if you meet one of these criteria:

- You are a Canadian Citizen or Permanent Resident.
- You are a full-time resident with a permanent home in Nova Scotia.
- You live in Nova Scotia 183 days of every calendar year and are registered with MSI.

You need your Nova Scotia Health Card to get free treatment in a hospital or primary care clinic.

Without this card, you will have to pay for these services.

To apply for a health card in Nova Scotia, call the MSI Registration and Enquiry Department at 1-800-563-8880. They will ask you to prove that you live in Nova Scotia. These are examples of the documents you will need:

- a valid Nova Scotia driver's licence
- a credit card statement
- a pay stub or letter from your employer

MSI may ask for other documents.



After they approve your application, they will issue health cards for each member of your family. You must present your health card to your health care provider before you receive insured health services.

For more information, visit novascotia.ca/dhw/msi/health_cards.asp

DEFINITION

Primary Health Care Provider

In Nova Scotia, a primary health care provider is any one of these people or services:

- family doctor
- family medicine clinic
- mobile health care clinic
- nurse practitioner
- primary care clinics
- virtual care ns
- walk-in clinic

TIP:

Carry your signed Nova Scotia Health Card with you at all times. Present it each time you need care in a hospital or primary care clinic.

Dental care

Your MSI card does not cover dental care. You may have insurance for this through your employer. You can also buy private dental insurance.

Prescription Drugs

MSI only pays for the prescription drugs you are given in hospital. There are some Nova Scotia programs that pay for prescription drugs to those who qualify.

To find out more, visit novascotia.ca/dhw/pharmacare

You may have insurance for prescription drugs through your employer. You can also buy private medical insurance.

Find a Family Physician or Other Primary Care Provider

If you do not have your own primary health care provider, you should get on the waiting list for one as soon as possible.

Call 811 or visit needafamilypractice.nshealth.ca.

When a provider in their area is accepting new patients, the people higher up on the list get called first.

Why do I need a primary health care provider?

Your primary health care provider takes care of your basic health care. They can find illnesses early and prevent you from getting sick. Your primary health care provider will send you to a specialist when you need it. Finally, your primary health care provider gives you continuity of care. That means they know these things:

- Your health history
- the medications you take
- how you have reacted to treatments in the past

In Canada, health care services are confidential. This means that your primary health care provider must have your permission to discuss your health information with someone else.

What if I don't have a primary health care provider or can't see them when I need to?

If you do not have a primary health care provider, or need to see one when yours is not available, these are some other ways to get health advice or treatment:

- 811
- primary health clinics
- virtual care
- community pharmacies
- mental health and addictions services

811

When you are worried about a health issue that is not an emergency, call 811. You can call any time of day or night. Registered nurses are available to advise you. 811 provides services in more than 125 different languages including Arabic, Cantonese, Chinese, Farsi, and French.

To find health information on more than 500 topics visit 811.novascotia.ca.

Primary Care Clinics

The following primary care clinics offer services to different populations. Some are walk-in clinics and some require you to make an appointment. It's best to visit their website or contact the clinic to see if it is the right fit for you.

Primary Care Clinic – Colchester

316 Willow Street, Suite 205 Truro

They do not offer walk-in services. You must make an appointment. Appointments are only for those who do not have a primary health care provider.

To book an appointment, call 902-843-2577 between 9:00am and 4:00pm, Monday to Friday.

Truro Walk-In Clinic

68 Robie Street, Truro

The Truro Walk-In Clinic accepts patients with or without appointments.

Office hours are

Monday to Friday, 5:30 p.m. to 8:30 p.m.

Saturday and Sunday 11:30 a.m. to 2:30 p.m.

Call 902-893-3635 to book an appointment.

To find out more, visit truro-walk-in-clinic.edan.io

Millbrook Health Centre

The Millbrook Health Centre offers health care and health education to women living in the Millbrook community.

Call 902-895-9468

Truro Sexual Health Centre

The Truro Sexual Health Centre is open Wednesday evenings only from 5 p.m. to 8 p.m. You need an appointment to get health services here.

For a list of their services, visit

ns.211.ca/services/truro-sexual-health-clinic

To make an appointment, call 902-956-1550 or email admin@trurosexualhealth.com





TROUBLE GETTING TO YOUR HEALTH CARE APPOINTMENTS?

Public Health is here to support you and can help arrange free transportation to non-urgent health care and wellness appointments.

**For transportation support contact
Public Health:**

Call (902) 893-5820 or email
PublicHealthTransportation@nshealth.ca

**48 hours notice is required*

Requests must be made Monday to Friday, 8 a.m. - 4 p.m. (closed on holidays)



**You shouldn't have
to worry about how
you will get to and
from your health
care and wellness
appointments.**

Public Health is partnering with local transportation companies to ensure all residents from Colchester, Cumberland, East Hants and Pictou counties, have access to free transportation to get to non-urgent health care appointments.

Call us today for support.



Virtual Care

If you are on the “need a family practice waiting list” you can get free online care from a primary health care provider. To get this care, you must have an email address on file with 811. You can register for this service at virtualcarens.ca

Community Pharmacies

Pharmacists do more than fill prescriptions. They can also do the following:

- renew some prescriptions
- assess minor or common ailments such as allergies, coughs, nausea, mild headaches, and so on
- suggest medication substitutions or adaptations
- review medications

Pharmacists may charge a fee for some of these services.

To find out more, visit pans.ns.ca

Lawtons Pharmacy

The Lawtons Pharmacy on Willow St. in Truro provides a Walk-in Clinic. This clinic is first-come, first-served. You will need to pay a fee for this service.

Mental Health Services

Mental Health and Addictions Intake Service

If you think you need mental health care in a hospital, You can call this service yourself, or your primary health care provider can call for you. There are interpreters available, ask for the language you need. Call 1-855-922-1122

To find out more, visit mha.nshealth.ca/en/help

Provincial Mental Health and Addictions Crisis Line

Call this number if you are experiencing a mental health crisis: 1-888-429-8167

Kids Help Phone

Kids Help Phone offers counselling and crisis support to young people in Canada. Call 1-800-668-6868 or text “CONNECT” to 686868 to connect with a trained crisis responder. Your conversation is private.

To find out more, visit kidshelpphone.ca

RiseUp powered by Kids Help Phone

RiseUp offers online or text mental health support for Black youth. Text RISE to 686868 to connect with a trained crisis responder. Your conversation is private.

To find out more, visit kidshelpphone.ca/get-info/support-for-black-youth-riseup-powered-by-kids-help-phone

Emergencies

911

Call 911 as soon as you think someone's life is in danger. You don't need a SIM card. Mobile phones in Canada can call 911 without one. 911 has access to interpreters of more than 170 languages. Ask for the language you need.

Calling 911 connects you to Emergency Medical Services (EMS). An ambulance and paramedics will come to you. When they reach you, they will do these things:

- assess your medical need
- give you emergency treatment on the spot if needed
- take you to the hospital if needed

What to do when you call 911

When you call, stay calm. Give the following information:

- your name
- the address of the emergency. Include the name of the town or city.
- your phone number
- the reason for your call

Follow any instructions they give you.



Emergency Departments

Go to the emergency department when you need medical help right away and do not need an ambulance. Staff there assess your medical need. The most serious injuries and illnesses are treated first.

Visit the Colchester East Hants Health Centre Emergency Department at 600 Abenaki Road, Truro.

Other health resources

healthnovascotia.ca

At healthnovascotia.ca, you can get a wealth of information on living a healthy life. You can also take part in online wellness sessions.

Pregnancy and maternity information

You should contact your primary health care provider as soon as you know you are pregnant. They can help and support you before and after your baby is born. They offer prenatal courses, which is a great way to meet other new parents. They also give you information about these things:

- sexual health
- pregnancy
- prenatal development
- childbirth
- breastfeeding your baby

Your health care provider may also tell you how you can register the birth of your child and get an official birth certificate.

Lillian Fraser Memorial Hospital

Location: 110 Blair Avenue, Tatamagouche.

This hospital has an Urgent Treatment Centre for health issues that are **not** life threatening.

Call 902-657-2382 to make an appointment. There may be a few walk-in appointments available.

Hours:

Monday to Friday: 8 am to 4 pm

Weekends: 8 am to 7 pm.

Maternity leave

If you are pregnant and working, you may be able to take paid leave from your employer. Employment Insurance (EI) provides benefits to eligible parents who are expecting or have recently had a baby.

To find out more, visit canada.ca and type “maternity leave” in the search box.



Emergency Services

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911

Call 911 only in emergencies. That means as soon as you think someone's life, safety, or property is in danger. Help will be sent right away. You don't need a SIM card. Mobile phones in Canada can call 911 without one. 911 has access to interpreters of more than 170 languages. Ask for the language you need.

Calling 911 gets you to these emergency services:

Emergency Health Services (EHS), Ambulances

If you have a medical emergency and need immediate help, an ambulance and paramedics will come to you. When they reach you, they will do these things:

- assess your medical need
- give you emergency treatment on the spot if needed
- take you to the hospital if needed

Fire Services

Your local fire department will send fire trucks and firefighters to put out the fire. If there is a fire in your location, everyone must leave the area and wait in a safe place. Do not go back into the building until the fire service says it is safe.

Police Services

Police will come if your safety or property are in danger. The Truro Police Service serves the Town of Truro. The RCMP (Royal Canadian Mounted Police) serve Colchester County outside Truro.

What To Do When You Call 911

When you call, stay calm. Give the following information:

- your name
- the address of the emergency. Include the name of the town or city
- your phone number
- the reason for your call

Follow any instructions they give you.

Colchester Ground Search and Rescue

The search and rescue team is a group of volunteers who are trained to find people who are lost in the wilderness. The team is also trained in first aid. They can stabilize an injured person and get them safely to the appropriate medical care.

To find out more, visit colchestersar.ca





Housing

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Temporary housing

As soon as you arrive in Canada, you will need a place to stay. For many, this is temporary until you can rent or buy your permanent home.

Your options for temporary housing include the following:

- staying with family or friends
- staying at a hotel or vacation rental home like Airbnb or VRBO

Hotels

Most hotels offer private rooms with bathrooms. They also come with a telephone, television, and an internet connection.

Some hotel rooms have a small kitchen. This can help you save money because you can make your own meals instead of eating at a restaurant.

Permanent housing

Before you decide where you will live, think about these things:

- where you work
- where the closest schools are
- how you and your children will get to work and school
- the kind of surroundings you want to live in

The Nova Scotia Office of Immigration can help you find housing in Truro and Colchester County.

To find out more, visit

novascotiainmigration.com/live-here/housing

You can also contact your local settlement service provider to help you find housing.

See Section 4, Settlement Services.



Renting a home

Most apartments have one or 2 bedrooms. There are a few 3-bedroom apartments. If you have a large family, you may want to rent a house.

When you rent a home, you are called a tenant. The person or company you rent from is called a landlord. The agreement you sign with your landlord is called a lease.

Tips For Finding Rental Property from the Nova Scotia Office of Immigration

- If you are not comfortable in English, bring an English-speaking person with you to view the rental property. Schedule viewings during the day when it is easier to see damage.
- Ask the landlord about repairs that need to be made.
- Make a list of the damage before you sign or agree to anything. Have the landlord sign the list too. Attach the list to the lease so the landlord will not blame you for the damage.
- Ask if the rent includes utilities. Utilities include these things:
 - water
 - electricity
 - heat

Before you move into your rental

- Find out if there is a limit to the number of people allowed to live there.
- Find out if pets are allowed.
- Have these documents ready:
 - proof of income
 - resume
 - references

Be prepared to wait for your application to be approved.

TIP:

Before you move into your rental property, take notes and pictures of any damage before you move in. You may need these to prove to your landlord that the damage was not your fault.

Rights and responsibilities when renting

If you rent a home, you will sign a lease. The lease outlines the terms of your rental agreement. It includes what you are responsible for, and what your landlord is responsible for. For example, you are responsible for paying your rent each month and repairing any damage you cause. Your landlord is responsible for the following:

- day-to-day upkeep
- repairs
- fixing damage caused by previous tenants

NOTE: A landlord is allowed to ask how much money you make. A landlord can refuse to rent to you for these reasons:

- they think you do not have enough money
- they think you will not be able to pay your rent every month

Discrimination

It is against the law for landlords to refuse to rent to you or treat you differently for these reasons:

- your age
- your disability
- your race, colour, nationality, or the country where you were born
- your religion
- your sex, sexual orientation, gender identity, gender expression, or marital status
- the make-up of your family, for example, if you have children
- the source of your income, for example, if you receive income assistance

If you think your landlord is discriminating against you, you can complain to the Human Rights Commission.

Call: 1-877-269-7699

Email: hrcinquiries@gov.ns.ca

Subletting your rental property

Once you have signed a lease, you are legally responsible to follow its terms and conditions for the length of the lease. If you need to move before the end of the lease, you may need to find someone to take over the rest of your lease. This is called a sublet. You can only sublet your rental property if your landlord allows it.

Resources

You can find out more about your rights and responsibilities as a tenant from these resources:

Canada Mortgage and Housing Corporation (CMHC)

The CMHC offers the following information:

- things to consider before renting
- types of housing for rent in Canada
- finding or advertising rental property
- visiting the rental property
- lease and rental agreements
- signing the lease
- credit checks and bad credit
- rental payments and deposits
- roommates and pets

To find out more, visit cmhc-schl.gc.ca. Click “get the info you need” under “Consumers” then choose “renting a home.”

Legal Aid Nova Scotia

Visit nslegalaid.ca. Click on “legal information” and choose “residential tenancy” from the menu.

Legalinfo.org

This website offers legal information on a variety of topics. To find information on your rights and responsibilities as a tenant, choose “housing” then choose “residential tenancies help” or “tenant rights guides”.

Nova Scotia Residential Tenancies Program

Type “nova scotia residential tenancies program” into your search engine.

This website includes the following information for landlords and tenants:

- updates to laws
- policies
- forms
- rights and responsibilities





Utilities for your Home

Water, electricity, and heat supplied to your home are called utilities. Your rent may include these utilities, or you may have to pay for them separately. If you pay for your own utilities, create accounts for those utilities at least one week before you move in. You can do this over the phone or online.

Electricity

In Nova Scotia, we use electricity to heat our homes as well as to power lights and appliances. If your rental property is heated with electricity, you will buy it from Nova Scotia Power.

To find out more, visit nspower.ca

Heating

There are several other forms of home heating:

- natural gas
- oil
- propane
- solar
- wood
- heat pumps

There are many local providers for each of these. Some of these are more expensive than others.

Insurance

Some landlords require you to buy insurance to protect your home and your belongings. This is called Contents or Tenants Insurance. Even if your landlord does not require it, it's a good idea to have it. It can pay for temporary accommodation in the case of fire, for example.

Cable and Internet

Many companies offer cable television and internet service in Truro and Colchester County. The largest companies are Bell Aliant and Eastlink. These are some other options:

- Seaside Internet
- TNC Wireless
- Xplornet
- Citywide Communications
- Purple Cow
- and others

Telephone

There are 2 kinds of telephone service in Nova Scotia: mobile and landline. A landline is a telephone that is wired into your home. Many Nova Scotians are choosing not to have a landline. Most use mobile phones.

The following companies offer mobile phone plans:

- Bell Mobility
- Eastlink
- Koodo
- Rogers
- Telus
- Virgin

Shop around to get the best service in your area for the best price.

TIP:

Check to make sure service is provided in your area. Some rural areas of Nova Scotia do not have access to high-speed internet.

Owning Your Own Home

The Canada Mortgage and Housing Corporation (CMHC) provides housing information to newcomers in 7 languages on the following topics:

- buying your first home
- what to look for when buying a home
- making an offer and closing the deal
- choosing the right mortgage
- what to do if you are having trouble making mortgage payments

They also provide a workbook called Homebuyers Checklist. These are some of the topics the workbook covers:

- what kind of home you want
- how much you can afford
- where to get advice

For more information, visit cmhc-schl.gc.ca and click on the links in this order:

1. consumers
2. buying a home
3. newcomers
4. choose your language

Property Taxes

All property owners pay municipal taxes. Depending on where you live, you may have to pay separately for these services:

- fire
- police
- sewer
- solid waste such as garbage, compost, and recycling

You can pay your tax bill through your bank as part of your mortgage. Or you can pay it separately. Tax bills are usually sent once or twice a year.

Water and Sewer

If you live in town, your water and sewer services are managed by your town. You pay for these services separately. You may need to create an account to pay your water bill, depending on where you live.

Not every municipality offers water services. Some rely on well water. If you have a well on your property, you need to know where it is. You also need to know if it is a drilled or a dug well. If you are not connected to a municipal sewer system, you should have a septic system on your property. You need to know what kind of septic system you have and where it is.

Many residents of the Municipality of the County of Colchester use well water and septic systems.

Waste Management

Colchester Waste Resource Management (CWRM) collects residential waste every two weeks. This includes garbage, recyclables, and compost.

What Goes Where?

You must sort your waste before putting it out for collection. You can download a free app that will tell you these things:

- what goes where
- what gets picked up when
- It will also remind you when to put your waste out.

To find out more, visit colchester.ca/sorting-guides



Education

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If you have children between the ages of 5 and 18, you must ensure their education. You can do this in one of 3 ways:

- Send your child to public school. Public school in Canada is free
- Send your child to private school. Private schools charge tuition. Some are more expensive than others
- Educate your child at home. To find out more about educating your child at home, visit, ednet.ns.ca/homeschooling



Public Schools – Pre-Primary to Grade 12

Public schools are for children and youth aged 4 to 18 years old.

The program for 4-year-olds is called pre-primary. It is an optional program for parents who want to send their young children to school.

The official start of school is grade primary. To attend, children must be 5 years old by December 31 of the year they start school. That means that for your child to attend public school this year, they must turn 5 any time before December 31st. It is possible that they will be 4 years old when they start school and turn 5 during the first half of the school year.

The School Calendar

The school year begins on September 1 at the earliest. It ends on June 30 at the latest. School days are Monday to Friday.

The following are school holidays:

- Labour Day – the first Monday in September
- Thanksgiving Day – the second Monday in October
- Remembrance Day – November 11
- Christmas Holidays – 5 to 10 weekdays that include Christmas Day and New Year's Day
- Heritage Day – the third Monday in February
- March Break – usually the third week in March
- Good Friday and Easter Monday – the Friday and Monday surrounding Easter Sunday. Easter Sunday is the Sunday after the first full moon after the spring equinox.
- Victoria Day – the last Monday before May 25
- Summer Holidays – beginning July 1 at the latest and ending August 31 at the earliest

Children will also have days off school for in-service days and parent-teacher interviews.

Enrolling Your Child In Public School

Before you enrol your child in public school, decide if you want them educated in English or French. To register them in English, contact the Chignecto Central Regional Centre for Education (CCRCE). There are no admission criteria. [See Other CCRCE programs.](#)

To register them in French, contact the Conseil scolaire acadien provincial (CSAP). There are admission criteria. [See École acadienne de Truro.](#)

The CCRCE or the CSAP will assess your child's needs to find out these things:

- which grade they should be in
- if they need support such as English or French language classes

To find out more, visit ccrce.ca or csap.ca

TIP:

In Truro and Colchester County, YREACH may help you register your child in school. They may also help you to communicate with the school if you have questions or concerns.

Other CCRCE Programs

The CCRCE offers 2 programs that are popular with parents:

- French Immersion – there are several levels of French immersion and they are offered at different schools in the region. To find out more, visit ccrce.ca and type “French immersion” in the search box.
- The International Baccalaureate (IB) Diploma Program – this is a rigorous pre-university course of studies for students aged 16 to 19. To find out more, visit ccrce.ca and type “international baccalaureate” in the search box.

École Acadienne de Truro

École acadienne de Truro is the only French first-language public school in Truro and Colchester County. All classes at this school are in French. Children enrolled at this school are expected to have been speaking French at home. It is not a French-immersion school.

Admission Criteria

There are 2 kinds of admission criteria. The first has to do with the rights of the parent. The second has to do with permission given to children who meet certain criteria.

Parents with the Right to Send Their Children to French Public School

To have this right, parents must be Canadian citizens and meet at least one of the following criteria:

- The first language they learned and still understand is French.
- They went to elementary school at a French first-language school.
- One of their children has gone, or is still going to a French first-language elementary or high school.

Children Who May Have Permission to Attend a CSAP School

Children must meet at least one of the following criteria to get permission to attend a CSAP school:

- Their grandparents speak or spoke French during their lifetime and the parents agree to promote the French language throughout the child's schooling.
- They can speak, read, and write in French at their grade level and live in a household where French is spoken. This applies only to children of non-Canadian parents.
- They are taking part in an international exchange program and speak, read, and write in French at their grade level.
- They live with someone who has the right to send their child to school in French even though their biological parent does not have that right.

Getting to and from Public School

Depending on how far you live from your child's school, your child will either walk or take a bus. See the following examples:

- Elementary school – grades primary to 6
 - If you live 1.6 km or less from the school, your child will walk
 - If you live more than 1.6 km from the school, your child will take the bus
- Junior High/Middle School and High School – grade 7 to 12
 - If you live 2.4 km or less from the school, your child will walk
 - If you live more than 2.4 km from the school, your child will take the bus

Private schools

Bridgeway Academy

Bridgeway has programs for children, parents and professionals seeking to support youth with a variety of learning, organizational, social and behavioural needs.

To find out more, visit <https://bridgeway-academy.com/>

Colchester Christian Academy

Colchester Christian Academy offers Christian education from Pre-Primary to Grade 12 in Bible Hill.

To find out more, visit colchesterchristianacademy.ca/



Childcare and After-School Programs

The public school day is 5 hours. It usually begins at 8 am at the earliest and ends at 3 pm at the latest. Parents who work outside the home usually need someone to care for their children before or after school.

Before and After School Program

The Before and After School Program is for children aged 4 to 12. There is a fee for this program. There are several schools in Truro and Colchester County that offer this program.

To find out more, visit ccrce.ca and type “before & after school program” in the search box.

BGC Club

The BGC Club of Truro and Colchester is for children aged 5 to 18. It is open at these times:

- weekdays after school
- some evenings
- some weekends
- full days when there is no school

To find out more, call (902) 895-5008 or visit bgctruro.ca

Directory of Licensed Child Care Facilities Nova Scotia

The Province of Nova Scotia provides a searchable database of child care facilities. To find one in your area, type “Directory of licensed child care facilities Nova Scotia” into your search engine. Complete the online form. You will see a list of child care facilities. When you click on the name of a facility, you will see their phone number. You can then call to see if that facility meets your needs.





Summer Day Camps

The following groups may provide summer day camps:

- community organizations
- municipalities
- local churches
- recreational centres

To find out more, check with your local welcome group for more information at info@tcwelcomenetwork.com

Post-secondary Learning

After graduating from high school, students may choose to go on to university or community college.

Universities

Nova Scotia is home to 9 universities. One is located in Truro. It is the Dalhousie University Agricultural Campus. This campus offers the only university level programs in agriculture in Atlantic Canada.

To find out more, visit dal.ca/faculty/agriculture.html

A one-hour drive away, in Halifax, there are 6 universities:

- [The Atlantic School of Theology](#)
- [Dalhousie University](#)
- [Mount Saint Vincent University](#)
- [NSCAD University](#)
- [Saint Mary's University](#)
- [University of King's College](#)

Three other universities are within a 2-hour drive from Truro:

- [Acadia University in Wolfville](#)
- [St. Francis Xavier University in Antigonish](#)
- [Mount Allison University in Sackville, New Brunswick](#)

Community Colleges

Nova Scotia Community College (NSCC) has 14 campuses across Nova Scotia. These campuses offer diploma and certificate programs. Most courses of study are 2 years long.

The Truro campus offers 17 full-time programs. These include Business Administration, Digital Animation, and Social Services. It also offers programs for adults who want to upgrade their skills. To find out more, visit nscc.ca





Adult Learning

Adults who have not completed elementary school or high school can further their education at the Colchester Adult Learning Association. They offer free courses in these areas:

- reading
- writing
- math
- communications
- digital literacy
- online safety
- employment readiness
- preparation for the high school equivalency test called the GED

To find out more, visit gocala.ca

Apprenticeship

An apprentice is someone who works in a skilled trade and gets training on the job. To become an apprentice, you must work in one of the 70 compulsory skilled trades. These are listed on the Nova Scotia Apprentice Agency (NSAA) website.

There are excellent opportunities for immigrants in the skilled trades. Certified tradespeople are in demand in Nova Scotia.

To find out more, visit nsapprenticeship.ca

To find out more, visit novascotiaworks.ca

Resources for Families With Children 12

Financial Resources

Raising children can be expensive. The governments of Canada and Nova Scotia have programs to ease this burden. Some are for all families. Others are only for those with low incomes.

The Canada Revenue Agency (CRA) administers the following programs:

- The Canada Child benefit (CCB). This is a tax-free monthly payment to help eligible families with the cost of raising children under 18 years of age.
- Nova Scotia Child Benefit. This is a tax-free monthly payment to help lower income families with the cost of raising children.
- GST/HST credit. This payment is made 4 times a year to individuals and families with lower incomes. It is meant to return some of the harmonized sales tax (HST) Nova Scotians pay when they buy goods and services in the province.
- Nova Scotia affordable living tax credit. This is also a payment meant to return some of the HST Nova Scotians pay when they buy goods and services in the province. It too is tax-free.

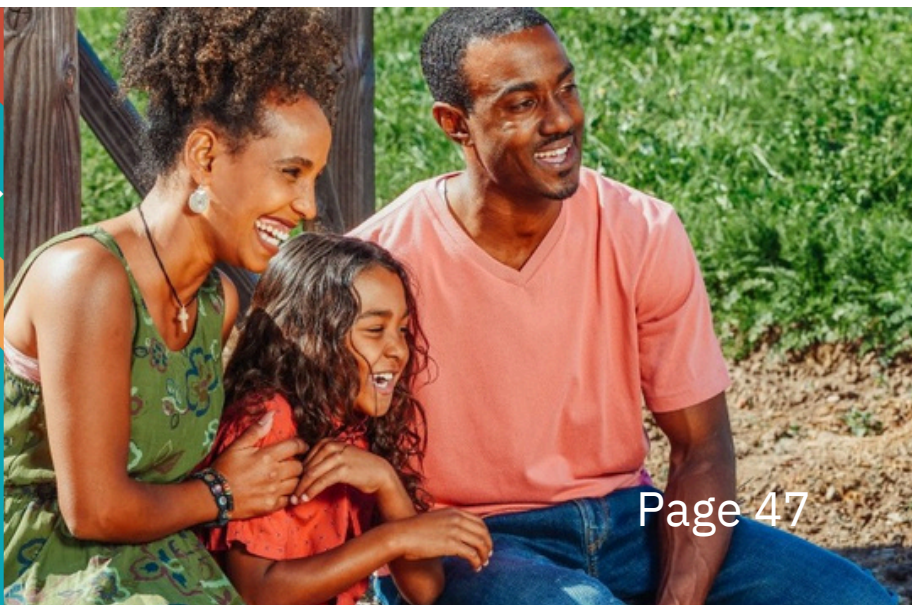
To find out more, visit Canada.ca

Family Resources

Whether you are planning for a family or already have one, it helps to have help. Maggie's Place Family Resource Centre offers free programs and services to families in Truro and Colchester County. If you are pregnant or have children 18 years old or younger, they have a program for you. This is some of what they offer:

- prenatal programs
- home visits for families with children 18 and younger
- choosing a car seat or booster seat and helping to install it
- providing free car seats to parents who can not afford them

To find out more, visit maggiesplace.ca



Child Care

Most parents have to return to work before their children can begin to go to school. Luckily, there are many child care options in Truro and Colchester County. Some centres accept newborns. Some accept children as young as 3 months. But most centres wait until children are at least 18 months old.

These are some of the child care options you will find in Truro and Colchester County:

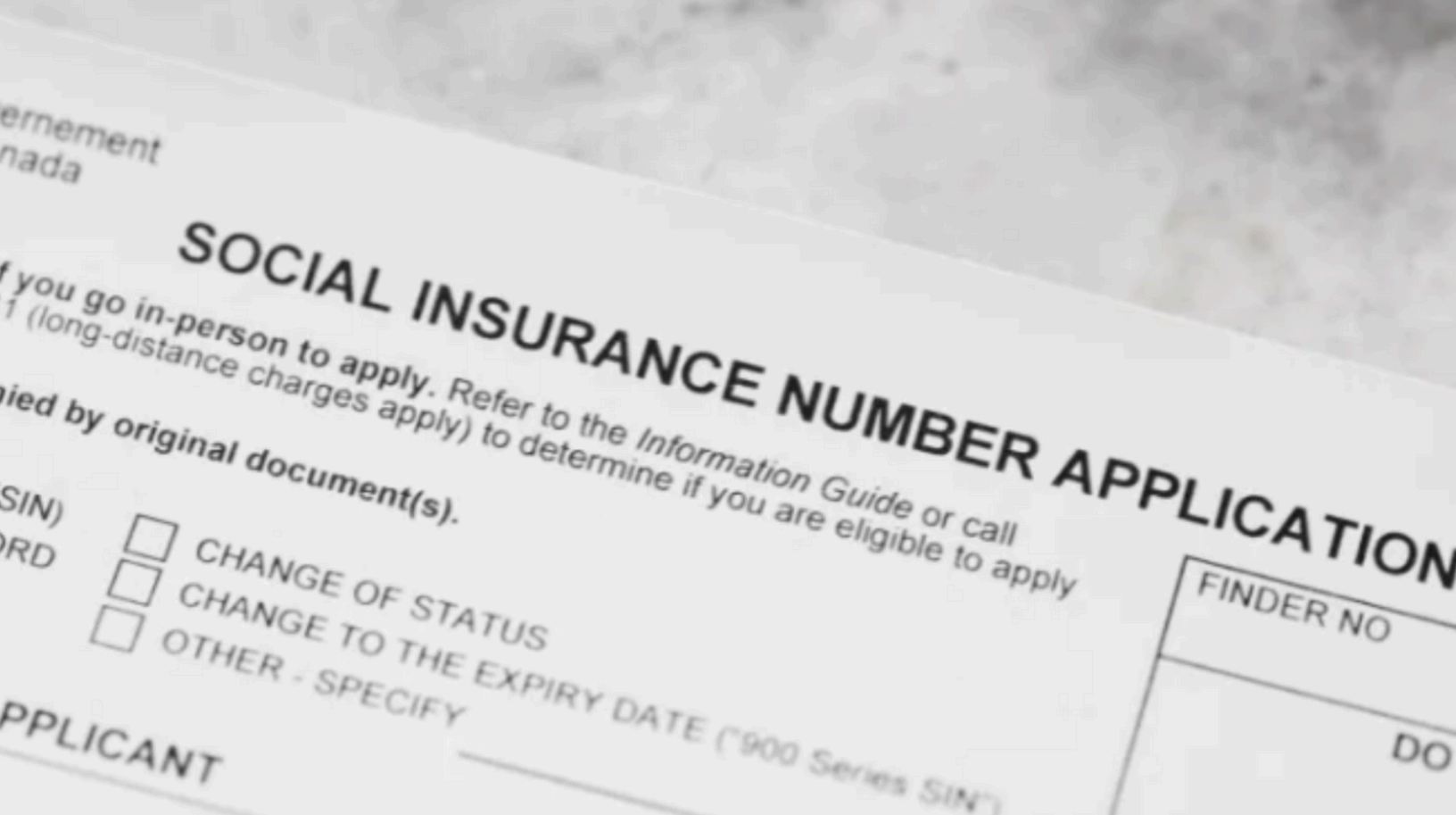
- publicly funded child care centres
- privately-run daycares
- in-home care for infants and toddlers
- unlicensed care where your child is cared for in your home or someone else's
- after-school care for school-aged children

Many daycares offer after-school care and flexible hours. This lets you drop your children off early or pick them up late if you need to.

TIP: There may be a waitlist for the centre you want for your child. Start looking for childcare early.

To find out more, visit ednet.ns.ca. Click on “Early Learning and Child Care (ELCC)”. Then choose “Child Care / Information for Families”.





Employment and Income

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Finding work is a main priority for many newcomers. If you are an immigrant your local settlement service provider may refer you to the resources and supports you need.

To get the job you really want, you need to do 3 things:

- Get a Social Insurance Number (SIN).
- Make sure your qualifications meet Canadian standards.
- Gain Canadian experience.

Social Insurance Number (SIN)

Apply for a SIN for each person in your family including children. This number allows you to work in Canada. It also allows all members of your family to receive government services.

To find out how to apply for a SIN, visit Canada.ca and type “Social Insurance Number” in the search box.

Your SIN is confidential. Do not use it for any of these reasons:

- to use as a personal ID card
- to apply for a job
- to give to a potential landlord

Find out more about how to protect your SIN. Visit Canada.ca and type SIN (all caps) into the search box.

Find out if Your Qualifications Are Recognized

Depending on the path you took to immigrate to Canada, you may or may not be allowed to work here. To work in some jobs, your qualifications must be equivalent to Canadian qualifications.

You can start the process of getting your credentials recognized before you arrive in Canada. To find out more, visit canada.ca and enter “foreign credential recognition tool” in the search box.

In Nova Scotia, the Department of Labour, Skills and Immigration has a list of organizations that regulate different jobs in the province. When you click on the organization you are interested in, you will find the rules for having your qualifications recognized.

To find out more, type “International Qualifications Recognition Nova Scotia” into a search engine.

Language skills

For most jobs in Nova Scotia you need to have strong English language skills. As French is the second official language of Canada, you may need strong French language skills for some jobs. To find out how you can improve your skills in English or French, see [Section 5, Language Services](#), in this guide.

What are qualifications?

Qualifications = Credentials + Competencies + Experience

Credentials are education records like certificates, diplomas, and degrees. They may include other documents related to a specific job.

Competencies are the skills and knowledge you need to do the job.

Help with Finding a Job

Nova Scotia Works and Futureworx

Nova Scotia Works and its partner organization Futureworx help you to develop your career. They can help you find meaningful employment or explore career options. These are some of the services Nova Scotia Works and Futureworx provide:

- access to the latest labour market information
- case management and career counselling
- free wifi access
- free workshops
- help with resumés, cover letters, and interview skills
- help with your job search
- practice interviews
- help understanding credentials from other places
- introduction to Canadian workplace culture and communications

To find out more, visit novascotiaworks.ca and futureworx.ca

Immigrant Services Association of Nova Scotia (ISANS)

ISANS offers 7 programs to help immigrants find employment in Nova Scotia:

- Skills Match
- Pre-Employment Job-Readiness Training
- Internationally Educated Early Childhood Educators Bridging Program (IEECE)
- International Pharmacy Graduates Bridging Program (IPG)
- Employment Counselling and Case Management

To find out more, visit isans.ca, and type “employment” in the search box.

Npower Canada

NPower offers training in Information technology (IT) for free. You must be 18 years old or older to take their courses.

To find out more, visit npowercanada.ca

Networking

Meeting and socializing with other people in your field is called “networking”. You can network in several ways:

- Attend an event hosted by the professional association or industry where you want to work.
- Make a LinkedIn account and find people in your field online.
- Ask someone in your field to be your mentor.
- Find out if your settlement services provider has a program that will match you up with a mentor in your field. *See Section 4, Settlement Services in this guide.*

Northern Connector Program

The Northern Connector Program matches new professionals with established ones in Northern Nova Scotia. You can develop your local business network by connecting with established local businesses and community leaders.

To find out more, visit connectorprogram.ca

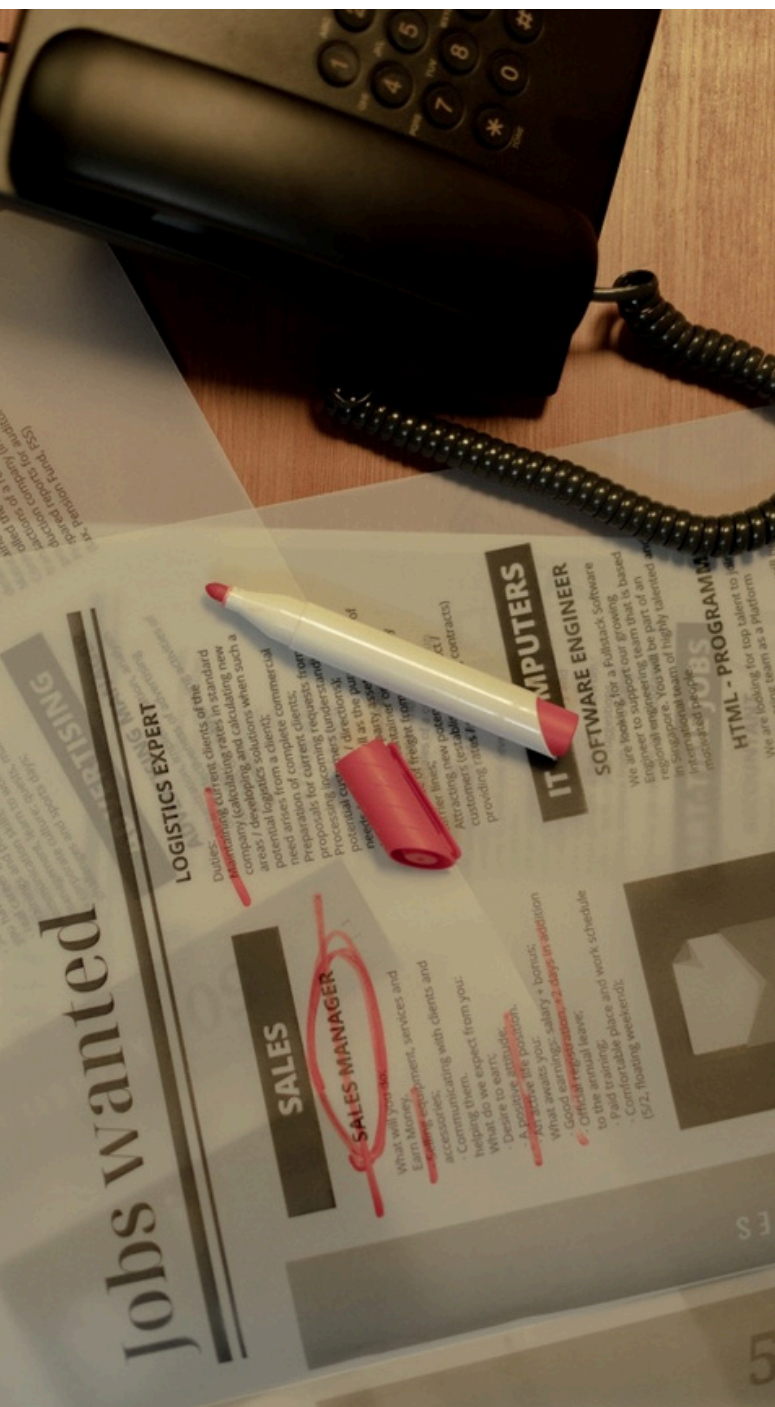
Where to Find Job Opportunities

When a business has a position available, they often post it publicly. You can find available jobs online on these websites:

- [Career Beacon](#)
- [Government of Canada Job Bank](#)
- [Indeed](#)
- a business's own website
- social media sites like Kijiji, and Facebook

You may also find jobs advertised in these places:

- local newspapers
- at the business location



Volunteering and Internships

Getting a job in Canada is easier if you have Canadian work experience. One way to get this experience is to volunteer or take an internship in your field. These are some things volunteering and internships can help you to do:

- Get Canadian work experience
- Learn about the Canadian workplace
- Improve your English or French
- Develop a network of contacts who can do 2 things:
 1. help you find job opportunities
 2. act as references

To find out more about volunteering, visit www.volunteer.ca.

Once You Are Offered a Job

The employer will tell you how much they will pay you before you accept the job. You may be able to negotiate this amount based on your experience. Your job may also include benefits like these:

- insurance to help pay for prescription drugs, dental care, and eyeglasses
- retirement benefits

Employment Rights and Responsibilities

In Nova Scotia, the Labour Standards Code sets out the rights and responsibilities for employers and employees. Both have the right to file a complaint with the Labour Standards Division if they feel someone has broken a rule .

Get to know these rules when you are looking for a job.

The rules set out in the Labour Standards Code govern these things:

- minimum wage
- vacation and holidays
- pregnancy and parental leave
- the right of retail workers to refuse work on Sundays and holidays
- rules for workers younger than 14
- rules for workers younger than 16

To find out more, visit novascotia.ca/lae/employmentrights/ or call 1-888-315-0110.

Human Rights Act

It is against the law for employers to refuse to hire you or treat you differently for these reasons:

- your age
- your disability, unless accommodating you would cause them undue hardship
- your race, colour, nationality, or the country where you were born
- your religion
- your sex, sexual orientation, gender identity, gender expression, or marital status
- the make-up of your family, for example, if you have children
- the source of your income, for example, if you receive income assistance

If you think an employer is discriminating against you, you can complain to the Human Rights Commission.

Call: 1-877-269-7699
Email: hrcinquiries@gov.ns.ca

Minimum Wage

The minimum wage is the least amount of money an employer is legally required to pay an employee for each hour of work. In Nova Scotia, the minimum wage is \$16.50 per hour as of October 2025 and is expected to increase to \$17.00 per hour in October 2026.

Taxes and Government Benefits for Employees

Income Tax

In Canada, people pay income tax each year. This money pays for public services like education and health care.

In Canada, you are responsible for filing your own tax return. You must do this every year by April 30 at the latest. There are several ways to do this:

- File yourself using an online tool
- Have one of these professionals file for you:
 - an accountant
 - a bookkeeper
 - a tax-filing service

Most employers deduct income tax from your pay each pay period. If they deduct too much, you will get that money back after you file your tax return. If the employer deducted less than they should have, you will have to pay income tax after you file your tax return.

The Canada Revenue Agency (CRA) offers information that explains the tax system in Canada. This includes videos.

To find out more, visit canada.ca/en/revenue-agency.html

Employment Insurance

If you are unemployed, you may qualify for Employment Insurance (EI) benefits. This means you can get some money while you look for work or upgrade your skills. To get these benefits, you must meet these criteria:

- You lost your job through no fault of your own.
- You worked in Canada for a specified amount of time in the 52 weeks before you lost your job. In Truro and Colchester, you must have worked at least 665 hours. If you worked 40 hours a week, you would have had to work for about 17 weeks
- You have been without work for at least 7 days in a row.
- You are ready, willing, and able to work
- You are looking for work. You must keep a written record of the employers you contact and when you contacted them.

You may also receive temporary financial assistance from EI under these conditions:

- You are sick, injured, or subject to quarantine for health reasons
- You are pregnant or caring for a newborn or adopted child
- You are caring for a family member who is seriously ill with a significant risk of death

Only people who pay EI premiums can get EI benefits. Most employers deduct your EI premium from your pay.

To find out more, visit [Canada.ca](https://canada.ca) and type “employment insurance” in the search box.

Canada Pension Plan

The Canada Pension Plan (CPP) is a program for workers and their families. It helps to cover your costs due to retirement, disability, or death.

Anyone who works in Canada is required to pay into the CPP. Most employers deduct CPP from your pay. The amount you pay is based on the amount you earn.

To find out more, visit [Canada.ca](https://canada.ca) and type “Canada Pension Plan” in the search box.

To find out more about finances, see [Section 6, Money and Banking in this guide](#).



Owning Your Own Business

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In Truro and Colchester County, we welcome new business owners to our community. You will find many resources if you want to start a business. Our region was built on small businesses. We encourage and support entrepreneurship.

Truro Colchester Partnership for Economic Prosperity (TCPEP)

The TCPEP provides expert advice in all aspects of business ownership. This includes how to start, manage and grow your business. They also help you to find the resources, support programs, and funding to help you.

To find out more, visit truocolchester.ca

CBDC Northern Opportunities for Business Limited (NOBL)

CBDC supports business in our community through financial support, training, and advice.

To find out more, visit noblbusinessskills.ca and cbdc.ca

Truro and Colchester Chamber of Commerce

The Truro and Colchester Chamber of Commerce is the voice of local business. It has 3 main functions:

- it advocates on behalf of businesses
- it hosts networking events
- it gives members the opportunity to offer discounts to other members

To find out more, visit truocolchesterchamber.com

Immigrant Services Association of Nova Scotia (ISANS)

ISANS offers several programs to help you start or grow your business in Nova Scotia. This is some of the training they offer:

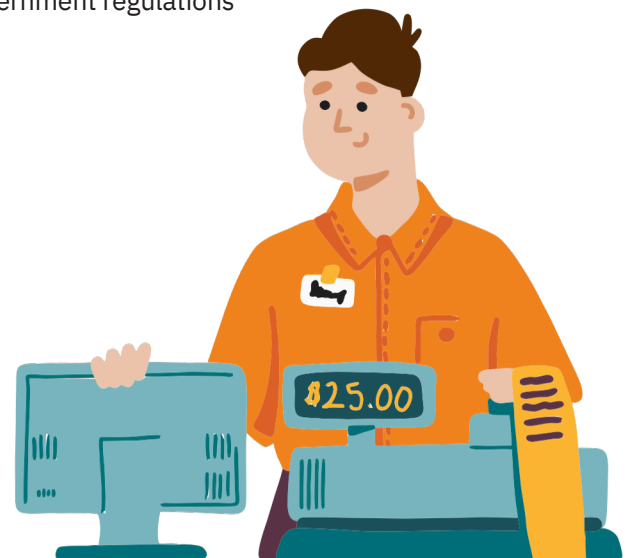
- accounting and finance
- business insurance and risk management
- developing websites and business plans

To find out more, visit isans.ca and type “business” in the search box.

Atlantic Canada Opportunities Agency (ACOA)

ACOA helps businesses to become more competitive, innovative, and productive. The agency offers free information in these areas:

- business planning
- financing
- government regulations





Getting Around Without a Car

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Walking and Cycling

Most people in Truro and Colchester County own and drive their own vehicles. However, you can easily get around Truro town centre on foot or by bicycle. The town has sidewalks and there are bike routes throughout Colchester County.

To find out more about cycling in Colchester County, visit novascotiatrials.cioc.ca and type "Colchester County" in the search box.

TIPS:

Use crosswalks when you cross the road. Many have signal lights. You have to push a button to activate some of these. Try to make eye contact with the driver.

Walk facing the oncoming traffic when you walk on the road.

Wear reflective or bright-colored clothing when you walk at night.



Transit

There is no public transit in Truro and Colchester County. Instead, there are some private or non-profit services you can use.

Colchester Transportation Cooperative Limited (CTCL)

You can use CTCL to get to the places you need to go in Truro and Colchester County. They offer 3 main services:

- Regular service: you can use this to get to and from work or school. You must book this service one month at a time.
- Dial-a-ride: Book this service 24 to 48 hours before you need to get somewhere. It's like calling a taxi except you book ahead.
- Charter service: Take a group of up to 18 people wherever you need to go. You must book at least 3 hours of service.

To find out more, visit ctcl.ruralrides.ca

Traveling outside Truro and Colchester County

There are 2 ways to travel by land outside of Truro and Colchester County:

Maritime Bus

Maritime buses have routes throughout Nova Scotia, PEI, and New Brunswick. To find out more, visit maritimebus.com

Taxis

There are several taxi companies in Truro and Colchester County. Prices vary. Find a taxi company near you at yellowpages.ca. Type "taxi" and your location into the search boxes.

When you call for a taxi, you need to give the operator the following information:

- your name
- where to pick you up
- where to drop you off

You can not use ride-sharing apps like Uber and Lyft in Truro and Colchester County.

VIA Rail

From Truro, you can go east to Halifax, or west to Moncton, Montreal, and Toronto. To find out more, visit viarail.ca/en/plan



Driving and Owning a Car

Getting Your Driver's Licence

Drivers with a Valid Driver's Licence

When you become a resident of Nova Scotia and you want to drive, you need a Nova Scotia driver's licence. You must get this within 90 days of becoming a resident. You can use your current driver's licence until you get your Nova Scotia licence.

Who Is a Resident?

You are a resident of Nova Scotia if any of the following applies to you:

- You go to school or college here
- You live here and your children go to school here
- You have worked here for more than 30 days in any given year
- You have lived here for more than 90 days in any given year

To find out how to get a Nova Scotia Driver's Licence, visit novascotia.ca and type "driver's licence" in the search box.

Getting a Licence for the First Time

Nova Scotia has a graduated licensing system with 3 levels:

1. Learner's Licence
2. Newly Licensed Driver's Licence
3. The Restricted Individual stage

All new drivers must graduate from all 3 levels to get a permanent driver's licence.

To find out more about getting a new driver's licence, visit novascotia.ca and type "new driver's licence" into the search box.

Access Nova Scotia Truro
15 Alderbrook Dr, Truro Heights, NS B6L 0C4

You will get your permanent licence faster if you take lessons from a driving school.

Driving Schools

Right Lane Driver Training
15A Alderbrook Dr, Truro Heights, NS B6L 0C4
(902) 893-3022
[Rightlanedriving.com](https://rightlanedriving.com)

Young Drivers of Canada
7 Queen Street Truro, NS B2N 2A7
902-893-4886
yd.com/locations/ns/truro

Commercial Safety College
11490 NS-2, Debert, NS B0M 1G0
1.800.667.5455
<https://safetycollege.ca/>

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Buying a Vehicle

You need 2 things to be allowed to buy a vehicle in Nova Scotia:

- a valid driver's licence
- automobile insurance

Insurance

By law, you must insure your vehicle in Nova Scotia. This insurance will help you if you are in an accident, or if your vehicle is stolen or damaged.

Where to Buy Your Vehicle

There are many places to buy a vehicle in Truro and Colchester County. These are the different kinds of vehicle sellers:

- dealerships that sell new and used vehicles
- dealerships that only sell used vehicles
- individuals selling their own cars on websites like kijiji and Facebook marketplace

Rebates for Electric Vehicles

Nova Scotia offers rebates for 3 kinds of electric vehicles:

- fully electric vehicles, also called EVs or BEVs
- hybrid vehicles, also called HEVs
- plug-in hybrid vehicles, also called PHEVs

To find out more, visit evassist.ca/rebates

Registering Your Vehicle

Once you have your vehicle, you must register it and get a license plate. To do this, you must visit Access Nova Scotia. To find the location nearest you, visitnovascotia.ca/access-locations





Rules for Driving in Nova Scotia

- Everyone in the vehicle must be secured appropriately. That means using seat belts, car seats, or booster seats.
- Children younger than 9 must use a car seat or booster seat. [See Car Seats and Booster Seats](#) later in this section.
- It is against the law to smoke tobacco in your vehicle if a person younger than 19 is with you.
- It is against the law to drive a vehicle during or after drinking alcohol, or using drugs including cannabis. To find out more, visit novascotia.ca/sns/rmv/safe/alcohol.asp
- It is against the law to use a handheld mobile phone while you drive. You may use a hands-free device.
- You must yield to moving emergency vehicles. This means:
 - You see an emergency vehicle driving behind you or towards you
 - It's lights are flashing, there may be a siren
 - Pull to the right and stop if it is safe to do so
 - Wait until the emergency vehicle passes before driving again
- You must give room to stopped emergency vehicles. This means:
 - You see an emergency vehicle stopped at the side of the road
 - Its light are flashing
 - Slow down to 60 km/h or obey the speed limit if it is lower than 60 km/h if it is safe to do so
 - On a highway with 2 or more lanes, move to the lane further away from the stopped vehicle, if it is safe to do so

You do not need to slow down or move over if the vehicle is on the other side of the median on a divided highway. To find out more, visit novascotia.ca/slowdownmoveover

- You must yield to school buses. This means:
 - You see a yellow school bus is stopped in front of you on either side of the road.
 - Its red lights are flashing.
 - Stop and wait until the red lights have been turned off and the school bus is moving again.
- You must yield to pedestrians in crosswalks and waiting to cross. Pedestrians include anyone walking, using a wheelchair, or other mobility aid.
- You must leave one metre (3 feet) of space between your vehicle and a cyclist when you pass a cyclist on the road.

Car Seats and Booster Seats

In Nova Scotia, children younger than 9 must be safely secured in a car seat or booster seat while in a moving vehicle. The seat must meet 2 criteria:

- It is the right fit for their age, weight, and height
- It is installed according to the manufacturer's instructions

To find out more, visit childsafetylink.ca and type “Nova Scotia Car Seat Laws” in the search box.

Call 1-866-288-1388

To find information in other languages, visit childsafetylink.ca and type “Resources in Other Languages” in the search box.

Maggie's Place can help choose a car seat or booster seat and help install it.

To find out more: [see Section 13, Resources for Families with Children](#)

Kinds of Car Seats

KIND OF CAR SEAT	WHO IT'S FOR
Rear-facing car seat	For infants until they're at least 1 year old and 10 kg (22 pounds)
Forward-facing car seat	For children at least 1 year old and 10 kg (22 pounds) until they are at least 18 kg (40 pounds)
Booster seat	For children who meet these conditions: <ul style="list-style-type: none">- They are younger than 9 years old- They weigh 18 kg (40 pounds) or more- They are shorter than 145 cm (4 feet 9 inches)

Your child no longer needs a car seat when they meet one of these conditions:

- They are 9 years old
- They are 145 cm (4 feet 9 inches) tall





Communications

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Language Skills

When you live in Canada, you need strong English or French language skills to do these things:

- get a job that matches your skills and experience
- get education or training after high school. For example, you may want to go to community college or university
- get the services you need
- help your children with school work
- meet and socialize with neighbours and coworkers
- pass the language requirement for citizenship

To find out more, [see Section 5, Language Services](#), in this guide.



Creating Contact Information

Many service providers and employers communicate by email. That's why you need an email address. You should also have a Canadian phone number as these same people may follow an email with a phone call.

You need an email address and a Canadian phone number to do these things:

- apply for jobs
- stay in touch with your employer
- get services like medical appointments
- be contacted for meetings

There are 2 main ways to get an email address:

- from your internet service provider
- from a trusted email platform, such as Gmail

Check your email regularly.

Mobile Phones and SIM Cards

You will need a Social Insurance Number (SIN) to set up a Canadian phone plan. The company may also ask for a credit check.

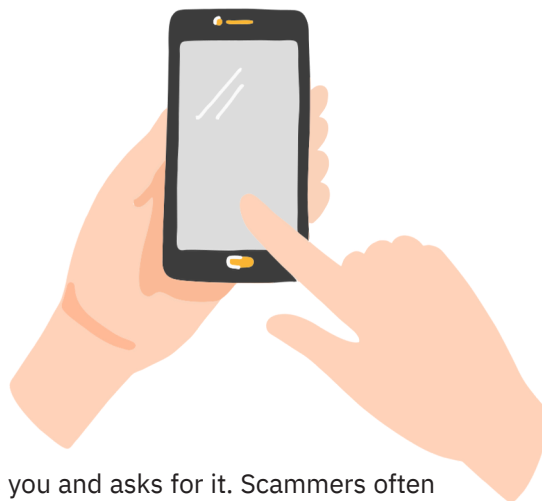
To find out about getting a SIN, [see Section 3, Your First Months in Canada](#), in this guide.

If you brought a mobile phone from another country, you should get a Canadian SIM card. This will let you use a local phone number to call out and receive calls.

The following companies offer mobile phone plans:

- Bell Mobility
- Eastlink
- Koodo
- Rogers
- Telus
- Virgin
- and others

Many of these also offer internet for your home.



Protect Yourself

Never give your SIN number or banking information to someone who calls you and asks for it. Scammers often ask for this information. They want to steal your money. They pretend to be organizations you do business with like these:

- the Government of Canada or one of its agencies
- your bank
- your internet provider

These organizations will never call you and ask for personal or financial information. If you think the call may be real, hang up. Then call the organization the person on the phone said they were from. That way you can find out if the call is real.



Sports and Recreation

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A great way to meet new friends at every age is take part in sports and recreation. These are some opportunities waiting for you in Truro and Colchester County:

- sports teams
- fitness groups
- recreational programs

There are lots of options in Truro and Colchester County to take part in sports like these:

- | | | |
|--------------|-------------------|--------------|
| • baseball | • soccer | • tennis |
| • lacrosse | • football | • pickleball |
| • basketball | • softball | • skating |
| • rugby | • hockey | • golf |
| • curling | • track and field | • volleyball |
| | | • and others |



Municipal Recreation Centres and Services

You can find sports and recreational activities at your local municipal recreation centre. These are great places to do the following things:

- explore a new activity
- try a new sport
- take a fitness class
- try ice skating
- learn to swim
- work out in a gym
- meet people with similar interests

Depending on the recreation centre, programs may be free or you may have to pay a fee.



Recreation Centres

The following table shows where you can find different recreation facilities:

LOCATION	NAME	FACILITIES	WEBSITE
Bible Hill	Scotia Pool	pool	www.scotiapool.ca
Brookfield	Don Henderson Memorial Sportsplex	arena	colchesterrfa.ca/donhenderson
Debert	West Colchester United Arena	arena	colchesterrfa.ca/westcolchester
Tatamagouche	North Shore Recreation Centre	arena	colchesterrfa.ca/northshore
Truro	Rath Eastlink Community Centre	arena & pool climbing wall fitness gym walking track	www.ratheastlinkcommunitycentre.ca
Truro	Victoria Park Pool	outdoor pool	www.truro.ca/victoria-park-pool.html
Truro	Douglas Street Recreation Centre	gymnasium	www.truro.ca/douglas-street-recreation-centre.html
Truro	No. 2 Construction Battalion Athletic Facility	sportsfield track playground - coming soon	www.truro.ca/taac-grounds.html
Truro	Cougar Dome	indoor courts indoor track turf	www.facebook.com/TheCougarDome
Truro	Truro Tennis Club	tennis	trurotennis.ca
Truro	Colchester Legion Stadium	arena	www.truro.ca/colchester-legion-stadium.html
Truro	Truro Curling Club	curling	trurocurlingclub.com
Brookfield	Brookfield Curling Club	curling	brookfieldcurlingclub.com
Stewiacke	Stewiacke Community Centre	community centre	www.stewiacke.net/facilities.html

Other Recreation Sites:

There are many private gyms, fitness, and recreation facilities in the area.

Recreation Departments

Parks and recreation departments offer a wealth of recreation services all year round. You can see some of these services listed by municipality/village/town/Millbrook First Nations.

Town of Truro Parks, Recreation and Culture

The Town of Truro operates facilities, programs, and events.

To find out more, visit truro.ca/parks-recreation-culture

Municipality of the County of Colchester Recreation Services

The Municipality of the County of Colchester offers outdoor recreation facilities, programs, activities and events.

To find out more, visit colchester.ca/recreation

To view information on trails, parks and outdoor activities please visit Truro.ca/facilities-and-venues.html. There you can find these guides to outdoor recreation:

- Get the Blazes Outside Outdoor Guide (Summer)
- Get the Blazes Outside Winter Guide

Some places have more than one recreation facility on the same site. These are called multi-purpose recreation areas. Bible Hill, Stewiacke and Truro each have one such area.

Community Action Fund

The Community Action Fund provides financial support to residents of Truro and Colchester County, helping them participate in experiences that promote physical, social, intellectual, creative, and spiritual well-being. By engaging in recreational activities, individuals can build confidence and self-esteem, improve health and wellness, develop leadership skills, forge friendships, and enjoy the opportunity to be part of a team.

To find out more, visit truro.ca/parks-recreation-culture

Village of Bible Hill

The Village of Bible Hill has several outdoor recreation facilities, runs programs, and events.

To find out more, visit biblehill.ca/news/parks-and-recreation

Town of Stewiacke

Stewiacke also offers many outdoor recreation facilities, programs, and events.

To find out more, visit stewiacke.net/recreation

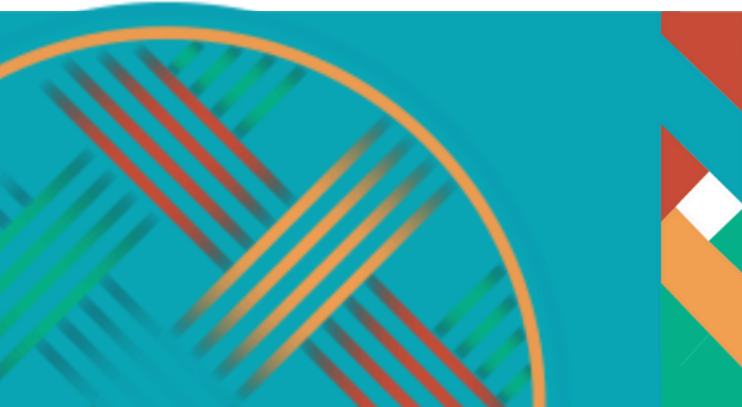
Millbrook First Nation

Millbrook offers many outdoor recreation facilities, programs, and events.

To find out more, visit milbrookband.com

There are many places to be active outdoors in Truro and Colchester County. These include the following:

- ball fields
- bike and skate parks
- parks
- basketball and tennis courts
- dog parks
- playgrounds
- trails





Support for Sport

If you think that you cannot afford to get involved in sports, these are some organizations that can help you:

Jumpstart and KidSport

These organizations provide funding for children and youth to take part in sports. To learn more about these programs and to see if your family qualifies for this support, contact the Town of Truro or the Municipality of the County of Colchester.

To find out more, visit jumpstart.canadiantire.ca/ and kidsportcanada.ca/nova-scotia

Bikes 4 Kids

Bikes 4 Kids collects and repairs gently used bikes. They then give them to children and youth so they can experience the joy of owning their own bike.

To find out more, visit unitedwaycolchester.ca/bikes-for-kids

In the summer months, many municipalities provide play boxes in some of their parks. These are full of equipment for games, sports, and activities taking place within the park.

Equipment Loan Programs

Several organizations have programs that let you borrow sports equipment. Sometimes the equipment is free. Sometimes you may have to pay a small fee. This is the kind of equipment you can borrow:

- bikes
- nordic walking poles
- cross country skis
- snowshoes

The following table shows where you can borrow equipment:

LOCATION	PHONE NUMER
Bible Hill Equipment Loan Program	902-893-8083
Municipality of Colchester Equipment Loan Program	902-897-3185
Stewiacke Equipment Loan Program	902-639-2111
Town of Truro Equipment Loan Program	902-893-6078

Resources

There are many organizations for sports in Truro and Colchester County. To find out more, visit mysporthub.ca



Parks and Trails

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Victoria Park

Victoria Park is one of Truro's greatest assets. It is 3,000 acres of natural woodland right in the center of town. Its extensive trail system makes it perfect for a family outing.

Activities you can do at Victoria Park:

- hike
- ride your bike
- climb Jacob's Ladder
- play in the playground and splash pad
- swim in the pool or waterfalls
- have a picnic
- listen to free concerts and performances
- take in a family movie night in August
- go snowshoeing, cross country skiing, and fatbiking in the winter



Cliffs of Fundy Geopark

The Cliffs of Fundy UNESCO Global Geopark stretches from Lower Truro in the east to Apple River in the west. Follow Highway 2 West or Highway 209 from Truro for about 165 kilometres. You can reach most of the geosites from these two roads.

The Geopark boasts three main features:

- the world's highest tides
- Indigenous heritage
- geological history

Tides

The Bay of Fundy has the highest tides in the world. The power of these tides has shaped our land. You can see this when you visit many sites in the Geopark:

- cliffs
- estuaries
- beaches
- waterfalls
- trails
- lighthouses

Indigenous heritage

Nova Scotia is part of Mi'kma'ki, the unceded land of the Mi'kmaw people. The Mi'kmaq are the ancestral stewards of this place. They have lived along these shores for more than 11,000 years. We honour and respect their oral traditions and cultural heritage.

As part of Mi'kma'ki, the Geopark is the home of Kluskap and is steeped in his legends. These are some sites you can visit and learn their Mi'kmaw origin stories:

- Five Islands
- the Three Sisters
- Partridge Island

Geological significance

The massive Cobequid Fault is just one of the geosites that display the Earth's changing continents. Here, you can see how the supercontinent Pangea formed 300 million years ago. And how it broke apart 100 million years later.

To learn more, visit: fundygeopark.ca



Climate and Weather

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In Truro and Colchester County, weather varies greatly depending on the season.



The following table shows you what to expect.

	WINTER	SPRING	SUMMER	AUTUMN
Annual average temperatures	-13 C to 3 C Coldest month is January	-7 C to 20 C Windiest month is March	7 C to 23 C Hottest month is August	-9 C to 19 C Wettest month is December
Description	clouds, rain & snow	flowers, new growth & sunnier skies	clouds, heat, rain & sun	cool breezes, high winds & leaves change
What to wear	3 layers, boots, gloves or mittens, hat, scarf & warm socks	boots, coats, sweaters & waterproof jacket	light clothing, sandals, shorts, sun protection (hat, sunscreen & sunglasses)	light boots, long pants & sweaters
Favourite outdoor activities	ice skating, skiing, sledding & snowshoeing	fishing, running, gardening & walking	boating, fishing, camping & swimming	hiking, hunting & viewing fall colours
Risks	snowstorms, use winter tires, keep a scraper, snow brush & shovel in your car	floods, be careful where snow is melting	high UV levels even on cloudy days, wear sunscreen and cover up	hurricanes, flash freezing, pay attention to weather reports

Weather is highly changeable in Nova Scotia. It can be sunny and warm with an icy breeze. Or you can wake up to 2°C and clear skies but by afternoon it will be cloudy and 20°C. That's why we recommend dressing in layers all year round.

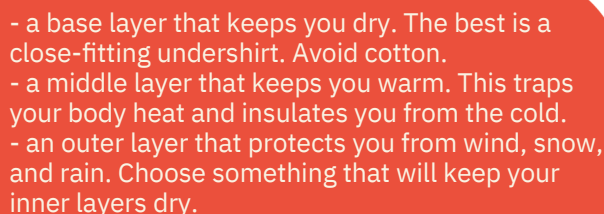
On a hot summer day, you may still need a sweater in the evening. Even our winter days can get surprisingly warm. If you are active outdoors in winter, it's best to dress in 3 layers. [See *What to Wear When it's Cold or Wet in this guide.*](#)

Getting through the Winter

Temperatures in winter range from -13°C to 3°C. It can get colder or warmer. We often have snow and rain in the same day. We also get violent winter storms called Nor'easters. These bring high winds, heavy rains, or heavy snow. Be prepared for the weather by checking it often. Environment Canada has an app you can install on your phone. It sends you alerts when severe weather is forecast.

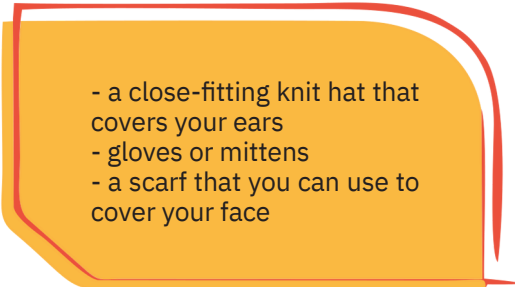
What to Wear When it's Cold or Wet

- Dress in 3 layers:



- a base layer that keeps you dry. The best is a close-fitting undershirt. Avoid cotton.
- a middle layer that keeps you warm. This traps your body heat and insulates you from the cold.
- an outer layer that protects you from wind, snow, and rain. Choose something that will keep your inner layers dry.

- Cover your head and exposed areas like your ears, nose, cheeks, and fingers. Wear these:



- a close-fitting knit hat that covers your ears
- gloves or mittens
- a scarf that you can use to cover your face

- Change into dry clothes as quickly as possible if you get wet in the cold

Because our winter temperatures often hover around 0°C, our sidewalks and walking paths can be icy. If you plan to spend time walking outdoors, a good pair of ice grips will save you from slips and falls. You can find these in most outdoor stores.

Don't let the cold weather stop you from going outside and having fun. See the table at the beginning of this section for ideas on how to keep active in winter. You can find out more by visiting the recreation centres listed in Section 18, Sports and Recreation in this guide.

Winter Cancellations

Winter storms can lead schools and some employers to delay opening or close for the day. Recreational activities may also be cancelled.

The following are some good sources for finding out if your school, work, or activity has been cancelled:

- local radio stations: Bounce 100.9 FM, CBC Radio 1 89.1 FM, and Pure Country 99.5 FM
- CBC.ca Storm Centre, [cbc.ca/ns](https://www.cbc.ca/ns)
- the Colchester County Regional Centre for Education website, [ccrce.ca](https://www.ccrce.ca)
- the Conseil scolaire acadien provincial website, [csap.ca](https://www.csap.ca)
- social media sites like Twitter and Facebook

Faith-Based Communities

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Truro and Colchester County are home to many faith-based communities. This section shows the most common religions in Nova Scotia and where to find out more about them.

Christianity

About three-quarters of Nova Scotians identify as Christian. In Truro and Colchester County, there are at least 8 different Christian denominations:

- Anglican
- Baptist
- Jehovah's Witness
- Pentecostal
- Presbyterian
- Roman Catholic
- Seventh-Day Adventist
- United Church of Canada

There are also several Christian churches are not part of a specific denomination.

You can find a list of Christian churches at yellowpages.ca. Type “churches” and “Colchester County” in the search boxes.

Islam

The population of Muslims in Nova Scotia is small but growing. The only Islamic worship space in Colchester County is Truro Masjid. Find it at 533 Pictou Road in Bible Hill.

Buddhism

There is a small but growing community of Buddhists in Nova Scotia. There is only one place of worship in Colchester County. It is Dorje Denma Ling in Tatamagouche.

To find out more, visit dorjedenmaling.org

Judaism

A small number of Nova Scotians practise Judaism. The closest places of worship are in Halifax:

- Shaar Shalom Congregation (Conservative) theshaar.ca
- Beth Israel Synagogue (Reformed) thebethisrael.com

Many faith-based communities also provide these things:

- food pantries
- volunteering opportunities



Arts, Museums, and Events

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There are many ways to enjoy the culture and history of Colchester County and beyond. Take in a musical or theatrical performance. Visit one of the many art galleries. Explore our local museums. Spend the day at a local festival.

Performance and Visual Arts

There are two arts centres in Truro and two in Tatamagouche:

The Grace Arts Centre

The Grace Arts Centre is a part of Creamery Square in Tatamagouche. It hosts live entertainment and community events. It also houses an art gallery that features visual art from across Canada.

To find out more, visit gracejollymore.com

The Fraser Cultural Centre

Located in Tatamagouche, the centre celebrates and promotes visual arts and crafts on the Northumberland Shore of Nova Scotia through events, gallery exhibits, and workshops.

To find out more, visit <https://thefraser.org/>

Marigold Cultural Centre

Located in Truro, the centre has 3 main spaces to take in or take part in the arts:

- a 208-seat theatre
- a small art gallery
- a workshop space for arts programming

To find out more, visit marigoldcentre.ca

Visual Voice

Visual Voice of Truro showcases artists in a variety of media and styles. They indulge the senses, enrich the local art scene, and raise the general appreciation of art.

To find out more, visit visual-voice.ca/fineart

Museums

There are 9 museums in Truro and Colchester County. Each one specializes in a part of our local history.

Bass River Heritage Museum

The museum is in an old church in the heart of the small community of Bass River. Here you can look back into the history of Bass River. You can also learn about the wooden chair making company that was once located on this site. The Dominion Chair Company was the oldest furniture making company in Eastern Canada. It exported chairs to as far away as New Zealand. The company operated from 1890 to 1991.

To find out more, visit bassrivermuseum.ca

Balmoral Grist Mill

The 3-storey mill is nestled in a wooded gorge on Matheson's Brook. Here you can see grains ground, sifted, and turned into flour. The mill opened in 1874. While it is a museum now, it still operates in the same way.

To find out more, visit balmoralgristmill.novascotia.ca

Colchester Historeum

The historeum is both a museum and archives. It is maintained by the Colchester Historical Society. The society works to preserve Colchester County's history. It also offers an authentic perspective of local culture.

To find out more, visit colchesterhistoreum.ca

Creamery Square

It's an historic waterfront development site in Tatamagouche, located along the Northumberland Shore's scenic Sunrise Trail driving route that boasts a unique combination of exciting and interactive visitor activities.

To find out more, visit To find out more, visit sutherlandsteammill.novascotia.ca

Debert Military Museum

The museum preserves the military history of the former Camp Debert. About 300 thousand soldiers left Camp Debert to fight in World War II. During the Cold War, Camp Debert was home to a nuclear shelter for Canada's leaders. When the bunker was sold, the new owners donated artifacts to the museum.

To find out more, visit debertmilitaryhistorysociety.weebly.com



Deifenburgker

The Diefenbunker opened in 1961 to protect members of the Canadian government and military during a nuclear attack. It was once part of Camp Debert, see above. It was once the site of Canada's most top-secret communications during the Cold War. It closed in 1994. Today it is a non-profit museum with tours, programs, and an escape room.

To find out more, visit diefenbunker.ca/en

Little White Schoolhouse Museum

This museum shows you what school was like in Nova Scotia in the 19th and 20th centuries. This one-room schoolhouse is fully restored. It houses the books and tools students and teachers used at that time. The museum is open June 1 to August 31. Find it on the NSCC Truro Campus.

To find out more, visit littlewhiteschool.ca

Millbrook Cultural and Heritage Centre

The Millbrook Cultural and Heritage Centre tells the history and culture of the Mi'kmaw people. It does so through museum exhibits and the many activities it offers. Learn how to play the Mi'kmaw game of waldies. Take part in a scavenger hunt. Or take part in a drum-making workshop.

To find out more, visit millbrookheritagecentre.ca

Sutherland Steam Mill

Find the mill near Tatamagouche in the community of Denmark. In the 1890s this steam-powered mill turned trees into homes and home furnishings. The original operators of the mill designed and built some of the machines that are on display.

To find out more, visit sutherlandsteammill.novascotia.ca

To find out more about museums in Nova Scotia, visit novascotia.com and type "museums" in the search box.

Festivals and Events

Truro and Colchester County host events and festivals all year long. Some, like our farmers' markets, take place every week. At your local farmers' market, you can listen to great music, eat great food, and meet friends. Entrance is free. There are 3 weekly farmers' markets in Colchester County:

- Truro Farmers' Market
trurofarmersmarket.org/
- Portapique Farmers' Market
facebook.com/portapiquemarket/
- Tatamagouche Farmers' Market
tatafarmersmarket.com/

Calendar of Festivals and Events

February

Truro Winter Long John Festival

This is an annual event to challenge people to find ways to love the winter weather.

To find out more, visit trurolongjohn.ca

Fundy Shore Winter Carnival

This is an annual event to encourage people to go outside in the winter.

facebook.com/FundyShoreWinterCarnival

June

Truro Pride Week

Every year, Truro Pride celebrates the 2SLGBTQIA+ community in Colchester County. Events include a Pride parade, speaker series, and community swim.

To find out more, visit truopride.ca/

July

Canada Day Celebrations

Various communities in the region put on Canada Day celebrations

August

Millbrook First Nation Competition Powwow

The powwow celebrates First Nations dance, music, and art. There are also competitions for drumming and dancing. The competitions honour the skill and talent of the participants.

To find out more, visit

millbrookband.com and type Millbrook Powwow into the search box.

Stewiacke Town Days

Stewiacke Town Days take place the first weekend in August. There are events for all ages. These are some of the activities:

- barbecues and picnics
- baseball and washer toss tournaments
- card parties
- fireworks
- a fun run
- a parade
- a strongman competition
- live music

To find out more, visit stewiacke.net and type “Stewiacke Town Days” in the search box.

Truro BuskerFest

BuskerFest is an on-the-street entertainment festival. Here you can find comedy, music, acrobats, and food.

To find out more, visit downtowntruro.ca and choose “Events Calendar” from the Quick Links at the bottom of the page.

September

EMBRACE Truro Festival

EMBRACE Truro celebrates the diversity and culture of the town. It takes place at Civic Square in downtown Truro.

To find out more, visit truro.ca and type “EMBRACE” in the search box.

There are more festivals and events organized by different community groups. Find them at the different municipal and community websites.



Appendix A: Key Contacts in Colchester for New Canadians

Truro Colchester Welcome Network
35 Commercial Street Suite 208, Truro

Welcome Network Coordinator
coordinator@tcwelcomenetwork.com
902-977-2424

To find out more, visit
trurocolchesterwelcomenetwork.ca

ISANS Settlement Services
Immigrant Services Association of NS
6960 Mumford Road, Suite 2120, Halifax

902-423-3607
1-866-431-6472 (toll free in Nova Scotia)

To find out more, visit isans.ca

Colchester Food Network
580 Prince Street, Truro

Laura Bradbury
laura@colchesterfoodnetwork.com
902-893-4566

To find out more, visit colchesterfoodnetwork.com

Maggie's Place Family Resource Centre
1027 Prince Street, Truro
902-895-0200

colchester@maggiesplace.ca

To find out more, visit maggiesplace.ca

YREACH Settlement Services
90 Esplanade, Truro

Karen Kittilsen
karen.kittilsen@halifax.ymca.ca
902-899-4573

Ajith Saju
ajith.saju@halifax.ymca.ca
902-818-4471

To find out more, visit ymcahfx.ca/yreach

CCRCE Schools
Newcomer Parent Facilitator
60 Lorne Street, Truro

Ashlee Bonnell
bonnellas@ccrce.ca
902-648-4886

To find out more, visit ccrce.ca

Futureworx and NS Works
80 Glenwood Drive, Truro
902-895-2837

Kim Stevens
kim.stevens@futureworx.ca

Melanie Collier
melanie.collier@futureworx.ca

To find out more, visit futureworx.ca

Colchester - East Hants Public Library
754 Prince Street, Truro
902-895-4381

info@cehpubliclibrary.ca

To find out more, visit lovemylibrary.ca

Appendix B: English Lessons and English Practice Opportunities in Colchester

Truro Colchester Welcome Network's Buddy System Volunteers can practice English with Newcomers

35 Commercial Street Suite 208, Truro

Welcome Network Coordinator
coordinator@tcwelcomenetwork.com
902-977-2424

To find out more, visit
trurocolchesterwelcomenetwork.ca

Colchester - East Hants Public Library offers self-paced online English lessons through Rocket Languages, with the use of a free library card.

They also offer a Conversational English Class where you can practice English

754 Prince Street, Truro
902-895-4381

info@cehpubliclibrary.ca

To find out more, visit lovemylibrary.ca

ISANS Settlement Services offers a variety of English Learning opportunities through outreach, inperson, and online modes.

Immigrant Services Association of NS
6960 Mumford Road, Suite 2120, Halifax

902-423-3607
1-866-431-6472 (toll free in Nova Scotia)

To find out more, visit isans.ca

YREACH Settlement Services offers English level assessments and in person or online English lessons to eligible clients

90 Esplanade, Truro

Karen Kittilsen
karen.kittilsen@halifax.ymca.ca
902-899-4573

Ajith Saju
ajith.saju@halifax.ymca.ca
902-818-4471

To find out more, visit ymcahfx.ca/yearch

Futureworx offers English Lessons to those whose English level is a barrier to employment

80 Glenwood Drive, Truro
902-895-2837

Kim Stevens
kim.stevens@futureworx.ca

To find out more, visit futureworx.ca

English Lessons for Adult Newcomers offered during the school year at Cobequid Educational Centre

34 Lorne Street, Truro

Hilary Livingston
livingstonhi@ccrce.ca

To find out more, visit ccrce.ca

Appendix C: Francophone Resources

L’Immigration Francophone au Canada

The Francophone Immigration Portal is an initiative of the Federation of Francophone and Acadian Communities (FCFA), financed by Immigration, Refugees and Citizenship Canada (IRCC). The FCFA is the spokesperson for French-language communities living in nine provinces and three territories. In collaboration with governments, the FCFA has been committed since 2002 to promoting Francophone immigration to communities outside Quebec.

<https://immigrationfrancophone.ca/fr/>

The Welcoming Francophone Communities initiative

involves 14 Francophone communities with varied profiles, spread across the country (except Quebec). It aims to build lasting ties between newcomers and community members. They work to build Francophone communities that are united in their diversity. With an approach “by and for” Francophones, all members of these 14 designated communities are mobilizing to help Francophone immigrants to integrate and put down roots in their host community.

<https://immigrationfrancophone.ca/fr/strategie-communautaire/communautes-francophones-accueillantes/>

Interactive Map of French service providers, employers that speak French, etc.

<https://cartefrancophonie.ca/>

Consider Settling in a French-speaking Community Outside Quebec:

<https://www.canada.ca/fr/immigration-refugies-citoyennete/services/nouveaux-immigrants/preparer-vie-canada/choisir-ville/collectivite-francophone-hors-quebec.html>

Settling in the community section includes:

<https://immigrationfrancophone.ca/fr/immigreren-francais/setablir-dans-la-communaute/>

- Pre-departure services
- Services upon arrival
- Support for refugees

Welcome to Canada: What You Should Know

Learn what to expect during your first few weeks in Canada and how to:

- to find accommodation
- work and go to school
- get health care
- build relationships with your community
- manage your money and finances in Canada

<https://www.canada.ca/fr/immigration-refugies-citoyennete/organisation/publications-guides/bienvenue-canada-vous-devriez-savoir.html>

Appendix C: Francophone Resources

Fédération Acadienne de la Nouvelle-Écosse

The Fédération Acadienne is a non-profit organization whose mission is to promote the growth and overall development of the Acadian and Francophone community of Nova Scotia.

<https://www.acadiene.ca/>

Conseil scolaire acadien provincial (CSAP) Careers page

<https://csap.ca/travailler-avec-nous/carrieres>

École acadienne de Truro

<https://truro.ednet.ns.ca/>

École acadienne de Truro is a French-language school located in Truro, Nova Scotia. It offers education in French to students in the "Grandir en français" program (early francization class) through grade 12.

Centre communautaire francophone de Truro (CCFT)

<https://centretruro.org/>

The CCFT aims to offer social, cultural, and educational activities in French, while creating a place where the Francophone community can gather and meet.

The CCFT offers Club franco before and after school, as well as summer camps. They also offer camps during March break in collaboration with the École acadienne de Truro.

[Quinzou che'nous](#) (National Acadian Day in Truro) These activities are open to all people who want to celebrate Acadian, Francophone and Francophile culture through music, dance, cinema and cuisine.

The CCFT offers a variety of shows to the French-speaking and school community. Every December, it organizes the Un Noël acadien (An Acadian Christmas), concert thanks to the Vive l'Acadie funds (Acadian license plates).



Funded by:

