

Resources for Newcomers to Canada

Updated Sept 2026.

Are you a new Canadian or someone assisting a new Canadian? This document will help connect you with resources and organizations that provide services to help you. This includes language learning, employment help, settlement assistance, and more.

Citizenship and Permanent Residency

[Canadian Citizenship Application](#)

The application package for applying for Canadian citizenship includes an application form, photo specifications, residence form, a representative form, and an instruction guide. This application is for permanent residents, 18 years or older, who want to apply for Canadian citizenship.

[Permanent Residency Application and Renewal Form](#)

The application package includes a document checklist, application to sponsor, sponsorship evaluation, generic application form, additional dependants declaration, additional family information, spouse/common law partner questionnaire, use of representative information and an instruction guide.

Use this application package if:

- You are the spouse or common-law partner of a Canadian citizen or permanent resident
- You want to apply for permanent residence and
- Both you and the sponsor live in Canada.

[Permanent Resident Card Replacement or Renewal Form](#)

You can apply for another permanent residence card if your card:

- Has expired or expires soon
 - Has been lost or stolen
 - Has been destroyed
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Language Assessment Tests

Immigrant Services Calgary

Immigrant Services Calgary provides free language assessment and referral services to Permanent Residents, Convention Refugees, and naturalized Canadian citizens living in Medicine Hat and surrounding areas. After your test, you will be referred to appropriate English language programs such as Language Instruction for Newcomers to Canada (LINC) or English as an Additional Language (EAL). LINC programs are free for those who qualify.

To book an appointment, please call (403)454-6708, or go to <https://www.immigrantservicescalgary.ca/start-here/#english-testing>

[Canadian English Language Proficiency Index Program \(CELPIP\)](#)

This is a language assessment test recognized by Citizenship and Immigration Canada for those seeking permanent residency or citizenship.

[International English Language Testing System \(IELTS\)](#)

This is another language assessment test immigrants can use to become a permanent resident or citizen. It is designed to assess the language ability of people who aim to study, work, immigrate and integrate into an English-speaking environment.

Practice tests for the IELTS exam are available here:

<https://ieltsforfree.com/free-ielts-practice-tests/>
<https://www.ielts.org/about-the-test/sample-test-questions>

[Pearson Test of English \(PTE\)](#)

The PTE Core option is the test recognized for becoming a permanent resident or citizen.



Study Help for the Canadian Citizenship Exam

<http://www.v-soul.com/onlinetest/>

This is a free Canadian Citizenship practice test based on questions from the actual test paper. Lethbridge Public Library's Read On program recommends this as the practice that is closest to the actual test.

<http://www.yourlibrary.ca/citizenship/>

Created by the Richmond Public Library this practice test includes over 100 multiple choice questions taken from the book Discover Canada on which the actual test is based.

Government Information

[Government of Alberta: Resources for Newcomers to Alberta](#)

Information and resources for new Albertans, gathered together by the provincial government. Contains information about topics like accessing healthcare, housing, employment, and education.

[Alberta Supports](#)

Services include employment and training services (Labour Market Information Centre, Job Board, etc). Income support (financial support for Albertans who do not have the resources to meet their basic needs). Child support services (helping parents get legal agreements or court orders) and health benefits (for individuals either receiving income supports, leaving income supports due to income or children living in low income families).

Brooks Office: 200 - 600 Cassils Road East Brooks, AB T1R 1M6 Phone: 1-877-644-9992 Fax: 403-793-6595 Email: CSS.SouthReg@gov.ab.ca Office Hours: 8:15 am - 4:30 pm (Monday to Friday, closed statutory holidays)	Medicine Hat Office: Main Floor Provincial Building 5 346-3 Street SE Medicine Hat AB T1A 0G7 Phone: 1-877-644-9992 / Fax: 403-504-2191 TDD/TTY: 1-800-232-7215 Email: CSS.SouthReg@gov.ab.ca Office Hours: 8:15 am - 4:30 pm (Monday to Friday, closed statutory holidays)
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[Government of Canada: For New Immigrants](#)

Resources gathered together by the Government of Canada for new Canadians. Resources include application for permanent resident card, application for citizen information, health care, housing, financial, and schooling information, and school enrollment information.



[Government of Canada: Welcome to Canada Package](#)

You can download the welcome to Canada booklet created by Citizenship and Immigration Canada here. The manual has comprehensive information for new Canadians.

[Find Newcomer Services](#)

A government created directory to assist in finding newcomer support services across Canada.

Health Care

[Alberta Health Link](#)

Alberta Health Link is a free 24/7 toll free number that connects you to a registered nurse. They will ask questions, assess symptoms and determine the best care for you. Health Link support is offered in 200 different languages.

Call Health Link by dialing 811.

[Alberta Health Services: South Zone](#)

Information on accessing health services in Southern Alberta, including hospitals and health facilities, medical practitioners, and health education. The South Zone covers services from Lethbridge to Medicine Hat.

Alberta Health Services also employs two Low German Mennonite interpreters to help Low German speakers access health services. Based in Lethbridge and Taber, their services are available to users throughout the entire South region.

Contacts:

Tina Fielding (Lethbridge Health Unit) tina.fielding@albertahealthservices.ca 403-399-6671	Trudy Dyck trudy.dyck@albertahealthservices.ca 403-330-7552
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Education and Language Learning

[Brooks Community Adult Learning Council](#)



Cultivating and promoting lifelong learning for adults in the City of Brooks. BCALC responds to community issues and needs by facilitating meaningful and necessary learning opportunities. BCALC can assist in bringing programs and non-credit courses to the adult community of Brooks. Primary programming is LINC – Language Instruction for Newcomers to Canada.

[LEARN: Lifelong Education And Resource Network](#)

LEARN supports adult literacy and family literacy initiatives in Medicine Hat and Cypress County. They offer a variety of programs aimed at adults and children, many of which specifically target English Language Learners. Programs vary in length and topic, and include cooking programs, a “books for babies” program, and “No Place Like Home”, a literacy program specifically targeting refugee families.

[Medicine Hat College: Language Instruction for Newcomers to Canada \(LINC\)](#)

This program helps adult immigrants enhance their English proficiency to support community integration, employment, and further education. Learners build a portfolio documenting their progress in reading, writing, listening, and speaking, aligned with the Canadian Language Benchmarks (CLB), ensuring practical and measurable outcomes.

[Newell Adult Education Centre](#)

Offers courses in Literacy, Numeracy, Digital Skills and English as a Second Language in a group or one to one settings.

[Pathways - Adult Learning Foundations](#)

Pathways offers support in basic literacy, numeracy, digital skills, and skills for learning to all adults.

Brooks: Medicine Hat College, Brooks Campus 200 Horticultural Station Road E, Brooks AB T1R 1E5 Phone: 403-376-6623 Email: pathwaysbrooks@mhc.ab.ca	Medicine Hat: Medicine Hat College 299 College Drive SE, Medicine Hat, AB T1A 3Y6 Phone: 403-878-9083 Email: pathwaysmedicinehat@mhc.ab.ca
Foremost: 119 Main Street, Foremost AB T0K 0X0 Phone: 587-448-7008 Email: pathways40mile@mhc.ab.ca	

[Saamis Immigration Services Association LINC & ESL Courses](#)

Saamis Immigration offers full-time Language Instruction for Newcomers to Canada (LINC) classes, where students learn basic reading, writing and speaking and listening skills; as well as phrases and vocabulary necessary for daily life. Canadian customs and culture, local community resources, special events and holidays, and job readiness are also covered in this extensive program.



There are classes ranging from Canadian Language Benchmark (CLB) levels Pre- to Level 4 available. To be eligible for LINC classes a student must be a permanent resident of Canada, be a minimum of 18 years of age and receive a CLB Assessment.

Saamis also offers part-time evening ESL classes for newcomers who might be working during the day or who are not eligible for full-time language instruction.

Settlement Services

[Brooks & County Immigration Services](#)

BCIS is a non-for-profit organization, which provides settlement and integration services to all immigrants, refugees and temporary foreign workers. The services offered comes under six categories:

1. Initial settlement services for newly arrived Refugees, which provides accommodation, orientation to community and linkage to essential government and community services in the first 6 weeks from arrival.
2. Long-term settlement services, which provide ongoing information and orientation, integration and community connection to refugees and immigrants.
3. Youth settlement services, which provides school support, community connection and introduction to the Canadian work place for newcomer youth.
4. Employment services, which introduces newcomers to the Canadian work environment and assist in job searches and the success in Canadian work culture.
5. Temporary Foreign Workers (TFW) services, which includes a wide range of assistance to the TFW's and their employers in our community.
6. The Community Outreach and Volunteering services, which facilitates the development of partnerships and collaboration with community organizations and individuals for the benefit of BCIS clients. The program also introduces the concept of volunteerism to BCIS clients.

[Saamis Immigration Services Association \(SISA\)](#)

Saamis Immigration Services Association is a government-funded not-for-profit organization that assists with the integration, adjustment, and resettlement of immigrants and refugees in the community of Medicine Hat. They provide full-time language instruction courses, settlement services, and school support workers for newcomer families.

Settlement services could include: orientation services, permanent accommodation seeking, employment assistance, provision of interpreters, health and wellness services, para-professional counselling services, assistance with forms filling, and assistance with education.

Medicine Hat Office:

659 3rd Street SE, Medicine Hat, AB
Phone: 403-504-1188



[The SPEC Association for Children and Families](#)

Newcomer Services

Email: newcomerservices@spec.ab.ca

Provide assistance to immigrant families and children to help them settle in the Brooks community. Emotional support, advocacy, case management, referrals, educational programs, fun opportunities to practice English, translation and interpretation are some of the available services. Needs assessment, orientation in a one-on-one basis or group settings, community connections and support services are also provided to immigrant families.

SWIS Program (Settlement Workers In Schools)

SWIS staff work in Grasslands Public Schools to empower immigrant students and their families to adapt, adjust, and integrate in the school, the community, and Canadian society as a whole.

Hours of Operation (during school year): Monday - Friday 8:30am–5:00pm

SPEC parentLINKcentre

Providing resources for early childhood education and development, parent education, family support, and information and referrals. Services provided to all families with children ages 0-6 living in Brooks and the Country of Newell.

HIPPY Program

Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidenced-based program that works with immigrant families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher. HIPPY strengthens families by empowering mothers to actively prepare their children for success in school. HIPPY is a free program that works with Permanent Resident families.

Contact the SPEC Office about any of their programs:

327 3rd Street West

Brooks, AB

Phone: 403-362-5056

Email: home@spec.ab.ca

Other Resources

[Brooks Global Village Centre](#)

[Suffield Military Family Resource Centre](#)



Provides information and resources to military personnel and their families. This organization is only available to those associated with the military.

Phone: 403-544-5567

Email: cfbsuffieldmfr@gmail.com

Forty Mile Community Resource Centre

The Forty Mile Regional FCSS is a service offered in the County of Forty Mile Including Bow Island, Foremost & Burdett.

The Forty Mile Regional Family and Community Support Services (FCSS) mission is to foster an environment of community wellness, which supports safe and healthy children, families and communities, through partnerships and preventative social services that are locally driven. Some examples are Meals on Wheels Programs, Food Bank and Tools for Schools. The Forty Mile Regional FCSS in Bow Island also looks after the Community Resource Center which anyone 15 years & older can look for local job, get help in creating resumes as well as Summer Fun camps for children in the summer!

Contact them for more information at 403-545-2200, 403-867-2766, or fcss40ml@bowisland.com.

Bow Island Office:	Foremost Office:
116 North Railway Avenue West, Bow Island	119 Main Street, Foremost
Phone: 403-545-6222	Phone: 403-867-3077
Email: chris.pinchin@40milecrc.ca	Email: crc@40milecrc.ca

Research and Best Practices

[Pathways to Prosperity: Canada](#)

Pathways to Prosperity is an alliance of university, community, and government partners dedicated to fostering welcoming communities and promoting the integration of immigrants and minorities across Canada. The website includes a series of Best Practices toolkits for communities and a digital library of information including reports, presentations, and conference material.

[Alberta Association of Immigrant Serving Agencies](#)

AAISA is an umbrella organization for Newcomer Serving Agencies in Alberta. Their southern Alberta member agency is Lethbridge Family Services: Immigrant Services. Their website provides a list of



province-wide member agencies. Services and programs provided by them are outlined as well. AAISA produces an annual report on the programs, activities, and achievements. The website also includes a digital research library that includes links to useful information for new Canadians, and AAISA research publications.

Phone: 403-273-2962 (Calgary)

Email: contact@aaisa.ca