



I / CAN

ARRIVING WITH A FAMILY

[August 2020]

Arriving with a Family: What You Need to Know

Important

You must keep your family **in-status** throughout your entire stay in Canada. Be sure to ask IRCC if your spouse and children are covered for the full duration of your work permit. If not, know the dates by which your spouse and children need to renew their status. Do not let any member of your family lose status at any time.

[Visitor Status Renewal](#)

[Work Permit for Spouse of Skilled Workers](#)

[Study Permits for Minor Children](#)

[Work Permits for Dependent Children](#)

[IEC Working Holiday Visa for Irish Youth 18-35](#)

[IEC Working Holiday Visa for UK Youth 18-35](#)

[Study Permits for College or University Students](#)

[Newcomer Services in Your Area](#)

Useful Resources

[Cost of Living](#)

[Provincial Health Care](#)

[Walk in Clinics](#)

Community

[Irish Community Organizations in Canada](#)

Along with our FB page (Irish Canadian Immigration Centre) and the regular “Irish in Canada FB pages”, here are some which are specifically geared towards Irish families making Canada home:

[Irish parents in Toronto](#)

[Irish mummies in Toronto \(GTA\)](#)

[Irish mummies in Vancouver](#)

Irish mummies in Edmonton

Irish activity group Vancouver

Registering Your Children for School

Toronto

[Toronto District School Board](#)

[Toronto Catholic School Board](#)

Winnipeg

[Manitoba School Boards](#)

Saskatoon

[Saskatoon Public Schools](#)

[Greater Saskatoon Catholic Schools](#)

Regina

[Regina Public Schools](#)

[Catholic School Division](#)

Calgary

[Calgary Board of Education](#)

[Calgary Catholic School Board](#)

Edmonton

[Edmonton Public Schools](#)

[Edmonton Catholic Schools](#)

Vancouver

[Vancouver School Board](#)

[Catholic Independent Schools Vancouver Archdiocese](#)

Ottawa

[Ottawa-Carleton District School Board](#)

[Ottawa Catholic School Board](#)

Montreal

[English Montreal School Board](#)

Fredericton

[New Brunswick Public Schools](#)

Halifax

[Halifax Regional Centre for Education](#)

Charlottetown

[Prince Edward Island Public Schools](#)

St. John's

[English District School Board](#)

Public Transport

[Toronto](#)

[Vancouver](#)

[Winnipeg](#)

[Regina](#)

[Saskatoon](#)

[Calgary](#)

[Edmonton](#)

[Ottawa](#)

[Montreal](#)

[Fredericton](#)

[Halifax](#)

[Charlottetown](#)

[St. John's](#)

Mental Health Resources

Would you like to avail of our free social care services here at the Immigration Centre? Micheál O'Rourke, a registered psychotherapist, is our National Social Care Advisor and is available to speak with you in-person, over the phone, or via digital platforms—whichever is easiest/most comfortable for you. He can provide introductory counselling and then sign-post to further services available in your area.

Contact: orourkemick56@gmail.com

647-871-1985

Are you based in Vancouver? Reach out to our Vancouver Social Care Advisor, Gillian Goulding

g.goulding@irishcdn.org

778-689-9590

[I/CAN Mental Health Resource Page](#)

Watch for our Monday morning mental health awareness posts on Facebook.

Most school boards across Canada provide access to mental health services for children (including counselling services).

Kids Help Phone

1-800-668-6868

In a Crisis

Food Banks

Family Services

Assaulted Women's Help Lines

Shelters

St. Vincent de Paul

Embassy of Ireland

See [here](#)

Child Benefits

[Canada Child Benefit](#)

Child Disability Benefit (CDB)

