

orientation to
ontario



l'ontario
c'est chez moi

A HANDBOOK FOR NEWCOMERS SETTLING IN ONTARIO



ACKNOWLEDGEMENTS

The Orientation to Ontario Handbook was created to give newcomers a framework of Ontario and its people. With the accompanying Fact Sheets, newcomers will be able to identify key settlement tasks, learn about available supports and plan their next steps. These materials are designed to complement online resources and are to be used in the Orientation to Ontario workshops.

COSTI Immigrant Services wants to acknowledge the support and leadership of its partners, George Brown College, Collège Boréal and OCASI as well as the participation and commitment of its member agencies across Ontario.

We would especially like to thank the newcomers who have decided to make Ontario their home. Welcome!

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ABOUT THE HANDBOOK

Welcome to Ontario, Canada. Canada is a proud, multicultural society, welcoming newcomers from all over the world. Over 13 million people live in Ontario and this includes people from over 200 countries who speak more than 130 languages. Settling in a new country is exciting and there are new things to learn. The Orientation to Ontario Handbook and Fact Sheets will guide your next steps.

WHAT YOU WILL FIND IN THE HANDBOOK

This handbook will give you the basic information you need to settle in Ontario. It contains two sections. The first will introduce you to Canada and Ontario and the second will highlight Ontario's inclusiveness and care for the environment. In addition, there are fact sheets on other individual topics that will give you updated and useful information.

To help you organize and plan your next steps, you can use the Living in Canada tool at cic.gc.ca or findlink.at/cic-ictvac

WELCOME TO CANADA GUIDE: WHAT YOU SHOULD KNOW

In this handbook, you will find references to information you can find in the Welcome to Canada guide published by Citizenship and Immigration Canada. Look for this icon:



You can also read it online at cic.gc.ca or findlink.at/welcomecan



FINDLINKS

Findlinks take you to a specific page online. To help you find information easily, we have included the main domains for Internet addresses along with a FindLink.

INTERNET ACCESS

Free computer/internet is available in libraries and at settlement agencies across Ontario. Free Wi-Fi is available in various public places.

GETTING TO KNOW CANADA & ONTARIO

This section introduces you to Canada and the province of Ontario, including its geography, climate, population, economy, languages and government. You will also find information about settlement agencies along with useful telephone numbers and websites.



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INTRODUCTION TO CANADA

Canada is the second-largest country on earth, covering an area of 10 million square kilometres (3.9 million square miles). Due to its large size, Canada has many different landscapes, including mountains, forests, prairie grasslands and Arctic tundra.

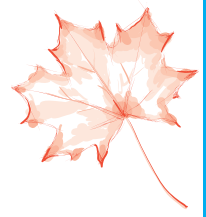
CITIES, PROVINCES AND REGIONS p.18

The capital city of Canada is Ottawa, located in Ontario. It is Canada's fourth-largest city. The three largest cities in Canada are Toronto (Ontario), Montreal (Quebec) and Vancouver (British Columbia).

Canada has 10 provinces and three territories, each with its own capital city. The main regions of Canada are:

- The Atlantic provinces (Newfoundland and Labrador, Prince Edward Island, Nova Scotia and New Brunswick)
- Central Canada (Quebec and Ontario)
- The Prairie provinces (Manitoba, Saskatchewan and Alberta)
- The West Coast (British Columbia)
- The North (Nunavut, the Northwest Territories and Yukon)





FOUNDING PEOPLES AND IMMIGRATION p.21

Canada has three founding peoples: Aboriginal, French and British.

Aboriginal peoples lived in Canada before the arrival of European explorers, pioneers and settlers. Currently, the term refers to three groups: First Nations (sometimes called “Indians”), Inuit and Métis. Aboriginal peoples live across Canada in their own communities as well as in cities.

French settlers came in the 1600s and 1700s, while English-speaking settlers came from England, Wales, Scotland and Ireland between the 17th and 20th centuries.

Over the past 200 years, people from a variety of ethnic and religious groups have immigrated to Canada. Today, approximately 20 percent of Canadians were born outside Canada. In Toronto, this number is over 45 percent.

English and French are the two official languages of Canada. By law, the federal government must provide services throughout Canada in both English and French.

BECOMING A CANADIAN CITIZEN p.137

You can start preparing to become a Canadian citizen as soon as you arrive in Canada. Find more information in the *Welcome to Canada* guide. Read the free study guide for the citizenship test at cic.gc.ca or findlink.at/cic-study



GOVERNMENT

Canada is both a constitutional monarchy and a federal democracy. This means that Canada's head of state is the Queen or King, while the Prime Minister is the head of government. Key responsibilities are divided between the federal and provincial or territorial levels of government. Canadians elect their federal, provincial and municipal representatives through a public voting system.

The Queen or King is represented in Canada by the Governor General (federal) and 10 Lieutenant Governors (provincial).

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THE FEDERAL GOVERNMENT

The federal government deals with national issues such as national defence, foreign affairs, currency and banking, employment insurance, postal service and criminal law. The federal government is led by the Prime Minister. Federal government representatives are called *Members of Parliament* (or *MPs*).

THE PROVINCIAL/TERRITORIAL GOVERNMENTS

The provincial/territorial governments deal with issues such as health, education and transportation. In Ontario, the provincial governing body is called the *Ontario Legislature*. Provincial government representatives are called *Members of Provincial Parliament* (or *MPPs*).

Municipal governments (your local community or city government) deal with local services such as garbage collection and recreational services. Municipal government representatives are called *councillors*.

Find out more about Canada's system of government at canada.gc.ca or findlink.at/cgovsystem

Find out more about Ontario's provincial government at ontario.ca or findlink.at/govontario

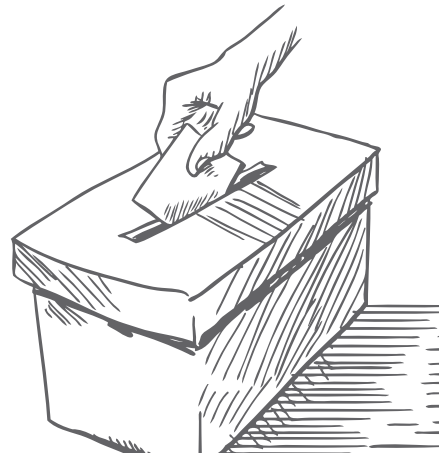
Find out more about how municipal governments work in Ontario at yourlocalgovernment.com

THINGS TO THINK ABOUT

Who is my MP and what issues does he or she deal with?

Who is my MPP and what issues does he or she deal with?

How do I contact my local councillor?





INTRODUCTION TO ONTARIO

Almost half of all immigrants to Canada continue to choose Ontario as their new home.¹ Ontario is proud of its multicultural society and it is a diverse centre of international trade and commerce.

POPULATION AND GEOGRAPHY

Ontario is the largest province by population (over 13 million). Most Ontarians live in urban centres located near the southern border of the province, next to the Great Lakes. In general, towns and communities in the northern areas of the province are smaller.

The names of many cities and towns in Ontario reflect the province's rich Aboriginal history and heritage: *Ontario* comes from the Iroquoian word "kanadario," which means "beautiful lake" or "sparkling water."

Ontario is the fourth largest geographically of the 10 provinces and three territories that make up Canada. To give you an idea of its size, Ontario is approximately twice as big as France and about one-third the size of India.

Learn about planning a trip in Ontario at the Government of Ontario's official tourism website: ontariotravel.net

Enjoy Ontario's natural environments by visiting an Ontario provincial park. Learn more at provincialparks.ca

LANGUAGES

English is the most common language spoken in the province and is the primary language of business. French is used in Ontario's Francophone communities and is taught to all Ontario schoolchildren. If you are fluent in both French and English, you will have an advantage when you look for a job.

ECONOMY

Ontario has a diverse economy. In the southern part of the province you will find financial services, the hospitality industry, manufacturing, life sciences and information and telecommunication technology.

In the northern part of the province, the economy has been based historically on natural resources. Principal industries include mining, forestry and hydroelectricity.

Learn more about Ontario's economy at the Ministry of Finance: www.fin.gov.on.ca or findlink.at/economy

¹ Source: Citizenship and Immigration Canada: cic.gc.ca or indlink.at/prstats





CLIMATE

Average Monthly Temperatures for Ontario (in degrees Celsius)²



² Source: currentresults.com or indlink.at/091



ABORIGINAL CULTURE

“Aboriginal peoples” is a collective name for the original inhabitants of North America and their descendants. They have lived in Ontario for at least 7,000 years.

The Canadian constitution recognizes three groups of Aboriginal peoples: First Nations, Métis and Inuit. These are three distinct peoples with unique histories, languages, cultural practices and spiritual beliefs. First Nations peoples in Ontario include Algonquian-speaking Cree, Oji-Cree, Algonquin, Ojibwa, Odawa, Potawatomi and Delaware, plus the Iroquoian-speaking Six Nations (Mohawk, Oneida, Onondaga, Cayuga, Seneca and Tuscarora). Métis are people with mixed First Nations and European ancestry who identify themselves as Métis. Inuit are the Aboriginal people of Arctic Canada, including Nunavut, the Northwest Territories, Yukon, northern Quebec and Labrador.

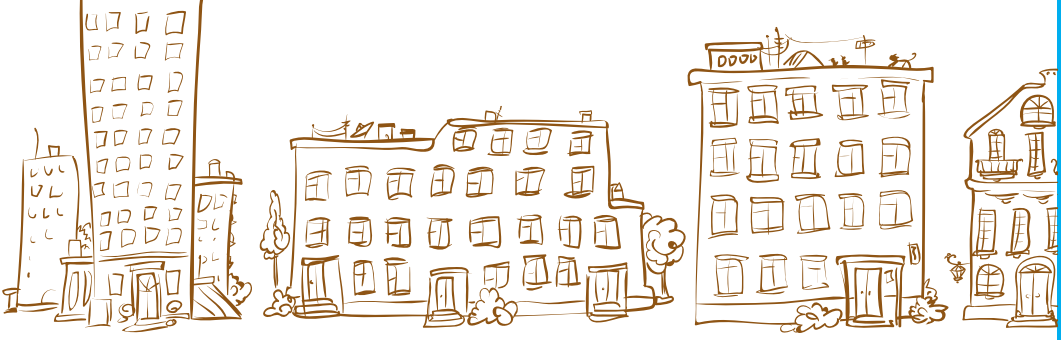
In 2009, June was proclaimed National Aboriginal month. Each year Ontarians participate in Aboriginal cultural events and learn about the rich heritage of Aboriginal peoples in Ontario and across the country.

According to the 2006 Canadian census, over one million people self-identified as Aboriginal people. In Canada Aboriginal people compose 2.8 percent of the overall Canadian population.

Ontario has the largest population of Aboriginal people. Currently there are almost 300,000 First Nations, Métis and Inuit people living in Ontario representing two percent of Ontario’s total population and about one-fifth of all Aboriginal people in Canada. They live on reserves, in cities and in rural communities. Some live in small remote communities accessible only by air year round or by ice roads in the winter. Major urban Aboriginal populations are in Thunder Bay, Sudbury, Sault Ste. Marie, Ottawa and Toronto.

For more information on Aboriginal people, visit aadnc-aandc.gc.ca and ontario.ca/ministry-aboriginal-affairs





SETTLEMENT AGENCIES

Once you arrive in Ontario, you can get help from a local settlement agency. Settlement agencies are community organizations that help newcomers. Services are confidential, free of charge and available in many languages.

A settlement worker can help you by giving information and orientation about many different community and government services. You can ask about housing, health care, language training, how to find employment and many other available services.

Many settlement agencies offer programs that can help you and your family connect to your new community.

The governments of Canada and Ontario provide funding for these organizations to deliver settlement services to newcomers throughout Ontario.

LOCATING SERVICES IN YOUR AREA

Settlement.org provides links to community services in your area as well as useful information on all of your settlement needs: settlement.org/findhelp/

Citizenship and Immigration Canada provides a list of settlement agencies at cic.gc.ca or findlink.at/cic-serve

The Ontario Ministry of Citizenship and Immigration lists agencies offering settlement services at ontarioimmigration.ca or www.citizenship.gov.on.ca/english/newcomers/agencies.shtml
You can dial **211** for information about local services.



USEFUL PHONE NUMBERS AND WEBSITES

9-1-1 – Emergency - For emergency situations at any time when you need police, fire or ambulance assistance. The operator will ask you for your full address, including your postal code. Interpreters are available for 170 languages.

2-1-1 – Services - Get information and referrals to community and social services in your area 24 hours a day, 365 days a year in more than 150 languages. Calling **211** is free and completely confidential.

4-1-1 – Directory Assistance - Find a residential or business phone number. The fee for this service is generally \$0.50 cents from a landline and \$1.50 from a cell phone.

Serviceontario.ca - 1-800-267-8097

Learn about Ontario programs and services, including those related to employment, education, training and driving. You will need to visit a ServiceOntario centre to apply for your OHIP card, get a driver's license and get a license plate for your car.

Servicecanada.gc.ca - 1-800-622-6232

For information related to immigration, taxation, citizenship, employment insurance, your social insurance number or any other federal program or service. For information specifically about newcomers visit: findlink.at/hcservices

ontarioimmigration.ca - Ontario Ministry of Citizenship, Immigration and International Trade – official website. Find information about newcomer settlement, language training and bridge training programs.

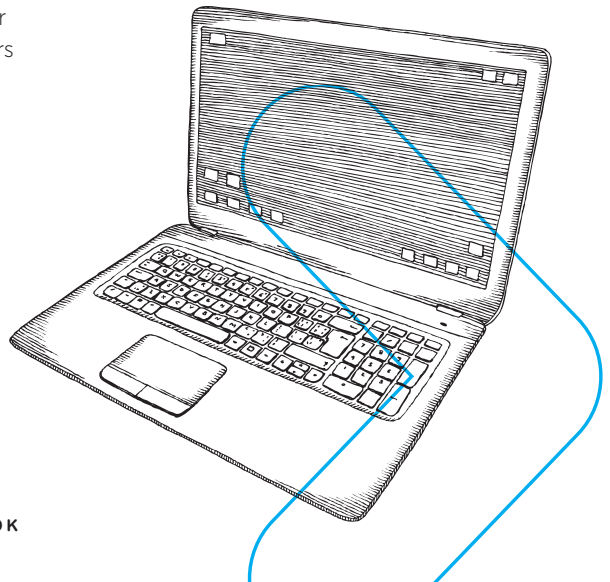
cic.gc.ca - Citizenship and Immigration Canada – official website.

settlement.org - Find a wide variety of settlement-related information, including where to find local settlement services. For a specific language please visit: inmylanguage.org

yellowpages.ca - Find residential, business and government telephone numbers. If you need a phone book, call **1-800-268-5637**.

cic.gc.ca/english/newcomers/credentials

Provides information and services to help internationally educated workers get appropriate recognition for their credentials.



FEDERAL GOVERNMENT RESOURCES

Come to Canada

cic.gc.ca or findlink.at/ctcextstay

Do you want to come to Canada, or extend your stay? This tool will help you determine your eligibility, fill out and submit your application.

Immigrant services in your area

cic.gc.ca or findlink.at/cic-serve

Services may include assistance with finding a place to live, job search support, language assessment and classes, help with filling out forms and information about community services.

Living in Canada tool

cic.gc.ca or findlink.at/cic-ictvac

Answer a few simple questions to get the help you need to settle in Canada and learn all about living here.

Working in Canada

canada.ca or findlink.at/workincana

Working in Canada is the Government of Canada's leading source for jobs and labour market information. It offers users free occupational and career information.

Discover Canada: The Rights and Responsibilities of Citizenship

cic.gc.ca or findlink.at/cic-study

Discover Canada: *The Rights and Responsibilities of Citizenship* is used by newcomers to study for the citizenship test.

PROVINCIAL AND TERRITORIAL WEBSITES FOR NEWCOMERS

Alberta

albertacanada.com/immigration

British Columbia

welcomebc.ca

Manitoba

immigratemanitoba.com

New Brunswick

welcomenb.ca

Newfoundland and Labrador

nlimmigration.ca

Northwest Territories

www.gov.nt.ca

Nova Scotia

novascotiaimmigration.com

Nunavut

gov.nu.ca

Ontario

ontarioimmigration.ca

Prince Edward Island

gov.pe.ca/immigration

Quebec

immigration-quebec.gouv.qc.ca

Saskatchewan

saskimmigrationcanada.ca

Yukon

immigration.gov.yk.ca



ONTARIO GOVERNMENT MINISTRIES

Aboriginal Affairs

ontario.ca/ministry-aboriginal-affairs

Agriculture and Food

omafra.gov.on.ca

Attorney General

www.attorneygeneral.jus.gov.on.ca

Children and Youth Services

www.children.gov.on.ca

Citizenship, Immigration and
International Trade

www.citizenship.gov.on.ca

Community and Social Services

mcss.gov.on.ca

Community Safety and Correctional
Services

www.mcscs.jus.gov.on.ca

Consumer Services

www.sse.gov.on.ca/mcs/en/pages/default.aspx

Economic Development, Trade and
Employment

ontario.ca/ministry-economic-development-trade-employment

Education

edu.gov.on.ca

Energy

energy.gov.on.ca

Environment

www.ene.gov.on.ca/environment

Finance

www.fin.gov.on.ca

Francophone Affairs

www.ofa.gov.on.ca

Government Services

mgs.gov.on.ca

Health and Long-Term Care

health.gov.on.ca

Infrastructure

moi.gov.on.ca

Intergovernmental Affairs

ontario.ca/ministry-intergovernmental-affairs

Labour

www.labour.gov.on.ca

Municipal Affairs and Housing

www.mah.gov.on.ca

Natural Resources

mnr.gov.on.ca

Northern Development and Mines

www.mndm.gov.on.ca

Pan/Parapan American Games Secretariat

www.panam2015.gov.on.ca

Research and Innovation

ontario.ca/ministry-research-innovation

Rural Affairs

www.omafra.gov.on.ca

Seniors' Secretariat

www.seniors.gov.on.ca

Tourism, Culture and Sport

mtc.gov.on.ca

Training, Colleges and Universities

www.tcu.gov.on.ca

Transportation

www.mto.gov.on.ca

Women's Directorate

www.women.gov.on.ca

PEOPLE AND THE ENVIRONMENT

This section provides information to help you understand some important values of Ontario's diverse society. These include gender equality, respecting and valuing everyone equally, solving family problems in non-violent ways and caring for the environment.



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Caring for the Environment

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Did You Know?



INCLUSIVENESS

Ontario is a diverse society where people strive to cooperate with each other, learn from each other and create a culture of openness. You will have many opportunities to get to know people who are different from you. Ontario aims to be accessible and inclusive – a place where everyone feels at home.

DIVERSITY AND INCLUSIVENESS

Ontario's population includes people from many different cultural and religious backgrounds, with many different abilities, different sexual orientations and differences of all kinds.

To benefit from this wonderful mix of people, we need to be inclusive. Inclusion means actively engaging with people of all backgrounds. It also means making sure that every person has equal opportunities to participate in all aspects of life in Ontario.

The Ministry of Government Services has a plan to make the Ontario Public Service (OPS) a more inclusive workplace. To learn more, visit mgs.gov.on.ca or findlink.at/omgs

The Ontario *Human Rights Code* provides a foundation for inclusiveness by making it illegal to treat people unfairly. To learn more, visit the Ontario Human Rights Commission at www.ohrc.on.ca

EQUALITY OF MEN AND WOMEN

In Canada, equality between men and women is a core value. Cultural practices that demean or hurt women or girls are not tolerated.





THE LGBTQ COMMUNITY

LGBTQ is short for *Lesbian, Gay, Bi-sexual, Transgendered, Queer*. LGBTQ people are proud participants in Ontario society. Discriminating against or harassing people because of their sexual orientation is illegal under The Ontario *Human Rights Code*.

Learn about programs and services for LGBTQ people at settlement.org or findlink.at/lgbtqservi
You can also dial [211](tel:211) or visit serviceontario.ca

THINGS TO THINK ABOUT

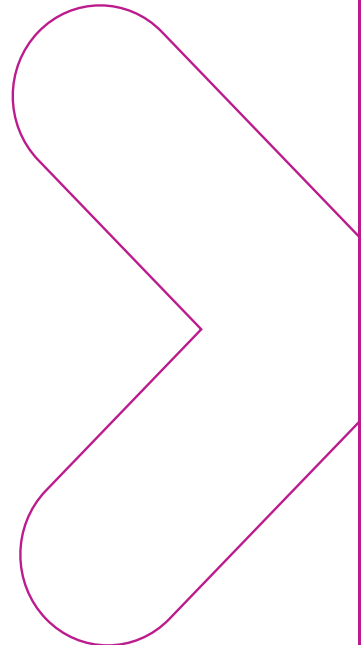
What are some of my culturally determined attitudes and beliefs?

How tolerant am I of people with different perspectives?

What do I know about other cultures?

How can I learn more about other cultures?

What generalizations do people make about my culture?



PEOPLE WITH DISABILITIES

One in seven people in Ontario has a disability – approximately 1.85 million Ontarians.³ As the population ages, this number will increase. Ontario aims to be a place where everyone can participate in the community. Ontario’s businesses, organizations and communities are working to become more accessible and inclusive to people with disabilities.

DISABILITY

Disability refers to many different kinds and degrees of conditions. Some disabilities are visible to other people and some are not. A person can be born with a disability or have a disability as the result of an accident or illness. People can have physical, mental or learning disabilities; hearing or vision disabilities; epilepsy; mental health disabilities and addictions; environmental sensitivities and other conditions.

Learn about people’s personal experiences with disabilities in poems, essays and videos at the Ontario Human Rights Commission: www.ohrc.on.ca or findlink.at/ohr-lrd

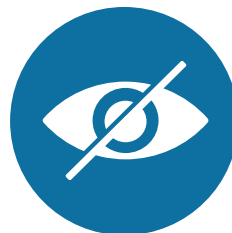
Learn about the rights of people with disabilities under The Ontario *Human Rights Code* at www.ohrc.on.ca or findlink.at/acssibact

ACCESSIBILITY STANDARDS

Ontario’s 2005 law *Accessibility for Ontarians with Disabilities Act* (AODA) called for the creation of accessibility standards. These standards describe what all businesses and organizations must do to make sure people with disabilities can participate fully in Ontario society. The goal is to create an accessible Ontario by 2025.

There are five accessibility standards:

1. Customer Service – All organizations that provide goods and services must have a written plan showing how they are going to provide customer service to people with disabilities. The plan could include things like allowing service animals and wheelchairs, welcoming support persons and communicating effectively.



2. Employment – All organizations must make accessibility for people with disabilities a regular part of finding, hiring and supporting employees. This might include, for example, providing them with special equipment or working conditions.
3. Information and Communication – Organizations must make all of their information such as brochures, websites and educational materials accessible.
4. Transportation – This standard applies to buses, taxis, specialized transport for people with disabilities, hospital shuttle buses, school buses and some ferries. Requirements include providing lifting devices, steps, grab bars, lighting, signage and more.
5. Public Spaces – This standard applies to buildings and public spaces such as playgrounds, parking areas and picnic areas.

Learn about the *Accessibility for Ontarians with Disabilities Act, 2005* at ontario.ca or findlink.at/accssibact

Learn about the accessibility standards at ontario.ca or findlink.at/accsstandr

For information about programs and services for people with disabilities, call [211](tel:211) or visit Disability Doorway at disabilitydoorway.com

The Ontario Disability Support Program helps people with disabilities who are in financial need. Learn more at mcss.gov.on.ca or findlink.at/ont-dsp

³ Source: mcss.gov.on.ca or findlink.at/ont-dsp Family Relationships

THINGS TO THINK ABOUT

How accessible is my workplace?

What invisible disabilities might people around me have?



FAMILY RELATIONSHIPS

Family can be an important support while you are settling in Ontario. Federal and provincial laws protect all members of the family.

MARRIAGE p.44

Marriage is the foundation of family life for many people in Canada and Ontario. You can be married to only one person at a time. If you married someone in another country, you must get a divorce before you can marry someone in Ontario. Same-sex marriage has been legal in Ontario since 2003. If you live with your partner, but are not married, you are considered to be “common-law partners” if you have been in a conjugal relationship for more than three years or for one year if you have a child together.

DIVORCE p.45

Only a court can grant you a divorce. Either spouse (marriage partner) can apply for a divorce. You must give proof that your marriage has broken down. If your spouse gets a divorce in another country, it is usually considered legal in Ontario if your spouse has been out of Canada for at least a year.

SPOUSAL ABUSE p.42

All forms of physical violence against a spouse, common-law partner or any other family member are illegal. This includes unwanted sexual activity. Threatening to hurt or kill someone is also a crime. A person who is found guilty of domestic violence against a family member is subject to serious punishments, including imprisonment.

THE ROLE OF POLICE IN CANADIAN SOCIETY p.41

The police help keep people safe in the community and make sure that everyone follows Canada’s laws. You can always ask the police for help in all kinds of situations such as violence in the home, an accident, a personal injury or a crime that has taken place.

If you are in danger, call **911** and ask for the police. They will come to your home immediately. For more information about the role of the police in Ontario, read the *Welcome to Canada* guide.

Women who are at risk of being abused by a family member can call the Assaulted Women’s Helpline at **1-866-863-0511**, 24 hours a day, seven days a week. It offers telephone crisis counselling and referrals to supports and services in your community. Visit the website at awhl.org. Also, visit the Ministry of Community and Social Services at mcss.gov.on.ca or findlink.at/womenhelp

You can also call **211** to get information about services in your area such as family counselling or parenting workshops.



CHILD ABUSE AND NEGLECT p.42

Under section 43 of the *Criminal Code of Canada* – often called the Spanking Law – parents are allowed to use “reasonable force” to discipline their children. This means force that is brief, does not harm the child and does not involve the use of any objects or force to the head. Parents may not use physical force against teenagers. In general, physical punishment of children is controversial in Canada. It is illegal to touch your children sexually or to force them into marriage.

All adults in Ontario must report any situation where they suspect child abuse. In cases where child abuse or neglect is suspected, child protection laws in Ontario allow child welfare officials to remove children from family homes.

Ontario Women’s Directorate

Find information for women who are victims of domestic or sexual violence at www.women.gov.on.ca or findlink.at/serviwomen

Victim Services – Ministry of the Attorney General

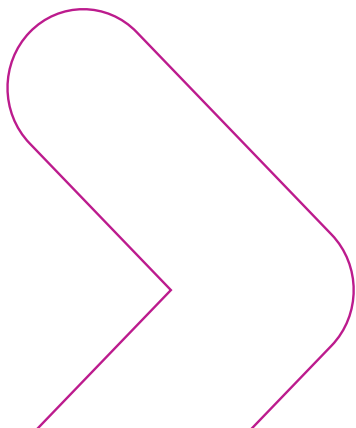
Find information for victims of domestic and sexual violence at www.attorneygeneral.jus.gov.on.ca or findlink.at/ovs

Family Law Education for Women

For an explanation of women’s rights under Ontario family law, visit onefamilylaw.ca or www.women.gov.on.ca or findlink.at/flew

Family Law Guide

For an introduction to your rights and obligations under Ontario family law, visit www.attorneygeneral.jus.gov.on.ca or findlink.at/on-famlaw



CARING FOR THE ENVIRONMENT

Caring for the environment is an important value in Ontario. You can do your part by avoiding littering, participating in recycling programs and conserving energy.

DON'T LITTER!

Littering is when you throw any kind of trash on the road or the ground, either in the city or out in the country.

Most municipalities in Ontario have laws against littering. Fines for littering range from \$100 to \$1,000 or more. Police will stop your car if they see you littering on a highway.

Help keep Ontario's environment clean by putting your trash in a garbage can or taking it home with you.

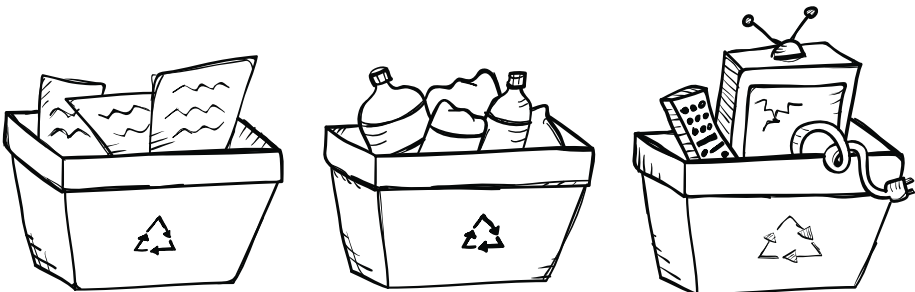
HOUSEHOLD WASTE RECYCLING PROGRAM

The **Blue Box** recycling program is available to most households in Ontario. Instead of filling up landfill sites, waste is used to manufacture new products. You can put various types of glass, metal, plastic and paper waste into your Blue Box for curbside pickup by local sanitation workers.

Some municipalities also have a **Green Bin** program that allows you to recycle organic waste such as fruit and vegetable scraps, meat and fish, coffee grounds, to name a few. The organic waste is converted to compost, which is used to improve the soil in parks and farmlands.

To get a Blue Box, or to find out if your area has a Green Bin program, contact your local municipality. Check the Blue Pages of your phone book, or visit the Ministry of Municipal Affairs and Housing for a list of Ontario municipalities and their contact information at www.mah.gov.on.ca or findlink.at/muniseroff

The **Orange Drop** program allows you to safely dispose of household products that contain harmful substances. These include paint and solvents, antifreeze, single-use batteries, pressurized containers and empty oil containers. Many of these products can be reprocessed to make new products. Visit makethedrop.ca to find a drop location near you.



ELECTRONICS RECYCLING PROGRAM

Waste electronics, also called **e-waste**, include items like cameras, computers, monitors, telephones and televisions. They are filled with toxic – and valuable – materials and should not be put in landfill sites. When you buy electronic products in Ontario, you pay an environmental handling fee. The funds collected are used to pay for the cost of recycling or refurbishing electronic products.

Visit recycleyourelectronics.ca to find an electronics recycling depot in your area.

CONSERVING ENERGY

Producing electricity or gas has negative consequences for the environment. The less we use the better. Learn about how you can conserve energy in your home at the Ministry of Energy: energy.gov.on.ca or findlink.at/savinenerg . Also, visit Natural Resources Canada's Office of Energy Efficiency at oe.e.nrcan.gc.ca

THINGS TO THINK ABOUT

Where can I get a Blue Box and what can I put in it?

Does my municipality have a Green Bin program?

Where can I take my unwanted electronics?

What can I do to make my home more energy efficient?



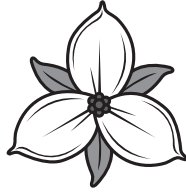
DID YOU KNOW?

Capital

Toronto, Canada's largest city has approximately 4 million people.

Official Flower

White Trillium



Official Tree

Eastern White Pine

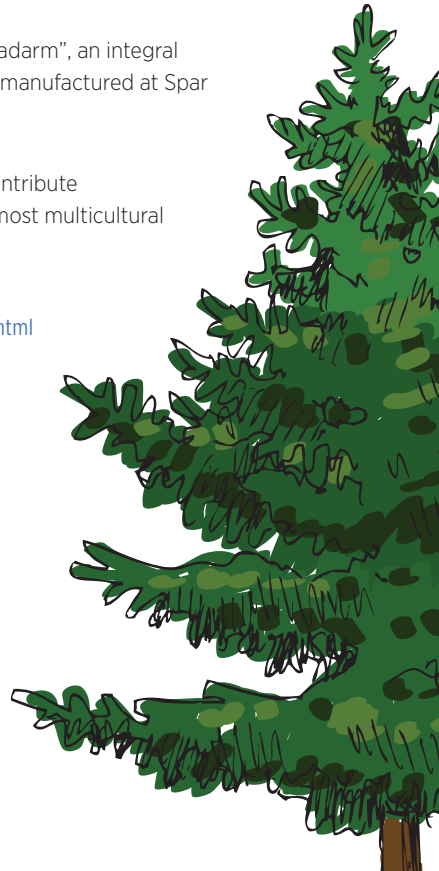
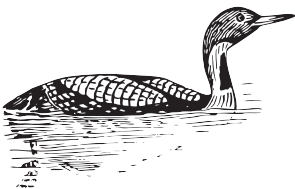
Official Bird

Common Loon

- Ontario is larger than France and Spain, combined.
- Algonquin Provincial Park is Canada's oldest and Ontario's largest park.
- The province is the leading producer of fruits and vegetables in Canada.
- Yonge Street is the longest street in the world and is located in Ontario.
- Ontario supports 20 public universities and 24 colleges of applied arts and technology.
- The Toronto International Film Festival (TIFF) is one of the largest film festivals in the world.
- The world famous robotic manipulator known as the "Canadarm", an integral part of the International Space Station, was designed and manufactured at Spar Aerospace in Ontario.

Newcomers who make Ontario their new home every year, contribute significantly to its fabric, culture and history and make it the most multicultural province in the country.

For more interesting facts and places to discover, please visit:
www.ontarioimmigration.ca/en/about/OI_ABOUT_FACTS_FIGURES.html



O CANADA

O Canada!
Our home and native land!
True patriot love
in all thy sons command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide
O Canada,
we stand on guard for thee.
God keep our land
glorious and free!
O Canada,
we stand on guard for thee.
O Canada,
we stand on guard for thee.

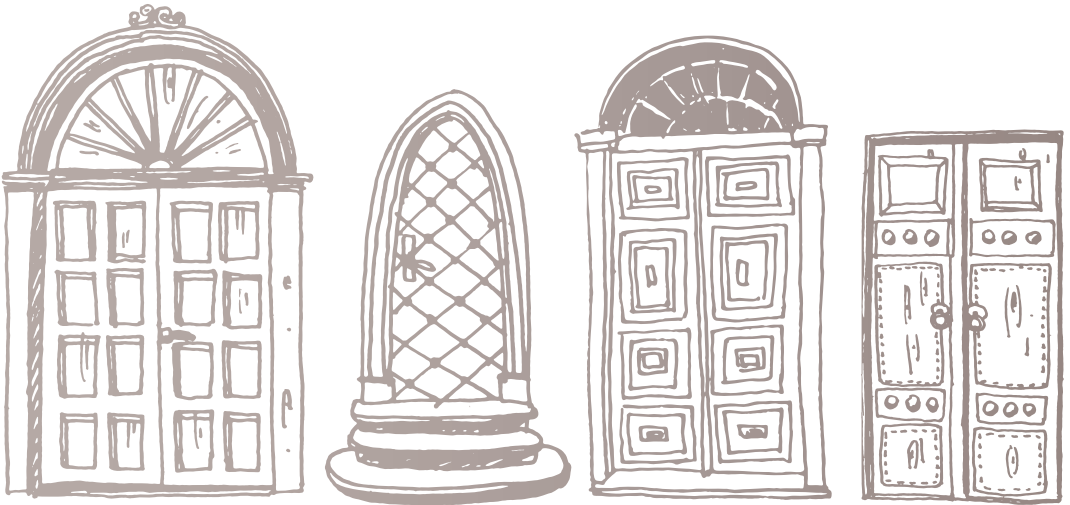


ORIENTATION TO ONTARIO

Do you know that you can attend an Orientation to Ontario workshop?

For more information please visit www.settlement.org/O2O

To contact us directly, please call our bilingual line **1-855-626-0002** or **O2O@costi.org**



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