



# Immigrating to Canada

A Canadian Bar Association series supporting legal wellness

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Immigrating to Canada can be exciting, stressful and confusing. This Legal Health Check can increase your chance of success.

- **Be informed** – about immigration programs you may be eligible for.
- **Collect** – your papers (e.g. proof of age, nationality, education, language, health, family relationships, work, finances).
- **Set a budget** – for immigration expenses (e.g. moving, insurance, legal fees) and the costs of living.
- **Plan** – for your arrival (e.g. employment, housing, health, education, childcare, banking, transportation). Improve your English or French if needed.
- **Get support** – build a network of contacts and learn about services for immigrants.

## TIPS FOR APPLYING

- **Make it complete** – submit all required information, provide all supporting documents and answer all questions clearly - sign and date your forms.
- **Provide accurate information** – giving false information is against the law and has serious consequences.
- **Review carefully** – understand everything in your application before you submit it, have someone translate if needed, and keep a copy. Inaccurate or incomplete information can mean delays or even refusal of your application.

## FIND THE RIGHT HELP

Hiring a representative is not required, but laws for immigrating to Canada are complex and errors can be serious.

- **Immigration lawyers are regulated** – and have high education, training and ethical standards. Your communications with them will be kept private.
- **Check credentials** – your representative should be authorized to provide immigration services and professionally licensed in Canada.
- **Ask** – about training and experience in immigration law, who will work on your application, how you will communicate, and what they will charge.
- **Be Ready** – with a list of questions about the process for your representative.

For links and resources, visit [cba.org/healthcheck](http://cba.org/healthcheck)



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Contact or referral info here.