



# WELCOME TO ALBERTA

A PRACTICAL GUIDE TO SOCIAL BENEFITS  
FOR IMMIGRANTS, NEWCOMERS, AND REFUGEES

BY CAREBRIDGE DOCUMENTATION

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# CHAPTER

# 01

# Introduction

# Welcome to Alberta

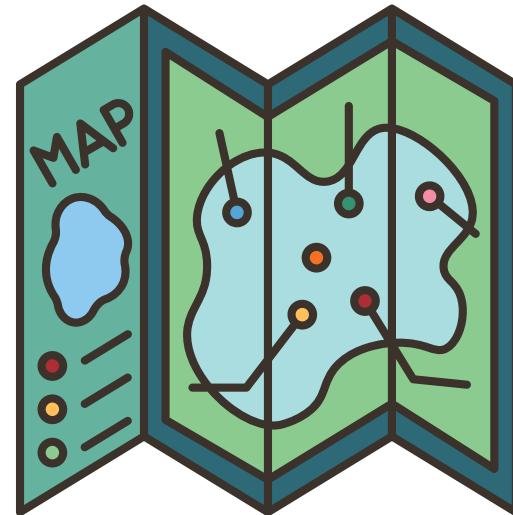
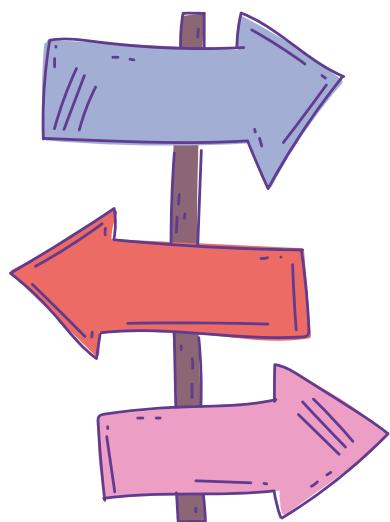
Welcome to Alberta, a province known for its stunning landscapes, vibrant communities, and welcoming spirit. Whether you are here as an immigrant, refugee, or temporary resident, Alberta offers a range of social benefits to help you settle and thrive.

## Purpose of This Guide

This guide is designed to help you understand and navigate the various social benefits available to you in Alberta. From housing and financial assistance to healthcare and employment support, we aim to provide you with the information you need to access the resources that can make your transition smoother.

## How to Use This Guide

This guide is organized into sections that cover different aspects of social benefits. Each section provides an overview of the available programs, eligibility criteria, and steps to access them. Use the table of contents to find the information most relevant to your needs.



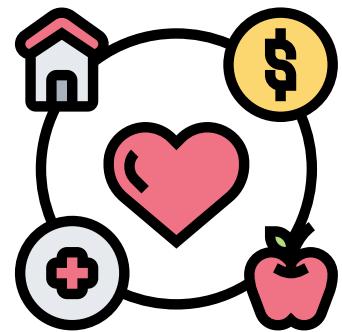
CHAPTER  
02

Understanding  
Canadian  
Social Benefits



## What Are Social Benefits?

Social benefits are programs and services provided by the government to support the well-being of its residents. These benefits can include financial assistance, healthcare, housing support, and more.



## Who Is Eligible?

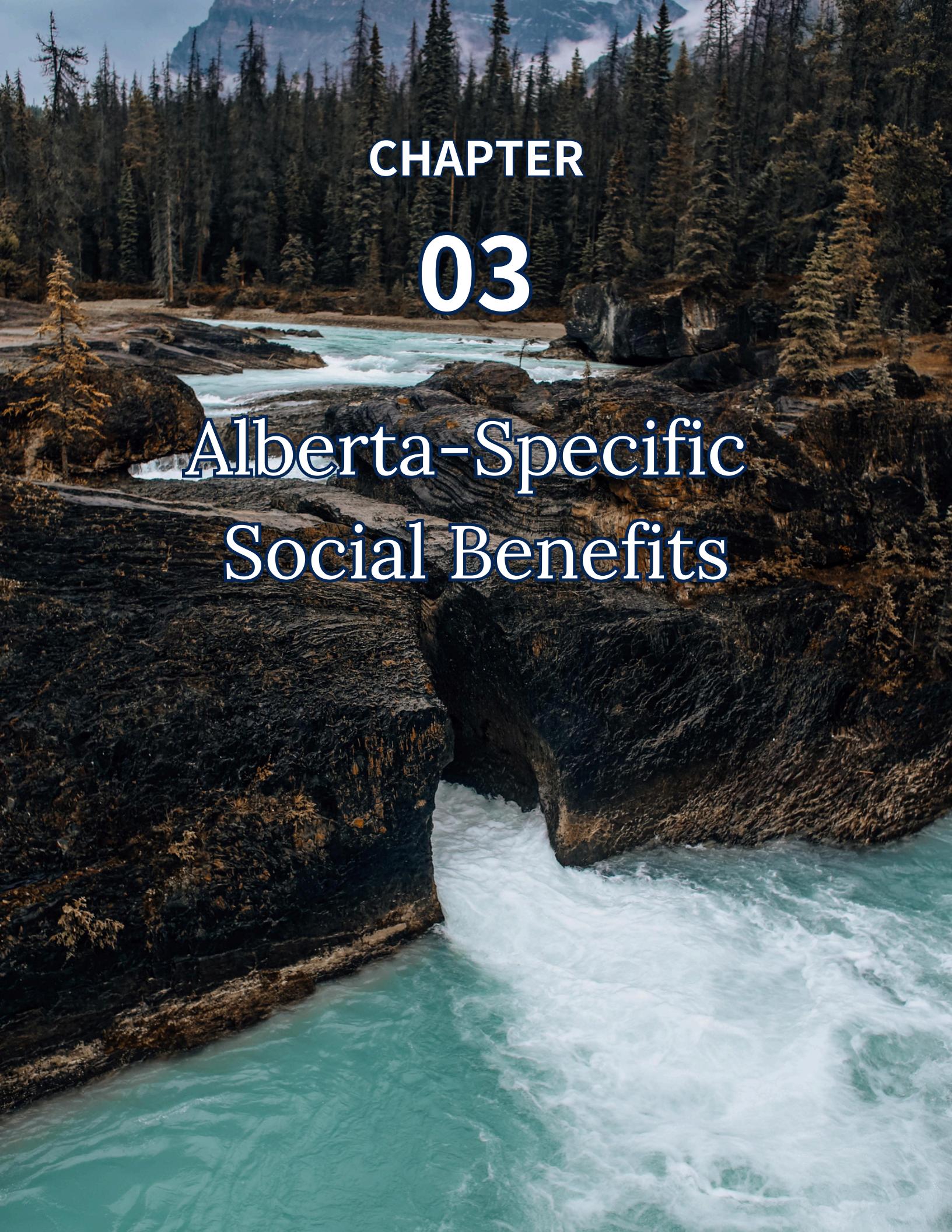
Eligibility for social benefits varies depending on your immigration status, income level, and other factors. Some benefits are available to all residents, while others are specific to certain groups, such as refugees or low-income families.



## How to Access Social Benefits

To access social benefits, you will typically need to apply through the relevant government department or agency. This may involve filling out forms, providing documentation, and meeting specific criteria. We will guide you through the process in each section.





# CHAPTER 03

## Alberta-Specific Social Benefits

## Alberta-Specific Social Benefits

### Alberta Works Income Support

Alberta Works provides financial assistance to individuals and families who are in temporary financial need. This program can help with basic living expenses, such as food, clothing, and shelter.

**Eligibility:** Low-income individuals and families.

**How to Apply:** Visit an Alberta Works office or apply online.

**Real-Life Example:** Ahmed, a newcomer from Egypt, applied for Alberta Works Income Support after losing his job. With financial assistance, he was able to cover his rent and groceries while searching for new employment.

#### Alberta Child and Family Benefit (ACFB)

The ACFB is a tax-free benefit paid to lower-income families with children under 18 years of age. It helps with the cost of raising children.

**Eligibility:** Families with children under 18 and a household income below a certain threshold.

**How to Apply:** Automatically assessed when you file your taxes.

**Real-Life Example:** Maria, a single mother from the Philippines, received the ACFB to help pay for her children's school supplies and extracurricular activities.



#### Alberta Health Coverage

The Alberta Health Care Insurance Plan (AHCIP) provides coverage for medically necessary services, such as doctor visits and hospital care.

**Eligibility:** All Alberta residents.

**How to Apply:** Apply online or in person at an Alberta Registry office.

**Link:** Alberta Health Care Insurance Plan Rent Supplement Program (Alberta)

This program helps low-income individuals and families afford rental housing by providing a subsidy to cover part of the rent.

**Eligibility:** Low-income individuals and families.

**How to Apply:** Contact your local housing office or apply through a participating landlord.

**Real-Life Example:** Amira, a newcomer from Syria, applied for rental assistance through Alberta's Rent Supplement Program. She submitted her income documents and was approved within a month, reducing her rent by \$300.



#### Local Resources and Support

Calgary Immigrant Women's Association (CIWA): Offers settlement services, language training, and employment support. Visit CIWA

#### Edmonton Mennonite Centre for Newcomers (EMCN)

(EMCN): Provides settlement services, language classes, and employment assistance. Visit EMCN

Alberta Food Banks: Find your local food bank for emergency food support. Find a Food Bank



Visit our website: [CareBridge Documentation](#)

CHAPTER  
04  
Housing Support



# Housing Support

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## Affordable Housing Programs in Alberta

Alberta offers various affordable housing programs to help low-income individuals and families secure safe and stable housing. These programs are often managed by the Alberta Social Housing Corporation.

## Rent Assistance and Rent Supplement Program

If you are struggling to pay rent, you may be eligible for rent assistance programs. The Rent Supplement Program provides financial support to help cover the cost of housing.

## Emergency Housing and Shelters

In cases of emergency, such as homelessness or domestic violence, there are shelters and emergency housing options available to provide immediate support.

## Tips for Finding Housing in Alberta

Start your search early and be prepared to provide references and proof of income.

Consider shared housing or renting a room to reduce costs. Utilize online resources and community organizations that specialize in housing assistance.



# CHAPTER

# 05

## Financial Assistance

## Canada Child Benefit (CCB)



## Financial Assistance Canada Child Benefit (CCB)

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The CCB is a tax-free monthly payment made to eligible families to help with the cost of raising children under 18 years of age.

### **Goods and Services Tax/Harmonized Sales Tax (GST/HST) Credit.**

The GST/HST credit is a quarterly payment that helps offset the taxes paid on goods and services. It is available to low- and modest-income individuals and families.



### **Alberta Works Income Support**

Alberta Works provides financial assistance to individuals and families who are in temporary financial need. This program can help with basic living expenses, such as food, clothing, and shelter.



### **Employment Insurance (EI)**

EI provides temporary financial assistance to individuals who have lost their jobs through no fault of their own, are sick, pregnant, or caring for a newborn or adopted child.

### **Old Age Security (OAS) and Guaranteed Income Supplement (GIS)**

OAS and GIS are benefits available to seniors aged 65 and older to help with living expenses.



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# CHAPTER

# 06

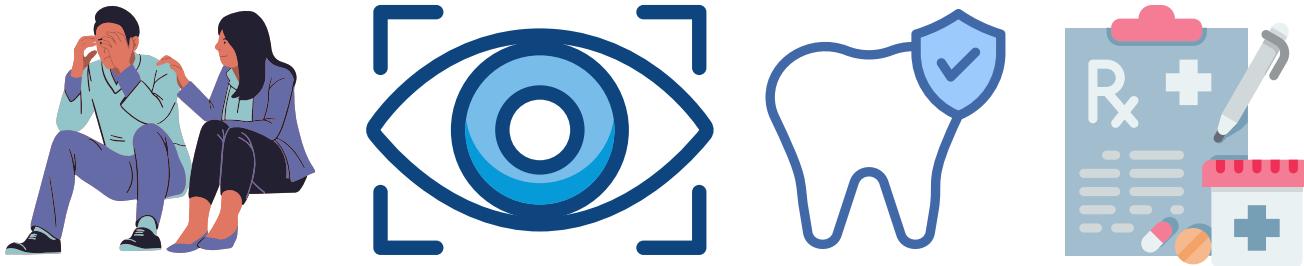
# Healthcare and Wellness



The AHCIP provides coverage for medically necessary services, such as doctor visits and hospital care.

### **Mental Health Support in Alberta**

Mental health is a priority in Alberta. There are various services available, including counseling, therapy, and support groups.



### **Dental and Vision Care**

While basic healthcare is covered, dental and vision care are not typically included. However, there are programs available for low-income individuals and families.

### **Prescription Drug Coverage**

Prescription drug coverage varies by province. Alberta offers the Non-Group Coverage plan for those who do not have access to employer-sponsored drug plans.



# CHAPTER

# 07

# Employment and Training



Alberta offers numerous resources to help you find employment, including job banks, career counseling, and employment centers.

### Language Training Programs

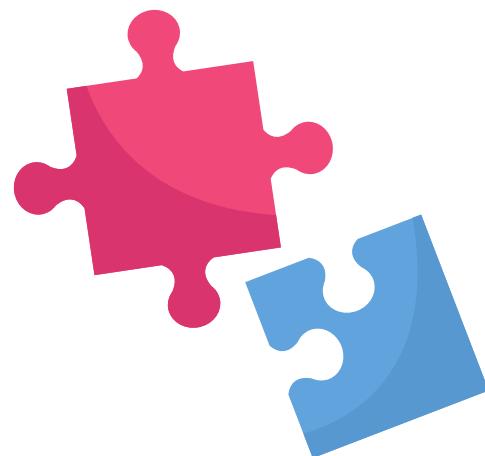
Language training is essential for integration. There are government-funded programs available to help you improve your English or French skills.

### Skills Development and Training

If you need to upgrade your skills or obtain Canadian certifications, there are programs available to assist you.

### Recognition of Foreign Credentials

If you have qualifications from another country, you may need to have them assessed and recognized in Canada. There are organizations that can help with this process.



CHAPTER

# Education and Childcare



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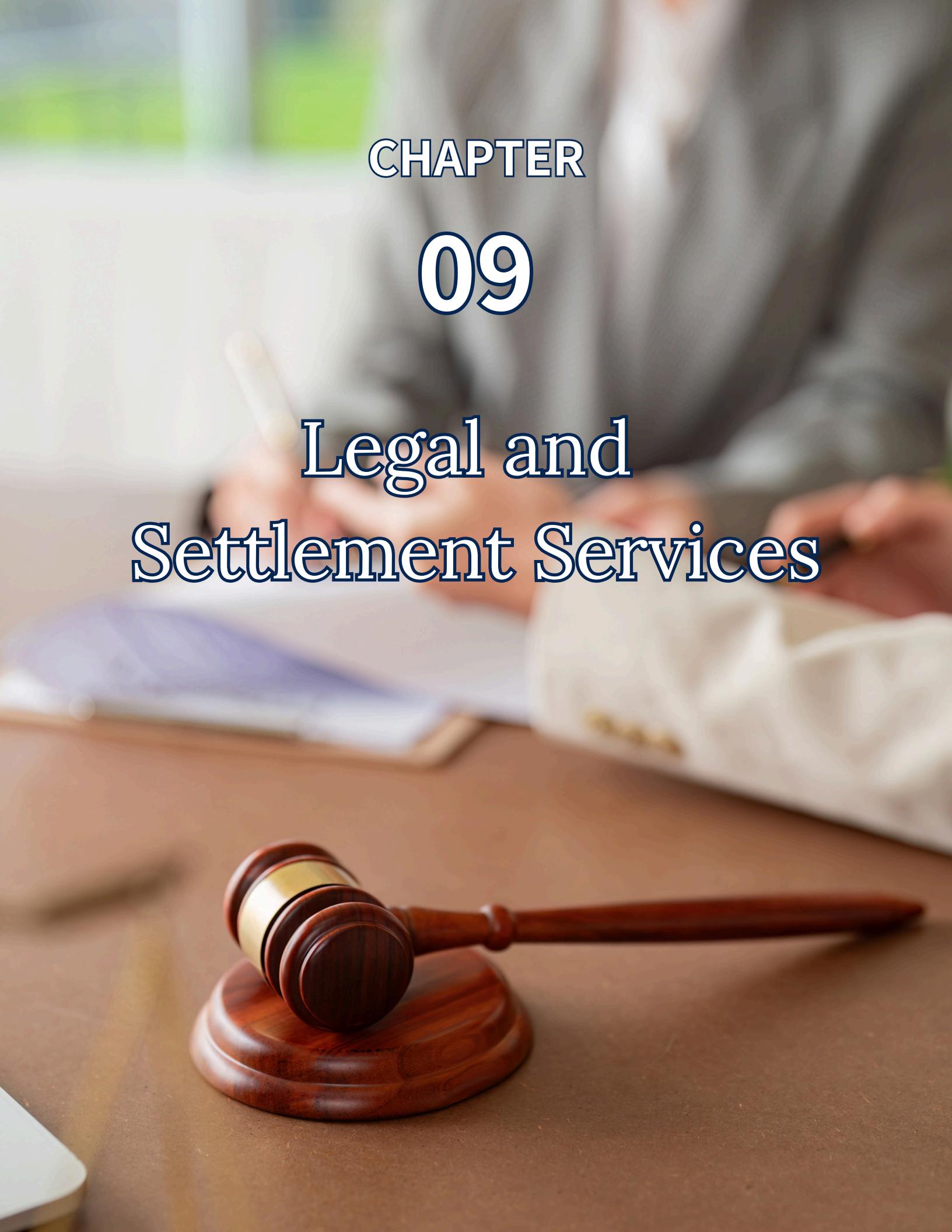
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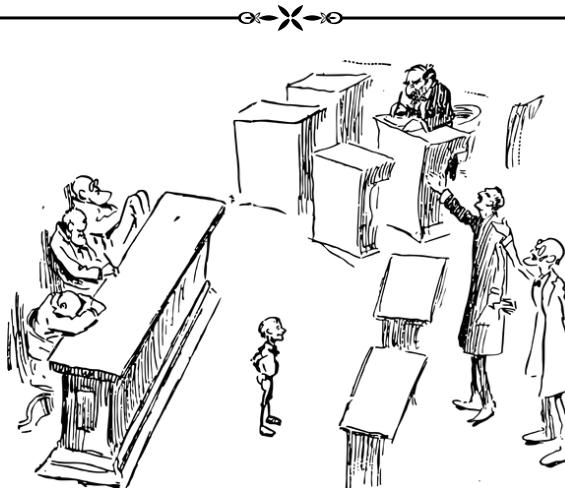


A wooden gavel with a gold band sits on a dark wooden desk. In the background, a stack of thick, aged legal books is visible, with a person's hands resting on top of them. The scene is softly lit, creating a professional and legal atmosphere.

# CHAPTER

# 09

# Legal and Settlement Services



There are organizations that provide support with immigration processes, including applying for permanent residency or citizenship.

### Legal Aid in Alberta

If you need legal assistance but cannot afford a lawyer, legal aid services are available to help.

### Community Settlement Services

Settlement services are designed to help newcomers integrate into Canadian society. They offer assistance with housing, employment, language training, and more.

### Citizenship and Permanent Residency Support

If you are working towards becoming a permanent resident or citizen, there are resources available to guide you through the process.



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# CHAPTER

# 10

# Community and Social Support





Alberta is home to a diverse range of cultural and religious organizations that can provide support and a sense of community.

### **Food Banks and Meal Programs**

If you are facing food insecurity, food banks and meal programs are available to provide assistance.

### **Recreational and Social Activities**

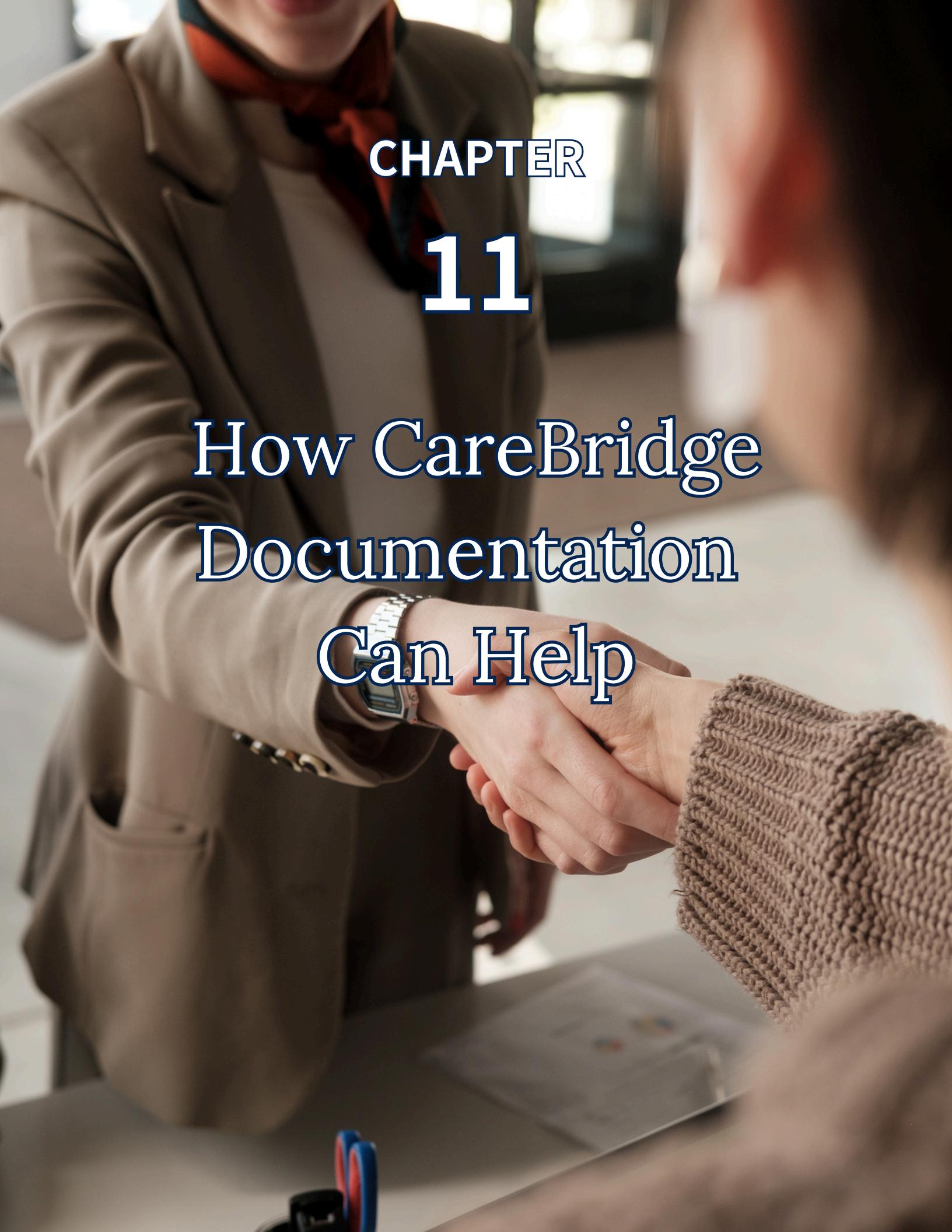
Engaging in recreational and social activities is a great way to meet people and build a support network.

### **Volunteering Opportunities**

Volunteering is a valuable way to gain experience, build connections, and give back to the community.



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# CHAPTER 11

# How CareBridge Documentation Can Help

CareBridge can help you prepare and submit housing applications, ensuring that all required documentation is complete and accurate.

### **Support for Disability Benefits**

If you are applying for disability benefits, CareBridge can assist with the necessary documentation and letters of support.

### **Help with Government Support Program Applications**

CareBridge can guide you through the application process for various government support programs, ensuring that you meet all requirements.

### **Writing Letters and Preparing Documentation**

CareBridge offers professional assistance with writing letters and preparing documentation for housing, benefits, and other support services.

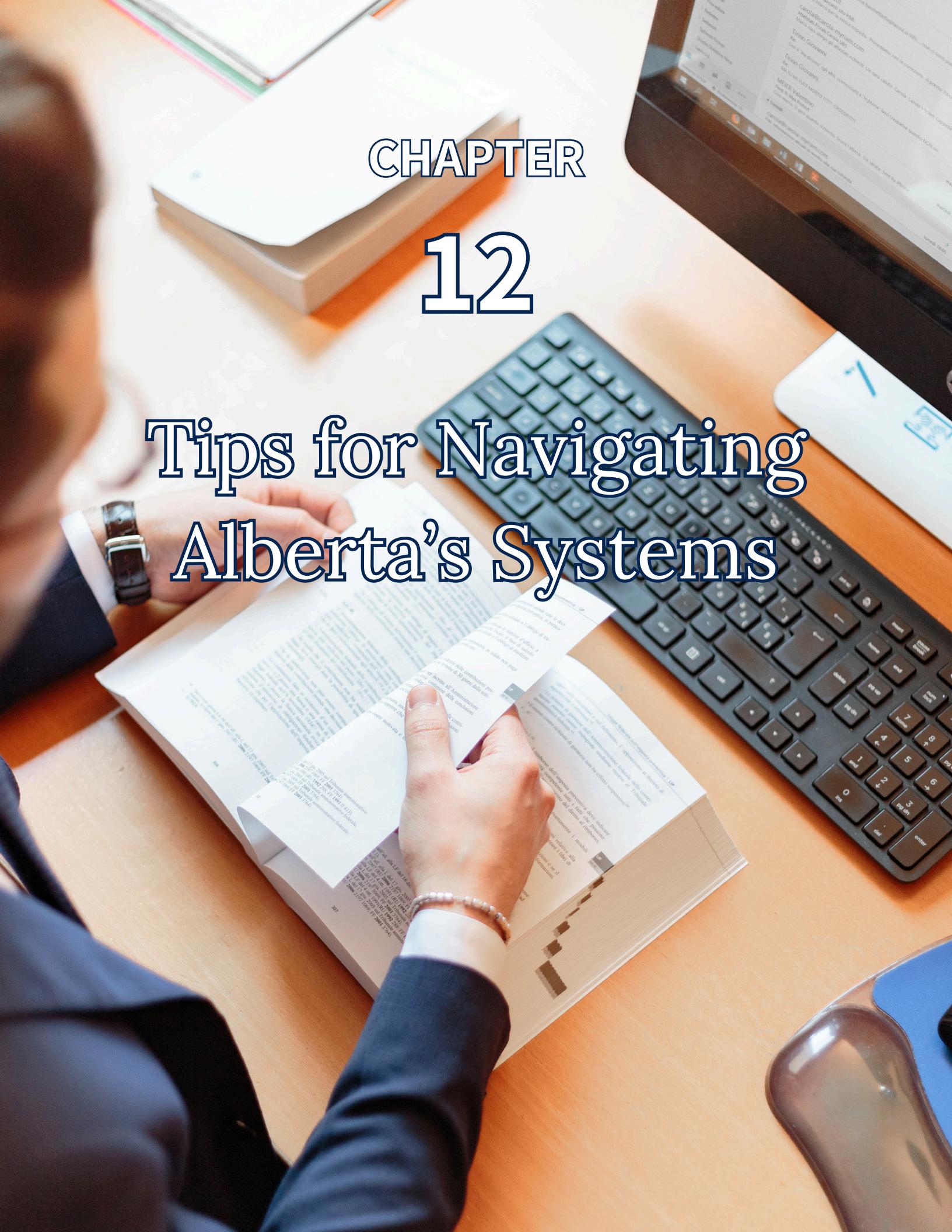


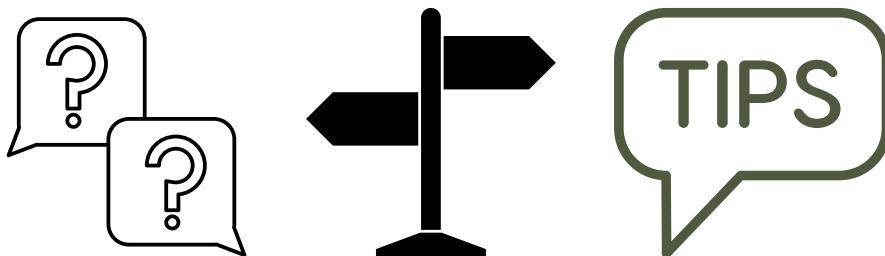
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# CHAPTER

# 12

# Tips for Navigating Alberta's Systems





Understanding Alberta's culture and social norms can help you integrate more smoothly. Albertans value politeness, punctuality, and respect for diversity.

### **Building a Support Network**

Building a support network of friends, family, and community members can provide emotional and practical support as you settle in.

### **Managing Finances**

Managing your finances wisely is crucial. Create a budget, save where possible, and take advantage of financial literacy resources.

### **Staying Informed and Connected**

Stay informed about your rights and the resources available to you. Connect with community organizations and government services to stay updated.





Your journey in Alberta is just beginning, and while there may be challenges, there are also many opportunities. With the right information and support, you can build a successful and fulfilling life in your new home.

### **Additional Resources**

- Government of Alberta Website
- Local Settlement Agencies
- Community Centers
- Online Forums and Support Groups

### **Words of Encouragement**

Remember, you are not alone. There are countless resources and people ready to help you along the way. Welcome to Alberta, and best of luck on your journey!



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### Need More Support? We're Here to Help!

Starting a new life in Alberta can feel overwhelming, but you don't have to navigate it alone. CareBridge Documentation is here to provide the guidance and support you need for housing, financial aid, and other essential services.

- Visit our website to access expert help, personalized support letters, and valuable resources tailored to your journey.



[\*\*Click Here to Get Support Now!\*\*](#)