

# Newcomer's Guide

CFB BAGOTVILLE — 2024 EDITION



BAGOTVILLE MILITARY FAMILY  
RESOURCE CENTRE (MFRC)



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## Disclaimer Notice:

The information contained in this document is for informational purposes only. The MFRC does not recommend any services in particular. The MFRC will not accept any liability for damage resulting from the use of certain services mentioned in this document. It is everyone's responsibility to conduct research to assess the reliability of the resources.



# POSTING PROCESS CHECKLIST

## 2024 EDITION

WHAT?	WHEN?	🔗 Click on the link
BGRS – Register at <a href="https://bgrsguide.bgrs.ca/account/login">https://bgrsguide.bgrs.ca/account/login</a> and read relocation policy.	As soon as your posting message is received	<a href="#">SETTLING INTO YOUR NEW COMMUNITY</a>
Register your children for <b>daycare</b> (families with children)	As soon as your posting message is received	<a href="#">CHILDCARE CENTRES</a>
Obtain up-to-date duplicates of all the following records: school, dental, medical, veterinary, legal and driving (all family members excluding the military).	As soon as your posting message is received	
Apply for employment insurance benefits (if applicable to military spouses)	As soon as you receive your record of employment	<a href="#">GOVERNMENT SERVICES</a>
Contact your home and auto <b>insurance</b> companies to transfer or cancel your insurance policies.	Depending on your moving date	
Contact applicable service suppliers (electricity, cable, internet, gas, and water) for the end of the service, transfer, or connection.	Depending on your moving date	<a href="#">LIVING IN SAGUENAY</a>

Make an <b>appointment with the various health professionals</b> to renew your prescriptions and check the vaccination cards (all family members excluding the military).	Before leaving	
Request to Canada Post for mail forwarding. Contact the people and organizations who need to be informed of your change of address.	Before leaving	<a href="#">GOVERNMENT SERVICES</a>
Enrol your children in <b>school</b> (families with children)	Upon arrival or during your house-hunting trip	<a href="#">THE SCHOOLS</a>
Contact the Bagotville MFRC and Follow the Facebook Page: <a href="#">CRFM Bagotville MFRC</a> .	As soon as possible	<a href="#">FACEBOOK PAGE</a>
Obtain a <b>Quebec health Insurance card</b> from Régie de l'assurance maladie du Québec (RAMQ) (all family members except the military member)	As soon as you arrive	<a href="#">HEALTH CARE</a>
Apply to the Quebec government for <b>family allowances</b> (families with children).	As soon as you arrive	<a href="#">GOVERNMENT SERVICES</a>
Perform a <b>mechanical check on your vehicle</b> and register it with the Société de l'assurance automobile du Québec (SAAQ) (all those for whom this applies)	Within 90 days following your arrival	<a href="#">DRIVING IN QUEBEC</a>
Obtain a Quebec <b>driver's licence</b> from the Société de l'assurance automobile du Québec (SAAQ) (all those for whom this applies)	Within 6 months following your arrival	<a href="#">DRIVING IN QUEBEC</a>

Benefits and Privileges		<a href="#">BENEFITS AND PRIVILEGES</a>
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