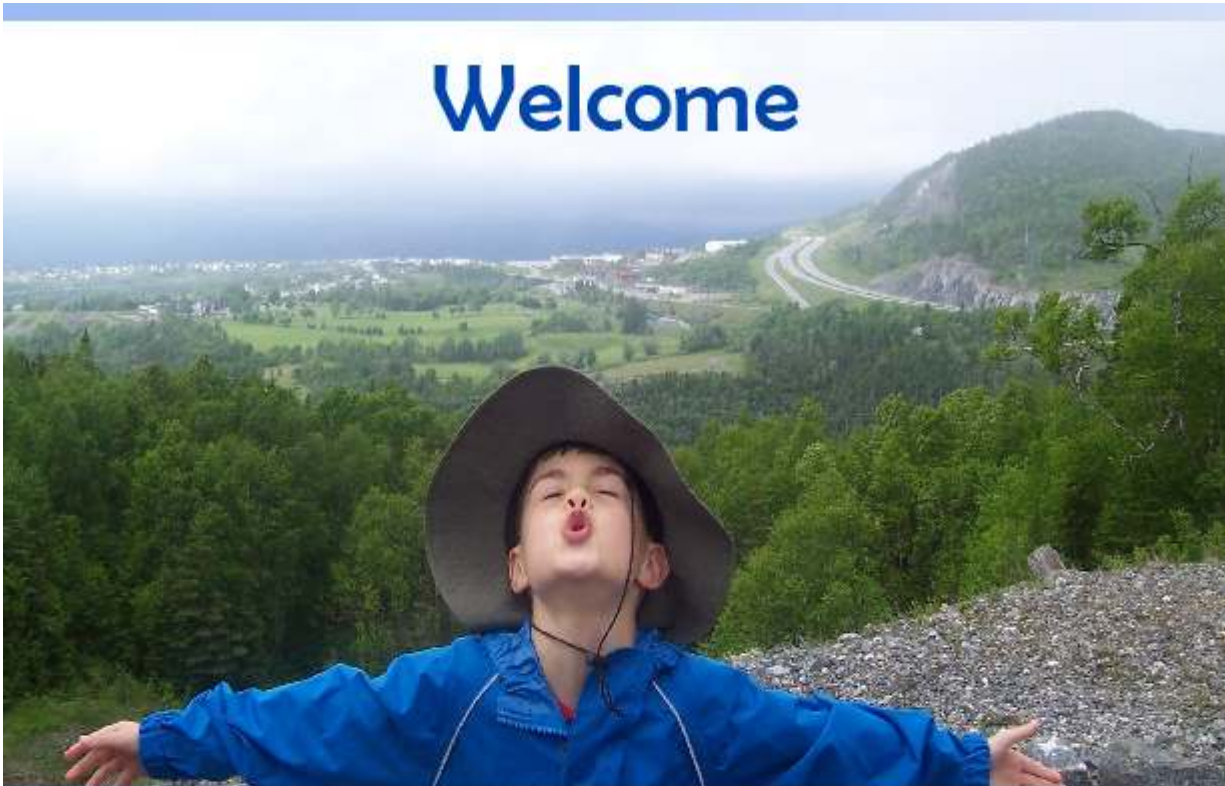


Welcome



Newcomer's Guide

City of Corner Brook

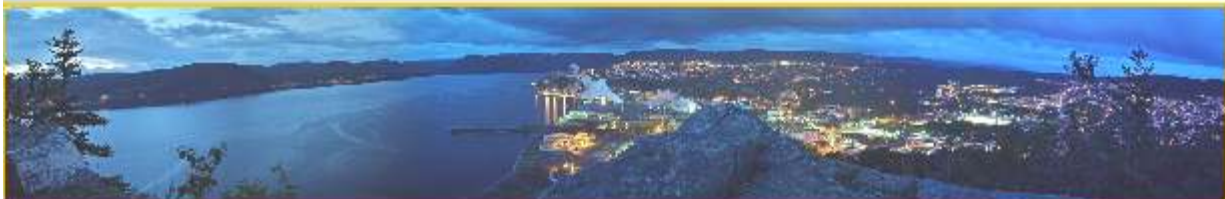


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About Corner Brook

Corner Brook is the only city located on the west coast of Newfoundland and Labrador. There are 20,000 residents within the city. The immediate surrounding areas add another 20,000 residents who travel to Corner Brook for work, recreation, or services. Corner Brook acts as the major business service centre for the area, the west coast of the island of Newfoundland, and the south coast of Labrador. Therefore, despite being a small city, Corner Brook can offer you a wide range of opportunities.

Corner Brook stands out as an excellent place to live because of the natural beauty and all the opportunities to enjoy recreational and cultural activities. Corner Brook is located where the Humber River meets the Bay of Islands. From the waterfront, the city curves around within a mountain valley. You can travel to many hill-top view points to see the city, the bay and the surrounding mountains. Our temperatures are moderate for Canada with mild, snowy winters and fair summers. We have a wide range of outdoor activities to enjoy the beautiful views and weather, such as walking and hiking trails, cross-country skiing, downhill skiing, golf, and boating. If you prefer cultural activities, we have a thriving arts community of music, visual arts, and theatre.

The economy of Corner Brook has key strengths. We are located on the Trans Canada Highway and have a deep water container port. The city is near two airports. The education sector has a university campus and two technical colleges which help produce a highly educated labour force. We have a developed manufacturing sector, of which the pulp and paper mill is the largest employer. Since the mill is a large operation, other industrial suppliers and service providers are located in the city. The health care system has its main regional hospital and long term care centres here. Given Corner Brook is the largest centre on the west coast, there are also many businesses that provide professional and personal services, shopping, entertainment, and so on. There are a wide range of employment options for you or setting up a business in the city.

We would love to welcome you to the City of Corner Brook. Please read more about our city and find out why you will want to make your new home in Corner Brook.

People and Culture

The first settlers of the Corner Brook region had slightly different backgrounds than the rest of Newfoundland. The first European visitors to Newfoundland and Labrador were Portuguese, Spanish, French, English and Irish who came to fish in the ocean that surrounds us. Fishing was very important to settling the villages and towns within the Bay of Islands and Curling, a part of Corner Brook. The rest of the City was established with the pulp and paper mill in the 1920's. Most of the people who settled in Corner Brook came from towns and villages in Great Britain (England, Scotland, and Wales). These settlers founded a community similar to what they left behind; some of their history can still be seen in the one-way streets and houses in our downtown area.

Today, Corner Brook is home to residents from many different countries. There are almost 500 immigrants from South Asia, Latin America, Africa, the Philippines, China, Lebanon, the United Kingdom, Norway, Switzerland and Eastern Europe; all making their home in Corner Brook. Immigrants to Corner Brook are some of the city's leading business people, doctors, professors, or patrons of the arts.

Geography and Climate

Mountains and water surround the City of Corner Brook. The city is nestled in the foothills of the Long Range Mountains which is part of the Appalachian Mountain system beginning in the southern United States of America. The Long Range Mountains reach heights of nearly 910 m (3,000 ft). The city moves up from the waterfront into a series of hills forming a half-circle.

Our waterways include the Humber River emptying into the Bay of Islands. As well, the Corner Brook Stream runs through the center of the city into the Glynmill Inn Pond, and then on into the bay. Cut into the limestone bank of the upper portion Corner Brook Stream is a cave system.

Just outside the city are many lakes and rivers. Pinchgut Lake and George's Lake are common places for city residents to build a summer cottage, and are only a 15-20 minute drive from the city.

Our climate provides four distinct seasons. We have a fairly warm summer, cool fall, snowy winter, and a short spring. Summer in Corner Brook usually begins by mid-June and can continue into early September. Weather in these months is fairly consistent with a mix of sunny and cloudy periods, with a monthly average of only 95 mm of rainfall. Temperatures typically average between 17 to 22 °Celsius in the mid-day and we do enjoy days when temperatures are in the higher 20's to low 30's in July and August. We enjoy evenings that cool down after a warm summer day.

Fall in Corner Brook usually begins in late September and runs into December. Temperatures in October average 10 °Celsius mid day and begin to drop gradually to 5 °Celsius in November and 0 °Celsius in December. During the fall season, residents can witness the beautiful colours as the deciduous trees change from green to yellow, orange or red. Eventually, these coloured leaves blanket the ground in preparation for winter.

Winter begins in late December and lasts until early April. While the winter is longer than other parts of Canada, it can be warmer due to the ocean being close by. Winter temperatures average a comfortable -5 °Celsius. These temperatures are optimal for snowfall. Corner Brook receives an average snowfall equivalent to 16 feet (4.87 metres) each winter. Snow usually falls daily instead of large snow storms. Residents of Corner Brook participate in a lot of winter activities to take advantage of all the snow.

Spring usually arrives in mid-April and runs through May. Residents can feel temperatures rise to range between 6 ° to 8 ° Celsius. This season provides a break from winter and residents can began to prepare their gardens for the summer.

Language

Corner Brook is an English-speaking community. 1,155 residents consider themselves bilingual in French and English; 90 speak French as their first language; and 340 residents speak different languages depending on their country of origin.

Cost of Living

The median earnings for a Corner Brook couple in 2005 was \$62,500 (assuming both are working full time), which is above the Provincial average of \$55,500.

Corner Brook has a relatively low cost of living. In 2007, the average cost of a home in Corner Brook was just \$126,000 as compared to the provincial average of \$154,595 and the national average of \$304,253. Also, 78.2% of Newfoundlanders own their own homes instead of having to rent. Only 65.6% of Canadians own their own home.

If you own a home in Corner Brook, the city tax rate in 2009 for residents is 1.125% of the value of your property. If your house was valued at \$126,000, the tax bill would be approximately \$1400 each year. There is also an additional charge of \$320 each year for water and sewer services.

If you rent a home in Corner Brook, each working adult is charged an annual \$175 city poll tax.

Living in Corner Brook

Getting Settled

We are happy you made the decision to come live in Corner Brook. Welcome!

The Business Resource Centre at City Hall would be happy to provide you a general overview of the city and area. We can provide you a map of the city and help find any information that you could not find on this website. Please contact us to organize a visit. Email: business@cornerbrook.com; Telephone: 637-1588.

The province of Newfoundland and Labrador has a staff person working in Corner Brook as a Settlement and Integration Consultant who can also provide you with information and assistance. Telephone: 637-2668.

Learning English

If you need to improve your English skills, there is an **English as a Second Language (ESL)** course in Corner Brook. The College of the North Atlantic campus currently offers the course.

The **English as a Second Language (ESL)** course is based on your current skills in listening, speaking, reading and writing English. Courses are offered in five levels: Beginner, Intermediate I, Intermediate II, Advanced I and Advanced II.

For more information, click here: [ESL program](#) or telephone 637-8530.

Healthcare

The regional hospital for the west coast of Newfoundland, *Western Memorial Regional Hospital*, and several long term care centres are located within Corner Brook. In addition, there are clinics of doctors in general practice or various specialties and clinics with other services such as dental, vision care, hearing, nurses, physiotherapy, massage, chiropractors, nutrition and counselling.

Most families in Corner Brook have a family doctor. To find a family doctor, look in the telephone book in the yellow pages under “Physicians & Surgeons”. Look for doctors located in Corner Brook that are listed as “General Practitioner”. Call the doctor’s office and ask if the doctor is taking any new clients. If not, they will tell you which doctors in the city still have room for more clients in their clinic. It is important that you find a family doctor as soon as possible. If a family member becomes ill before you have a doctor, you can go to the outpatient clinic at the hospital. However, you may have a long wait time before a doctor can see you at the hospital clinic.

[Western Health](#) is responsible for the health and well-being of residents on the west coast of Newfoundland.

Western Memorial Regional Hospital has 192 hospital beds and a number of medical services: Emergency, Surgery, Medicine, Intensive Care, Cardiology, Renal, Geriatrics, Obstetrics, Pediatrics, Palliative and Psychiatry. These services are supported by a wide range of health professionals to support your recovery: physiotherapy, occupational, speech language, and recreation therapies, nutrition, social work, pharmacy, laboratory and diagnostic imaging.

There are many services available at Western Memorial Regional Hospital. Patients can also be transported to larger hospitals in other cities if the illness is serious and needs additional treatment.

Western Health has Community Health programs to promote health. They have programs such as healthy baby clubs or school health, vaccines, diabetes education, and screening for diseases.

Western Health also has long term care centres for elderly who need nursing and other professional support.

Beyond Western Health, there are other health related organizations and support groups such as the Canadian Cancer Society, Canadian National Institute for the Blind, and Victorian Order of Nurses. Your health care provider will be able to provide you names of groups that would be right for you.

Accessing Health Resources

Newfoundland and Labrador has a public health care system where residents do not have to pay for visits to the doctor or services provided in hospital. [Medical Care Plan](#) (MCP) is medical care insurance that covers the cost of doctor services for residents of the province. You will need to apply for a MCP card.

In addition, many employers have health and dental insurance plans to cover other expenses not covered by the Medical Care Plan (MCP). Or you may purchase a health insurance program from insurance companies.

Medical Care Plan (MCP) Services Covered

For more detailed information on the doctor or dental services provided under Medical Care Plan (MCP):

[Medical Services](#)

[Dental Services](#)

Medical Care Plan (MCP) Eligibility

Canadian citizens, landed immigrants or foreign workers can be eligible for the Medical Care Plan (MCP). You will have to provide proof of various documents in order to register for the program.

For more detailed information on eligibility [click here](#)

Applying for Medical Care Plan (MCP)

To apply for Medical Care Plan (MCP), complete an [Application Form](#) and mail or fax the form to the MCP office which is listed on the bottom of the form. You will have to send photocopies of the identification and citizenship/immigration documents as listed. Application forms are also available at hospitals and doctors' offices throughout the province.

If your application is complete and all the documents were sent, the application should take about two weeks. Registration is free. If accepted to the Medical Care Plan (MCP), each person will receive a MCP card with a personal health identity number. You will need to show this card whenever you go to the doctor or hospital.

Education**Grade Schools**

[Western Newfoundland and Labrador School District](#) operates five elementary schools, two junior high schools, and one high school in Corner Brook. The schools are located throughout the city and school buses are available to children who live too far away to walk to their school.

The school year is September to June. A child starts school in Kindergarten at age 5 and graduates each year to Grade 1, followed by 2, and so on, until finally graduating high school at the end of Grade 12.

Elementary Schools

Elementary schools are attended by children in Kindergarten to Grade 6. Generally they would be between 5 and 12 years old while attending these schools.

[CC Loughlin Elementary](#) is located near the centre of town and offers French Immersion, an opportunity for your child to be educated in French and English.

[Humber Elementary](#) is located in eastern part of Corner Brook in the Humber Heights neighborhood.

[JJ Curling Elementary](#) is located in the Curling area.

[Immaculate Heart of Mary](#) is a private school located in the Humber Heights neighborhood.

[Sacred Heart Elementary](#) is located in the Curling area.

[St Gerard's Elementary](#) is located in the centre of town near the hospital.

Junior High Schools

Junior high schools are attended by children in Grade 7 to Grade 9. The children would typically be 12 to 15 years old.

[Immaculate Heart of Mary](#) is a private school located in the Humber Height area.

[Presentation Junior High](#) is located near CC Loughlin Elementary. This school has instruction in English and also the French Immersion program.

[GC Rowe Junior High](#) is located in Corner Brook East, next to Humber Elementary.

High School

High school is attended by students in grades 10 (Level I), 11 (level II) and grade 12 (Level III).

[Corner Brook Regional High School](#) is located near Sir Wilfred Grenfell College, the Arts and Culture Centre and the Pepsi Centre.

School Zones and Bus Transportation

The school your child will attend depends on where you live in the city. The school board assigns areas of the city for each school to coordinate the bus routes to each school.

The exception is the students in French Immersion programs at CC Loughlin Elementary and Presentation Junior High. They would attend these schools, regardless of where they live.

Post Secondary Education

Corner Brook has 3 post secondary institutions for career training.

[Sir Wilfred Grenfell College](#), a campus of Memorial University of Newfoundland, is the largest with about 1,400 students and offers 16 undergraduate degree programs in sciences, arts, fine arts, business, and nursing.

The [College of the North Atlantic](#) has more than 800 students and offers diplomas in engineering technology, business, information technology, health, applied arts, industrial education, and a unique concentration of tourism-natural resources programs.

[Academy Canada](#) is the largest independent career college in Eastern Canada. The Corner Brook campus has 400 students in the trade and technology sector such as carpentry, electrical, plumbing, welding, cook, esthetics, business and office administration.

Housing

There are different options for housing within the City of Corner Brook. You may choose to rent a house, an apartment, a room, or buy a house.

Renting

Renting a house in Corner Brook can cost anywhere from \$500-\$700/month for a 2 or 3 bedroom house. An apartment costs between \$350/month for a one bedroom without utilities included and \$700/month for a two bedroom with utilities included. Utilities such as water, electricity, cable, and internet may or may not be included in your rent cost. If it is not included in your rent cost, you will pay these fees directly. On average, electricity (heat & light) can cost \$50-\$100/month in the summer and spring and \$150-\$300/month in the fall and winter. Your basic telephone service will cost about \$30/month. If you choose to have cable or internet, it will cost between \$40-\$100/month for cable and about \$40/month for internet. To set up these services, you will contact [Newfoundland Power](#) for electricity, [Aliant](#) for telephone, satellite TV and internet, or [Rogers](#) for cable TV and internet.

You can expect your house or apartment to include a kitchen, a bathroom, a living room and bedroom(s). Some may include an outdoor space such as a balcony or a yard. Most rental properties will include a refrigerator and a stove with an oven in the kitchen; and in the bathroom, a sink, toilet, and shower or bathtub. A washer and dryer for cleaning your clothes are not usually included; however, some apartments provide the space to install these appliances if you buy them.

If a washer and dryer are not provided, you can ask the landlord where the closest laundromat is. At a laundromat, you can pay to use washers and dryers. If renting in an apartment building, there may be washers and dryers in a laundry room that you can pay to use.

Another option is to rent a single bedroom in a household, which is called “boarding”. Boarding can cost from \$350 without meals and \$450 with meals and laundry services provided.

Most landlords will require that you pay the first month's rent in advance of moving in. Many also require a ‘damage deposit’. This deposit is determined by the owner but cannot exceed 75% of one month's rent. The money is returned to you when you move out of the apartment if no damage has been done. If you have damaged the property in any way, the landlord can keep this money to repair the damages.

You may be required to sign a 1-year rental agreement (lease). A lease is a legal binding agreement between landlord and renter. As well, the landlord must provide you with the [Landlord and Tenant Act](#), which explains the legal rights and responsibilities of the renter and the landlord.

You want to consider purchasing renter insurance to cover the cost of your belongings in case there is damage caused by fire, theft or water. You can contact an insurance company determine the cost of such insurance. The cost will depend on the coverage you request.

Renters are not required to pay property taxes, but the City of Corner Brook requires a \$175 annual poll tax for each working adult. The City will send you a tax bill in December to be paid by February.

To find a rental property in Corner Brook, there are several options. The first is to check websites such as [Newfoundland Property Management](#), which maintains a list of rental properties. You can also search the classified ads in the local newspaper, [The Western Star](#). These ads provide information on what is included in the rental properties, the cost, and contact information. Also, many potential landlords put signs on their property advertising the vacancy, so if you walk or drive around a neighborhood, you may see “For Rent” signs that will have a phone number to call for more information.

See the following contacts for apartment buildings to see if there is an apartment available:

Contact	Address	Phone
Bayview Apartments	14 Beothuck Crescent	634-2017
NuDawn Manor	60 Gilliam's Road	634-1276
Princess Apartments	124 Wheelers Road	634-2728
Montgomery Apartments	9-11 Montgomery Street	634-2934
Harish Ragan Apartments	108 Elizabeth Street	639-1517
Specialty Suites Apartments	40 Riverhead Road	639-5808
Trueman Developments	1 West Valley Road	506-853-0997

Sir Wilfred Grenfell College has an off-campus housing coordinator who maintains an up-to-date listing of available rental properties. Please contact the coordinator by phone at 709.637.6200 ext. 1286 or via e mail: offcampushousing@swgc.mun.ca

Buying a Home

Homes in Newfoundland are more affordable than many places in Canada. In 2007, an average home in Corner Brook costs \$126,000 which is lower than both provincial and national averages.

Most people find a house to purchase by working with a real estate agent. There are several real estate companies in Corner Brook to choose from: [Re-Max](#), [Royal LePage](#), [Dennis GM](#), [Century 21](#), [K.S.A.B.](#), [Sutton](#), and [Parson's](#).

In order to pay for your house, you can get a mortgage from a bank. A mortgage is a loan that you must pay back over a period of time (usually 20-25 years). Payments can be made on a bi-weekly or monthly basis. You should ask a bank to approve you for a mortgage before you start looking for a house. The bank will determine the amount of money they are willing to lend you based on your financial situation so you can search for houses in your price range. Mortgage lenders charge interest for lending you money. Not all mortgage lenders offer the same interest rates. It is important to contact several banks for the best rate or use a mortgage broker.

There are other costs with buying a home, such as legal fees. The [Canada Mortgage and Housing Corporation](#) has valuable information for someone new to the housing market in Canada. Home insurance is usually required. [Insurance companies](#) will decide the cost for the insurance based on the value of your house and belongings.

Once you own a home in Corner Brook, you will pay an annual city property tax. The property tax rate for 2009 is 1.125% of the assessed value of your property. If your house is valued at \$126,000, the tax bill would be approximately \$1400 annually. There is also an additional charge of \$320 each year for water and sewer services.

Food

Corner Brook has several large supermarkets and specialty stores for a wide range of types of food, including some international foods. As well, there are a range of restaurants from fast food to fine dining.

Supermarkets

Corner Brook is home to three chains of supermarkets: Coleman's, Dominion, and Sobeys. The products offered here are comparable to those in many larger centers. These stores are services such as in-house bakery and deli counter, with pre-made meals or food items. Most stores are happy to consider expanding their product lines if there was a demand for new foods. Food products of Middle Eastern, Indian, Chinese, Greek, Portuguese, and Latin American origin can already be found on the shelves of local supermarkets.

[Coleman's](#) is a locally owned grocery store with 3 locations in Corner Brook: the newest store location is on O'Connell Drive next to the College of the North Atlantic, a store on Caribou Road which is close to the downtown area, and a store on Humber Road for residents in the east part of Corner Brook. Coleman's offers all the regular amenities of a grocery store and is known for its customer service and their selection of traditional Newfoundland products.

[Dominion](#) is part of the Newfoundland branch of the Loblaw's company. Located in the Murphy Square shopping district, near the highway on the east end of the city, Dominion has a large selection of many different services and products.

[Sobeys](#) is part of a chain of supermarkets common in Atlantic and Eastern Canada. They have a large line of products and services and friendly staff. Sobeys is on the upper level of the Valley Mall, right in the centre of downtown Corner Brook

Specialty Stores

More for Less, located downtown, or *The Bulk Barn*, located at Murphy Square, have a selection of international products in addition to a wide range of items from flour to candy in which you can buy in the quantity you need from large bulk bins.

The *Lassy Duncher Bakery*, on Georgetown Road in the Curling area, provides fresh baked goods that are second to none.

McGowan's Quality Meat & Sausage Makers is a butcher shop on Broadway in the downtown. The shop also has some Scottish food products and lunch items.

Riverbrook Farms Country Market, on O'Connell Drive near the K-Rock radio station, features fruit, vegetables and treats such as ice cream and fudge.

Whole Health, in the Valley Mall, offers health foods and supplements.

In the local area, there are some unique places to explore. In nearby Benoit's Cove, you can purchase fresh fish and fish products from Allen's Fisheries. In the summer, you can pick strawberries and raspberries when they are ripe near farms in Steady Brook and Pasadena. In addition, there are wild berries that can be picked and local residents can tell you their favorite spots for the various berries: partridgeberries, blueberries, and bakeapples (cloudberries).

In the summer, you may notice vehicles parked near shopping areas that have signs for fresh fish or berries for sale. People from smaller towns on the west coast of the province bring their foods in to sell to residents of the City of Corner Brook.

Restaurants in Corner Brook

The City of Corner Brook has nearly 50 restaurants with different styles, meals, and prices.

Family Restaurants

Reasonably priced meals for the family to eat in the restaurant or take home to eat.

Restaurant	Address	Phone
Aroma's Plus	Valley Mall – 1 Mt Bernard Avenue	632-2255
Café Broadway	Broadway Mini Mall – 74 Broadway	634-9000
Dragon Restaurant	8 Caribou Road	634-4213
Greco Pizza	93 West Street	632-3030
Jackie Tan's Restaurant	83 West Street	634-6363
Jade Garden Restaurant	82 West Street	639-7003
Jungle Jim's	41 Maple Valley Road	639-2222
My Brother's Place	64 Maple Valley Road	639-2767
New China Restaurant	22 Murphy Square	632-7288
Pizza Delight – Rooster's BBQ	Millbrook Mall – 2 Herald Avenue	634-8100
Pizza Delight – Rooster's BBQ	24 Murphy Square	639-8038
Tai An Restaurant	13 Union Street	634-9550

Fast Food and Takeout

Great for a quick meal on the run, Corner Brook has many fast food outlets or take-out counters.

Restaurant	Address	Phone
A & W Drive In Restaurant	15 Union Street	634-3053
Dairy Queen	Valley Mall - 1 Mount Bernard Avenue	639-1230
Extreme Pita	22 Murphy Square	634-7480
Kentucky Fried Chicken	92 West Street	639-8909
Louis Gee's	70 West Street	632-8500
Lucky Star Takeout	4 Humber Road	634-2284
M& D Takeout	Marc's Confectionery-68 Humber Road	634-5665
Mary Brown's Fried Chicken	24 Murphy Square	634-4008
Mary Brown's Fried Chicken	2 Herald Avenue	634-4007
McDonald's	16 Confederation Drive	634-4182
McDonald's	Walmart - 16 Murphy Square	634-7377
Marine Lounge Takeout	10 Old Humber Road	634-8913
Pretzel Maker	Corner Brook Plaza – 44 Maple Valley Road	634-1926
Subway	13 Union Street	639-7827
Subway	Murphy Square	639-7744
Subway	52A Broadway	639-7827
Tim Horton's	Valley Mall parking lot- 1 Mount Bernard Avenue	639-2993
Tim Horton's	183 O'Connell Drive	634-4946
Tim Horton's	28 Murphy Square	634-8115
Tim Horton's	105 West Street	634-4946
Pizza Palace	Valley Mall - 1 Mount Bernard Avenue	634-7222
Z's Fast Pizza	117 Broadway	639-3278

Fine Dining

For great food and service to take a break or spend a special evening...

Restaurant	Address	Phone
Bay of Islands Bistro	13 West Street	639-3463
Gitanos'	Millbrook Mall – 2 Herald Avenue – Back entrance	634-5000
Jennifer's	48 Broadway	634-5000
Sorrento's	18 Park Street	639-3466
The Carriage Room	Glynmill Inn – 1b Cobb Lane	634-5181
The Wine Cellar	Glynmill Inn – 1b Cobb Lane	634-5181

Cafes/Pubs

Corner Brook has a number of cafés or pubs that offer some terrific meals and snacks.

Restaurant	Address	Phone
Bar Room	48 Broadway – 2 nd floor	634-5000
Main Level Café	Millbrook Mall – 2 Herald Avenue - Main Level	634-8116
Corner Cafe	Corner Brook Plaza – 44 Maple Valley Road	634-5950
Crossroads Bar & Grill	406 O' Connell Drive	634-7406
Crown and Moose Pub	48 West Street	634-4276
King Henry's Pub	Glynmill Inn – 1b Cobb Lane	634-5181
Seaport Lounge	Hotel Corner Brook – 6 Main Street	634-8211
Thistle's Place Café	Millbrook Mall – 2 Herald Avenue- Ground floor	634-5000
West 96	96 West Street	639-8499

Food Bank

If you and your family cannot afford to purchase enough food, there is a food bank operated by the Bay of Islands Ministerial Association. Phone: 634-2655 Email: foodbanknetwork@nf.aibn.com

Church	Address	Phone
Anglican		
St. John the Evangelist	25 Main Street	639-8712
All Saints Church	44 Clarence Street	634-3059
St. Michael's Church	5 Park Drive	632-5688
St. Mary's Anglican Church	456 Curling	785-5055
Pentecostal		
First Pentecostal Church	58 Premier Drive	634-4641
Westside Tabernacle	37 Elizabeth Street	634-2513
Roman Catholic		
All Hallows Parish	109 Humber Road	634-7384
Holy Redeemer Parish	15 Mt Bernard Ave	634-5161
Sacred Heart Parish	465 Curling Street	785-5025
Salvation Army		
Salvation Army Citadel	36 Clarence Street	634-9257
Salvation Army Temple	O'Connell Drive at Citadel Drive	634-5398
United		
First United Church	19 Park Street	634-5301

Humber United Church	88 Clarence Street	634-5280
Memorial United Church	Curling Street near Noseworthy's Lane	785-2323
Oakland United Church	Forestside Road off from Country Road	639-1308
OTHER Denominations		
Baptist Church	11 O'Connell Drive	634-2985
Country Road Gospel Hall	168 Country Road	632-5992
Jehovah's Witness	163 Premier Drive	634-1425
Latter-Day Saints Church	19 Montgomery	634-9700
Seventh Day Adventist Church	71 Philip Drive	634-5051
SonRise Ministries Family Faith Church	29 Wellington Street	634-2341

Religion

Corner Brook has churches throughout the city of various Christian faiths. Most hold their main services on Sunday. The churches host other activities or services throughout the week for various ages and groups. For example, many of the churches have women's groups that meet for fellowship and community service.

These churches would welcome newcomers. Please feel free to contact the churches or attend their services.

Telephones & Communication

Corner Brook has access to all the latest technologies in communications. Digital cell phone service, high-definition television signal, high speed internet, couriers, and letter mail services can all keep you in touch with the rest of the world from your new home in Corner Brook.

Telephone & Internet

Home Phone

Many families arrange for phone service at their home. Most apartments and houses will already have phone lines with a number of places to install a phone. To activate a phone home service, you would activate an account with Aliant. If you have cable installed in your home and an internet account via Rogers Cable, you can also have home phone services via Rogers Cable.

Cell Phone

[Bell Mobility](#) and [Telus Mobility](#) provide cell phone service in Corner Brook. They offer many packages so that customers can choose the phone and services they need. Both companies offer extensive coverage across Canada. Digital coverage is in most towns of the province and analog coverage can be found in rural areas. To see a map of the Bell coverage in Newfoundland click [here](#). For a map of Telus coverage in Newfoundland click [here](#).

Internet Services

[Aliant Telecom](#) and [Rogers Cable](#) are Corner Brook's two internet providers that offer multiple packages with different prices. Aliant offers both high-speed and dial up internet services via a telephone line whereas Rogers offers internet via cable hook-up.

Locations to activate these services

You can start your telephone or internet services at these company locations in Corner Brook. Aliant is in the Valley Mall and Corner Brook Plaza. Rogers Cable is on Mount Bernard Avenue across from Valley Mall. Telus Mobility is in Corner Brook Plaza and on Broadway.

Free Internet Access

The Community Access Program at the [Humber Community YMCA](#) (which is located in the bottom floor of the Millbrook Mall) offers free access to the internet from Monday to Friday 8:30 am to 4:30 pm.

The [Corner Brook Public Library](#) also provides free internet access. The library is located on the 2nd and 3rd floors of the Sir Richard Squires Building on Mount Bernard Avenue at the corner of O'Connell Drive.

Transportation

Many families in Corner Brook own a car for travel around the city and province. However, there is a public city bus service and taxis if you do not own a car. Or you can rent a car for short periods of time. Traffic in Corner Brook is minimal and traffic jams are non-existent.

The city is in the process of planning a bicycle path network. As well, the main roads have sidewalks and lighting for safe walking.

Bus Transit

During the week from Monday to Friday, Corner Brook Transit operates several bus routes around the city between 7am and 7pm. The routes cover the various neighborhoods with stops at shopping areas, hospital and senior centres, and college campuses. The cost is \$2.50 per ride, \$1.25 for children less than 12 and free for children less than 5 years of age. Ride cards and monthly passes are available with special rates for students and seniors.

All bus routes meet at Remembrance Square on the corner of West Street and Main Street in downtown Corner Brook in which you can transfer to another bus route, if needed.

There are 4 bus routes operating between 7 am – 10 am and 3 pm – 7 pm.

Route 1 covers the area of Curling along O'Connell Drive and returning to downtown via Petries and Curling Streets.

Route 2 covers the Humber Heights area of town via Humber Road, Park Street, West Valley Road, Brookfield Avenue, Murphy Square, and Premier Drive.

Route 3 covers the West part of the city including Country Road, O'Connell Drive, Elizabeth Street, and University Drive.

Route 4 connects the area around Sir Wilfred Grenfell College to Corner Brook Plaza and Murphy Square and returning downtown via East Valley Road.

Between the hours of 10 am to 3 pm, the 4 routes are combined to make 2 longer routes.

Route 5 is a combination of **Route 1 and Route 4** as described above.

Route 6 is a combination of **Route 2 and Route 3** as described above.

For more information, please contact Corner Brook Transit at 634-7287.

Taxis

Taxis are available all the time during the day and night. The best way to get a taxi is to telephone and request a car to pick you up. You can also walk to their taxi station if nearby.

The cost starts at \$3.40. A meter will continue to add cost based on how far the drive and how long it takes to get there. An average cost for a taxi across the city is about \$10. A taxi ride to Marble Mountain in Steady Brook will cost \$20.

To go to the Deer Lake Airport, taxi companies offer a flat rate of \$60. Or you can take the shuttle bus from the Greenwood Inn & Suites on 48 West Street to the airport for \$22 per person.

Taxi	Address	Phone
Birchy Cabs	1 Caribou Road & 330 Curling Street	634-8294
City Cabs	4 Caribou Road	634-6565
Corner Taxi	191 O'Connell Drive	634-5662 or 634-7681
Star Taxi	100 West Street	634-4343

Car

If you wish to purchase or lease a car, Corner Brook has dealerships for most of the major automotive brands. These companies can offer you a wide range of new or used vehicles to choose from.

Car Dealership	Address	Phone
City Motors Chrysler	119 O'Connell Drive	637-1000
Dennis GM	24 Confederation Drive	634-8248
Fairway Honda	30 Confederation Drive	639-7575
Humber Motors Ford	8 Bernard Ave	634-4371
Parkway Hyundai	1 Hemlock Road	639-3093
Western KIA	8 Maple Valley Road	639-6565
Western Mazda	26 Confederation Drive	639-8585
Western Toyota	Confederation Drive	639-7575

Some people choose to rent a car for short periods of time (day, weekend, or a week). A rental car will cost between \$26 and \$50 per day depending on vehicle.

Car Rental	Address	Phone
Budget Rent a Car	10 Main Street	639-9951
Enterprise Rent-A-Car	119 O'Connell Drive	634-6633

Walking

City residents enjoy walking for exercise. However, the hills in the city make it difficult to visit many different places while walking. If you live close to downtown, there are many businesses and other amenities centrally located which allows people to walk relatively short distances to carry out daily activities.

The [Corner Brook Stream Trail](#) is a trail system that you can access throughout the city. Entrances are at Glynmill Inn, Park Street, Brook Street, City Hall, Margaret Bowater Park, Sir Richard Squires Building and Crocker's Road. The trail system is in a forested area in the centre of town. It is a beautiful walking path that is well used by residents and visitors all year. The trail has signs at each entrance to help you pick your walking route.

Travel within Newfoundland and Labrador

The City of Corner Brook is located where the Humber River meets the Bay of Islands. There are many opportunities to explore communities close by in the Humber Valley or along the shores of the Bay of Islands.

Day Trips

Bay of Islands

The Bay of Islands is so named because of the many islands located further out in the bay. Some of these islands and communities along the bay have been named after ships of the famous 17th century English explorer, Captain James Cook, who was here mapping the area. You can drive roads on either the south or north shores of the bay.

To access the south shore, you continue along the main road from Curling onto Route 450 towards Lark Harbour. To go on the north shore you can drive to Riverside Drive in the city and cross the Humber River on a bridge to Route 440 towards Cox's Cove.

You will pass through various fishing communities on either drive and have beautiful scenic views of the Blow-Me-Down Mountains and ocean. The Blow-Me-Down provincial park is located near Lark Harbour on the end of the south shore and local residents often visit the beach at Bottle Cove in Lark Harbour.

Humber Valley

In the Humber Valley, the first community east of Corner Brook is [Steady Brook](#). Steady Brook is home to Marble Mountain, an alpine ski resort. [Pasadena](#) has a popular beach along the river. [Deer Lake](#) has a park at the lake for camping and day use and the [Insectarium](#), which is an interesting place to visit with your family.

Gros Morne National Park

At Deer Lake, you can turn north to drive to [Gros Morne National Park](#), which is about 120 km from Corner Brook. Gros Morne National Park is a UNESCO World Heritage Site and has interesting mountains and freshwater fiords formed from glaciers. It is easily one of most beautiful places in the province and receives many international visitors because of the beauty and unique geology. You can enjoy a very scenic drive, be active in the area with many hiking trails, or take part in other activities like kayaking.

Stephenville

Heading west, you can travel to the town of [Stephenville](#), about an 85 km distance, and explore the other communities located along the Port au Port peninsula. You will see evidence of the previous US Air Force base in Stephenville. The Port au Port peninsula has a unique mix of cultures from the recent American influence to the longer term Acadian French and Aboriginal cultures that are still very much alive and well in the area.

Longer Trips

East to St. John's

[St. John's](#) is the capital city of Newfoundland and Labrador and is 700 km east of Corner Brook. St. John's is the oldest city in North America and has a beautiful downtown near the waterfront. Sites of interest to visit while in St. John's are: [Signal Hill National Historic Site](#), [Cape Spear Lighthouse](#), [Geo Centre](#), [The Rooms](#).

If you drive the Trans Canada Highway (TCH) to St. John's, you will drive through many of the main communities on the island such as [Grand Falls-Windsor](#), [Gander](#), and [Clareville](#), and so on. The highway has many intersections to other roads to visit coastal communities.

[Terra Nova National Park](#) is located in the central part of Newfoundland and is about 435 km east of Corner Brook.

North to St. Anthony & L'Anse aux Meadows

Heading north from Deer Lake, you can travel on the Viking Trail (Route 430) towards St. Anthony and [L'Anse aux Meadows National Historic Site](#), which is the only known settlement in North America of the Vikings from 1000 A.D. The town of [St. Anthony](#) is about 470 km from Corner Brook and is the largest community in the northern part of Newfoundland. Here you can learn about Sir Wilfred Grenfell at the [Grenfell Historic Properties](#). The university in Corner Brook is named after Sir Wilfred Grenfell who was a medical missionary for residents of northern Newfoundland and southern Labrador starting in 1892.

Ferry Service

Port aux Basques is 220 km southwest of Corner Brook. [Marine Atlantic](#) operates a ferry service from Port aux Basques to and from North Sydney, Nova Scotia.

Airports

The closest airport to Corner Brook is [Deer Lake Airport](#), about 50km east of the city on the Trans Canada Highway. The Deer Lake Airport is the fourth busiest airport in Atlantic Canada and has daily flights to and from St. John's, Goose Bay, Halifax, and Toronto.

Stephenville has an [airport](#) as well with regular flights to St. John's.

Banking

Corner Brook has branches of all the major national banks as well as two credit union locations. The Canadian banking system is quite secure as the federal government has strict rules for the banks. In Canada, most people use a bank for many financial purposes. Often employers will directly deposit your pay cheque into your bank account. From this bank account, you can arrange to have bills paid via

online banking, with cheques associated with your bank account, or by visiting the bank. People in Canada will arrange loans for a car or a house mortgage with the bank. You can visit any of these banks to speak to staff about setting up a bank account.

Bank	Address	Phone
Bank of Montreal	1 West Street	637-6500
Bank of Montreal	26 Caribou Road	637-6565
Brook Street Credit Union	Millbrook Mall – 2 Herald Avenue	634-4632
CIBC	9 Main Street	637-1700
Newfoundland & Labrador Credit Union	38 Main Street	634-5341
Royal Bank of Canada	66 West Street	639-4000
Scotia Bank	Corner Brook Plaza -44 Maple Valley Road	637-4700
Scotia Bank	62 Broadway	637-4747
TD Canada Trust	Valley Mall - 1 Mount Bernard Avenue	637-1076

Childcare

Childcare is available throughout the city for infants and children up to the age of 5. Childcare is offered in larger centres with many staff and programs for different ages of the children. As well, there are individuals who take care of a small number of children in their home. The larger centres and some individuals are licensed by the province.

There are 6 child care centres in the city. The local campuses of Academy Canada and the College of the North Atlantic run childcare centres, which are affiliated with their early childhood education diploma programs and the other centres are privately operated.

Childcare Centres	Address	Phone
Academy Canada – Creative Beginnings Child Care	17 Montgomery Street	637-2121
College of The North Atlantic- Fisher Day Care	141 O’Connell Drive	637-8573
Head Start Pre-School	6 Greenings Hill	632-2200
Humpty Dumpty Day Care	210 O’Connell Drive	639-9866
King Castle Day Care Centre	6 Dyke’s Road	634-1582
Stepping Stones Day Care	304 O’Connell Drive	634-5411

For a list of licensed home childcare providers, contact the Family Childcare Agency at 634-2216 or visit them at 355 O’Connell Drive. In addition, there are unlicensed individuals who care for children in their homes or will come to the childrens’ house. Because they are unlicensed, there is no information about them but you may ask work colleagues or neighbours for information.

After-school programs

The [Humber Community YMCA](#) has after-school program for children from 6 – 12 years of age or grades one to grade six. The program is offered from 2:30 to 5:30 pm to help parents fill the gap between the end of school day for your children and the end of your work day. The program is at 4 locations through the city (usually in the elementary school the child is attending).

Pre-school programs

The [Humber Community YMCA](#) has a pre-school program designed especially for kids ages 3-5 to prepare for Kindergarten. The program is offered twice per day, Monday to Friday from 9am-12pm or 9:30am – 11:30am.

Summer programs

The [Humber Community YMCA](#) has a summer program for children aged 5-12 during the summer months when there is no school. The program is Monday to Friday from 8am – 5:30pm each day.

The [City of Corner Brook](#) has a summer recreation program for children ages 6-13 beginning in late June to late August for the summer holidays. The summer program begins at 8:30am until 4:30pm Monday to Friday and offers general outdoor and indoor camp activities from basket ball, swimming, hockey, board games and planned outings to the beach and park.

[Sir Wilfred Grenfell College](#) offers 1-week activity camps during the summer through their Community Education division. Phone: 637.6208 or Email: commeduc@swgc.mun.ca. The activity camps are for ages 5 -18 years of age and are available in various sports, arts, and learning programs

Meeting People

One way to meet people is to join community groups and take part in the activities that these groups plan. There are a variety of types of community groups in Corner Brook. There are a wide range of sports and recreation groups and programs that are listed in [Exercising & Having Fun](#). As well, there are many different types of groups that are associated with [churches](#) and [schools](#).

The [Western Multi-Cultural Network](#) was formed in January 2009. The network plans monthly social events open to all newcomers and local residents to meet and learn from each other.

Service clubs often plan activities or fundraisers to give back to the community or to address a particular need in the community.

Service Clubs	Address	Phone	Meeting Information
Elks Lodge	9 Carmen Avenue	634-4043	3 rd Monday of the month at 1930
Kinettes	45 St Mark's Avenue jwheeler@aline.com		Every 2 nd Thursday at 2000
Kinsmen Club	45 St Mark's Avenue	639-7510 634-7262	Every 2 nd Monday at 1900 from September to June
Royal Canadian Legion	7 West Street	634-2040 634-5655	3 rd Tuesday each month at 1700
Lions Club	Wellington Street; next to baseball fields	634-8090	Ever 2 nd Wednesday at 18:30

Masons	11 West Street Bennett Hall	634-0980	During the 1 st week of each month
Rotary Club			Humber Club: Tuesdays at 1800 at Greenwood Inn. Corner Brook Club: Thursdays at 1300 at Glynmill Inn
Canadian Federation of University Women		npender@swgc.mun.ca	3 rd Tuesday of each month
LAWN	SWGC – fine Arts building	tina.dolter@nf.sympatico.ca	once a month, on a Thursday evening, from 7:30 - 9:30 in the seminar room of the Fine Arts Building

Beyond becoming part of a service club, there are many other organizations that use volunteers for a variety of events or activities. Contact any of these organizations to find out more about opportunities to volunteer: [Western Health](#), [Humber Community YMCA](#), [Corner Brook Stream Trail](#), [Canadian Cancer Society](#), [Corner Brook Women's Centre](#), [SPCA](#), and breakfast clubs within the local schools.

If you are interested in music or theatre:

The **Community Choir** performs at various community events and hosts a spring and Christmas concert annually. The choir practices every Monday evening at 1915 in the music room at C.C. Loughlin Elementary School. For more information, contact Jerry Sharpe at 634-3522, Ethel Simms at 634-7770, or Sandra Hounsell at 634-2464.

The **Community Band** is a wind symphony for anyone with playing experience to join. They host concerts throughout the year. The band practices every Sunday from 1900-2100 at GC Rowe Junior High band room from September to May. For more information, contact the band director, Sister Donna Kelly, at dkellycnd@yahoo.ca

[Off-Broadway Players](#) is a community theatre group that produces several shows annually. The group will host informal auditions for cast members and seek crew members for technical assistance.

[Theatre Newfoundland & Labrador](#) is a professional theatre group that produces several shows in Corner Brook annually as well as the Gros Morne Summer Festival in Cow Head during the summer season. As well, TNL has a youth theatre program for children and youth.

For those interested in environmental causes:

There are 2 organizations in Corner Brook to get involved with: [Humber Arm Environment Association](#) and [Western Environmental Centre](#).

Children

There are groups of the [Girl Guides of Canada](#) for ages 5 to 17. To become a member, you can call their membership toll-free number: 1-800-565-8111 or complete their online [response form](#).

[Scouts Canada](#) have groups for boys and girls ages 5-18+. Currently active in the Corner Brook area is the 1st Massey Drive Scout Troop. Beavers (ages 5-7 years) meet Monday evenings and Cubs (ages 8-10

years) meet Sunday evenings. Meetings takes place at the Massey Drive town hall. Volunteer leaders are welcome. For more information, you may contact the provincial Scouts Canada office in St. Johns at t. 709-722-0931 or email jmeadus@scouts.ca.

In the school system, there are many extra-curricular activities for children to take part in, such as recreational or competitive sports, music, theatre, and various clubs of interest.

Exercising and Having Fun

You will find Corner Brook is an active city. Corner Brook is a paradise for outdoor activities of all kinds. We also have a number of indoor recreation facilities and associations that host different programs for both children and adults. These sport associations often have training programs and leagues for teams to play recreationally or competitively. As well, schools have organized sports for fun or competition. Taking part in any of these programs is a great way to stay fit, meet people and have fun at the same time.

For activities that you have not tried before, there are several businesses in the area that provide guided tours or rent equipment for you to enjoy the activity safely.

Outdoor Activities for the Summer and Fall

Baseball

The [Corner Brook Baseball Association](#) runs training programs for younger children, leagues for children and adults, and hosts tournaments.

Biking

The hills and surrounding forest around Corner Brook make biking interesting and challenging. There are many trails in the area and you can bike along the roads and highways.

To meet other bikers and learn about areas to bike, check out the local bike shop, [Cycle Solutions](#), which runs group rides for different abilities during the week and host events throughout the summer.

Boating/Sailing

The [Bay of Islands Yacht Club](#) offers services such as berthing, storage, launching, and a clubhouse for its members and guests.

Golfing

[Blomidon Golf Club](#) is located just off West Valley Road. You can buy a season membership or just pay when you play a game of golf. The club has lessons, club rentals, golf cart rentals, a pro shop, and food/bar service.

Nearby, there are also public golf courses in [Pasadena](#), Deer Lake, [Stephenville](#), and the [Codroy Valley](#).

Hiking

Corner Brook and the surrounding areas of the Bay of Islands and [Gros Morne National Park](#) have many [hiking trails](#).

The [Corner Brook Stream Trail](#) offers a variety of trails throughout the city. Also in the city is the Humber Valley Trail which is a part of the [International Appalachian Trail](#). It starts at Bear Head Road (which is across the Humber River from the bridge at Riverside Drive) and goes to the top of the Old Man in the Mountain.

To join other hikers, the Humber Valley Hiking Club welcomes new members of any age or experience. For more information, contact Judy Gushue at judiec@hotmail.com

Hunting and Fishing

Big game, such as caribou and moose, and smaller prey such as hare, partridge, and duck are commonly hunted in the province. A variety of firearms can be used, including bows. You would have to complete a course on weapon safety and apply for a hunting license.

For fishing, most people fish for trout and salmon in rivers, brooks, and lakes nearby. Salt-water fishing is popular as well for cod, mackerel, and herring. Fishing licenses are required.

For more information, you can check out the [Environment & Conservation](#) section of the provincial government website. Or you can visit the Government Service Centre at 1 Riverside Drive.

Kayaking

There is a local group of kayakers affiliated with [Kayak Newfoundland and Labrador](#). They get together for training and kayak trips in the evening and weekend throughout the summer.

Running

The [Corner Brook Running Club](#) gets together for weekly runs on Tuesdays and Fridays at 5:30 pm from the YMCA. The club also organizes a series of runs throughout the season.

Soccer

The sport of soccer is often called football in many other countries. The [Corner Brook Minor Soccer Association](#) runs programs for children starting at age 3 and up to teenagers. For information on the Corner Brook Men's Soccer Association, contact Mark Fitzpatrick at 638-5266 sheepfitz@hotmail.com or contact Janine Callahan Janine_13@hotmail.com 632-6169 or 634-6474 for the Corner Brook Women's Soccer Association.

Softball

There are 3 softball associations in Corner Brook. The minor softball association contact is Jeannie Colbourne at 634-6020 or Colbourne@nf.sympatico.ca. The contact for the women's softball association is Kathy Lukeman at 639-1018 or klukeman@whscc.nf.ca. The contact for slow-pitch softball is Terry Hefford, 639-9724 or heffortt@gov.nl.ca

Swimming

In Margaret Bowater Park, there is outdoor swimming. Residents usually wait until late June for the weather and the water to warm up.

Tennis

The [Corner Brook Tennis Club](#) operates 5 outdoor tennis courts next to the Curling Club on University Drive and the 4 outdoor tennis courts on the Wellington Street Sports Complex. The club offers

individual or family season passes or you can purchase a guest pass. The club runs a junior program and also offers adult lessons.

Touch Football

The Corner Brook Molson Touch Football Association has 8 teams in Corner Brook and practice is at the Wellington Street Complex. For more information, contact Chris Foley at chrisfoley4@gmail.com or 634-3216 or 638-4529.

Outdoor Activities for the Winter and Spring

Cross Country Skiing

[Blow Me Down Trails](#), the city's cross-country ski park has over 40 km of groomed trails, some of which have lights for night skiing. The club offers the Jackrabbit program for young children to learn, a racing program, and lessons for all ages. There are ski and equipment available to rent if you would like to try skiing. You can purchase a season membership or pay a fee when you go for a ski.

Downhill Skiing & Snowboarding

[Marble Mountain Resort](#) is located in Steady Brook with 37 trails and 3 quad chair lifts and a T-bar and Magic Carpet for the beginner slope. Trails include a terrain park, seven mogul runs and a glade run and all trails are open to snowboarders and skiers. Marble Mountain has ski and equipment rentals and ski and racing programs for children and lessons for all ages. You can buy a season pass or pay as you go.

Ice fishing

Ice fishing is a popular winter sport that begins early February until the middle of April. To book a guided trip, contact [My Newfoundland Adventures](#).

Snowshoeing

Snowshoeing involves strapping on a pair of snowshoes over your winter boots and walking. Residents enjoy snowshoeing in winter in many of the hiking and walking trails in the city or in the forest trails outside. To try the sport, [Cycle Solutions](#) offers snowshoes for rent and you can join their group on Friday evening for a snowshoe hike.

Snowmobiling

Beautiful groomed trails, spectacular mountain riding, and lots of snow make Corner Brook and area an exceptional place to try snowmobiling. The trails can be easily accessed from designated areas around the city. Contact the [Western Sno-Riders Club](#) for more information about the trails, where to buy or rent a machine, or guided tours.

Indoor Activities & Recreation Facilities in Corner Brook

Corner Brook has many facilities that residents can use year-round.

Basketball

Men's basketball league in Corner Brook is held at different school gyms around the city. For more information, contact Corey Hurley at 783-2866 hurleysports@hotmail.com There is also a youth "Small Ball" basketball program offered, for more information contact Frank Foo at foo_basketball@yahoo.ca

Bowling

The Center Bowl Bowling Alley, at 24 Reid Street, has recreational and competitive leagues for children and adults. You can also book a bowling alley for a game with friends or a birthday party. For more information contact 634-4934.

Broomball

The [Corner Brook Broomball Association](#) organizes a men's senior league, a women's program and a minor program for boys and girls. For more information, contact Gary Kean at 634-9991 or email garykean@nf.sympatico.ca.

Curling

The Corner Brook Curling Association offers programs, leagues, and tournaments for children and adults. The curling rinks are located at the RecPlex on University Drive.

Dance

[Dance Studio West](#) offers dance instruction in Jazz, Ballet, Modern, Tap, Hip-hop, and Ballroom for all ages and skill levels. [Freedom Arts Bellydancing](#) offers bellydancing lessons.

Fitness/Gymnasiums

There are several gymnasiums that have a variety of cardio and strength training machines. Some of these centers have fitness programs and yoga. The Fitness Centre also has squash courts.

The Pepsi Centre has a walking track around the main arena seats. It is popular with residents as it is a safe place to walk, especially in winter when there is snow on the sidewalks.

Fitness Centres	Address	Phone
Forever Young Fitness Centre	Inside the Pepsi Centre – near Main Box Office entrance 1 Canada Games Place	634-6665
Pace-Fitness for Women	19 Union Street	632-5483
Pepsi Centre	1 Canada Games Place	637-1230
Humber Community YMCA	2 Herald Avenue- Millbrook Mall lower level	639-9676

Gymnastics

The Saltos Gymnastics Club offers programming for young children to teenagers. The club operates from the Lion's Club on Wellington Street. The phone number for the club is 639-7080.

Hockey

The [Corner Brook Minor Hockey](#) association runs hockey programs for children ages 4 up to teenagers. The programs teach hockey skills, organize hockey games and tournaments.

The [Pepsi Centre](#) has regularly scheduled open hockey time and you can rent rink time for a group to play hockey.

The [Corner Brook Royals](#) is the city's team that participates in the provincial senior league. The home games at the Pepsi Centre are well attended by local residents and are fun to watch.

[The Newfoundland & Labrador Hockey Hall of Fame](#) is located in the top level of the Pepsi Centre.

[Corner Brook Public Library](#) as a great selection on books and a number of computers to use with free internet access. There is also children's story time on Saturday afternoons.

Martial Arts

The Tun Yen Judo Club offers Judo class's children and adults from beginner to more experienced. For more information, telephone 634-5275.

[Markus Karate School](#) offers karate lessons for children and adults from beginner to senior levels.

Taekwondo is offered by Bennett's Academy, 2nd floor Pepsi Centre. For more information contact 634-0529 or 638-3411.

Skating

The [Pepsi Centre](#) has two indoor ice rinks for skating, which have seating for spectators. There are regularly public skating times and you can book rink time for a group.

The figure skating club, [Silver Blades](#), offers figure skating and learn-to-skate programs for all ages. For more information email silverbladesregistration@hotmail.com or call 637-1555.

The Humber Valley Speed Skating club welcomes new members. For more information, contact Carl Sparrow at 785-5141 or newfoundlandlabrador@speedskating.ca

Swimming

There are two supervised, indoor swimming pools in Corner Brook at [Sir Wilfred Grenfell College](#) and at the [Arts and Culture Centre](#). Swimming lessons and swim times are available and you can rent either of these pools for groups or birthday parties.

The [Corner Brook Rapids Swim Club](#) runs programs to train children and teenagers to prepare for competitive swimming.

[Corner Brook Synchronized Swim Club](#) helps build a swimmer's strength and conditioning and starts with a recreational level with the chance to advance to competitive levels. For further information visit the website or contact Denise MacDonald at 639-8158.

Working in Corner Brook

Since Corner Brook is the service centre for the whole west coast of Newfoundland and south coast of Labrador, there are many businesses and government services located here. Potential employers can be within government services such as health, education, and various provincial and federal government departments or a wide range of businesses that provide personal or professional services.

Types of Jobs

The local economy is well-diversified. The table below is a breakdown of employment by industry from the community profile of the Corner Brook area compiled by Statistics Canada from the 2006 census.

Industry	# Employees	%
Agriculture and other resource-based industries	390	3.1
Construction & Manufacturing	2,030	16.2
Wholesale & retail trade	2,675	21.3
Finance & real estate	590	4.7
Health & social services	2,100	16.8
Education	935	7.5
Business services	1,580	12.6
Other services	2,230	17.8
Total	12,540	100

Some of Corner Brook's major employers are Corner Brook Pulp and Paper, Western Health, education facilities such as the Western School District, College of the North Atlantic, and Sir Wilfred Grenfell College, and government departments and agencies. Based on the city being a major service centre, common jobs are in sales and service; trades; business, finance or administration; and health, education or government services.

Getting Help Finding a Job

Corner Brook has two centres to help you assess your skills; search for a job; prepare cover letters, resumes, and yourself for interviews; and to find any employment or education programs available to you.

The [Youth Employment Assistant Services](#) is available to youth (age 15 -30) at the Humber Community YMCA on the lower level of the Millbrook Mall. The [Employment Preparation Centre](#), located at 10 Main Street, has similar services for adults (over 30 years of age).

Job openings

The local paper, [The Western Star](#), lists local job openings on Wednesday and Saturday.

You can research local companies that would have potential positions that match your skill set, education and/or experience. You may find any current job openings on their respective websites. If you visit the business to enquire about any jobs available, bring a copy of your resume.

If looking for a retail or general service position, the businesses will often post "now hiring" signs in their window.

In addition, there are several online databases that can be useful.

Any employer can post on the Service Canada's [Job Bank](#) in which you can then do a Job search by the province of Newfoundland and Labrador, select the Western District and then further refine the search to choose Corner Brook and area.

The provincial government hosts a [job database](#) for employment opportunities within the government open to the general public.

[Workopolis](#) and [Career Beacon](#) are common websites that have a search function to look for jobs within the province of Newfoundland and Labrador, in which you can identify jobs that are located in Corner Brook.

Starting a Business in Corner Brook

Corner Brook has many organizations to help you start a business.

The [Canada/Newfoundland and Labrador Business Service Centre](#) has information about the many areas of business. You can access their services online or by calling toll-free at 1-800-668-1010. We have two local satellite resource sites at Humber Community Development Corporation at 19 Union Street or the offices of the Department of Innovation, Trade & Rural Development in the Millbrook Mall.

Business Planning

To help move your business idea into a business plan, there are several agencies that would help you assess your skills, research the market, find funding, and so on.

[Gateway West](#)

[Humber Community Development Corporation](#)

[Newfoundland and Labrador Organization of Women Entrepreneurs](#)

Business Funding

The organizations above can help you identify for which funding programs you and your business can apply. You can apply for business loans from any of the banks located in Corner Brook. Other funding may be available via:

[Atlantic Canada Opportunities Agency](#) (ACOA)

[Business Development Bank of Canada](#) (BDC)

[Department of Innovation, Trade and Rural Development](#) (INTRD)

Business Start-Up

When you are ready to start the business, the Business Resource Centre at City Hall will guide you through the process within the City of Corner Brook. Phone: 637-1588 or Email:

business@cornerbrook.com. Before you rent or buy space, it is best to check whether your business fits the zone for that area of the city. You will also need to complete a [development application](#) and potentially, a building permit if renovations or a new building is needed.

Depending on the scope of your business, you will also register with provincial or federal governments. You can check out the [Business Start up Info Guide](#) at www.canadabusiness.ca. For example, you apply for a Business Number with the [Canadian Revenue Agency](#) for filing corporate income tax, GST/HST, payroll, and import/export. All businesses with employees or are incorporated, need to register with [Workplace, Health & Safety Compensation Commission](#).

Business Member Organizations

There are local member business organizations that provide opportunities for networking with other business owners and managers, workshops or other training, and advocacy on issues that affect your business.

[Corner Brook Downtown Business Association](#)

[Greater Corner Brook Board of Trade](#)

[Newfoundland and Labrador Organization of Women Entrepreneurs](#)

Studying in Corner Brook

Colleges & University

Corner Brook is home to three post secondary institutions.

[Academy Canada](#) is the largest independent career college in Eastern Canada. The Corner Brook campus provides career-based training to over 400 students in business/office administration, criminology and security, health related programs, esthetics, animal grooming, and trades such as carpenter, electrician, steamfitter/pipefitter, welder, cook, and hairstylist.

[The College of the North Atlantic](#) is the provincial college system. The Corner Brook campus has more than 800 students in early childhood education; business/office administration and information technology; engineering technology; industrial trades of electrician, millwright, and welder; and a unique concentration of tourism-natural resources programs.

[Sir Wilfred Grenfell College](#) is a campus of Memorial University of Newfoundland (MUN). The college has over 1400 students and offers 16 degree programs with special expertise in business, tourism, environmental science, nursing, and fine arts. As well, students can begin other degrees at this campus for the first year or two and complete the degree at the main campus in St John's.

Adult Learning

Adult Basic Education

The Adult Basic Education (ABE) is a high school equivalent program designed for adults who did not complete high school or wish to upgrade their credentials in one or more subject areas. Adults will complete this program if they wish to enter a college or university program.

The local campuses of [Academy Canada](#) and the [College of the North Atlantic](#) offers the Level II program which is similar to junior high school grades 7 to 9 and the Level III which is equivalent to senior high school grades 10-12.

Graduate Educational Development

You can earn a high school diploma by successfully writing the [Graduate Educational Development \(GED\)](#) test. You can prepare to write the test by working with GED preparation material or by taking classes.

The test is on the 5 subject areas of: reading, writing, mathematics, social studies, and science. Tests are held twice a year in Corner Brook and take 7.5 hours to complete. You can write the GED test if you are over 19 years of age, not currently enrolled or graduate from a high school, and have been a resident of Newfoundland and Labrador for more than 6 months.

English as a Second Language (ESL)

Being able to communicate in English will be important for you to live, study or work in Corner Brook.

English as a Second Language (ESL) training is available at the Corner Brook campus of the [College of the North Atlantic](#). The ESL program teaches you the skills of listening, speaking, reading and writing English. Your skills will be tested so you can start at the right level for you. The levels in the program are: Beginner, Intermediate I, Intermediate II, Advanced I and Advanced II. Students at the Advanced Levels can take other College credit courses as part of their ESL study.

For more information about the ESL program, call 637-8530 or see the [program information online](#).

Housing for Students

On-Campus Housing

Sir Wilfred Grenfell College is the only campus in the city that has housing available on-campus for its students. There are two options for on-campus housing. The [Residence](#) is connected to the Arts & Science building. In residence, you have a private single bedroom which has phone and internet access. You share an entrance, bathroom and refrigerator with one other student in the next bedroom. Each floor of 32 students has a kitchen and lounge to share. A [Chalet Apartment](#) is fully furnished with 4 bedrooms, one and a half baths and a shared kitchen and living area. Each apartment is wired for phone, internet, and cable services.

Off-Campus

Students can rent accommodations available throughout the city. Sometimes groups of students will rent an apartment or house as a group. Or an individual student may rent a bachelor or one-bedroom apartment on their own. Another option is to rent a single room in a boarding house, which often includes meals and furnishings.

For more information, see [Housing](#) information on this website. Sir Wilfred Grenfell College has [Off-Campus Housing](#) services that maintain a list of off-campus housing available and provide information and assistance for Grenfell students seeking housing.

Homestay Program

The College of the North Atlantic has a Homestay program for international students. Students will live with a family to experience firsthand the culture of Newfoundland and Labrador, practice English, feel safe and secure, and receive ongoing support with day-to-day living. Costs for Homestay vary but students can expect to pay between \$350-500 per month. For more information on CNA's International Student Housing Services go to <http://www.cna.nl.ca/InternationalStudents/ss.asp>

Getting a Part Time Job in Corner Brook

Students often take a part time job while studying. If you are an international student, you must be a full time student and are not permitted to hold a job that has more than 20 hours per week.

On-Campus Employment

There are often part-time jobs available at the school as assistants for research, teaching, residence, or other programs on campus. For international students, a work permit is not required for on-campus jobs.

You can inquire about jobs available on campus with the main administration desk. There is an online campus job listing for [Sir Wilfred Grenfell College](#) students.

Off-Campus Employment

Part time jobs for students are often available in stores, restaurants or bars for customer service jobs or offices for administrative type jobs. The best way to locate these jobs is in “help wanted” signs at these types of businesses. You can also check the [Service Canada Job Bank](#) or the job postings in [The Western Star](#) on Wednesdays and Fridays.

International students will need a [work permit](#) to work off-campus. You will have needed to be studying full time in Canada for at least 6 months before you can apply for a work permit.

Working after Graduation

For more information, see [Getting Help Finding a Job](#) on this website.

To remain in Canada after graduation, international students must apply for a work permit under the [Post-Graduation Work Permit Program](#). The program allows international students who have graduated from a Canadian post-secondary institution to gain valuable Canadian work experience.

A work permit under the Post-Graduation Work Permit Program is for a minimum of nine months and up to the maximum of three years. Your work permit length will not be for a longer period than the length of your studies.

During this time graduates can also apply for a change in their Immigration Status to begin the process of becoming a Canadian citizen if you so desire.

Other Programs and Services

If you become a Canadian citizen, there are employment programs to consider. If you are eligible for these programs, you would notify potential employers for them to consider you for employment.

[Graduate Employment Program](#) – A provincial government program that provides an employer up to \$10,000 in the first year of your employment. The potential employee must have graduated from a 1-year or more post-secondary education program in the past 2 years.

[Targeted Wage Subsidies](#) – A Federal government program that provides an employer financial assistance towards your wages if you are eligible for employment benefits.

[Job Creation Partnerships](#) – A Federal government program that supports projects that provide eligible individuals with work experience leading to on-going employment.