

An aerial photograph of the SickKids hospital building, a large multi-story structure with a white and blue facade. The building is situated in a dense urban environment with other skyscrapers visible in the background. The SickKids logo is prominently displayed on the upper part of the building. The image is used as a background for a guide for new postdocs.

2025-2026

GUIDE FOR NEW POSTDOCS

WELCOME TO SICKKIDS

WELCOME!

Welcome to The Hospital for Sick Children (SickKids)! We are pleased to have you join us and are looking forward to your contribution to the research community! The Postdoctoral advisory committee (PDAC) and the Research Training Centre (RTC) have put together this guide to help you get started at SickKids!

About Us

The SickKids Research Institute is Canada's largest, hospital-based child health research institute. Our commitment is to improve the health of children, here in Canada and in the global community.

Our history is one of research innovation. The Research Institute was founded in 1954 with the belief that innovation was critical to the hospital's mission to improve child health. We share the SickKids vision of Healthier Children. A Better World.

Our values are research excellence and integrity and our strength is collaboration. We have created an environment where top researchers and health care experts work closely together as a team to improve children's health.

Mission

- Advancement of child health through global leadership in innovation, research and discovery.
- Translation of research knowledge to benefit children and families everywhere.

Our research is supported by the generosity of donors who contribute to SickKids Foundation, as well as government agencies, non-profit foundations and companies and organizations that share our goals of improving child health outcomes.

Structure

Housed in the Peter Gilgan Centre for Research and Learning, the SickKids Research Institute community includes approximately 2,000 staff including:

- 256 scientists;
- approximately 1,500 trainees, including graduate students, research fellows and summer students;
- visiting scientists;
- laboratory technologists;
- administrative assistants; and
- other professional and support staff.

Our research ranges from basic discovery research all the way to clinical care and is supported by state-of-the-art expertise, technologies and facilities.

Our research activities are coordinated under seven major research programs, which range from basic science at the sub-molecular level, to organ systems, to population health. The seven programs cover the spectrum of child health from wellness and normal development to causes of diseases, diagnostics, treatments and therapies. Through these programs we cohesively and collaboratively bring together the more than 1,600 funded research projects.

Postdoctoral Advisory Committee (PDAC)

Postdoctoral advisory committee (PDAC) is a committee made up of volunteer postdocs with the goal of helping postdocs make the most of their experience at SickKids. PDAC hosts many events for postdocs and other trainees at SickKids, including monthly coffee hours, postdoc talks, career Q&As.

The mandate of the Post-Doctoral Advisory Committee (PDAC) is:

- to elevate awareness for the many and varied roles postdoctoral fellows play in the RI across the organization
- to provide opportunities for postdoctoral fellow collaboration, networking, and knowledge-sharing
- to collaborate with various groups in the development of programs related to skills enhancement, and leadership opportunities for or relevant to postdoctoral fellows
- to communicate information relevant to postdoctoral fellows to the broader postdoctoral community

We welcome you to join the Post Doctoral Advisory Committee to help drive issues relevant to the postdoc community at SickKids.

New and prospective SickKids postdocs can connect with current postdocs through the Buddy System. This program provides an opportunity to receive advice, gain insights about postdoc life at SickKids, and ask any questions about settling in.

Contact us
postdoc.advisorycommittee@sickkids.ca

Research Training Centre (RTC)

The Research Training Centre (RTC) is a strategic initiative of the Research Institute at the Hospital for Sick Children (SickKids), and was established in 1996 in response to a need for a more coordinated and integrated approach to research training. The RTC aims to understand the various challenges of those training at SickKids and works with existing trainees to support and improve their research training experiences.

Trainees include both graduate students and research fellows conducting research at the hospital. The RTC supports these trainees by:

- maintaining a trainee registry
- coordinating research training funding competitions
- running career development seminars
- organizing research training activities and events

RTC activities are managed by a committee of scientists and clinicians with representation from the basic sciences, medicine, nursing and allied health professions. In addition, trainee representatives from each of the seven Research Institute programs attend monthly RTC meetings to provide input and bring forth trainee-related concerns.

Mission

The RTC's mission is to ensure that trainees pursuing research careers receive the highest possible quality of training, encompassing all components of research performed at the Hospital for Sick Children Research Institute.



This mission will be accomplished by:

- Coordinating all research training programs at a central source
- Creating expanded opportunities for research training at SickKids
- Advocating the importance of research training at SickKids
- Enhancing the career development of our trainees and the quality of mentoring at SickKids
- Strengthening the funding base for research training at SickKids

[RTC News and Events](#)

As a postdoc trainee, you will be receiving emails and notifications on talks, workshops as well as seminars held at SickKids. [Subscribe to our newsletter](#) for more details!

[Contact Us](#)

research.trainingcentre@sickkids.ca

PGCRL

Peter Gilgan Centre for Research and Learning (PGCRL)

Peter Gilgan Centre for Research and Learning is the main research building at SickKids with 21 floors dedicated to research. Major research programs at PGCRL are:

- Cell & Systems Biology
- Child Health Evaluative Sciences
- Developmental & Stem Cell Biology
- Genetics & Genome Biology
- Molecular Medicine
- Neurosciences & Mental Health
- Translational Medicine

Facilities and Services

The Hospital for Sick Children (SickKids) is Canada's most research-intensive hospital and the largest centre dedicated to improving children's health in the country. The mission of SickKids is to provide the best in complex and specialized care by creating scientific and clinical advancements sharing our knowledge and expertise and championing the development of an accessible, comprehensive and sustainable child health system. At SickKids we are committed to the idea that innovation and research are critical to our vision of Healthier Children. A Better World.™

In order to provide for the wide array of technical requirements of our research community, we are home to a series of specialized core facilities and services for basic, translational, and clinical research. Each of these facilities provides technical

expertise and services as well as access to state-of-the-art equipment to our researchers on a cost recovery basis. For more information on the facilities and services available, please visit:

<http://www.sickkids.ca/Research/FacilitiesandResources/index.html>



WORKING IN CANADA

General guides and disclaimers: Note that the details on some processes may be updated, keep checking CIC website for most recent instructions.

Information for International Research Fellows

Work Permit Requirements

As a non-Canadian postdoctoral fellow, you must have a valid Citizenship and Immigration Canada (CIC) work permit to legally work in Canada. Postdoctoral fellows are exempt from the Labour Market Impact Assessment (LMIA). Time varies depending on the country of application and can take more than 6 months:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-processing-times.html>

SickKids Employment Offer

SickKids will submit an offer of employment online through the Employer Portal and pay a required fee before you submit your work permit application. You will need to include the offer of employment number with your work permit application.

Helpful Links

- [Obtaining a Work Permit](#)
- [Extending a Work Permit](#)
- [Obtaining a Canadian Social Insurance Number \(SIN\)](#)
- [Employment for Spouses, Partners, and Dependents](#)
- [Driving in Ontario](#)

For any questions about coming to SickKids as an international postdoc, please contact the [Research Training Centre](#).

The Ontario Health Insurance Plan (OHIP)

The Ontario Health Insurance Plan provides health insurance for eligible Ontario residents. You may be eligible for OHIP coverage after the first three months of your employment. For information on obtaining OHIP coverage after the first three months of your employment, please visit the [OHIP website](#). You will also want to visit the page specifically for [Temporary Foreign Workers](#). You can enroll in OHIP at a Service Ontario office.

OHIP Replacement Plan

As a SickKids postdoctoral fellow, you and your family qualify for the OHIP Replacement Plan. This plan provides basic medical coverage for your first three months of employment, until you are eligible for coverage under OHIP. Please contact

ask.hr@sickkids.ca for direction about setting up your enrollment in the replacement plan. You must enroll as soon as you arrive in Canada, and your coverage will begin on your first day of employment at SickKids.

Obtaining a Canadian Social Insurance Number (SIN)

In order to be paid through SickKids payroll, you require a Social Insurance Number (SIN). More information about the SIN and how to get one is available on the Service Canada website.

You can also find a nearby Service Canada location that issues SINs on the Service Canada Website.

You will need your passport and work permit to apply for your SIN. If you are a temporary worker you will be given a temporary SIN number that will have an expiry date. If you are a temporary foreign worker (on a work permit) and apply for permanent residence status, you must reapply for a permanent SIN once your permanent residence status is confirmed.

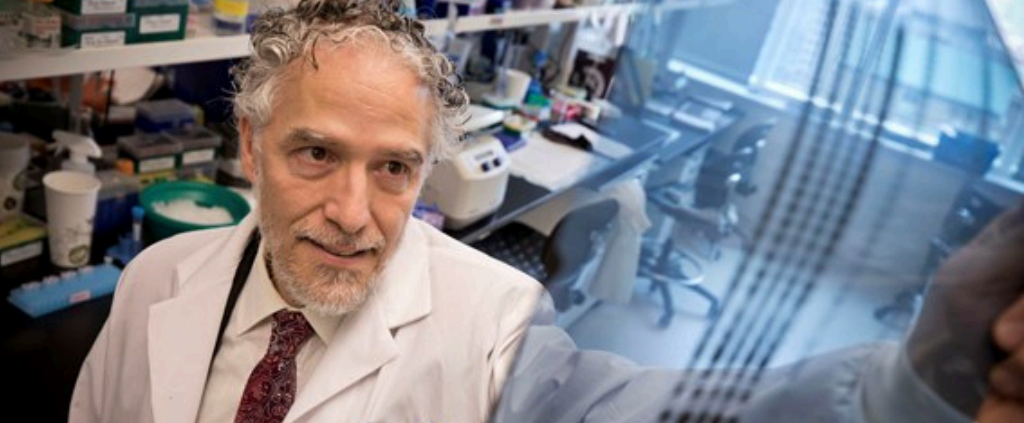
Employment for Spouses, Partners, and Dependents

If your appointment as a SickKids postdoc is for six months or longer, your spouse/partner (husband, wife, or common-law partner) and/or dependents may qualify for a work permit. To find out if your spouse/partner and/or dependents qualify for an open work permit, please visit the “If your spouse wants to work in Canada” and “If your children want to study or work in Canada” sections of the CIC website.

If you are common law, you may need to complete a Statutory Declaration of Common Law Union form in order to obtain your spouse's work permit.

Study for Spouses, Partners, and Dependents

Your spouse/partner and/or dependents may be eligible to study in Canada while you are here as a postdoctoral fellow. Please visit the study section of the CIC website for more information.



ONBOARDING

Submit Documents to Human Resources

You will receive an email from the SickKids HR department with information regarding your next steps once your supervisor contacts HR to start the hiring process. Please provide all the documentation outlined in the onboarding email:

- Personal information form
- Benefits package
- Copy of void cheque or direct deposit form
- Work permit
- Immunization forms
- VSS (Vulnerable Sector Search)

Badge

Upon arrival on the first day, postdocs can get a temporary badge at the security desk on the ground floor if it has already been coordinated by their supervisor or their department. They need to return the badge as they leave work that day. They repeat this until they receive the onboarding email within a week after they hand over the required work and occupational health documents. At this point, postdocs can go with a

government-issued photo ID to the badging office at the main hospital building, 555 University Ave, to obtain the ID badge.

Immunization

May vary by nationality/countries you have visited, visit

<https://www.canada.ca/en/public-health/services/immunization-vaccines.html>

for more information. Some tests can be done in your home country – All the vaccinations required need to be done at home, others can be done here. Extra vaccines can be done at the prevention Centre in Sick Kids 5th Floor Burton Wing. This will be for free if you have a Sick Kids Badge.

A list of immunization requirements to work at SickKids can be found here:

<https://www.sickkids.ca/siteassets/learning/sickkids-immunization-form.pdf>.





HEALTH, FINANCES & LIVING

Finding a Doctor or Dentist

To secure a family doctor (also sometimes referred to as a general practitioner or primary-care physician) in Toronto, you must find a doctor who is accepting new patients. The College of Physicians and Surgeons of Ontario offers a useful web tool called Doctor Search to help you find a family doctor. Once you have a valid OHIP card, you can also use the Health Care Connect service to find a family doctor. While you are seeking to be added as a regular patient to the roster of a family doctor, you can make use of the services of walk-in clinics. These clinics will see any patients, regardless of whether or not they have a family doctor, and often do not require an appointment. A list of Toronto-area walk-in clinics can be found via the Findhelp directory at 211Toronto.ca

You will also need to find a dentist in your local area who is accepting new patients. The Ontario Dental Association offers a search tool called Find a Dentist to help you find one. The Faculty of Dentistry at U of T also has patient clinics offering full-service dental care at reduced rates.

Medical Care: Contacts

[Bay-College Medical Centre](#)
777 Bay St., Unit 216C,
Toronto
M5G 2C8
416-921-2121

[Women's College Hospital - Burton Hall](#)
60 Grosvenor St.
Toronto
M5S 1B2
416-323-6060

Dentist

Park Lane Dental
717 Bay St. Unit 1B
Toronto
M5G 2J9

Foot Pain

[Foot Care Centre](#) (Women's College Hospital)
77 Grenville St. - 1st Fl.
Toronto
M5S 1B3
416-323-6020

Dentist

[Find a Dentist](#)
416-922-3900

Physiotherapy

[CBI Spine and Sport Physiotherapy Clinic](#)
123 Edward St.
Suite 500
Toronto
M5G 1E2
416-971-7947

[Rehab and Wellbeing Centre](#)

600 University Ave
Rm. 1181 - 11th Floor
Toronto
M5G 1X5
416-619-5546

Travel Medicine

[SickKids Family Travel Clinic](#)
Ext. 227555

Mental Health

[Employee Assistance Program](#)
1-844-880-9142
Confidential service offered as a benefit to all SickKids staff. Offers counselling on many topics such as family, marital issues. Information on a variety of health issues such as nutrition, smoking cessation, elder care.

[Centre for Addiction and Mental Health](#)
416-535-8501

Employee Benefits

Health and Dental Care Coverage and Claims:

Sun Life

Contact Sun Life in the way you find most convenient. Provide Sun Life with your plan number (045197) and your Plan ID/Certificate Number (your SickKids ID/badge number):

Online: www.sunlife.ca

- sign up to receive claim payments deposited directly to your bank account
- check the status of your claims
- get coverage information
- print claim forms

Email: askus@sunlife.com

Phone: 1-800-361-6212

Monday through Friday

8 a.m. to 8 p.m.

Click [here](#) for assistance navigating the Sun Life website.

Leaves of Absence

Visit the [Life at SickKids page](#) (Leaves of Absence section) to access detailed information, policies and forms.

Other

SickKids' [aSK HR](#) team:

Monday to Friday

7 a.m. to 5 p.m.

416-813-6680

ask.hr@sickkids.ca

Lync IM: ask HR Instant Chat

11th floor, 525 University Avenue

Living Accommodations

Finding an apartment

- SickKids Alan Brown building (temporary)
- Real estate agent (Realtor)
- "Off market" websites
- Consider roommates:
<https://torontoroommates.ca/index.html>

Alan Brown Building

The [Alan Brown Building](#) is located at 77 Elm Street, is owned and operated by The Hospital for Sick Children (SickKids) as a support for SickKids research. Located across the street from the Hospital, it provides temporary and affordable accommodation for new professional staff. All apartments are unfurnished (unless items were purchased from the previous residents) and freshly painted and cleaned as required.

Occupancy at the Alan Brown Building is reserved for the following:

- SickKids fellows, residents, PhD students and observers arriving from either other cities or overseas, and limited to the period of their fellowship, residency or study period.
- Nurses hired by SickKids, who are relocating from another city. Occupancy may be limited to a 12-month period in order to provide assistance in finding accommodation somewhere else in the city in the interim.
- Other professional staff hired by the Hospital, who are relocating from another city. Occupancy will be limited to a 12-month period in order to provide assistance in finding accommodation somewhere else in the city in the interim.

Application: It is in your interest to apply as early as possible as your place on the waiting list will be determined by your application submission date.

1. To find out if you are eligible to apply, please see the Occupancy Guidelines listed below or contact Maureen Herman at 416-813-4921, maureen.herman@colliers.com
2. Complete and submit your Application for Occupancy
3. Have your SickKids department complete the Department Application for Occupancy on your behalf (mandatory). Please ensure that both applications are submitted and that all appropriate sections are filled out. Property Management unfortunately cannot accept incomplete applications.

Realtor

Find a realtor near you:

<https://www.realtor.ca/meet-a-realtor/#v=location>

"Off market" website and social media

Caution: be careful scam!

Before renting an apartment, check your rights and responsibilities:

<https://www.torontorentals.com/blog/best-apartment-rental-websites-in-toronto>

Here is a non-exhaustive list of the most common rental scams and tips to avoid them:

- Seller demands payment upfront
- Post from a social media account with no pictures
- Avoids sending further pictures upon request
- Lack of documentation
- Request for payment before a property visit
- Big promises without asking background information
- Requesting private bank information
- Lack of personal contact, either over the phone or in person
- Price is too good to be true

Prevention is always better than trying to recover from a scam after the fact. But if you have been scammed:

- File a report with the police
- Report the scam to Housing (whether you found them through our site or not) and any other listing site(s) you found ad on
- Contact Downtown Legal Services to see if they can help you take the scammer to court

Visit UoFT website for more information:
<https://www.studentlife.utoronto.ca/hs/housing-scams>

Information on Renting

Rental housing into Toronto may be a whole home, an apartment within a home that has been subdivided, an apartment within a designated rental building, or an apartment within a co-operative or condominium building, where unit owners may rent out their apartments.

The following links will provide you with current rental listings, as well as photos of available houses and apartments.

1. [Viewit.ca](#)
2. [Craigslist](#)
3. [Kijiji](#)

Most tenants in Toronto are required to provide two months' notice to their landlord when they wish to end their lease agreement; this means that you should start looking for housing to rent two months before the date you wish to move in. Move in dates are normally on the first of the month. Many landlords will require the payment of two months' rent (the first month and the last month) at the time of signing the lease agreement. Most leases in Toronto are for a minimum of twelve months.

[Settlement.org](#) provides comprehensive information about renting a home in

Ontario that you may want to review; it is available in a number of languages. They also publish information about the [average cost](#) of apartments of various sizes in Toronto and surrounding communities that you might find helpful.

Prior to entering into any lease agreement, you may wish to review the [Residential Tenancies Act](#), which lays out your rights and responsibilities as a tenant, as well as the laws that apply to your landlord. You can also download [a guide](#) to the Residential Tenancies Act in more than 10 languages.

Ontario Home and Community Website

Ontario official website provides guidelines and information about [your rights](#) as a tenant in Ontario.

When renting, landlords and tenants need to complete the [standard lease](#) for most private residential tenancies for new agreements signed on or after April 30, 2018. This guide is also available in 22 languages.

When complete, the standard lease creates a contract between the landlord and tenant. It is also called a residential tenancy agreement.

It is written in easy-to-understand language and includes information such as:

- the rent amount and when it's due
- what's included in the rent (for example, air conditioning or parking)
- rules or terms about the rental unit or building (for example, no smoking)

It also has a section on renter and landlord rights and responsibilities, and explains what can (and cannot) be included in a lease.



For example:

- who's responsible for maintenance and repairs
- when your landlord can enter your unit
- that landlords can't ban guests or pets

After Moving

When renting an apartment or house, utilities will normally need to be connected. The major utilities are phone, internet, hydro (electricity), and gas (heating); you may also want to set up cable television access. Your landlord will tell you which of these are already included in your rent, and which ones you need to have connected and pay for separately. There are many companies that provide these services. You can search for companies that provide electricity and heating at the Energy Shop website. You can find a list of internet providers that service Toronto here; many also provide phone and TV services. The internet, phone, and/or cable service providers you can use may be limited by where you live.

The company may require proof of identification (your date of birth AND your Canadian driver's license number, passport number, citizenship number), and information/verification of your employment status before it agrees to connect services. Your MOU/job offer letter can be used as verification of employment. Please contact the company to get more information.

Finances

Taxes

The Canada Revenue Agency (CRA) administers tax laws for the Government of Canada and the provinces, including Ontario. You must file your tax return annually by April 30.

You can file your taxes:

- Online using certified tax software
- By mail using paper forms

More information and step-by-step guidance is available here:

<https://www.canada.ca/en/services/taxes/income-tax/personal-income-tax/doing-your-taxes.html>

You can find your tax slips (e.g., **T4/T4A**) through **myHR**, accessible via the **mysickkids dashboard**.

Getting Help

You can:

- Use **online tax tools** (some are free)
- Visit a **tax clinic** or **accounting office** for assistance

Important Note on Moving Expenses

If you relocated within Canada for work, you may be eligible to claim moving expenses on your tax return. However, moves from outside Canada generally do not qualify for this deduction. Some individuals have had to repay refunds after claiming moving expenses for international relocations. Always consult the CRA or a tax professional to confirm your eligibility. [Learn more.](#)





Salary

The amounts below are just general suggestions of the minimum amount a postdoc should be paid by experience. You can discuss your payments with your PI.

Year	Minimum Salary
1	\$50,000
2	\$52,500
3	\$55,000
4	\$57,500
5	\$60,000
6	\$60,000

In addition, as a SickKids trainee you can benefit from mental health supports, including peer Support program and mindfulness.



LIFE IN TORONTO

Presto Card

PRESTO is a reloadable payment card that lets you pay your fare on the TTC, GO Transit, UP Express and 8 other transit agencies in Ontario. It's the perfect time to get a PRESTO card to take advantage of benefits like lowest fares, balance protection, Autoload and 2-hour transfers. When you download the PRESTO app you can load passes or money, manage up to 10 cards and check your balance. Presto card can also be loaded at subway stations, Shoppers stores, etc. Further information is on https://www.prestocard.ca/en/about/presto-on-the-ttc?gclid=EAIaIQobChMI9tvJuIG55wIVysDACh0XzwNIEAAAYASAAEglHCvD_BwE

You may also want to use the Greater Toronto and Hamilton Area Triplinx trip planner:

- TTC (Toronto)
- GO Transit (commuter train servicing the Greater Toronto Area, as well as suburbs and cities to the north, east, and west)
- YRT/VIVA (York Region)
- Mississauga Transit (Mississauga)
- Brampton Transit (Brampton)
- Durham Region Transit (Pickering, Ajax, Whitby, Oshawa, Clarington, Brock/Scugog/Uxbridge)

Driver's licence

An Ontario driver's licence gives you permission to drive in the province of

Ontario. In some cases it can also be used for identification purposes. Depending on what country you are from, you may be able to exchange your current license for an Ontario driver's license. If your country does not have an exchange agreement with Ontario, you may be able to get credit for your past driving experience toward a new Ontario license. Please visit the Ministry of Transportation website for more information about exchanging or getting an Ontario driver's license.

If you have brought a car to Ontario with you, you must register it with the Ministry of Transportation. You must also have your car inspected and secure insurance. Please visit the Ministry of Transportation website for more information.

How to get to and from the airport

Union Pearson Express runs from Pearson Airport to Union Station in downtown Toronto in just 25 minutes. Adult one-way fare from Pearson to Union is \$12.35. Children under 12 years of age ride free. The first departure from Union is at 4:55 am, and from Pearson is at 5:27 am. Trains depart every 15 minutes until 12:57 am. Further information is on can be [found here](#).



GOOD TO KNOW

Banking

Many banks in Canada offer special rates and services for foreign nationals newly arrived in Canada. The websites below will provide you with information about these programs, and about how to set up a bank account.

- [Bank of Montreal \(BMO\)](#)
- [CIBC](#)
- [HSBC](#)
- [PC Financial](#)
- [Royal Bank of Canada \(RBC\)](#)
- [Scotiabank](#)
- [Tangerine](#)
- [TD Canada Trust](#)
-

It is important to get an SIN before opening a bank account, this account is then important to give the void check needed in the HR onboarding.

Library Access

Because Postdocs work with one of the faculty members who have a cross-appointment with that hospital or institution, they can get library access (both in person and online).

To obtain library access, they need a letter from their supervisor, written on institutional letterhead, indicating the following:

- Name
- Date of birth
- End date of your fellowship.



Take this letter and a piece of government-issued photo ID to the Reader Registration desk at Robarts Library, 130 St. George Street, second floor.

Postdoctoral Fellows who are working at one and paid by one of our affiliated hospitals are not entitled to a TCard. You will be issued a library card when you set up your library access but not a TCard.

Canadian Phone Plan

Purchasing a Canadian phone plan might be considered the first thing to do since people may be required to provide their phone number when they want to open a bank account or complete their onboarding documents. There are plenty of companies at Eaton Center (260 Yonge Street) which allow people to compare different phone plans. In doubt just get the cheapest and then you can change for the one better fits your needs.

Visit your local wireless wave or visit their website <https://www.wirelesswave.ca/en/> to compare various phone plans suitable for your needs.

Mental Health Resources

Your mental health is important to us! There are resources available for SickKids staff to help them cope during stressful times:

- Peer Support Group: You can always email them to schedule a phone or in person session.

Peer.support@sickkids.ca

For additional information visit:

<http://my.sickkids.ca/staff-support-resources/ohss/staff-mental-health/Pages/Peer-Support-Program.aspx>

External support:

- As an Ontario resident, you have access to resources on the “Big White Wall”. Check out the following link for detailed information:

<https://togetherall.com/en-ca/?from=bwwca%2Fv2%2FHome.aspx>

- You can visit the information on the website of the Centre for Addiction and Mental Health (CAMH)

<http://www.camh.ca/>

- If you are registered with the University of Toronto (e.g. if you are doing a degree at UofT in parallel with your postdoc), you can also contact the “Health & Wellness” program through “The Division of Student Life”.

<https://studentlife.utoronto.ca/departments/health-wellness/>

Note that this service is reserved for UofT students only.

Becoming a Research Associate

Some postdocs decide to transition into a research associate (RA) position upon completion of their postdoctoral research or after their 6-year term is completed. Note that RA positions are not LMIA

exempt, you will need to be a Canadian Citizen, PR or have a valid work permit.

For more information visit:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/hire-temporary-foreign/find-need-labour-market-impact-assessment.html>

<http://my.sickkids.ca/research/Research-Associates/Pages/default.aspx>

Booking Conference and Seminar Rooms

There are also several conference and seminar rooms at PGCRL or PSC, room descriptions can be found here:

<https://sickkidsca.sharepoint.com/:u:/r/sites/Intranet-dir-int/SitePages/Room-Booking.aspx?csf=1&web=1&e=oGPufd>

Conference rooms on most floors can be booked through your SickKids outlook email account if needed.



English Courses

GCAC if you are a UofT student, learn more:

<https://www.sgs.utoronto.ca/resources-supports/gcac/>

General Inquiries

Lauren Pais

Administrative Assistant

sgs.gcac@utoronto.ca

416-946-7485

Program & Policy Information

Departmental Workshops

Dr. Jane Freeman

Director, GCAC

jane.freeman@utoronto.ca

416-946-7314

Advice on Course & Workshop Selection

Dr. Peter Grav

Associate Professor, Teaching Stream

peter.grav@utoronto.ca

416-946-7558

Advice on Course & Workshop Selection

Dr. Rachael Cayley

Associate Professor, Teaching Stream

rachael.cayley@utoronto.ca

416-946-0645



Childcare: Schools & Daycares

With a valid work permit, you can enroll your child(ren) in Ontario public schools for free. You'll need to provide documents like proof of address and immigration status. In Toronto, visit the <https://www.tdsb.on.ca> or check the

<https://www.ontario.ca/page/ministry-education> for other regions. The <https://studentlife.utoronto.ca/task/enrolling-children-in-school/> is also helpful.

Licensed child care options include centres, home-based care, and before/after-school programs. Start your search early—waitlists are common. Use the <https://www.toronto.ca/community-people/children-parenting/children-programs/child-care/> or <https://settlement.org/ontario/daily-life/childcare/finding-child-care/>.

You may qualify for a City of Toronto subsidy to reduce licensed child care costs. You don't need permanent residency, but you must:

- File your Canadian taxes
- Receive a Notice of Assessment from CRA

This is separate from the federal Canada Child Benefit (CCB). Learn more and apply <https://www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-subsidy/>.

Blue Butterfly Montessori School

300 Richmond St W, Toronto, ON M5V
1X2

(416) 479-0202

<http://bluebutterflyms.com/>

Queen's Park Child Care

7 Queen's Park Cres E, Toronto, ON
M7A 1Y7

(416) 972-9979

<https://www.qpccc.ca>

Kids & Company

95 Wellington St W #201, Toronto, ON
M5J 2N7

(416) 863-6868

<https://kidsandcompany.com/locations/wellington/>

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