

# JMR Moving & Storage

7725 Cordner, Suite 201  
Lasalle, Québec H8N 2X2  
Fax: (514) 363-7204  
Toll free: 1-866-JMR-MOVE (567-6683)  
info@jrmovers.com

Montréal: (514) 366-0990  
Toronto : (416) 524-1909  
Ottawa : (613) 447-1168  
[www.jrmovers.com](http://www.jrmovers.com)

## A helpful checklist of who to advise:

Prior to your move, it is important to inform everyone of your new address. Use this checklist to keep track.

- 
- |   |  |
|---|--|
| <input type="checkbox"/> Friends & relatives  | <input type="checkbox"/> Banks   |
| <input type="checkbox"/> Newspaper delivery   | <input type="checkbox"/> Request transfer of medical and dental records  |
| <input type="checkbox"/> Laundry and dry-cleaning service                                       | <input type="checkbox"/> Credit bureau   |
| <input type="checkbox"/> Milk delivery  | <input type="checkbox"/> Mail-order services (such as Yves Rocher, Avon, Amway, Québec loisir, Party Lite, Primes de Luxe) |
| <input type="checkbox"/> Bakery delivery  | <input type="checkbox"/> Drivers license Bureau  |
| <input type="checkbox"/> Bottled water company  | <input type="checkbox"/> Bureau of Vehicle Registration  |
| <input type="checkbox"/> Electric company   | <input type="checkbox"/> Health insurance  |
| <input type="checkbox"/> Gas company  | <input type="checkbox"/> Transfer banks accounts   |
| <input type="checkbox"/> Oil company  | <input type="checkbox"/> Arrange for transfer of school Records  |
| <input type="checkbox"/> Telecommunication (telephone, cellular, cable, satellite, internet...) | _____  |
| <input type="checkbox"/> Diaper service   | _____  |
| <input type="checkbox"/> Lawyer   | _____  |
| <input type="checkbox"/> Accountant   | _____  |
| <input type="checkbox"/> Notary   | _____  |
| <input type="checkbox"/> Fitness center subscription  | _____  |
| <input type="checkbox"/> Magazines subscription   | _____  |
| <input type="checkbox"/> Post office  | _____  |
| <input type="checkbox"/> Insurance company  | _____  |
| <input type="checkbox"/> Credit Cards   | _____  |
-