Most research on immigrant labour market integration to date has tended to focus on the individual, with less emphasis on the role of the migrating family unit. Yet most permanent immigrants to Canada arrive as family units, and as a consequence, the roles of family members within those units may play a significant part in post-migration labour market outcomes. In most traditional migrating families, the husband is the principle applicant, while the wife is a dependent applicant or ‘tied-mover’. Many of these dependent applicant had careers prior to migration and planned to enter the Canadian labour market after migration. But they face a number of unique challenges to their adjustment. Not only do they struggle to get their human capital recognized by Canadian employers, but they must also balance their roles within their families with their desire to further their careers. The aim of this study is to examine the importance of tied-mover status on immigrants’ occupational adjustment. We used the Longitudinal Survey of Immigrants to Canada (LSIC), as well as 22 in-depth qualitative interviews, to examine the occupational trajectories of recent immigrant women in order to investigate whether dependent applicant status plays a role in women’s labour adjustment.