



Iaadliyan

• celebrating & empowering daughters •

RESOURCE BOOKLET

International Students



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HELPLINES

As a new student in a new country, you might be facing a lot of emotional distress or mental health issues. There are many resources at your disposal you can use from the comfort of your own home. Below is a list of some helplines that you can reach out to depending on the type of support you are seeking.

Assaulted Women's Helpline

Helpline for women and women-identifying people in crisis who require emotional support, crisis counselling, resource information and referrals.


 www.awhl.org

 866-863-0511 or 866-863-7868

ConnexOntario

Provides free and confidential health services information 24/7 and can connect you with local resources


 www.connexontario.ca

 1-866-531-2600

Distress Centres of Greater Toronto

Year-around support available if you are struggling with overwhelming emotional distress, social marginalization and mistreatment, or in need of an emergency response


 www.connexontario.ca


 1-866-531-2600



The Female Mobile Support Program

Works with women and girls who have been involved in, are still involved in, or are vulnerable to sex trafficking or exploitation.


 www.efryhopehelp.com

 416-312-6938

Good2Talk

A confidential service provided in Ontario for post-secondary students


 www.good2talk.ca/

 1-866-925-5454

Keep.meSAFE

A confidential service provided in Ontario for post-secondary students

 www.keepmesafe.org

 1-844-451-9700

Lifeworks Crisis Support Line

Provides professional emotional support and referral to community resources, available 24/7

 www.lifeworks.com

 1-844-751-2133




IMMIGRATION, LEGAL & TAX SERVICES

There are many questions you might have in regards to your immigration status, legal advice, processes and guidelines. Following are some of the resources available at your disposal to resolve such issues.

Income Tax Filing Clinic: Mississauga Food Bank

The Community Volunteer Tax Program is a joint initiative with the Canada Revenue Agency for those with modest incomes and needing simple tax solutions. Services available March to May.

 www.themississaugafoodbank.org


 905-270-5589 ext. 829

 taxclinic@themississaugafoodbank.org

Indus Community Services

Provides support to victims of domestic violence navigating the Family Court System


 www.induscs.ca

 905-270-5589 ext. 829

IRCC

Year-around support available if you are struggling with overwhelming emotional distress, social marginalization and mistreatment, or in need of an emergency response

 www.connexontario.ca


 1-866-531-2600



Mississauga Community Legal Services

Provides free legal services to the low income residents of Mississauga. Services include legal advice, brief services, such as letters and help with negotiations, representation in courts and administrative tribunals.


 www.mississaugalegalclinic.ca

 905-896-2050

South Asian Legal Clinic of Ontario

Provides services in areas of law including immigration tenancy, employment, and income supports

 www.salc.on.ca

 416-487-6371



FOOD BANKS


Are you in need of groceries?
Below is a list of food banks with their locations.



The Compass Food Bank

427 Lakeshore Rd East, Mississauga ON, L5G 1H8

 www.thecompass.ca


 905-270-5589 ext. 829


 taxclinic@themississaugafoodbank.org

Eden Food for Change

3185 Unity Drive, Unit 2, Mississauga ON, L5L 4L5

 www.edenffc.org


 905-785-3651

 info@edenffc.org

Good Measure Food Bank

3067 Wolfedale Road, Mississauga ON, L5C 1V8

 www.goodmeasurefoodbank.com

 905-566-1208

 info@goodmeasurefoodbank.com



Knightstable

287 Glidden Road, Unit # 4, Brampton ON, L6W1H9


 www.knightstable.org

 905-454-8725

Mississauga Food Bank

3121 Universal Drive, Mississauga, ON L4X 2E2

 www.themississaugafoodbank.org


 905-270-5589

Sai Dham Food Bank

31 Steinway Blvd, Etobicoke, ON M9W 6N3

7140 Goreway Drive, Mississauga, ON, L4T 2T6

 www.saidhamfoodbank.com


 437-988-4422

 info@saidhamfoodbank.com

Seva Food Bank

3121 Universal Drive, Mississauga, ON L4X 2E2

 www.sevafoodbank.com

 905-361-7382



Share and Care Canada Food Bank

Suite 202, Westwood Mall, Malton ON, L4T 2T9

 www.shareandcarefoodbank.com




905-956-2900

 shareandcarecanada@gmail.com

St. Mary's Food Bank


Streetsville Location

6277 Mississauga Rd, Mississauga ON L5N 1A7

 905-286-9987


Dundas Location

1699 Dundas Street East, Mississauga ON L4X 1L5

 905-238-9008

Coopers Location

5757 Kennedy Rd, Unit 12, Mississauga ON L4Z 0C5

 905-890-0900

 www.stmarysfoodbank.ca




SETTLEMENT


As a newcomer there are many settlement services available to you that can help you transition into a new life. Here are organizations that provide settlement services.

Dixie Bloor Neighbourhood Center

Offers a welcoming environment and safe place for newcomers and their families through support for employment, family services and community support.

 www.dixiebloor.ca


 905-206-0755 (ext. 229)

 Mary Beth Michaels – marybethm@dixiebloor.ca

Indus Community Services

Offers a wide variety of services for newcomers and international students along with counseling, job search workshops, newcomer services, employment services, english language training, care for newcomer children, information & referral, and community connections.

 www.induscs.ca

 905-275-2369


 info@induscs.ca



International Student Connect

Provides relevant resources and appropriate service responses to the settlement needs of international students and their families.

 www.internationalstudentconnect.org


 1-844-871-4567

 lsc@costi.org

Malton Neighbourhood Services


Provides settlement and community support services.


 www.mnsinfo.org


 905-677-6270

Newcomer Centre of Peel (NCP)

Offers several services to newcomer individuals and families. Services Include: english training, employment services, start a business, counseling services, community connections and co-op volunteering.

 www.ncpeel.ca

 905-306-0577


 info@ncpeel.ca



Peel Multicultural Council

Offers a variety of services to newcomers such as family services, legal information, settlement services, health services and resources for students.

 www.peelmc.ca


 905 819-1144 (ext. 221)

 pmc@peelmc.com

Punjabi Community Health Services

Offers mental health and addictions, geriatric, settlement, child, youth and family services.

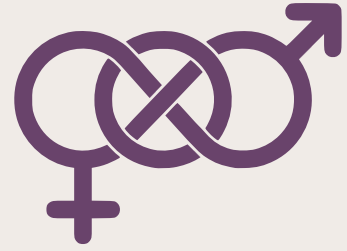
 www.pchs4u.com/

 905-667-0889

 info@pchs4u.com




LGBTQIA2S RESOURCES




Are you a member of the LGBTQIA2S community or a friend/family member who is seeking helpful resources, following is a list that might be helpful.

East Mississauga Community Health Centre

Provides healthcare services, health promotion and community support services providing focused programs

 www.eastmississaugachc.org



 905-602-4082

 missisauga@lampch.org

Moyo Community Health Services

Provides a growing array of health promotion, education, social and support services for people living with, affected by, and at systematic risk of HIV.

 www.moyohcs.ca


 905-361-0523
 1-866-896-8700



Pflag Canada Peel Region

Provides support, resources and education to family and friends wishing to understand and accept their LGBTQIA2S loved ones.

 www.pflagpeelregion.ca


 1-888-530-6777 (ext. 567)

 peelon@pflagcanada.ca

Rainbow Salad

Provides directory of social, mental health and medical resources for LGBTQIA2S individuals

 www.rainbowsalad.ca

 905-361-0523

 rainbow@phan.ca






PREGNANCY & PARENTHOOD


The resources listed below can help you navigate pregnancy and settle into parenthood.

Birthright

Birthright offers love, friendship, support to women who are pregnant or want to be pregnant

 www.birthright.org


 905-874-0607

 contact@birthright.org

Pregnancy Care Canada

Provides support with unexpected pregnancy for women. They equip pregnancy care centres and local resources, education, and support unexpected pregnancies.

 www.pregnancycarecanada.ca

 1-800-845-2151


 admin@pregnancycarecanada.ca



Vita Centre

Provides assistance to pregnant and parenting youth between the ages of 15–30 in Peel Region through counseling and youth-centered programs.

 www.vitacentre.org


 905-502-7933

 info@vitacentre.org

Wellfort Community Health Services

Health center focused on family and community health.

 www.centralwesthealthline.ca

 905-451-6959

 info@wellfort.ca






GBV RESOURCES

If you or someone you know is a victim of gender based violence and/or abuse, the following are resources and organizations that help.

Caledon/Dufferin Victim Services

Provides free, one-to-one, confidential assistance 24/7 a week. These services support individuals affected by crime and tragic circumstances.



 www.cdvs.ca

 905-951-3838

Chantel's Place

In partnership with Peel Regional Police, Chantel's Place offers domestic abuse survivors a safe space and the ability to record evidence of their abuse or conduct an interview with the police.


 www.thp.ca

 905-848-7580 (ext. 2548)
 905-848- 7689 (counselling)



The Female Mobile Support Program


Works with women and girls who have been involved in, are still involved in, or are vulnerable to sex trafficking or exploitation.


 416-312-6938

Hope 24/7

Provides support services to domestic abuse and sexual assault victims.

 www.hope247.ca

 1-800-810-0180 | 905-792-0821

 info@hope247.ca

Peel Committee Against Women Abuse

Promotes a comprehensive and effective response to Gender-Based Violence in Peel Region.

 www.pcawa.net


 pcawa@embrave.ca



Safe Center of Peel

A network of agencies who offer support and compassionate care to families affected by abuse and violence in Peel.

 www.scopeel.org

 905-450-4650

 scop@cfspd.com



SHELTERS


Following is a resource list of local shelters.



Armagh

Provides secure and affordable housing for women experiencing or who have experienced abuse for an extended period of time.

 www.armaghhouse.ca

 905-855-0299


 info@armaghhouse.ca

E FRY

Supporting houseless women and their children.

 www.efryhopehelp.com

 905-459-1315 | 905-459-1322

 efryhope@efryhope.com



Embrave

Provides shelter, counselling and advocacy support for women, two-spirit, gender-queer, trans and non-binary folks and their children impacted by gender-based violence.

 www.embrave.ca


 905-403-9808

 info@embrave.ca

Nisa Homes

Creates the opportunity of home for domestic violence survivors, women facing poverty, and those who are seeking asylum. They envision of a flourishing Muslim community in which help is available, shelter is attainable, and healing is possible.

 www.nisahomes.com

 1-888-456-8043

 info@nishahomes.com

EMPLOYMENT




If you are looking for employment opportunities and need assistance with finding a job please look into the following resources.

ACCES Employment

Provides a wide range of job search programs & services online and in-person.

 www.accesemployment.ca

 416-921-1800

 info@accesemployment.ca

COSTI

Provides specialized employment services to newcomers and international students along with educational, settlement and social services. They provide English language training programs, settlement services/counseling, post-settlement services, family and mental health services, and help for immigrant women.

 www.efryhopehelp.com

 905-459-1315 | 905-459-1322


 efryhope@efryhope.com



Employment Ontario

Helps job seekers, workers and employers with advice, grants and other services around public and private sector employment.

 www.ontario.ca


 416-326-5656 | 1-800-387-5656

 contactEO@ontario.ca

Job Skills

Provides employment, employer, business, and newcomer programs & services in Peel.

 www.jobskills.org

 905-270-2824




MENTAL HEALTH



BetterHelp


Provides online therapy for mental health.


 www.betterhelp.com

 contact@betterhelp.com

Bounce Back

Free skill building program managed by CMHA to help adults and youth manage low mood, mild to moderate depression, anxiety, stress or worry.

 www.bouncebackontario.ca

 905-430-1768

 bb-referral@cmha-yr.on.ca

Canadian Mental Health Association

Provides advocacy and resources that help prevent mental health problems & illnesses, and supports recovery and resilience.

 www.cmha.ca

 416-646-5557


 info@cmha.ca



Homewood Health Centre

Treatment of mental health, trauma, addiction and co-occurring conditions


 www.homewoodhealthcentre.com

 1-866-806-3140

Moksha

Counseling in Mississauga for individuals and couples.


 www.mokshaconsulting.com

 1-289-261-2545

Talk Suicide

Connect to a crisis responder to get help without judgment


 www.talksuicide.ca

 1-833-456-4566

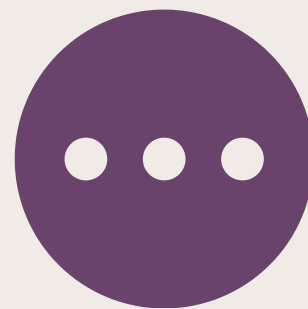
Wellness Together Canada

Connect to a crisis responder to get help without judgment

 www.wellnesstogether.ca

 1-866-585-0445


OTHER RESOURCES



Guard.Me

Provides international students with health insurance and offers health & wellness programs.

 www.guard.me

 905-752-6207 | 1-888-348-1946

Immigration Peel

Provides many resources and services for smooth integration in Peel.

 www.immigrationpeel.ca

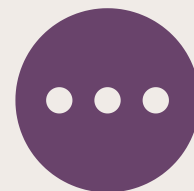
OneVoiceCanada

A non-profit created to support vulnerable migrants, primarily students.

 www.onevoicecanada.org

 info@onevoicecanada.org


 help@onevoicecanada.org



Peel Newcomer Strategy Group

Engages service providers and stakeholders to coordinate services that help newcomers.

 www.peelnewcomer.org


 905-276-0008

 info@peelnewcomer.com

Public Interest Advocacy Centre

Helps save money on bills and aims to ensure all services are affordable and accessible for everyone.

 www.piac.ca


 613 562-4002

 piac@piac.ca

Salvation Army

Supports vulnerable people through many services like providing emergency shelter.

 www.salvationarmy.ca

 1-800-725-2769



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