

BE WELL

BUILD HEALTH INTO YOUR DAY, YOUR WAY.

Help with Legal or Immigration Challenges is Available!

Legal and Immigration problems can be stressful, complex and overwhelming. Getting help can be a step in a direction to some relief.

Free Legal Clinics

1-800-668-8258

Your Legal Rights

www.yourlegalrights.on.ca

Plain language information: on social assistance, housing, health, family law and many more topics, in many languages.

Income Security Advocacy Centre

www.incomesecurity.org

Keep updated about changes in major income supports

Resettlement Assistance Program

1-888-576-8502

Refugees may qualify for income support.

Community Connection

If you require assistance that is not an emergency, call 211 to speak with someone about what services and programs are available to you, in your area.