

# Services for Syrian Refugees



Mennonite  
**new life**  
centre



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## MENTAL HEALTH

**Individual counselling services** on the following topics are available to Syrian refugees:

- Post-traumatic Stress Disorder (PTSD), victims of war, kidnapping, sexual and physical abuse, and multiple losses
- Grieving and the refugee process
- Stress and stress management
- Anxiety and depression
- Family intervention

**Group workshops** allow participants to connect with others in the community for peer support and social engagement.

- **Life Skills:** promote resilience, develop skills to overcome difficulties, and conflict resolution in the challenge of immigration.
- **Emotional Intelligence** (at schools & Welcome Centres) / **Parenting Skills:** empower newcomer parents by giving them the tools they need to build healthy homes and to believe in and support their children of all ages so that their children can face challenges and succeed in their new society.

Volunteers are available to assist with translation for both individual counselling and group workshops.

## SPONSORSHIP

**Sponsorship Group of 5:** Newcomer Settlement Program (NSP) counsellors will support relatives and persons interested in sponsoring refugees under this category.

**Refugees:** Our team of settlement counsellors can assist refugees with:

- Settlement counselling and a personal action plan to achieve their goals
- Filling out immigration application forms, such as permanent residence (for those refugees admitted early under a Minister Permit) and family reunification applications
- Obtaining important documents such as an Ontario Health Card to access services through the Ontario Health Insurance Plan (OHIP), a Social Insurance Number (SIN) to work in Canada or to receive benefits and services from government programs, and an Ontario driver's license
- Filling out forms to access social services and benefits, such as Child Tax Benefit, Tax Credits, subsidized housing and childcare, recreation and much more
- Banking tasks such as setting up a bank account, applying for a loan, and more

Volunteers are available to assist with translation for sponsorship services.

## MOBILE SERVICES

The services above are available at MNLCT offices or at off-site locations within the GTA or beyond if necessary.