



Programs & Services for Newcomers

A place of welcome, friendship and community

MNLC provides caring and professional services that address short- and long-term needs and goals to help you make Canada home.



LIVING IN CANADA

You can receive support in the following areas.

- Orientation to life in Ontario
- Information on immigration issues
- Education and training
- Accessing social assistance / income security / child tax benefits services
- Housing / social housing
- And more!

Settlement services are offered in **English, Arabic, and Spanish.**

Online and in-person
services available



LEARNING ENGLISH

Success in Canada starts by learning English! You can learn English from basic to high intermediate levels through formal and informal programs.

Language Instruction for Newcomers to Canada (LINC)

Enhance your English in online and in-person classes, from beginner to high intermediate levels, for CLB 0 to 4.

On-site childminding services available for eligible children aged 19 months to 5 years old.

Language Instruction Giving Hope to Trauma Survivors (LIGHTS) Program

Learn English through emotional wellbeing activities with extra support from instructors.



**CONTACT
US**

www.mnlt.org
(647) 812-1332
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IMPROVING YOUR WELLBEING

Mental Health Services

Gain resilience, strength, and improve your wellbeing in individual, group, or family sessions with a mental health counsellor.

Mental health services are offered in **English, Arabic, Farsi, and Spanish.**

Community Health Services

Seek health care assistance from our Community Health Services, no OHIP card required.



BRIDGING YOUR CAREER

Access valuable Canadian workplace knowledge and experience through an Ontario bridge training program.

**Bridge to Registration and
Employment in Mental Health (BREM)**

Workplace Communication in Canada

LOOKING FOR A JOB

Employment Readiness Program

Develop your own career and employment plan with individual support. Attend group workshops to meet, network, and discuss important topics related to soft skills and becoming employment ready in Canada.

Helping Our Newcomers Prepare for Employment or Entrepreneurial Success (HOPES)

Learn how to find meaningful work or start your own business. Receive support to manage your employment challenges and resettlement stress.



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**LEARN
MORE**



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