



# 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
- Access to housing support
- And more!

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

Online and in-person services available



[www.mnlct.org](http://www.mnlct.org)  
(647) 812-1332  
[info@mnlct.org](mailto:info@mnlct.org)

**CONTACT US**

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2737 Keele St, Units 9 & 112  
North York, ON M3M 2E9

1122 Finch Ave. West Unit 1  
North York, ON M3J 3J5

## 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, Spanish, and Ukrainian**.

### 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.



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LEARN  
MORE



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