

Refugee Sponsorship Online Resources

Citizenship & Immigration Canada (www.cic.gc.ca)

Moving to Canada is an exciting opportunity but also a great challenge. Find what to expect in your first few weeks of coming to Canada and learn how to: find a place to live, get around your new city, work and go to school and connect with your community. You will also find information on Canadian laws, health care and how to get help settling in Canada. <http://www.cic.gc.ca/english/pdf/pub/welcome.pdf>

Apply for refugee status from within Canada, find out how to come to Canada as a refugee, sponsor a refugee or find refugee services in Canada. <http://www.cic.gc.ca/english/refugees/index.asp>

Population Profile: Syrian Refugees: background, demographic characteristics, countries of asylum, health characteristics, cultural considerations, and so on. <http://www.cpa.ca/docs/File/Cultural/EN%20Syrian%20Population%20Profile.pdf>

Immigrant Services Association of Nova Scotia (www.isans.ca)

ISANS is a leading community organization that welcomes immigrants to Nova Scotia. Working in partnership, we offer services and create opportunities to help immigrants to participate fully in Canadian life. For more specific information on Private Refugee Sponsorship, please visit: <http://www.isans.ca/settlement/private-refugee-sponsorship>

HRM-Welcoming Communities (www.halifax.ca/newcomers)

This information is a guide about life in Halifax for you and your family, as new permanent residents. It may also be helpful to you if you are here as a temporary resident, a temporary foreign worker, an international student, a refugee or are just thinking about moving here from another province or country. Learning about Halifax will make your transition a little bit easier.

Nova Scotia Immigration (www.novascotiainmigration.com)

On this website there are some great resources, including the Newcomers Guide to Nova Scotia Schools. <http://novascotiainmigration.com/wp-content/uploads//Newcomers-Guide.pdf>

Nova Scotia Advisory Council on the Status of Women (www.women.gov.ns.ca)

This online Information Guide is for women who immigrated to Nova Scotia from other countries. The different pages can help you find information to support your settlement process to make Nova Scotia your new home. Choose any of the 14 sections listed here to find the information that you are looking for. We encourage you to read the [How to use this Information Guide](#), and to contact us if you have questions or suggestions on how we can make this Information Guide better. Welcome to Nova Scotia!

<https://women.gov.ns.ca/immigrant-women>

Nova Scotia Legal Information Society (www.legalinfo.org)

The Legal Information Society of Nova Scotia (or LISNS) is a charitable, not-for-profit organization. We have been providing Nova Scotians with easy to understand information and resources about the law for over 30 years. LISNS' staff and volunteers believe easy access to information about the law is fundamental to a fair justice system. Quite simply, it's why and what we do!

This organization has great legal information resources on various topics in different languages, including Arabic. These topics include: criminal law, family law, domestic violence law, general law, human rights, and immigration status. They can also provide interpretation services. Please visit: <http://www.legalinfo.org/newcomers-to-canada/nslaw-english.html>

811-Nova Scotia (www.811.novascotia.ca)

Our nurses can provide advice on a broad range of everyday health concerns – in over 120 languages including Farsi, Cantonese, French, Chinese, and Arabic, to name a few.

Interim Federal Health Program (www.medavie.bluecross.ca)

The Interim Federal Health Program (IFHP) provides limited, temporary, taxpayer-funded coverage of health-care benefits to people in the following groups who are not eligible for provincial or territorial health insurance: protected persons, including resettled refugees; refugee claimants; and certain other groups. The IFHP does not cover services or products that a person may claim under a private insurance plan. For a detailed list of IFHP health providers in your area, please visit Medavie Blue Cross

Refugee Health (www.refugeehealth.ca)

An overview of the categories of refugees, the Canadian settlement process, and the Interim Federal Health Plan - including what's covered and how to bill. Summaries of and links to guidelines on medical issues pertinent to refugees, as well as tools to improve

mental health assessment and health literacy. An overview of the main countries from which Canada receives refugees, with a focus on political and health issues.

Refugee Sponsorship Training Program (www.rstp.ca)

The Refugee Sponsorship Training Program (RSTP) is a program designed to support the Sponsorship Agreement Holders (SAHs) of Canada, their Constituent Groups, Groups of Five and Community Sponsors on a national level (excl. Quebec). The objective of the RSTP is to address their information and on-going training needs as well as the initial information needs of sponsored refugees.

Canadian Centre for Victims of Torture (www.ccvt.org)

The Canadian Centre for Victims of Torture (CCVT) is a non-profit, founded by several Toronto doctors, lawyers and social service professionals, many of whom were associated with Amnesty International. They had begun to see survivors of torture in their practices as early as 1977. Many of the survivors were in the process of claiming refugee status in Canada. The doctors saw the need for specialized counseling for the social and legal problems faced by these clients. Lawyers, social workers and community groups saw clients who were survivors of torture, and in need of treatment by doctors and other health professionals.

Canadian Council for Refugees (www.ccrweb.ca)

The Canadian Council for Refugees is a national non-profit umbrella organization committed to the rights and protection of refugees and other vulnerable migrants in Canada and around the world and to the settlement of refugees and immigrants in Canada. The membership is made up of organizations involved in the settlement, sponsorship and protection of refugees and immigrants. The Council serves the networking, information-exchange and advocacy needs of its membership.

Mental Health Commission of Canada-Mental Health First Aid (www.mentalhealthfirstaid.ca)

One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid Canada gives people the skills to provide that early help that is so important in recovery. Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

Psychological First Aid (www.ptsd.va.gov)

Developed jointly with the National Child Traumatic Stress Network, PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism: to reduce initial distress, and to foster short- and long-term adaptive functioning. http://www.ptsd.va.gov/professional/manuals/manual-pdf/pfa/PFA_Appx_E_handouts.pdf

Canadian Mental Health Association (www.cmha.ca)

As a nation-wide, voluntary organization, the Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The CMHA accomplishes this mission through advocacy, education, research and service.

Centre for Addiction and Mental Health (www.camh.ca)

The Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the area of addiction and mental health. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues. Follow this link for information in different languages: http://www.camh.ca/en/hospital/health_information/Pages/information_in_other_languages.aspx

UNHCR (www.unhcr.ca)

UNHCR, the UN Refugee Agency, is a lifeline for people displaced by violence, conflict and persecution—helping them survive, recover and build a better future.

Lifeline Syria (www.lifelinesyria.ca)

Lifeline Syria will recruit, train and assist sponsor groups to welcome and support 1,000 Syrian refugees coming to Canada as permanent immigrants to resettle in the GTA over the next two years.