

Our Newcomer Mental Health Program currently provides services in the following languages:  
English • Cantonese • Mandarin • Hindi • Gujarati

We also support and serve those who speak the following languages:

Arabic • Dari • Farsi • Hebrew • Hindi • Korean  
Russian • Tagalog • Ukrainian • Urdu

*Please note that we prioritize our services for permanent residents and convention refugees residing in Toronto.*



**For further information, please contact:**  
[mental.health@cicscanada.com](mailto:mental.health@cicscanada.com)

Services in English, Cantonese & Mandarin  
416-292-7510 ext. 258

Services in English, Hindi & Gujarati  
416-881-1458  
Other inquiries:  
416-292-7510 ext. 133

*We do not provide mental health crisis service. For emergency support, please call 911 or visit your nearest hospital.*

Immigrant Resource Centre,  
2330 Midland Ave,  
Scarborough, ON M1S 5G5

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and Citizenship Canada

Immigration, Réfugiés  
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[www.cicscanada.com](http://www.cicscanada.com)

EMPOWER NEWCOMERS  
IN INTEGRATING AS  
CONTRIBUTING  
MEMBERS OF  
CANADIAN SOCIETY  
SINCE 1968,



## ABOUT US

The Centre for Immigrant and Community Services (CICS) is a multi-service registered charity and has been a leader in serving immigrants in the GTA for more than 50 years. Through diverse, professional and innovative services, CICS seeks to empower newcomers in settling and integrating into Canadian society as full and active citizens. Our staff speaks over 13 languages collectively and we serve newcomers of all age groups. The dedication, compassion and hard work of volunteers and staff places CICS at the forefront of serving newcomers.

**CICS** Centre for Immigrant and Community Services

Let's take on this  
wellness journey  
together.



**Newcomer  
Mental Health  
Program**

# WHAT IS MENTAL WELLNESS?

There is often a common misconception of mental health being equated with mental illness. However, mental health is more than an absence of mental illness. Rather, it refers to our emotional and psychological well-being. Perhaps it is helpful to think of mental health as a continuum that ranges from mental wellness to un-wellness. When you are in the state of mental wellness, you are able to manage your daily life in both good and bad days.



## WE PROVIDE THESE SERVICES:

### SHORT TERM CASE MANAGEMENT

We work with you to identify the areas of life you manage well and where you need to get further support. Together, we develop a wellness action plan to support you to reach your goals.

### COMMUNITY ENGAGEMENT

We actively work with different community partners to organize events that aim to reduce stigma and to enhance community members' overall quality of life.

### GROUP ACTIVITIES

Through our support groups and workshop training activities, we create a safe space for you to learn the skills and strategies to stay healthy and positive.

We hold different group activities on a variety of topics:

- Wellness seminars
- Caregiver support
- Therapeutic Self-help groups
- Parent support groups
- Youth mental health programs
- Newcomer support groups and more.

SETTLING IN A  
NEW COUNTRY  
ISN'T EASY.

LET'S WORK TOGETHER.

