

Settling in a new country
can be exciting and
challenging. We are here to
work with you to manage
your stress and worries.



**Newcomer
Mental Health
Program**

*Let's take on this wellness
journey together.*

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



Languages We Speak

• English • Cantonese • Mandarin

Interpretation Services are Available in the Following Languages

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

**We support youth aged 13-24,
adults & seniors**

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada



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**Newcomer
Mental Health
Program**

**Timely
Coordinated
Culturally Sensitive Care
to Support Newcomers**

www.cicscanada.com

What is Mental Health?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development. (WHO)



Our Services:

Weekly Wellness Chat

Our weekly Wellness Chat makes it easier for you to access mental health support. Every Wednesday afternoon from 1:30 to 4:30, our social workers are available to have a brief 30-minute virtual counselling session with you to talk about your stress, anxiety, family issues, personal growth, and your challenges in settling in Canada.

One on One Supportive Counselling

Talk to our social workers regarding any mental health issues. We can help you in a way that is convenient to you, whether it is online, through telephone, or in-person meeting. Together, we develop a wellness plan to support you to reach your goals.

Group Activities

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

Contact Us

 mental.health@cicscanada.com

 416-292-7510 ext. 1127

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

   CICS Mental Health

This service is prioritized for permanent residents and convention refugees.

We do not provide mental health crisis service.

For emergency support, please call 911 or visit your nearest hospital.

