



jam@becomingneighbours.ca  
www.becomingneighbours.ca

# Becoming Neighbours

## ~ ~ ~ The Rivers of Our Migration ~ ~ ~



The October 17 "Journeys to Canada: Stories of Migration" workshop was offered through Citizenship and Immigration Canada, the Canadian Mental Health Association and hosted by Becoming Neighbours.

"This workshop opened the door to new possibilities and provided help with practical tips for stress reduction. The speakers who joined us talked about their experience of migration to Canada and how mental health can be damaged with the immigration process. They enlightened us with their stories, their struggles and how they overcame many issues that they faced."

## Free Concert Series Canadian Opera Company



12:00 to 1:00 pm  
most Tues./Thurs. and  
times varying on Wed.

Richard Bradshaw  
Amphitheatre  
145 Queen St. West

These series of FREE concerts are a beautiful introduction to a cultural approach in Toronto including a variety of concert performances in Piano, Jazz, Dance and World Music.

SEE YOU THERE!

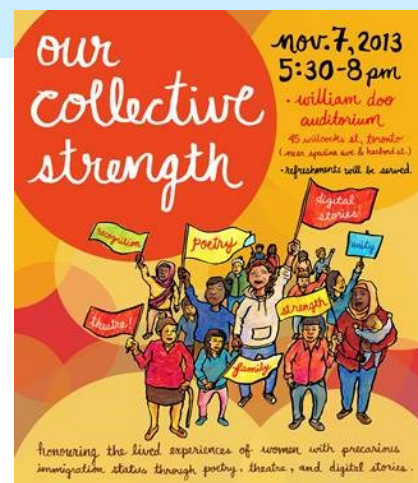
[files.coc.ca/pdfs/COC13544\\_RBA\\_Bro\\_1314\\_FNL\\_WEBr1.pdf](http://files.coc.ca/pdfs/COC13544_RBA_Bro_1314_FNL_WEBr1.pdf)

## November 1st



## November 09 - 10

### Harbourfront Concerts and Family Activities



### Violence against Women, Immigration and Human Rights through Poetry, Theatre and Digital Stories

Thurs., November 7, 2013 from 5:30 PM to 8:00 PM  
William Doo Auditorium, University of Toronto  
45 Willcocks Street (Spadina Ave./Harbord St.)

[migrantmothersproject.eventbrite.com](http://migrantmothersproject.eventbrite.com)



jam@becomingneighbours.ca  
www.becomingneighbours.ca



## **Canadian Law System (II) Legal Aid Ontario**



In Canada, if you need legal or civil representation, you need to hire a lawyer. But if you can't afford to hire a lawyer, you need to apply for Legal Aid. In this section you will find basic information about Legal Aid Ontario which provides legal assistance to low-income individuals.

Here are the cases in which you can apply for Legal Aid help, but you need to be financially eligible to obtain these services.

**DOMESTIC VIOLENCE:** Provides special services for people in the Toronto Central Family Law Services Centre: 416-348-0001 or [www.legalaid.on.ca/en/getting/type\\_domesticviolence.asp](http://www.legalaid.on.ca/en/getting/type_domesticviolence.asp)

**CRIMINAL:** Provides services for individuals who have serious criminal charges: representation by a lawyer, legal advice, duty counsel, first appearance procedure, how to prepare for a pre-trial, etc. For more information: 1-800-668-8258 or [www.legalaid.on.ca/en/getting/type\\_criminal.asp](http://www.legalaid.on.ca/en/getting/type_criminal.asp)

**YOUTH CRIMINAL:** Provides legal assistance for youth under 18 years old whose parents and guardians are low-income population. Some services are: representation by a lawyer, duty counsel. [www.legalaid.on.ca/en/getting/type\\_youthcriminal.asp](http://www.legalaid.on.ca/en/getting/type_youthcriminal.asp)

**FAMILY:** Provides help in cases of family matters: divorces, separations, child custody and support payments. Family Law Services Centre in the Toronto Central Family Law Services Centre at 416-348-0001 or [www.legalaid.on.ca/en/getting/type\\_family.asp](http://www.legalaid.on.ca/en/getting/type_family.asp)

**IMMIGRATION/REFUGEE:** Provides immigration help including representation by a lawyer. [www.legalaid.on.ca/en/getting/type\\_immigration.asp](http://www.legalaid.on.ca/en/getting/type_immigration.asp)

**CIVIL:** Provides services including civil appeals, tribunal, insurance appeals, Canadian Pension Plan. [www.legalaid.on.ca/en/getting/type\\_civil.asp](http://www.legalaid.on.ca/en/getting/type_civil.asp)

**HOUSING:** Provides help for tenants with housing issues: legal rights, review of documents, hearings. [www.legalaid.on.ca/en/getting/type\\_housing.asp](http://www.legalaid.on.ca/en/getting/type_housing.asp)

**GOVERNMENT ASSISTANCE (Welfare):** Provides legal support in cases, appeals a reduction, suspension or termination of your Ontario Works or Disability Support Program, complications receiving Employment Insurance, problems with your workplace safety and insurance board. [www.legalaid.on.ca/en/getting/type\\_assistance.asp](http://www.legalaid.on.ca/en/getting/type_assistance.asp)

**TO FIND YOUR LOCAL LEGAL CLINIC:** [www.legalaid.on.ca/en/contact/contact.asp?type=cl](http://www.legalaid.on.ca/en/contact/contact.asp?type=cl)

QUOTE OF DAY:

"BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD"

MAHATMA GANDHI