



CANADIAN ADVISORY OF WOMEN  
IMMIGRANTS

Contact us with more resources at [hani.rq@cawicanada.com](mailto:hani.rq@cawicanada.com)

*Note that these resources are continuously revised and added upon on a monthly basis.*

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Please note: During the COVID-19 pandemic, regular services and events provided by the organizations and resources mentioned below may be subject to change in availability, or shut down. Check for updates on their websites, or contact them directly. As often as possible, we will continue adding relevant information to this page.

### **i. Healthcare Resources for Immigrating & Refugee Womxn.**

*Canada offers universal public healthcare services paid by taxes, but Canadian citizens and permanent residents may find facilitated access to these services due to insurance. Each province and territory holds its own health insurance plan, refer to the following for more information.*

- <https://www.kidsnewtocanada.ca/care/insurance>
- <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care.html>

The **Interim Federal Health Program (IFHP)** provides temporary health care coverage to specific groups of people who are not covered by provincial, territorial or private health programs. This includes resettled refugees, protected persons in Canada, asylum seekers, victims of human trafficking and detainees. The IFHP covers many medical services, hospital travel and ambulance services. It also covers many prescription drugs and medical supplies like hearing aids. Certain vision care and urgent dental care may also be covered.

- <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care.html>

Alberta :

- <https://www.alberta.ca/ahcip.aspx>
- <https://www.alberta.ca/ahcip-health-care-coverage-for-refugees.aspx>

British Columbia :

- <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol>

- <https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/medical-services-plan-and-medical-coverage>

Manitoba :

- <https://www.gov.mb.ca/health/mhsip/>

New Brunswick :

- <https://welcomenb.ca/content/wel-bien/en/LivingSettling/content/Healthcare.html>

Newfoundland and Labrador :

- <https://www.health.gov.nl.ca/health/mcp/index.html#:~:text=The%20Newfoundland%20and%20Labrador%20Medical,for%20residents%20of%20the%20province.>
- [https://www.health.gov.nl.ca/health/mcp/mcp\\_applications.html](https://www.health.gov.nl.ca/health/mcp/mcp_applications.html)

Northwest Territories :

- <https://www.hss.gov.nt.ca/en/services/applying-health-care>

Nova Scotia :

- <https://novascotia.ca/dhw/msi/>
- <https://novascotiainmigration.com/live-here/health-care/>

Nunavut :

- <https://www.gov.nu.ca/health/information/health-insurance>

Ontario :

- <https://www.ontario.ca/page/health-care-ontario>
- <https://settlement.org/ontario/health/refugee-health/refugee-health-services/>

Prince Edward Island :

- <https://www.princeedwardisland.ca/en/topic/health-care-coverage>
- <https://www.princeedwardisland.ca/en/information/health-pei/pei-health-card>

Québec :

- <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance>
- <https://ccrweb.ca/en/psr-toolkit/other-useful-info-health>

Saskatchewan :

- <https://www.ehealthsask.ca/residents/health-cards/Pages/Eligibility-for-Health-Benefits.aspx>
- <https://www.saskatchewan.ca/residents/moving-to-saskatchewan/immigrating-to-saskatchewan/living-in-saskatchewan/health-care>
- [https://www.sdaa.sk.ca/site/refugees\\_hcp\\_resource](https://www.sdaa.sk.ca/site/refugees_hcp_resource)

Yukon :

- <http://www.hss.gov.yk.ca/yhcup.php>

## ii. Refugee- and Immigrant-Specific Resources.

The list of resources below is specifically crafted as to address issues of immigration, citizenship, and legal relevance. You may find the complete list here (<https://ccla.org/useful-links-resources-healthcare-immigrants-refugees-temporary-foreign-workers/>) and a more in-depth overview of the programs, organizations, and initiatives available to you. *If you have additional resources that you wish to contribute, please feel free to contact us at [hani.rq@cawicanada.com](mailto:hani.rq@cawicanada.com).*

### 1. **Case for Diversity**, Mental Health Commission of Canada

<https://www.mentalhealthcommission.ca/English/case-diversity-promising-practices>

The ‘Case for Diversity’ project identified programs, policies, treatments and supports that have the capacity to effectively address disparities in mental health service delivery in Canada. These practices of interest were either submitted through an online call for practices of interest or by the Case for Diversity research team.

The website showcases resources, such as clinics; community engagement and education initiatives; healthcare promotion and prevention; and social determinants of health-informed organizations from across **Nova Scotia, Quebec, Ontario, Manitoba, Alberta, and British Columbia**.

- Alberta:
  - **At Home** (Chez Soi), by the *Mental Health Commission of Canada*. <http://www.mentalhealthcommission.ca/English/focus-areas/at-home>
    - For immigrant, refugee, ethno-cultural, and racialized individuals.
    - Provides safe, adequate living conditions and recovery-oriented services and support for individuals immigrating to Canada.
  - **Community-based Immigrant Mental Health Education Project and Culturally Responsive Mental Health Intervention Model**, by the *Multicultural Health Brokers Co-operative and Edmonton Mennonite Centre for Newcomers*. <http://mchb.org/>

- For children; youth; seniors; parents with immigrant, refugee, and temporary resident status.
- **Immigrant Mental Health Counselling**, by the *ASSIST Community Services Centre*.  
<http://assistcsc.org/en/immigrant-services-en/downtown-office-en/mental-health-counselling-en.html>
  - For immigrant English, Mandarin, and Cantonese speakers. Services offered in **Arabic, English, German, Gujarati, Hindi, Korean, Mandarin, Kakwa, Punjabi, Russian, Tagalog, and Urdu**.
  - Contact: 9649-105A Ave., Edmonton, AB, T5H 0M3  
(780) 429-3111, [info@assistcsc.org](mailto:info@assistcsc.org)
- **Mosaic Refugee Health Clinic**, by the *Mosaic Primary Care Network*.  
<http://mosaicpcn.ca/Programs/Pages/Refugee-Health-Clinic.aspx>
  - For individuals with refugee status.
  - Provides primary and multi-specialty care services such as **Women's health issues** (family planning; pregnancy and antenatal care; ob/gyn); **Family health** (tropical diseases; annual exams; preventative care; acute medical issues; health education; help in accessing social services and interpreters; dental; optometry); **Children's health** (full primary care; immunizations; nutrition services; pediatric specialty clinic); and **Mental health** (sleep disorders; depression; anxiety; psychiatrist specialty clinic; psychology; and shared mental health sessions).
- British Columbia:
  - **Community Mental Wellness Association of Canada (CMWAC)**.
  - **Counselling Services for Women Survivors of Relationship Abuse or Childhood Sexual Abuse**, by the *Burnaby Family Life*.  
<http://burnabyfamilylife.org/>
    - For immigrant mothers with young children.
    - Provides family life education; family resource programs; pre- and post-natal support; and counselling. **Specific to refugees and immigrants**, BFL offers a 'Moving Ahead' program for those facing significant barriers to successful settlement and integration, and who are deemed most in need within the community.
    - Services offered in **Dari, Farsi, English, French, Kirundi, Kinyarwanda, and Swahili**.
  - **Provincial Language Services**, by the *Provincial Health Services Authority (PHSA)*.  
<http://www.phsa.ca/our-services/programs-services/provincial-language-services/>

- The Provincial Language Service provides interpreting and translation services to BC health authorities and private physician offices.
- **Referrals to Multicultural Therapists**, by the *Kamloops Immigrant Services in partnership with Interior Health*. Specific to newcomers to Canada.
- **Vancouver Association for the Survivors of Torture**.  
<https://vast-vancouver.ca/>
  - Provides services in **Individual Counseling** (trauma-focused psychological counseling with use of psycho-education, emotional self-regulation, and information sharing for short-term refugee claim and long-term settlement processes); **Group Support** (psychological trauma, legal aid); **Community Building** (referrals to health, housing, and settlement services in partnership with the greater health and social services sectors); and **Capacity Building and Education** (professional development for refugee mental health, in affiliation with local and national committees in advancing the rights of refugees and accessibility to mental health services).
- Manitoba:
  - **The Multicultural Wellness Program**, by the *Mount Carmel Clinic*.  
<https://www.mountcarmel.ca/health-services-listing/?service=185>
    - Services offered in Aboriginal Health and Wellness; Child Health; Dental; General; Homeless and Harm Reduction Care; Immigrant and Refugee-Specific Care; LGBT+ Care; Mental Health; Reproductive and Sexual Health; and Youth Care.
  - **The Newcomer Therapy Program**, by the *Aurora Family Therapy Centre at the University of Winnipeg*.  
<http://aurorafamilytherapy.com/newcomer.html>
  - **Psycho-Social Support**, by the *Newcomers Employment and Education Development Services Inc*.  
<http://needsinc.ca/our-programs/psycho-social-support.html>
    - Offers services in Establishing rapport and building relationships; Assistance for youth in capacity building, counselling, social and professional growth, and community building.
- Nova Scotia:
  - **The Newcomer Community Wellness Project** by the *Immigrant Services Association of Nova Scotia* in partnership with the Nova Scotia Department of Health and Wellness' Nova Scotia Mental Health Strategy.  
<https://www.isans.ca/newcomer-community-wellness-projects-mental-health-report/>

- The project aims to develop a model to provide equitable and culturally competent mental health services to immigrants and migrants, and to help communities increase their ability to respond to issues of mental, health, wellness, and addiction services.
- **Nova Scotia Interpreting Services.** <https://interpretingservices.ca/>
  - Services offered in 40+ languages, including *Arabic, Bosnian, Cantonese, Croatian, Farsi, French, German, Greek, Italian, Korean, Mandarin, Nepali, Russian, Spanish, Swahili, Vietnamese*, and more.
- Ontario:
  - **Across Boundaries: An Ethno-Racial Mental Health Centre.** <https://www.acrossboundaries.ca/>
    - *Leaders in the provision of equitable, holistic mental health and substance abuse services for racialized communities.*
    - Offers services in Outreach; Forming therapeutic relationships; Client advocacy; Capacity building; Health education; Supportive and Culturally-appropriate counselling; Family support and education; and Crisis prevention and intervention.
    - The **Ministry of Health and Long-Term Care (MOHLTC)** has further established the 'Supportive Housing Program' to provide community mental health support and housing services across Toronto for those involved in the Criminal Justice System.
    - Specialized care for racialized communities and individuals of all sexual orientations and gender identities.
    - Programs in Alternative Healing; Traditional Chinese Medicine; Art Therapy; Yoga; Musical Expression; Peer Support; Literacy and other skill development; Community Kitchen; Leadership and Advocacy Training; Community Engagement; and Psychiatric Consultation.
  - **Assertive Community Treatment**, by the *Mount Sinai Hospital*. <https://www.mountsinai.on.ca/patients/chinese/assertive-community-treatment-team-act-team>
    - Culturally-sensitive mental health outreach services for individuals with special needs; substance abuse issues; homelessness; or involvement with the legal system.
    - Contact: **(416) 586-9900**
    - **Referral from a hospital, physician, or community agency is required.**
  - **Clinical Counselling Program**, by the *Ottawa Community Immigrant Services Organization (OCISO)*. <https://ociso.org/clinical-counselling/>
    - OCISO's Counselling Program is uniquely equipped to provide counselling services to the immigrant and refugee population in

Ottawa. They offer clinical counselling to culturally diverse clients with migration and culture-related issues, and specialize in assisting survivors of war torture, trauma, political persecution and imprisonment.

- Offers services of short-term, long-term, and solution-focused counselling; individual, couple, family, and group counselling; and spiritual counselling among others.
  
- The **Mental Health Outreach Program** provides outbound counselling and psychotherapy services through a culturally-sensitive approach to immigrants and refugees in a variety of settings. **Promise of Partnership**, by *Carizon; Reception House, Family and Children's Services*; and the *Canadian Mental Health Association Waterloo Wellington Dufferin*.  
<https://www.carizon.ca/>  
Funded by Immigration, Refugee, and Citizenship Canada (IRCC).
  - Services in trauma counselling; crisis prevention and intervention; outreach programs; educational workshops; and other community engagement initiatives to help decrease isolation and anxiety for newcomers to Canada.
  - The primary focus of NMHP is to promote and support the mental well-being of Newcomers and to align mental health services for refugees and persons with protected status who have resettled in the Region of Waterloo.
  
- **The Opening Doors Project**, by the *CMHA Toronto in Partnership with Access Alliance and Across Boundaries*, *Funded by Citizenship and Immigration Canada*.  
<https://toronto.cmha.ca/programs-services/the-opening-doors-project/>
  
- The **Refugee Mental Health Project**, by the *Centre for Addiction and Mental Health*. *Funded by Immigration, Refugees, and Citizenship Canada (IRCC)*. <https://irmhp-psmir.camhx.ca/>
  - Services of online training; resources for settlement; social and health service professionals.
  - This project builds on the former Refugee Mental Health Project, expanding to cover mental health problems and disorders in different groups of immigrants and refugees as well as evidence-based services, treatments and supports that have the capacity to effectively address the unique needs of different groups.
  
- **Wellness Recovery Action Plan for Newcomers**, by the *IESW Bridging Program, G. Raymond School of Continuing Education, Ryerson University*. <https://gersteincentre.org/>
  - Crisis Line: **(416) 929-5200**

- **The Newcomer Youth Program**, by the *East Metro Youth Services* for [Immigrant Youth Between 12-21 Years of Age](https://stridestoronto.ca/programs/newcomer-program/).  
<https://stridestoronto.ca/programs/newcomer-program/>

### iii. Mental Health Clinics and Resources.

National:

- **The Canadian Collaboration for Immigrant and Refugee Health**. *Funded in part through the Public Health Agency of Canada; International Organization for Migration (IOM); Canadian Red Cross; University of Ottawa's Faculty of Medicine.*  
[http://ccirhken.ca/ccirh\\_main/](http://ccirhken.ca/ccirh_main/)
  - Outreach programs; Nutrition programs; and Interpretation services.
- National Eating Disorder Information Centre: **+1 (866) 633-4220**

Alberta :

- *Hospitals:*

Most hospitals have mental health services which may include Psychologists, Psychiatrists, Social Workers and other professionals. Programs offered typically include:

- Outpatient programs, where one comes to the hospital for mental health services;
  - Day treatment, or partial hospitalization programs, where a person comes for treatment for longer periods or more frequently, for more intensive therapy than one would receive from simply seeing an outpatient therapist or clinician;
  - Inpatient programs, where a person is admitted to hospital in order to provide a high level of supervision and care until the condition improves enough so that the person can be treated as an outpatient.
    - *Publicly funded or free services:*
1. Alberta Children's Hospital (EN, up to 18 years of age); [www.childrenshospital.ab.ca](http://www.childrenshospital.ab.ca)  
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8, **+1 (877) 715-5437**
    - Children's hospital serving Alberta, southeastern British Columbia and southwestern Saskatchewan.
    - Services include Emergency Department; Family and Community Resource Centre; Medical Services; Mental Health Services including Inpatient, Day Treatment, and Outpatient Care; and an Eating Disorder Clinic.
  2. Foothills Medical Centre (EN); <https://www.albertahealthservices.ca/fmc/fmc.aspx>  
1403 29 St NW, Calgary, AB, T2N 2T9, **(403) 944-1110**
    - Addiction services for youth and adults; Bipolar Clinic; Eating Disorder Program; Early Psychosis Treatment Services; Substance Abuse Prevention; Psychiatric Assessment and Emergency Services; Psychology Services; and Women's Mental Health Clinic.
      - Addiction Centre, [www.addictioncentre.ca/](http://www.addictioncentre.ca/), **(403) 944-2025**

Operational under the Mental Health & Addictions Services within the Calgary Health Region.

3. HopeWell Psychological (EN); <https://www.myhopewell.com>  
16880-111 Ave, Edmonton, AB, T5M 4C9, +1 (877) 909-4673
  - Specialization in Trauma; Anxiety; Depression; Stress Counseling; Anger Management; and Grief Counseling. Services of Cognitive Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (Trauma Informed Therapy).

4.

British Columbia :

- *Hospitals:*
  
- BC Children's Kelty Mental Health Resource Centre: +1 (800) 665-1822
- Crisis Centre: +1 (800) 784-2433
  - Crisis intervention and suicide prevention: (604) 872-3311
- Crisis Line Association of BC Mental Health: 310-6789
- First Nations Health Programs (FNHA) Crisis Line: +1 (800) 588-8717
- Fraser Health Crisis Line: +1 (877) 820-7444
- HealthLink BC Dietician: 8-1-1
- Jessie's Legacy Eating Disorders Prevention: (604) 988-5281
- Kelly Mental Health Resource Centre: +1 (800) 665-1822
- Lions Gate Hospital Medical Stabilization: (604) 988-3143
- Provincial Refugee Mental Health Line: +1 (604) 588-3071
- UBC Wellness Centre: (604) 822-3811
- Vancouver Coastal Health Eating Disorders: (604) 675-2531
- Vancouver Island Health Crisis Line: +1 (888) 494-3888

Manitoba :

- *Hospitals:*

New Brunswick :

- *Hospitals:*

Newfoundland and Labrador :

- *Hospitals:*

Northwest Territories :

- *Hospitals:*

Nova Scotia :

- *Hospitals:*

Nunavut :

- *Hospitals:*

Ontario :

- *Hospitals:*

Prince Edward Island :

- *Hospitals:*

Québec :

- *Hospitals:*

Saskatchewan :

- *Hospitals:*

Yukon :

- *Hospitals:*

#### **iv. Sexual and Reproductive Health Clinics.**

National:

Alberta :

- *Hospitals:*

British Columbia :

- *Hospitals:*

- *Sexual Violence:*

- Battered Women's Support Services: **+1 (855) 687-1868**
- UBC AMS Sexual Assault Support Centre: **(604) 827-5180**
- Vancouver Rape Relief & Women's Shelter Crisis Line: **(604) 872-8212**
- VictimLinkBC: **+1 (800) 563-0808**
- Women Against Violence Against Women Crisis Line: **(604) 255-6344**
- WAVAW Indigenous Counseling: **(604) 255-6344**

- 2SLGBTQIA+ Resources:
  - Trans Care BC: +1 (866) 999-1514
  - Trans Lifeline: +1 (877) 330-6366
  - Trevor Project (Youth): +1 (866) 844-7386
  - Youth Line: +1 (800) 268-9688

Manitoba :

- *Hospitals:*

New Brunswick :

- *Hospitals:*

Newfoundland and Labrador :

- *Hospitals:*

Northwest Territories :

- *Hospitals:*

Nova Scotia :

- *Hospitals:*

Nunavut :

- *Hospitals:*

Ontario :

- *Hospitals:*

Prince Edward Island :

- *Hospitals:*

Québec :

- *Hospitals:*
  - Hôpital Notre-Dame: (514) 413-8999
  - Jewish General Hospital Infectious Diseases & STIs Clinic:
  - CLSC Metro:

- *Clinics:*

1. Clinique Médicale Quorum (FR/EN): <http://cliniquequorum.com/>

800, boul. de Maisonneuve Est, Montréal, (514) 360-0614

Specialty in the treatment of HIV & sexually-transmitted diseases (with opportunity for self-testing at Prélib, <https://www.prelib.com/en>); vulvar pathology; sexology; 2SLGBTQIA+ inclusive care (i.e. hormonal therapy); substance addiction; microbiology; gynaecology; psychiatry; social work; and perineal physiotherapy.

- **COVID-19:** *Limited hours, no walk-in appointments, remote consultations with evaluated need for urgent or physical appointment.*

2. Clinique l'Actuel (FR/EN): <https://cliniquelactuel.com/home>

1001 Boul. de Maisonneuve Est, Montréal, **(514) 524-1001**

Specialty in gynaecology; nephrology; internal medicine; microbiology; podiatry; epidemiology; and sexually-transmitted infections.

- **COVID-19:** *Limited hours, no walk-in appointments, remote consultations with evaluated need for urgent or physical appointment.*

3. St. Mary's Family Medicine Centre Youth Clinic:

4. SIDE+ Clinic:

5. Clinique Médicale Quartier Latin STI Testing Clinic:

- *Sexual Violence:*

- McGill Domestic Violence: **(514) 398-2686**
- McGill OSVRSE: **(514) 398-3954**
- Montreal Sexual Assault Centre (CLSC Métro): **(514) 934-0354**
  - (Montreal General Hospital): **(514) 934-8090**
- Native Women's Shelter: **(514) 933-4688**
- Provincial Helpline: **+1 (888) 933-9007**
- Shield of Athena Crisis Line: **(514) 270-2900**
- Women's Health Centre of Montreal: **(514) 270-6110**

- *2SLGBTQIA+ Resources:*

- Center for Gender Advocacy: **(514) 848-2424 ext. 7880**
- Centre Interligne: **(514) 866-0103**
- Project 10: **(514) 989-4585**

Saskatchewan :

Yukon :