



## Settlement Resources for Private Sponsorship Groups

Below are links to a number of resources in both Arabic and English that may be helpful with the initial settlement of the newcomer families you are sponsoring. We thought it would be useful for you to know exactly what information you're sharing which is why we've included the English as well where possible. If you have additional resources that you've found to be particularly useful, please share!

1. **Arriving! Your First Two Weeks in Canada:** produced by Citizenship and Immigration Canada (now IRCC), this is a great introduction to what needs to be done in the first few weeks of arriving. [Arabic](#) | [English](#)
2. **Canadian winters:** Settlement.org has a very simple 2-minute video called [Dressing for winter](#). The video is multi-lingual and relies only on the visuals.
3. **Car Seat Safety:** Some very useful videos that provide information, including detailed visuals, on how to install car seats, in Arabic.
  - [Rear-facing Infant Seat Installation](#)
  - [Forward-facing Toddler Seat Installation](#)
  - [Child Booster Seat installation](#)
  - Transport Canada also has a [downloadable brochure in Arabic for the 4<sup>th</sup> stage](#).
4. **Employment Resources:** This 3-page handout from Employment Ontario provides information on finding the resources to help find a job, write a résumé, improve interview techniques and upgrade skills.  
[Arabic](#) | [English](#)
5. **Health Care in Ontario:** There are a number of [Health Care in Ontario Fact Sheets](#) available on the Ministry of Health website in a number of languages. The pamphlet, **Getting Medical Care**, might be useful to leave with the newcomer family.  
[Arabic](#) | [English](#)

6. **Home Safety:** houses are built differently all over the world and this has an effect on home safety norms like cooking and the need for things like CO detectors (if you've never needed a furnace, you're not going to know you need a CO detector!).

From the [Windsor Fire & Rescue Services, in Arabic](#)

The US based [National fire Protection Association](#) has multilingual resources on the following

- Cooking Safety
- Electrical Safety
- Escape Planning
- Heating Safety

7. **Pregnancy and child care in Canada:** The Best Start Resource Centre has resources on preconception health, prenatal health and early childhood development in 26 languages. One of their very useful pamphlets is **Giving Birth in a New Land - A guide for women new to Canada and their families.** [Arabic](#) | [English](#)

8. **Public Libraries:** Public libraries across Durham offer children's programs, programs for seniors, youth and many also host English Conversation Circles (an informal opportunity for newcomers to chat with neighbours). They're also a great free safe community space for newcomer families to just hang out, read, use the computers and play areas and meet other people who live in the area. Visit the Durham Immigration Portal for a [listing of Durham libraries](#).

[Arabic](#) | [English](#)

9. **Welcome to Ontario!** Information You Need in the Language You Want. [InMyLanguage](#) offers settlement information on a range of topics including housing, work, daily life, education, health and legal matters.

## **Additional Local Supports and Online Resources**

[Durham Immigration Portal:](#) Durham-specific information on the site is aimed at newcomers, people who are planning to come to Durham and those who are supporting them or provide services to newcomers. The website can be translated using the Google translate button at the top of the page.

[Welcome Centres:](#) one of the best sources of support to the refugee families coming to Durham Region will be the staff at the Welcome Centres and through the SWIS program. The professional settlement staff speak dozens of languages (literally!) and are funded by both the federal and provincial governments to provide information, training and resource to newcomers.