

## Access to Community Resources

Use the chart below to explore resources in your community and the ways to find them. Use the third column to write down any questions you may have, the information you may need or any other notes about how to access the service. You can refer to the first few questions already included and add any new questions to this list.

Resource	Ways to connect	Write down any notes or questions you want to ask
<p><b>Food banks</b> provide a few days of canned/packaged and sometimes fresh food. Sometimes personal hygiene products are provided.</p>	<p>Search on the internet for “foodbank near me”  <b>or</b>            Go to <a href="http://211.ca">211.ca</a>, click on the “Food” category, select “Food banks and referrals”</p>	<ul style="list-style-type: none"> <li>• <i>What days is the food bank open?</i></li> <li>• <i>Do I need to register with you before I come?</i></li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>ID clinics</b> help people get their identification to access healthcare, pension, and other services.</p>	<p>Go to <a href="http://211.ca">211.ca</a> and search under government/legal for a list of ID clinics in your city.</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Settlement services</b> help newcomers with services such as finding a place to live, finding a job, taking a language assessment, attending language classes, or finding schools for children.</p>	<p>Go to <a href="http://Canada.ca">Canada.ca</a> and search for settlement services. Enter your postal code or city and then select the type of services you are looking for.</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Tax filing clinics</b> offer support to file tax returns for people with a modest income and a simple tax situation.</p>	<p>Go to <a href="http://Canada.ca">Canada.ca</a> and search for tax clinics in your city. You can opt for a walk-in, drop-off, appointment, or a virtual tax clinic.</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

<p><b>Employment centres</b> provide support to help people find a job. These centres also offer help to build resumes and provide information about jobs in demand.</p>	<p>Search on the internet “Job bank Canada”  <b>or</b>          Go to <a href="http://jobbank.gc.ca">jobbank.gc.ca</a> to look for jobs in your area.</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Wellness centres</b> offer free or low-cost programs such as recreational activities and exercise classes for people with low incomes.</p>	<p>Search on the internet “wellness centre near me” to find a centre in your area and register for the programs you are interested in.</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Community health centres</b> provide counselling, free health screenings, and other health promotion programs.</p>	<p>Search on the internet “public health” followed by the name of your city, then choose the public health service you want to know more about.</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Tool libraries</b> offer tools that can be borrowed or rented instead of purchasing them.</p>	<p>Search on the internet “tool libraries around me”  <b>or</b>          Go to this website to find tool-lending libraries near you: <a href="https://wrwcanada.com/en/get-involved/resources/swap-share-repair-themed-resources/tool-libraries-sharing-depots-canada">https://wrwcanada.com/en/get-involved/resources/swap-share-repair-themed-resources/tool-libraries-sharing-depots-canada</a></p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Public libraries</b> have books you can borrow and read, access free internet, and offer workshops and events. Some even offer access to free online training, movie streaming services, audiobooks and even toy libraries.</p>	<p>Search on the internet for “public library near me”  <b>or</b>          Ask someone who lives near you for the address of the library closest to you.</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Museums</b> offer free passes or free entry on certain days. Newcomers to Canada can get free access to Parks Canada sites.</p>	<p>Visit the website of the museum located in your city or visit your local library to know about free passes and free entries. Newcomers can visit this website: <a href="https://www.pc.gc.ca/en/voyage-travel/admission/cultur">https://www.pc.gc.ca/en/voyage-travel/admission/cultur</a></p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

<p><b>Thrift stores</b> can be inexpensive options for items you need such as clothing, shoes, furniture, books, and dishes.</p>	<p>Search on the internet for “thrift stores near me” or You can visit these websites: <a href="https://thriftstore.ca/locations">https://thriftstore.ca/locations</a> or <a href="https://www.nearmefy.com/thrift-stores-near-me/">https://www.nearmefy.com/thrift-stores-near-me/</a> or <a href="https://re-sourcethriftshop.ca/">https://re-sourcethriftshop.ca/</a></p>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li></ul>
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