

HOW TO DEAL WITH THE POLICE?

Police officers can stop you and ask you questions, but unless they are arresting you or detaining you for the investigating of a crime they will have to let you go after questioning. If you are pulled over or stopped by the police in connection with driving under the influence of alcohol or drugs, you can potentially face arrest for a criminal offence if you refuse to blow into a breathalyzer (an ASD - "Approved Screening Device").

One of your main rights when being investigated or facing an arrest is the right to consult and retain a lawyer. The police have a duty to arrange for you to speak with a lawyer. **If you want to make a statement, you should wait until you have talked to a lawyer.**

If you are concerned about your immigration status and interaction with police you should seek legal advice from an immigration lawyer.

You might qualify for free legal advice in Ontario; feel free to contact the clinics below:

North Peel and Dufferin Community Legal Services:
Phone: 905-455-0160
Website: www.northpeeldufferinjustice.ca
Email: info@npdcls.clcj.ca

Legal Aid Ontario Website:
www.legalaid.on.ca Clinics Available across the GTA

Information Provided by Jim Smith, RZCD Law Firm

The information in this brochure is not intended to be legal advice. Please contact Sukhmani Haven - we have lawyers on the board who can help you further.

BUILD CREDIT HISTORY

It is important to build your future in Canada. Banks will look at your history of paying your bills on time. You need to understand how to budget for your personal expenses.

Use Mint-an App to help you track your finances.

ARE YOU INSURED?

If you are a student, always check if your school offers an insurance plan to cover your medical expenses in case of an emergency. Always call International Student Services to ask what is covered and what is NOT. Call to ask if there is a better plan at no extra cost. Learn how to make claims with your insurance plans.

Information provided by Deepak Monga Insurance Services



Sukhmani Haven will provide for international students in Ontario:

Accommodation, financial support, necessities of life, community counselling, and a Help Line.

Sukhmani will advocate for:

Fair employment policies, protection from exploitation, government funding for social infrastructure, reduction of tuition, and reform of roles of agents.

Sukhmani Haven
Helping International Students

International Student Information Guide



Sukhmani Haven invests in the needs of international students who are facing abuse in Canada. We aim to provide emotional, financial and housing support.

GET IN TOUCH WITH US!



289-652-2488



info@sukhmanihaven.com



www.sukhmanihaven.com



30 Thomas St, Mississauga

ARE YOU LOOKING FOR A JOB ?

If you are looking for a job, we are associated with groups that connect you with employers.

If you visit our website www.sukhmanihaven.com, you can find a Google Drive link to Contact Information of Employment Agencies across the GTA. You can send your Resume to multiple employers.

IsEmpower is a leading App that helps you connect with employers looking to hire international students.

Visit www.isempower.com

Register as a Candidate.

Get Matched with a job that fits your skills and experience.

YOUR RIGHTS AS AN EMPLOYEE

Your rights are protected under the Employment Standards Act, which deals with matters such as:

Minimum Wage

Hours of work

If you believe your rights have been denied, you can file a claim under the Employment Standards Act within 2 years of the abuse of your rights. It is against the law for your employer to harass you after the filing of your claim.

For more information visit:

<https://www.ontario.ca/page/employment-rights-and-obligations-foreign-nationals>

LANDLORD AND TENANT ISSUES

As a Tenant, you have Rights.

If you are unsure or are having issues with your Landlord, Sukhmani Haven can provide guidance.

SIGNING A LEASE WITH A LANDLORD

When leasing, ensure that you sign a

Contract with your Landlord stating:

- How long you will be renting (i.e. 1 Year)
- The amount of Rent in Canadian Dollars
- Services that are included in the rent
- Services you will be paying during the rental period

DEPOSITS AND LANDLORD VISITS

Do not pay a Security Deposit.

Landlords must provide 24 hour notice to visit the rental unit.

RENT INCREASE

- Landlords can increase rent once a year
- The yearly rent increase guideline is set by the Ontario Government
- The 2025 rent increase was 2.5%
- Landlords must provide a written notice of rent increase 90 days before the increase takes place

EVICITION

Landlord can only evict for a few reasons:

- Requires personal possession
- Tenant did not pay rent

You do not have to move out if you feel the eviction is unlawful.

If you are facing wrongful eviction you can file an application with the Landlord Tenant Board and they will decide if the eviction will proceed.

Information Provided by Harminder Dhillon of Dhillon Murthi Law and Purva Singh

DO YOU MISS HOME OR FEEL DEPRESSED

It is important to take care of your mental health. We understand that it is hard to move away from home and start fresh. If you are feeling depressed or need to talk to someone, call our 24/7 helpline:

289-652-2488

If you need additional support, you can reach out to the following helpline for immediate crisis support.

9-8-8 Suicide Crisis Helpline:

Call or text 9-8-8.

Toronto Distress Centres:

416 408-4357 or 408-HELP.

Gerstein Centre:

416 929-5200.

Spectra Helpline:

416 920-0497 or

905 459-7777 (for Brampton and Mississauga residents)

Assaulted Women's Helpline:

416 863-0511

Toll-free: 1 866 863-0511