

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 investigating 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 offense 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 the 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.

Information Provided by Jim Smith, RZCD Law Firm

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

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 plans to cover your medical expenses for 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 Punjabi international students in Ontario:

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

Sukhmani will advocate for:

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

Sukhmani Haven

Helping International Students

International Student Information Guide



Sukhmani Haven invests in the needs of Punjabi 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 ?

Are you 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.iseempower.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.

SIGN A LEASE WITH LANDLORD

Sign a Contract with Landlord stating:

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

DEPOSITS AND LANDLORD VISITS

Do not pay a Security Deposit.

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

RENT INCREASE

- Landlord can increase rent once a year
- The yearly rent increase guideline is set by the Ontario Government
- The 2023 rent increase is 2.5%
- Landlord must provide a written notice of rent increase 90 days before the increase takes place.

EVICTIION

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 community organizations.

Punjabi Community Health Services

Phone: 905-677-0889

Website: www.pchs4u.com

Email: info@pchs4u.com

Soch Mental Health

Website: www.sochmentalhealth.com

Email: info@sochmentalhealth.com

Indus Community Services

Phone: 905-275-2369

Website: www.induscs.ca

Email: info@induscs.ca

***The information in this brochure is not intended to be legal advice. Please contact Sukhmani Haven, who have lawyers on their board.**