

# Profile of the Week



India Rainbow  
Community Services  
of Peel  
*Reaching Out To Those in Need*

**INDIA RAINBOW**

## **What We Do:**

India Rainbow Community Services of Peel is a charitable, non-profit, community based organization offering non-religious and non-political services.

Mission: To provide culturally and linguistically appropriate services to the Peel South Asian immigrant community, enabling integration and supporting settlement, social services, health, and educational needs.

India Rainbow Community Services of Peel was founded in 1985 by concerned members of the Indo-Canadian Community to meet the settlement and social service needs of newcomers from the Indian sub-continent.

## **Objectives**

- To assist the immigrant community to integrate into mainstream Canadian society through education, training, counselling, referral, information and bridging barriers (to integration)
- To assist and educate the community on healthcare needs
- To provide family counselling and / or referral services in family crisis situations
- To identify problems associated with the duality of cultures for children of immigrants and to provide opportunities for resolving them through education
- To inform the mainstream Canadian community about the value system of first generation Canadians
- To raise funds for programs and projects related to achieving the objectives of the organization
- To provide language and culture specific services as appropriate

## **Services Offered:**

### **Immigrant Settlement and Adaptation Program:**

- Workshops on all settlement related issues
- Individual and group counselling
- Information sessions and guidance on skills development and training
- Translations and interpretation

### **Language Instruction for Newcomers to Canada (LINC):**

- English language training with computers
- Part-time classes from Literacy to Level 7 in the morning, afternoon or evenings
- Childminding provided (19 months – 6 years)
- Certified instructors and childminders

- Educational workshops and presentations
- Transportation assistance to eligible clients

Job Search Workshops (JSW):

- Career counselling and skills assessment
- Resume and cover letter writing
- Preparations for a successful interview
- Labor market research
- Networking opportunities
- Access to Resource Centre and use of computers, telephone, fax and photocopier

Volunteer opportunities:

- Screen, train and place volunteers
- We provide valuable work experience and furnish reference letters

Program for Women:

- Provide culturally sensitive counselling to women in abusive situations
- Provide crisis intervention counselling – help women learn about rights, assist them with accessing the system and other services, establish safety plans for women and their children
- Provide short term, long term, individual and family counselling
- Promote quality of life for women living with violence or in fear of violence by enabling them to take control of their lives – through employment, job search and financial counselling
- Provide group counselling/ support
- Collaborate and network with other service providers in the area of violence against women, to enhance and compliment each other's services to provide effective and seamless services to victims of assault
- Advocate for equality of access for all women in the community

Languages:

- Services provided in English, Hindi, Punjabi, Urdu, Tamil, Gujarati, Bengali, Konkani, Kannada and Tulu. Free cultural interpretation service for other language groups provided through the Multilingual Community Interpreter Services (Ontario)

Services provided are:

- ◆ Crisis Intervention and Safety Plan, Transitional Support Plan
- ◆ Short Term and Long Term Counseling
- ◆ Advocacy and Assistance with legal issues, Monthly legal clinics
- ◆ Empowerment and Educational Workshops, Support Groups
- ◆ Women's Wellness Group with Social and Recreational Activities
- ◆ Referrals to appropriate community resources as and when needed
- ◆ Positive Parenting Training for Families
- ◆ Interpretation and Translation
- ◆ Workshops on "Mothers and Children Witnessing Violence" to women, men, adolescents and children
- ◆ Subsidized Housing and Daycare information
- ◆ Help other agencies like CAS, Social Services, Schools, and Hospitals with client services
- ◆ Accompany clients to appointments with Lawyers, Courts, etc.
- ◆ Sit on different committees like PCAWA Committee; HEAL Network, CAS/VAW committee, South Asian Partner Assault Response committee, Transitional Housing and Support and Breast Health Educator Screening Program committee, and PCSA management committee

Contact Manju Panchapakesan, Senior Program Manager for more information on Women's program at 905-275-2369. email; mpanchap@indiarainbow.org

Long Term Care (LTC) Program  
Adult Day Program – for South Asians

Additional support includes:

- Friendly visits to home bound seniors
- Security Reassurance Checks
- Support and counselling for families
- Caregiver support, training and education
- Transportation assistance

Seniors Wellness Program:

- A weekly structured recreational program for healthy seniors is offered in Mississauga and Brampton. Groups are conducted in Punjabi, Hindi, Urdu, Tamil and Gujarati.

Child, Youth and Parenting Program (CYP):

Culturally and linguistically specific support and education to South Asian youth and families

- Supportive counselling and family mediation on duality of culture issues
- Crisis intervention and referrals
- Cultural information to school staff and students
- Youth leadership development
- Positive parenting and counselling
- School support / advocacy
- Coping with resettlement stress

Housing And Support Peel (HASP):

Case management is provided to South Asian clients with serious mental illness and to those who are homeless or at the risk of becoming homeless. Development of life skills to improve quality of life leading to stability

- Advocacy
- Support and education

### **Upcoming Events:**

IRCS will celebrate 25 years of service to the community with a Gala event on September 24<sup>th</sup> at the Grand Victorian Convention centre, Radisson Plaza Hotel, 175 Derry Road East. It will be an evening of music, dance and celebrations with lots of fun and door prizes. Tickets are 60 per person.

### **Contact Information:**

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