

# Yes, I Would Like to Get Involved at Indus!

## Be a Volunteer or Become a Member and make a difference

Volunteering is one way you can make a difference! With a variety of roles and responsibilities available, volunteering at Indus can be a rewarding experience. Not only will you make a positive difference in the life of an Indus client, you can also learn new skills that may help your own career aspirations.

Membership at Indus Community Services is open to all individuals who believe in and support the work of our agency. We invite you to get involved. As a member you will receive updates about the activities of the organization. There is an annual individual membership / renewal fee of \$10.

I would like to become a:

- ☐ Volunteer
- ☐ Member of Indus Community Services - \$10

Name (please print)

Address

City Province Postal Code

Telephone # Email

Your preferred method of communication is: ☐ Telephone ☐ Email

☐ Membership fee cheque payable to: **Indus Community Services**

*\* If you are under 18 and would like to volunteer, please have an adult fill and return your form.*

Please complete this form, detach and mail to the address below.

We will contact you for follow-up.

**Indus Community Services**  
3038 Hurontario Street, Suite 206  
Mississauga, ON L5B 3B9

## Indus is Here to Help

All Indus programs are inclusive and we openly welcome individuals of all faiths, genders, ethnicity and sexual orientation to participate in any program. Indus has six locations to serve you. Our diverse and highly trained staff members speak a variety of languages including English, French, Hindi, Punjabi, Tamil, Urdu, Bengali, and Gujarati.

### LOCATIONS:

#### MISSISSAUGA

##### HEAD OFFICE

3038 Hurontario Street, Suite 206 & 307  
Mississauga, ON L5B 3B9  
**Phone:** 905-275-2369 | **Fax:** 905-275-6799

##### HEALTH SERVICES

415 Matheson Blvd. East  
Mississauga, ON L4Z 2H2  
**Phone:** 905-507-6099 | **Fax:** 905-507-1787

#### BRAMPTON

##### NEWCOMER & FAMILY SERVICES

21 Regan Road, Unit H & I  
Brampton, Ontario L7A 1C5  
**Phone:** 905-459-4776 | **Fax:** 905-459-4347

##### HEALTH SERVICES

245 Queen Street East, Unit 2  
Brampton, ON L6W 2B5  
**Phone:** 905-595-1669 | **Fax:** 905-595-1670

##### WOMEN & FAMILY SERVICES

###### Safe Centre of Peel

60 West Drive, Suite 110  
Brampton, ON L6T 3T6  
**Phone:** 905-450-4650 | **Fax:** 905-450-5478

##### NEWCOMER & FAMILY SERVICES

180-B Sandalwood Parkway East, Suite 3000,  
Brampton, ON L6Z 4N2  
**Phone:** 905-840-6666 | **Fax:** 904-840-6636

##### Funded by:



Immigration, Refugees  
and Citizenship Canada



Ontario



Region of Peel  
Working for you



United Way



www.induscs.ca  
Email: info@induscs.ca  
Facebook: /Indus Community Services  
Twitter: @Indus\_Helps

Charitable Business Number: 107505810-RR0001



## Providing the Support You Need

Indus Community Services is an accredited, not-for-profit community benefit organization that has served local communities for over 32 years. Originally founded as India Rainbow Community Services, this registered charity is supported by its donors and by all three levels of government. Indus Community Services, through its professional staff, is a leader in the provision of culturally appropriate services to newcomers, families, women and seniors.

## Our Mission

Supporting our growing communities to manage change through quality, client-centred social and health services and responsive public education.

## Our Vision

Leaders in building strong and supportive communities.

## Our Guiding Values

- Integrity
- Inclusion
- Transparency
- Sustainability





# Our Programs and Services at a glance

## Services for Newcomers

### Information & Referral

We provide newcomers with advice, information and referrals for services to settle in Canada.

### English Language Training (LINC)

Our English language training program helps newcomers improve their overall communication skills in order to become more engaged in their community and enhance their employability skills. Care for newcomer children is also an integral part of the program.

### Employment Services

Finding employment is often the first priority and the biggest challenge for newcomers to Canada. We support newcomers by providing extensive job search training and sharing best practices and techniques that are effective in becoming gainfully employed within the Canadian labour market.

## Health Services

Our Health Services program provides client-centered care to frail and/or cognitively impaired individuals in a safe and encouraging environment. Our culturally and linguistically appropriate programs promote healthy aging and encourage an active lifestyle.

### Adult Day Services

This program assists adults and seniors with high care needs, those with challenging behaviour and also provides specialized care for clients with dementia-related illnesses in a secure and therapeutic environment.

### Caregiver Support Group

For many, the demands of caring for an aging parent can be difficult. The Caregiver Support Group is organized on a monthly basis for caregivers and volunteers. Meetings are designed to educate, inform and empower those providing care to seniors. Participants will learn more about illnesses commonly found in Indus clients and provide information on other programs available in the community.

### Friendly Visiting Program

Our Friendly Visiting Program is designed to maintain social and emotional interaction for isolated seniors in the comfort of their home, hospital, or in a long-term care facility. Screened and trained volunteers engage clients in one-on-one meaningful activities.

## Family Services

### Child, Youth and Parenting

Our counsellors support parents and families dealing with cultural and inter-generational conflict, provide positive parenting strategies and help families understand the range of supports available to them.

### Community Mental Health Support

Housing and Support in Peel (HASP) is a partnership with Supportive Housing in Peel (SHIP) and delivers housing support services to clients residing in SHIP units. SHIP provides safe and affordable housing. Indus Community Services provide case management, service coordination and person centred support to SHIP residents.

### Family Court Support Services

The Family Court Support program provides support to victims of domestic violence navigating the family court system. We support clients in understanding their rights to make informed decisions on matters related to custody, child support, spousal support, and division of property and assets.

### ACES Program for Women (Advocacy, Counselling, Empowerment & Safety)

We provide culturally responsive counselling to victims of domestic/family violence and abuse, and personalized strategies to help promote healthy relationships and wellness in the victim and their family.

**La ligne de soutien Fem'aide!**  
**.....et pour ceux et celles touchés**

- Écoute, soutien, information
- Accessible 24 heures par jour, sept (7) jours par semaine

**Fem'aide 1-877 336-2433**

## Yes, I Want To Financially Support Indus! DONATION FORM

I would like to give:

☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ \_\_\_\_\_

☐ My gift is by cheque, payable to: **Indus Community Services**

☐ My gift is by credit card: ☐ Visa ☐ MasterCard

☐ Mr. ☐ Mrs. ☐ Ms.

Name (please print)

Address

City

Province

Postal Code

Telephone #

Email

For Credit Card Use only:

Name (please print)

Card Number

Expiry Date

I would like to direct my gift to:

☐ Area of greatest need

☐ Newcomer Services

☐ Health Services

☐ Family Services

☐ I wish for my donation to remain anonymous

Please complete this form, detach and mail to:

**Indus Community Services**

**3038 Hurontario Street, Suite 206**

**Mississauga, ON L5B 3B9**

Tax receipts provided for gifts of \$20 or more.

Charitable Business Number: 107505810 RR0001