



A Different Kind of Healthcare















www.vaughanchc.com



@vaughancommunityhealthcentre



## A DIFFERENT KIND OF HEALTHCARE

By focusing on health promotion, chronic disease prevention, and increasing access to health care, the VCHC is working toward our vision of a healthy community, one in which the physical and emotional wellbeing of the individual, and social determinants of health are addressed.



in partnership with







## **Primary Care Services**

Our primary care team includes family doctors, nurse practitioners, and allied health professionals. Our team collaborates to provide medical services to registered clients of Western York Region. We also provide services to uninsured community residents.

## **OUR TEAM PROVIDES:**

- Medical examinations
- · Preventative health care
- Treatment and management of acute and chronic health conditions
- Pre and post-natal care
- · Well baby care
- Immunizations and flu shots
- Bloodwork ordered by our provider



For more information call: 905-303-8490 ext. 1 CLINICAL FAX: 905-832-

0093

Chronic Disease Prevention & Management Programs

Our Chronic Disease
Program team consists of
Diabetes education, Lung
Health and Chronic
Obstructive Pulmonary
Disease (COPD), and Exercise
education. We have a team
of Nurse Dietitian,
Chiropodist, Physiotherapist
and a Kinesiologist

## **OUR TEAM PROVIDES:**

- Individual or group sessions in-person or virtual
- Diabetes education for prediabetes, "at risk" and Type 2 diabetes
- Food nutrition and weight management
- Glucose monitoring, medication, and insulin management
- Self-management education and support
- Foot care education
- Smoking cessation
- Pulmonary rehabilitation
- Exercise assessment, prescription, and education



**CHRONIC DISEASE FAX:** 

905-303-0320







# Allied Health - PACT (People Accessing Care Teams)

PACT program provides access to a team of allied healthcare professionals. PACT services provide care to people with complex health conditions, who are facing barriers to accessing health care due to social determinants: low income, unemployment, and language barriers.



## **OUR TEAM PROVIDES:**

- System navigation and case management
- Nutrition counselling
- Physiotherapy
- Chiropody (foot care)
- Mental health counselling

## **ALLIED HEALTH - PACT FAX:**

Vaughan Site: 905-303-4922 Keswick Site: 905-476-3008

## **Health Promotion Programs**

We offer a range of health promotion programs which promote and improve mental, social and physical well being.

# WE PROVIDE PROGRAMS FOR:

- · Young families
- Youth
- Adults
- · Older adults and seniors
- Individuals experiencing mental health and addiction issues



# OUR PROGRAMS FOCUS ON:

- Physical activity
- Socialization and capacity building
- After-school teen and youth groups
- Support groups
- Child development and school readiness
- Health awareness presentations

To see our list of programs, visit our website: www.vaughanchc.com

## Location & Contact Information

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### **VAUGHAN SITE**

9401 Jane Street, Suite 206 Vaughan, Ontario L6A 4H7

**PHONE**: 905-303-8490 **FAX**: 905-303-9444

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### **KESWICK SITE**

716 The Queensway South Keswick, Ontario L4P 4C9

PHONE: 905-476-5621 FAX: 905-476-3008

www.vaughanchc.com

@ vaughan\_chc

vaughan.vchc

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# A DIFFERENT KIND OF HEALTHCARE

## Your Privacy Is Important To Us!

It is our policy to treat all personal and personal health information (PHI) with respect. We have policies and procedures to to protect the security of your information and to ensure its privacy. We take all reasonable steps to keep your information confidential and secure by ensuring that your information is protected from loss, destruction or unauthorized use.

All staff members, students and volunteers have signed a confidentiality agreement.

Volunteers are not permitted access to personal health information, unless they recieve proper training, sign a confidentiality agreement and are working ona supervised project.





#### INFORMATION DISCLOSURE

To provide you with the best care possible, your personal health informartion may be shared, as necessary, with staf members and students who are involved in providing your care.

Your personal information will only be shared with other sources with your consent or when the law permits or requires us to do so.

Personal Health Information (PHI) incudes any identifying information about an individuals' health care history, such as your family medical history, details of a recent visit to your doctor, or your Ontario health card number.





## **INFORMATION USE**

# Your information may be used:

To provide with the best service possible.

To help us improve the quality of our services.

To fullfill provincial regulatory requirements.

To keep you up to date on the activities of VCHC, including giving you information on our programs, services, special events, and opportunities to volunteer.

Location & Contact Information

#### **VAUGHAN SITE**

9401 Jane Street, Suite 206 Vaughan, Ontario L6A 4H7

PHONE: 905-303-8490 FAX: 905-303-9444 EMAIL:

info@vaughanchc.com

#### **KESWICK SITE**

716 The Queensway South Keswick, Ontario L4P 4C9

PHONE: 905-476-5621 FAX: 905-476-3008

## INFORMATION COLLECTION

We will only ask you for the information we need to give you the best service possible, or fulfill our funding obligations. If we would like to collect or use your personal information for any other purpose, we will only do so with your consent.

We will collect your pesonal information from other sources only when we have your consent.

The VCHC participates in acreditation reviews that involve a mandatory client journey component. This component requires an accreditation reviewer to access clients' personal health information to learn about clients' experience in accessing service at the VCHC. To this end, some clients are invited to participate in the client journey process. Interested clients are asked to sign a consent form to share their personal heath information with the accreditation reviewer.

#### **YOUR RIGHTS**

Whenever you wish, you may ask to review and update your personal information, withdraw your consent for its use, or review our privacy policy. If you restrict the use of your health information, this may limit the type and quality of service we are able to provide to you.

# Upon written request you may:

Have access to your health care record and assistance in understanding it

Ask for a correction of information in your record

Ask for a copy of your record, which will be provided from 30 to 60 days from the date of your request. You ay be charged a reasonable fee to cover the costs.



### WHAT WE ASK OF YOU

. . .

Let us know when your personal information has changed, so that we may keep it as accurate, complete, and up to date as possible.

Let us know when you have any questions or do not understand why your information is being collected or how it is being used.

If you have ay questions or complaints regarding privacy and your personal infromation, contact our Executive Director (Privacy Officer) by phone at: 905-303-8490 or by email at: privacy@vaughanchc.com

If you are not able to satisfactorily resolve your complaint, we will explain how you may make your complaint to the information and Privacy Commissioner of Ontario.

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## A DIFFERENT KIND OF HEALTHCARE

We Ask Because We Care

# COLLECTION OF SOCIODEMOGRAPHIC INFORMATION IN HEALTHCARE







- www.vaughanchc.com
- X @vaughan\_chc
- vaughan.vchc
- @vaughancommunityhealthcentre







## WHAT ARE SOCIODEMOGRAPHICS?

## These include:

- Language
- · Indigenous identity
- · Were you born in Canada
- · Length of time in Canada
- Ethnic or cultural background
- Racial group
- Disability
- · Sex at birth
- Gender identity
- Sexual orientation





# IS IT LEGAL TO ASK THESE QUESTIONS?

Yes, the Ontario Human Rights Commission strongly encourages organizations to collect and use demographic information to keep track of outcomes and promote equity. Also, Ontario's Excellent Care for All Act. 2010 is a law that holds hospitals responsible for delivering quality healthcare. This law has healthcare organizations collect information from clients about their experience. We learned that demographic information greatly impacts client experiences and decisions about where to use healthcare or not. To fully understand clients' health care experiences we need to know more about why they are.

## Who can see my demographic information?

It is our policy to treat all personal and personal health information (PHI) with respect and in accordance to the law.

We have policies and procedures to protect the security of your information and to ensure its privacy. We take all reasonable steps to keep your information confidential and secure by ensuring that your information is protected from loss, destruction or unauthorized use.

## Who can see my demographic information? Continued...

All staff members and volunteers have signed a confidentiality agreement. All hospitals and community health centres collect demographic information. The purpose of this information is to understand who our clients are and what unique needs they may have. The information you share with us helps us understand access to care, experiences and outcomes.

## How will you use this information?

We will review and use the information to develop programs and do service training.

We will study whether factors such as language, disability, gender and so on are linked to health outcomes.

We want to learn more about the link between length of time in Canada and health outcomes.

Members of your health-care team (or "circle of care") may refer you to services, give you information, or identify any unique needs, such as:

- Interpretation services
- Health information
- Treatment programs
- Accommodation for

#### disabilities

Care information



I am only here for a quick appointment, how is this relevant to my care?

It is important for us know who we serve and whether client needs match the care we provide for all.

This information will help us understand and plan care not only for your future visits, but for other clients who may have similar needs as yours. This gives us a full picture of our client population.

What if there are questions that I don't want to answer?

You can answer "prefer not to answer" to any or all questions. This will not impact care you receive here.





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## QUESTIONS

If you have questions or complaints regarding privacy and your personal information, contact our Executive Director (Privacy Officer) by phone at 905-303-8490 ext. 2648 or by email at

privacy@vaughanchc.com. If we are not able to satisfactorily resolve your complaint, we will explain how you make your complaint to the Provacy Commissioner of Ontario.

## **Location & Contact Information**

#### **VAUGHAN SITE**

9401 Jane Street, Suite 206 Vaughan, Ontario L6A 4H7

> PHONE: 905-303-8490 FAX: 905-303-9444

> > **EMAIL**:

info@vaughanchc.com

#### **KESWICK SITE**

716 The Queensway South Keswick, Ontario L4P 4C9

> PHONE: 905-476-5621 FAX: 905-476-3008









## **Health Promotion**

Our Health promotion team focus on keeping people healthy and aims to empower individuals and communities to choose healthy behaviors, and make changes that reduce the risk of developing chronic diseases and other morbidities.

> We offer a range of health promotion programs which promote and improve mental, social, and physical well being.

> > We provide programs for : Young families Youth Adults Older adults and seniors

## Contact

Vaughan

Phone: 905-303-8490

ext. 0

**Keswick** 

Phone: 905-476-5621

ext. 2600

If awaiting email communications from VCHC staff, please remember to check "junk" folder in your inbox to ensure you receive our email communications.



**<u>aVCHCcommunity</u>** 



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## People Accessing Care Teams Program!

## Are you experiencing any of the following?

- Inadequate housing
- Unemployment
- Transportation issues to medical appointments
- No extended health benefits or No health coverage (No OHIP)
- Unable to speak English or French
- Experiencing complex health issues
- And are in a low to moderate income range

## You may be eligible to receive services-at no cost to you

## Services Offered:

- Case Management
- Physiotherapy
- **Nutrition Counselling**

- Respiratory Therapy
- Chiroprody

Mental Health Counselling (Social Work & Psychology)

Contact

Vaughan

Phone: 905-303-8490

ext. 4

Keswick

Phone: 905-476-5621

ext. 2600

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## People Accessing Care Teams (PACT) Vaughan Community Health Centre



☐ Western York Region (WYR) - Vaughan Site	□ Northorn Vork Pagion (NVP) - Kaswick Sita		
_ , , ,	□ Northern York Region (NYR) - Keswick Site		
9401 Jane St, Suite 106 and 206, Vaughan	716 The Queensway South, Keswick		
Phone: 905-303-8490 Fax: 905-303-4922	Phone: 905-476-5621 Fax: 905-476-3008		
Client Information	Referring Provider Information		
Client's Name:	Provider's name:		
Client's Name: DOB: DM DF DOTHER	Billing #:		
Health Card #:	Address:		
Address:	City/ Province:		
City/ Province:	Postal Code: Telephone #: Fax #:		
Postal Code:	1 αλ π		
Telephone #:	SignatureDate		
Referred client has private health benefits: ☐ YES ☐ NO. Lar	nguage: □ English □ French □ Other (please specify):		
	.gago. =		
SERVICES REQUESTED - CHECK ALL THAT APPLIES. Note: i	ncomplete referrals will not be processed		
☐ Community Dietitian	☐ Diabetes Education Program		
Reason:	Reason:		
☐ GI issues ☐ Food intolerance	☐ Pre-Diabetes ☐ Type 2 Diabetes		
☐ Prenatal, Infant and Toddler Nutrition	☐ Insulin / GLP1 Start		
☐ Weight, Cholesterol, Hypertension ☐Other	_		
☐ System Navigation and Case Management			
•	ection to community support, financial assistance, or social services		
· · · · · · · · · · · · · · · · · · ·	nation and Referral to:		
☐ Information about VCHC or community group programs	<del></del>		
☐ Physiotherapy (Non-MVA or WSIB).	☐ Mental Health (Non-MVA or WSIB).		
Reason:	inolital Floatili (Non WVX of VVOID).		
	Primary reason for referral:		
Time of onset: $\square$ <1mth $\square$ <3mth $\square$ <6mth $\square$ > 1 yr. or $\square$ persiste			
Time or one and a summer some and a summer of the summer o	☐ Chronic Pain/Disease ☐ Self-esteem		
☐ Significant limitation of function (ADLs, work and/or leisure activ	ity ☐ Eating Disorder ☐ Stress		
performance is affected)	☐ Family / Relationship ☐ Substance Abuse		
,	□ Anxiety □ Trauma		
□ Post Sx □ Fracture	☐ Depression ☐ ADHD or Autism Spectrum		
☐ Priority population (clients aged 20-64 years or recent/risk of fall	Risk of harm. Specify:		
	<sup>1</sup> ☐ Mental Illness. Specify:		
☐ Diagnostic imaging results if available (e.g., X Ray, MRI,	□ Other:		
ultrasound) and Medication list			
□ Chiropody – Reason:			
	ngrown/involuted toenails		
□ Difficulty with activities of daily living □ C	Other: (please specify)		
☐ Lung Health Program	□ Spirometry		
☐ COPD Self-management education, Pulmonary Rehab	☐ Authorization to perform Pre and Post Spirometry testing		
☐ Smoking Cessation (CAMH - STOP)	☐ Yes ☐ No		
☐ Respiratory Consultation	with □ Ventolin, as per medical directive		
Madical History Madication Ret / Others Defended	ant venent bleed week discovered invenery or Blees Arr.		
wiedical History/ Medication list / Clinical Information (me	ost recent bloodwork, diagnostic images)- or Please Attach		



# Western-Northern York Region People Accessing Care Teams (PACT) Vaughan Community Health Centre

Description of services offered at Vaughan CHC - Western and Northern York Region PACT Program.

Allied Health Services	aughan CHC – Western and Northern York Region PACT Program.  Description		
Community Dietitian (up to 6 sessions)  Diabetes Education & Management -	<ul> <li>Prenatal (pregnancy), infant, toddler nutrition (failure to thrive, picky eater, low weight gain)</li> <li>Digestive issues (e.g., reflux, Irritable bowel Syndrome, Inflammatory Bowel Disease, etc.</li> <li>Food allergies and intolerances</li> <li>Services provided by Diabetes Educator Nurse a</li> <li>Adults with Type 2 diabetes</li> </ul>	Hypertension     High Cholesterol     Weight management, Meal Planning     Prediabetes, "at risk", type 2 on oral medications at NYR Keswick site and Dietitians for:	
Chiramadu	Adults with pre-diabetes     Adults with insulin/non-insulin injections (GLP-	1 Agonist)	Dieleste
Chiropody (4 sessions only)	<ul> <li>Dermatological issues (warts/corns/callus).</li> <li>Individuals who have issues with activities of d e.g., decreased in mobility or cognitive impairn</li> <li>Clients with pre-diabetes will be offered to atte session to receive foot care education</li> </ul>	nent) needing second tier devices	
Physiotherapy (Up to 6 sessions)	<ul> <li>Personalized therapeutic exercise</li> <li>Soft tissue and manual therapy techniques</li> <li>Functional activity and tolerance testing and training</li> </ul>	Prescription, fabrication and application of assistive, adaptive, supportive, and protective devices and equipment	
Mental Health (Psychology/Social Work to be triaged (Psychologist - up to 5 sessions) (Social Worker up to 6 sessions)	<ul> <li>Individual counselling, couples counselling and family counselling</li> <li>Mental health issues including depression and anxiety</li> <li>Managing emotions</li> <li>Trauma</li> </ul>	<ul><li>Low self-esteem</li><li>Parenting/Family issues</li><li>Life stressors</li><li>Work/life balance</li><li>Isolation</li></ul>	
Case Management / System Navigation	Support in navigating various systems - education, legal, housing, and employment	<ul> <li>Referrals to other community organizations and government services</li> <li>Help with completing applications/forms</li> </ul>	
Chronic Obstructive Pulmonary Disease (COPD) Rehabilitation Program	<ul> <li>Respiratory consults to assesses respiratory therapy needs</li> <li>Smoking Cessation for individuals and in group counselling sessions for clients 19 years of age and above</li> </ul>	Spirometry Tests     Self-management education     Exercise Groups	
Spirometry Test	Lung functioning diagnoses for Asthma, COPD, and other conditions that affect breathing		
Smoking Cessation	Individual and group counselling for individual 19+years of age and above		
Respiratory Consultation	Registered Respiratory Therapist assesses respiratory therapy needs		
Group Programs  Please call for information about program schedules For Western York Region: 905-303-8490 Ext 3 For Northern York Region: 905 476 5621 Ext 2604	The health promotion team provides health promotion programs for youth & families, adults, and seniors. Programs are provided in person or virtually through an online video platform. For more information, please visit our website at <a href="http://www.vaughanchc.com/health-promotion-group-programs">http://www.vaughanchc.com/health-promotion-group-programs</a> / or call directly for more information: WYR: 905-303-8490 Ext 3, NYR: 905 476 5621 Ext 2604.  Diabetes Prevention & Management Group Programs. Clients can call directly for more information: 905-303-8490 Ext. 2  Exercise Education Programs focus on preventing or managing chronic illnesses and are for individuals who are looking to begin exercising or incorporating light activity. Call directly for more information: 905-303-8490 Ext. 2  COPD Group Programs focus on self management education to help manage COPD. Call directly for more information: 905-303-8490 Ext. 2  For a full list of programs, please visit <a href="http://www.vaughanchc.com/programs-services/pact/">http://www.vaughanchc.com/programs-services/pact/</a>		

#### Please note:

- Clients can be referred for more than one service with the same referral form. Please check all services needed
- Referrals sent without mandatory documents will not be processed and returned for follow-up
- 3 attempts will be made to contact the client to schedule the appointment. If attempts are unsuccessful the referral will be closed, and the referring clinician will be informed
- For more information on PACT program and other Vaughan CHC services, please visit: www.vaughanchc.com





## A Different Kind of Healthcare





# FREE virtual and in person Case Management Services!

Need to find community support services but don't know where to look? VCHC's System Navigation Case Manager can help!

No referral form required to access case management services

The Vaughan Community Health Centre Vaughan and Keswick sites offer support to community members in need of service coordination!

## Services Include:

- Support in navigating various systems (i.e. education, legal, immigration, housing and employment support)
- Referrals to community organizations and government services
- Help with completing application forms

## Contact

Vaughan Site Phone: 905-303-8490 ext. 4 Keswick Site Phone: 905-476-5621 ext. 2600

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@VCHCcommunity



@vaughanchc



<u>@vaughancommunityhealthcentre</u>











# **FREE Nutrition Counselling**

**Available at Vaughan and Keswick locations** 

Having difficulty achieving and managing a healthy weight? To access our free nutrition counselling with a registered dietitian, please ask your family physician or nurse practitioner to submit a referral form to us.

- Proper management of the following health issues:
  - High blood pressure & cholesterol
  - Fatty Liver Disease
  - Inflammatory Bowel Disease
  - Irritable Bowel Syndrome
  - COPD
  - Anemia
  - Other nutrient deficiencies
  - Meal planning for pregnancy & baby's first food

## For more information, contact:

Vaughan Community Health **Centre-Vaughan Site** 9401 Jane Street, Suite 206 Vaughan, Ontario, L6A 4H7

Tel: 905-303-8490 ext. 4 Fax: 905-303-4922

Vaughan Community Health Centre- Keswick Site 716 The Queensway South, Keswick ON, L4P 4C9

Tel: 905 476 5621 Ext. 2600 Fax: 905-476-3008

To download a referral form visit: www.vaughanchc.com

**@vaughan\_chc** 



f @vaughan.vchc



@vaughancommunityhealthcentre



## What is COPD?

COPD is a disease that blocks the lungs, causing less air to flow in an dout, leading to shortness of breath and difficulty breathing

The VCHC COPD Program aims to improve quality of life for people living with COPD. The program is led by a Respiratory Therapist/Certified Respiratory Educator and Registered Kinesiologist.

## Participants in the program will:

- Gain an understanding of COPD
- Learn how to self manage their symptoms
- Increase activity tolerance and range of motion
- Lern how to plan meals
- Socialize within a group setting

# Clients of the VCHC-COPD Pulmonary Rehabilitation program self-reported:



Improved shortness of breath



Reduced hospital visits



Improved activity tolerance



Improved capacity for daily activities



# Services are available in the following languages:

- French
- Italian
- Punjabi
- Bulgarian
- Hindi
- Serbian
- Urdu
- Macedonian

## Other languages available upon request.

## Other Services Include....

- Pulmonary Rehabilitation
- Program (Group and one-on-one)
- Breathing Test
- Medication Education
- Quit Smoking Programs and Counselling
- Healthy Eating Counselling
- Stress Management Counselling
- Personalized Plan to
- Self-Manage Symptoms
- COPD Support Group

"I am now comfortable to travel as I know that I can gauge my level of activity so that I don't go into distress.

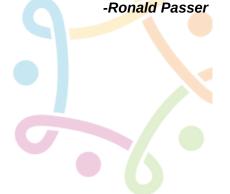
My breathing does not control who I am or what I want to do in life"

- Arlene Simms

"The COPD Pulmonary Rehabilitation Program has given me back my life! I've lost weight and use my oxygen tank a lot less."

- Pauline Norman

"The program taught me the right way to breathe and how to control my breath. Knowing this makes it easier to go outside and manage my day."





# VAUGHAN COMMUNITY HEALTH CENTRE

9401 Jane Street, Suite 206 Vaughan, Ontario L6H 4H7

#### CHRONIC DISEASE PROGRAM



(905)-303-8490 Ext. 2



(905)-303-0320



www.vaughanchc.com



This brochure is available in an alternative format.



FREE CHRONIC OBSTRUCTIVE
PULMONARY DISEASE
(COPD) SELF-MANAGEMENT
EDUCATION PROGRAM



Learning how to manage your COPD can reduce and even eliminate symptoms.







# Have you been recently diagnosed with



# **Pre-diabetes or Diabetes?**



Are you or your loved ones new to type 2 Diabetes? Feeling overwhelmed? You are not alone.

- Best place to start is with VCHC! Visit our diabetes educators
- Understand how to manage and prevent complications
- Learn strategies and techniques to achieve your goals
- Get empowered, make small changes
- Create huge impacts on your overall health

Join us for diabetes education in the comfort of your own home:

- Self referral or Physician referral
- Check out our frequently asked questions
- Visit www.vaughanchc.com

Join our virtual diabetes education groups!

Sessions held 3x a month Timings are held in the morning, afternoon and evenings



For more information on how you can book your appointment with us, Call 905-303-8490 ext. 2667 or visit our website www.vaughanchc.com

@VCHCcommunity



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www.vaughanchc.com

If awaiting email communications from VCHC staff, please remember to check "junk" folder in your inbox to ensure you receive our email communications.

# **Community Legal Clinic of York Region**





# COMMUNITY OFFICE CONTACT

**Phone:** 905-508-5018

**Toll Free**: 1-888-365-5226

## Address;

21 Dunlop Street Suite 200 Richmond Hill L4C 2M6

## Website:

www.clcyr.on.ca

# HOURS OF OPERATION

FRI 3:00PM-4:30PM

NOTE: Does not offer assistance with criminal charges

## **TIME:** Please call (905)508-5018

PLACE: VAUGHAN COMMUNITY HEALTH CENTRE 9401 JANE ST #206, MAPLE, ON L6A 4H7 – USE ENTRANCE A TO 2ND FLOOR ELEVATORS, SUITE 206

## **AIM**

- To offer on-site free legal help;
- Does not offer assistance with criminal charges

## **ELIGIBILITY**

• Financial eligibility criteria;

o Low income residents of York Region o Applicants and recipients of OW (Ontario Works, also known as welfare) and ODSP (Ontario Disability Support Program).

## **SERVICES - 5 TYPES**

## 1. Eviction Prevention Program

 Tenant Duty Counsel at Newmarket hearings of Landlord and Tenant Board

## 2. Social Assistance Issues

- income assistance matters including denials, cancellations, and overpayments o Canada Pension Disability
- o Old Age Security

o Disability Tax Credit & RDSP (Registered Disability Savings Plan)

o Canada Child Benefits

### Legal representation

**3.** • appear before various administrative tribunals with clients

## **Public legal education outreach**

**4.** • educating members in the community regarding their legal rights

### **Immigration Law**

**5.** • Assistance with immigration matters