



Building Your Support System



Support system

Maintaining existing relationships and developing new ones in Québec is essential for feeling like you are supported and belong.

Feeling isolated from others

Moving to a new country means moving away from your family, friends and what you are used to.

Making new friends takes time. The language, culture, and geographical isolation can also make socializing harder.



This means it is normal to feel distant from your support system in your country of origin and isolated from the people around you.

Here are a few tips for maintaining ties with your original network and building a strong network in Québec.

Maintain regular contact remotely and in Québec

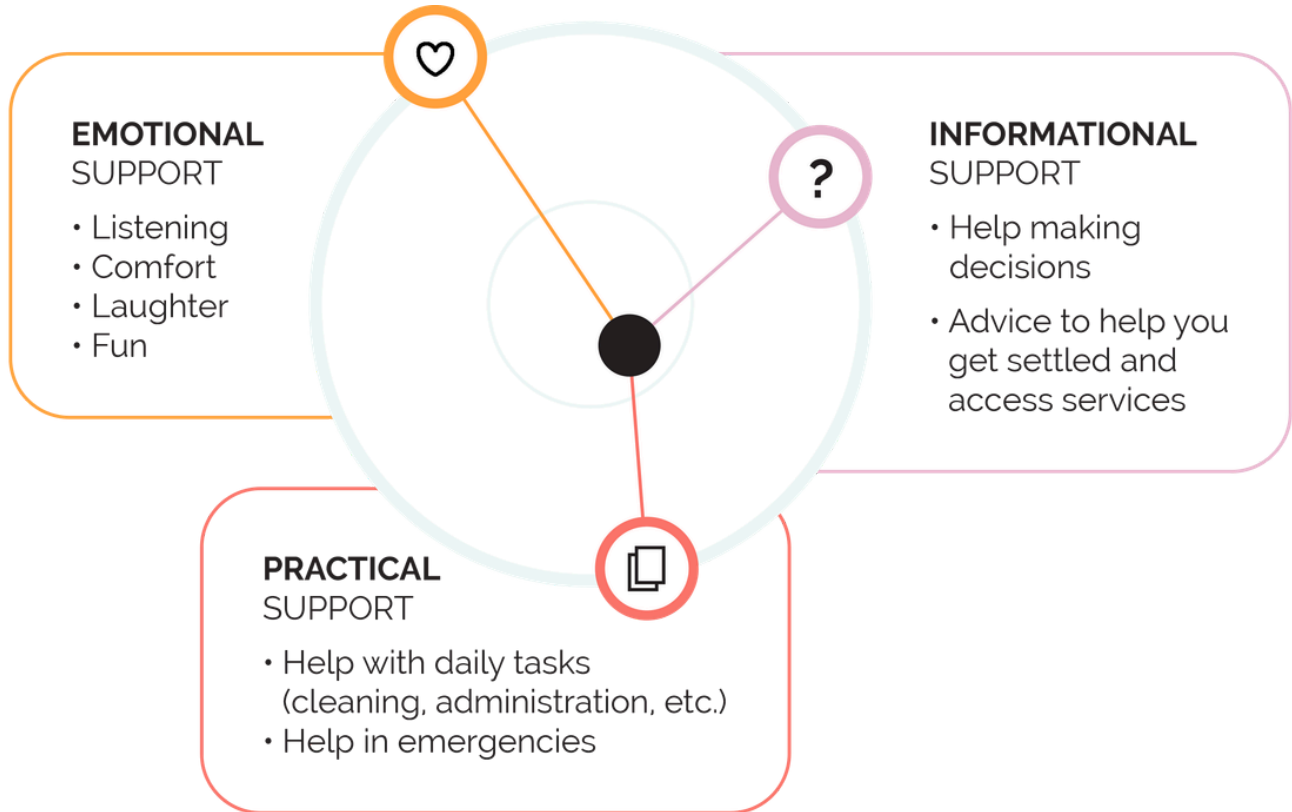
Regular social interactions, even short-term, contribute to your well-being.

- Contact your loved ones regularly (messages, photos, video calls)
- Spend more time with people (family members, friends, neighbours, acquaintances, etc.).



Diversifying your sources of support

It isn't the number of people in your network that counts, but the variety of connections and types of support. You can get support from your family, friends, colleagues, acquaintances or new people you meet.



Reconnecting with your communities and exploring diversity

- Join networks of people with the same background, experiences or interest as you.
- Join other networks and explore new activities and ways of doing.

If you experience misunderstandings or miscommunication, it's best to talk about it and ask questions rather than keep it to yourself.

Asking for help outside your support system

Sometimes, confiding in the people around you is hard. At times like these, talking to someone who understands what you are going through can help.

To find out more, see [**Mental health help and support resources**](#) (p. 24).

Meaningful activities

Doing activities that make you feel good is a great way to build relationships and thrive in Québec.

Here are some tips for finding enjoyable and fulfilling activities in Québec.

Getting involved in the community or volunteering

- Find out how you can get involved with organizations and groups that support causes, defend rights, or promote social change.
- Find out about volunteer opportunities offered by community organizations, associations, religious institutions, etc.
- Explore the Fédération des centres d'action bénévole du Québec website: <https://www.jebenevole.ca/>

Participating in sports and recreational activities

- Find out what sports and recreational facilities and activities (pool, sports field, art class, etc.) are offered by municipalities and community centres.
- Take advantage of municipal, regional and national parks for walking, biking, etc.
- Encourage your child to participate in activities offered by their school, the municipality or community centres.
- Take advantage of the activities offered by your educational institution.

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"What helped me in the first few months was joining a youth group at the Assyrian church. The activities introduced me to new friends who spoke my language and gave me a place to be myself. At school, I also joined an art club. I'm learning to express my emotions through art—it's helping me a lot!"

Mariam, teenage refugee from Syria



Did you know?

Volunteering means using your time, energy and skills to help the community, by choice and for free. This kind of activity can help you learn about the local job market and build your network.

Participating in activities offered by your educational institution

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- Find out about the activities offered, including those intended for international students (student associations, sports clubs, study or support groups, etc.)

"Members of the African student association at my university gave me valuable advice when I arrived. Having a supportive space to share was essential for me. Feeling supported also helped me stay connected to my culture while I was studying in Québec. I highly recommend joining this type of group!"

Malika, international student from Senegal

