



Living Together



Diversity and intercultural exchanges

Feeling like there is a place for you in your new society can support your well-being and help you settle in.

Finding your bearings

Participating in an Objectif Intégration information session offered by the MIFI can help you get your bearings in your new environment.



Objectif Intégration session

- Free 24-hour session offered by community organizations throughout Québec
- Information about Québec (cultural codes, workplace, etc.)
- Age 18 or over
- Intermediate-level French required
- Eligibility verification required
- Financial assistance available in some cases
- <https://www.quebec.ca/en/immigration/settle-and-integrate-in-quebec/objectif-integration>

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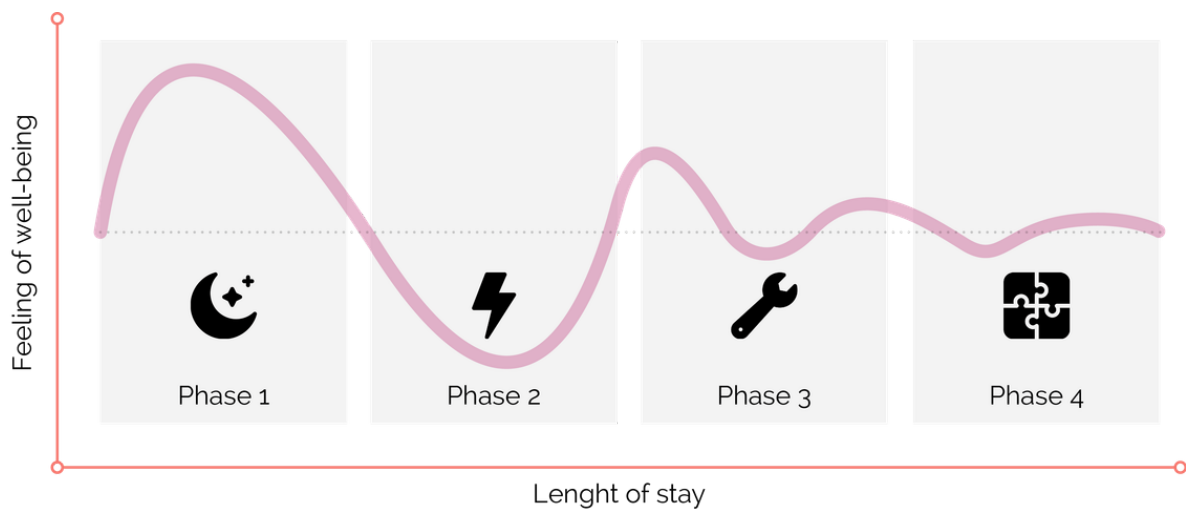
Adjusting to a new environment

Adjusting to a new environment can be stressful and confusing. It is normal to question certain ways of doing things or ways of thinking that are different from what you are used to.

Difficulty adjusting varies for each person and often happens in phases, some easier, others more challenging.

Don't hesitate to ask for help if you are having a hard time. To find out more, see [Who to talk to or ask for help](#) (p. 24).

Explore the following graphic to better understand these phases and recognize what you are feeling.



Phase 1 The honeymoon phase	Phase 2 The confrontation	Phase 3 The adjustment phase	Phase 4 The acceptance phase
Enthusiasm: Everything is new and exciting, and the experience is seen as positive. Expectations: The new environment may seem ideal and the adjustment feels quick and easy.	Trouble adjusting: Some local practices make daily life more difficult (ways of communicating, bureaucracy, work habits, etc.). Confusion and discomfort: Some norms and habits can be hard to adjust to. Seeking familiarity: Tendency to spend time in more familiar environments to feel better.	Understanding: Growing familiarity with local codes and social expectations. Asking for support: Turning to resources and individuals to make the adjustment process easier.	Accepting the new environment: A more nuanced view of local practices and an appreciation for different lifestyles. Feeling like you belong: Feeling at home, striking a balance between different cultures.

Connecting with your community and beyond

Connecting with your community of origin can provide comfort and help you preserve practices that are important to you.

Learning about the local culture is not rejecting your culture. Navigating different cultural environments allows you to learn from others and share your experiences.

Bringing together people from different backgrounds and sharing experiences helps build a sense of community.



Did you know?

Some community organizations and educational institutions offer intercultural exchange activities. These activities connect newcomers with people who were born in or have been living in Québec for several years.

They provide opportunities to meet people from different backgrounds, learn from one another, and develop new relationships.

Dealing with discrimination

Knowing what discrimination is, what its effects are and what resources are available to support you can help you cope with difficult situations.

What is discrimination?

Discrimination means treating someone unfairly because of who they are and preventing them from asserting their rights. It can be based, for example, on a person's ethnic origin, skin colour, religion or gender identity.

Discrimination can take different forms:

- Attitudes (ignorance, contempt, indifference)
- Words (insults, taunts, threats)
- Behaviours (withholding services, exclusion, being watched without a valid reason)
- Verbal, psychological or physical violence.

Whether it is intentionally or not, discrimination can:

- Influence the way you are treated by institutions
- Make it harder for some people to access services and opportunities.

It can also affect mental health and cause, for example, anxiety, negative emotions and loss of self-confidence.



Did you know?

In Québec, there are laws and resources that protect you from discrimination:

- The Charter of Human Rights and Freedoms prohibits all forms of discrimination
- The Act Respecting Labour Standards protects you from psychological harassment and discrimination in the workplace.



What to do if you experience discrimination

Asking for help

Talking to a professional can give you a safer space to talk about your experience and find solutions to address the situation. To find out more, see **Mental health help and support resources** (p. 24).

Community and government resources are also available to file a complaint or to be heard and supported.

To find out more, see the toolkit website:
[https://infobienetre.ca/en/living-together/
#discrimination-resources-available](https://infobienetre.ca/en/living-together/#discrimination-resources-available)

Avoiding isolation

Getting support from a community can make the situation easier to bear. Joining a group or participating in community activities allow you to:

- Talk to other people who have had similar experiences
- Build relationships of trust.

Examples of groups or activities:

- Community organizations offering support to immigrants and refugees
- Support groups and student associations
- Rights organizations, such as Canadian Council for Refugees, Ligue des droits et libertés, Solidarity Across Borders
- Community-building events, such as Semaine d'actions contre le racisme et pour l'égalité des chances and Montreal's Hoodstock festival.

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