

LASSA NEWSLETTER

VARIOUS INFORMATIVE NEWS EACH MONTH



LASSA's main goal is to assist our communities by ensuring essential information, and directing our clients to the various sources of services they need.

At LASSA we are still trying to provide most of our services via virtual platforms.

With the promise of vaccine accessibility to a large chunk of the population we see the light at the end of the tunnel, hoping, LASSA will be able to reopen its doors for public. Just stay tuned.

211ONTARIO HELP SENIORS

The below link will lead you to find help for seniors, about community supports and financial assistance. Just follow the blog!

[Financial assistance and community programs to help seniors | Ontario 211 \(211ontario.ca\)](https://www.211ontario.ca/financial-assistance-and-community-programs-to-help-seniors)

MENTAL WELLBEING & THE IMPORTANCE OF MOVEMENT

An Arabic saying states: Moving is Blessing. CMHA article below reinstates the correlation of wellbeing to movement. Click to enjoy reading this important article:

[Move for your mood - CMHA National](https://www.cmha.ca/move-for-your-mood)

WHAT IS YOUR NOC AS AN OCCUPATIONAL THERAPIST?

To find out your National Occupational Code (NOC), please visit the link below, and type 3143 in "Search by Code" space, there you will find necessary details.

[National Occupational Classification - Canada.ca \(esdc.gc.ca\)](https://esdc.gc.ca/national-occupational-classification)



CITIZENSHIP INFO-SESSIONS

Two different topics will be presented by Rita Attieh, via Zoom meeting for those registered.

- 1- How to pass the citizenship exam successfully by studying the book, the online exam, and the procedures. Will take place on Tuesday, 9 and 23 March 2021 from 10:30am to 11:30 am.
- 2- Most important updates to the Canadian citizenship forms and requirements. How to fill forms correctly.

Register by emailing to: Rita@lassa.ca

LASSA address: 2410 Holly Lane, Ottawa, ON, K1V 7P1

Why Credentials Assessment?

You need to get your credentials assessed if you have been educated outside Canada. You need to get them assessed, be it for employment or to return to post-secondary education. To learn more about credentials evaluation, please make sure to register to our info-sessions, that are presented by Sid Samaha, once per month.

To get an appointment for credential assessment, call directly to **Sid Samaha** at **(613) 680 - 4522**, (xtn.223), or **Maral Boudakian**, (xtn.225).



LASSA VIRTUAL INFO-SESSIONS FOR INTERNATIONALLY EDUCATED PROFESSIONALS

To learn more about types of evaluation, why it is so important to get them done soon, and other details, will be addressed at the upcoming info-session, entitled:

FCRP ACADEMIC AND PROFESSIONAL ACCREDITATION

The session will be presented via Zoom meeting, **Thursday, 25 March, 2021**, at 10:00 a.m. To register for this session, please email to: mboudakian@lassa.ca or drizk@lassa.ca so that you will receive an invitation link to join the meeting, from the presenter: ssamaha@lassa.ca

FOREIGN CREDENTIALS RECOGNITION PROGRAM

In short, FCRP, is established to assist both, newcomers and naturalized Canadian citizens. A program partnering with World Skills/job search, OCISO/mentoring, OCLF/loan, and LASSA/credential assessment services. To know more, call us directly at (613) 680 - 4522.

LASSA WILL CONTINUE FOLLOWING PROTECTIVE MEASURES

For the safety of our clients and us, we will implement the Ontario Public Health directives:

- In person appointments will be scheduled in a manner that promotes social distancing. Kindly be on time so that the time dedicated to you will not roll over onto the next client's appointment.
- Clients **must wear** a mask to receive the service. Staff will also be wearing masks.
- If you are not feeling well, please stay home but let us know that you will not show up.
- When you feel comfortable, get an appointment, by calling **(613) 680 - 4522** or email to a staff member you know from LASSA Team at <http://www.lassa.ca/about/>

"This newsletter will be provided periodically, with helpful information."

Last month we shared info about changing your address on your driver's license. However, when you move, there are other provincial and federal departments whom you must notify your new address. Here is a helpful link:

[How to change my address with the Ontario government? | MovingWaldo](#)

• Disclaimer: The views and opinions expressed and contained in this newsletter belong to the author/contributor and do not necessarily reflect the views and opinions of LASSA.