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Canadian
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première ligne

Finding connection in Canada

Starting a new life in Canada is exciting, but it can also feel overwhelming and lonely at times. Many newcomers, refugees, and international students face challenges such as learning a new language, adapting to unfamiliar customs, and being far from family or friends. These experiences are normal, but when they lead to social isolation, they can affect both your physical and emotional health.

Social isolation means having fewer opportunities to connect with people and fewer support systems in daily life. Feeling disconnected can increase stress and sadness, and over time, it can affect your well-being. The good news is that there are many ways to build connections and strengthen your support network.



Here are a few simple steps you might try:

- Join local newcomer or cultural groups. These groups can help you meet others with similar experiences.
- Volunteer in your community. Giving your time is a great way to meet people, practice language skills, and feel part of your new home.
- Take free language or cultural classes. Many community centers and schools offer programs designed for newcomers.
- Reach out to people you trust. Talking with a friend, family member, teacher, or health provider can reduce feelings of loneliness.

The Government of
Canada [newcomer mental
health page](#) also lists
supports and services
available

You are not alone. Take one small step today toward connection, whether that is reaching out to someone you trust, joining a group, or exploring the resources above. Building connections will help strengthen both your health and your sense of belonging.