Families need support in many different ways. Your community has many programs and services that can help you.

Services that Help

In your Language Companion, go to the "**My Canada**" section. Find "**Services that Help**".

What is the name of the service?	How do they help me?
Legal aid	
	They give financial support. They help me when I don't have much money.
Food Bank	
1. 2.	A safe place to live for a short time. The government can also help people find a home when they don't have much money for rent.
Community Centres	
Counsellors	

“Drag and Drop” the services and what they do to the correct box.

People who listen to your problems
and help you find solutions.

A place where you can get free food
when you need it.

Shelters

A program that helps people with
low income get legal advice and lawyers.

Social assistance programs

A place where you can join a fitness class,
programs for seniors and children.

Government Assisted Housing