

About the London InterCommunity Health Centre

London InterCommunity Health Centre has been a part of your community for more than 30 years. We provide health and social services in a welcoming setting to individuals and families living across the city of London.

Our team includes doctors, nurse practitioners, nurses, social workers, dietitians, mental health specialists, health promoters and community health workers. We also offer the services of a foot care specialist, physiotherapist, diabetes educator, and respiratory therapist. Services available vary at each location.

The Health Centre also offers many programs that address the factors in our personal lives that affect our health. These include income, education, housing, food security, recreation, and social supports.

Our vision is building opportunities for healthy and inclusive communities. Our values reflect our commitment to:

**Social Justice. Equity. Caring.
Respect. Inclusion.**

Dundas Site

659 Dundas Street
London, Ontario N5W 2Z1
Tel: 519-660-0874
Fax: 519-642-1532

Huron Site

Unit 7 - 1355 Huron Street
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Tel: 519-659-6399
Fax: 519-659-9930

Argyle Site

Unit 1 - 1700 Dundas Street
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www.lihc.on.ca



Newcomer Clinic



The Newcomer Clinic

The Health Centre has a long history of providing health and social services to immigrants and newcomers.

We work in partnership with the Cross Cultural Learners Centre to support newly arrived government assisted refugees.

Challenges to Resettlement

Refugees face many obstacles when settling into a new country. These all impact their overall health and wellbeing. Some examples include:

- Reorganization of family unit
- Loss of social support
- Low socioeconomic status
- Loss of occupation and role
- Experiences of discrimination and/or racism
- Inability to communicate and confusion around services, expectations, and cultures



Our Services

We focus on completing early health assessments and providing acute care to government-assisted refugees during their first 6 months in Canada.

Health Assessment

Many of our clients have undiagnosed or uncontrolled medical issues, no health records, and live with complex conditions.

At our first appointment, we meet with the clients to discuss the following areas:

- Migration history
- Past medical history, allergies, medications, current health complaints, psychosocial assessment
- Blood work
- Unmet contraceptive needs
- Preventative health care
- Vaccines
- Stabilization of chronic illness and acute medical concerns
- Mental health and wellbeing check

Many people experience trauma before arriving in a new country such as witnessing and experiencing violence, torture, captivity, and poverty (deprivation).

Our team of interdisciplinary providers create a circle of care to support individuals and families as they integrate into the Canadian community.



Eligibility

Government Assisted Refugees:

- Must be connected to a CCLC settlement counselor/worker.
- Must have been in Canada for less than 6 months.
- Do not have a current primary care provider.

Newcomers and Refugee Claimants to London:

Those without a health card, (excluding Visitor, Work and Education Visas and/or sponsored individuals who are required to provide their own coverage) will be accepted for services regardless of geographic boundary, these services will be determined at the time of intake.

Contact Us!

For more information call us at 519-660-5853.