



HANDS LIFTING HEARTS
INITIATIVES SOCIETY
RESOURCE 11

DOUBLE ADJUSTMENT.

Family life in a new country,
without losing who we are

For African, Black and Caribbean families,
youth, and caregivers in Alberta



New country, new roles,
new pressures. Name what
has changed and find support.

Family Violence Prevention /
Breaking Silence, Building Safety

Sponsored by the Ministry of Children and Family
Services, Government of Alberta
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Alberta
Government

Everything changed at once

Moving to Canada changes jobs, language, roles, money, and who is around to help. These activities help families name those changes and protect their relationships through them.

Make this your own

Tick boxes and type in the spaces, or print and write by hand. Use a PDF reader that supports forms. You can skip any question, pause, or return later. There are no scores. Save only if it is safe to keep your answers.

Privacy matters. A completed workbook may contain personal information. Use a device and storage location you trust. If someone monitors your device, consider using a safer device or completing the activities without recording answers.

Choose an activity

What changed for us

Roles then and now

Building our village here

Know your options

Our family's next step

Support you can choose

Safety first: Stress from migration is real. It is never a reason for violence, and your immigration status does not remove your right to safety.

What changed for us

Tick what has changed since moving to Canada.

- ☐ Who earns money in our home
- ☐ Who does childcare and housework
- ☐ How our children speak, dress or behave
- ☐ Who we can turn to for help
- ☐ Our faith or community life
- ☐ How we are seen by others
- ☐ Our health or sleep

The change that has been hardest for me

A change that has brought something good

Roles then and now

In our home	Back home, this was done by...	Here, it is done by...	Is this fair to everyone?
Earning money			
Cooking and cleaning			
Caring for children			
Paperwork and appointments			
Talking to school			

One role I would like us to share differently

When children translate for parents, they can carry adult worries. Ask for interpreters at appointments when you can.

Building our village here

Back home, aunties, grandparents and neighbours shared the load. Here, you may need to build that circle on purpose.

A neighbour or friend we could trade help with

A faith or cultural community near us

A parents' group, drop-in or program we could try

Someone who could watch the children for an hour

One thought or next step I want to keep

Know your options

You can seek support if someone threatens you about immigration status. A settlement worker or qualified immigration lawyer can explain your own options.

Family Violence Info Line: call or text 310-1818. Phone interpretation is available in more than 170 languages. Ask about privacy and any limits on confidentiality.

IRCC offers a fee-exempt family violence temporary resident permit for eligible people in Canada without status who experience abuse by a spouse or common-law partner and seek permanent residence that depends on that relationship. Eligibility is assessed individually.

A partner or sponsor does not personally decide your immigration status. Get independent advice before making decisions about your case.

A question I want to ask a settlement worker or lawyer

This is general information, not legal advice. The official IRCC source is linked on page 8.

One thought or next step I want to keep

Official information is linked on the support page.

Our family's next step

One thing we will stop expecting ourselves to do alone

One program or person we will contact this month

How we will check in with each other about stress

One tradition we will keep alive here

One thought or next step I want to keep

Support you can choose

You do not have to complete this workbook alone. In immediate danger, call 911. Click a service name for its official information.

Family Violence Info Line

Call or text 310-1818. Available 24/7; phone support in 170+ languages.

Hands Lifting Hearts Initiatives Society

admin@handsliftinghearts.ca | handsliftinghearts.ca

Kids Help Phone

Call 1-800-668-6868 or text CONNECT to 686868.

ShelterSafe

Find women's shelters and support services across Canada.

211 Alberta

Call or text 211, or use online chat to find local services.

Plan for your safety

Government of Canada safety planning information.

Settlement support

CCIS: ccisab.ca | CIWA: ciwa-online.com

One support option I may want to explore

Sources and further reading

[IRCC immigration options for family violence](#)

Support information checked October 15, 2026. This workbook is not a substitute for personalised safety planning, legal advice or professional support.

Prepared as part of the Hands Lifting Hearts Initiatives Society Family Violence Prevention: Breaking Silence, Building Safety Toolkit. Images are AI-generated and do not depict participants.