

## PUNJABI

### Canadian Charter of Rights and Freedoms in Various Languages:

<https://open.canada.ca/data/en/dataset/06d31e10-a2a8-4d53-9ff3-567714a0a9f3>

Punjabi:

- Certificate Format:  
[https://opencanada.blob.core.windows.net/opengovprod/resources/a42d8d12-aab3-479f-938f-22ba99cec314/punjabi\\_canadian\\_charter.pdf?sr=b&sp=r&sig=PFBRrguGP2%2BYeayl/wNSWwrZmfHsQBc%2BIOkq4uzDLtk%3D&sv=2015-07-08&se=2021-08-05T07%3A50%3A01Z](https://opencanada.blob.core.windows.net/opengovprod/resources/a42d8d12-aab3-479f-938f-22ba99cec314/punjabi_canadian_charter.pdf?sr=b&sp=r&sig=PFBRrguGP2%2BYeayl/wNSWwrZmfHsQBc%2BIOkq4uzDLtk%3D&sv=2015-07-08&se=2021-08-05T07%3A50%3A01Z)
- Text Format:  
[https://opencanada.blob.core.windows.net/opengovprod/resources/a7221407-8814-45e3-a3f9-92be5dd3642d/punjabi\\_final-s.pdf?sr=b&sp=r&sig=l/nbSvDwOYc3L61yIuo8bWI1QkkqzNfcUG5BV2voASA%3D&sv=2015-07-08&se=2021-08-05T07%3A57%3A54Z](https://opencanada.blob.core.windows.net/opengovprod/resources/a7221407-8814-45e3-a3f9-92be5dd3642d/punjabi_final-s.pdf?sr=b&sp=r&sig=l/nbSvDwOYc3L61yIuo8bWI1QkkqzNfcUG5BV2voASA%3D&sv=2015-07-08&se=2021-08-05T07%3A57%3A54Z)

## PUNJABI:

Covid:

- Questions and Answers: From British Columbia Centre for Disease Control  
<http://www.bccdc.ca/Health-Info-Site/Documents/Coronavirus%20FAQ%20Punjabi.pdf>
- Physical Distancing: From British Columbia Centre for Disease Control  
[http://www.bccdc.ca/Health-Info-Site/Documents/PhysicalDistancing\\_Punjabi.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/PhysicalDistancing_Punjabi.pdf)
- Common Question about Covid-19: From HealthLinkBC  
[https://www.healthlinkbc.ca/hlbc/files/documents/healthfeature/coronavirus\\_disease\\_health\\_feature-p.pdf](https://www.healthlinkbc.ca/hlbc/files/documents/healthfeature/coronavirus_disease_health_feature-p.pdf)
- Fraser Health Shareable Resources: [https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus/resources#.X7Cp8i\\_r3BI](https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus/resources#.X7Cp8i_r3BI)
- **Public Health Canada:** Vulnerable Populations for Covid-19  
<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-pan.pdf?>
- **Public Health Canada:** People who are at high risk for severe illness from COVID-19  
<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/people-high-risk-for-severe-illness-covid-19/people-high-risk-for-severe-illness-covid-19-pan.pdf?>
- **Public Health Canada:** Help Reduce the Spread of Covid-19  
<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/help-reduce-spread-covid-19/help-reduce-spread-covid-19-pan.pdf?>
- **Public Health Canada:** How to isolate at home when you may have COVID-19  
<https://www.canada.ca/content/dam/phac->

[aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-how-to-isolate-at-home/covid-19-how-to-isolate-at-home-pan.pdf?](https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-how-to-isolate-at-home/covid-19-how-to-isolate-at-home-pan.pdf)

- **Public Health Canada:** How to quarantine (self-isolate) at home when you may have been exposed to COVID-19 and have no symptoms  
[https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms/how-to-self-isolate-home-exposed-no-symptoms-pan.pdf?](https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms/how-to-self-isolate-home-exposed-no-symptoms-pan.pdf)
- **Public Health Canada:** Reduce the spread of COVID-19: Wash your hands infographic [https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-handwashing/covid-19-handwashing-pan.pdf?](https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-handwashing/covid-19-handwashing-pan.pdf)

#### Family:

- **Parenting After Separation - A Handbook for Parents:** This guide for separating parents focuses on meeting the needs of the children through development of a parenting plan and positive communications. From Justice Education Society of BC and BC Ministry of Attorney General. 2013.  
<https://www.justiceeducation.ca/themes/framework/documents/paspunjabi.pdf>
- **Public Guardian and Trustee - Youth in Care:** If you are in the continuing care of the province of BC, then you have a property guardian and that is the Public Guardian and Trustee (PGT). This means that the PGT is responsible for your legal and financial affairs. From Public Guardian and Trustee of BC. 2013.  
<https://www.trustee.bc.ca/Documents/translations/Youth%20in%20Care%20Punjabi.pdf>
- **Child and Youth Services:** The PGT Child and Youth Services division works on behalf of and directly with children and youth as well as with their parents or guardians. From Public Guardian and Trustee of BC. 2013.  
<https://www.trustee.bc.ca/Documents/translations/Child%20and%20Youth%20Services%20Punjabi.pdf>
- **Separation Agreements - Your Rights and Options:** Explains the law about fair division of family property or debt when spouses separate, and what to do about an unfair agreement. Describes how to prepare a financial statement for court, how to manage your case, and where to get free legal help. Only English version includes recent minor changes. From Legal Aid BC and West Coast LEAF. 2013.  
<https://pubsdb.lss.bc.ca/pdfs/pubs/Separation-Agreements-pan.pdf>
- **Mothers Leaving Abusive Partners - Information on Custody and Access for Women with Children:** Describes what abuse is, how to protect yourself and your children, what the courts can do, deciding parenting arrangements, and where to get help and support. Includes a checklist of what to take with you when you leave an abusive relationship. From Legal Aid BC and YWCA Vancouver. 2016.  
<https://pubsdb.lss.bc.ca/pdfs/pubs/Mothers-Leaving-Abusive-Partners-pan.pdf>
- **Family Law in BC - Quick Reference Tool:** This set of postcards introduces the reader to the basics of family law. Each card covers one legal aspect of separation, such as which laws apply, reaching agreements, and issues involving children. From Legal Aid BC. 2017. <https://pubsdb.lss.bc.ca/pdfs/pubs/Family-Law-in-BC-Quick-Reference-Tool-pan.pdf>

- **For Your Protection - Peace Bonds and Family Law Protection Orders:** This booklet is for people living in BC who need protection from a partner they are — or have been — in an intimate relationship with. Explains how and when people can apply for peace bonds and family law protection orders, and what the differences are between them. From Legal Aid BC and BC Ministry of Attorney General. 2017.  
<https://pubsdb.lss.bc.ca/pdfs/pubs/For-Your-Protection-pan.pdf>
- **Living Together or Living Apart - Common Law Relationships, Marriage, Separation, and Divorce:** Explains the basics of BC family law: marriage/marriage-like relationships, separation, divorce, agreements, parenting, child/spousal support, property/debt, and where to get help. From Legal Aid BC. 2013.  
<https://pubsdb.lss.bc.ca/pdfs/pubs/Living-Together-or-Living-Apart-pan.pdf>
- **Live Safe, End Abuse:** Explains what abuse is and where people who are being abused can get help. Includes information about keeping children safe, safety planning, men who are abused, and financial matters. From Legal Aid BC. 2017.  
<https://pubsdb.lss.bc.ca/pdfs/pubs/Live-Safe-End-Abuse-pan.pdf>
- **Separation Agreements - Your Right to Fairness:** This plain language booklet gives a general overview of the financial issues surrounding separation, including when it might be possible to apply to the courts to cancel or change a separation agreement and how to prepare a financial statement. The booklet updated in collaboration with the LSS. From West Coast LEAF and Legal Aid BC. 2013.  
<http://www.westcoastleaf.org/wp-content/uploads/2014/09/2014-SEPARATION-AGREEMENTS-Punjabi.pdf>
- **Family Maintenance Enforcement Program - Do You Need Help With Child Support?:** When there are problems getting child support families can get help from the Family Maintenance Enforcement Program. This is a free government program that helps families collect spousal and child support, track support payments and enforce support orders. From BC Ministry of Attorney General. 2014.  
<https://www.fmep.gov.bc.ca/assets/uploads/2014/12/BC-FMEP-Do-You-Need-Help-With-Child-Support-Punjabi.pdf>
- **Family Maintenance Enforcement Program - Collecting Child Support When a Parent Lives Outside of BC:** Sometimes it can be difficult to collect child or spousal support from a former spouse or parent who is living outside BC. The BC government has arrangements with all other Canadian provinces and territories and some foreign countries to make sure child and spousal support obligations are followed. From BC Ministry of Attorney General. 2014.  
<https://www.fmep.gov.bc.ca/assets/uploads/2014/12/BC-FMEP-Parent-Lives-Outside-BC-Punjabi.pdf>
- **Abuse is Wrong in Any Language:** For immigrant and refugee women experiencing abuse in their relationships. It explains what is abuse, that the abuse is not your fault, and that help is available. It also outlines issues to consider if you leave the relationship or if you stay. From Department of Justice. 2012.  
<https://canada.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/fe-fa/pdf/pun.pdf>
- **Legal Aid custody and access issues for immigrants and people at risk of deportation:** <https://www.legalaid.on.ca/wp-content/uploads/booklet-Custody-and-Access-Issues-Punjabi.pdf>
- **Immigrant Legal - How to Resolve a Family Law Matter without Going to Court:** the new Family Law Act came into effect in March 2013. This article explains what the Act could mean to you or someone you know.

<https://www.immigrantlegal.ca/sites/default/files/pdf/factsheets/familylaw/Punjabi/Out-of-court-options.pdf>

- **Immigrant Legal - Protecting yourself from family violence:** this article explains what you can do if you are being abused by a family member:  
<https://www.immigrantlegal.ca/sites/default/files/pdf/factsheets/familylaw/Punjabi/Protecting-yourself-from-family-violence.pdf>
- **Immigrant Legal - What are separation agreements and how do I get one?:** this article explains the rules about separation agreements.  
<https://www.immigrantlegal.ca/sites/default/files/pdf/factsheets/familylaw/Punjabi/What-are-separation-agreements.pdf>
- **Immigrant Legal - What happens to the children when a family breaks up?:** this article explains what the Act could mean to you or someone you know.  
<https://www.immigrantlegal.ca/sites/default/files/pdf/factsheets/familylaw/Punjabi/Care-of-the-children.pdf>
- **Immigrant Legal - Who supports the children when a family breaks up?:** This article explains what the rules are about paying child support.  
<https://www.immigrantlegal.ca/sites/default/files/pdf/factsheets/familylaw/Punjabi/Who-supports-the-children-when-a-family-breaks-up.pdf>
- **Immigrant Legal Family Mediation:** Family mediation helps parents to make important decisions when experiencing separation or divorce. Family mediation helps parents make decisions that are in the best interests of the children.  
[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_Family\\_Mediation.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_Family_Mediation.pdf)
- **Immigrant Legal - Domestic Violence:** domestic violence is any form of violent or abusive behaviour that happens during a relationship or after a relationship ends. Domestic violence may include more than physical or sexual violence; it can include other forms of abuse in an attempt to control or intimidate someone.  
[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_Domestic\\_Violence.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_Domestic_Violence.pdf)
- **Immigrant Legal - Child Protection:** In B.C., a child is anyone under the age of 19. Child abuse can take different forms. It may be physical, sexual, emotional – or the result of neglect.  
[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_Child\\_Protection.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_Child_Protection.pdf)
- **Dial-a-Law - Separation and Separation Agreements:** This resource, available in text or audio format, is for legally married spouses only. It discusses divorce as well as child custody, property and debt issues.  
[http://cbabc.org/CBAMediaLibrary/cba\\_bc/DAL/PDFs/Pun/6115.pdf](http://cbabc.org/CBAMediaLibrary/cba_bc/DAL/PDFs/Pun/6115.pdf)
- **Dial-a-Law - Family Court:** This resource, available in text or audio format, explains Family Court which is part of BC's Provincial Court system.  
[http://cbabc.org/CBAMediaLibrary/cba\\_bc/DAL/PDFs/Pun/6110.pdf](http://cbabc.org/CBAMediaLibrary/cba_bc/DAL/PDFs/Pun/6110.pdf)

Criminal:

- **When Battered Women are Arrested:** This tool is to assist women who have been abused by their partner and arrested by the police. It is aimed at empowering women to get support and take action about the arrest. From Battered Women's Support

Services. 2010. <http://www.bwss.org/wp-content/uploads/2010/06/womenarrest-punjabi.pdf>

- **Stalking is a Crime Called Harassment:** Explains what type of behaviour counts as criminal harassment and what steps you can take to protect yourself. It also includes a list of local or provincial agencies that can offer support or helpful information. From Canada Department of Justice. 2003. <https://www.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/stalk-harc/pdf/punjabi.pdf>
- **Bail Orders - No Contact Orders:** A bail order tells you what you may or may not do while your criminal charges are outstanding. This fact sheet provides information about bail orders that state you are to have no contact with a person (a no-contact order). It is a criminal offence to do anything that is forbidden by a bail order. From Justice Education Society of BC. 2002. [https://www.justiceeducation.ca/themes/framework/documents/bail\\_orders\\_punjabi.pdf](https://www.justiceeducation.ca/themes/framework/documents/bail_orders_punjabi.pdf)
- **Recognizance under s. 810 (Peace Bond):** This fact sheet explains a recognizance under s. 810 of the Criminal Code, also known as a peace bond. You must "keep the peace." If you fail to comply with the conditions of a peace bond, you may be charged with a criminal offence. A peace bond is for a set amount of money, for up to one year. From Justice Education Society of BC. 2002. [https://www.justiceeducation.ca/themes/framework/documents/recognizance\\_punjabi.pdf](https://www.justiceeducation.ca/themes/framework/documents/recognizance_punjabi.pdf)
- **Alternative Measures (Diversion):** If you are charged with a crime and admit that you committed the crime, you may be able to deal with the charges without having to plead guilty or go to trial. This fact sheet provides information and a form to give to the prosecutor to request alternative measures, also known as "diversion." From Justice Education Society of BC. 2002. [https://www.justiceeducation.ca/themes/framework/documents/alternative\\_measures\\_punjabi.pdf](https://www.justiceeducation.ca/themes/framework/documents/alternative_measures_punjabi.pdf)
- **Is That Legal? What the Law Says about Online Harassment and Abuse:** This plain language booklet helps youth become safer online when they use social media. It explains about consent for sexual activity, sexual activity that's illegal, and where to get support services and legal help. From Legal Aid BC and West Coast LEAF. 2017. <https://pubsdb.lss.bc.ca/pdfs/pubs/Is-That-Legal-pan.pdf>
- **Reporting Crimes to the Police and What Happens When You Make a Report:** This info sheet includes helpful tips for making a report with the police, information about what happens after a report is made and what happens to the person accused (bail, recognizance and peace bonds). From Seniors First BC. 2006. <http://seniorsfirstbc.ca/wp-content/uploads/2016/04/factsheet-reporting-crimes-punjabi.pdf>

#### Immigration:

- **Court Information Program for Immigrants:** The Court Information Program for Immigrants provides free legal help and information for new immigrants and refugees. From Justice Education Society of BC. 2012. <https://www.courtinformation.ca/pa>
- **British Columbia Newcomers' Guide to Resources and Services:** Moving to a new country can be challenging. You probably have a number of questions that need

to be answered right away. This guide has information on getting a job, health services, banking, getting a driver's license, the legal system, and much more. From WelcomeBC. 2017. <https://www.welcomebc.ca/getmedia/be77a564-e62e-4a36-b949-e2a256694fbc/BC-Newcomers-Guide-Punjabi.pdf.aspx>

- **Sponsorship Breakdown:** Sponsorship Breakdown is for permanent residents who need help when the person sponsoring them in Canada is no longer supporting them. Explains what happens when a sponsorship breaks down, and how to apply for welfare. From Legal Aid BC. 2017. <https://pubsdb.lss.bc.ca/pdfs/pubs/Sponsorship-Breakdown-pan.pdf>

#### Employment:

- **Pesticides on the Farm:** 12 page booklet outlines both legal and non-legal options available to farm workers to ensure that they are protected from pesticide exposure through their work. From West Coast Environmental Law. 2008. <https://wcel.org/sites/default/files/publications/Pesticides%20on%20the%20Farm%20-%20Punjabi.pdf>
- **BC Employment Standards Act - Hours of work and overtime:** [https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/hours\\_of\\_work\\_overtime.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/hours_of_work_overtime.pdf)
- **BC Employment Standards Act - Hiring temporary foreign workers:** [https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/foreign\\_workers.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/foreign_workers.pdf)
- **BC Employment Standards Act - Annual vacation:** [https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/annual\\_vacation.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/annual_vacation.pdf)
- **Steps that farms must follow to address COVID-19:** All farms and farm labour contractors must follow guidance from the Provincial Health Officer to protect B.C. farmers and farm workers during the COVID-19 pandemic. <https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/agriculture-and-seafood/covid-19/covid-19-pho-guidance-farms-farm-workers-punjabi.pdf>
- **BC Farm workers:** [https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/farm\\_workers.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/farm_workers.pdf)
- **BC Farm Labour Contractors:** [https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/farm\\_labour\\_contractors.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/farm_labour_contractors.pdf)
- **BC Employment Agencies:** [https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/employment\\_agency.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/employment-standards/factsheets-pdfs/translated-factsheets/punjabi/employment_agency.pdf)
- **BC Reviews of WorksafeBC Decisions and Appeals to the Workers' Compensation Appeal Tribunal (WCAT):**

[https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/workers-advisers-office/factsheets/punjabi\\_appeals\\_to\\_wcat\\_factsheet\\_-\\_final\\_version\\_for\\_web.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/workers-advisers-office/factsheets/punjabi_appeals_to_wcat_factsheet_-_final_version_for_web.pdf)

- **BC Worksafe BC Claims - Extension of Time Applications:**

[https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/workers-advisers-office/factsheets/punjabi\\_eot\\_factsheet\\_-\\_final\\_version\\_for\\_web.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/workers-advisers-office/factsheets/punjabi_eot_factsheet_-_final_version_for_web.pdf)

- **BC Workplace Safety - Foreign Workers:**

[https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/workers-advisers-office/factsheets/foreign\\_workers\\_punjabi.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/workers-advisers-office/factsheets/foreign_workers_punjabi.pdf)

- **Workers' Action Centre - Temporary Agency Workers:**

<https://workersactioncentre.org/wp-content/uploads/2019/06/Temp-Agencies-Punjabi-Mar-2019.pdf>

- **Workers' Action Centre - Working for Cash:** <https://workersactioncentre.org/wp-content/uploads/2019/06/Working-for-Cash-Punjabi-Mar-2019.pdf>

- **Immigrant Legal - Employment Insurance:** Employment Insurance (EI) provides temporary financial assistance to unemployed Canadians who have lost their job through no fault of their own, while they look for work or upgrade their skills. Canadians who are sick, pregnant, or caring for a newborn or adopted child, as well as those who must care for a family member who is seriously ill may also be receive financial support through Employment Insurance.

[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_Family\\_Duty\\_Counsel.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_Family_Duty_Counsel.pdf)

- **Immigrant Legal - Social Assistance:** In B.C., the Employment and Assistance Program (also called welfare) provides support and shelter assistance for those who are eligible. For most people the program is temporary, but for some it maybe a long-term need.

[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_Social\\_Assistance\\_.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_Social_Assistance_.pdf)

- **Immigrant Legal - Disability Assistance:** Disability assistance is for people who – through disability – cannot work or have difficulty working full-time. The government helps these people through financial aid, training programs and education. If you have disabilities, you may qualify for persons with disabilities (PWD) benefits.

[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_Disability\\_Assistance.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_Disability_Assistance.pdf)

- **Immigrant Legal - 5 Ways to Protect Yourself as a Worker:** Provides workers with basic information and tips on Employment Standards. Topics include: (1) put everything in writing, (2) rights and responsibilities, (3) pay day, (4) holidays and vacations, and (5) leaving your job.

[https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_Five%20ways%20to%20protect%20yourself%20as%20a%20worker%20for%20Web%5B1%5D.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_Five%20ways%20to%20protect%20yourself%20as%20a%20worker%20for%20Web%5B1%5D.pdf)

- **Immigrant Legal - 5 Ways to Protect Yourself as an Employer:** Provides employers with basic information and tips on Employment Standards. Topics include: (1) put everything in writing, (2) rights and responsibilities, (3) paying wages, (4) holidays, and (5) ending a worker's job.

[https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_Five%20ways%20to%20protect%20yourself%20as%20an%20employer%20for%20Web%5B1%5D.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_Five%20ways%20to%20protect%20yourself%20as%20an%20employer%20for%20Web%5B1%5D.pdf)

- **Immigrant Legal - What Happens if you get Fired?** Outlines when an employer has the right or responsibility to provide workers with notice and/or compensation for ending their employment. Also explains the term "just cause," using examples. [https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_What%20happens%20when%20you%20get%20fired\\_0.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_What%20happens%20when%20you%20get%20fired_0.pdf)
- **Immigrant Legal - Your Rights as a Foreign Worker:** provides new immigrants with basic information on illegal fees, illegal firings, and general rights and responsibilities for workers and employers. [https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_Your%20Rights%20as%20a%20Foreign%20Worker\\_0.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_Your%20Rights%20as%20a%20Foreign%20Worker_0.pdf)
- **Immigrant Legal - Your Right to Paid Holiday:** Provides a list of statutory holidays, outlines the qualifications needed to get statutory holiday pay, and details workers' rights when working on a statutory holiday. [https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_Your%20right%20to%20paid%20holidays.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_Your%20right%20to%20paid%20holidays.pdf)
- **Immigrant Legal - Domestic Workers and the Law:** Outlines the qualifications for being a domestic worker, what domestic workers are entitled to, what employers cannot refuse domestic workers, and other general rights and responsibilities of domestic workers and their employers. [https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_Domestic%20Workers%20and%20the%20Law\\_0.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_Domestic%20Workers%20and%20the%20Law_0.pdf)
- **Immigrant Legal - Hours of Work and Overtime:** Provides basic information on minimum daily pay, meal breaks, daily and weekly overtime, the definition of a split shift, and how many hours in a row a worker must be free from work both over the course of a week and in between shifts. [https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_Hours%20of%20Work%20and%20Overtime\\_0.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_Hours%20of%20Work%20and%20Overtime_0.pdf)
- **Immigrant Legal - What You Need to Know about Payroll Deductions:** Outlines what your employer must legally deduct from your pay, what they need your written permission to deduct, examples of when your employer cannot deduct any part of your wages, and what to do if your employer violates the Employment Standards Act. [https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_What%20you%20need%20to%20know%20about%20payroll%20deductions.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_What%20you%20need%20to%20know%20about%20payroll%20deductions.pdf)
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#### Housing:

- **Property Assessment Complaints - The Complaint Process Step-by-Step:** This guide provides information about British Columbia's property assessment complaint process and will take you step by step through a property assessment complaint. It will provide you with important information and direction along the way. From BC Ministry of Municipal Affairs and Housing. 2016. [https://www2.gov.bc.ca/assets/gov/housing-and-tenancy/owning-a-home/parp/t12507punjabi\\_property-assessment-guide.pdf](https://www2.gov.bc.ca/assets/gov/housing-and-tenancy/owning-a-home/parp/t12507punjabi_property-assessment-guide.pdf)
- **Housing for Newcomers:** Provides online information for newcomers on renting an apartment, buying a home, and planning & managing a mortgage. From Canada Mortgage and Housing Corporation (CMHC). 2016. <https://www.cmhc-schl.gc.ca/en/buying/newcomers-housing-information>



- **5 Ways to Protect Yourself as a Tenant:** Outlines 5 things tenants can do to protect themselves from problem landlords: (1) get receipts, (2) put everything in writing, (3) have witnesses, (4) take photos, and (5) learn your rights and responsibilities. Following these measures can greatly increase your chances of having a successful tenancy. From Immigrant PLEI Consortium. 2010.  
[https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_5%20ways%20to%20protect%20yourself%20as%20a%20tenant.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_5%20ways%20to%20protect%20yourself%20as%20a%20tenant.pdf)
- **5 Ways to Protect Yourself as a Landlord:** Outlines 5 things landlords can do to avoid problems with their tenants: (1) choose the right tenants, (2) provide a copy of your tenancy agreement, (3) complete move-in and move-out condition inspection reports, (4) make repairs, (5) and find out about your rights and responsibilities. Following these measures can greatly increase your chances of having a successful tenancy. From Immigrant PLEI Consortium. 2010.  
[https://www.immigrantlegal.ca/sites/default/files/Punjabi\\_Five%20ways%20to%20protect%20yourself%20as%20a%20landlord.pdf](https://www.immigrantlegal.ca/sites/default/files/Punjabi_Five%20ways%20to%20protect%20yourself%20as%20a%20landlord.pdf)

#### Human Rights:

- **Pesticides and Your Health:** 12 page booklet introduces the reader to the human health risks of pesticide exposure and basic precautions that can be taken to avoid pesticide-related health problems. From West Coast Environmental Law. 2008.  
<https://wcel.org/sites/default/files/publications/Pesticides%20and%20your%20Health%20-%20Punjabi.pdf>
- **Human Trafficking in Canada:** This 16-page booklet is for community leaders, teachers, students, people in social service or health care roles and others who want to help their communities learn more about human trafficking. From People's Law School. 2014. <https://www.peopleslawschool.ca/publications/human-trafficking-canada-punjabi>
- **“Modern Day Slavery: Combating the Exploitation and Trafficking of Foreign Workers in Our Communities”:** a pamphlet developed by WCDWA and MOSAIC, an immigrant settlement agency, in 2011 to raise awareness and assist foreign workers who may be trafficked (includes human rights information, temporary workers, etc.)  
[https://mwcbc.ca/downloads/human\\_trafficking\\_brochure\\_punjabi.pdf](https://mwcbc.ca/downloads/human_trafficking_brochure_punjabi.pdf)
- **Legal Aid Can Help You:** This plain language brochure outlines legal aid services, and how and where to get help. It provides the phone numbers of all legal aid offices in BC. The other language versions (from 2016) don't include the most recent minor changes and updates that appear in the English version. From Legal Aid BC. 2016.  
<https://pubsdb.iss.bc.ca/pdfs/pubs/Legal-Aid-Can-Help-You-pan.pdf>
- **Your Rights Under BC's Mental Health Act:** This pamphlet helps people who are involuntarily hospitalized (certified) under BC's Mental Health Act understand their rights. It is meant to be a supplement to Form 13. From Mental Health Act Rights Advice (MHARA) at SFU. 2018. <https://www.bcmentalhealthrights.ca/wp-content/uploads/2019/02/MHARA-pamphlet-2018-Punjabi.pdf>
- **Human Rights in BC - Racial Discrimination:** This fact sheet helps you understand racial discrimination in BC. It explains how the law protects you from being treated badly or denied a benefit because of your race, the colour of your skin, your ancestry or your place of origin. It includes information on where to get help. From BC Ministry

of Attorney General. 2016. <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/human-rights/human-rights-protection/punjabi-racial-discrimination.pdf>

- **Human Rights in BC - Discrimination based on Sexual Orientation:** This fact sheet helps you understand discrimination based on sexual orientation in BC. It explains how the law protects you from being treated badly or denied a benefit because of your sexual orientation. It includes information on where to get help. From BC Ministry of Attorney General. 2016. <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/human-rights/human-rights-protection/punjabi-sexual-orientation.pdf>
- **Human Rights in BC - What You Need to Know:** This fact sheet helps you understand human rights in BC. It explains how BC Human Rights Code protects you from discrimination and harassment and includes information on where to get help. From BC Ministry of Attorney General. 2016. <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/human-rights/human-rights-protection/punjabi-what-you-need-to-know.pdf>
- **How You Can Help:** This guide explains the options available for you to help adults who are not able to manage their financial & legal affairs on their own. It covers informal options, personal planning options, and others such as federal government pension trustee and committee of estate. From Public Guardian and Trustee of BC. 2014. [https://www.trustee.bc.ca/Documents/translations/Punjabi\\_Its%20Your%20Choice.pdf](https://www.trustee.bc.ca/Documents/translations/Punjabi_Its%20Your%20Choice.pdf)
- **Human Rights in BC - Protection in Employment:** A fact sheet to help you understand human rights in BC and the protection it provides you in employment. Includes information for both employees and employers, and where to get help or more information. From BC Ministry of Attorney General. 2016. <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/human-rights/human-rights-protection/punjabi-protection-employment.pdf>
- **Filing a Complaint about a Physician:** Outlines the general process that takes place when you file a complaint about a physician. Includes links to the Complaint Form or the Authorization for Representation Form. The complaint process is also visualized in an infographic downloadable from this page. From College of Physicians and Surgeons of British Columbia. 2016. <https://www.cpsbc.ca/files/pdf/Complaints-Process-Punjabi.pdf>
- **Human Rights in BC - Sex Discrimination and Sexual Harassment:** BC Human Rights Code protects against sex discrimination. This factsheet gives definition of sex discrimination and sexual harassment. It tells you how to determine if you have a human rights complaint and where to get help. From BC Ministry of Attorney General. 2016. <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/human-rights/human-rights-protection/punjabi-sex-discrimination-harassment.pdf>

Debt:

- **Consumer Credit and Debt - You Owe Money:** animated series educating people on problems that can arise with credit card use. In this episode, Robert discusses debt collection problems of owing money and being owed money. From People's Law School. 2010. [https://www.youtube.com/watch?v=P2\\_-7YUKsFw](https://www.youtube.com/watch?v=P2_-7YUKsFw)

- **A Series on Credit Card Responsibility:** animated series educating people on problems that can arise with credit cards. From People's Law School. 2009.  
[https://www.youtube.com/watch?v=ExICzCX\\_u4I](https://www.youtube.com/watch?v=ExICzCX_u4I)
- **Consumed by Debt? Information for Consumers on the Insolvency Process:** This brochure outlines a consumer's insolvency options when they are facing challenging financial times, and explains that Licenced Insolvency Trustees (LITs) are the only qualified professionals authorized to administer insolvency proceedings. From Office of the Superintendent of Bankruptcy Canada. 2015.  
[https://www.ic.gc.ca/eic/site/bsf-osb.nsf/vwapj/Consumer-bankruptcy-brochure-Punjabi.pdf/\\$file/Consumer-bankruptcy-brochure-Punjabi.pdf](https://www.ic.gc.ca/eic/site/bsf-osb.nsf/vwapj/Consumer-bankruptcy-brochure-Punjabi.pdf/$file/Consumer-bankruptcy-brochure-Punjabi.pdf)
- **Options to Consider:** Options to consider when an individual has difficulties managing their financial, legal or personal affairs. From Public Guardian and Trustee of BC. 2014.  
[https://www.trustee.bc.ca/Documents/translations/Punjabi\\_Options%20to%20Consider.pdf](https://www.trustee.bc.ca/Documents/translations/Punjabi_Options%20to%20Consider.pdf)

Elder:

- **Health Care Decision Making - Legal Rights of People Living with Dementia:** CCEL, in collaboration with the Alzheimer Society of BC, have developed a set of resources on the decision-making rights of people living with dementia. From Canadian Centre for Elder Law (CCEL) and Alzheimer Society of BC. 2020.  
[https://www.bcli.org/wordpress/wp-content/uploads/2020/02/HCC\\_factSheet\\_Punjabi\\_2020.pdf](https://www.bcli.org/wordpress/wp-content/uploads/2020/02/HCC_factSheet_Punjabi_2020.pdf)
- **Responding to Elder Abuse:** this brochure helps older adults know how to respond to abuse and know where they can find assistance. From BC Ministry of Health.  
[Punjabi](#)
- **Introduction to Advance Care Planning:** this brochure tells you about advance care planning, how to start making one, and available options. From BC Ministry of Health. [Punjabi](#)
- **Advance Care Planning in BC:** this video provides information about the advance care planning options available to capable adults in British Columbia. Video with Punjabi subtitles. From BC Ministry of Health. 2012.  
[https://www.youtube.com/watch?v=favfWI2Ef\\_g](https://www.youtube.com/watch?v=favfWI2Ef_g)
- **Financial Abuse - Protecting British Columbia's Seniors:** this brochure helps older adults learn how to prevent financial abuse, recognize financial abuse when it happens, know how to respond and know where they can find assistance. From BC Ministry of Health. 2016. [https://www2.gov.bc.ca/assets/gov/people/seniors/health-safety/eap-kits/punjabi\\_elderabuse\\_financial\\_brochure\\_jan21.pdf](https://www2.gov.bc.ca/assets/gov/people/seniors/health-safety/eap-kits/punjabi_elderabuse_financial_brochure_jan21.pdf)
- **BC Seniors' Guide:** This guide includes information on provincial and federal programs, with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services. It provides a directory of resources and service providers that are available to seniors. From BC Ministry of Health. 2015.  
[https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc\\_seniors\\_guide\\_11thed\\_punjabi.pdf](https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc_seniors_guide_11thed_punjabi.pdf)
- **Abuse and Neglect of Seniors and the Criminal Justice System:** This info sheet includes descriptions of the roles of police, the Crown counsel, victim service workers in responding to abuse and neglect of seniors. From Seniors First BC. 2018.

<http://seniorsfirstbc.ca/wp-content/uploads/2016/04/factsheet-abuse-criminal-justice-punjabi.pdf>

- **Giving Other People Authority to Help You Manage Your Affairs:** There are formal and informal ways to give someone permission to help us manage our financial affairs. If you decide to take a more formal step, this information sheet outlines some common options. All of them can be helpful but, in the wrong hands, they can also be harmful. From Seniors First BC. 2006. <http://seniorsfirstbc.ca/wp-content/uploads/2016/04/factsheet-authority-to-help-punjabi.pdf>
- **Immigrant Legal - What is elder abuse and where can I get help?:** this article explains what elder abuse is and how to get help when the abuser is a family member or caregiver. <https://www.immigrantlegal.ca/sites/default/files/pdf/factsheets/familylaw/Punjabi/What-is-elder-abuse-and-where-can-I-get-help.pdf>
- **Immigrant Legal - What is financial abuse of older adults?:** Financial abuse is the most common form of elder abuse. This article explains what financial abuse of older adults consists of, and where older adults and those who care about them can get help. <https://www.immigrantlegal.ca/sites/default/files/pdf/factsheets/familylaw/Punjabi/What-is-financial-abuse-of-older-adults.pdf>
- **Immigrant Legal - Elder abuse:** elder abuse or neglect is when there is violence against seniors or mistreatment of seniors, including neglect of seniors who depend on others for care. Abuse or neglect may take many different forms including physical, sexual, emotional, and financial. Many types of abuse, and some types of neglect, are criminal offences. [https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_555w\\_Elder-Abuse.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_555w_Elder-Abuse.pdf)

#### Court Proceedings:

- **Trial Conferences in Small Claims Court:** Information describes trial conferences in small claims court. Trial conferences are a pilot procedure in claims over \$5,001 and up to \$35,000. They involve an informal one-on-one discussion with a Provincial Court judge. Learn how to prepare for a trial conference, and what to expect. From Justice Education Society of BC. 2007. [http://www.smallclaimsbcc.ca/sites/default/files/pdf/Punjabi\\_TrialConference\\_robsonsquare.pdf](http://www.smallclaimsbcc.ca/sites/default/files/pdf/Punjabi_TrialConference_robsonsquare.pdf)
- **Mediation in Small Claims Court:** Information about resolving disputes through mediation in small claims court in BC. It explains the difference between mediation and a trial and the benefits of mediation. Details include what to expect, how to prepare, and what happens at the mediation. From Justice Education Society of BC. 2007. [http://www.smallclaimsbcc.ca/sites/default/files/pdf/Punjabi\\_Mediation.pdf](http://www.smallclaimsbcc.ca/sites/default/files/pdf/Punjabi_Mediation.pdf)
- **BC Human Rights Tribunal - Guide for Self-Represented People:** this guide explains how the Tribunal works in plain language. It gives the definition of administrative tribunal and explains the role of different parties involved. Topics outlined include making the applications, what happens in the hearing, and what to do if you disagree with the decision. From BC Human Rights Tribunal. 2009. <http://www.bchrt.bc.ca/shareddocs/guides/Punjabi-Guide-Self-Represented.pdf>

- **BC Human Rights Tribunal - Guide to Getting Ready for a Hearing:** This guide gives you information about the hearing process for a complaint under the BC Human Rights Code. It provides an overview of the process, describes how you can prepare for the hearing, and explains what happens at the hearing and when you can expect a decision. From BC Human Rights Tribunal. 2005.  
[http://www.bchrt.gov.bc.ca/shareddocs/guides/guide5\\_punjabi.pdf](http://www.bchrt.gov.bc.ca/shareddocs/guides/guide5_punjabi.pdf)
- **Guide to the BC Human Rights Code and Tribunal:** The information in this guide provides an overview of the role of the BC Human Rights Tribunal, which is responsible for enforcing the BC human rights law, known as the Human Rights Code. It describes what the tribunal does, how to file a complaint, what the process involves, and where to get help. From BC Human Rights Tribunal.  
[http://www.bchrt.gov.bc.ca/shareddocs/guides/guide1\\_punjabi.pdf](http://www.bchrt.gov.bc.ca/shareddocs/guides/guide1_punjabi.pdf)
- **BC Human Rights Tribunal - Guide to the Settlement Meeting:** This guide provides an overview of the settlement meeting process under the BC Human Rights Code. It describes what happens at the meeting, when the meeting is held, who is at the meeting, and what the outcomes might be. From BC Human Rights Tribunal.  
[http://www.bchrt.gov.bc.ca/shareddocs/guides/guide4\\_punjabi.pdf](http://www.bchrt.gov.bc.ca/shareddocs/guides/guide4_punjabi.pdf)
- **Small Claims Preparation Checklist:** A short checklist of what you can do to prepare for your Small Claims Court trial. What are the rules for preparing and presenting your case? From Provincial Court of British Columbia. 2015.  
<https://www.provincialcourt.bc.ca/downloads/smallclaims/Information%20For%20Trial%20punjabi.pdf>
- **How to Set a Trial Date in Vancouver Provincial Court (Arraignment Hearing):** If you want to plead not guilty to a criminal charge, you will have to go to trial. This means you will need to fix a trial date. You do this at an arraignment hearing. This fact sheet explains how things work at the arraignment hearing to set a trial date in Vancouver Provincial Court. From Justice Education Society of BC. 2002.  
[https://www.justiceeducation.ca/themes/framework/documents/trial\\_date\\_punjabi.pdf](https://www.justiceeducation.ca/themes/framework/documents/trial_date_punjabi.pdf)
- **Small Claims BC:** Solutions for Small Claims Court cases. Describes summary/simplified trials, mediation, trial conferences, preparing for court, court forms & more. From Justice Education Society of BC. 2007.  
[http://www.smallclaimsbcc.ca/sites/default/files/pdf/Punjabi\\_Small\\_claims\\_court\\_pilot.pdf](http://www.smallclaimsbcc.ca/sites/default/files/pdf/Punjabi_Small_claims_court_pilot.pdf)
- **Working with Your Legal Aid Lawyer:** This fact sheet outlines client and lawyer roles and responsibilities, so each knows what to expect from the legal aid contract. It also explains what the lawyer's time on the case includes, what the lawyer can't do, change of lawyer requests, and where to find out about making a complaint. From Legal Aid BC. 2017. <https://pubsdb.lss.bc.ca/pdfs/pubs/Working-with-Your-Legal-Aid-Lawyer-pan.pdf>
- **Justice Education - How can I represent myself in court?:**  
[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_Representing\\_Yourself.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_Representing_Yourself.pdf)
- **Justice Education - What is an Advocate, and how can I prepare myself?:**  
[https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi\\_What\\_is\\_an\\_Advocate1.pdf](https://www.justiceeducation.ca/sites/default/files/pdfs/punjabi/Punjabi_What_is_an_Advocate1.pdf)

Business:

- **Starting a Small Business in BC Guide:** An introductory guide to help you with planning, implementing, and developing a small business. It provides essential information you need to know as well as links to additional resources to help ensure that your new business is successful. From BC Ministry of Jobs, Trade and Technology. 2016. [https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/business-management/small-business/t41913punjabi\\_sb-startingbusiness\\_2014-final\\_for\\_web.pdf](https://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/business-management/small-business/t41913punjabi_sb-startingbusiness_2014-final_for_web.pdf)