

ARAB COMMUNITY
CENTRE OF **TORONTO**



مركز الجالية
العربية في **تورنتو**



NOUR

Navigating Our Rights Project

NOUR is Funded by



**The Law
Foundation
of Ontario**
Advancing access to justice

**La Fondation
du droit
de l'Ontario**
Améliorer l'accès à la justice





NOUR
Navigating Our Rights Project

IMMIGRATION LAW PUBLIC EDUCATION GUIDE

UPDATED OCTOBER 20, 2026



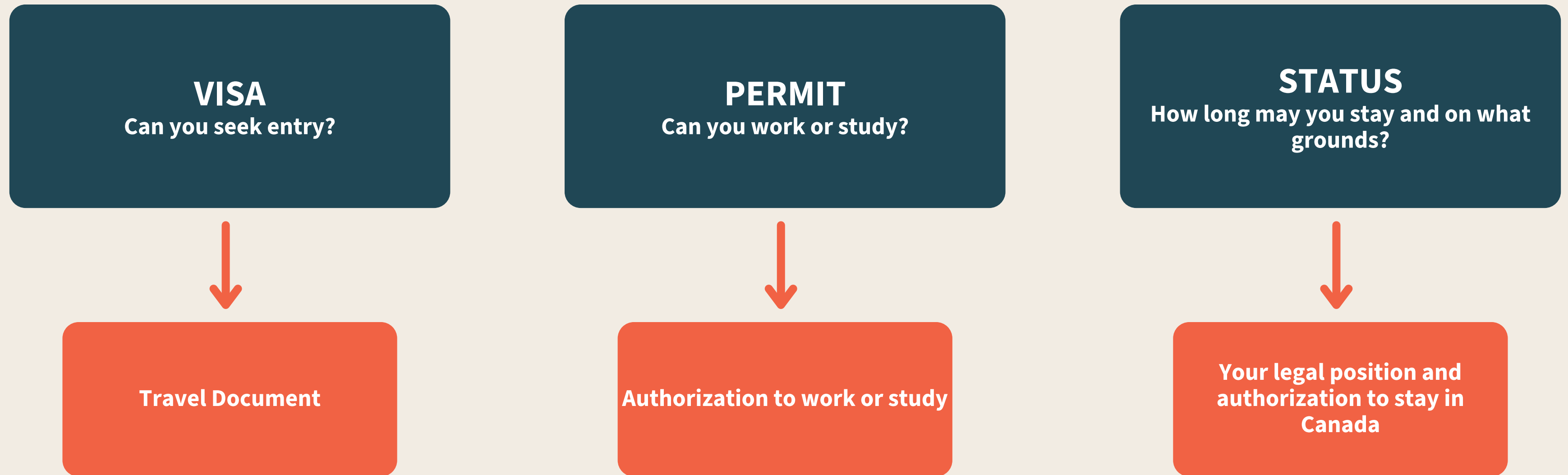
GENERAL INFORMATION. NOT PERSONAL ADVICE.

This guide explains general legal information only. It does not assess your facts or replace advice from a qualified professional.

Rules can change quickly. Before making any decisions, confirm current rules and instructions on official websites.



STATUS IS THE LEGAL OPERATING SYSTEM



Status affects work, study, health care, travel and how long you may stay.

TWO CLOCKS. DIFFERENT TESTS.

PERMANENT RESIDENCE

Live, work and study anywhere in Canada.
Residency obligation: generally 730 days in each 5-year period, with limited exceptions. An expired PR card does not by itself end PR status.

730
days / 5 years

CITIZENSHIP

Generally 1,095 days of physical presence in the eligibility period, plus other criteria. Check the current calculator and rules before applying.

1,095
days physical presence

VISITOR $\neq$ WORKER

A visitor is often admitted for up to six months, but the officer's record controls. A visa expiry is not necessarily your required departure date.

VISITOR

May visit. Cannot work without authorization. Keep passport, entry stamps, visitor records and application copies.

WORK / STUDY PERMIT

Permission is conditional: follow the employer, occupation, school, location and expiry terms printed on the document.

A pending permanent residence application does not itself grant visitor status or work permission.

WORK WITH AUTHORIZATION.

Know the permit. Know your rights.

Employer-specific permits tie work to stated conditions. Open permits allow broader employment, but still carry expiry dates and restrictions. Changing employers may require new authorization.

YOUR RIGHTS

- Keep your passport
- Refuse unlawful recruitment fees
- Expect a safe workplace
- Seek help without threats





STUDY → WORK

Remain enrolled at a designated learning institution and follow your permit. Eligible students may work up to 24 hours/week in regular sessions and unlimited hours during scheduled breaks.

APR 1, 2026

Verify the new co-op / internship exemption and your program’s exact conditions before starting placement.



PGWP eligibility depends on school, program, completion and current rules. Do not assume work is authorized after studies end.

BEAT THE EXPIRY DATE

Maintained status can continue an authorized stay while an on-time application is processed, but work or study rights depend on what you applied for and the exact rule.



STATUS LOST?

Restoration may be available within 90 days. It does not automatically restore work permission.



SPONSORSHIP IS A LEGAL PROMISE

Canadian citizens and permanent residents may sponsor eligible spouses, partners and dependent children. Parent and grandparent programs use separate intake rules.

The sponsor signs a financial undertaking for a defined period. Separation or divorce does not cancel that obligation.



A RANKING. A NOMINATION. A FEDERAL DECISION.

Express Entry ranks eligible candidates. Ontario may invite candidates through OINP streams. A provincial nomination strengthens an application—but does not guarantee permanent residence; the federal government makes the final decision.



Streams, scoring and invitation rounds change. Verify current criteria before acting.

PROTECTION IS NOT ECONOMIC MIGRATION

Refugee protection addresses persecution or serious risk. The IRB decides eligible claims after federal screening. Deadlines and border rules can determine whether a claim may proceed.

BILL C-12

The outline cites changes effective June 3, 2025, including a one-year deadline and land-border rules. Because legislation and implementation can shift, verify the enacted law and current official guidance immediately.

If these rules may affect you, get urgent qualified legal advice.



A REFUSAL STARTS A VERY SHORT CLOCK

Options depend on the decision, eligibility and strict filing deadlines. Get the written reasons and qualified help immediately.

RAD

Refugee Appeal Division —
available for some claims.

FEDERAL COURT

Judicial review challenges
legal or procedural error.

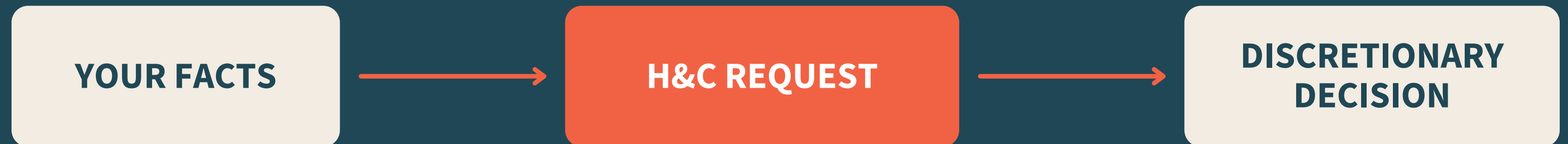
PRRA

Limited pre-removal risk review;
not automatic and not a general
appeal.

Deadlines may be measured in days, not months.

A HUMANITARIAN PATH — NOT A STATUS SHIELD

Humanitarian and compassionate applications may consider hardship, establishment, family ties and the best interests of children. They are not refugee claims, do not guarantee approval, and usually do not stop removal or create status.



Recent refugee proceedings can create restrictions. Get legal advice before choosing a pathway.

YOUR SIGNATURE OWNS THE APPLICATION

False statements, fake documents or withheld facts can cause refusal and serious misrepresentation consequences. An innocent mistake is not automatically fraud, but accuracy and disclosure matter.

**No secret guarantees. No blank forms.
No unexplained fees.**



READ every answer



VERIFY every document



KEEP dated copies



CHECK the representative



RIGHTS LIVE WHERE LIFE HAPPENS

HEALTH

OHIP eligibility varies for permanent residents, eligible workers and others; most visitors are not covered. Some refugees receive IFHP. Verify any May 1, 2026 co-payment changes before care.

HOUSING • WORK • SERVICES

Ontario human-rights law protects against discrimination. Employers may confirm legal work authorization, but cannot discriminate on protected grounds.

**Ask what is covered • Request written decisions • Keep records •
Get help if treated unfairly**

DON'T WAIT FOR THE SITUATION TO GROW

Seek qualified help promptly for:

- Removal, detention or hearing notices
- Expiry or maintained-status uncertainty
- Unauthorized work or study
- Threats, exploitation or status misuse
- Possible representative misrepresentation
- Serious criminal charges

Urgent facts deserve urgent, confidential advice.



START WITH OFFICIAL SOURCES

You do not have to hire a paid representative. If you do, verify authorization and discipline history.

IRCC

canada.ca/immigration

LEGAL AID ONTARIO

legalaid.on.ca

SERVICEONTARIO • OHIP

ontario.ca/health

IRB

irb-cisr.gc.ca

CLEO

cleo.on.ca

VERIFY A REPRESENTATIVE

college-ic.ca • lso.ca



BEFORE YOU ACT

A six-step pause can prevent expensive mistakes.

01

Confirm status and every expiry date

02

Verify work, study, and travel conditions

03

Check current official program instructions

04

Gather IDs, translations, evidence, and fees

05

Keep dated copies of every submission

06

Get early help for refusals, deadlines, or removal

Questions?



GET HELP

Connect with a qualified legal professional or a trusted community organization in Ontario.



YOU'RE NOT ALONE

Support is available. Reaching out is a strong step toward clarity and peace of mind.



STRONGER TOGETHER

Community knowledge builds confidence. We're here to help you move forward.

✉ NOUR@acctonline.ca

Bashaer Ismail

Project Lead

✉ Bashaer@acctonline.ca

☎ (437) 431-4090

Hala Nabhan Zaher

Legal Support Specialist

✉ HNabhan@acctonline.ca

☎ (437) 419-3232

