



Support Services for International Students

lambtoncollege.ca/international ☎ 519-542-7751

Health and Wellness Services

Atkin Family Wellness Centre

Services are available to all Lambton College students to assist with their health care needs. Personal counselling is available for all Lambton College students. Appointments available by phone, email or during drop-in hours. All services are confidential.

- ✉ wellnessbooking@lambtoncollege.ca
- ☎ 519-542-7751 x 3412
- 🌐 mylambton.ca/students/health-wellness
- 📍 Location: B1-240

Housing Support

Student Administrative Council

Students can receive assistance in finding short-term or long-term housing options in Sarnia. Review the available rental options on the Housing website. Ask to join the housing chat group.

- ✉ housing@lambtoncollege.ca
- 🌐 lambtoncollege.ca/Internationalhousing
- 📍 Location: SAC Office

Mental Health Support

There are many support services and resources available to international students. If you are feeling extremely overwhelmed or think you may be experiencing a crisis and need mental health services, please contact counselling@lambtoncollege.ca. All services are confidential.

Togetherall Online Support Community 🌐 togetherall.com
Good2Talk ☎ 1-866-925-5454

- 🌐 mylambton.ca/students/health-wellness
- 📍 Location: B1-240

Regional Settlement Services

YMCA

Students can attend virtual and in-person webinars about budgeting, taxation, legal rights, housing, transportation, banking, and Canadian workplace culture. In-person inquiries and support for families available in SAC.

Regina Croskery
✉ regina.croskery@swo.ymca.ca
☎ 519-336-5950 ext. 234 | 226-559-7910
🌐 ymcaswo.ca

On Campus Office Hours in SAC
9:30 a.m. – 1:30 p.m. every Mon/Wed/Fri

International Health Insurance

GuardMe

Emergency medical insurance is mandatory for all international students. This includes students in full-time, part-time and co-op programs. This insurance is provided by GuardMe - a third party insurance provider. Coverage is on a 12-month basis with E-cards sent to MyLambton email directly from GuardMe. GuardMe ambassadors are available to answer any questions during the virtual or in-person drop-in sessions.

- ✉ healthinsurance@lambtoncollege.ca
- 🌐 guard.me/lambtonc

GuardMe Ambassador Sessions:

- 🌐 mylambton.ca/students/international-students

Homestay Accommodation

Happipad is a third-party provider that finds suitable homestay hosts for international students for short and long-term stays. Homestay provides students a chance to learn about Canadian culture, grow long-lasting friendships and improve English skills. The homestay experience provides students with a family away from home.

- ✉ customercare@happipad.com
- ☎ 1-778-760-4511
- 🌐 happipad.com

International Student Advisors

International Department

International student advisors assist with academic matters related to programs, courses, scheduling, and conflicts. Book one-to-one virtual advising sessions or meet in-person.

Kim Hunt ✉ Kim.Hunt@lambtoncollege.ca

Lorena Solis ✉ Lorena.Solis@lambtoncollege.ca

📅 [Book an Advising Session](#)

Peer to Peer Mentoring

Peer mentorship programs allows students to build relationships, foster cross-cultural awareness and improve interpersonal confidence. The soft skills you learn on campus can be transferrable to your work environment.

Let's Face It mental health awareness group

📅 mylambton.ca/students/student-groups

Fluency Friend Conversation Partners

✉ info@instituteofenglish.com

International Women's Club

📅 mylambton.ca/students/student-groups

✉ internationalwomensclub@mylambton.ca

Support Letters

Students can request support letters for extending a study permit, coop work permit, TRV or for bank loan letters.

✉ supportletters@lambtoncollege.ca

Tutoring Services

Teaching & Learning Commons

Tutoring is free for all Lambton College students and available in most core subjects. Tutors are either senior students or professional teachers who will clarify information taught in class and assist students with understanding concepts and methodologies.

✉ tutoring@lambtoncollege.ca

📅 [Book a Tutoring Session](#)

📍 Location: C1-200

Student Engagement and Events

Student Administrative Council

There are several social events and activities occurring on and off campus. Learn more by joining the WhatsApp group or like us on Facebook and Instagram. You can also add your volunteer activities on your co-curricular record (CCR). There are many clubs you can join. See SAC for details.

Matt Rose

✉ matthew.rose@lambtoncollege.ca

📅 lambtonsac.ca

📍 Location: SAC Office

Alumni

Your lifelong membership in the Alumni Association is free and offers many benefits such as preferred rates on insurance, networking opportunities with the Mentorship program, and access to career services.

Join the Ten Thousand Coffees Mentorship Program

📅 tenthousandcoffees.com/schools/lambtoncollege

Immigration Services

Private Service Provider

A Regulated Canadian Immigration Consultant (RCIC) can assist students with initial advice and consultation regarding study permits, work permits and other issues surrounding Immigration, Refugees and Citizenship Canada (IRCC).

Devries Immigration Consultancy

✉ bart.devries@dic-immigrationconsultants.com

📅 dic-immigrationconsultants.com

📅 [Book an Appointment](#)

Career Services and Job Hub

Co-op & Career Services

Job Hub provides support to international students with job search strategies, resume and cover letter assistance, interview preparation, and connects jobseekers through WhatsApp and Teams groups. Ask to join the Job Hub WhatsApp chat group.

✉ careerservices@lambtoncollege.ca

Other

All Faith Prayer Room

📍 Location: C0-133A

Lion's Heart Food Bank and Clothing Closet:

📍 Location: B1-230

Orientation & Registration Support:

✉ orientation@lambtoncollege.ca