

# Consumer Awareness and Protection

**May 15, 2025**  
**11:30 am - 12:30 pm**

**For more information, please contact:**

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Many options exist in urban areas. Be sure to research all the options and understand all the details of any contract before you sign it. Join this virtual session and learn about:

- Buying Food
- Using phone and Internet services
- Consumer Protection
- Ontario Food Bank Services



**Client Eligibility:**  
**Permanent Resident, Convention Refugee**



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada