

## WELCOME TO CANADA'S LONDON

London is a diverse and inclusive community that honours, welcomes and accepts all people.

The following information provides a snapshot of a particular cultural community, shares some of the relevant services and opportunities and provides an initial introduction.

We invite you to explore and connect.



## THE PORTUGUESE COMMUNITY IN LONDON

The Portuguese Londoners form an important community in the City of London. The 2016 Canada census figures show that 9,855 respondents named Portuguese as their ethnic origin. They have established London as their new home since before 1980 with the largest wave of (3,070) of immigrants arriving in London in the 1950s.

When the Portuguese community first arrived in London, the main clusters were in the Hamilton Street, Highbury area, East London and White Oaks. Today, we find families of Portuguese origin living throughout London.

London is similar to Ontario and Canada with Arabic, Spanish, Mandarin, Portuguese, Italian, German and Cantonese languages all appearing in the top ten non-official languages.

## CULTURAL AND SOCIAL LIFE

### PORTUGUESE CLUB OF LONDON



134 Falcon Street, London, Ontario, N5W 4Z1, Canada



519.453.4330



<https://portuguesecluboflondon.com/>

For over 50 years the Portuguese Club of London has been an integral part of the London Portuguese community. It promotes cultural, social and sporting activities designed to preserve and promote the Portuguese culture and traditions. It assists all the Portuguese newcomers with necessary information, offers full hall rentals (capacity up to 500) and full catering bar facilities for banquets, weddings, meetings, special events. It has folk dance

groups, a soccer club and organizes socials, youth programs, activities for children and a variety of other events.

Below is a summary of main activities and events in the Portuguese Club of London:

### **FOLKLORE GROUP**

The Portuguese Club of London offers an on-site dancing and musical group featuring traditional Portuguese music and dancing. To book or make a reservation, please contact Portuguese Club of London.

### **SOCCER CLUB**

As one of the most popular sports among the Portuguese community, important soccer games are broadcasted at Portuguese Club of London where people gather in order to watch the game and cheer for their favorite team. Furthermore, the Club has superb soccer facilities including a fully fenced in full size soccer pitch with changing room facilities. It also offers soccer programs.

To read more about Portuguese Club of London, [click here](#).

### **The LIRA DO DIVINO ESPIRITO SANTO (Holy Spirit Marching Band)**

Holy Spirit Marching Band of London was formed in February of 1975. It is named after the religious brotherhood in the community that founded it. The Band's first public appearance took place in June of 1975 in the city of London. The Holy Spirit Marching Band is an organization that has its roots in the Bandas Filarmonicas of both the Azores islands and mainland Portugal.

The Spirit Marching Band continues to be an integral part of the London Portuguese Community as well as other communities throughout Ontario.

The band has traveled to perform at many festivals in cities across Southwestern Ontario, as well as Quebec. It has also taken several trips to Fall River and New Bedford, Massachusetts over the years.

To read more about Holy Spirit Marching Band of London, [click here](#).

## Strathroy Portuguese Canadian Club



375 York Street, Strathroy, ON.



(519) 245-4361



[www.pccstrathroy.com](http://www.pccstrathroy.com)

The Strathroy Portuguese Canadian Club is a non-profit organization that serves the Strathroy area. It strives to cultivate, maintain and enrich the Portuguese heritage. It organizes variety of events throughout the year.

To read more about Strathroy Portuguese Canadian Club, [click here](#).

## HOLY CROSS PARISH



10 Elm St. London, On – Canada



519-455-4740



<http://holycrosschurch.ca>

Holy Cross Parish, also known in Portuguese as, Paróquia de Santa plays a very special role in the life of the Portuguese community. Most baptisms, first communions, confirmations, take place in the Holy Cross Parish. The church is enriched by its two main festivals: Nossa Senhora de Fátima on the 2nd weekend of September and Santo Cristo on the 6th Sunday after Easter. These celebrations include colorful and solemn outdoor processions around the block of the Church, special foods such as malpassadas and carne assada, brass and folkloric bands. It also has other events throughout the year that include dinner and dance as well as a special “Gala Night”.

To read more about the Holy Cross Parish, [click here](#).

## FOOD & SHOPPING

### PORTUGUESE FISH MARKET



Portuguese Fish Market 708 Hamilton Rd London



519-455-3474



<http://www.portuguese-fishmarket.ca/>

Portuguese Fish Market offers high quality in cod, crab, shrimp, lobster and more straight from the Atlantic Ocean. It offers services in English and Portuguese. It's located on 708 Hamilton Rd London, ON, N5Z 1T6.

To learn more about the Portuguese Fish Market visit <http://www.portuguese-fishmarket.ca/>.

## EUROPA FOODS



1498 Dundas St East London, Ontario



(519) 453-7174



<http://europafoods.net>

Europa Foods is a small international grocery shop based in London selling a variety of products from Portugal, Poland, Brazil, and more.

For more information, visit <http://europafoods.net/>

## RESTAURANTS

You don't have to fly back to Portugal to try the country's cuisine; London is home to an array of restaurants and bakeries that serve up excellent Portuguese food.

[Click here](#), to find a list of highly rated Portuguese restaurants and bakeries located in London.

## SERVICES & SUPPORT

### LUSO Community Services



1193 Oxford St E, Unit 2 London, ON



519-452-1466



<http://www.lusocentre.org/>

LUSO Community Services is a neighbourhood resource centre providing programs and services in the community for children, youth, families of culturally diverse and ethnic backgrounds in different languages including Portuguese.

### Services and Programs:

- [Breakfast Program](#)
- [Library Settlement Program](#)
- [Multicultural Outreach Program](#)
- [Newcomer Settlement Program](#)
- [North East Area Youth Support Program](#)
- [Settlement Workers in Schools Program](#)
- [Y.O.L.O London](#)

## London Multicultural Community Association (LMCA)



691 Whitehaven Cres London, ON



519-868-8585



[www.londonmulticultural.com](http://www.londonmulticultural.com)

The LMCA is an umbrella organization that works with the ethnic groups (including Portuguese community) and the broader community in London to promote multiculturalism and inclusiveness.

LMCA organizes annual London Multicultural Festival, fundraise through relief concerts, research focus on immigrant entrepreneurs in London and the surrounding area, aids immigrant entrepreneurs, provides scholarships to immigrant high school students and organizes annual multicultural gala dinner event.

## London Cross Cultural Learner Centre (CCLC)



505 Dundas St E London, ON N



519-642-7247



[www.lcclc.org](http://www.lcclc.org)

CCLC is a newcomer settlement agency and intercultural education resource center. It promotes intercultural awareness and understanding. It also advocates and assists in accessing local medical, education, and social services.

- client support services
- intercultural competencies (cultural diversity) training
- employment counselling
- orientation services for newcomers
- settlement counselling
- settlement workers in schools
- volunteer opportunities

## Across Languages Translation and Interpretation (ALTI)



129 and 131 Wellington St London, ON



519-642-7247



[www.acrosslanguages.org](http://www.acrosslanguages.org)

ALTI provides professional interpretation and translation, interpreter training, and language proficiency testing services:

**Interpretation Service** - Trained interpreters for health, legal, education, government and social service providers and professionals to communicate effectively with clients and

patients. Services can be delivered on-site or remotely.

**Translation Service** - Translation of printed documents.

**Training Program** - Recruits and trains professional community interpreters and trains service providers to work more effectively with interpreters.

**Emergency After-Hour Interpretation Service** - Interpreters are available after regular office hours and requests are made by calling the office.

**Multicultural Health Settlement Navigation** - First language navigators available to all community partners to support newcomer clients navigate health services in the community.

## Hutton House - Association for Adults with Disabilities



140 Ann St, Unit 101 London, ON



519-433-1441



[www.huttonhouse.com/day-break](http://www.huttonhouse.com/day-break)

Hutton House offers programs for youth and adults living with disabilities in the areas of employment, training, adult education, adult day program, leisure, arts, volunteering, fitness and wellness in different languages including Portuguese.

## Salvation Army



1340 Dundas St E London, ON



519-455-8155 ext 308



[www.salvationarmyvillage.ca](http://www.salvationarmyvillage.ca)

Inclusive day nursery for infants, toddlers, preschool and school age children. It offers programs for school aged children for PA days, March Break, Christmas Break and summers in different languages including Portuguese.



## EDUCATION IN PORTUGUESE

- Portuguese School of London is held Saturday mornings at Holy Cross Elementary School. Classroom settings available from Junior Kindergarten to Grade 12.

- The Portuguese International Language Elementary Program provides international language and cultural instruction for elementary students in addition to International Language (Portuguese) credit classes at St. Anthony French Immersion Catholic Elementary School and at St. Mary's West Lorne Elementary School. Click [here](#) for more information.
- London Public Library offers [books & DVDs](#) and [feature films for children](#) in the Portuguese language.



## **FIND specific information**

- Search for family physicians on the College of Physicians and Surgeons of Ontario website; you can even search for physicians who speak Portuguese language by visiting: <https://doctors.cpsso.on.ca/?v=doctors>
- Search for a dentist in Ontario. You can learn about their professional conduct and registration history, any discipline results, and qualifications and academic information by visiting: <https://www.rcdso.org/en-ca/find-a-dentist>
- Search for a lawyer or paralegal on the Law Society Lawyer and Paralegal Directory; You can also narrow your results and search based on who speak Portuguese language by performing an **Advanced Search here**: <https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/lawyer-and-paralegal-directory>
- Search for a realtor on the London and St. Thomas Association of REALTORS by visiting: <https://www.lstar.ca/find-realtor>



## **BUSINESSES providing Portuguese interpretation available upon request**

- **Guardian Pharmacy** | Pharmacy | 35 Front St W Strathroy, ON | 519-245-3810
- **Rexall Pharma Plus** | Pharmacy | 1551 Dundas St E London, ON | 519-451-0510
- **Pond Mills Medical Pharmacy** | Pharmacy | 1166 Commissioners Rd E London, ON | 519-649-1414
- **PharmaChoice** | Pharmacy | 873 Hamilton Rd London, ON | 519-451-3590
- **Strathroy Medical Pharmacy** | Pharmacy | 17 Frank St Strathroy, ON | 519-245-6870
- **Chapman's Pharmacy** | Pharmacy | 650 Dundas St London, ON | 519-439-8411

- **Remedy's Rx Pharmacy** | Pharmacy | 1005 Farnham Rd London, ON | 519-657-9865
- **Loblaw DRUG Store Pharmacy** | Pharmacy | 1740 Richmond St N London, ON | 519-673-5215 |
- **Spring bank Physiotherapy** | Physiotherapy | 460 Springbank Dr, Suite 201 London, ON | 226-781-9871
- **Aqua fit Physiotherapy Clinic** | Physiotherapy | 269 Springbank Dr London, ON | 519-474-0240
- **Beck Hearing Aid Centre** | Hearing Aid Center | 458 Central Ave, Unit 2 London, ON | 519-438-0492
- **Sprucedale Care Centre** | Retirement Home | 96 Kittridge Ave E Strathroy, ON | 519-245-2808
- **Queens Village for Seniors | Retirement Home** | 518 Queens Ave London, ON | 519-433-4066
- **Victorian Order of Nurses - Middlesex-Elgin Middlesex-Strathroy Office** | Congregate Dining | 274 Head St N Strathroy, ON | 519-245-3170
- **Victorian Order of Nurses - Middlesex-Elgin Middlesex-Strathroy Office** | Blood Pressure Clinic | 274 Head St N Strathroy, ON | 519-245-3170
- **Victorian Order of Nurses - Middlesex-Elgin Middlesex-Strathroy Office** | Cool Aid | 274 Head St N Strathroy, ON | 519-245-3170
- **Victorian Order of Nurses - Middlesex-Elgin Middlesex-Strathroy Office** | Meals on Wheels | 274 Head St N Strathroy, ON | 519-245-3170
- **Victorian Order of Nurses - Middlesex-Elgin Middlesex-Strathroy Office** | Telephone Reassurance and Security Checks | 274 Head St N Strathroy, ON | 519-245-3170
- **Meadow Park Long Term Care** | Interim Care | 1210 Southdale Rd E London, ON | 519-686-0484

*Disclaimer: The list is from publicly accessible data sources that list Spanish as language of service. This list is by no means exhaustive or means endorsement in any form.*





## **CONSULAR SERVICES**

- Members from the Portuguese Consulate regularly visit the Portuguese Club of London to assist the community with various processes including consular registration, passports, document legalization, citizenship, Powers of Attorney, electoral registration, and military registration.



## **FACEBOOK PAGES & GROUP RESOURCES**

- <https://www.facebook.com/groups/portugueseinlondon/>
- <https://www.facebook.com/Portuguese-School-of-London-Ontario-439118532866195/>
- <https://www.facebook.com/Portuguese-Gift-Shop-220586678100312/>
- <https://www.facebook.com/Igreja-Batista-Novos-Horizontes-London-Ontario-Canada-101168518306275/>