



IMMIGRATION AND SETTLEMENT IN EDMONTON

Literature review prepared for the Edmonton Local
Immigration Partnership (E-LIP) Council

ABSTRACT

This report is a synthesis of knowledge on four aspects of immigration and settlement in Edmonton – employment, health, youth engagement, and settlement. It outlines numerous gaps in the knowledge and suggests further studies on Edmonton.

Sandeep Agrawal, PhD, MCIP, AICP

With Assistance from Niger Sultana, Uliana Roskina,
Pradeep Sangapala, and Shivani Kapur

TABLE OF CONTENTS

Executive summary	2
Scope	4
Method	4
Findings	6
Employment	6
Literature	7
Summary	9
What is missing?	9
Health and wellness	10
Literature	10
Summary	16
What is missing?	16
Youth engagement	17
Literature	17
Summary	18
What is missing?	18
Settlement processes	19
Literature	19
Summary	32
What is missing?	33
Conclusion	35
References	36
Appendix 1: List of participating settlement agencies	47
Appendix 2: List of academic scholars	48
Appendix 3: List of abbreviations used	48

Acknowledgement: We are grateful to the members of the E-LIP Council and its several working groups for their support and guidance throughout the project. We are also thankful to the local settlement agencies and scholars who gave us their valuable time by responding to our emails and meeting with us in person. Our main project contact, Samim Lambrecht, the E-LIP coordinator, was flexible and supportive in every respect. We truly appreciate her help.

EXECUTIVE SUMMARY

Our team was commissioned to collect existing research literature—grey or peer-reviewed—on four key themes of immigration and settlement in Edmonton:

1. Paths to employment
2. Health and wellness
3. Youth engagement in community safety
4. Immigrants' settlement processes

Our task was to review and analyze existing research, and identify knowledge gaps as they relate to these four themes in the Edmonton context. Based on this review, we suggest new avenues to pursue in the areas where gaps exist or there is little research knowledge at all. Through a literature search at the University of Alberta and Edmonton Public library systems, and Government of Canada, Government of Alberta, and settlement agencies' websites, we gathered many articles, reports, and government documents. To complement this, we reached out to scholars engaged in the immigration and settlement fields, as well as local settlement agencies. This gave us access to further literature. All in all, over 130 pieces of literature satisfied our criteria of *relevance and geography*, which we used to sort through the literature.

KEY FINDINGS

Our review suggests that, at least up until 2014, newcomers¹ to Edmonton suffered from higher unemployment rates and were assigned to temporary jobs despite the region's booming economy. The health literature primarily focused on the maternal health of immigrant women, the general health of youth, the oral health of immigrant children, and HIV infections and mental health of elderly immigrants and members of certain immigrant groups in Edmonton. Our review further suggests that cultural and psychological barriers, and layered stigma kept them from accessing appropriate help and services. The issue of immigrant youth engagement in criminal and gang activities is largely attributed to identity issues, feelings of belonging (or lack thereof), poverty, and pre-migration violence and trauma.

The literature on settlement processes spans several broad topics:

- Attraction and retention of newcomers to second-tier cities such as Edmonton
- Immigrant women and their settlement needs
- LGBTQ+ immigrants and refugees and their settlement needs
- Challenges in the settlement process to do with
 - diversity
 - discrimination
 - racism
 - adequate and affordable housing

¹ Our definition of newcomers encompasses everyone who arrived in Canada to live permanently or temporarily.

- The nature of services provided by settlement agencies and their evaluations.

We identified knowledge gaps about newcomers to Edmonton in the following areas:

Employment

- Earnings of newcomers involved in various sectors of the economy, and the influence of Edmonton's boom and bust cycle on this.
- Experiences of economically successful immigrant groups and the strategies that worked for them to transition out of low-income socioeconomic levels.

Health and wellness

- General, oral, and mental health of many newcomer subgroups, such as recently arrived refugees, LGBTQ+, family class and economic class immigrants, twice migrants, and international students.
- The impact of contextual factors, such as patterns of health at the source country, immigration circumstances, various socioeconomic factors, and the availability of psychosocial and support resources.

Youth engagement and community safety

- The nature or influence of possible relationships among immigration, foreign policy, terrorism, global events, and domestic security.
- The participation of diasporas and transnational communities in radicalization processes.
- Other factors that promote radicalization.

Settlement process

- How demographics in Edmonton's old and new neighbourhoods are changing in light of increasing number of newcomers and minorities.
- Strategies immigrants and refugees employ to gain access to housing.
- The social, economic and/or health conditions of immigrants that may be related to their spatial concentrations.

SCOPE

The E-LIP Council tasked us with gathering existing community-based research conducted by and on behalf of Edmonton immigrant-serving agencies and community organizations. We were asked to review published and unpublished literature that identifies the needs and challenges of immigrants in Edmonton within the following key themes:

- Paths to finding employment
- Youth engagement in community safety
- Health and wellness
- Community involvement in the immigrants' settlement process

We held to the following three project objectives:

1. Identifying existing knowledge and knowledge gaps, through current academic and applied research, as it relates to the themes within the Edmonton context.
2. Identifying resources to support immigrants as they navigate the settlement experience.
3. Producing a scoping review of that contributes to knowledge about the settlement and integration needs of Edmonton immigrants.

For clarity purposes and to align with the Statistics Canada's definition, we refer to immigrants² as those who were born outside of Canada but are now naturalized Canadian citizens or permanent residents. The literature generally identifies newcomers to Canada and their experiences based on various immigration and refugee streams through which they arrived in the country. Hence, throughout the report, we clearly indicate whether the study was about immigrants, refugees, TFWs, international students, or any other groups. In some spots, though, we refer to immigrants, refugees and temporary residents collectively as "newcomers³" to Canada.

The scope of the project limits our research to the geography of the city of Edmonton: that is, the municipal boundary of the City of Edmonton. We have followed the scope given to us—accordingly, we focused on the city of Edmonton and purposely did not include literature on other parts of the country unless Edmonton was included in them. Three articles (Agrawal and Lovell, 2010; Qadeer, Agrawal and Lovell, 2010; Agrawal, 2013) stand as an exception to this approach. They were used as illustrations as to what *can* be studied in Edmonton.

METHOD

We found 133 pieces of literature on immigration and settlement that encompassed Edmonton. Among them, we uncovered more grey literature than academic literature (82 out of 133, or almost two-thirds), contrary to our initial expectation. Not all the literature focuses on Edmonton however. Our initial search resulted in several hundred pieces of literature, but we soon realized that not all of

² E-LIP refers to immigrants as all who were born in another country and have come to Canada to live for any amount of time, including those who are Canadian citizens, permanent residents, or temporary residents. Thus, this includes refugees, international students, temporary foreign workers (TFWs), and refugee claimants.

³ Government policy-makers, settlement agencies and academic scholars refer to newcomers in different ways. Sometimes, only recent arrivals to Canada are referred to as newcomers.

them were Edmonton-specific as the web and scholarly search engines pulled up everything where Edmonton was mentioned ever so slightly. We ended up using only a fraction of these results.

A few articles (such as Yohani, 2008, 2010; Dastjerdi, Olson, & Oglivie, 2012; Yang & Noels, 2013; Stewart et al., 2015), mainly on refugees, omitted mention of whether the study was conducted in Edmonton. Though it was clear that the author(s) of the studies *were* from Edmonton, they referred to their location of study as a mid-size city in western Canada, perhaps because they were bound by certain ethical obligations. As a result, these pieces of literature were eliminated from the following review.

Grey literature through settlement agencies

In our search for more grey literature, we reached out to 39 settlement agencies operating in Edmonton. A list of these agencies is included as Appendix 1. Our initial list submitted to E-LIP had fewer agencies, but we had a chance to make new contacts and connections through various working group meetings of E-LIP (held in April, 2017). Out of the 39 agencies we contacted, we were able to interview representatives of nine of them. We followed up with the rest by phone or email. Several agencies, 24 out of the 39, reported that they did not have any material to share. The remaining 15 agencies promised to share their material with us, but only 13 of these 15 shared one piece of material each. Of these 13, 10 were relevant to the project and have been used in the analysis.

Grey and peer-reviewed literature through electronic means

Our other ways of finding both grey and peer-reviewed literature were the locally-available library systems, Alberta government ministries, settlement agencies' and Prairie Metropolis⁴ websites, and contacts with academics who are engaged in immigration-related research. Among these sources, the primary one was the University of Alberta library system. When we used a keyword search method, the system gave us access to several articles available via scholarly search engines, as well as hard copies of reports, students' theses, and books. The scholarly engines are available to the U of A faculty and students and provide digital copies of peer-reviewed literature. We used these keywords: Edmonton AND immigrant AND housing, Edmonton AND immigrant AND health, and similar other combinations using "refugee" and "international students" in place of "immigrant." We kept our keyword choices fairly broad so that we could capture as many sources as possible.

We then reviewed the collected literature in a granular fashion to ensure it was indeed relevant to our project. For instance, when we combined the keywords "immigrant" and "Edmonton" on the Government of Alberta website, 1774 documents were returned. However, when we looked at these documents more closely, only 55 or so were relevant to our scope of work. A similar keyword search combination on the Alberta Association of Immigrant Serving Agencies (AAISA) website yielded 330 documents, but we found that only 37 were relevant.

⁴ Based at the University of Alberta until 2012, the Prairie Metropolis Centre was one of five Canadian research centres involved in immigration and integration research. It was established in 1996 under a grant from the Social Sciences and Humanities Research Council (SSHRC), and Citizenship and Immigration Canada (now Immigration Refugee and Citizenship Canada).

Some older materials had to be ordered via the interlibrary loan system, and thus came to us as hard copies. We contacted 22 research scholars (see Appendix 2), mostly at the University of Alberta and Norquest College in Edmonton. The information we received from them reinforced the importance and relevance of the literature we had already collected, as well as added more to our growing list of literature.

As a guide to our research and to identify the gaps that exist, we also referred to policy priorities of Phase III of the Memorandum of Understanding between Social Sciences and Humanities Research Council, and Citizenship and Immigration Canada (now Immigration Refugee and Citizenship Canada - IRCC). These priorities formed the thrust of the Government of Canada's Metropolis Secretariat for research on immigration and diversity, which became defunct in 2012.

Analysis

Four research assistants with graduate degrees helped in retrieving and compiling material from various sources. Each relevant piece of literature was summarized in about 500 words, which included the objective of the article/report, method, findings, and recommendations (if any). We imported these summaries into Nvivo, a software program that electronically codes qualitative data. Coding identifies any "repetitive patterns of action and consistencies" as documented in the data. In Nvivo, coding is done by gathering all references to a specific topic, theme, or other entity. We coded all types of sources and brought the references together in a single "node." For instance, for the *health and well-being* theme, the data were collected under the following nodes: general health, elderly health, maternal health, and children's health. Under each node, the data were then organized under several sub-themes, such as *background, challenges, solutions, and services offered by settlement agencies*.

About half of all the literature pieces (66 out of 133) focused on the settlement process of newcomers, partially because *settlement process* is a much broader theme—one that entails housing, education, early childhood education, discrimination, racism, and so on. Interestingly, a majority of the literature under this theme is covered under grey literature. For the *employment* theme, we found slightly more peer-reviewed articles (12) than grey sources (11). Also, more of the pieces on the health of newcomers were peer-reviewed (21 out of 33). The fewest articles pertained to youth engagement, just five in total, with two grey and three peer-reviewed. Clearly, then, this is the least studied topic. The methodology used across the studies varied considerably from the use of large datasets, surveys, interviews, small-scale ethnographic approach, narrative inquiries to single case studies.

FINDINGS

EMPLOYMENT

We reviewed 23 literature sources on immigrants' employment status and experience in finding employment. Out of these, 12 were peer-reviewed while the remaining 11 were grey literature. Of the total amount, seven focus entirely on Edmonton, while five compared Edmonton with other similar cities like Winnipeg or Calgary. Others are either nation- or province-wide studies, and mention Edmonton in passing, without going into much detail.

Main topics addressed were TFWs, Chinese immigrants, and internationally-trained health professionals, with a small number also touching on international students, challenges faced by other immigrant groups like the Vietnamese and Filipinos, and those who are engaged in precarious jobs like cab-driving and janitorial work. In the grey literature, four pieces concerned TFWs, while two articles in the peer-reviewed literature focused on this group.

Literature

TFWs

The grey literature drew our attention to the challenges of TFWs, who until recently were present in greater numbers than immigrants. This was partly because of the booming provincial economy. One publication (McCrae, 2016) identified the Temporary Foreign Worker Program, and in particular, the low-wage stream within that program, as the primary vehicle by which labour trafficking⁵ occurs in Edmonton. The author argued that the program has failed to protect the rights of migrant workers, while helping many businesses in Edmonton to reap enormous profits. Most often, the victims are from South Asia, especially India and Pakistan, as well as the Philippines, Eastern Europe, Central America, and Africa. These individuals are vulnerable because most have poor command of English, are less educated, and live in a precarious economic situation.

McCrae suggested that it would be best not to expand the TFW program, and that stabilization of immigration status, immediate job placement, income support, continued healthcare, and other benefits ought to be provided to the existing workers. Similarly, Guo (2010) investigated Chinese immigrants, arguing that despite being one of the largest minority groups in Calgary and Edmonton, this group faces a *triple glass barrier*: multiple institutional barriers that can cause unemployment and underemployment, poor economic performance, and downward social mobility.

The two grey articles (Foster & Barnetson, 2011; Tungohan, 2017) that focus on TFWs argued that the low skilled occupations of the TFWs are usually in sectors with the least unionization, which further compounds their precarious status. TFWs' experienced more isolation than most other newcomers, as they are not eligible for government-funded settlement services and programs. Public xenophobic symbols, such as Confederate flags (more prominent in rural areas) and offensive car bumper stickers that began to emerge in 2014, explicitly made Filipino TFWs feel unwelcome and unsafe in public spaces. In fact, many felt they were being targeted because they were TFWs, in addition to being persons of colour. Tungohan argued that Canadians donning Confederate flags—an American symbol of slavery, hatred, and white supremacy—see them as an expression of “rural pride, redneck kitsch, or as a symbol of generic rebellion.”

⁵ Although not clearly defined in McCrae's publication, labour trafficking is generally about exploitation of individuals through means such as debt bondage, unreasonably long work hours, retention of identity documents, and threats of denunciation to authorities. Thus, labour trafficking is not necessarily related to a person's physical safety, as defined under the Canadian Criminal Code.

Professional immigrants

A consensus emerges in the grey literature that professional immigrants bring significant human capital assets to the Canadian labour force. However, we need a better understanding of how these human assets are actually used after the immigrants arrive in Canada. For example, Higginbottom's (2000) study found that internationally-experienced nurses in Edmonton reported negative experiences of recruitment, reception, and support on arrival, stemming largely from their own unmet expectations. They expressed significant discontent, particularly with regard to their expectation of working in their area of specialty. Some of them also experienced discrimination at the hands of their employers. Thus, for Canada to fully benefit from international human capital transfer, a set of policies is needed to ensure that the credentials of foreign-trained professional immigrants are properly and fairly evaluated.

Problems with language skills

Some examples in this literature of include Dalley's (2008) description of recently arrived Francophone community groups like the Congolese, Rwandan, and Somali families in Alberta. They moved here from Eastern Canada and encounter problems with the current system; for instance, they have been denied any provincial support for English as a Second Language (ESL) training and settlement aid because they are not considered immigrants to Canada, but rather *migrants* from Eastern Canada. As a result, they have had a hard time finding employment.

Along the same lines, Nunes and Arthur's (2013) study of international students in a major university in Edmonton found that these individuals were also having a tough time finding employment in Alberta. Their lack of Canadian citizenship, poor English proficiency, and inadequate connection with employers made the job-searching process more difficult. Still, the peer-reviewed literature tells us that newcomers are primarily pulled to Edmonton because of family and friends. Other key motivations to choose this destination are the quality of life, such as climate, city size, and access to social services. One of the biggest problems new arrivals face is finding well-paying, permanent employment in Edmonton, just as the students in the Nunes and Arthur's study also found. Even though Calgary has attracted more job-seeking immigrants in the past few years, Edmonton residents were somewhat more likely to mention economic reasons for choosing their city as per Nunes and Arthur.

A factor here may be language skills, but it is a complex factor. While there are strong social and labour market participation benefits to attaining greater English language competency, participants reported being isolated in a language class for too many months becomes a detriment to their professional skills and their networking opportunities. Maganaka and Plaizier's (2015) study turned to language skills, examining the skills, aspirations, needs, and characteristics of immigrants who were enrolled in the provincial Language and Vocational Assessment (LVA) program and the federal government's Language Instruction for Newcomers to Canada (LINC) classes. The majority of adults served by LVA in 2014 were in the Skilled Worker and Family Class immigration categories, while LINC clients were primarily in the Government-Assisted Refugees (GAR) and Family Classes. The authors supported the idea of linking language and occupational training opportunities and developing more immediate linkages to prospective employers.

According to Montgomery (1986), Vietnamese immigrants, like other non-European immigrants, experienced higher levels of unemployment and slower economic integration due to inherent and intangible barriers in the labour market. This study, which had about 400 participants, demonstrated that Vietnamese immigrants to Alberta experienced little upward professional mobility. Notably, the ones who did experience upward economic mobility, mostly achieved that because they arrived during an economic oil boom in the province. However, some downward mobility was attributed to the post-oil boom recession.

Summary

The grey and peer-reviewed literature on employment both reveal that despite Edmonton's robust economy, newcomers of all types—professionals to non-professionals, and refugees, TFWs, and international students—suffer higher unemployment rates and are relegated to precarious, temporary jobs. The literature documents a host of factors contributing to this: discrimination (Higginbottom, 2008), racism (Tungohan, 2017), labour trafficking (McCrae, 2016), poor foreign credential recognition (Guo, 2010), language proficiency issues (Guo, 2010; Nunes & Arthur, 2013), citizenship (Nunes & Arthur, 2013), and so on. TFWs especially suffer as they do not have safety nets like health care, emergency shelters, and the settlement services that immigrants and Canadian-born enjoy. The literature further argues that TFWs should have the same rights as those of permanent residents. Several strategies were suggested for Canadian employers, to solve the economic and labour situation despite Edmonton's historically robust economy:

- training existing Canadian workers
- employing under-represented groups in the labour market (including Aboriginals, people with disabilities, and permanent residents)
- supporting permanent immigration rather than the TFW program

What is missing?

The Edmonton literature lacks robust comparisons with other parts of Canada, and we do not know the full extent of problems immigrants and refugees face with employment. The author's (Agrawal, 2014) own unpublished research however suggested that newcomers to Edmonton do significantly better than those in the rest of the country, except for Calgary. The implications of this are that a comprehensive, longitudinal, and comparative study of immigrants' employment and incomes is warranted. Complete documentation of the employment profile will reveal in which sectors of the economy immigrants are largely employed. This data will, in turn, also help us understand immigrants' labour market outcomes. This is particularly important when certain sectors of the economy falter, a consequence of Edmonton's boom and bust economy.

The existing literature is heavily biased towards those who have not been so successful in the Canadian job market. It will be interesting to document evidence of economic successes among some immigrants, as in Agrawal and Lovell's (2010) national study on high-income earners. Many questions remain:

- What do the experiences of the high-income earning group suggest with respect to successful strategies for transition out of poverty?

- Do spatial distributions of immigrants contribute to their levels of poverty?
- Are there differences in poverty (or high-income) levels experienced in second- and third-tier cities⁶, and rural areas in Alberta?
- What factors do account for these differences?
- Does the labour market outcomes vary between provincial nominees, Canadian experience class, and skilled workers classes?
- What is the economic contribution of immigrants to the Alberta economy?

HEALTH

Of the 33 literature sources on health, 21 are peer-reviewed and 12 are grey. Of the total amount, 11 pertain to the general health of newcomers to Canada. The rest are a bit more specific—for instance, focusing on certain immigrant groups, new immigrant mothers, children, and the elderly. Of the grey literature, all but one was Edmonton-specific.

Grey literature

Health program evaluations

Several grey sources evaluated health programs, their delivery and outcomes. For example, Wolfe-Gordon Consulting (2003) evaluated a program that ran from June 2000 to June 2003: the community-based **Immigrant Mental Health Education Project**, collaboratively run by the Canadian Mental Health Association of Edmonton Region, Edmonton Mennonite Centre for Newcomers, and the Multicultural Health Brokers Co-operative (MHBC). The project aimed to implement a community-based initiative to strengthen community–institution partnerships in the delivery of culturally-responsive mental health services. It was also intended to strengthen the immigrant community’s own capacity to recognize and address mental health issues. This is important because immigrants and refugees, in particular, have been identified as a population vulnerable to mental health issues. The final report prepared by Wolfe-Gordon Consulting found the project to be successful, as it did foster sustained collaborative partnerships and linkages among numerous organizations. Further, it was able to build and strengthen capacity within each immigrant community involved in the project.

McCoy (2000) similarly evaluated three programs at the Edmonton Centre for Survivors of Torture and Trauma: the Clinical/Therapeutic Program, the Education and Training Program, and the **Community Strengthening Program**—but focused on the last one. The evaluation looked specifically at the **Early Intervention Program** (EIP) and the **Somali Women’s Support Program**, which increased women’s ability to access other services. Through the program, Somali women showed increased knowledge of specific health issues, but they did not become more independent. The children who participated in EIP enjoyed it very much, but part of the program repeated their school learning. McCoy showed that the Clinical Program was the most successful of the three broad programs, as all those participants

⁶ The second-tier cities are immigrant destinations such as Edmonton, Calgary, Winnipeg, Hamilton, and Ottawa—each with 40,000 to 100,000 recent immigrants. The third-tier cities are smaller communities in Canada, each of which has anywhere between 5,000 to 15000 recent immigrants.

expressed a sense of improvement and a sense of well-being, both psychologically and physically. They reported sleeping better, improved memory, an increased capacity to focus, and less marital problems.

Physical and mental health

A number of studies took up mental and physical health concerns more generally. Ohinmaa's (2006) master's thesis in nursing measured the reported health-related quality of life of immigrant/refugee populations residing in Edmonton prior to and after using the services of the Multicultural Health Brokers (MCHB). Unmet healthcare needs were experienced by almost half of the respondents prior to seeking out the services of MCHB, since they were often in situations where they could not obtain the healthcare they needed. These unmet needs motivated clients to approach the MCHB program. Immigrants were more likely to suffer from anxiety/depression, specifically postpartum depression in women, for which lack of social support is a risk factor. Refugees also suffer from depression, likely due to pre-migration experiences. However, mental health problems are difficult to diagnose and treat in both immigrant and refugee populations, due to cultural and language issues.

Wills' doctoral thesis (2005) aimed to understand the use of protective and preventive strategies among Chinese elderly living in Edmonton in the wake of the SARS outbreak in Canada. This article suggested that while Chinese elderly were seized by fears of SARS, they were knowledgeable about the different protective strategies against the condition. These strategies included using masks, avoiding public chopsticks, taking herbal medicine, and carefully preparing and eating specific Chinese foods. They initiated these strategies based on a belief in being responsible to their family and others in the community. Will noted that the concept of "filial piety," profoundly influenced this sense of responsibility, which is a persistent, salient factor in how elderly Chinese individuals in Edmonton choose to behave.

Wilkinson et al.'s (2010) study provided a snapshot of the health and integration of immigrant youth in three prairie cities, including Edmonton. The study had over 4000 participants, with close to 900 in Calgary, Edmonton, and Winnipeg. The research demonstrated that youth and families were doing well in regards to school achievement, health, and social integration, a state called "healthy immigrant effect." A notable exception to the generally positive results of this study were experiences of bullying. Nearly three-quarters of the youth in the sample reported serious concerns about bullying. This result suggests that while outcomes of integration may indicate relative stability, peer interactions in Canadian society pose some difficulties.

Salami et al.'s (n.d.) study examined self-perceived mental health and reported diagnoses of mood disorders among immigrants and the Canadian-born in Alberta. The study also included interviews and focus groups with major immigrant-serving agencies in Edmonton and Calgary. The findings showed that higher income, older age, employment, shorter duration of residence in Canada, and a strong sense of community belonging were all associated with better self-perceived mental health. In line with the "healthy immigrant effect" phenomenon, recent migrants were almost four times more likely to report better mental health than the Canadian-born, although the advantage decreased the longer they lived in Canada, with the overall difference not statistically significant.

Interviews with agencies revealed a wide variety of factors associated with mental health, such as unemployment, underemployment, and poverty; immigration status; community belonging; family dynamic and conflict; gender; discrimination and racism; culture shock; and parental stress. Salami et al. also recommended a policy change: funding and programs are needed to address the mental health service needs of immigrants across their entire duration of residence in Canada.

Ospina's (2003) doctoral thesis in population health also examined the activities, from 1992 to 2011, of the MCHB Co-op in Edmonton. The study found that health brokers played an important role in establishing equal relationships with women and their families, and more broadly with communities. Among other contributions, health brokers helped women to make their voices heard in their interactions with health and social service providers. Despite providing important services, health brokers' contributions are often unrecognized. However, to maximize their effectiveness, they need the support of other health sectors and ministries, such as Alberta Health Services.

Davey's (2013) MA thesis in anthropology provided an ethnography of postpartum mental health outcomes in a group of Bhutanese refugee women living in Edmonton. The author found that despite having suffered considerable hardship throughout their migration, experiences, the majority of the women did not perceive or express distress in the postpartum period, even though they are recognized as a group vulnerable to mental illness.

Peer-reviewed literature

This literature focused on pregnant immigrant women, childhood health issues, elderly immigrants, and various the mental and physical health issues of several specific groups (Mexicans, Middle-eastern, sub-Saharan Africans, South Asians, Korean, Indigenous, Chinese, and Vietnamese) in Edmonton.

Maternal and child health

We found six articles about maternal health, which explored food habits, cultural knowledge about health, breastfeeding, and vaccination decisions among pregnant immigrant women. Higginbottom's (2014) study aimed to understand ethnocultural food and food practices during immigrant women's pregnancies. The research suggested that policies and practices ought to consider cultural food practices, building on traditional strengths while addressing customs that may not be ideal for the health of the mother or child.

A related but more recent study by Higginbottom, Vallianotos, Shankar, Safipour, and Davey (2017) focused on Chinese pregnant women, and found that these women's food choices and health behaviours were influenced by general health beliefs, cultural knowledge of foods, traditional Chinese medical beliefs, social advice, and socioeconomic factors. Another study by Higginbottom and her team (2013) documented how cultural beliefs held by Sudanese women during the perinatal period affected their health care experience. The findings revealed that pregnancy and birth are events that generate a certain empowerment for women, and the women tend to exert control in ways that may or may not be respected by their husbands. This is significant within a sub-Saharan cultural context, as the study showed it supports male dominance in the family and a patriarchal ideology.

Jessri, Farmer, and Olson's (2013) study explored Middle-eastern mothers' experiences of breastfeeding, and how their perceptions of the health care system, community, and society affected their infant feeding decisions. Among these women, religious belief was a key determinant their decision to breastfeed. The study identified two key cultural practices that disrupt the mother's choice or ability to sustain exclusive breastfeeding: feeding the infant prior to breastfeeding, and fasting by the mother during breastfeeding.

Kowal, Jardine, and Bubela's (2015) study sought to understand information-gathering and decision-making processes of immigrant mothers about vaccination during pregnancy, scheduled childhood vaccines, seasonal flu vaccines, and pandemic vaccinations. They identified limitations for reaching immigrant women in Alberta's current vaccination communication strategies. Specifically, when immigrant mothers receive vaccination information, they usually follow the recommendations—but they do not always get access to this information, which restricts their ability to make informed vaccination decisions for themselves and their children.

Morris et al.'s (1999) research demonstrated how to bridge North American with Chinese and Vietnamese beliefs and practices associated specifically with the maternal-child postpartum period. They described a "cultural broker" as someone who is able to mediate between two or more cultural groups because of their own knowledge or personal affiliation with such groups. They reported that the community health nurses, as health brokers, have the potential to improve the health care experiences faced by young immigrant families

Four articles investigated the health of immigrant children, especially tuberculosis (TB) screening and dental oral health. Doering, Kocupchyk, and Lester's (1999) study described the outcome of a concentrated effort at TB screening and follow-up of a high-risk population of immigrant children in two Edmonton school systems. The study argued that a TB control system—which includes a staff with specialized knowledge and understanding of TB disease, treatment, and prevention—resulted in high rates of skin testing and Isoniazid recommendations, acceptance, and completion. A similar study by Kostek and Marinello (2002) focused on the oral health of immigrant children, and reported the outcome of a joint initiative between Capital Health and the Edmonton Public and Catholic School Boards. The results were encouraging. Untreated dental care among students in kindergarten through grade 6 dropped from 42% to 22%, and from 28% to 7% in grades seven through nine.

Another study on immigrant children's dental health (Amin & ElSalhy, 2016) show that three factors largely determine children's dental attendance: immigrant parents' actual and perceived ability to identify dental caries in their children; their time availability and access to dental care; and their perception that dental visits are painful experiences. The study suggested that these factors need attention when designing oral health promotion programs. A related study by Amin and Perez (2012) identified psychosocial barriers to the provision and use of preventive dental care for preschool children among recently arrived African immigrants. Typical factors that help prevent early childhood caries (ECC) are at-home prevention, early detection of ECC, and access to dental services. However, even if mothers intended to provide at-home care they lacked important skills and knowledge to effectively provide this. They also faced other constraints, like lack of time and family support. Further,

they may have also lacked the requisite knowledge and skills to obtain preventive professional dental services, or to see it as worthwhile to pursue.

Elderly immigrants

Three Edmonton-specific articles deal with various health-related issues among the elderly immigrant population—for example, loneliness, mental stress, aging, and living arrangements. Choi, Kushner, Mill and Lai's (2014) study of Korean immigrant women showed that they experienced acute or chronic diseases such as hypertension, arthritis, back pain, and bladder problems—both while they were employed and as they aged. However, their spiritual faith played a valuable role in enhancing their psychological health.

Acharya and Northcott's (2007) study found elderly immigrant Indian women to be vulnerable to mental distress as a result of cultural traditions, family problems, loneliness, singlehood (because of being widowed or divorced), poverty, and aging-related changes in physical capabilities. They did, however, describe that being involved in household activities made their senior years in Canada quite satisfying. As well, providing financial and cultural support to their families was important to them. Like the Korean women, faith-based rituals and religious activities also played a part in their ability to maintain their psychological health. Ng and Northcott (2015) concluded that living in an extended-family situation helped avoid loneliness among South Asian seniors. However, just living with others was not enough to manage loneliness in this elderly population: it was also important that they not experienced long periods of being home alone or feel a lack of caring and respect from family members.

Immigrants' mental health

Two articles on immigrants' mental health are important to cite here. The study by Pozos-Radillo, Aguilera-Velasco, Acosta-Fernandez, and Pando-Moreno (2014) identified the determinants of high chronic stress among Mexican immigrants who settled in Edmonton, Canada. Not surprisingly, they found that stressful situations and threats predicted the tendency to develop high chronic stress levels. In a follow-up study (Pozos-Radillo, Preciado-Serrano, & Plascencia-Campos, 2015) with a much larger sample size (of about 240), women were identified as having much higher stress levels than men, although psychological symptoms of stress varied between the two genders. Women also had more pronounced psychological symptoms, such as depression, outbursts of rage, the desire to cry, difficulty concentrating, a tendency to get startled by any noise, nervous laughter, anxiety, insomnia, smoking, and a constant need to move. Men on the other hand, experienced nervous tics, stuttering, hunger at all times of day, increased alcohol intake, nightmares, and propensity to accidents. Both genders reported a strong desire to run and hide. Allergies were reported as a frequent symptom of stress.

Beiser et al. (2011) explained how differences in immigrant human and social capital, perceptions of institutional receptivity, feeling of welcome affect the relationship between immigrant children's mental health and place of resettlement. The study included Edmonton among several cities across the country. The authors linked the results of three prairie cities—Edmonton, Calgary, and Winnipeg—and cast them in a positive light. For instance, they reported Prairie families to have the highest levels of annual household income, the best home–school relationships, and higher than average language

levels and social capital. All of this contributed to less emotional problems among children in the prairies cities than those in Toronto and Montreal. The authors suggested that models and practices developed in the prairies region could be instructive for schools elsewhere in Canada, as well as for school systems in other immigrant-receiving countries.

Stigmatized health concerns or behaviours

Researchers have investigated a number of specific health concerns or behaviours and related stigmas, including HIV, TB, and smoking. For example, Dela Cruz, Caine, and Mill (2016) studied the lived experience of HIV-infected Sub-Saharan African immigrants to Alberta, which produced two important findings related to stigma and the experience of HIV as a complex personal, familial, and social phenomena: (1) The experience of social exclusion remained present in participants' lives as they moved across borders, and continued to unfold in experiences of exclusion in their new host country of Canada; and (2) While the participants of the study received necessary medical treatment and care, their relationships with their family members and the society at large changed dramatically for the worse over the years. This layering of stigma, in which individuals who are already marginalized in society experience other forms of stigma such as HIV-related stigma, has had a profound impact on the participants of the study.

Gibson, Cave, Doering, Ortiz, and Harms (2005) studied two cultural groups considered at high risk for contracting tuberculosis (TB)—immigrants and Indigenous individuals—to understand their behaviour towards TB prevention and treatment. Their key finding was that communities and individuals had little knowledge of TB prior to any diagnoses in their communities, and thus had a negative attitude towards it. Social stigma attached to having TB was more prevalent among the Indigenous participants. The findings support the need for widespread education about TB that addresses cultural beliefs.

Li's (2014) MA thesis in human geography documented how migrants—mostly international students—experienced the practice of smoking differently in China and Canada: in China, smoking is socially acceptable and relatively unregulated, while in Canada, smoking is increasingly de-normalized and subject to widespread spatial restrictions. Participants were in broad agreement that smoking was accepted and tolerated in Canada, *provided* it occurred in appropriate places. Widespread smoking bans with comprehensive spatial coverage that the public largely complied with or that were enforced restricted smoking opportunities, which in turn led to reduced smoking by the participants.

Immigrant-oriented agencies

Another few studies examined the agencies that intersect or serve immigrant populations, looking at the staff's perspective, access issues, or effectiveness. Salami et al. (2016) investigated the challenges encountered by immigrant-serving agencies in meeting the health needs of TFWs and their families in Alberta. The researchers found these to include the following: (a) limited funding to support TFW programs and services; (b) limited resources for and access to services for TFW and their families; (c) building trust with this population required considerable time; (d) the immigrants' reluctance to use services due to fear that it would affect their immigration status; and (e) the emotional labour associated with working with TFWs.

A study by Stewart et al.'s (2006) shared relevant insights from immigrant women who are family caregivers, service providers, and policy influencers. The paper discussed their perspectives on immigration, health, and social policy, as well as program trends in Canada. The study reported that more than half of the women in the sample did not access any community resources, services, or programs. The authors pointed to immigration policies as a potential key barrier, and thus an explanation, as to why these individuals did not connect with these services. Specifically, the family reunification policy, for instance, requires family members to financially sponsor new immigrants for their first 10 years in Canada: this, in turn, then limits recent immigrants' use of community resources while also creating a burden for their relatives. The article also discussed other aspects of the immigrant experience, such as immigrants' separation from their family in their home country, lack of English proficiency, and lack of time and transportation to access available services. The various barriers experienced by immigrant women caregivers underscore the importance of reviewing immigration policies, since they affect caregiving and access to health and social services.

The final peer-reviewed study is Stewart et al (2011)'s research on culturally tailored interventions in Toronto and Edmonton that meet the support needs and preferences of two refugee groups—Somalis and Sudanese. The study reported significant increases in perceived support and social integration and significant decreases in loneliness following the intervention. Furthermore, the participants mentioned that they learned how to seek services and supports and how to cope with the challenges they faced. Service providers and policy influencers also lauded the success of the intervention. The study, unfortunately, did not delve into any differences between the two cities.

Summary

Scholarly literature dominates the sources on the health theme. This could perhaps be because health research tends to be more intensive and requires a certain type of expertise, or because it is an area that peaks scholars' interest. The literature reviewed covers multiple ethnic groups, such as Chinese, Sudanese, Somali, Mexicans, Sub-Saharan Africans, and Vietnamese, as well as immigrant women and children and newcomers who came to Canada to live permanently or temporarily. Cultural beliefs of pregnant immigrant women, the mental health of immigrants, TB screening, and immigrant children's dental health received more attention in the literature. Possible solutions to mental health and other health issues of immigrants lie in funding to launch programs and immigration policies that more carefully accommodate immigrant concerns. However, solutions must go beyond just these two aspects. An analysis of immigrant health indicators is needed, with results included in national population-based surveys. Well-designed, high quality, generalizable studies are also necessary.

What is missing?

The immigrant health literature pertaining to Edmonton seems to adequately cover the general health of immigrants as well as specific health issues among immigrant and non-immigrant cohorts and subgroups such as women, children, and the elderly. While the health and well-being research seems extensive, it could benefit from further investigations into newly arrived Syrian refugees, particularly in the areas of their mental and maternal health, access to health care services, and satisfaction with services received. More detail is also needed about other subgroups, such as LGBTQ+, family class and

economic class immigrants, twice migrants, and international students. Data on contextual factors would further flesh out our understanding of this health dimension—for example, patterns of health at the source country, circumstances of immigration, socioeconomic factors, and psychosocial and support resources available in their settlement locations.

YOUTH ENGAGEMENT AND COMMUNITY SAFETY

In the last few years, the issue of immigrant youth engagement in criminal and gang activities in Alberta, and Edmonton particularly, has been an alarming topic of discussion in the local and national media. However, little research exists on this topic, and so this theme yielded the least number of literature items, just five in total.

Literature

Heeding the media attention on this critical issue, a Government of Alberta’s (2015) Safe Communities report reviewed the results of their Innovation Fund Pilot Project, which funded over 80 projects across the province (16 of which were Edmonton-specific). The report focused on how communities came together with high-risk groups and worked on crime prevention initiatives. The highlights of the various initiatives included “Tools for Success,”⁷ “Immigration and Refugee Mentoring Program,”⁸ “Bamboo Shield,”⁹ “Reach Immigrant and Refugee Initiative,”¹⁰ and “Keeping Somali Youth Out of Street Gangs and Drugs.”¹¹

Rossiter and Rossiter (2009) studied risk and protective factors implicated in immigrant youths’ involvement in criminal and/or gang activity in Edmonton. The authors argued that only a few immigrant and refugee youth were involved in criminal activity. They identified the following risk factors for such involvement: poverty, pre-migration violence and trauma, peer pressure to gain acceptance, and difficulty integrating. The study’s main recommendations were for funding for settlement agencies, sustained funding to immigrants for settlement, and the provision of mental health and multicultural services to immigrants. Additional recommendations included affordable housing, improved labour market integration, and school systems in which staff possess intercultural competency and understand second language acquisition processes.

⁷ “Tools for Success” was a program introduced by the Alberta Somali Community Centre focused on Somali students in schools. It provided them with Life skills workshops, field trips, and a tutoring program, while parents participated in the monthly information sessions.

⁸ “Immigrant and Refugee Mentoring Program” was a partnership between The Boys and Girls Club, Big Brothers and Big Sisters of Edmonton and Area, and the Canadian Council for Advancement of African Canadians, and the Somali Canadian Cultural Society of Edmonton. Through the Africa Centre, this program provided mentorship, familial support, and critical hour programs to immigrant children from 5 to 18 years of age in Edmonton.

⁹ Bamboo Shield was implemented as a prevention project by the Centre for Race and Culture, to work with “at-risk” and “high-risk” immigrant, refugee, and Aboriginal youth and their families in three junior high schools in Edmonton.

¹⁰ This initiative was piloted by the City of Edmonton as a crime prevention program, working to build safe community for immigrant and refugee families in the city.

¹¹ Offered by the Somali Canadian Cultural Society, the program provided mentoring, youth leadership, tutoring, and other activities to support easier transition of Somali youth’s transition into Canadian culture and schools.

Fantino and Colak's (2001) also considered supports for refugee children. Their findings suggested that these children have a hard time establishing a sense of self that reflects their previous experiences, but at the same time accommodates their new life in Canada. They found that internal and external supports helped these children to manage settlement and adaptation to the new life.

LaBoucane-Benson et al. (2009) presented grass roots action, such as "soccer moms," as a solution to the criminal gang problems. They described how soccer moms mobilized the community, reaching out to Aboriginal and refugee children to play soccer. They then turned from this initiative to the development of summer recreational and cultural programming for 100 children a week for a six-week period. The study made three key points:

- Grassroot actions can be a powerful crime prevention and anti-gang recruitment mechanism.
- The cost of community-based actions is far lower than that incurred by youth involvement in gang criminal activity and violence.
- The programs and services offered by the Community Solution to Gang Violence in Edmonton can be effective to at-risk youth.

A more recent study by Taylor and Krahn (2013) explored the intergenerational dynamics of parents and youth within immigrant families in Alberta. Using interviews and surveys of about 50 participants, their paper investigated the education and career decisions of the immigrant youth, and argued that most parental expectations of them are high. While most of these youths feel an obligation to comply with their parents' aspirations for them and feel well supported, others struggle with identity, feelings of not belonging, and uncertainty about their transitions to further education.

Summary

The Government of Alberta's report on the Safe Communities projects across the province is one of the most comprehensive reports on high-risk groups and crime prevention initiatives. This targeted program provided seed funds to communities across the province aimed at effective crime prevention initiatives that focused on the needs of high-risk groups. It is not clear though how many or whether any of these projects survived after the funding ran out. Academic studies, on the other hand, identify identity, feelings of belonging, poverty, and pre-migration violence and trauma as some of the many reasons that push immigrant' youth towards a criminal path. One study argued that only a few youth are involved in gang activities as opposed to the prevalent belief. Grassroot actions such as the development of recreational and cultural programs were touted as possible solutions.

What is missing?

While the existing literature asks and answers some pertinent questions, overall, it lacks studies that document first-hand accounts of youth who are or were involved in criminal or gang activities. Such studies could give us better insight into factors and situations that are responsible for the youth who go down the criminal path. The media has also reported on some youth, immigrants themselves or children of immigrants, who became radicalized in Alberta and were involved in terrorism activities overseas. This warrants studies to explore a whole series of unanswered questions, including those related to Canadian justice, policing, and security:

- What relationships exist, if any, among immigration, foreign policy, terrorism, global events, and domestic security? How might these relationships promote radicalization?
- What roles do diasporas and transnational communities play in youth tendencies towards socially destructive behaviours like criminal, gang, or terrorist activities?
- What are the factors that promote radicalization?
- Are marginalization and radicalization connected, and if so, which groups (including gender) are most vulnerable to them?
- Are factors such as limited second language acquisition and peer pressure related to high school dropout rates and subsequent involvement in criminal activities?
- What practices in schools might encourage immigrant youth to join gangs?
- How do newcomers and minorities on the one hand, and police and security forces on the other, perceive each other?
- How does the experience of, and attitudes towards, the Canadian justice system vary between minority groups?
- Do these perceptions change over time?

COMMUNITY INVOLVEMENT IN SETTLEMENT PROCESS

Under this category, we found 66 pieces of literature, of which 55 were grey literature, leaving only 11 peer-reviewed sources. Some of the grey literature are mere compilations of immigrant and refugee data from the 1990s, which will thus not be included in the summary that follows. We acknowledge that the summary is by no means comprehensive since the contents vary significantly. However, the goal here is to review those that are relevant or Edmonton-specific.

Literature

Overall, the literature on the settlement process is very broad, with an array of topics:

- Attraction and retention of newcomers to second-tier city such as Edmonton
- Immigrant women and their settlement needs
- LGBTQ+ immigrants and refugees
- Challenges in the settlement process itself, such as the following:
 - diversity
 - discrimination
 - racism
 - adequate and affordable housing
 - services provided by settlement agencies

To better manage this broad literature, we have organized what follows into the sub-topics that emerged from the analysis:

- Attracting and retaining newcomers
- Settlement needs of immigrant women
- Refugees
- Francophone minority

- Ethno-specific studies
- International students
- Role of ethnocultural communities in settlement
- Other literature

Attracting and retaining newcomers

We found four grey and peer-reviewed items on what Edmonton offers to attract and retain newcomers. Derwing, Krahn, Foote, and Diepenbroek (2005) explored ways by which a second-tier city such as Edmonton can do this. The authors define cities such as Edmonton, Calgary, Winnipeg, Hamilton, and Ottawa—each of which has between 40,000 and 100,000 recent immigrants—as second-tier immigrant destinations. They found that newcomers chose Edmonton for economic reasons (34%), family and friends (29%), quality of life (24%), and educational opportunities (13%). Edmonton also had a clear advantage over Calgary in the educational opportunities it presented. Immigrant service providers and representatives of school districts and ethnocultural groups suggested that an awareness campaign to make immigrants feel welcome would be useful. They also identified negative factors for attracting newcomers, specifically racism and problems with immigrants’ educational, professional, or skills credentials not being recognized.

Pruegger and Cook’s (2010) conducted a comparative assessment of Edmonton’s attraction and retention of immigrants, reporting a negative retention rate, which is a rather disappointing finding. They compared Edmonton to five other Western cities, classifying Vancouver and Calgary as superior to Edmonton, and Edmonton as superior to Saskatoon, Regina, and Winnipeg. The data from 2001, however, are old. In Edmonton, the authors identified underemployment and unemployment among immigrant populations were rampant due to the lack of recognition of their education and work experiences. Concomitantly, immigrants and refugees were increasingly homeless and under-housed, exacerbated by lack of affordable housing options.

Based on a large sample of over 600 interviewees, the study by Krahn, Derwing, and Abu-Laban (2003) on retention of newcomers in second- and third-tier cities in Alberta showed that Edmonton received more immigrants and retained more refugees than third-tier cities like Lethbridge and Grande Prairie. 74% of refugees in Edmonton reported that they had no intention of relocating. Refugees chose to stay in Edmonton because of better employment and educational opportunities.

Wilkinson and Kalischuk (2009) reported (based on the 2001 census) that only less than 15% of immigrants coming to Alberta settled in third-tier cities such as Red deer, Lethbridge, or Medicine Hat, or smaller centres and rural areas. This gap in attracting immigrants was partially fulfilled by TFWs, about half of whom settled in third-tier centres, providing valuable labour to these areas. The researchers recommended that the government should collect better statistics on attraction and retention rates of migrants and release them in a timely fashion so that policy makers and researchers to closely examine them.

In sum, Edmonton generally scored fairly high when compared to other cities in Alberta in attracting and retaining newcomers to the city. Its retention rate appears high in western Canada as well, but falls slightly behind Calgary and well behind Vancouver.

Settlement needs of immigrant women

A mix of eight grey and peer-reviewed literature sources provide the data in this category, with the bulk of them focusing on South Asian and Sub-Saharan African women. We will begin with Fletcher's (2004) doctoral research in education policy, which documented the integration experience of immigrant women in Edmonton. The participants identified several social, cultural, and economic barriers to fully participating and integrating into Canadian society. The study recommended several policy initiatives, including equitable programs across the genders to support self-sufficiency and independent living, and ways to help immigrant women connect with Canadian-born women.

Joshi's (2013) report outlined barriers to leadership roles faced by immigrant girls and young women in Edmonton and Calgary, and suggested strategies to overcome them. The author identified familial, internal (within the self, due to social-conditioning), and social/cultural barriers, and suggested government-funded educational programs to promote intergenerational dialogue. The paper also pointed out the need for immigrant women to develop critical thinking and leadership skills.

Shankar, Rosis, Gill, and Tan's (2013) study was sponsored by the Indo-Canadian Women's Association, with a view to providing insight into harmful cultural practices. These include dowries, the preference for male children and the related blaming of women for giving birth to girls, domestic abuse, and honour-killing. The findings suggested that programs are needed to raise awareness about these misogynist practices, especially in the South Asian and Middle Eastern communities. Indeed, participants in this study benefited from an awareness program. Engaging men and faith leaders in such programs was also considered important.

Mishra's (2016) report, also sponsored by the Indo-Canadian Women's Association, assessed service gaps when dealing with honour-based violence and suggested solutions to these gaps. The study pointed out the many incidents of such violence in Edmonton, noting that they are markedly under-reported. As well, violence in a family context is not directed only towards women but can also affect elderly parents and LGBTQ+ individuals. The report argued that Canadian immigration policies, such as conditional permanent residency, create an increased risk of this honour-based violence. Conditional permanent residence is associated with a 2-year cohabitation rule. Further, current service-delivery models are not suited to deal with honour-based violence. This violence must be handled through a client-centred approach, and depends on adopting a strategy that promotes "the 4 Rs"—recognizing, responding, referring, and reconnecting. Collaboration between service providers can further improve services in this intervention area.

Husaini, Susat, and Lee's (1984) earlier study also explored the needs of immigrant women who lived in Edmonton. Specifically, it examined what services were available to these women and what other services they would like to see in the future. The authors classified women's needs into six categories: adaptation, education, employment, psychological need, socio-cultural, and family-related needs. The

study found that the psychological, socio-cultural, and family-related needs of the women remained unmet and that they also experienced challenges related to gender inequality, isolation, lack of self-worth, and the desire to maintain their cultural heritage. The authors made the point that most immigrant-serving agencies provided immediate adaptive services to newcomers, such as ESL lessons, accommodation, childcare, and health care, but did not meet socio-cultural and psychological needs, given the government's short three-year funding policy.

Vallianatos and Raine (2015) attempted to elicit what it means to be Arabic and South Asian Canadian in Edmonton, taking food as their theme. They showed that by way of menu planning, grocery shopping and cooking, the women they interviewed asserted their individual connotations of womanhood and ethnicity. Via eating and the associated symbolic meanings of food, identity was further reinforced. The women's food choices represented and echoed the process of adjusting to life in Edmonton, which included how their identities and experiences shape and were shaped by their new life circumstances. As identity is socially constructed, how these women talked about food also revealed how they were situated in relation to their families and communities, within a specific socio-politico-economic locus.

We found three articles (Okeke-Ihejirika, 2015; Okeke-Ihejirika & Spitzer, 2005; Yesufu, 2005) on African-Canadian women's experience in settling and reconstituting identities in the Canadian context, but more specifically to Alberta and Edmonton. Okeke-Ihejirika's (2015) book chapter was based on data collected from three sources: focus group interviews of African women between 15 and 60 years old; in-depth interviews of African women community leaders across five major Albertan cities; and a province-wide survey of about 900 African women in Alberta.

The research concluded that a number of factors—age, immigration categories, time spent in Canada, race and proficiency in a Canadian official language—influenced African women's identities. For instance, the older women did not consider identity a problematic issue. However, younger and newly arrived women, mainly visitors, landed immigrants, and refugees, did consider this a concern, even though they remained largely unprepared to confront their own transnational identities. The refugees among these younger women faced the most difficult time in reconstructing their identities; further, the label of "Black" was shocking to many African immigrants, especially those from countries that had only a short history of colonization. Okeke-Ihejirika (2015) also pointed out that Francophone women felt unwelcomed, far more so than their Anglophone counterparts.

In another similar study, Okeke-Ihejirika and Spitzer (2005) documented the experiences of African women between the ages of 18 and 25 in Canada, and their visions of the future. They found that their parents' frame of reference shaped their behaviour, values, expectations, and aspirations. Community life among these young women revolved around their families, the local church, Black student groups, the youth wing of Black associations, and their country-of-origin organizations. Often, the women experienced confusion about their values, which oscillated between African and Canadian values. Dating was another potential site of intergenerational conflict and remained a topic these young women avoided in discussions with their parents. They also expressed a strong preference for marrying

Black men of African origin. However, attachment to their African homelands was often troubled by lack of competency in their familial language.

Yesufu's (2005) study aimed to identify and systematically document the barriers to education and employment faced by African-Canadian women immigrants in Canada. The findings from the focus group discussions showed considerable difficulties in finding jobs appropriate to their skills and qualifications. Many of the women attributed their failure in the job market to their minority status, lack of recognition of their African credentials, and lack of social support services. Worse, even after gaining training and accreditation from recognized Canadian institutions they still experienced difficulty in finding employment. Almost all the participants demonstrated dissatisfaction with Canada, which also negatively affected their emotional health.

In sum, this group of sources has paid more attention to South Asian, Middle Eastern, and Sub-Saharan African women, in particular, their adaptation barriers, social and cultural issues, and unmet needs. While many issues, like foreign credential recognition, employment, housing, and language issues are pervasive across newcomers' experiences, issues unique to women concern domestic violence, child care, gender inequality, isolation, and lack of self-worth.

Refugees

There are several studies of refugees who were resettled in Edmonton and in Alberta. However, the themes within them are manifold, covering a variety of issues: satisfaction with settlement services, models of settlement services, discrimination and racism, evaluation of a municipal settlement grant, housing, and refugee sponsorship programs.

Abu-Laban, Derwing, Krahn, Mulder, and Wilkinson's (1999) report to Citizenship and Immigration Canada, albeit slightly dated, is one of the most comprehensive documentation studies of settlement experiences of refugees in Alberta. It covered six urban settlements: Edmonton, Lethbridge, Red Deer, Medicine Hat, Ft. McMurray, and Grand Prairie. A few significant findings of the report included the following:

1. 60% of the refugees destined to the host cities were still living in these communities at the time of the study.
2. Insufficient employment or educational opportunities in their host cities were the most common reasons for leaving.
3. The refugee retention rates were higher in Edmonton and Calgary, and lowest in Grand Prairie and Ft. McMurray.
4. Refugees were least satisfied with employment-related services.
5. Lack of recognition of educational and occupational credentials was a major source of frustration.
6. Learning English and finding jobs were identified as major issues.

Interestingly, many of the recommendations proffered in the report still hold true nearly 20 years after its first publication, as echoed in the recent report by Agrawal and Zeitouny (2017), described later in this sub-section. Abu-Laban et al (1999) recommended improved employment preparation and job findings programs. They suggested an employer-government cost sharing program to ensure that

refugees have the opportunities to gain Canadian experiences. The authors also suggested additional funding and improvements in the ESL programs.

The MHBC's (2004) paper examined the efficacy of co-operatives in assisting immigrants and refugees to settle in Canada. Using itself and other co-op models, such as the Charlottetown Farmers' Market Co-operative in Charlottetown, the Crossroads Housing Co-op in Vancouver, and the Afghan Women's Sewing and Craft Co-operative in Vancouver, the authors concluded that the co-op model is a successful one for helping immigrants and refugees achieve social and economic success in their lives.

Berenda's (2015) master's research paper "Emerging Immigrant and Refugee Communities," part of her MBA program, focused on the impact of a municipal grant on the Somali immigrant community in Edmonton. Berenda found the grant to be a successful government intervention that helped newcomers' settlement, integration, and inclusion processes. Among the ways in which the grant helped were these:

- Supporting the community with network formation, connection, and access to community resources and services
- Improving participants' life and job skills
- Motivating individuals to pursue school and work
- Enhancing participants' knowledge of various Canadian systems

Dachyshyn's (2007) doctoral thesis in the Department of Elementary Education at the University of Alberta explored how the learning by preschool refugee children is guided and mediated during their time of transition in Canada. He demonstrated that the refugee parents were burdened by many layers of stress while raising their children, which resulted from several factors: their emotional and physical burdens accumulated during the trans-migration phase; the lack of extended family and community support during the resettlement phase; unemployment; inadequate housing; and their general unpreparedness for dealing with the Canadian way of life. The author also provided more detailed observations from refugee mothers, children, and early childhood educators which revealed that mothers and educators had different approaches to mediating the learning experiences of the children.

Makwarimba, Stewart, Neufeld, and Spitzer (n.d.) focused their study on the issues of discrimination and racism experienced by newcomers (Chinese and Somalis in particular) in Edmonton, Toronto, and Vancouver. The findings suggested that the majority of participants experienced racial discrimination, which negatively affected their integration. Discrimination was largely based on accents, religion, educational background, or immigration status. Somalian participants, overall, felt more strongly about discrimination than did the Chinese participants.

Choby and Fischer's (2016) recent study outlined the needs of LGBTQ+ newcomers to Edmonton and made recommendations about how settlement service can address some of the challenges that these newcomers face. For example, LGBTQ+ individuals face a harder time making a refugee claim. IRCC requires proof of sexual orientation from the applicant's home country, or from Canada. Since many newcomers kept and keep their sexual orientation secret from friends and family, they have a difficult time providing the necessary proof. They also faced challenges in finding adequate housing and

employment. The study suggested that a service provider be knowledgeable enough to identify queer clients, and be aware of queer service-users. Further, LGBTQ+ clients must be recognized as valuable clients, whose needs must be integrated into service delivery.

Enns and Carter (2006) conducted a peer-reviewed, longitudinal study of housing circumstances of recently arrived refugees in three prairie cities, one of which was Edmonton. However, the study relied heavily on data from Winnipeg, with only 12 households out of 75 interviewed in Edmonton. The key finding was that refugees faced difficulties finding affordable housing. Suggestions to ameliorate this included creating an organization that could provide comprehensive housing and neighbourhood information to new arrivals, developing more transitional housing, and increasing the supply of affordable rental housing.

Stewart et al.'s (2013) report provided feedback on a pilot study designed to test culturally appropriate and accessible support services for new Sudanese and Zimbabwean refugees who were parents. The peer support intervention program was perceived as a success on several fronts. It allowed participants an opportunity to socialize with other parents, through which they found informational, practical, and emotional support. Peer mentors provided interpretation services, helped with forms, and escorted participants to meetings with service providers. By being able to share experiences and attend sessions led by a professional from a family resource centre, participants learned how to better deal with their parental stress.

Yohani's (2013) study, conducted in partnership with the Edmonton Mennonite Centre for Newcomers (EMCN), examined the role of educational cultural brokers during refugee families' adaptation to Canadian schools. Results from this study suggest that individuals such as brokers can play an important function, but there is a need for clarity regarding their roles and activities. It is important to note that the role of an educational broker is evolving. Ongoing reflection on what brokers do in relation to the changing needs of schools and families is warranted, to ensure successful coordination of activities that assist refugee children to adapt to Canadian schools.

Ball's (2008) study was conducted on behalf of Families First Edmonton (FFE). It sought to understand the impact of various service-delivery approaches on low-income families and on the challenges these families face. The overall goal of the project was to build understanding and relationships between institutions and emerging immigrant and refugee communities, for longer-term sustainable community-based partnerships/collaborations. The model had community and FFE working together and learning from each other. Both parties seemed to gain greater understanding of each other and to feel empowered by this contact. The study recommended that partnerships between institutions and communities, as well as an integrated approach to developing cultural responsiveness, are necessary to attain inclusion for new immigrants.

Derwing and Mulder's (2003) study documented the experiences of private sponsors who supported Kosovar refugees to settle in Northern Alberta, including Edmonton. Although the sponsors of the Kosovars did not provide basic financial support to the refugees, many found their role to be onerous—particularly in terms of their emotional investment and the demands on their time. They would have liked more opportunity to debrief their experiences and to have contact with other

experienced sponsors. Some of the sponsors' initial expectations of the Kosovars were at odds with reality; conversely, many sponsors felt that the refugees had unrealistic expectations of them and of life in Canada. Ongoing support, training, and debriefing opportunities needed to be made available to sponsors.

Enns, Hemstock, and Ortega's (2017) recent study adds further to our knowledge of private sponsors. They noted that private sponsors of Syrian refugees in the Edmonton area were not fully prepared for or informed about what they were getting into. There were some mismatches in the expectations of the sponsors and the sponsored families. Some sponsors expected families who spoke some English, which would make it possible for them to quickly find employment. However, this is not what happened. The greatest frustration for the sponsors was enrolling their sponsored families in Language Instruction for Newcomers to Canada (LINC) classes, as there were long wait lists for the classes and the quality of instruction was also dubious, a claim substantiated by Agrawal and Zeitouny (2017).

The report of the AAISA (2016) provides an inventory of Alberta programs and services for refugees, focusing on language, housing, health, social integration, and employment. AAISA reported that the average number of refugees who settle in Edmonton and other similar cities is 1,126 annually. Between 2005 and 2014, Edmonton received fewer permanent residents than Calgary, which is why it offers fewer services than Calgary. Of the Edmonton settlement services, 37% are employment-related and 33% are language-oriented services. Among the employment-related services, Edmonton is the only location that offers self-employment services, job search preparation, training and certification, bridge-training, internships, and apprenticeship services.

Lastly, Agrawal and Zeitouny's (2017) study documented the settlement experiences of recently arrived Syrian refugees in Albertan cities—Edmonton and Lethbridge specifically—and compared them across the three streams of sponsorship. The findings suggested that all three government and private sponsorship programs were largely successful in bringing in Syrian refugees from various asylum countries in the Middle East to safe places in Canada. However, the settlement experience of refugees varied after they arrived in Canada, with some noticeable differences attributed to the size of the city. The recommendations included enhancing the quality of LINC classes, developing vocational training programs, and considering the blended sponsorship approach as the best way forward.

In a nutshell, the literature documents tough challenges refugees face in settling down in a new country. Issues such as learning English, finding employment and adequate housing, and various other aspect of adaptation to Canadian life plague their settlement process. Health and educational cultural brokers and the provision of culturally appropriate services could help to ameliorate these concerns.

Francophone minority

Three articles pertain to the struggles and challenges of Francophone minority in Edmonton. The plight of Francophone African immigrants is an important theme that runs through this literature. Alberta ranks third in the country for the share of French-speaking immigrants, which is roughly about 10% of all French-speaking immigrants in Canada. The relative weight of French-speaking immigrants within the immigrant population is low, but their numbers have been growing over time. The Francophone

immigrant population in Alberta (12,000 as of 2014) represents 17.5% of the total Francophone population in the province, ranking it second proportionately, behind British Columbia at 25% and ahead of Ontario at 14.8%. This is then a relatively large French-speaking immigrant population outside of Quebec, and thus clearly, this is an important community to be studied.

Burstein, Clement, and Petty's (2014) report focused on the reception and integration strategies associated with Francophone Official Language Minority Communities. One of the projects included here was the Mentorship Program/Programme de Mentorat of Acces@Emploi in Edmonton; its goal was to offer newly arrived French-speaking immigrant professionals in the city mentoring support to facilitate their integration into the Canadian workforce in their field of expertise. No formal evaluation of the program is available, but the report proclaimed the program to be a success. It documented numerous benefits for the mentees and highlighted that access to staff, trained in human resources management, was critical to its success. The program was also located in the Francophone area, next to Campus St. Jean (Alberta's only Francophone university campus), which provided convenient access to campus resources and expertise.

Mulatris's (2009) incomplete research study looked at Francophone African Christian churches in Alberta, specifically in Edmonton. The aim was to examine three factors: the social impact of these churches, their impact on congregation members' integration, and the openness of the churches and their members to Canadian values. The researchers hypothesized that spiritual institutions could be an important resource, given the rising immigration from French-speaking parts of Africa and the poor integration of these newcomers. These institutions could provide social support and connect their members with needed settlement services and other resources in the community.

Mulatris, Jacquet, Wilkinson, Ka, and Berg's (2017) study, supported by the Centre d'accueil et d'établissement of Northern Alberta, found regional differences in the use of French language services: Of the respondents from Alberta, only 38% used French language settlement services, while more than 50% of respondents in Manitoba stated they used them, the highest in the country. Francophone immigrants, particularly those of African origin, expressed a sense of abandonment and confusion about the settlement services they received that were intended to facilitate their integration into society. The study suggested creating a single-service window to meet the needs of Francophone immigrants, while helping them to develop a social network to assist with their integration.

In sum, Francophone newcomers are in a much worse situation in English Canada because of the intersectionality of their race and their dominant spoken language. To serve this increasing Francophone minority, settlement services need to be more culturally as well as linguistically appropriate.

Ethno-specific studies

Studies in this area have attempted to tackle issues such as discrimination, needs of the elderly, family violence, and crime. Some of these issues are pervasive across many immigrant groups, but many afflict one ethnic community more than others. In such cases, research focusing on the particular ethnic group can shed light on the specific issues involved.

Omosa's (2015) research study evaluated the experiences of people who immigrated to Edmonton from various African nations. Specifically, it looked at why they came to Canada and their challenges with transitioning into the wider community and interacting with Canadian institutions. Findings showed that, in the initial years (the 70s and the 80s) of their arrival, immigrants from Africa to Edmonton were mainly students and their accompanying family members. This was followed by individuals pushed out of their home countries by conflicts and war. Then, in the 1990s, people began emigrating for career and economic reasons. Interestingly, national associations like the Africa Centre in Edmonton, and others, play a critical role in the smooth transition of new arrivals into the Canadian way of life.

Goldblatt (2016) evaluated one such program, the **Somali Seniors Project**. The program was sponsored by the Somali–Canadian Cultural Society of Edmonton and the Centre for Race and Culture, which brought a group of Somali seniors together to discuss various common issues, needs, interests, and barriers. The results showed that most Somali seniors experienced language barriers, health issues, physical distance to services, poverty, and experiences of racism. While they appreciated many resources offered to them, their own religious practices, language barriers, and lack of transportation prevented some seniors from participating in or using resources.

Khalema, Hay, Wannas, Joseph, and Zulla (2011) reviewed literature that addressed risk and protective factors, along with crime prevention strategies aimed at immigrant communities, particularly the Somali communities in Edmonton. They found that non-academic newspaper articles about the Somali community suggested Somalis were viewed as outlaws. The media did not cover stories of Somalis who were the victims of crime; further, the articles often had incorrect details such as timelines, facts, and misspelled names. The literature review showed that community needs were language programs, youth programs to provide extracurricular activities that keep children off the streets, and accessible child care. Additionally, many mothers in this community faced barriers to accessing various services.

Ng and Northcott (2010) examined the identities of senior immigrants of **South Asian** descent living in Edmonton. More specifically, this peer-reviewed study explored how different immigration variables—such as length of residence in Canada, English proficiency, age at the time of immigration, Canadian citizenship, transnational ties, opinions about Canadian society, and the ability to vote—influenced the sense of national and ethnic identity of South Asian elderly immigrants. The results suggested that even though age at immigration and length of time in Canada are strongly correlated, the former had a greater influence on ethnic and national identity than the number of years in Canada. Immigrants who came earlier in life identified more as Canadian than South Asian. Participants who had lower English proficiency were more likely to identify themselves as South Asians. Immigrants who were younger at the time of their immigration to Canada had more transnational ties.

The Anala LaPerle Consulting report (2010) evaluated the program “Responding to Victims of Family Violence in the **Chinese Community**,” which started in 1999 as a partnership between two Edmonton non-profit organizations: ASSIST Community Service Centre and Edmonton’s John Howard Society. This program aimed to fill the gap in services available to Chinese immigrants who were affected by family violence and who faced linguistic and cultural barriers. Strengths of the program were seen in the

partnership between an ethnic organization and a mainstream non-profit agency. The off-site location was another strength, as were the professional, linguistic, and cultural backgrounds of the outreach workers. Some participants noted that the personal qualities of outreach workers were also very important. Weaknesses of the program were embedded in the unclear definition of “partnership.” Also, outreach workers from the two organizations experienced some difficult situations, because each organization had different cultures, goals, requirements, and expectations; combining them meant that all staff were not prepared for all the situations they encountered.

Lastly, a report by Age Friendly Edmonton (2015) assessed the needs of immigrant and refugee **seniors** and examined the services and programs available for this demographic in Edmonton. It found the main challenges seniors face were language barriers, affordable housing, and low income. This resulted in seniors feeling like a burden on their families, and experiencing isolation, a lack of mobility, and issues with their self-worth. Those who had visitor visas were especially affected by this, since their status in Canada prevented them from accessing many available services.

This literature layers age and ethnicity over the minority status of immigrants and refugees and identifies challenges these newcomers face. Issues such as social isolation, lack of mobility, language proficiency, and low income are frequently mentioned.

International students

Norquest College in Edmonton shared several reports with us. A few, relevant to the topic at hand, are included here. One report documented the potential challenges and support requirements international students may need while studying at Norquest. The study was conducted by students in a business class and was largely based on primary data collection using interviews. A substantial proportion of students indicated difficulty finding information about financial assistance and scholarships; they also mentioned that options for living arrangements were hard to access as well. The three most challenging areas were cost of living, food, and teaching/learning style differences. Many of them wanted to stay on in Canada, but finding employment after they finished their studies was a big concern. Almost three-quarters of them worked while studying, although they only made minimum wage and usually worked in fields unrelated to their area of studies.

Another class project, led by Norquest instructors Marvin and Mulder (2016), explored the extent of loneliness among students. Almost half of the respondents to the survey were international students. Although the results are not specific to international students, students with disability, Indigenous students, and single students tended to feel lonelier.

Finnie, Dubois, and Miyairi (2017) prepared a separate report for Norquest College as a part of their larger project on the labour market outcome of students in 14 post-secondary educational institutions across the country. The focus at Norquest was on LINC participants. The authors reported that LINC participants at Norquest entered the labour market with lower average earnings, but six years after graduation, they surpassed the average earnings of diploma graduates; they continued to grow at a faster rate in subsequent years.

Clearly, this Norquest College research concerns their students in particular, and thus limits our complete understanding of this group of newcomers. Nonetheless, in shedding light on the experiences of a select group of international students, we may be able to extrapolate insights that apply to other such students.

Role of ethnocultural communities in settlement

A series of studies have assessed the role of ethnocultural communities in supporting newcomers in their community. The intent in these works was to understand available sources of support that go beyond what settlement agencies offer.

Das's (2010) report was coordinated by the Multicultural Coalition of Edmonton, but funded by Family and Community Support Services and the City of Edmonton. The purpose of the research was to capture the experiences of Edmonton's emerging ethnocultural communities as they support the settlement and integration of their community newcomers. The study found emerging ethnocultural communities were the most critical source of support for newcomers, especially in their initial years of settlement. The support newcomers received from their own ethnocultural communities encompassed emotional comfort, necessary information on services, and responses to practical needs in the initial stages of integration. The report suggested that public institutions should recognize and incorporate into the overall settlement and integration framework the grassroots role of ethnocultural organizations, community groups, and community leaders to support newcomers. It also recommended allocating resources to encourage community-oriented and culturally based support for newcomers as they begin to integrate into life in Canada.

Zhao's (2009) study measured the level of support that ethnocultural communities provided to newcomers. Most needed support in the areas of employment, housing, and transportation. Their findings suggested that ethnocultural communities mostly provided moral and emotional support to newcomers because more established immigrants understood these challenges. However, even though these communities attempted to help their newcomers find work, they were rarely successful in doing so. Nevertheless, this research showed that most newcomers were satisfied with the type and level of support they received from their ethnocultural communities.

The goal of Tanasescu's (2005) research was to get ethnocultural communities and organizations to collaborate, and thereby to improve their collective ability to advocate for newcomers to their communities. The Multicultural Coalition for Equity in Health and Wellbeing conducted 24 organizational surveys with community associations, where all youth were a common priority. However, community organizations tended to focus on barriers only in their own organizations. Their greatest challenge was maintaining member numbers, even though they reported being successful in engaging members. Obtaining funding was typically difficult, with most funding coming from membership fees, donations, and fundraising. The study recommended increasing leadership skills, identifying common goals, developing centralized coordination, and working on inter-organizational support, all ways to become more effective.

The above literature suggests to us that ethnocultural communities have been helpful to newcomers by showing them the day-to-day mores of life in Canada and providing moral, emotional, and sometime financial support. However, keeping these communities and their members engaged for a prolonged time and raising funds were identified as a major challenge.

Other sub-topics

Here, we review the literature on miscellaneous topics as yet undiscussed: the role of a municipality in the settlement process; assessment of settlement agencies' programs and services; communities' views towards immigration and immigrants; and neighbourhood and housing issues.

The Canada West Foundation's study (Azmier, 2005) outlined how immigration trends differ from city to city. Edmonton participants listed the following themes related to immigration:

- Attracting immigrants and competing with Calgary
- Interprovincial migration, stressing local supports
- Little involvement of the city in immigration issues
- Public education about the benefits of immigration
- Skills recognitions and the need for bridging programs
- Language training
- Settlement services
- Application processing timelines
- Comprehensive educational resources on employment issues and marketing

Mulder and Krahn (2005) documented how community and individual attributes might influence immigration attitudes, concluding that Edmontonians were less receptive to immigration and cultural diversity. Besides community-level data from two census datasets, the study included a survey of more than 800 adults. The authors suggested that engaging the citizenry via community-based public education could strengthen a sense of community and, in turn, foster acceptance of newcomers.

Tossutti's (2012) peer-reviewed study turned to municipal roles in immigrant settlement, integration, and cultural diversity, analyzing six Canadian cities, with Edmonton as one of them. Edmonton adopted a formal immigration and settlement policy in 2007, the second Canadian city to follow Toronto in this regard, by creating the Office of Diversity and Inclusion. Through this office, they aimed to implement a centralized and coordinated approach to settlement, integration, and diversity issues. The City also participated in coalitions to address immigrant labour attraction and retention, and other integration issues. However, Edmonton failed to integrate cultural differences in its employment practices and corporate communications policies.

Guo and Guo's (2007) study analyzed the strengths and weaknesses of settlement agencies' educational programs, and how they go about helping immigrants in their settlement process. Among four immigrant-serving agencies in Alberta, the study considered the Edmonton Mennonite Centre for Newcomers (EMCN) and ASSIST in Edmonton. The findings showed that immigrant service organizations could play a vital role in helping immigrants and refugees with their settlement and integration. Among the educational programs and services, what mattered is their response to the

issue of devaluation and denigration of foreign credentials and prior work experience. Their career-bridging programs, such as EMCN's Engineers' and Technologists' Integration Program, have become crucial stepping stones for immigrant professionals to get into the Canadian labour market.

Zulla, Ahmed, Ghimn, and Atieno (2012) conducted a community-based study to examine how to develop and support community leadership, enhance communities' capacities, and strengthen intercultural partnerships across ethnocultural groups in Edmonton. The report recommended that community leaders continue to participate in communities' growth, as they can help to identify and resolve issues and build relationships within the community. To encourage community leadership, it further recommended:

1. Providing educational, financial, and mentoring resources to develop community leaders
2. Building better relations within each community
3. Building better relations with other community groups, service providers, and funders

Lokhorst (2011) explored the English proficiency levels of TFWs and their reasons for acquiring English language training (ELT), as well as their options and barriers to accessibility of ELT. She concluded that the ESL needs of TFWs are not being met. Everyone's access to ELT is affected by the following intersecting factors:

- Their unique situation
- Available ELT services in their area
- Accessible transportation
- Work schedule conflicts
- Their employer's willingness to make concessions for ELT training

Some settlement agencies also offered classes to help TFWs to improve their proficiency at basic and intermediate levels, which could help them increase their confidence in their ability to integrate into the wider community.

We found only one study on neighbourhood and housing, by Alberta Manpower Immigration and Settlement Services in 1986. It used the 1981 census to decipher concentration patterns of immigrant groups in Edmonton and Calgary, with the aim to assist settlement agencies in delivering their services more efficiently. Downtown Edmonton, North-east Edmonton and Millwoods, a neighbourhood that attracted mostly Indians and Chinese, were identified as two places where immigrants settled most often. Language, and cheaper or subsidized housing were identified as the main cause of the concentration, with overcrowded housing more pronounced among Vietnamese and Latino immigrants.

Summary

Despite the volume of literature on a variety of topics, our review did not yield any conflicting or inconclusive results, which is noteworthy. It is also important to note that newcomers' needs—such as lack of language proficiency, lack of employment, and social isolation—identified in the recent literature are the same set of issues that Catholic Social Services (1996) reported almost two decades back. The studies we reviewed call for more attention to the subgroups of newcomers such as women,

seniors, Francophones, refugees, and those from Africa who may be further marginalized because of the intersectionality of their colour, age, gender, religion, and language (even though they know one of Canada's two official languages).

Abu-Laban et al.'s (1999) and Agrawal and Zeitouny's (2017)'s studies are two interesting and powerful pieces of literature. They cover more or less the same geography, but they were conducted a few decades apart. The two studies are powerful in the sense that they both point to the same prevailing issues, even with the gap of about 20 years. Fortunately (or unfortunately), the two studies are quite similar in the challenges they documented *as well as* the solutions they proposed. What is telling here is that not much has changed over these many years in regards to the challenges that refugees in Alberta face. Concomitantly, neither have the service and programming models changed much to resolve the issues. It is fair to say, though, that any significant policy and funding changes do take time. Such changes, and the challenges to implementing them, could be exacerbated further by changes in the governing party—since each next one brings its own set of political ideologies and priorities.

What is missing: Final recommendations on neighbourhoods, housing, and understudied subjects

The settlement process can benefit from further understanding of a variety of aspects of immigrants' lives in the city of Edmonton. Neighbourhoods and housing in Edmonton, however, have not been studied adequately. We could locate only one article (Alberta Manpower, 1986) on this topic, but it is over 30 years old. The author's own unpublished study (Agrawal, 2014) provided some interesting insight into the idea of ethnic concentrations. His study reported that the Edmonton and Calgary metropolitan areas have four main ethnic enclaves—two comprise white Canadians, namely Germans and Ukrainians, and the other two are visible minorities, South Asians and Chinese. South Asian and Chinese enclaves have emerged between 2001 and 2011, so they are more recent when compared to Toronto and Vancouver.

The study argued that the earlier immigrants to Alberta such as Ukrainians and Germans came from largely agrarian societies of the time and settled on Alberta farms, as opposed to the Italians, Jews from diverse countries, and the Portuguese in Toronto. The ethnicities of these mature groups are still visible in domes and steeples of Ukrainian Catholic and Orthodox churches not only in Edmonton but also outside of the city in nearby small towns and the villages in Two Hills, Lamont, and St. Paul counties. More studies are needed like the above and Qadeer, Agrawal, and Lovell's (2010) research in Toronto.

Further studies are also needed to answer the following broad questions about neighbourhoods:

- How are neighbourhoods in Edmonton changing or, rather, adapting in light of increasing numbers of newcomers and minorities?
- Is spatial concentration of minorities becoming evident, and if so, do certain economic and social conditions follow spatially?
- What are the implications of spatial concentration on social integration, or for municipal service delivery? Does ethnic concentration lead to gentrification of neighbourhoods?
- Are spatial concentrations a factor in the economic outcomes of immigrants?

Studies regarding housing, specifically, should focus on answering the following questions:

- What are the strategies employed by immigrant and refugee groups to gain access to housing?
- Do immigrants have a different experience in entering the private vs. the public housing sectors?
- What types of barriers and/or discrimination in housing do newcomers and minorities encounter?

Adding to the research on neighbourhoods and housing, we need to know more about the roles of schools and sites of worship as potential hubs for neighbourhood life and whether they aid or deter social integration. Similarly, studies on immigrant children and youth are also warranted:

- What views do children and youth have of both their culture of origin and their host society in respect to identity?
- How does this second generation construct an identity for themselves, a sense of home and belonging, and a sense of origin and descent in both contexts?

Given a large population of TFWs in Edmonton and in Alberta (ranking third in the country), we need to know of any emerging trends, needs, and outcomes of TFWs, as well as international students who may eventually transition to a permanent status. International students as a whole are another understudied newcomer group, especially in Edmonton, which is home to six publicly funded post-secondary institutions and a host of private training schools. It is possible that institutions have conducted their own internal research, which are not made available in the public domain. However, with the recent changes in the immigration policies, which seem to prioritize international students as future permanent residents of Canada, scholars can seek answers to several relevant questions, such as these:

- What attracts international students to come to Edmonton to study?
- What are their labour market outcomes once they graduate?
- What are the contributions of these students to the economy of Edmonton and of Alberta at large?
- Can educational institutions act as settlement agencies for their students?
- How effective are Canadian Experience classes (Express entry route) and the Alberta provincial nominee program in retaining Canadian-educated and -experienced students in Alberta and more specifically in Edmonton?

Finally, a host of other research areas pertaining to immigration in Alberta remain to be investigated:

1. Third-tier cities and rural communities like Brooks, Canmore, and Fort McMurray, Alberta certainly need more attention. We do not know who settles in these places, how they cope with settling, and how they are received by the local community.
2. Comparing recently arrived Syrian refugees with the previous waves of Bhutanese, Kosovar, Vietnamese, and other ethnic groups would provide interesting insights into the settlement experience of refugees cross-sectionally and longitudinally.
3. A comprehensive study of the advantages and disadvantages of the current funding mechanisms that support settlement agencies is needed. We especially need to know more about how other funding mechanisms might support the effective partnering and delivery of integration and settlement services to newcomers.

CONCLUSION

This scan of immigration-related research provides an overview of knowledge in the field as it pertains to Edmonton. We have reviewed existing research, indicate new directions for syntheses, and propose new research topics. In particular, new research is warranted in policy areas where little current research knowledge is available such as documenting experiences of successful immigrants and refugees, factors contributing to gang activities and radicalization and the effects of changing nature of neighbourhoods. New research, however, must build on existing knowledge and employ the most effective methodologies available. In fact, development of effective research methodologies for immigrant populations is an important part of developing this research agenda. Researchers must design sound and generalizable smaller studies using multiple methodological approaches. We also underscore the need for studies with large sample sizes, preferably using large national and local databases. A robust methodology makes for a rigorous study, and findings with high reliability and validity. Such research could then have more significant impacts on policies, programming, and decisions related to service delivery.

Further, comparative studies of Edmonton with other Albertan and/or other Canadian cities generate a better sense of the challenges immigrants in Edmonton face. Such studies are more likely to influence immigration, settlement, and other policies and service-delivery models than those with limited geographies. Lastly, studies that involve both academic scholars and practitioners in the field bring more credibility and acceptance in the policy arena.

REFERENCES

EMPLOYMENT

- Agrawal, S. (April, 2014). *Spatial and Labour Market Outcomes in Edmonton and Calgary*. Paper presented at the E-LIP conference, Edmonton, AB.
- Alberta Federation of Labour. (2007). *Temporary foreign workers, Alberta's disposable workforce: The six-month report of the AFL's Temporary Foreign Worker Advocate*. Edmonton, AB: Author.
- Alberta Federation of Labour. (2009). *Entrenching exploitation: The second report of the Alberta Federation of Labour, Temporary Foreign Worker Advocate*. Edmonton, AB: Author.
- City of Edmonton, Community and Family Services. (1989). *Newcomers to Canada in Edmonton: A resource book for service providers*. Edmonton, AB: Author.
- Covell, C. L., Neiterman, E., & Bourgeault, I. L. (2016). Scoping review about the professional integration of internationally educated health professionals. *Human Resources for Health, 14*, 1–12.
- Covell, C. L., Primeau, M., Kilpatrick, K., & St-Pierre, I. (2017). Internationally educated nurses in Canada: Predictors of workforce integration. *Human Resources for Health, 15*, 1–16
- Dalley, P. (2008). Immigration and Work in Minority Communities: The Case of Francophone Alberta. *Canadian Issues / Thèmes Canadiens*, Spring. 50–54.
- Derwing, T. M., & Krahn, H. (2008). Attracting and retaining immigrants outside the metropolis: Is the pie too small for everyone to have a piece? The case of Edmonton, Alberta. *Journal of International Migration & Integration, 9*(2), 185–202.
- Foster, J., & Barnettson, B. (2011). Justice for janitors in Alberta: The impact of temporary foreign workers on an organizing campaign. *Journal of Workplace Rights, 16*(1), 3–29.
- Guo, S. (2010). *Understanding immigrants' downward social mobility: A comparative study of economic and social integration of recent Chinese immigrants in Calgary and Edmonton*. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.
- Guo, S. (2013). Economic integration of recent Chinese immigrants in Canada's second-tier cities: The triple glass effect and immigrants' downward social mobility. *Canadian Ethnic Studies Journal, 45*(3), 95–116.
- Higginbottom, G. M. A. (2010). *Experience and transitioning of internationally educated nurses (IENs) into the Alberta healthcare system*. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.
- Khan, C. (2007). The closed door: Credentialized society and immigrant experiences. *Canadian Issues / Thèmes Canadiens*, Spring. 63–66.
- Maganaka, A., & Plaizier, H. (2015). Language skills, profiles, and prospects among international newcomers to Edmonton, Alberta. *Canadian Ethnic Studies Journal, 47*(1), 133–156.

- McCrae, K. (2016). *Holding Tight to a double-edged sword. Labour trafficking in Edmonton*. ACT Alberta. Retrieved from http://www.actalberta.org/uploads/112916_Nw7T9fXW3Wbh4d_134135.pdf
- Montgomery, R. (1986). The economic adaptation of Vietnamese refugees in Alberta: 1979–84. *International Migration*, 24(4), 749–762.
- Nunes, S., & Arthur, N. (2013). International students' experiences of integrating into the workforce. *Journal of Employment Counseling*, 50(1), 34–45.
- Thomas, D. (2010). *Foreign nationals working temporarily in Canada*. Retrieved from <http://www.statcan.gc.ca/pub/11-008-x/2010002/article/11166-eng.htm>
- Thomas, J. (2015). “Teaching somebody to fish”: Implications for immigrant-serving organizations and employment in Edmonton and Winnipeg. *Canadian Ethnic Studies Journal*, 47(1), 157-177.
- Tungohan, E. (2017). From encountering confederate flags to finding refuge in spaces of solidarity: Filipino temporary foreign workers’ experiences of the public in Alberta. *Space & Polity*, 21(1), 11–26
- Xu, L. (2012). *Who drives a taxi in Canada?* Ottawa, ON: Citizenship and Immigration Canada.
- Xue, L. (2006) *The Labour Market Progression of the LSIC*. Citizenship and Immigration Canada. Retrieved from <http://www.cic.gc.ca/english/pdf/research-stats/lxic.pdf>
- Zong, L. (2004). International transference of human capital and occupational attainment of recent Chinese professional immigrants in Canada.. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.

HEALTH

- Acharya, M., & Northcott, H. (2007). Mental distress and the coping strategies of elderly Indian immigrant women. *Transcultural Psychiatry*, 44(4), 614–636.
- Alberta Health. (1992). Persons under immigration jurisdiction: What health care coverage is available to them? Edmonton, AB: Author.
- Amin, M., & Perez, A. (2012). Is the wait-for-patient-to-come approach suitable for African newcomers to Alberta, Canada? *Community Dentistry and Oral Epidemiology*, 40(6), 523–531.
- Amin, M. & ElSalhy, M. (2016). Factor affecting dental attendance of children of new Immigrant parents: a cross-sectional study. *Journal of Immigrant Minority Health*. doi 10.1007/s10903-016-0441-z.
- Beiser, M., Taa, B., Zilber, N., Youngmann, R., Simich, L., Zohar, A. H., & Hou, F. (2011). Regional effects on the mental health of immigrant children: Results from the New Canadian Children and Youth Study (NCCYS). *Health & Place*, 17(3), 822–829.

- Choi, J., Kushner, K., Mill, J., & Lai, D. (2014). Health experiences of Korean immigrant women in retirement. *Health Care for Women International, 35*(11–12), 1317–1338
- Davey, C. (2013). The intersection between culture and postpartum mental health: An ethnography of Bhutanese refugee women in Edmonton, AB. [unpublished MA thesis] University of Alberta, Edmonton.
- dela Cruz, A., Caine, V., & Mill, J. (2016). Sub-Saharan African immigrants living with HIV in Canada: A narrative inquiry. *International Journal of Migration, Health & Social Care, 12*(3), 194–210.
- Doering, D., Kocuiptych, R., & Lester, S. (1999). A tuberculosis screening and chemoprophylaxis project in children from a high-risk population in Edmonton, Alberta. *Canadian Journal of Public Health / Revue Canadienne de Sante'e Publique, 90*(3). 152-155.
- Gibson, N., Cave, A., Doering, D., Ortiz, L. & Harms, P. (2005). Socio-cultural factors influencing prevention and treatment of tuberculosis in immigrant and aboriginal communities in Canada. *Social Science and Medicine. 61* (2005) 931–942
- Higginbottom, G. M. A., Vallianatos, H., Shankar, J., Safipour, J., & Davey, C. (2017). Immigrant women's food choices in pregnancy: Perspectives from women of Chinese origin in Canada. *Ethnicity & Health, 1-21*
- Higginbottom, G.M. A., Vallianatos, H., Forgeron, J., Gibbons, D., Mamede, F., & Barolia, R. (2014). Food choices and practices during pregnancy of immigrant women with high-risk pregnancies in Canada: A pilot study. *BMC Pregnancy and Childbirth, 14*(1)
- Higginbottom, G M.A., Safipour, J., Mumtaz, Z., Chiu, Y., Paton, P., & Pillay, J. (2013). "I have to do what I believe": Sudanese women's beliefs and resistance to hegemonic practices at home and during experiences of maternity care in Canada. *BMC Pregnancy and Childbirth. 13*(51), 1-10.
- Howard Research and Instructional Systems Inc. (2000). *Edmonton Centre for Survivors of Torture and Trauma final independent evaluation report*. Edmonton, AB: Author
- Jessri, M., Farmer, A., & Olson, K. (2013). Exploring Middle-Eastern mothers' perceptions and experiences of breastfeeding in Canada: An ethnographic study. *Maternal and Child Nutrition, 9*(1), 41–56.
- Kostek, J., & Martinello, C. (2002). Health service application. A comprehensive approach to improve the oral health of students in Edmonton, Alberta, Canada. *Journal of School Health, 72*(9), 387–389.
- Kowal, S. P., Jardine, C. G., & Bubela, T. M. (2015). "If they tell me to get it, I'll get it. If they don't...": Immunization decision-making processes of immigrant mothers. *Canadian Journal of Public Health / Revue Canadienne De Sante Publique, 106*(4), e230–e235.
- Li, J. (2014). Smoking environments in transition: *Experiences of Chinese migrants to Edmonton*. (Unpublished master's thesis). University of Alberta, Edmonton.

- McCoy, S. (2000). *Edmonton Centre for Survivors of Torture and Trauma evaluation report, 1995–1999*. [Alberta Primary Health Care Project](#). Edmonton, AB.
- Morris, H., Ogilvie, L., Fung, M., Lau, A., Ong, A., & Boyd, J. (1999). Cultural brokering in community health. *Canadian Nurse*, 95(6), 28–32.
- Ng, C. F., & Northcott, H. C. (2015). Living arrangements and loneliness of South Asian immigrant seniors in Edmonton, Canada. *Ageing & Society*, 35(3), 552–575.
- Ohinmaa, J. Anneli. (2006). The reported health-related quality of life of new immigrants who utilize the services of Multicultural Health Brokers in Edmonton, Alberta. (Unpublished master's thesis). University of Alberta, Edmonton.
- Ospina, S. T. (2013). The role of community health worker/lay health worker programs in addressing health equity for immigrant and refugee women in Canada: An instrumental and embedded qualitative case study (Unpublished Doctoral dissertation). University of Ottawa, Ottawa.
- Pozos-Radillo, B., Aguilera-Velasco, M., Acosta-Fernandez, M., & Pando-Moreno, M. (2014). Profile of stress and chronic stress of Mexican immigrants in Canada. *Public Health*, 16(1), 63–75.
- Pozos-Radillo, E., Preciado-Serrano, L., & Plascencia-Campos, A. (2015). Predictive psychophysiological symptoms of stress in Mexican immigrants in Canada. *Anxiety and Stress*, 21(2-3), 143–156.
- Salami, B., (n.d.) Mental health of immigrants and non-immigrants in Canada: Evidence from the Canadian Health Measure Survey and service provider interviews in Alberta. Retrieved from <https://policywise.com/wp-content/uploads/resources/2017/04/2017-04APR-27-Scientific-Report-15SM-SalamiHegadoren.pdf>
- Salami, B., Kirova, A., Hegadoren, K., Meherali, S., Chiu, Y., & Nsaliwa, C. (2016). The challenges encountered by immigrant-serving agencies in addressing the health of temporary foreign workers. *Social Work in Public Health*, 31(7), 599–606.
- Stewart, M., Neufeld, A., Harrison, M., Spitzer, D., Hughes, K., & Makwarimba, E. (2006). Immigrant women family caregivers in Canada: Implications for policies and programmes in health and social sectors. *Health & Social Care in The Community*, 14(4), 329–340.
- Stewart, M., Simich, L., Beiser, M., Makumbe, K., Makwarimba, E. & Shizha, E. (2011). Impacts of social support intervention for Somali and Sudanese refugees in Canada. *Ethnicity and Inequalities in Health and Social Care*, 4(4) 186–199.
- Thomas, L., Bouzek, L., Chiu, Y., & Ortiz, L. M. (2002). *Support from the heart: Edmonton's Multicultural Health Brokers*. [CD-ROM]. Edmonton, AB: Multicultural Health Brokers Co-operative Ltd.
- Wilkinson, L., Anchan, J., Arthur, N., Blum, E., Burgess P. E., Cabigting F. J., & Wu, J. (2010). *A portrait of the health and well-being of newcomer children and youth in the prairies*. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.

Wills, B. S. H. (2005). The responses of the elderly Chinese in Edmonton to the threat of SARS. (Unpublished doctoral thesis). University of Alberta, Edmonton.

Wolfe-Gordon Consulting. (2003). Community-based immigrant mental health education project, final evaluation report. Edmonton, AB: Author

YOUTH SAFETY

Fantino, A., & Colak, A. (2001). Refugee children in Canada: Searching for identity. *Child Welfare, 80*(5), 587–596.

Government of Alberta. (2015). Safe Communities Innovation Fund Pilot Project executive summaries. Edmonton, AB: Alberta Community Crime Prevention Organizations.

LaBoucane-Benson, P., Hossack, F., Erickson, K., & Grunland, M. (2009). Soccer moms are part of the solution: “A cost-benefits analysis of community-based gang crime prevention.” Edmonton, AB: BearPaw Research—A department of Native Counselling Services of Alberta.

Rossiter, M. J., & Rossiter, K. R. (2009). Immigrant youth and crime: Stakeholder perspectives on risk and protective factors. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.

Taylor, A., & Krahn, H. (2013). Living through our children: Exploring the education and career 'choices' of racialized immigrant youth in Canada. *Journal of Youth Studies, 16*(8), 1000–1021.

SETTLEMENT PROCESS

Abu-Laban, B., Derwing, D., Krahn, H., Mulder, M. & Wilkinson, L. (1999). *The settlement experiences of refugees in Alberta: A study prepared for Citizenship and Immigration Canada*. Edmonton, AB: University of Alberta.

Age Friendly Edmonton. (2015). *Giving voice to Edmonton’s immigrant seniors and identifying their needs*. Retrieved from <http://www.seniorscouncil.net/uploads/files/AgeOfWisdomSummaryReport2015.pdf>

Agrawal, S., & Zeitouny, S. (2017). *Settlement experience of Syrian refugees in Alberta*. Report submitted to SSHRC.

Alana LaPerle Consulting. (2010). Examining the effectiveness of the service model “Responding to victims of family violence in the Chinese community” as the best practice model. Sherwood Park, AB: Author

Alberta Association of Immigrant Serving Agencies [AAISA]. (2016). *Provincial needs assessment: Improving refugee resettlement in Alberta*. Retrieved from <http://aaisa.ca/wp-content/uploads/2013/02/AAISA-Provincial-Needs-Assessment-Final-Report-October-2016.pdf>

Alberta Manpower Immigration and Settlement Services. (1986). *Patterns of concentration and movement of immigrant groups within Edmonton and Calgary*. Edmonton, AB: Author

- Azmier, J. (2005). *Improving immigration: A policy approach for western Canada*. Calgary, AB: Canada West Foundation.
- Ball, C. L. (2008). *Enhancing community capacity to engage and involve immigrant and refugee families. [electronic resource]: A model for inclusive collaboration*. Edmonton, AB: Families First Edmonton.
- Berenda, D. (2015). *Impact of emerging immigrant and refugee communities (EIRC) grant: Case study of a Somali community in Edmonton*. (Unpublished master's paper) Cape Breton University, NS.
- Burstein, M., Clement, G., & Petty, S. (2014). *Promising integration practices in Francophone Official Language Minority Communities*. Citizenship and Immigration Canada. Retrieved from https://www.immigrationfrancophone.ca/images/Promising_Integration_Practices_in_Francophone_Official_Language_Minority_Communities_december_2014.pdf
- Catholic Social Services. (1996). *Settlement Needs Assessment Project*. Edmonton, AB: Author.
- Centre d'accueil et de établissement du nord de l'Alberta. (2017). *Le Nouvel Arrivant Francophone*. Retrieved from <http://www.lecae.ca/wp-content/uploads/2017/04/F%C3%A9vrier-mars-2017.pdf>
- Choby, A. & Fischer L.J. (2016). *Provisioning settlement services for LGBTQ newcomers to Edmonton. Identifying needs and best practices*. Retrieved from <http://refugeealberta.ca/wp-content/uploads/2016/05/Provisioning-Settlement-Services-for-LGBTQ-Newcomers.pdf>
- Citizenship and Immigration Canada-Francophone Minority Communities Steering Committee. (2006). *Strategic plan to foster immigration to Francophone minority communities*. Ottawa. Retrieved from: <http://www.cic.gc.ca/english/pdf/pub/plan-minority.pdf>
- Das, S. (2010). *Building solidarity through diversity in Edmonton's emerging ethnocultural communities: A community-based research*. Edmonton multicultural coalition. Retrieved from <http://www.emcoalition.ca/research/>.
- Dachyshyn, D. M. (2007). *Refugee families with preschool children: transition to life in Canada*. (Unpublished doctoral dissertation). University of Alberta, Edmonton, AB.
- De Zepetnek, S.T. (1993). A history of the Hungarian cultural society of Edmonton, 1946–1986. *Canadian Ethnic Studies*, 25(2), 100.
- Derwing, T. M., & Mulder, M. (2003). *The Kosovar sponsoring experience in Northern Alberta*. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.
- Derwing, T. M. (2005). *The attraction and retention of immigrants to Edmonton: A case study of a medium-sized city*. Edmonton, AB: Prairie Centre of Excellence for Research on Immigration and Integration, University of Alberta.
- Edmonton Viets Association. (1990). *Profile of the Vietnamese community in Edmonton*. Edmonton, AB: Author.

- Enns, R., & Carter, T. (2006). Refugee housing trajectories in Edmonton, Calgary and Winnipeg. *Canadian Journal of Urban Research*. 15(2). 109–113.
- Enns, R., Reducka, K., & McLaughlin A.M. (2017). “To make the road a little easier for them”: Sponsorship Experiences and Syrian Resettlement in Edmonton. Calgary, AB: University of Calgary Press
- Erkmen, D., Hemstock, C., & Ortega, M. A. (2014). Collaboration in Settlement Policy Development: Experiences from the 2014 Alberta Integration Summit. *Canadian Diversity / Canadian Diversité*, 11(1), 132–142.
- Fan Ng, C., & Northcott, H.C. (2010). The ethnic and national identity of South Asian Immigrant Seniors living in Edmonton, Canada. *Canadian Ethnic Studies*, 41(3), 131–156.
- Finnie, R., Dubois, M., & Miyairi, M. (2017). Labour Market Outcomes and Language Acquisition of LINC participants: A Feasibility Study. Ottawa, ON: Education Policy Research Initiative.
- Fletcher, F. L. (2004). Settlement experiences of immigrant women at an Edmonton settlement agency. Unpublished doctoral thesis. University of Alberta, AB.
- Goldblatt, A. (2016). *Somali Seniors Project evaluation report*. Edmonton, AB: Centre for Race and Culture.
- Guo, S., & Guo, Y. (2007). *Exploring the educational role of immigrant service organizations*. Prairie Metropolis Centre. Retrieved from:
<https://sites.ualberta.ca/~pcerii/Virtual%20Library/FinalReports/Guo.pdf>
- Gurnett, J. (2009) Snapshots from Edmonton. Immigrants in a rapidly changing city. *Our Diverse Cities*. Spring. 165–169. Retrieved from:
http://canada.metropolis.net/publications/odc09_pdfs/JimGurnett_ODC09.pdf
- Hay, C., Khalema, E., Haluza-Delay, R., Bavel, J. V., Lake, B., & Bajwa, J. (2004). *Equity in Edmonton Schools: Research report*. Northern Alberta Alliance on Race Relations. Retrieved from
http://crrconsulting.ca/wp-content/uploads/2013/07/equity-in-edmonton-schools_full-report.pdf
- Husaini, Z., & Susut, S. Lee. (1984). *A study of the needs of immigrant women of Edmonton*. Women's Program & Resource Centre, Faculty of Extension, University of Alberta.
- Islamic Family and Social Services Association. (2015). *Community Needs Assessment*. Edmonton, AB: Author.
- Johnson, D. (1989). Parenting concerns of newcomer families: A survey of the needs of immigrant parents in Edmonton. Edmonton, AB: Catholic Social Services, Immigration, and Settlement Service.
- Joshi, T. (2013). *Making change: Promoting leadership among girls and young women*. Canadian Council of Muslim Women. Retrieved from
<http://icwaedmonton.org/index.php/resources/publications>

- Khalema, N. E., Hay, C., & Wannas-Jones, J. (2002). *The simmering pot boils over: Racist backlash in Edmonton after September 11*. Northern Alberta alliance on race relations. Retrieved from: http://crrconsulting.ca/wp-content/uploads/2013/07/september-11-research-report-2002_full-report.pdf
- Khalema, N. E., Hay, C., Wannas, J., Joseph, S., & Zulla, R. (2011). *A review of crime risk factors and community-based prevention strategies for Somali-Canadians in Edmonton, Alberta*. Calgary, AB. Centre for Criminology and Justice Research, Mount Royal University. Retrieved from <https://www.publicsafety.gc.ca/lbrr/archives/cnmcs-plcng/cn36132-eng.pdf>
- Krahn, H., Derwing T. M., & Abu-Laban, B. (2003). *The retention of newcomers in second- and third-tier cities in Canada*. Prairie Centre for Excellence for Research on Immigration and Integration. Retrieved from <https://sites.ualberta.ca/~pcerii/WorkingPapers/WP01-03.pdf>
- Lokhorst, J. (2011). *The English as a second language needs of temporary foreign workers in Alberta*. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.
- Marvin, B., & Mulder, M. (2016). Loneliness Project 2016. Edmonton, AB: Norquest College
- Mishra, A. (2016). [Working In Partnership To End Violence Against Women And Girls Needs Assessment Report: 'Honour' based violence and related service needs, gaps and solutions in Edmonton, 2015 - 2016](http://icwaedmonton.org/index.php/resources/publications). Indo-Canadian Women's Association. Edmonton. Retrieved from <http://icwaedmonton.org/index.php/resources/publications>
- Mulattris, P. (2009). Edmonton-area Francophone African Christian churches and the social and individual integration of newcomers. *Our Diverse Cities*, Spring, 88–91.
- Mulattris, P., Jacquet, M., Wilkinson, L., Ka, M., & Berg, L.C. (2017). Francophone immigration: realities and prospects after 10 years of welcoming centres and services! Summary published in *Le Nouvel Arrivant Francophone*. Bulletin d'information du Centre d'accueil et d'établissement du Nord de l'Alberta. 8(4), 3. February-March.
- Mulder, M., & Krahn, H. (2005). *Individual and community-level determinants of support for immigration and cultural diversity in Canada*. Edmonton, AB: Prairie Centre of Excellence for Research on Immigration and Integration.
- Multicultural Health Brokers' Co-operative [MHBC]. (2004). *Creating opportunities—Optimizing possibilities: Immigrants and refugee co-operatives in Canada*. Retrieved from https://ccednet-rcdec.ca/sites/ccednet-rcdec.ca/files/creating_opportunities-optimizing_possibilities.pdf
- Multicultural Health Brokers' Co-operative [MHBC]. (2016). *Household food security survey*. Edmonton, AB: Author.
- Norquest College. (2017). *International Student Success Research Project*. Edmonton, AB: Author.
- Omosa, E. (2015). *Experience of African immigrants to Edmonton*. Council for the Advancement of African Canadians in Alberta (Africa Centre). Edmonton, AB.

- Okeke-Ihejirika, P. (2015). Gender, Contemporary Realities and the Challenges of Reconstructing Identities in a Transnational Context. In E. Shizha & L. Diallo (Eds.), *Africa in the age of globalization: Perceptions, misperceptions and realities* (pp. 185–199). Toronto, ON: Ashgate.
- Okeke-Ihejirika, P., & Spitzer, D. L. (2005). In search of identity: Intergenerational experiences of African youth in a Canadian context. In W. J. Tettey & K. P. Puplampu (Eds.), *The African diaspora in Canada: Negotiating identity and belonging*. (pp 205-224) Calgary, AB: University of Calgary Press.
- Pruegger, V., & Cook, D. (2010). *An analysis of immigrant attraction and retention patterns among Western Canadian CMAs*. Edmonton, AB: Prairie Metropolis Centre, University of Alberta.
- Reilly, J. (2009). Municipal roles in immigrant integration: The Edmonton experience. *Our Diverse Cities*, Prairies Region, 6, 156–60.
- Schlesinger, B., & Motyl, J. (1963). *Insights into cultural differences*. Seminar on Cultural Differences, University of Alberta. Edmonton, AB.
- Shankar, J., Rosie, R., Gill, R., & Tan, S. (2013). *Elimination of harmful cultural practices: A community centred project for education and action*. Retrieved from <http://icwaedmonton.org/index.php/resources/publications>
- So, S., Makwarimba, E., Stewart, M., Neufeld, A., & Spitzer, S. (n.d.). Perceptions of racism and discrimination among immigrants and refugees.
- Stewart, M., Makwarimba, E., Kushner, K. Eastlick, Letourneau, N., Shizha, E., & Dennis, C. E. (2013). *Social support intervention for Sudanese and Zimbabwean refugee new parents*. Edmonton, AB: Faculty of Nursing and School of Public Health, University of Alberta.
- Tanasescu, A. (2005). *Reporting on the serving ethno-cultural communities research project: Research findings and steps forward*. Edmonton Multicultural Coalition. Retrieved from <http://www.emcoalition.ca/research/>
- Tossutti, L. (2012). *Municipal roles in immigrant settlement integration and cultural diversity*. Brock University. Retrieved from <https://www.cambridge.org/core/journals/canadian-journal-of-political-science-revue-canadienne-de-science-politique/article/municipal-roles-in-immigrant-settlement-integration-and-cultural-diversity/6CDDA3883B97EA8F3A484AF23E660407>
- [Vallianatos, H. and Raine, K. \(2015\). Consuming food and constructing identities among Arabic and South Asian immigrant women. *Food, Culture & Society*. 11\(3\), 355-373.](#)
- Wilkinson, L., & Kalischuk, A. (2009). Recent trends in migration to third-tier centres in the prairies. *Our Diverse Cities*, 6, 18–25.
- Wu, J., & Bilash, O. (2003). *Minority Language Students' Empowerment: "A Bilingual Experience."* Northern Alberta Alliance on Race Relations. Edmonton. Retrieved from <https://edmontonsocialplanning.ca/index.php/resources/digital-resources/b-non-profit-organizations/b04-fund-raising/592-2003-plenum-report/file>

- Yang, R. P., & Noels, K. A. (2013). The possible selves of international students and their cross-cultural adjustment in Canada. *International Journal of Psychology, 48*(3), 316-323.
- Yesufu, A. O. (2005). The gender dimensions of the immigrant experience: The case of African-Canadian women in Edmonton. In W. J. Tettey & K. P. Puplampu (Eds.), *The African diaspora in Canada: Negotiating identity and belonging*. Pp 133-146. Calgary, AB: University of Calgary Press.
- Yohani, S. (2013). Educational cultural brokers and the school adaptation of refugee children and families: Challenges and opportunities. *Journal of International Migration and Integration, 14*(1), 61–79.
- Zhao, G. (2009). *The experience of ethnocultural communities in supporting newcomers in Edmonton: a community research*. Edmonton Multicultural Coalition. Retrieved from <http://www.emcoalition.ca/research/>.
- Zulla, R. Ahmed, S., Ghimn, Y., & Atieno, E. (2012). *Identifying factors that enhance community leadership: A capacity building research initiative*. Retrieved from: <http://www.emcoalition.ca/wp-content/uploads/2014/06/Identifying-factors-that-enhance-community-leadership-2012.pdf>

OTHER REFERENCES (THESE DO NOT IDENTIFY EDMONTON BY NAME)

- Dastjerdi, M., Olson, K., & Ogilvie, L. (2012). A study of Iranian immigrants' experiences of accessing Canadian health care services: A grounded theory. *International Journal for Equity in Health, 11*(55), 1–15.
- Stewart, M., Dennis, C.L., Kariwo, M., Kushner, K.E., Letourneau, N., Makumbe, K., Makwarimba, E., & Shizha, E. (2015). *Journal of Immigrant Minority Health, 17*: 1146–1156.
- Yang, R. P., & Noels, K. A. (2013). The possible selves of international students and their cross-cultural adjustment in Canada. *International Journal of Psychology, 48*(3), 316–323.
- Yohani, S. (2008). Creating an ecology of hope: Arts-based interventions with refugee children. *Child Adolescent Social Work Journal, 25*(4), 309–323.
- Yohani, S. (2010). Nurturing hope in refugee children during early years of post-war adjustment. *Children and Youth Services Review, 32*(6), 865–873.

REFERENCES NOT FOCUSED ON EDMONTON

- Agrawal, S., & Lovell, A. (2010). High-income Indian immigrants in Canada. *South Asian Diaspora, 2*(2), 143–163.
- Agrawal, S. (2013). Economic disparities among South Asian immigrants in Canada. *South Asian Diaspora Journal*. Special issue on South Asian Diaspora in Canada. *5*(1), 7–34.
- Qadeer, M., Agrawal, S., & Lovell, A. (2010). Evolution of ethnic enclaves in the Toronto Metropolitan Area 2001–2006. *Journal of International Migration and Integration, 11*(3), 315–339.

Appendix 1: List of agencies

No.	Name
1	Edmonton Mennonite Centre for Newcomers (EMCN)
2	Acces@emploi
3	ASSIST
4	Africa Centre
5	Canadian Multicultural Education Foundation
6	City of Edmonton
7	Multicultural Health Brokers
8	SAGE
9	Alberta Health Services
10	Edmonton Public Library
11	Ukrainian Cultural
12	Catholic Social Services
13	Bissell Centre
14	Bredin Centre
15	Changing Together
16	Centre for Race and Culture
17	MAPS Alberta
18	IFSSA (Islamic Family and Social Services Association)
19	Edmonton Multicultural Coalition
20	YMCA
21	Edmonton Heritage Council
22	Memoria Viva Society of Edmonton
23	Multicultural Health Brokers
24	Edmonton Immigrant Services Association
25	Edmonton Region Immigrant Employment Council
26	Entry Immigration & Settlement Services
27	Welcome Centre for Immigrants
28	Centre d'accueil et d'établissement du Nord de l'Alberta
29	Canadian Arab Friendship Association of Edmonton
30	Filipino Society for Growth and Change
31	Action of Healthy Communities
32	Indo-Canadian Women's Association
33	Boys & Girls Clubs Big Brothers Big Sisters of Edmonton Area Society
34	Canadian Volunteers United in Action
35	Bent Arrow
36	Somali-Canadian Association
37	Canadian Council of Muslim Women
38	Edmonton Council of Muslim Communities
39	Al Rashid Mosque

Appendix 2: List of scholars

No.	Name	
1	Bob Marvin	Norquest College
2	Marlene Mulder	Norquest College
3	Rebecca Georgis	University of Alberta
4	Rick Enns	University of Calgary
5	Nora Lembrecht	University of Alberta
6	Zoey Zhang	University of Alberta
7	Bukola Salami	University of Alberta
8	Caroline Lawson	University of Alberta
9	Lisa Rochman	Norquest College
10	Greg Allan	Norquest College
11	Anna Kirova	University of Alberta
12	Tracey Derwing	University of Alberta
13	Harvey Krahn	University of Alberta
14	Yasmin Abu-Laban	University of Alberta
15	Gina Higginbottom	University of Alberta
16	Miriam Stewart	University of Alberta
17	Maria Mayan	University of Alberta
18	Maryam Amin	University of Alberta
19	Marian Rossiter	University of Alberta
20	Linda Ogilvie	University of Alberta
21	Sandra Song	Concordia University
22	Philomena Okeke-Ihejirika	University of Alberta

Appendix 3

Table of Abbreviations

AAISA	Alberta Association of Immigrant Serving Agencies
ECC	Early childhood caries
EIP	Early Intervention Program
EIRC	Emerging immigrant and refugee communities
ELT	English language training
EMCN	Edmonton Mennonite Centre for Newcomers
ETIP	Engineers' and Technologists' Integration Program
FFE	Families First Edmonton

GAR	Government-Assisted Refugees
LINC	Language Instruction for Newcomers to Canada
LVA	Language and Vocational Assessment
MCHB	Multicultural Health Brokers
MHBC	Multicultural Health Brokers' Co-operative
NCCYS	New Canadian Children and Youth Study
TFW	Temporary foreign workers
ESL	English as a Second Language
IRCC	Immigration, Refugees and Citizenship Canada
LGBTQ+	Lesbian, Gay, Bisexual, Transgender, Queer and other queer communities
LSIC	Longitudinal Survey of Immigrants to Canada