

SERVICES PROVIDED AT THE MIGRANT RESOURCE CENTRES (MRCs)

INFO@MRC.ORG.PK

**MRCs PROVIDE
ALL SERVICES
FREE OF COST**



For more information, contact the MRCs

ISLAMABAD	LAHORE	PESHAWAR
Mezzanine Floor, Shaheed e Millat Secretariat Building, Blue Area, Islamabad	Industrial Relations Institute (Adjacent to Rescue 1122 Building Near Chandini Chowk) Town Ship, Lahore	Protectorate of Emigrants, Canal Road, Sikandar town (Opposite Gulbahar Police Station) GT road, Peshawar
☎ 051-9219617 ☎ 0306-0191919	☎ 042-99262132 ☎ 0300-0116671	☎ 091-2584402 ☎ 0328-5473023

☎ **0304 1112123**
WWW.MRC.ORG.PK

**9AM-5PM
MON-FRI**

MRCs aim to provide comprehensive support and assistance to Pakistani migrants, with a recent expansion to cater to Afghan nationals and vulnerable communities in Pakistan.

In Pakistan, the MRCs are jointly supervised by International Centre for Migration Policy Development, the Ministry of Overseas Pakistanis and Human Resource Development, and the Labour and Human Resource Department of Punjab.

Services offered include capacity building for national stakeholders (CSOs, NGOs, government partners, media/journalists, private sector), providing legal aid, documentation assistance, soft skills training, cultural orientation, in-person counselling (tailored to the specific needs and circumstances of potential, intending, and returning migrants), and awareness raising campaigns.

<p>01</p> 	<p>Counselling</p> <ul style="list-style-type: none"> One to one counselling Group counselling Counselling through social media platforms Post-session counselling Counselling on return & reintegration 	<p>04</p> 	<p>Awareness Raising & Outreach</p> <ul style="list-style-type: none"> Regular sessions at the district-level with members of the community Sessions at technical & educational institutes Through various social media platforms Diaspora engagement
<p>02</p> 	<p>Pre-Departure Orientation Sessions</p> <ul style="list-style-type: none"> Organise regular PDOS at the Protectorate of Emigrants Offices (PoE) in Rawalpindi, Lahore, and Peshawar PDOS at the offices of recruitment agencies 	<p>05</p> 	<p>MRC Hotline</p> <ul style="list-style-type: none"> Accessible to potential, intending, outgoing, and returning migrants and their families Anyone may call and get information and guidance on their migration-related planning or journey free of cost
<p>03</p> 	<p>Referrals</p> <ul style="list-style-type: none"> Referring intending and returning migrants to relevant government departments for accurate support and/or technical vocational institutes for upscaling of their skill set Linking migrant families with concerned departments Support with filling complaints against fraudulent recruitment or employment abroad Referral to trade and testing institutes, and medical examination centres 	<p>06</p> 	<p>Capacity Building Trainings</p> <ul style="list-style-type: none"> Orientation sessions for government officials (including capacity building support offered to Community Welfare Attaches) Training workshops for the staff of CSOs Capacity building training workshops at universities, schools, and colleges Training on upscaling soft skills capacities of intending and outgoing migrants
<p>07</p> 	<p>Airport Reception Returnees Services</p> <ul style="list-style-type: none"> Providing assistance to returnees through immediate information and support upon their return Referring returnees to access services related to return and reintegration Connecting returnees with opportunities for skills development through technical and vocational education and training 		

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