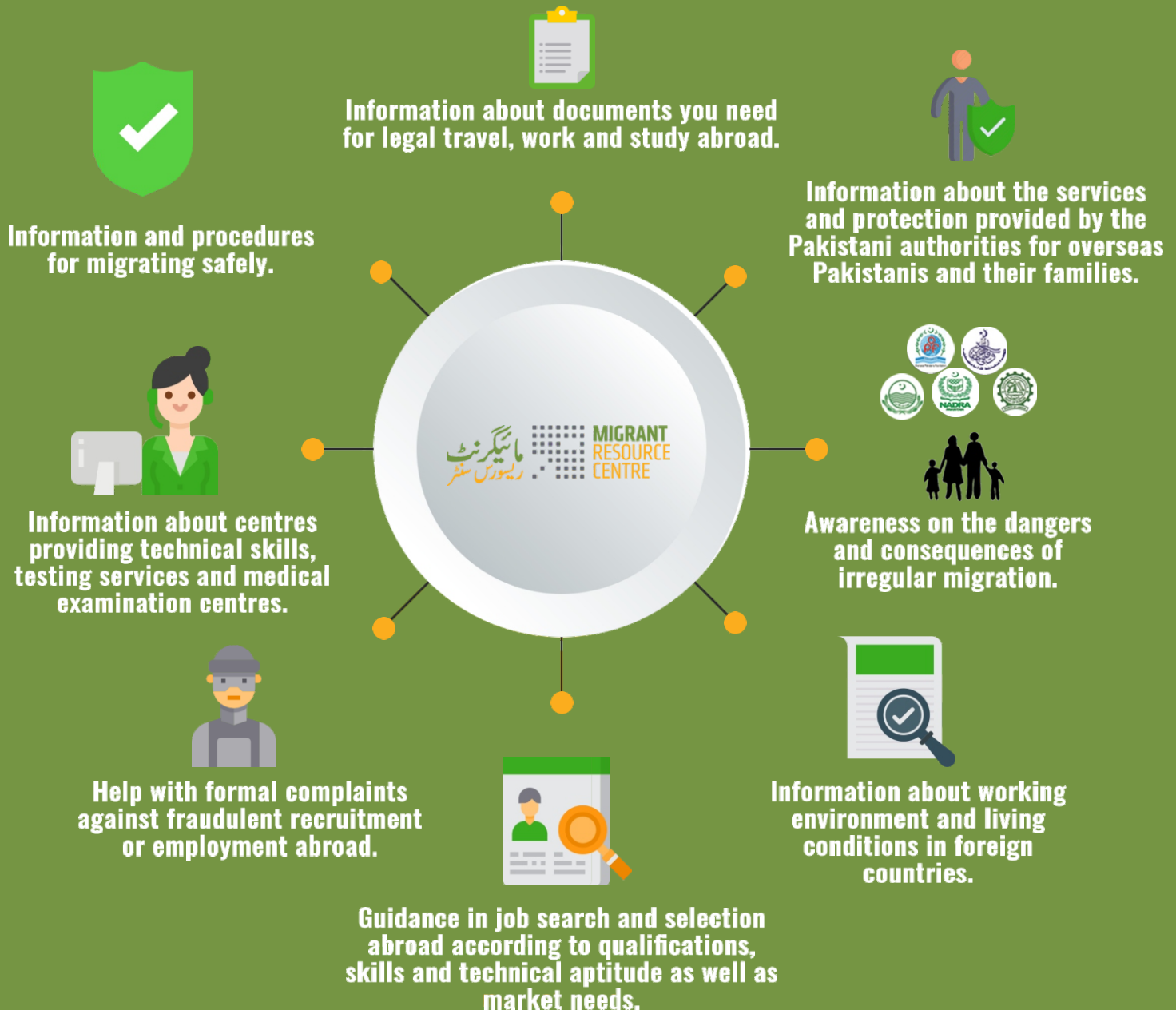


# SERVICES PROVIDED AT THE MIGRANT RESOURCE CENTRES

The Migrant Resource Centre (MRC) is a place where you can get information about how to legally work or study abroad, how to migrate in a safe manner and how to protect yourself from the dangers and consequences of irregular migration.



# SERVICES PROVIDED AT THE MIGRANT RESOURCE CENTRES

FOR MORE INFORMATION CONTACT THE MIGRANT RESOURCE CENTRES  
ALL SERVICES ARE PROVIDED FREE OF COST

**Hotline Number: 0304 111 2 123**

## Islamabad:



Mezzanine Floor,  
Shaheed-e-Millat  
Secretariat, Blue Area,  
Islamabad.



Skype:  
mrcislamabad



Working hours:  
9AM - 5PM  
(Mon- Fri)

## Lahore:



Industrial Relations  
Institute, Adjacent to  
Rescue 1122, Near Chandni  
Chowk, Town Ship, Lahore.



Skype:  
mrc.lahore



Email:  
help@mrc.org.pk

[www.mrc.org.pk](http://www.mrc.org.pk)

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