



Connecting residents to all aspects of Canadian life.



What is the Newcomer Settlement Program?

Provides ALL newcomers (including permanent residents, refugee claimants and immigrants of all ages) with information, guidance and support during their settlement process, as well as provides connections to a variety of services and resources in the broader community.

Programs & Services:

- Community Engagement
- Individual Counselling
- Information & Referrals
- Form-Filling Assistance
- Translation & Interpretation
- Housing Support
- Youth Programs & Workshops
- Drop-In Supports
- Community Resources
- Employment & Resume Support
- Mentorship Program
- Volunteer Opportunities

Contact

Dania Ansari

Newcomer & Settlement Program Supervisor
Tel: 416-281-1376 ext. 25
Email: dansari@mfrdc.org

Cathy Mwanza

Newcomer & Settlement Coordinator
Tel: 416-281-1376 ext. 22
Email: cmwanza@mfrdc.org

Tarannum Khan

Outreach & Information Facilitator
Tel: 416-281-1376 ext. 21
Email: tkhan@mfrdc.org

Jennifer Park

Outreach & Information Facilitator (Youth)
Tel: 416-281-1376 ext. 23
Email: jpark@mfrdc.org

Fatima Karaki

Settlement Worker (Arabic Speaking)
Tel: 416-281-1376 ext.42
Email: fkaraki@mfrdc.org



Locations 1321 Neilson Road
Scarborough, ON
M1B 3C2
Tel 416-281-1376

Tel 416-284-4184
Fax 416-293-1997

www.mfrdc.org



United Way
Toronto & York Region

July-August 2017

What's Happening.....

NEWCOMER SETTLEMENT PROGRAM

OUR NEWCOMER SETTLEMENT PROGRAM HAS EXPANDED!

We provide **free** settlement services to assist newcomers to adjust to their new community.

Drop-in settlement assistance is available Monday to Friday, between 9 a.m. and 5 p.m. at 90 Little's Road and 1321 Neilson Road. (no appointment necessary)

Also available to newcomers:

- Workshops on various topics including: the citizenship application process and resume development
- Meet other members of the community and get connected to local resources
- Receive individual support, form-filling assistance, translation help, and much more. By appointment only.

To book, please call: 416-281-1376 ext. 25 or ext. 22

SUMMER TRIPS- Registration Required Newcomer Family Picnic

Bringing newcomer families together to connect and enjoy an afternoon of food and fun.

Scarborough Community Multicultural Festival

Visit a marketplace offering diverse blends of cultural foods, arts and crafts, a kids' area, promotional booths, a job fair and much more.

- See the Program Schedule for Details -

MFRDC CLOSURES

Closed: July 1st to 3rd | August 5th to 7th

..... Strengthening Families is our Business!



Newcomer Settlement Schedule | July - August 2017

ADULTS & FAMILIES PROGRAMS & SERVICES

We offer programs at the following locations

Orientations

Workshops are for people new to Ontario.

TRIP: Family Picnic in the Park

Thursday, July 13th
11:00 - 2:30 p.m.
Neilson Park
1555 Neilson Rd

TRIP: Scarborough Community Multicultural Festival

Friday August 11th
11:00 - 2:30 p.m.
Albert Campbell Square
150 Borough Drive

Seniors Program

Focus on physical and mental health.

Live Well Group (women only)

Stress Relief through the Arts

Tuesday, July 18th

Food Preservation - Herbs

Tuesday, August 22nd
1:00 - 2:30 p.m.

Malvern Presbyterian Church
1301 Neilson Road

Creative Ways for Self-Care

Thursday, July 27th

Food Preservation - Herbs

Thursday, August 24th
9:30 - 11:00 a.m.

MFRC 1321 Neilson Road (Lower level)

Women's Program

Opportunities for skills development and social connections

SKILLS +

Summer Health for your Family

Friday, July 7th
1:30 - 3:00 p.m.

MFRC 1321 Neilson Road (Lower level)

Nutrition Awareness -Smoothies

Wednesday, July 26th
1:00 - 2:30 p.m.

Frontline Community Services
2761 Markham Rd #11

Accessing Children Supports

Friday, August 18th
1:30 - 3:00 p.m.

MFRC 1321 Neilson Road (Lower level)

Men's Program

Increase your knowledge of resources and make connections in your community

Men's Connection Group

Vehicle Consumer Rights & Awareness

Day & Time - TBD (July)
Call for Details

MFRC 90 Little's Road

Malvern Men's Meet Up

Day & Time TBD (August)
Call for Details

MFRC 90 Little's Road

Newcomer Services

Case Management

Providing practical support for newcomers dealing with stressful life changes. Confidential sessions are available by appointment.

Monday to Friday

Malvern Family Resource Centre
1321 Neilson Road (Lower level)
Or 90 Little's Road

Saturday Settlement Services

Providing a monthly **Saturday** walk-in service to assist newcomers and immigrants who live in the community.

Saturday, July 8th

Saturday, July 29th

9:00 a.m. - 12:00 p.m.
MFRC 1321 Neilson Road
(Lower level)

Services in French

Centre Francophone

Le Centre francophone de Toronto offre une gamme complète de services aux nouveaux arrivants et aux familles francophones qui viennent de s'installer à Toronto ou qui y vivent.

Programme d'intégration et d'établissement
Appelez-nous au 416 922-2672 poste 420

YOUTH PROGRAMS (12-25 YEARS)

Newcomer Youth Summer Programs

Make connections with others

Newcomer Youth Leadership

Recreational & Outdoor Adventure

July 10th - 14th & August 14th - 18th

Community/Volunteer Connections

July 17th - 21st & August 7th - 11th

Discover Toronto

July 24th - 28th & August 21st - 25th
Monday-Friday from 11.30 - 5 p.m.
MFRC 1321 Neilson Road (Lower Level)

Let's Chat Conversation Club (Beginner & Elementary)

Practice listening and speaking, and overcome hesitation in speaking English in different social environments.

Tuesdays from 10:00 - 11:30 a.m.

MFRC 1321 Neilson Road (Lower level)

Workshops

Information workshops for youth

Fitness Challenge

Monday July 31st
3:30 - 5:00 p.m.
MFRC: 90 Little's Road

MFRC Youth Fall Programs

Meet the youth team and learn more about our new Fall programs
Wednesday, August 30th
1-3 p.m.
MFRC: 90 Little's Road

Call Tarannum Khan 416-281-1376 ext. 21 for information

All programs are **FREE** unless otherwise stated.

Programs and Services may be subject to change or cancellation without notice. Locations may be subject to change.

All youth workshops require registration.
Call Jennifer Park: 416-281-1376 ext. 23
for more information or to register.



Funded by the Government of Canada

Financé par le gouvernement du Canada



Malvern Family Resource Centre (MFRC) Newcomer Settlement Schedule June – July 2017

Eligible clients include women & youth (15 to 24) who are:

Permanent Residents | Protected Persons | Refugees | Live-in Caregivers

WOMEN & FAMILY PROGRAMS & SERVICES

Information Sessions for Women

Workshops will help increase knowledge of Canadian legal, financial and other systems

Accessing Income Supports Wednesday June 21

Learn how to access services to support your income
1:00 - 2:30 PM
MFRC- 1321 Neilson Road
(Lower level)

Money Management & Budgeting Wednesday June 28

Learn to plan expenses and create budgets for your family so that you can live a comfortable life
1:00 - 2:30 PM
MFRC -1321 Neilson Road
(Lower level)

Rights of Employees Wednesday July 5

Canada has rules to protect employees so they are treated fairly. It's important to know these rules & your rights as an employee/volunteer
1:00 - 2:30 PM
Malvern Public Library
30 Sewells Road

Service Canada Info Session Wednesday July 12

Learn about Canada Pension Plan, Employment Insurance, Old Age Security
1:00 - 2:30 PM
Malvern Public Library
30 Sewells Road

Tenant & Landlord Rights Wednesday July 19

Learn about your rights as a renter to avoid conflicts with landlords.
1:00 - 2:30 PM
MFRC -1321 Neilson Road
(Lower level)

To register for any programs:

For the first visit, please bring in your PR cards or other documents to verify your status in Canada



Funded by the Government of Canada

Financé par le gouvernement du Canada



Malvern Family Resource Centre (MFRC) Newcomer Settlement Schedule June – July 2017

Community Connections

Meet other women, learn about Canada & other cultures and also practice your English while creating crafts, cooking, going on trips and other fun activities!

Every week, starting June 12th
Mondays 11 AM to 1 PM
MFRC - 1321 Neilson Road
(Lower level)

Family Events

Family Movie Afternoon Friday July 14th 4 to 6 PM

Bring your whole family and enjoy a family-friendly movie
MFRC - 1321 Neilson Road
(Lower level)

Mentorship Program

Saturday July 8

Sign up to be a mentor or a mentee! Pair up with established Canadian residents who can share information on workplace, local ethnic stores & other topics to help you settle in Canada.

9:30 - 11:00 AM
MFRC -1321 Neilson Road
(Lower level)

Languages available: Arabic, Bengali, English, Hindi, Korean, Urdu

Other languages available upon request

Locations
90 Littles Road Scarborough, ON M1B 5E2
Tel 416-284-4184
Fax 416-293-1997
www.mfrc.org



All programs are **FREE**. Please call Dania at 416.281.1376 x 25 to register. Programs and Services may be subject to change or cancellation without notice. Locations may be subject to change.

..... Strengthening Families is our Business!