

Newcomer Youth Programs

Make Connections to Others

Recreational & Cultural Programs

Location: 1321 Neilson Road

Girlz Unplugged

Weekly activities will help you improve self-confidence and develop life skills you can use everyday.

Wednesdays 3:30 - 5:00 p.m.

Youth Trips:

Trip: Toronto Light Festival Distillery District

Friday, February 23rd
5:30 - 9:00p.m.

Trip: Tour Graffiti Alley & Murals Downtown Toronto

Wednesday, March 14th
10 a.m - 5 p.m.

- Call to Register for Trips -

Teen Talks (Workshops)

A monthly teen forum for interested teens with something to say!

Location: 1321 Neilson Road

New Year, New Me!

Tuesday, January 9th

Is This Normal? Healthy Emotions & Attitudes

Tuesday, February 6th

Show Up, Show Off Share your Talents

Tuesday, March 13th

Group Activities

Power of Girlz

Connect with others to discuss issues important to you

Thursdays 3:30 - 5:00 p.m.

Teen Make It

We provide supplies & you tap into your creativity. Be Inspired to do more!

Tuesday 3.30 - 5:00 p.m.

January 30th, February 27th & March 27th

Locations

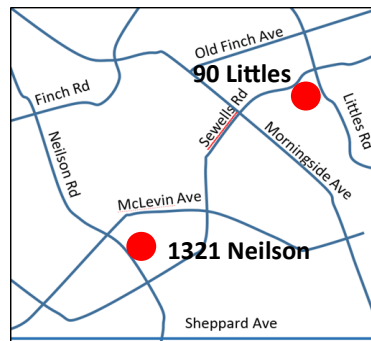
90 Littles Road
Scarborough, ON
M1B 5E2

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

www.mfrc.org

1321 Neilson Road
Scarborough, ON
MTB 3C2

Tel 416-281-1376



United Way
Toronto & York Region

Winter 2018

What's Happening.....

NEWCOMER SETTLEMENT PROGRAM

Connecting residents to all aspects of Canadian life.

OUR NEWCOMER SETTLEMENT PROGRAM HAS EXPANDED!

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

Drop-in settlement assistance is available Monday to Friday, between 9 a.m. and 5 p.m. at 90 Littles Road and 1321 Neilson Road.

Call 416 281-1376 Ext. 0 | 416 284-4184 Ext. 0

Services are available in Arabic, Bengali, Hindi, Punjabi, Urdu, Tamil and English

MFRC CLOSURES

Closed on: Jan. 1, Feb. 19, Mar. 30 - Apr. 2



Malvern Family Resource Centre

Malvern Family Resource Centre | Newcomer Program Schedule | January to March 2018

Newcomer Programs & Services	Orientations Workshops for those new to Ontario	Women's Program Opportunities for skills development and social connections	Men's Program Discover resources and workshops	Employment Series Assisting newcomer develop the tools to find employment
<p>Case Management Providing practical support for newcomer adults, families and youth 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 Littles Road</p> <p>Saturday Settlement Services Providing a monthly Saturday walk-in service to assist newcomers and immigrants who live in the community. Saturday, January 27th Saturday, February 24th Saturday, March 24th 9 a.m. - 12 p.m. Malvern Family Resource Centre 1321 Neilson Road (Lower level)</p> <p>We can assist with the following:</p> <ul style="list-style-type: none"> • Community Resources • Drop-In Supports • Employment & Resume Support • Form-Filling Assistance • Housing Support • Information & Referrals • Translation & Interpretation • Volunteer Opportunities 	<p>Winter Care Ideas & Tips Learn how to survive a Canadian Winter January 18th 10 - 11 a.m. MFRC: 1321 Neilson Road (Lower level)</p> <p>Self Care Index Personal destressing ideas February 8th 10 - 11 a.m. MFRC: 1321 Neilson Road</p>	<p><u>SKILLS +</u> Homemade Hand Scrub Create hand scrubs to help your skin stay hydrated in the winter January 17th 1:00 - 3:00 p.m.</p> <p>Develop a Friendship Resume A new way to get connected in your community February 14th 1:00 - 3:00 p.m.</p>	<p>Program Time & Location: 2:30 - 4:00 p.m. MFRC 90 Littles Road</p> <p>Brain Games Train your brain to improve memory Friday, February 2nd</p> <p>Hindi Movies A fun afternoon to enjoy a Hindi movie and meet new friends Friday, March 16th</p>	<p>Identifying Barriers to Employment Skills & Strengths Thursday February 1st 1 - 3 p.m.</p> <p>Marketing Tools (Resume/Cover Letter) Effective Job Search Thursday February 8th 1 - 3 p.m.</p> <p>Labour Market Information Interview & Workplace Culture Thursday February 15th 1 - 3 p.m.</p>
	<p>Adult Events Opportunities for skills development and social connections</p>	<p><u>Live Well Group (women only 55+)</u> Quilted Aprons Learn how to make your own apron Tuesday March 13th 1 - 2:30 p.m. Malvern Presbyterian Church 1301 Neilson Road</p>	<p>SPECIAL EVENT! International Women's Day Join us in celebrating women all over the world. Thursday March 8th 1:00 - 4:00 p.m. Malvern Family Resource Centre 90 Littles Road - Gym</p> <p>For other events International Women's Day, please ask staff.</p>	<p>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.</p> <p>Programme d'intégration et d'établissement. Appelez-nous au 416 922-2672 poste 420</p>
<p>Call Tarannum Khan: 416-281-1376 ext. 21 for more 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.</p>				



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of Canada

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du Canada



Malvern Family Resource Centre (MFRC) Newcomer Settlement Schedule January – March 2017

YOUTH PROGRAMS & SERVICES

Programs are open to youth (14 to 24) who are:
Permanent Residents | Protected Persons
Refugees | Live-in Caregivers

Learn to Create a Photo Booth Tuesday January 16

Get to know tips & tricks to make a photo booth on a budget! Your next event will be a major hit. Learn some tips on event planning too.

3:30 to 5 PM

MFRC- 1321 Neilson Rd
(lower level)

Chinese Culture & Crafts Tuesday February 13

February is the start to the Chinese Lunar New Year. We will learn about their new year traditions and try some Chinese crafts

3:30 - 5 PM

MFRC- 1321 Neilson Road
(Lower level)

Pizzas from around the World Tuesday January 23

Try your hand at creating your unique flavour of pizza.

All supplies provided.

3:30 - 5 PM

MFRC- 1321 Neilson Rd. (Lower level)

Spicy Noodle Challenge Tuesday February 20

Things will get spicy with this challenge! Lets see who can eat the spiciest one!

3:30 - 5 PM

MFRC- 1321 Neilson Rd
(Lower level)

Button Making

Tuesday March 6

Get crafty and try making buttons to express your feelings!

3:30 - 5 PM

MFRC- 1321 Neilson Rd
(Lower level)

Refreshments provided & TTC tokens where eligible will be provided

Languages available: Arabic, Bengali, English, Hindi, Urdu, Tamil, Punjabi & more

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



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WOMEN & FAMILY PROGRAMS & SERVICES

Programs are open adults (24+) who are:
Permanent Residents | Protected Persons
Refugees | Live-in Caregivers

All programs are free. Registration will be required.

Winter-care: DIY body scrub
Friday January 12
11-1 PM

Learn to create your own body scrub to stay soft during the harsh winter months
Meet us at 1321 Neilson Road (Lower level)

Winter-care: DIY Hand Warmers
Friday January 26
11-1 PM

Create your own hand warmers to stay warm while you are outside.
MFRC -1321 Neilson Road (Lower level)

Community Connections

Every week on Friday

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

Fridays 11 AM to 1 PM

MFRC - 1321 Neilson Road (Lower level)

Locations

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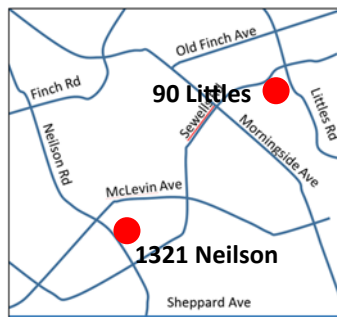
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Preparing Lunches on a Budget
Friday March 2
11-1 PM

Learn to pack creative, healthy lunches for your children on a small budget.
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International Women's Day
Friday March 9
11-1 PM

Hear stories from inspirational women in the community and share your own!
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