



Connecting residents to all aspects of Canadian life.



What does the Newcomer Settlement Program do?

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:

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

Contact

Cathy Mwanza
Newcomer & Settlement Coordinator
Tel: 416-281-1376 ext. 25
Email: cmwanza@mfrfc.org

Tarannum Khan
Outreach & Information Facilitator
(Adults & Families)
Tel: 416-281-1376 ext. 21
Email: tkhan@mfrfc.org

Locations

90 Littles Road 1321 Neilson Road
Scarborough, ON Scarborough, ON
M1B 5E2 M1B 3C2
Tel 416-284-4184 Tel 416-281-1376
Fax 416-293-1997

www.mfrfc.org



United Way
Toronto & York Region

March 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 Littles Road and 1321 Neilson Road. (no appointment necessary)

Also available to newcomers:

- Workshops are on a wide range of 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

VOLUNTEER OPPORTUNITY

Do you speak and/or read a language other than English? We are looking for volunteers to assist with translation/interpretation.

..... *Strengthening Families is our Business!*



Malvern Family Resource Centre

Newcomer Settlement Workshop Schedule | March 2017

ADULTS & FAMILIES PROGRAMS & SERVICES

We offer programs at the following locations:

Services:

Malvern Men's Drop-In Group

A space for men 25+ to participate in discussions, activities and to meet new friends

Dates:

Thursday, March 2nd

Thursday March 16th

Thursday March 30th

2:00 - 3:30 p.m.

Malvern Family Resource Centre
1321 Neilson Road (Lower level)

Employment Series

Gain further knowledge and skills for future job opportunities

Tuesday, March 7th

1 - 2 p.m.

Malvern Library
30 Sewells Road

Subsidized Housing

Learn more about subsidized housing and other supports

Thursday, March 9th

1 - 2 p.m.

Malvern Library
30 Sewells Road

Lunch & Learn

Healthy Food Choices for You

Eating well is one way you can stay healthy. Enjoy a nutritious lunch while learning about healthy food choices

Wednesday, March 29th

1:00 - 2:30 p.m.

Malvern Family Resource Centre
1321 Neilson Road
(Lower level)

Case Management

Providing emotional and practical support for individuals dealing with stressful life changes. Confidential sessions are available by appointment to address your concerns.

Offered daily.

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

Saturday Settlement Services Drop-In

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

Staff are available to provide referrals, information, assist with completing forms and other issues that arise for clients.

Saturday, March 25th

9 - 12 p.m.

Malvern Family Resource Centre
1321 Neilson Road
(Lower level)

YOUTH PROGRAMS (12-25 YEARS)

Juicing for Your Health

Enjoy fresh juices and get to know why juicing will improve your health

Wednesday, March 8th

4 - 5 p.m.

1321 Neilson Road (Lower Level)

Laughter Yoga

Reduce your stress, get energized and tap into your creativity in this fun & interactive workshop

Wednesday, March 22nd

4 - 5 p.m.

1321 Neilson Road (Lower Level)

Newcomer Homework Club

Receive help with your homework from support staff and tutors.

Translation support available.

Mondays from 4 - 5:30 p.m.

1321 Neilson Road (Lower Level)

Multicultural Girls Group

Celebrate and embrace being a girl!

Enjoy fun and engaging activities, workshops, and discussions.

Thursdays from 4- 5:30 p.m.

1321 Neilson Road (Lower Level)

All youth workshops require registration.

Call Cathy: 416-281-1376 ext. 25 for more information or to register.

All programs are FREE unless otherwise stated. Locations may change.

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

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