



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

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Locations

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www.mfr.org



United Way
Toronto & York Region

April 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 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

MFRC's 4th Annual Walk-a-Thon

Register yourself today or a team today to do a 5 km walk to support MFRC

Date: Saturday May 27 | **Time:** 9 a.m. - 2 p.m.

There will be activities and a BBQ for all attendees and volunteers. More info, visit www.mfr.org

MFRC CLOSURES

Closed on : April 14, April 17 **No Programs:** Jun 26 to Jun 30

..... Strengthening Families is our Business!



Malvern Family Resource Centre

Newcomer Settlement Workshop Schedule | April 2017

ADULTS & FAMILIES PROGRAMS & SERVICES

We offer programs at the following locations:

Services:

Pain Management Series

Pain is complex. You will learn about different methods of pain management.

Dates:

**Monday, April 3rd, 10th & 24th
12:00 - 2:30 p.m.**

**Malvern Family Resource Centre
90 Little's Road**

Women's Friendship Cafe

A space for women to participate in discussions, activities and to meet new women

**Thursday, April 20th
1:30 - 3:00 p.m.**

**Malvern Family Resource Centre
1321 Neilson Road (Lower level)**

Beyond Blue Men's Group

This group for men 25+ encourages discussions, activities and an opportunity to make connections

**Thursday, April 13th
2:00 - 3:30 p.m.**

**Malvern Family Resource Centre
1321 Neilson Road (Lower level)**

Seniors Live Well Group

This group brings together seniors to share stories, learn from each other and focus on their own well-being.

**Wednesday, April 19th
9:30 - 11:00 a.m.**

**Malvern Family Resource Centre
1321 Neilson Road (Lower level)**

Juicing for Your Health

Experiment with fresh juices and learn why juicing is important to good health

**Tuesday, April 25th
1:00 - 2:30 p.m.**

**Malvern Presbyterian Church
1301 Neilson Road**

Creative Ways to Handle Stress

This workshop explores creative ways to handle stress in everyday situations.

**Thursday, April 27th
10 - 11 a.m.**

**Malvern Family Resource Centre
1321 Neilson Road (Lower level)**

Case Management

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

Monday to Friday

**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, April 29th
9 - 12 p.m.**

**Malvern Family Resource Centre
1321 Neilson Road
(Lower level)**

YOUTH PROGRAMS (12-25 YEARS)

Stay Tuned!

Newcomers programs are expanding
More programs and events next month!

Summer Employment Opportunities

Learn about various summer job programs available to youth and how you can apply.

**Wednesday, April 19th
3.30 - 5.00 p.m.**

1321 Neilson Road (Lower Level)

N.Y. (Newcomer Youth) Social Group

Meet new people, relax, talk and bring your ideas and energy to this space.

**Mondays from 3.30 - 5:00 p.m.
1321 Neilson Road (Lower Level)**

Beautiful Minds Group (Girls only)

Develop leadership skills, make friends and share successes and struggles in a relaxed space

**Thursdays from 3:30 - 5:00 p.m.
1321 Neilson Road (Lower Level)**

All youth workshops require registration.

Call Jennifer Park: 416-281-1376 ext. 23 for more information or to register.

All programs are FREE unless otherwise stated.
Locations may be subject to change.

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.