



Fall 2017

What's Happening.....

# NEWCOMER SETTLEMENT PROGRAM

Connecting residents to all aspects of Canadian life.

## OUR NEWCOMER SETTLEMENT PROGRAM HAS EXPANDED!

Providing ALL newcomers (including permanent residents, refugee claimants and immigrants of all ages) with free information, guidance and support during their settlement process, as well as 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 as well as English**

### MFRS CLOSURES

**Closed on : October 9<sup>th</sup> & December 23 - Jan 1, 2018**

## Newcomer Youth Programs

Make Connections to Others

### Recreational & Cultural Programs

#### Peer Mentorship Group

To support and empower youth to make choices that enable them to maximize their current and future potential

**Date to be determined**  
3:30 - 5:00 p.m.

**MFRS: 1321 Neilson Road**  
(Lower Level)

#### PA Day Events:

**Trip: Guildwood Park Gardens**  
Friday, October 6<sup>th</sup>  
11 - 3 p.m.

**Trip: Historical Spadina House**  
Friday, November 17<sup>th</sup>  
11 - 5 p.m.

**Call to Register for Trips -**

**Locations**  
90 Littles Road  
Scarborough, ON  
M1B 5E2  
Tel 416-284-4184 Ext 0

1321 Neilson Road  
Scarborough, ON  
M1B 3C2  
Tel 416-281-1376  
Ext 0



### Information workshops

Location: 1321 Neilson Road  
Time: 4 - 5 p.m.

#### Healthy Eating: Juicing & Smoothies

Wednesday, September 13<sup>th</sup>

#### Introduction to Volunteerism

Wednesday, September 27<sup>th</sup>

#### Cultural Celebrations - Thanksgiving

Wednesday, October 11<sup>th</sup>

#### Healthy Relationships

Wednesday, October 25<sup>th</sup>

#### Job searching & Interview Skills

Wednesday, November 29<sup>th</sup>

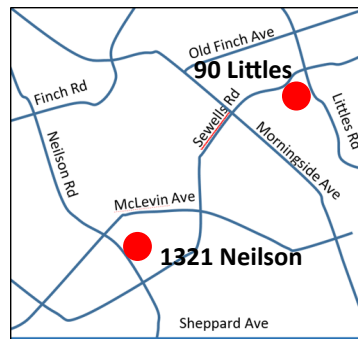
#### Art Stress Reliever

Wednesday, December 6<sup>th</sup>

#### Holiday Movie Event

Wednesday, December 20<sup>th</sup>

Malvern Public Library  
30 Sewells Road





# Malvern Family Resource Centre

## Malvern Family Resource Centre | Newcomer Program Schedule | September to December 2017

<b>Newcomer Programs &amp; Services</b>	<b>Orientations</b> Workshops for those new to Ontario	<b>Seniors Program</b> Focus on physical and mental health	<b>Men's Program</b> Discover resources and workshops	<b>Trips &amp; Events</b> Call to Register
<p><b>Case Management</b>            Providing practical support for newcomer adults, families and youth dealing with stressful life changes. Confidential sessions are available by appointment.</p> <p><b>Monday to Friday</b>            Malvern Family Resource Centre            1321 Neilson Road (Lower level) or 90 Littles Road</p> <p><b>Saturday Settlement Services</b>            Providing a monthly Saturday walk-in service to assist newcomers and immigrants who live in the community.</p> <p><b>Saturday, September 30<sup>th</sup></b>  <b>Saturday, October 28<sup>th</sup></b>  <b>Saturday, November 25<sup>th</sup></b>  <b>Saturday, December 16<sup>th</sup></b>            9 a.m. - 12 p.m.            Malvern Family Resource Centre            1321 Neilson Road (Lower level)</p> <p><b>We can assist with the following:</b></p> <ul style="list-style-type: none"> <li>• Community Resources</li> <li>• Drop-In Supports</li> <li>• Employment &amp; Resume Support</li> <li>• Form-Filling Assistance</li> <li>• Housing Support</li> <li>• Information &amp; Referrals</li> <li>• Translation &amp; Interpretation</li> <li>• Volunteer Opportunities</li> </ul>	<p><b>Introduction to MFRC</b>            Wednesday September 13<sup>th</sup>            10 - 11 a.m.            Malvern Library            30 Sewells Road</p> <p><b>Breathe - Self Care</b>            Thursday, September 28<sup>th</sup>            10 - 11:30 a.m.            MFRC: 1321 Neilson Road (Lower level)</p> <p><b>Food Preservation - Herbs</b>            Thursday, October 26<sup>th</sup>            10 - 11:30 a.m.            MFRC: 1321 Neilson Road (Lower level)</p> <p><b>Stories of Immigration</b>            Thursday, November 23<sup>rd</sup>            10 - 11:30 a.m.            MFRC: 1321 Neilson Road (Lower level)</p> <p><b>Home Safety</b>            Thursday, December 14<sup>th</sup>            10 - 11:30 a.m.            MFRC: 1321 Neilson Road (Lower level)</p>	<p><b>Program Time &amp; Location:</b>            1 - 2:30 p.m.            Malvern Presbyterian Church            1301 Neilson Road</p> <p><b>Live Well Group (women only)</b>  <b>Food Preservation -Herbs</b>            Tuesday September 19<sup>th</sup></p> <p><b>Stress Relief through Arts</b>            Tuesday October 17<sup>th</sup></p> <p><b>Laughter Yoga</b>            Tuesday November 21<sup>st</sup></p> <p><b>Women's Program</b>            Opportunities for skills development and social connections</p> <p><b>SKILLS +</b>  <b>Stress Management Skills</b>            September 27<sup>th</sup>, 2017            1 - 3 p.m.            Frontline Community Services            2761 Markham Rd #11</p>	<p><b>Program Time &amp; Location:</b>            2:30 - 4:00 p.m.            MFRC 90 Littles Road</p> <p><b>Celebrate Fall with Healthy Soups</b>            Friday, October 20<sup>th</sup></p> <p><b>Brain Games</b>            Friday, November 17<sup>th</sup></p> <p><b>Hindi Movies</b>            Friday, December 8<sup>th</sup></p>	<p><b>Trip: Niagara Falls</b>            Monday, September 25<sup>th</sup></p> <p><b>Trip: Whittamore's Farm</b>            To be determined</p> <p><b>Trip: Tour of Downtown Core Experience Winter Magic</b>            Tuesday, November 28<sup>th</sup>            4:30 - 8 p.m.</p> <p><b>Sharing Holiday Memories</b>            Tuesday, December 19<sup>th</sup>            5 - 7:30 p.m.            1321 Neilson Rd (Lower level)</p> <p><b>Services in French Centre Francophone:</b>            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><b>Programme d'intégration et d'établissement.</b>  <b>Appelez-nous au 416 922-2672 poste 420</b></p>
<p>Call Tarannum Khan: 416-281-1376 ext. 21 for more information . All programs are <b>FREE</b> 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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Canada

## Malvern Family Resource Centre (MFRC) **Newcomer Settlement Schedule** **September – October 2017**

**Programs are open to youth (15 to 24) who are:**  
Permanent Residents | Protected Persons  
Refugees | Live-in Caregivers

### **YOUTH PROGRAMS & SERVICES**

#### Computer Skills

**Tuesday September 19**

Learn Microsoft Excel skills to help your resume look better!

**3:30 - 5 PM**

MFRC- 1321 Neilson Rd  
(Lower level)

#### Community

#### Volunteering

**Tuesday September 26**

Enjoy an afternoon of helping out at the community garden, harvest festival or other events in the area.

**3:30 to 5 PM**

Meet at MFRC  
(1321 Neilson Rd)

#### Learn to use the 3D Printer

**Tuesday October 3**

Learn to create your own jewelry, action figures and other items using the 3D printer at Malvern Library

**3:30 - 5 PM**

Meet at MFRC  
1321 Neilson Rd (Lower level)

#### Movie Afternoon

**Tuesday October 10**

Join your friends in an afternoon of fun to watch

*The Secret Life of Pets*  
Refreshments provided

**3:30 - 6 PM**

MFRC- 1321 Neilson Road  
(Lower level)

#### **Multicultural Youth Group**

**Starting September 12**

Make new friends, practice your English, get homework help through local trips

**Tuesdays 3:30 to 5 PM**

MFRC - 1321 Neilson Road  
(Lower level)

Refreshments will be provided

#### **Fall Event : Pumpkin Carving**

**Tuesday October 24**

Enjoy an afternoon of games and a pumpkin carving event to see who can be the most creative. All supplies provided

**3:30 to 5:30 PM**

MFRC - 1321 Neilson Road  
(Lower level)

All programs are **FREE**. Please call Fatima / Dania at 416.281.1376 x 42/45 to register. Programs and Services may be subject to change or cancellation without notice. Locations may be subject to change.

# WOMEN & FAMILY PROGRAMS & SERVICES

All programs are free. Registration will be required.

## Learn about Canadian History Wednesday September 13

Join us in a tour of Scarborough Museum to learn about the history of the early settlers and how Canadian life was in the 1800s  
Meet us at MFRC

**12 - 3 PM**

1321 Neilson Road (lower level)

## Community Gardening Day Wednesday September 27

Volunteer in the Neilson Community Garden and bring home fresh vegetables too!

**1 - 2:30 PM**

Meet at MFRC

1321 Neilson Road (Lower level)

## Service Canada Info Session Wednesday September 20

Learn about Canada Pension Plan, Employment Insurance

**1 - 2:30 PM**

MFRC - 1321 Neilson Road  
(Lower level)

## Dental Information Session Thursday October 12

Get a free dental checkup and receive some free gifts!

**1 - 2:30 PM**

MFRC - 1321 Neilson Road  
(Lower level)

Refreshments provided & TTC tokens where eligible will be provided

## Community Connections

### Every week, starting September 7

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

**Thursdays 11 AM to 1 PM**

MFRC - 1321 Neilson Road  
(Lower level)

## Canadian Thanksgiving

### Wednesday October 18

Celebrate Thanksgiving with other newcomer women and learn about the Canadian traditions of Thanksgiving. Participate in pumpkin carving too!

**11 AM to 1 PM**

MFRC - 1321 Neilson Road  
Lower level)

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

### 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.mfrc.org](http://www.mfrc.org)

