

Newcomer Youth Programs

Making Connections

Recreational & Cultural Programs

Location: 1321 Neilson Road
(Lower Level)

Connecting Across Borders

12 week mentorship program includes skill-building activities, networking, socials and getting involved in the community.

Monday April 9th - June 11th
3:30 p.m. - 5:00 p.m.

S.T.O.R.M. Drop-In

(Support. Trust. Opportunity. Resilience. & Motivation)

Fun activities for youth including video games, karaoke, space to sit and chill out with friends.

Homework assistance is available.

Fridays

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

- Call to register for programs -

Vibasha Poothapillai

416-281-1376 ext.23

416-281-1376 ext.23

Locations

90 Littles Road
Scarborough, ON
M1B 5E2

Tel 416-284-4184

Fax 416-293-1997

www.mfrc.org

1321 Neilson Road
Scarborough, ON
M1B 3C2

Tel 416-281-1376



Teen Talks (Workshops)

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

Location: 1321 Neilson Road

Resume Development & Applying for Summer Jobs

Tuesday April 17th

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

Recycle/Renew Hat Décor (Mother's Day Gift)

Tuesday May 8th

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

Volunteer Opportunities

Tuesday June 13th

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

Group Activities

Power of Girlz

Connect with others to discuss issues important to you in a confidential safe space

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



United Way
Toronto & York Region

Spring 2018

What's Happening.....

NEWCOMER SETTLEMENT PROGRAM

Connecting residents to all aspects of Canadian life.

OUR NEWCOMER SETTLEMENT PROGRAM

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: Mar 30 - Apr. 2, May 21, June 30 - July 2



Malvern Family Resource Centre

Malvern Family Resource Centre | Newcomer Program Schedule | April to June 2018

Newcomer Programs & Services	Orientations	Women's Programs	Men's Program	Seniors' Programs for newcomers 55+ MFRC: 1321 Neilson Road (Lower Level)
<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, April 28th Saturday, May 26th Saturday, June 23rd 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>Food Skills In this series, you will learn healthy eating for you and your family. April 5th, 12th, 19th, 26th May 3rd & 10th 1:00 p.m. - 4:00 p.m. MFRC: 1321 Neilson Road (Lower level) Registration Required.</p> <p>Adult Events Opportunities for skills development and social connections</p> <p>Trip: Toronto Newcomer Day Celebrations Tuesday, May 29th 11 - 4 p.m. Nathan Phillips Square - Call to Register -</p> <p>Trip: Scarborough Pow Wow June 2018 (Date to be confirmed) Eastview Public School 11:00 a.m. - 2:00 p.m. - Call to Register -</p>	<p>SKILLS + English Conversation Circle Practice conversation skills through fun activities. April 9th to June 25th 9.30 a.m. - 11.00 a.m. MFRC: 1321 Neilson Road (Lower Level)</p> <p>Live Well Group (women only 55+) Recycle/Renew Hat Décor Welcoming Spring by learning ways to recycle an old hat. Tuesday April 17th 1:00 p.m. - 2:30 p.m. Malvern Presbyterian Church 1301 Neilson Road</p> <p>Plant a Herb Garden Design an easy to grow herb garden. Tuesday May 15th 1:00 p.m. - 2:30 p.m. Malvern Presbyterian Church 1301 Neilson Road</p> <p>Smoothies for a Healthier You! Tuesday June 19th 1:00 p.m. - 2:30 p.m. Malvern Presbyterian Church 1301 Neilson Road</p>	<p>Mindful Yoga Thursday May 17th & 1:00 p.m. - 2:30 p.m. MFRC 90 Littles Road</p> <p>Hiking at Rouge Urban Park Thursday June 14th 1:00 p.m. - 2:30 p.m. - Call for Details -</p> <p>SPECIAL EVENTS! Mothers Day Celebration Thursday May 17th 5.30 p.m. - 7:30 p.m. MFRC: 1321 Neilson Road (Lower Level)</p> <p>Fathers Day Celebration Thursday June 14th 5.30 p.m. - 7:30 p.m. MFRC: 90 Littles Road Join together for fun activities and a free dinner.</p>	<p>Stories of Migration Wednesday April 25th</p> <p>Healthy Eating Monday April 30th 11- 12 p.m.</p> <p>Fraud & Safety Monday May 28th</p> <p>Stress Relief Through Arts Wednesday May 23rd</p> <p>Herbs Preservation Wednesday June 6th Offered at: Frontline Community Services 2761 Markham Road</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. Programme d'intégration et d'établissement. Appelez-nous au 416 922-2672 poste 420</p>
<p>Call Taranum 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>				



Funded by the Government of Canada

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Malvern Family Resource Centre (MFRC) Newcomer Settlement Schedule April – June 2018

YOUTH PROGRAMS & SERVICES

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

Button Making

Tuesday April 3

Get creative and make buttons to show your artistic talents!

3:30 to 5 p.m.

MFRC- 1321 Neilson Rd

Welcoming Spring: Craft

Tuesday May 1

De-stress and create a spring wreath to add to your spring collection.

3:30 - 5 p.m.

MFRC- 1321 Neilson Road

Create Healthy Fruit Salads

Tuesday April 17

Learn the benefits of healthy snacks during the hot summer months, and learn some handy kitchen skills.

All supplies provided.

3:30 - 5 p.m.

MFRC- 1321 Neilson Rd.

DIY Stress Balls

Tuesday May 15

With final exams coming up, learn ways to cope with stress and pressure and create your own stress balls.

3:30 - 5 p.m.

MFRC- 1321 Neilson Rd

One-on-one Support

Youth are welcome to set up an appointment or drop-in at our office to discuss any issues they are facing (job search, volunteer opportunities, homework help, school challenges).

Mondays to Fridays

9:30 a.m. to 4:30 p.m.

MFRC - 1321 Neilson Road

**** All programs assist with integration, support and settlement for newcomers. ****

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 or Maha** at **416.281.1376** to register. Programs and Services may be subject to change or cancellation without notice. Locations may be subject to change.

WOMEN & FAMILY PROGRAMS & SERVICES

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

All programs are free. Registration will be required.

Welcoming Spring: Make Your Own Spring Wreath

Friday April 6

11-1 p.m.

Welcome the warmer months by creating our first wreath for the season!

MFRC - 1321 Neilson Road

Neilson Garden Tour

Friday May 4

11-1 p.m.

Tour the local

community garden so that you can plant your own vegetables this summer!

MFRC -1321 Neilson Road

Create An Indoor Garden

Friday April 20

11-1 p.m.

Learn the basics of creating your own indoor garden.

MFRC -1321 Neilson Road

Healthy Snacks for the Family

Friday May 18

11-1 p.m.

Learn to how to make fun, healthy snacks for your family.

MFRC -1321 Neilson Road

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 a.m. to 1 p.m.

MFRC - 1321 Neilson Road

Summer Smoothies

Friday June 1

11-1 p.m.

Make healthy drinks to keep you cool this summer.

MFRC -1321 Neilson Road

Summer Skincare

Friday June 15

11-1 p.m.

Learn tips and tricks in keeping your skin smooth, and moisturized for the hot Canadian weather.

MFRC -1321 Neilson Road

Locations

90 Littles Road 1321 Neilson Road
Scarborough, ON (lower level)
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