

NEWCOMER YOUTH PROGRAMS

Make Connections to Others

GROUP ACTIVITIES

Location: 1321 Neilson Road
(Lower level)

HERTime Group

(open to youth aged 12 and over who self-identify as "she/her")

Providing a safe space to engage in lively discussions, get creative and make connections.

Thursdays Start Date:

September 20th

3:30 - 5:00 p.m.

N.Y.C. Group

(Newcomer Youth Connect)

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

Wednesdays Start Date:

September 19th

3:30 - 5:00 p.m.

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

(Support. Trust. Opportunity. Resilience. & Motivation) Fun activities for youth including video games, karaoke, and discussions. Homework assistance is available.

Mondays and Fridays Start Date:

September 10th

3:30 - 5:00 p.m.

WORKSHOPS

Location: 1321 Neilson Road
(Lower level)

Introduction to Volunteerism

Monday September 17th

3.30-5:00 p.m.

Newcomer Youth Volunteer Days:

October 5th, November 16th

December 7th

Activities/times to be determined

Resume and Interview Prep

Wednesday October 10th

3:30-6:00 p.m.

PERSONAL DEVELOPMENT ACTIVITIES

Location: 90 Little's Road

Creative Self-Care

Explore different art techniques designed to promote self care and practice coping skills. Offered the last Tuesday of each month.

September 25th,

October 23rd, November 27th &

December 18th

4:00 - 6:30 p.m.



NEWCOMER SETTLEMENT

What's Happening | Fall 2018

WEB: www.mfrc.org TEL: 416-281-1376 ext.0

Follow us on Instagram and Facebook



Connecting residents to all aspects of

CANADIAN LIFE.

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

FALL EVENTS & TRIPS

* Registration Required

- Harvest Festival Celebration (September)
- Thanksgiving Celebration (October)
- Shri Swaminarayan Mandir (November)
- Multicultural Showcase (December)
- Tour of Downtown Religious Buildings (December)

To register call,

416-281-1376 ext. 21 or 25

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



MFRC CLOSURES
Oct 8



United Way
Toronto & York Region

Call **PUJA JIT** 416-281-1376 ext. 23 or pjit@mfrc.org for more information.



NEWCOMER SETTLEMENT PROGRAM SCHEDULE | September to December 2018

NEWCOMER SETTLEMENT SERVICES	ORIENTATION SESSIONS, WORKSHOPS & EVENTS	WOMEN'S PROGRAMS	EMPLOYMENT SERIES
<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 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, September 29th Saturday, October 27th Saturday, November 24th Saturday, December 15th 9 - 12 p.m. 90 Littles Road</p> <p><i>We can assist with the following:</i></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>Sewing Class (Beginners) Learn the basic of operating a sewing machine and following simple patterns September 11th, 18th & 25th 1 - 2:30 p.m. 90 Littles Road</p> <p>Settlement Experience: Cultural Stories Saturday September 29th, October 27th & November 24th 9 - 12 p.m. 1321 Neilson Road (lower level)</p> <p>Conversation Café Meet new people and practice your English speaking skills in a welcoming space September 10th, 17th & 24th October 1st, 15th, 22nd & 27th November 5th, 12th & 19th December 3rd & 10th 10 - 11:30 a.m. Malvern Family Resource Centre 1321 Neilson Road (Lower Level)</p> <p>Income Support September 24th 11 - 12:00 p.m. Call 416-281-1376 for details and to register</p> <p>Healthcare Options October 29th 11 - 12:00 p.m. Call 416-281-1376 for details and to register</p> <p>Winter Safety November 26th 11 - 12:00 p.m. Call 416-281-1376 for details and to register</p> <p>Holiday Celebrations December 17th Call 416-281-1376 for details and to register</p>	<p>Budgeting/Stretching Your Dollar September 21st</p> <p>Introduction to Canadian Culture Fall Activities- October 17th Winter Safety - November 14th Holiday Traditions - December 5th Call 416-281-1376 for details and to register</p> <p>Have you registered for one of our fall events/trips? Call 416-281-1376 ext. 21 or 25</p>	<p>Identifying Barriers to Canadian Culture/ Skills & Strengths September 20th November 1st</p> <p>Resume, Cover Letter & Effective Job Search September 27th November 8th</p> <p>Labour Market/ Interview & Workplace Culture October 4th November 15th 1 - 3:00 p.m. 1321 Neilson Road (Lower level)</p>
<p>Call TARANNUM KHAN: 416-281-1376 ext. 21 or tkhan@mfrfc.org 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>		<p>NEWCOMER EMPLOYMENT FAIR FREE EVENT</p> <p>This fair will bring together community agencies with a broad range of settlement related resources available in your neighbourhood under one roof.</p> <p>Join us on OCTOBER 30TH from 1-5 p.m. to connect with</p> <ul style="list-style-type: none"> • Community Agencies • Employers • Service Providers • Networking Opportunities <p>More details to be announced To register please call 416-281-1376 ext. 25</p>	