

NEWCOMER YOUTH PROGRAMS

Make Connections

WORKSHOPS

Location: 1321 Neilson Road
(Lower Level)

Coping with Stress

Exams are coming up. Are you stressed? Learn tips on studying, managing stress and time management.

Thursday, January 17th
3:30 - 5:00 p.m.

All About You

Reduce stress and get energized in this fun and interactive workshop.

Thursday, February 21st
3:30 - 5:00 p.m.

Get Ready 2 Be Hired

Learn how to present yourself and your unique skills to help you land a job and gain experience.

Thursday, March 21st
3:30 - 5:00 p.m.

GROUP ACTIVITIES

Badminton (Drop-In)

If you are interested in trying badminton for the first time or are a seasoned player, come out for some fun.

90 Little's Road
Fridays | Start Date: Jan 9th
3 - 5:30 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 | Start Date: Jan 7th
3 - 5 p.m. | 1321 Neilson Road
(Lower Level)

YOUTH TRIPS & EXPLORATIONS

Registration required. Call for details.

Toronto Light Fest

Distillery District
Friday, February 22nd
5:30 - 9 p.m.

Ice Skating

Nathan Phillips Square
Thursday, March 14th
11 - 4 p.m.

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



MFRC CLOSURES
Jan 1 | Feb 16-18



NEWCOMER SETTLEMENT

What's Happening | Winter 2019

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.

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



United Way
Greater Toronto



NEWCOMER SETTLEMENT PROGRAM SCHEDULE | January to March 2019

| NEWCOMER SETTLEMENT SERVICES | ORIENTATION SESSIONS, WORKSHOPS & EVENTS | MEN'S PROGRAM 1:00 p.m. - 2:30 p.m. 1321 Neilson Road (Lower Level) | EMPLOYMENT SERIES 1321 Neilson Road (Lower Level) |
|---|---|---|--|
| <p>Case Management</p> <p>Providing practical support for newcomer adults, families and youth dealing with stressful life changes. Confidential sessions are available by appointment.</p> <p>Monday to Friday 1321 Neilson Road (Lower Level) or 90 Little's Road</p> <p>Saturday</p> <p>Settlement Services</p> <p>Providing a monthly Saturday walk-in service to assist newcomers and immigrants who live in the community.</p> <p>Saturday, January 26th Saturday, February 23rd Saturday, March 30th 9 - 12 p.m. 90 Little's 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>Conversation Circle</p> <p>Meet new people and practice your English speaking skills in a welcoming space.</p> <p>Monday, January 7th, 14th & 21st Monday, February 4th, 11th & 25th Monday, March 4th, 11th & 18th 10 - 11:30 a.m. Malvern Family Resource Centre 1321 Neilson Road (Lower Level)</p> | <p>Steel Chefs</p> <p>A monthly men's group to share and learn hands-on cooking techniques. Engage in discussions and meet new friends.</p> <p>Dates: Tuesday, January 15th Tuesday, February 12th Tuesday, March 12th</p> | <p>Thursday February 7th</p> <p>Identifying Barriers to Canadian Employment 1 - 2 p.m.</p> <p>Skills & Strengths 2 - 3 p.m.</p> |
| | <p>"HOW TO" WORKSHOPS 1:00 p.m. - 2:30 p.m. 1321 Neilson Road (Lower Level)</p> <p>Be Winter Safe Wednesday, January 23rd</p> <p>Learn Basic Banking Wednesday, February 20th</p> <p>Do It Yourself Simple Repairs Wednesday, March 20th</p> | | <p>Thursday February 14th</p> <p>Resume & Cover Letter 1 - 2 p.m.</p> <p>Effective Job Search 2 - 3 p.m.</p> |
| | <p>WOMEN'S PROGRAM 1:00 p.m. - 3:00 p.m. 1321 Neilson Road (Lower Level)</p> | | <p>Thursday February 21st</p> <p>Labour Market 1 - 2 p.m.</p> <p>Interview & Workplace Culture 2 - 3 p.m.</p> |
| | <p>Women Meeting Women</p> <p>A time to talk with other women. Practice your English, learn about other cultures and make new friends.</p> <p>Thursday, January 17th, Thursday, February 21st & Thursday, March 21st</p> | | |

VOLUNTEER OPPORTUNITY

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

Call 416-281-1376 ext. 0 to register for an upcoming volunteer orientation.

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.