

NEWCOMER YOUTH PROGRAMS

Make Connections

"LET'S TALK" WORKSHOPS

Resume Development

Need help putting a professional resume together?

Learn tips and techniques on creating the right resume

for you !

Wednesday, April 3rd

3:30-5 p.m.

1321 Neilson Road (Lower Level)

Study Tips

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

management

Wednesday, May 22nd | 4-5 p.m.

1321 Neilson Road (Lower Level)

Options for Summer

No plans for the summer? Learn more about our summer programs

Wednesday, June 12th | 4-5 p.m.

1321 Neilson Road (Lower Level)

Intro to Volunteerism

What is Volunteerism? Find out what you need to do to become an MFRC volunteer

Thursday, April 25th | 4 - 5 p.m.

90 little Road

GROUP ACTIVITIES

Badminton (Drop-In)

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

Fridays

3 - 5:30 p.m.

90 Little's Road

HERtime

This program will include lively discussions, encourage creativity and develop meaningful connections

Mondays

3 - 5 p.m.

1321 Neilson Road (Lower Level)

UPCOMING SUMMER OPPORTUNITIES

Looking for something fun to do over the summer? WE CAN HELP !

Earn up to 25 HOURS of volunteering during July and August.

Call for details and registration. Connect with us to find out more about our fun summer trips.



MFRC CLOSURES

April 19 -22 | May 18-20



NEWCOMER SETTLEMENT

What's Happening | Spring 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



Call GOWSIKA 416-281-1376 ext. 23 or gjeyanesan@mfrc.org for more information.





NEWCOMER SETTLEMENT PROGRAM SCHEDULE | April to June 2019

NEWCOMER SETTLEMENT SERVICES	ORIENTATION SESSIONS, WORKSHOPS & EVENTS	MEN'S PROGRAM 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 Littles Road</p> <p>To book an appointment, contact CATHY MWANZA at 416- 281-1376 ext. 24</p> <p>Saturday</p> <p>Settlement Services</p> <p>A monthly Saturday walk-in service to assist newcomers and immigrants who live in the community.</p> <p>Saturday, April 27th Saturday, May 25th Saturday, June 22nd 9 a.m. - 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>Conversation Circle</p> <p>Meet new people and practice your English speaking skills in a welcoming space.</p> <p>Monday, April 1st, 8th, 15th & 29th Monday, May 6th, 13th & 27th Monday, June 3rd, 10th, 17th & 24th 10 - 11:30 a.m. Malvern Family Resource Centre 1321 Neilson Road (Lower Level)</p> <p>Sewing for Beginners</p> <p>Learn the basics of operating a sewing machine and following simple patterns</p> <p>Wednesday, May 8th, 15th, 22nd & 29th Wednesday, June 12th & 19th 1:30 p.m. - 3 p.m. Malvern Family Resource Centre 90 Littles Road</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, April 23rd Tuesday, May 21st Tuesday, June 18th 1 - 2:30 p.m.</p>	<p>Friday, June 14th</p> <p>Identifying Barriers to Canadian Employment 1 - 2 p.m.</p> <p>Culture, Skills & Strengths 2 - 3 p.m.</p> <p>Friday, June 21st</p> <p>Resume & Cover Letter 1 - 2 p.m.</p> <p>Effective Job Search 2 - 3 p.m.</p> <p>Friday, June 28th</p> <p>Labour Market 1 - 2 p.m.</p> <p>Interview & Workplace Culture 2 - 3 p.m.</p>
<p>WOMEN'S PROGRAM 1321 Neilson Road (Lower Level)</p>		<p>VOLUNTEER OPPORTUNITY</p> <p>Do you speak and/or read a language other than English? We are looking for volunteers to assist with programs, translation/interpretation and childminding.</p> <p>Call 416-281-1376 ext. 0 to register for an upcoming volunteer orientation.</p>	

Call **TARANNUM** at
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.