

NEWCOMER YOUTH PROGRAMS

Make Connections

GROUP ACTIVITIES

Activities support newcomer youth integration including skill building, social opportunities and connecting to services.

MENTORSHIP

S.P.A.R.K.

(Support Peers with Acts of Random Kindness)

Connects newcomer youth to social/skill building and leadership opportunities with a matched mentor.

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

Start Date: September 23rd

1321 Neilson Road (lower level)

INDIVIDUAL SUPPORT

Homework Support for Youth

Are you stressed, struggling to meet deadlines or feel a little overwhelmed? Book time to meet with a staff/volunteer who can provide you with support.

Offered at both locations

P.A. DAY ACTIVITIES

Experience art, volunteer activities and more. Call for details.

October 11th, November, 15th & December 6th

SKILL BUILDING

#IWill Group

Through fun activities and discussions, you WILL learn new skills.

Drumming Circle

Wednesday, September 25th

Basic Banking

Wednesday, October 23rd

Ontario Driver License

Wednesday, November 20th

Healthy Eating

Wednesday, December 18th

3:30 - 5:00 p.m.

1321 Neilson Road (lower level)

RECREATION

Sports (Drop-In)

Come out and try a variety of sports to kick-start your weekend.

Activities include badminton, volleyball, basketball and more.

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

90 Littles Road

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

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.



NEWCOMER SETTLEMENT

What's Happening | Fall 2019

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

Follow us on Instagram and Facebook

@malvernfrfc | @malvernfamilyresourcecentre

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



MFRC CLOSURES
Oct 14





NEWCOMER SETTLEMENT PROGRAM SCHEDULE | September to December 2019

NEWCOMER SETTLEMENT SERVICES	ORIENTATION SESSIONS, WORKSHOPS & EVENTS	Men's Workshops Challenge yourself to learn something new! Programs listed below are at 1321 Neilson Road (lower level) 1 - 2:30 p.m.
<p>Case Management Providing practical support for newcomer adults, families and youth dealing with stressful life changes. Confidential sessions available by appointment. Monday to Friday 1321 Neilson Road (lower level) or 90 Littles Road</p> <p>Evening Settlement (Drop-In) also offered on Tuesdays 5 - 7 p.m. 90 Littles Road</p> <p>To book an appointment, contact CATHY at 416- 281-1376 ext. 24</p>	<p>Conversation Circle Practice your English speaking skills in a welcoming space. Mondays September 9th, 16th, 23rd & 30th October 7th, 21st & 28th November 4th, 11th, 18th & 25th December 2nd, 9th & 16th 9:30 - 11:30 a.m. 1321 Neilson Road (lower level)</p>	<p>OMVIC (Ontario Motor Vehicle Industry Council) Are you buying or selling a new/used vehicle ? Learn how to protect yourself & buy smarter. Tuesday, September 24th</p> <p>DIY Home Maintenance Workshop Learn tips & tricks to prepare your home for winter. Tuesday, October 22nd</p>
	<p>Women's Pathway To Knowledge A time to talk to other women. Learn something new and make new friends. Programs listed below are at 1321 Neilson Road (lower level) 1 - 3 p.m.</p>	<p>Men's Health & Wellness Attend workshops that provide the latest information on issues affecting men's health and wellbeing. Programs listed below are at 1321 Neilson Road (lower level) 1 - 2:30 p.m.</p>
<p>Computer Lab (Drop-In) Use our computer lab to access the internet, use Microsoft office and more. Staff support provided. Monday to Friday. Call for details. 1 - 3 p.m. 90 Littles Road</p>	<p>Core Cooking Experiment & cook with apples and other seasonal local produce. Thursday, September 19th</p> <p>FALLing for Autumn Share and learn about the cultural traditions surrounding Harvest Festivals. Thursday, October 10th</p> <p>Stretch Your Budget Manage your money with additional winter costs. Thursday, November 14th</p> <p>Fall Bake & Share Share traditional & cultural recipes. Thursday, December 19th</p>	<p>Health Matters Learn the importance of a regular checkup with your physician, among other health topics. Tuesday, November 19th</p> <p>Cold Weather Activities Learn how to stay active and warm during fall and winter outdoor activities. Tuesday, December 17th</p>

Call **TARANNUM** at 416-281-1376 ext. 21 or tkhan@mfr.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.**