

# NEWCOMER YOUTH PROGRAMS

## Make Connections

### GROUP ACTIVITIES

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

#### MENTORSHIP

##### CONNECT Camp

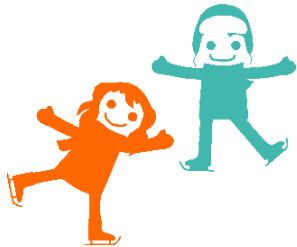
Earn your volunteer hours & give back to your community.

**Volunteer Project - March 17**

**Volunteer Project - March 18**

**Skating Trip - March 19**

1321 Neilson Road (lower level)



#### RECREATION

##### Newcomer Youth Lounge (Drop-In)

Come kick-start your weekend with activities such as table tennis, video games, board games and warm up with a hot drink.

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

1321 Neilson Road (lower level)

#### SKILL BUILDING

##### #IWill Group

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

##### Exam Stress Strategies

Wednesday January 8

##### “Soups On!” Cooking Class

Wednesday February 19

##### Summer Employment Planning

Wednesday March 25

3:30 - 5:00 p.m.

1321 Neilson Road (lower level)

##### International Foodies (18-24 Years)

Come together to celebrate international food. Learn about cultural dishes, meet new people while cooking together. All supplies will be provided.

Friday January 31

Thursday February 27

Thursday March 26

3:30 - 5:00 p.m.

90 Littles Road



## NEWCOMER SETTLEMENT

### What's Happening | Winter 2020

WEB: [www.mfrc.org](http://www.mfrc.org) TEL: 416-281-1376 ext.0

Follow us on Instagram and Facebook

@malvernfr | @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**



Call **GOWSIKA** 416-281-1376 ext. 23 or [gjeyanesan@mfrc.org](mailto:gjeyanesan@mfrc.org) for more information.



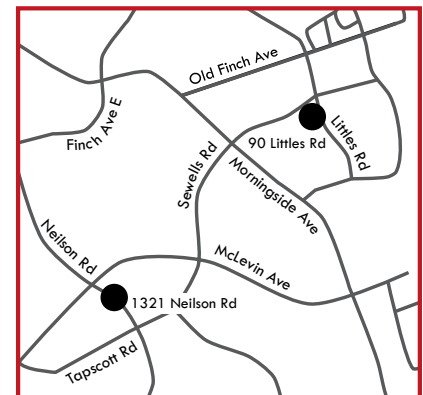
**MFRC CLOSURES**  
Feb 15 - 17





# NEWCOMER SETTLEMENT PROGRAM SCHEDULE | January to March 2020

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><b>Case Management</b> Providing practical support for newcomer adults, families and youth dealing with stressful life changes. Confidential sessions available by appointment. <b>Monday to Friday</b> 1321 Neilson Road (lower level) or 90 Little's Road</p>	<p><b>Conversation Circle</b> Practice your English speaking skills in a welcoming space. <b>Mondays</b> January 6, 13, 20 &amp; 27 February 7, 21 &amp; 28 March 2, 9, 16 &amp; 23 9:30 - 11 a.m. 1321 Neilson Road (lower level)</p>	<p><b>Soup Lunch &amp; Learn</b> Learn how to make a healthy basic vegetable soup using fresh ingredients. <b>Wednesday February 5</b></p> <p><b>Budgeting for Winter Costs</b> Learn how to develop a manageable budget that will assist with extra winter costs. <b>Wednesday February 19</b></p>
<p><b>Evening Settlement (Drop-In)</b> also offered on <b>Tuesdays   5 - 7 p.m.   90 Little's Road</b> To book an appointment, contact <b>CATHY</b> at 416- 281-1376 ext. 24</p>	<p><b>Women's Pathway To Knowledge</b> 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><b>Men's Health &amp; Wellness</b> 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><b>Computer Lab (Drop-In)</b> Use our computer lab to access the internet, use Microsoft office and more. Staff support provided. <b>Monday to Friday. Call for details.</b> 1:30 - 3 p.m. 90 Little's Road</p>	<p><b>Seasonal Affective Disorder</b> Discover ways to address the winter blues &amp; develop a self-care routine <b>Thursday January 16</b></p> <p><b>Women's Heart Health</b> Learn about the signs &amp; symptoms of heart attack in women. <b>Thursday February 13</b></p>	<p><b>Medication Safety</b> Guest Speaker: Pharmacist <b>Wednesday January 22</b></p> <p><b>Oral Health Care</b> Guest Speaker: Dental Hygienist <b>Wednesday March 18</b></p>
<p><b>Employment Series</b> Learn your rights as a worker, develop your resume and learn about job &amp; small business opportunities. <b>Monday January 13, 20 &amp; 27</b> 11 a.m. - 1 p.m. 1321 Neilson Road (lower level)</p>	<p><b>Nutrition &amp; Family Health</b> During Nutrition Awareness month, learn the nutritional benefits of food <b>Thursday March 19</b></p>	<p><b>LOCATIONS</b> 90 Little's Road Scarborough, ON M1B 5E2 <b>T: 416-284-4184</b> <b>F: 416-293-1997</b> <b>WEB: www.mfrc.org</b></p> <p>1321 Neilson Road (lower level) Scarborough, ON M1B 3C2 <b>T: 416-281-1376</b></p>



Call **TARANNUM** at 416-281-1376 ext. 21 or [tkhan@mfrc.org](mailto:tkhan@mfrc.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.**