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)

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

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)

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

NEWCOMER SETTLEMENT
What’s Happening | Winter 2020
WEB: www.mfrc.org  TEL: 416-281-1376 ext.0
Follow us on Instagram and Facebook
@malvernfrc | @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’installation.
Appelez-nous au
416 922-2672 poste 420
**NEWCOMER SETTLEMENT PROGRAM SCHEDULE | January to March 2020**

### 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

**Evening Settlement (Drop-In)**
also offered on Tuesdays | 5 - 7 p.m. | 90 Littles Road

To book an appointment, contact CATHY at 416-281-1376 ext. 24

### 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.**
1:30 - 3 p.m.
90 Littles Road

### Employment Series
Learn your rights as a worker, develop your resume and learn about job & small business opportunities.
**Monday January 13, 20 & 27**
11 a.m. - 1 p.m.
1321 Neilson Road (lower level)

### Conversation Circle
Practice your English speaking skills in a welcoming space.
**Mondays**
January 6, 13, 20 & 27
February 7, 21 & 28
March 2, 9, 16 & 23
9:30 - 11 a.m.
1321 Neilson Road (lower level)

### 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.

### Seasonal Affective Disorder
Discover ways to address the winter blues & develop a self-care routine
**Thursday January 16**

Women’s Heart Health
Learn about the signs & symptoms of heart attack in women.
**Thursday February 13**

### Nutrition & Family Health
During Nutrition Awareness month, learn the nutritional benefits of food
**Thursday March 19**

### Soup Lunch & Learn
Learn how to make a healthy basic vegetable soup using fresh ingredients.
**Wednesday February 5**

### Budgeting for Winter Costs
Learn how to develop a manageable budget that will assist with extra winter costs.
**Wednesday February 19**

### Men’s Workshops
Challenge yourself to learn something new! Programs listed below are at 1321 Neilson Road (lower level) | 1 - 2:30 p.m.

### Soup Lunch & Learn
Learn how to make a healthy basic vegetable soup using fresh ingredients.
**Wednesday February 5**

### Budgeting for Winter Costs
Learn how to develop a manageable budget that will assist with extra winter costs.
**Wednesday February 19**

### 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.

### Medication Safety
Guest Speaker: Pharmacist
**Wednesday January 22**

### Oral Health Care
Guest Speaker: Dental Hygienist
**Wednesday March 18**

### Location Information
**LOCATIONS**
90 Littles Road
Scarborough, ON
M1B 5E2
T: 416-284-4184
F: 416-293-1997
WEB: www.mfrc.org
1321 Neilson Road (lower level)
Scarborough, ON
M1B 3C2
T: 416-281-1376

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Call TARANNUM at 416-281-1376 ext. 21 or 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.