

For more information, please visit us at [www.nsms.ca/workshops](http://www.nsms.ca/workshops) or call us at 604-988-2931. REGISTRATION REQUIRED FOR ALL WORKSHOPS.

Topic	Date	Language	Contact
<b>Settlement</b>			
<b>Senior Sparks</b> This weekly program brings together immigrant seniors to support social participation, inclusion and contribution to their communities.	Tuesdays, 9:30-11:30 am Silver Harbour Seniors' Fitness Room	Mandarin, Farsi	Rosanna Ng, <a href="mailto:rosannan@nsms.ca">rosannan@nsms.ca</a>
<b>BC Family Benefits</b> You are invited to join us for an opportunity to learn about BC Family Benefits. This workshop is for Farsi speaking residents on the North Shore with children under 18 years of age.	Wednesday, August 9 4:00-6:00 pm NSMS	Farsi	Shady Ashtari, <a href="mailto:shadya@nsms.ca">shadya@nsms.ca</a>
<b>BC Medical Services Plan (MSP)</b> The program aims to help Farsi speaking North Shore residents understand medical programs such as MSP, Fair Pharmacare, Regular Premium Assistance, BC Healthy Kids programs and more.	Thursday, August 10 10:00 am-12:00 pm NSMS	Farsi	Shady Ashtari, <a href="mailto:shadya@nsms.ca">shadya@nsms.ca</a>
<b>Tenant Rights</b> Join us to hear a guest speaker address tenants rights and obligations under the law. This workshop is for Farsi speaking residents on the North Shore.	Thursday, August 17 3:00-5:00 pm NSMS	English, with support in Farsi	Lida Amiri, <a href="mailto:lidaa@nsms.ca">lidaa@nsms.ca</a>
<b>Newcomer Information Sessions</b> Newcomer information sessions take place regularly for Farsi, Mandarin and Cantonese speakers. Please register in advance.	Fridays, 1:00-3:30 pm NSMS	Farsi	Shady Ashtari, <a href="mailto:shadya@nsms.ca">shadya@nsms.ca</a> Lida Amiri, <a href="mailto:lidaa@nsms.ca">lidaa@nsms.ca</a>
	Thursday, August 3 12:30-2:30 pm West Vancouver Library	Mandarin, Cantonese	Ting Ting Reuveny, <a href="mailto:tingr@nsms.ca">tingr@nsms.ca</a> Rosanna Ng, <a href="mailto:rosannan@nsms.ca">rosannan@nsms.ca</a>
<b>Youth</b>			
<b>Explore North Shore (5 sessions)</b> For self-identified boys, aged 13-18. Have fun exploring different places on the North Shore while making new friends.	August 14-18 12:30-3:30 pm Locations TBA	English	Daniela Cohen, <a href="mailto:danielac@nsms.ca">danielac@nsms.ca</a>
<b>Summer Connect (5 sessions)</b> For young adults aged 15 -30. Explore the North Shore and meet other young adults.	August 14-18 12:30-4:00 pm Locations TBA	English	Srishti Arya, <a href="mailto:srishtia@nsms.ca">srishtia@nsms.ca</a> (778) 927-2931
<b>SD45: Back 2 School—Elementary</b> For newcomer youth (aged 9-12) to learn about their new West Vancouver elementary school, meet other youth, and get support.	Monday, August 28 10:00 am-12:30 pm Hollyburn Elementary	English	Daniela Cohen, <a href="mailto:danielac@nsms.ca">danielac@nsms.ca</a>
<b>SD44: Back 2 School—Elementary</b> For newcomer youth (aged 9-12) to learn about their new North Vancouver elementary school, meet other youth, and get support.	Tuesday, August 29 10:00 am-12:30 pm Queen Mary Elementary	English	Daniela Cohen, <a href="mailto:danielac@nsms.ca">danielac@nsms.ca</a>
<b>SD45: Back 2 School—High School</b> For newcomer youth (aged 13-18) to learn about their new West Vancouver high school, meet other youth, and get support.	Wednesday, August 30 10:00 am-2:30 pm West Vancouver Secondary	English	Daniela Cohen, <a href="mailto:danielac@nsms.ca">danielac@nsms.ca</a>
<b>SD44: Back 2 School—High School</b> For newcomer youth (aged 13-18) to learn about their new North Vancouver high school, meet other youth, and get support.	Thursday, August 31 10:00 am-2:30 pm Carson Graham Secondary	English	Daniela Cohen, <a href="mailto:danielac@nsms.ca">danielac@nsms.ca</a>
<b>Picnic in the Park</b> For newcomer youth (aged 13-18) that start high school in September. An afternoon of fun activities and lunch.	Friday, September 1 12:00-3:00 pm Mahon Park	English	Daniela Cohen, <a href="mailto:danielac@nsms.ca">danielac@nsms.ca</a>

North Shore Multicultural Society : 207-123 East 15th Street North Vancouver, BC : 604-988-2931 : [www.nsms.ca](http://www.nsms.ca) : [www.facebook.com/NSMSBC](http://www.facebook.com/NSMSBC)

*Programs are government funded and free of charge.*

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Topic	Date	Language	Contact
<b>School Districts: For Parents</b>			
<b>SD45: Back to School—Elementary</b> For newcomer parents with children going into West Vancouver elementary schools. Newcomer youth attend a separate session to learn about their new school, meet other youth, and get support.	Monday, August 28 10:00 am-12:30 pm Hollyburn Elementary	Farsi	Niloufar Farahani, <a href="mailto:niloufarf@nsms.ca">niloufarf@nsms.ca</a>
		Mandarin	Felicia Zhu, <a href="mailto:feliciaz@nsms.ca">feliciaz@nsms.ca</a>
<b>SD44: Back to School—Elementary</b> For newcomer parents with children going into North Vancouver elementary schools.	Tuesday, August 29 10:00 am-12:30 pm Queen Mary Elementary	Farsi	Khatereh Masoudi, <a href="mailto:khaterehm@nsms.ca">khaterehm@nsms.ca</a>
		Mandarin	Rosanna Ng, <a href="mailto:rosannan@nsms.ca">rosannan@nsms.ca</a>
<b>SD44: Back to School—Kindergarten</b> For newcomer parents from the Philippines with children going into Kindergarten at North Vancouver elementary schools.	Tuesday, August 29 10:00-11:30 am Queen Mary Elementary	Tagalog	Eric Valencia, <a href="mailto:ericv@nsms.ca">ericv@nsms.ca</a>
<b>SD45: Back to School—High School</b> For newcomer parents with children going into West Vancouver high schools.	Wednesday, August 30 10:00 am-12:30 pm West Vancouver Secondary	Farsi	Niloufar Farahani, <a href="mailto:niloufarf@nsms.ca">niloufarf@nsms.ca</a>
		Mandarin	Felicia Zhu, <a href="mailto:feliciaz@nsms.ca">feliciaz@nsms.ca</a>
<b>SD44: Back to School—High School</b> For newcomer parents with children going into North Vancouver high schools.	Thursday, August 31 10:00 am-12:30 pm Carson Graham Secondary	Farsi	Khatereh Masoudi, <a href="mailto:khaterehm@nsms.ca">khaterehm@nsms.ca</a>
		Mandarin	Rosanna Ng, <a href="mailto:rosannan@nsms.ca">rosannan@nsms.ca</a>
<b>Community Connections</b>			
<b>Club Café—Theatre Performance by First Nations</b> Students from the Esliha7an School will be showcasing their art work and sharing performances. There will be opportunities to talk, share stories and enjoy a shared feast.	Thursday, August 10 4:00-6:00 pm Presentation House Theatre	English	Sochell Roman, <a href="mailto:sochellr@nsms.ca">sochellr@nsms.ca</a> Minori Ide, <a href="mailto:minorii@nsms.ca">minorii@nsms.ca</a>
<b>Learn to Bike (2 sessions )</b> In partnership with HUB Cycling, this program will teach basic bike skills and confidence for cycling in the city. Also provides an opportunity to meet new people, socialize and practice your English.	Thursdays, August 10 & 17 Fridays, August 11 & 18 10:00 am-12:00 pm 1:00-3:00 pm Spokes Bike Rentals	English	Sochell Roman, <a href="mailto:sochellr@nsms.ca">sochellr@nsms.ca</a> Minori Ide, <a href="mailto:minorii@nsms.ca">minorii@nsms.ca</a>
<b>Employment</b>			
<b>Employment Resource Centre</b> Equipped with computers and knowledgeable staff, the Centre provides immigrant-specific employment services, including current BC labour market information and useful job search tools and tips.	Monday-Friday 9 :00 am-4:30 pm NSMS	English, Farsi, Mandarin	Marjan Farajian, <a href="mailto:marjanf@nsms.ca">marjanf@nsms.ca</a> (604) 988-2931 ext. 328
<b>Career Paths</b> This program helps newcomers build on their pre-arrival skills and qualifications to prepare to enter their occupational field. Includes workshops, networking & mentoring opportunities, and site tours.	Workshops in October NSMS	English	Lori Akiyama, <a href="mailto:loria@nsms.ca">loria@nsms.ca</a> (604) 988-2931 ext. 241
<b>Get Connected</b> This program supports immigrant young adults (18 -30 years) in the process of settlement and integration in Canada and specifically provides career and educational support.	Ongoing YWCA WorkBC Employment Services Ctr	English	Srishti Arya, <a href="mailto:srishtia@nsms.ca">srishtia@nsms.ca</a> (778) 927-2931
<b>Retail Connections</b> This is a 4-week or 2-week (EXPRESS), full time skills training program for immigrant young adults (18-30 years). Provides retail specific training, job search support, and certification as needed.	August 28 - September 22 YWCA WorkBC Employment Services Ctr	English	Katrina Geronimo, <a href="mailto:retailconnections@nsms.ca">retailconnections@nsms.ca</a> (604) 988-3766 ext. 250
<b>Mentoring Session: Project Management</b> For persons that worked as project managers in their first country, or are interested in learning about or working in this field in Canada.	Thursday, August 3 4:00-6:00 pm NSMS	English	Homa Soltani, <a href="mailto:homas@nsms.ca">homas@nsms.ca</a>

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