

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

Topic	Date/Time/Place	Language	Contact
Settlement			
Senior Sparks This weekly program brings together immigrant seniors to support social participation, inclusion and contribution to the community.	Tuesdays 9:30-11:30 am Silver Harbour Seniors' Fitness Room	Mandarin, Farsi	Rosanna Ng, rosannan@nsms.ca Parisa Pourang, parisap@nsms.ca
Newcomer Information Sessions 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, shadya@nsms.ca Lida Amiri, lidaa@nsms.ca
	November 7, December 12 12:30-2:30 pm West Vancouver Library	Mandarin, Cantonese	Ting Ting Reuveny, tingr@nsms.ca Rosanna Ng, rosannan@nsms.ca
Men's Changeways Program The Changeways program is series of workshops offering an opportunity for men to address and improve their personal and cultural adjustment in a new community.	Wednesdays (8 sessions) September 20-November 8 6:00-8:00 pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca
Postpartum Support This is a series of group workshops to support mothers of babies and young children by providing information and skills that encourage personal growth. Open to mothers of children aged 0-3.	Fridays (7 sessions) September 22-November 3 9:30-11:30 am JBCC Family Resource Room	Farsi	Nazila Safari, nazilas@nsms.ca
Attachment Parenting This is a series of group workshops that teaches parents how to build a loving, safe, and enjoyable relationship with their children. Open to parents of children aged 0-6.	Fridays (5 sessions) November 10- December 8 9:30 am-11:30 am JBCC Family Resource Rm	Farsi	Nazila Safari, nazilas@nsms.ca
Parents as Literacy Supporters (iPALS) Parents/family/caregivers will learn how to prepare their children for school in fun, supportive ways. Open to permanent residents living in the North Shore, with young children aged 3-5.	Tuesdays (8 sessions) September 26-November 14 5:00-7:30 pm Boundary Elementary School	Farsi, Mandarin	Sara Tabatabaee, sarat@nsms.ca Ting Ting Reuveny, tingr@nsms.ca
Seniors Learning Circle This program provides English speaking and listening skills to immigrant seniors aged 65+.	Tuesdays, Thursdays, Fridays October 3-December 22 1:00-3:00 pm NSMS	English	Parisa Pourang, parisap@nsms.ca
Immigrant Women's Health Program Learn how to access the BC health care system and share this information with your family.	Tuesdays (6 sessions) October 24-November 28 12:15-2:15 pm NSMS	Cantonese, Mandarin	Rosanna Ng, rosannan@nsms.ca Ting Ting Reuveny, tingr@nsms.ca
	Fridays (6 sessions) November 3-December 8 1:00-3:00 pm NSMS	Farsi	Nazila Safari, nazilas@nsms.ca
BC Family Benefits 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.	Tuesday, November 21 10:00 am-12:00 pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca
BC Medical Services Plan (MSP) 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.	Wednesday, November 22 4:00-6:00 pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca
Canadian Citizenship Application This workshop will cover information about applying for citizenship including eligibility requirements, forms, and documents needed to apply for Canadian citizenship.	Wednesday, November 22 12:30-2:30 pm NSMS	Cantonese, Mandarin	Rosanna Ng, rosannan@nsms.ca Ting Ting Reuveny, tingr@nsms.ca

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

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School Districts: For Parents			
SD44 & SD45: Post-Secondary Education For newcomer parents of grade 10-12 students in North and West Vancouver schools. University/colleges will present about their schools; parents/students can meet representatives in a school fair.	Tuesday, November 21 12:30-4:00 pm North Vancouver School District office, 5th floor	English, with support in Farsi & Mandarin	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca Rosanna Ng, rosannan@nsms.ca Felicia Zhu, feliciaz@nsms.ca
SD44: English Language Learning (ELL) Instruction This workshop will discuss ELL instructions at elementary and high schools and include a tour of library ELL sections and resources.	December 2017	Farsi	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca
Community Connections			
Newcomers English Club (6 sessions) This weekly conversation circle meets to practice English in a casual environment with an instructor and community volunteers.	Wednesdays November 1-December 6 9:30-11:30am Delbrook Rec Centre	English	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Club Café—Finance Education A guest speaker will discuss aspects of Finance Education such as personal credit check and mortgage applications. There will be an opportunity for Q&A and small group conversations.	Thursday, November 2 1:00-3:00 pm NSMS	English	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Experience the Presentation House: The New Conformity Come see a show by an award-winning theatrical social commentary packed with high level circus skills.	Wednesday, November 22 7:30-9:30 pm Presentation House Theatre	English	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Winter Mingle Potluck gathering with newcomers and long-term residents on the North Shore. Meet new people and practice your English; bring a small dish or finger food to share.	Thursday, December 14 Time to be confirmed NSMS	English	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Employment			
Employment Resource Centre 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, marjanf@nsms.ca (604) 988-2931 ext. 328
Career Paths 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.	December NSMS	English	Lori Akiyama, loria@nsms.ca (604) 988-2931 ext. 241
Get Connected 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, srishtia@nsms.ca (778) 927-2931
Retail Connections EXPRESS This is a 2 week full time skills training program for immigrant young adults (18-30 years). Provides retail specific training, job search support, and certification as needed.	November 14-27 YWCA WorkBC Employment Services Ctr	English	Katrina Geronimo, retailconnections@nsms.ca (604) 988-3766 ext. 250
Eligibility Information for Employment Insurance (EI) Benefits This workshop will provide information about what EI benefits are, the types available, who is eligible, when to apply and more.	Friday, November 3 3:30-5:30 pm NSMS	Farsi	Homa Soltani, homas@nsms.ca

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