

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
	Tuesday, December 12 12:30-2:30 pm West Vancouver Library	Mandarin, Cantonese	Ting Ting Reuveny, tingr@nsms.ca Rosanna Ng, rosannan@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
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.	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, December 19 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, December 20 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, December 6 12:30-2:30 pm NSMS	Cantonese, Mandarin	Monica Mao, monicam@nsms.ca 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: English Language Learning (ELL) Elementary Schools This workshop will discuss ELL instruction at elementary schools and include a tour of library ELL sections and resources.	Wednesday, December 6 12:30-2:30 pm North Vancouver City Library	English, with support in Farsi	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca
SD44: English Language Learning (ELL) in High Schools This workshop will discuss ELL instruction at high schools, including programs and courses.	Tuesday, December 12 12:30-2:30 pm North Vancouver School District Office, 5th floor	English, with support in Farsi	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca
Community Connections			
Fall: 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
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 12:30-2:30 pm NSMS	English	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Winter: Newcomers English Club (6 sessions) This weekly conversation circle meets to practice English in a casual environment with an instructor and community volunteers.	Wednesdays January 17-February 21 9:30-11:30am Delbrook Rec Centre	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
Social Networking In this special workshop, participants will learn about making connections and networking with employers and other professions using social media.	Wednesday, December 12 4:00-6:00 pm NSMS	Farsi	Homa Soltani, homas@nsms.ca
Mentoring Program: Electrical Engineering Open to those that have worked as an engineer in their first country, are interested in learning about or working in this field, and would like to know about becoming a registered engineer.	Thursday, December 14 4:00-6:00 pm NSMS	Farsi	Homa Soltani, homas@nsms.ca

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