

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

Topic	Date/Time/Place	Language	Contact
Settlement			
Senior Sparks This weekly program brings together seniors to support social participation, inclusion and contribution to the community.	Tuesdays 9:30-11:30am Silver Harbour Seniors' Fitness Room	Mandarin, Farsi	Rosanna Ng, rosannan@nsms.ca Parisa Purang, 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
	Thursday, March 8 12:30-2:30pm West Vancouver Library	Mandarin, Cantonese	Ting Ting Reuveny, tingr@nsms.ca Rosanna Ng, rosannan@nsms.ca
Seniors Learning Circle This program provides English speaking and listening skills to immigrant seniors aged 65+.	Tuesdays, Thursdays, Fridays January 9 - March 23 1:00-3:00pm NSMS	English	Parisa Pourang, parisap@nsms.ca
Parenting Teens - How to Parent Your Teenage Children The teenage years are some of the most challenging and significant years in a person's life. This multi-session program covers various topics related to supporting and understanding your child.	Fridays (8 sessions) January 12-March 2 1:00-3:00 pm NSMS	Farsi	Nazila Safari, nazilas@nsms.ca
	Thursdays (5 sessions) February 1-March 1 12:30-2:30 pm NSMS	Mandarin	Rosanna Ng, rosannan@nsms.ca
	Mondays (4 sessions) February 19, 26, March 12, 19 12:30-2:30pm NSMS	Korean	Jin Park, jinp@nsms.ca
Parenting Teens - Mental Health & Your Teenage Children The teenage years are some of the most challenging and significant years in a person's life. This program series will focus on mental health issues related to supporting and understanding your child.	Wednesdays (8 sessions) January 24-March 14 4:15-6:15 pm NSMS	Farsi	Nazila Safari, nazilas@nsms.ca
Healthy Relationships This program will provide Farsi speaking couples information about maintaining healthy relationships to support one another and their families in the settlement process.	Thursdays (9 sessions) January 25-March 22 5:30-7:00 pm NSMS	Farsi	Parisa Pourang, parisap@nsms.ca
Women's English Skills & Support This multi-session program provides a safe space for women to learn English, make friends, and get information about services in the community.	Fridays (9 sessions) January 26-March 23 9:30-11:30 am John Braithwaite Community Centre	English	Silvia Savage, wesl@nsms.ca
Middle Years The program is open to parents and their children in kindergarten to grade 7. Parents will learn how to help their children make healthy life choices and avoid high-risk behaviours. Children will interact with other newcomer children through fun activities.	Tuesdays (6 sessions) January 30-March 6 4:00-6:30 pm NSMS	Farsi, Korean & Mandarin	Sara Tabatabaee, sarat@nsms.ca Jin Park, jinp@nsms.ca Ting Ting Reuveny, tingr@nsms.ca
How to Prepare Your Personal Income Tax Return This workshop helps you understand how and when and who need to submit a tax return.	Friday February 2 12:30-2:30pm NSMS	Mandarin/Cantonese	Ting Ting Reuveny, tingr@nsms.ca Rosanna Ng, rosannan@nsms.ca Monica Mao, monicam@nsms.ca
Canadian Income Tax System This workshop provides information on how to file your Canadian tax return.	Friday, February 16 2:00-4:00pm NSMS	Farsi	Lida Amiri, lidaa@nsms.ca
BC Medical Services Plan (MSP) This workshop provides information about MSP, Fair Pharmacare, Regular Premium Assistance, BC Healthy Kids programs and more.	Tuesday, February 20 10:00am-12:00pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca
BC Family Benefits This workshop provides information about BC Family Benefits for families with children under 18 years of age.	Wednesday, February 21 4:00-6:00pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca
Canadian Income Tax Clinic This clinic is open to low-income tax filing by caregivers, open work permit holders and permanent residents.	Sunday, March 4 Time TBA NSMS	Tagalog	Eric Valencia, ericv@nsms.ca
Entertainment & Sports for Children This workshop provides information on Spring and Summer programs for children at local recreation centres and more.	Friday, March 2 4:00-6:00pm NSMS	Farsi	Lida Amiri, lidaa@nsms.ca
Spring Potluck	Saturday, March 10 Time TBA NSMS	Tagalog	Eric Valencia, ericv@nsms.ca
Live-In Caregiver Program	Sunday, March 18 Time TBA NSMS	Tagalog	Eric Valencia, ericv@nsms.ca

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

Topic	Date/Time/Place	Language	Contact
School Districts: For Parents			
SSD45: BC High School Graduation Requirements This workshop will review the new online format, grading system, course selection, and homework resources.	Tuesday, February 20 12:45-2:45 pm Hollyburn Elementary School	Mandarin, Cantonese	Felicia Zhu, feliciaz@nsms.ca
SD44: BC High School Graduation Requirements This workshop will review the grading system, required/elective courses, high school graduation requirements, and university admissions requirements.	Wednesday, February 21 12:30-2:30pm North Vancouver School District Office, 5th floor	Farsi	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca
SD45: BC High School Graduation Requirements This workshop will review the new online format, grading system, course selection, and homework resources.	Thursday, February 22 12:45-2:45 pm Hollyburn Elementary School	Farsi	Niloufar Farahani, niloufarf@nsms.ca
Community Connections			
Winter: Newcomers English Club This weekly conversation circle meets to practice English in a casual environment with an instructor and community volunteers.	Wednesdays (6 sessions) January 17-February 21 9:30-11:30 am Delbrook Rec Centre	English	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Club Café: Lunar New Year Join us to celebrate and learn about Chinese New Year traditions, while meeting other newcomers and long-term residents on the North Shore. Chinese tea and refreshments provided.	Friday, February 9 12:30-2:30 pm 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	Hoda Masoumizadeh, hodam@nsms.ca (604) 988-2931 ext. 328
Career Paths for Skilled Immigrants 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.	Ongoing NSMS	English	Lori Akiyama, loria@nsms.ca (604) 988-2931 ext. 241
Retail Connections 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.	February 19-March 2 YWCA WorkBC Employment Services Ctr	English	Amir Hariri amirh@nsms.ca (778) 927-2931
Mentoring Session: University & College Instructors If you were a University or College instructor in your home country, join us to learn about working in your field in Canada and more.	Tuesday, February 13 4:00-6:00 pm NSMS	English	Homa Soltani, homas@nsms.ca
Mentoring Session: Engineers	March	English	Homa Soltani, homas@nsms.ca
Job Interview Skills	March	Farsi	Homa Soltani, homas@nsms.ca