

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 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
	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.	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 provides 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 learn 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
Active Living for Immigrant Women A 4-session program for new immigrant women to come together, meet new people and participate in exercise activities!	Fridays (4 sessions) February 16 - March 16 12:30-2:30pm Various locations	English	Front Desk, office@nsms.ca
Immigrant Women's Health Learn about the health care system, healthy living medical terminology, and more.	Fridays (4 sessions) February 23 - March 16 10:00am-12:00pm NSMS	Korean	Jin Park, jinp@nsms.ca
Family Relationships and Law In this workshop, a professional family lawyer will provide information on the protection and care of children, estate planning and wills, and making agreements.	Wednesday, March 7 12:30-2:30pm NSMS	Mandarin	Rosanna Ng, rosannan@nsms.ca Ting Ting Reuveny, tingr@nsms.ca Monica Mao, monicam@nsms.ca
Family Afternoon This workshop is open to Filipino immigrants and their families and will provide information in a casual social setting with food and drink.	Saturday, March 10 3:30-5:30pm NSMS	Tagalog	Eric Valencia, ericv@nsms.ca
Employment Standards & Updates to Caregiver Program Learn About Employment Standards, changes to the Caregiver Program and Temporary Foreign Worker Program, and and more.	Sunday, March 11 2:00-4:00pm NSMS	English	Eric Valencia, ericv@nsms.ca
BC Medical Services (MSP) This workshop provides information about MSP, Fari Pharmacare, Regular Premium Assistance and more.	Tuesday, March 27 10:00am-12:00pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca Lida Amiri, lidaa@nsms.ca
BC Family Benefits This workshop provides information about BC Family Benefits for families with children under 18 years of age.	Thursday, March 29 10:00am-12:00pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca Sara Tabatabaee, sarat@nsms.ca

Winter 2018 NSMS Workshops

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School Districts: For Parents			
Girls' Group This workshop series is for self-identified females in North Shore high schools. In these workshops, girls will make art projects, meet new friends, discuss things that are important to them and more.	March 19 - 23 12:30-3:30pm NSMS	English	Heather Yatabe, heathery@nsms.ca
Community Connections			
Club Café: Happy Norooz Join the annual Persian New Year celebration that includes live music, fire jumping, food and dance performances at Ambleside Park.	Tuesday, March 13 5:00-6:30pm Ambleside Park	English	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Club Café: Learn to Camp Join us to learn about planning a camping trip, get tips on what to pack, meet other newcomers and practice your English.	Wednesday, April 11 12:30-2:30pm 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
Get Connected and Learn English This workshop is open to young adults aged 18-30. Join this friendly workshop to develop your English skills to meet academic and employment needs	Mondays and Wednesdays March 19, 21, 26, 28 (4 sessions) 12:45-3:45pm NSMS	English	Front Office, office@nsms.ca
Mentoring Session: Engineers If you were an Engineer in your first country, join this mentoring session to learn about career possibilities and how to work in your field in Canada.	Wednesday, March 14 4:00-6:00pm NSMS	English	Homa Soltani, homas@nsms.ca
Job Interview Skills Learn about common job interview questions and the best answers to those questions, job interview tips and more.	Thursday, March 15 12:30-2:30pm NSMS	Farsi	Homa Soltani, homas@nsms.ca
Homesense Job Fair A recruiter from Homesense will come to NSMS to provide information about careers at Homesense and how to apply, conduct on-the-spot interviews and more.	Wednesday, April 4 1:00-4:00pm NSMS	English	Hoda Masoumizadeh, hodam@nsms.ca Anita Parti, anitap@nsms.ca Celia Brookfield, celiab@nsms.ca