

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

Topic	Date/Time/Place	Language	Contact
<b>Settlement</b>			
<b>Newcomer Information Sessions</b> Newcomer information sessions take place regularly for Farsi, Mandarin and Cantonese speakers. Please register in advance.	Fridays, May 4, June 1, June 15 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>
	Thursdays, May 3, June 7, July 5 12:30-2:30pm West Vancouver Memorial Library	Mandarin/ Cantonese	Rosanna Ng, <a href="mailto:rosannan@nsms.ca">rosannan@nsms.ca</a>
<b>Senior's Bridging Program</b> In this program, you will learn about controlling diabetes and heart disease, yoga and other exercises, nutrition and more.	Fridays (5 sessions) April 13 - May 11 12:30-2:30pm NSMS	Farsi	Front Desk, <a href="mailto:office@nsms.ca">office@nsms.ca</a>
<b>Senior's Learning Circle</b> The focus of this special program is to provide English speaking and listening skills to immigrant seniors aged 65+. You will also learn about topics of interest to seniors, such as social participation, inclusion and contribution.	Tuesdays, Thursdays, Fridays 1:00-3:00pm April 17 - May 25 NSMS	English	Front Desk, <a href="mailto:office@nsms.ca">office@nsms.ca</a>
<b>Let's Learn Together</b> Come and learn together with your young children (under 5 years) about community resources that can support families and children through parent workshops and parent/child activities.	Fridays (8 sessions) May 4 - June 22 9:30-11:30am John Braithwaite Community Centre	Farsi, Mandarin	Sara Tabatabaee, <a href="mailto:sarat@nsms.ca">sarat@nsms.ca</a> Ting Ting Reuveny, <a href="mailto:tingr@nsms.ca">tingr@nsms.ca</a>
<b>BC Family Law</b> In this workshop you will learn important information regarding family law in BC, including separation and divorce proceedings, custody of children, access to legal services and more.	Tuesday, May 15 10:00am-12:00 NSMS	Korean	Jin Park, <a href="mailto:jinp@nsms.ca">jinp@nsms.ca</a>
<b>PR Renewal</b> This workshops provides important information about renewing your PR status, including PR forms, eligibility requirements and documents.	Tuesday, May 22 12:30-2:30pm NSMS	Mandarin	Rosanna Ng, <a href="mailto:rosannan@nsms.ca">rosannan@nsms.ca</a> Ting Ting Reuveny, <a href="mailto:tingr@nsms.ca">tingr@nsms.ca</a>
<b>BC Medical Services Plan (MSP)</b> This workshop provides information about MSP, Fair Pharmacare, Regular Premium Assistance, BC Healthy Kids programs and more.	Tuesday, May 22 10:00am-12:00pm NSMS	Farsi	Shady Ashtari, <a href="mailto:shadya@nsms.ca">shadya@nsms.ca</a>
<b>BC Family Benefits</b> This workshop provides information about BC Family Benefits for families with children under 18 years of age.	Thursday, May 24 10:00am-12:00pm NSMS	Farsi	Shady Ashtari, <a href="mailto:shadya@nsms.ca">shadya@nsms.ca</a>
<b>Community Mapping</b>	Thursday, June 7 Time TBD NSMS	English	Homa Soltani, <a href="mailto:homas@nsms.ca">homas@nsms.ca</a>
<b>Immigrant Women's Health</b> In this program, you will learn health and wellness information for women, confidence and motivation to access health services and create a social and support network.	June-July (6 sessions) NSMS	Farsi	Nazila Safari, <a href="mailto:nazilas@nsms.ca">nazilas@nsms.ca</a>

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School Districts: For Parents			
<b>SD44 Summer School for Children &amp; Youth</b> In this workshop you will learn about Elementary language and math support programs, review and completion course, and more.	Tuesday, May 1 10:00am-12:00pm North Vancouver School District Office	Farsi	Khatereh Masoudi, <a href="mailto:khaterehm@nsms.ca">khaterehm@nsms.ca</a> Maryam Nani, <a href="mailto:maryamn@nsms.ca">maryamn@nsms.ca</a>
<b>SD45 ELL Assessment</b> Learn when and how students skills are assessed, requirements to move up in the program and the difference between social and academic language.	Tuesday, May 22 Time TBD Hollyburn Elementary School	Mandarin	Felicia Zhu, <a href="mailto:feliciaz@nsms.ca">feliciaz@nsms.ca</a>
	Thursday, May 24 Time TBD Hollyburn Elementary School	Farsi	Niloufar Farahani, <a href="mailto:niloufarf@nsms.ca">niloufarf@nsms.ca</a>
<b>Summer Activities for Children &amp; Youth</b> This workshop provides information about various programs, festivals, event and activities available for children and families on the North Shore and Vancouver.	Monday, June 4 12:30-2:30pm North Vancouver School District Office	Farsi	Khatereh Masoudi, <a href="mailto:khaterehm@nsms.ca">khaterehm@nsms.ca</a> Maryam Nani, <a href="mailto:maryamn@nsms.ca">maryamn@nsms.ca</a> Niloufar Farahani, <a href="mailto:niloufarf@nsms.ca">niloufarf@nsms.ca</a>
Community Connections			
<b>Club Café: Capilano University</b> In this club café, you will learn about the programs at Capilano University, how to apply, financial aid options and more.	Wednesday, May 2 10:30am-12:30pm Capilano University	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>English Conversation Club</b> In this weekly conversation circle, come and practice your English in a casual environment with an instructor and volunteers from our community.	Wednesdays (5 sessions) May 2 - May 30 9:30am-11:30am Delbrook Community Centre	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>West Vancouver Memorial Library Tour</b> In this tour you will learn about the programs and services available at the library, how to get a library card and more!	Thursday, May 24 10:00am-12:00pm West Vancouver Library	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>Club Café: Polygon Tour</b>	Thursday, June 14 Time TBD NSMS	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>Club Café: Canada Day</b> In this club Café event, you will learn about and celebrate Canada Day, and practice your English with other newcomers and community volunteers.	Thursday, June 28 Time TBD NSMS	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>
Employment			
<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	Hoda Masoumizadeh, <a href="mailto:hodam@nsms.ca">hodam@nsms.ca</a> (604) 988-2931 ext. 328
<b>Career Paths for Skilled Immigrants</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.	Ongoing NSMS	English	Lori Akiyama, <a href="mailto:loria@nsms.ca">loria@nsms.ca</a> (604) 988-2931 ext. 241
<b>Retail Connections Express</b> In this 2-week training program, young adults learn retail-specific skills, job searching skills and make valuable connections.	May 7 - May 18 YWCA WorkBC Employment Services Centre	English	Amir Hariri, <a href="mailto:amirh@nsms.ca">amirh@nsms.ca</a>
<b>Orientation to Employment Resources</b>	May	Farsi	Homa Soltani, <a href="mailto:homas@nsms.ca">homas@nsms.ca</a>
<b>Mentoring Session for Architects</b>	May	English	Homa Soltani, <a href="mailto:homas@nsms.ca">homas@nsms.ca</a>
<b>Mentoring Session for Banking</b>	June	English	Homa Soltani, <a href="mailto:homas@nsms.ca">homas@nsms.ca</a>