

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			
Newcomer Information Sessions This session will help you understand and connect to services on the North Shore and in Canada.	Every other Friday 1:30pm - 4:00pm December 21 NSMS	Farsi	Shady Ashtari, shadya@nsms.ca Lida Amiri, lidaa@nsms.ca
Senior's Learning Circle The focus of this special program is to provide English speaking and listening skills to immigrant seniors aged 65+.	Tuesdays, Thursdays, Fridays January 4 - February 28 1:00pm - 3:00pm NSMS	English	Front Desk, office@nsms.ca
Attachment Parenting Program 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 9 - December 7 10:00am - 12:00pm John Braithwaite Community Centre	Farsi	Nazila Safari, nazilas@nsms.ca
Parenting Teens Support Group In this monthly session, you will learn about different topics relating to parenting teenage children, including communication, social media, safety, bullying and more.	Thursdays December 13 9:30am - 11:30am North Vancouver City Library	Mandarin	Ting Ting Reuveny, tingr@nsms.ca
Food Skills for Families - Cooking in Canada This workshop provides information about cooking healthy meals, hands-on practice in a kitchen, food safety measures and more.	Wednesdays (6 sessions) October 31 - December 5 10:00am - 1:00pm St. Andrew's Church	English	Rosanna Ng, rosannan@nsms.ca
Money Matters In this workshop you will learn about banking and building credit in Canada. This workshop is for International Students and Work Permit holders.	Wednesdays (2 sessions) November 28, December 5 6:00pm - 8:00pm NSMS	English	Front Desk, office@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, December 4 10:00am - 12:00pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca
Home Insurance Information This workshop provides information about homeowners and renters coverage, fire insurance, preventing a claim and more.	Friday, December 7 12:30pm - 2:00pm NSMS	Mandarin	Rosanna Ng, rosannan@nsms.ca
Canadian Taxes and Benefits for Newcomers In this workshop you will learn about who needs to file a tax return, what benefits are available to you as a temporary resident of Canada.	Wednesday, December 12 6:00pm - 8:00pm NSMS	English	Front Desk, office@nsms.ca
Women's English Skills and Support This group provides a safe space for women to learn English, make friends, and get information about services in the community.	Fridays (9 sessions) December 14 - February 15 9:30am - 11:30am John Braithwaite Community Centre	English	Silvia Savage, wesl@nsms.ca
Introduction to Canadian Workplace Culture In this 10-session program, you will learn about communication in the workplace, office culture, teamwork and more.	Mondays & Wednesdays (10 sessions) January 7 - February 6 6:00pm - 8:00pm West Vancouver Memorial Library	English	Front Desk, office@nsms.ca
Workplace Culture and Language Training In this language program, participants learn how to communicate confidently in and around the workplace.	Mondays & Thursdays (10 sessions) January 14 - February 14 6:00pm - 8:00pm North Vancouver City Library	English	Front Desk, office@nsms.ca
Canadian Citizenship Preparation Topics covered will include Canada's history, geography, symbols and government, as well as the rights and the responsibilities of citizenship.	Tuesday and Wednesday January 15 and 16 10:00am - 1:30 West Vancouver Memorial Library	English, with support	Front Desk, office@nsms.ca
Community Connections			
English Conversation Club In this weekly conversation circle, come and practice your English in a casual environment with an instructor and volunteers from our community.	Wednesdays (6 sessions) January 16 - February 20 9:30am - 11:30am North Vancouver City Library	English	Sohell Roman, sohellr@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 13 12:30pm - 2:30pm NSMS	English	Sohell Roman, sohellr@nsms.ca Minori Ide, minorii@nsms.ca

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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 9:00am - 4:30pm 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	Monika Ladosz, monikal@nsms.ca Amir Hariri, amirh@nsms.ca
Self Employment for Newcomers This program offers the opportunity to become an entrepreneur and small business owner to immigrants and all newcomers in the Greater Vancouver area.	Contact us for upcoming start dates and orientation sessions.	English	Dan Hathway, 604-908-6297 Salima Vaiya, salimav@nsms.ca
Employment Mentoring: Nurses If you worked as a nurse in your first country, join this mentoring session to meet a Canadian professional in your field, learn how you can return to work in your field, and more.	Wednesday, December 12 4:00pm - 6:00pm NSMS	Farsi	Homa Soltani, homas@nsms.ca
Newcomer's Employment Information Session In this workshop, you will learn about the different Employment Services available at North Shore Multicultural Society, including one to one counseling on employment and education, Work BC services, mentoring and employment workshops, and more.	Thursday, December 13 2:00pm - 4:00pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca