

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 February 8, 22 NSMS	Farsi	Front Desk, office@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
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	Masha Rademakers, mashar@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	Masha Rademakers, mashar@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 February 28, March 28, April 25 9:30am - 11:30am North Vancouver City Library	Mandarin	Ting Ting Reuveny, tingr@nsms.ca
Middle Years Program In this program, parents will learn about a variety of topics including healthy child development and family communication. Children will meet other immigrant children and participate in fun activities.	Tuesdays (6 sessions) January 29 - March 5 4:00pm - 6:30pm NSMS	Farsi, Mandarin	Front Desk, office@nsms.ca
Your Rights in the Workplace Join us to learn about worker's rights and safety in BC. You will learn about how the BC Employment Standards Act and BC's health and safety laws protect workers in the workplace.	Saturday, February 2 10:00am - 12:30pm North Vancouver City Library	English	Masha Rademakers, mashar@nsms.ca
Pathways to Permanent Residency for International Students Join this workshop to learn about the requirements and how to apply for Permanent Resident status in Canada.	Saturday, February 9 11:00am - 12:30pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Immigrant Women's Health In these workshops, immigrant women over 18 will learn important information about health care, provincial and community health resources, and more.	Saturday, February 23 10:30am - 12:30pm Friday March 1 12:30pm - 2:30pm NSMS	Korean	Jin Park, jinp@nsms.ca
Tenant Rights and Responsibilities In this workshop you will learn about housing rental agreements, landlord and tenant responsibilities, and dispute resolution.	Thursday, February 28 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Healthy Child Development This workshop is open to parents of children aged 2-5 years that wish to learn about checking child development and the importance of early intervention.	Thursday, February 28 4:00pm - 6:00pm John Braithwaite Community Centre	English, support in Farsi	Parisa Pourang, parisap@nsms.ca
Income Tax Preparation Clinic These workshops are for low-income immigrants to get help preparing their 2018 tax returns.	Sunday, March 3 10:00am - 3:00pm By Appointment Only NSMS	English	Masha Rademakers, mashar@nsms.ca
	Sunday, March 10 10:00am - 3:00pm By Appointment Only NSMS	Tagalog	Eric Valencia, ericv@nsms.ca
Healthy Child Development This workshop is open to parents of children aged 2-5 years that wish to learn about checking child development and the importance of early intervention.	Wednesday, March 6 4:00pm - 6:00pm John Braithwaite Community Centre	English, support in Mandarin and Korean	Jin Park, jinp@nsms.ca Ting Ting Reuveny, tingr@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	Sochell Roman, sochellr@nsms.ca Minori Ide, minorii@nsms.ca
Club Café: Lunar New Year Join us to learn about Chinese New Year traditions, celebrate, meet new people and practice English.	Thursday, February 7 12:30pm - 2:30pm NSMS	English	Sochell Roman, sochellr@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 Contact us for more information	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
Retail Connections - Youth Employment Program In this 2-week training program, young adults (18-30) learn retail-specific skills, job searching skills and make valuable connections.	Ongoing Contact us for more information	English	Annie Zhou, anniez@nsms.ca 778-927-2931
Employment Mentoring: Project Management If you worked as a project manager in your first country, or are interested in working in this field, join this mentoring session to meet a Canadian professional and learn how to return to work in your field.	Wednesday, February 13 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.	Tuesday, February 26 4:00pm - 6:00pm West Vancouver Memorial Library	Farsi	Front Desk, office@nsms.ca
	Tuesday, March 12 6:00pm - 8:00pm West Vancouver Memorial Library	English	Front Desk, office@nsms.ca
Job Interview Skills In this workshop, you will learn important tips for success in job interviews, including common questions, how to dress, non-verbal communication, and more.	Friday, March 5 4:00pm - 6:00pm West Vancouver Memorial Library	Farsi	Front Desk, office@nsms.ca
School District Information			
SD44 & 45: Parenting Teens In this 5 session program, you will learn how you can understand and better support your child as they go through adolescence, share your experience with other immigrant parents, and more.	5 sessions February 4, 12, 20, 26 & March 6 6:00pm - 8:00pm North Vancouver School District Office	Farsi	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca Niloufar Farahani, niloufarf@nsms.ca
SD44: BC High School Graduation Requirements In workshop, parents of high school students will learn about graduation requirements, university and college admission requirements, and more.	Thursday, February 21 10:00am - 12:00pm North Vancouver School District Office	English, support in Farsi	Maryam Nani, maryamn@nsms.ca
Youth			
Girls' Group This art-based program is for immigrant girls to have fun creating art, meet new people, learn strategies for coping with stress and more.	Saturdays (3 sessions) February 9, 16, 23 10:00am - 3:30pm NSMS	English	Matty Taghipour, mattyt@nsms.ca