

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 March 8, 22 NSMS	Farsi	Front Desk, office@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 March 28, April 25, May 23 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
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
How to Register Children for Summer Programs In this workshop, parents will learn about the different programs and activities available in North Vancouver recreation centres and how to register children for these programs.	Friday, March 1 4:00pm - 6:00pm NSMS	Farsi	Front Desk, office@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
Canadian Family Law In this workshop, you will learn about Family Law in Canada, including separation and divorce, mediation, spousal and child support, division of property, and more.	Friday, March 8 5:00pm - 7:00pm NSMS	Farsi	Parisa Pourang, parisap@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, March 12 10:00am - 12:00pm NSMS	Farsi	Front Desk, office@nsms.ca
BC Family Benefits This workshop provides information about BC Family Benefits for families with children under 18 years of age.	Friday, March 15 10:00am - 12:00pm NSMS	Farsi	Front Desk, office@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.	Monday, March 18 4:00pm - 6:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Pathways to Permanent Residency for Foreign Workers Join this workshop to learn about the requirements and how to apply for Permanent Resident status in Canada.	Tuesday, March 26 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@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
Career Focus for Professional Immigrant Women This program provides specialized support for professional immigrant women to return to work in their field, learn about different employment options, create effective job search tools, and more.	Ongoing Contact us for more information and upcoming workshops.	English	Celia Brookfield, celiab@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
Canadian Workplace Culture and Communication This workshop is for professional immigrant women to learn more about the culture of Canadian workplaces and professional communication.	Thursday, March 7 12:30pm - 2:30pm NSMS	English	Celia Brookfield, celiab@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.	Tuesday, March 5 4:00pm - 6:00pm West Vancouver Memorial Library	Farsi	Front Desk, office@nsms.ca
Employment Mentoring: Home Care Assistance If you worked as a home support worker, health care provider, or caregiver 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, March 6 4:00pm - 6:00pm NSMS	English	Front Desk, office@nsms.ca
Finding Your First Professional Job in Canada This workshop is for International Students and Work Permit Holders who want to learn more about finding a professional job in Canada.	Tuesday and Thursday March 12 and March 14 5:00pm - 7:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Preparing for Employment Fairs This workshop is for professional immigrant women to learn how to prepare to be successful at employment fairs.	Thursday, March 14 12:30pm - 2:30pm NSMS	English	Celia Brookfield, celiab@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 & SD45: Student's Health In workshop, parents will learn about vaccination, nutrition, sleeping habits, and other important health topics for children.	Tuesday, March 5 1:00pm - 2:30pm Hollyburn Elementary School	Farsi	Niloufar Farahani, niloufarf@nsms.ca
	Wednesday, March 6 12:30pm - 2:30pm North Vancouver School District Office	Farsi	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca
	Thursday, March 14 1:00pm - 2:30pm Hollyburn Elementary School	Mandarin	Bonnie Wong, bonniew@nsms.ca
Youth			
Explore North Shore In this 3-day program, newcomer high school youth connect to community resources, participate in fun activities, and explore the North Shore.	March 18 - 22 1:00pm - 4:00pm NSMS	English	Matty Taghipour, mattyt@nsms.ca