

## WORKSHOP CALENDAR

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   | 1   | 2<br>5:30–7:00 Newcomer Women’s Support Group   | 3   | 4   |
| 7   |  | 9<br>5:30–7:00 Newcomer Women’s Support Group   | 10 4:00–6:00 English/Spanish<br><b>Are you adapting into a new life in Canada?</b><br>1:00–3:00 Newcomer Youth Summer Workshop Series   | 11 4:00–5:00 Arabic<br><b>Adjusting to life in Canada</b>           |
| 14  |   | 16 3:30–5:30 Tamil<br><b>Power of Attorney</b><br>5:30–7:00 English<br><b>Renting a place to live</b>               | 17 4:00–6:00 Workshop in Chinese (Mandarin)<br><b>Job search techniques: writing effective resumes cover/thank you letters</b><br>1:00–3:00 Newcomer Youth Summer Workshop Series |   |
| 21<br>5:30–7:00 Newcomer Men’s Support Group  | 22  | 23 3:30–4:30 English<br><b>Healthy living for you and your children</b><br>5:30–7:00 Newcomer Women’s Support Group | 24 10:00–12:00 English<br><b>Tenants Rights and Responsibilities</b><br>1:00–3:00 Newcomer Youth Summer Workshop Series<br>5:00–6:00 English<br><b>Canadian Workplace Ethics</b>  | 25 12:00–2:00 English<br><b>Are you ready for the summer break?</b> |
| 28<br> | 29  | 30<br>5:30–7:00 Newcomer Women’s Support Group  | 31 4:00–5:30 English<br><b>How to get your relatives into Canada?</b><br>1:00–3:00 Newcomer Youth Summer Workshop Series  |   |

Contact us at 1420 Burnhamthorpe Road East, Suite 315, Mississauga, ON L4X 2Z9  
 Attendance at all events is **FREE** as they are being sponsored by **Citizenship and Immigration Canada**  
 as a part of the **Immigrant Settlement and Adaptation Program**

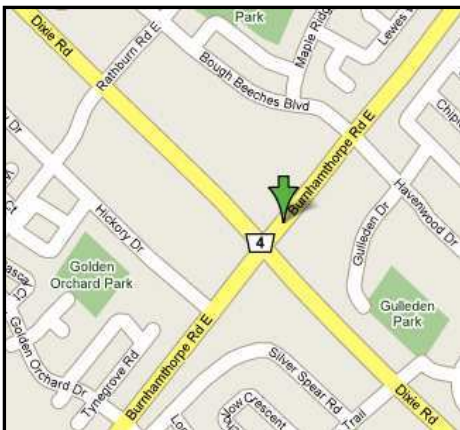
**Tel. (905) 629-1873**  
**Fax. (905) 629-0791**  
**www.dixiebloor.ca**

- |   |                       |   |                                       |                        |
|---|-----------------------|---|---------------------------------------|------------------------|
| <b>July 10, 2008</b>  | <b>4:00–6:00 PM</b>   | <b>Are you adapting into a new life in Canada?</b>                                  | <b>English/Spanish</b>                | <b>Carola</b>          |
| Guest speaker:  |                       | <b>Claudia Redican</b> , Community Outreach Coordinator from Telecare               |                                       |                        |
| It is important for immigrants to adapt to their new home and to feel that they live in a welcoming environment. In this workshop, participants will learn about the Canadian way of life and develop short and long term plans for the future. Participants will also learn about volunteering, stress relievers, activities that contribute to making life easier. Also, they will look forward to making Canada their home.      |                       |   |                                       |                        |
| <b>July 11, 2008</b>  | <b>4:00–5:00 PM</b>   | <b>Adjusting to life in Canada</b>  | <b>Workshop in Arabic</b>             | <b>Nagla</b>           |
| Please come and join us for an informative session! We will discuss and share the experiences of your first days in Canada. Also, we will provide practical information about how to apply for bank account, find a family doctor, arrange car and home insurance, and how to find help and information in your local community.  |                       |   |                                       |                        |
| <b>July 16, 2008</b>  | <b>3:30–5:30 PM</b>   | <b>Power of Attorney for Personal Care and the Ontario Health Care System</b>       | <b>Workshop in Tamil</b>              | <b>Param/Jaanaki</b>   |
| Participants will get information about arranging for Power of Attorney for Personal Care when they became mentally incapable of making personal care decisions. Participants will learn how to maintain the coverage plan and understand the requirements for eligibility and community health centres.  |                       |   |                                       |                        |
| <b>July 16, 2008</b>  | <b>5:30–7:00 PM</b>   | <b>Renting a place to live</b>  | <b>Workshop in English</b>            | <b>Olga</b>            |
| Before beginning to look for a house or apartment to rent, you might want to know what your options are. Come and learn about types of rental units, landlord and tenant law, how to find a place to rent, and information about different areas in the city. If you also want to understand the abbreviations used in ads and get useful information in order to make the perfect choice for your family, you are welcome to come! |                       |   |                                       |                        |
| <b>July 17, 2008</b>  | <b>4:00–6:00 PM</b>   | <b>Job Search Techniques: Writing Effective Resumes and Cover/Thank You Letters</b> | <b>Workshop in Chinese (Mandarin)</b> | <b>Liyang</b>          |
| Through the workshop, participants will learn how to write an effective resume, cover letter and thank-you letter according to Canadian standards in order to find employment in their professional field.  |                       |   |                                       |                        |
| <b>July 23, 2008</b>  | <b>3:30–4:30 PM</b>   | <b>Healthy living for you and your children</b>                                     | <b>Workshop in English</b>            | <b>Oriada/Svitlana</b> |
| This workshop will: inform you of the benefits of physical activity and tips for healthy eating; describe the importance of reading and understanding food labels as a way of making healthy choices; provide a general overview of sun safety. Guest Speaker: Public Health Nurse.   |                       |   |                                       |                        |
| <b>July 24, 2008</b>  | <b>10:00-12:00 PM</b> | <b>Tenants' Rights and Responsibilities</b>   | <b>Workshop in English</b>            | <b>Jasbir</b>          |
| Do you rent an apartment or a house? Come to this interactive workshop and find out about your rights and responsibilities. We will also cover issues related to finding a new home in Canada, what to do if you are evicted, and subsidized housing.   |                       |   |                                       |                        |
| <b>July 24, 2008</b>  | <b>5:00-6:00 PM</b>   | <b>Canadian Workplace Ethics</b>  | <b>Workshop in English</b>            | <b>Samia</b>           |
| This workshop will help develop an understanding business ethics, sensitivity to co-workers of other ethnicities, scheduling/time management, and politeness at the workplace.  |                       |   |                                       |                        |
| <b>July 25, 2008</b>  | <b>12:00-2:00 PM</b>  | <b>Are you ready for the summer break?</b>  | <b>Workshop in English</b>            | <b>Snjezana</b>        |
| This workshop will provide participants with information on fun and free summer activities for children, festivals and community events, affordable family fun and summer camps, and much more.   |                       |   |                                       |                        |
| <b>July 31, 2008</b>  | <b>4:00–5:30 PM</b>   | <b>How to bring your relatives to Canada?</b>                                       | <b>Workshop in English</b>            | <b>Praveen</b>         |
| If your relatives are not eligible for the federal family sponsorship program, maybe there is still a chance to bring them to Canada under different provincial programs. Learn about how your family can join you under: Alberta's Family Stream Program, Manitoba's Family Support Stream Program, Saskatchewan's Family Members Program, PEI's Family Connections Program or Nova Scotia's Family Business Workers Program.      |                       |   |                                       |                        |

### Are you a newcomer woman?

Come to join our **support group (every Wednesday)**. Share your experiences, ideas, and opinions in a safe, friendly and relaxing atmosphere. Find new friends, increase your confidence speaking English, build your self-esteem, and improve your social skills.

**Are you a newcomer man?** Come to join our **support group (every third Monday)**.



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