



**MAP** Multi-Agency  
Partnership BC  
*Working Together for Refugee Claimants*

# MAP Member Agency News

MAP Bulletin # 22

July 19, 2023

**Dear MAP members,**

*How are you doing? We will keep you up to date with any changes to refugee claimant services as they happen - and if you have information that you would like to share with MAP please email [info@mapbc.org](mailto:info@mapbc.org).*

---

**MAP NEWS! - In case you missed it, here is the news release from IRCC (Page 1 / 2)**



Government  
of Canada

Gouvernement  
du Canada

## **More federal housing support for asylum claimants**

**From: [Immigration, Refugees and Citizenship Canada](#)**

**News release**

**July 18, 2023—Moncton—**Canada is a nation that has been shaped by immigration. With increasing global migration, like many other countries, Canada is experiencing a rise in the number of people claiming asylum. While housing and supports for asylum claimants are the responsibility of provinces and municipalities, the federal government recognizes the need for all levels of government to work together on solutions to address the current need, and we have been there every step of the way.

Today, the Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, announced funding that will ensure impacted communities have the capacity to keep a roof over the heads of vulnerable asylum claimants who want Canada's protection.

**Next page** 

*Thank you for all you are doing to support vulnerable refugee claimants  
Sara Lopez, Sireen El Nashar and Katya Avalos, MAP Executive*



**Dear MAP members,**

*How are you doing?* We will keep you up to date with any changes to refugee claimant services as they happen - and if you have information that you would like to share with MAP please email [info@mapbc.org](mailto:info@mapbc.org).

---

**MAP NEWS! - In case you missed it, here is the news release from IRCC (Page 2)**



Government  
of Canada

Gouvernement  
du Canada

This support will come through a one-time injection of approximately \$212 million in funding into the Interim Housing Assistance Program (IHAP), which will be extended until March 31, 2024. This includes approximately \$97 million in new funding for the City of Toronto. IHAP provides funding on a cost-sharing basis to provinces and municipalities for the costs of interim housing for asylum claimants. Today's funding is in addition to the nearly \$700 million already delivered through the program, including over \$215 million for the City of Toronto.

In addition to IHAP, Immigration, Refugees and Citizenship Canada (IRCC) has been working with the most impacted provinces and municipalities to increase the amount of temporary housing. As of early July, IRCC had over 3,800 hotel rooms in six provinces to provide temporary housing to asylum claimants.

The international migration situation requires pan-Canadian co-operation and engagement, and the Government of Canada remains committed to working together to find solutions. The federal government will continue to work closely with provinces and municipalities to ensure that there is support from all levels of government for those seeking refuge in Canada.

**For the full article, click the link:**

[IRCC NEWS RELEASE](#)





# Employment Workshop

2 Mondays, August 14 & 21, 2023  
10 am - 12 pm

@Frog Hollow Neighbourhood House  
2131 Renfrew St. Vancouver

## In this workshop, you will learn about:

- Employment resources in Canada
- Canadian Workplace Culture, Resume, Cover Letter and interviews
- How to answer the questions in an interview

- ✓ A follow-up 1-1 session is available upon request for a customized resume, cover letter and mock interview.
- ✓ Child-minding service is provided.
- ✓ The session will be delivered in Spanish
- ✓ Eligibility: Permanent Residents, Work Permit Holders, Refugees, Refugee Claimants & Naturalized Citizens.

## Registration:

**Maria Helena**

778-238-6484, or  
marias@froghollow.bc.ca

Funded by / Financé par:



PDF ATTACHED



Frog Hollow Neighbourhood House is hosting an  
**Employment Workshop in Spanish**

Dates: August 14<sup>th</sup> and 21<sup>st</sup>

Time: 10 am to 12 pm

Where: Frog Hollow Neighbourhood House  
2131 Renfrew St, Vancouver

\*child minding service is provided\*

To register please contact Maria Helena:  
778-238-6484 / marias@froghollow.bc.ca



**PDF ATTACHED**



## **Le Relais Francophone is hosting a series of financial literacy workshops in French and Spanish!**

The purpose of these workshops is to provide a general understanding about financial concepts and information. It's not intended to give advice on tax, insurance, investment, or any product and service. Since each of us has our own unique situations, you should have all the appropriate information to understand and make the right decision to fit with your needs and your financial goals.

1. Building savings and wealth – Wednesday, July 19<sup>th</sup>, 2023 from 5:30-7:00 pm.
2. Increasing cash flow and debt management – Wednesday, August 16<sup>th</sup>, 2023 from 5:30-7:00 pm.
3. Preparing for proper protection – Wednesday, August 23<sup>rd</sup>, 2023 from 5:30-7:00 pm.
4. Understanding asset accumulation strategies – Wednesday, August 30<sup>th</sup>, 2023 from 5:30-7:00 pm.
5. Fulfilling long term goals – Wednesday, September 6<sup>th</sup>, 2023 from 5:30-7:00 pm.
6. Preserving your wealth and Estate – Wednesday, September 13<sup>th</sup>, 2023 from 5:30-7:00 pm.

Register at : <https://www.vivreencb.ca/activites/cours-de-litteracie-financiere>



Please see PDF attachment for more details about each session

## What is Trauma and How to Work Through it

**Upcoming Class on Zoom**  
Monday July 24, 6:30 pm to 8:30 pm

Register today: [www.inasmuch.ca](http://www.inasmuch.ca) under Classes

All Newcomers and Service Providers Welcome  
This class will be in English and Spanish



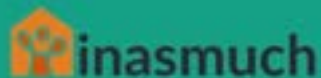
Presenter:  
Deanna Dumont Van Woudenberg  
B. ED. MA RCC  
Cedar Circle Counselling  
[deanna@cedarcirclecounselling.com](mailto:deanna@cedarcirclecounselling.com)  
[www.cedarcirclecounselling.com](http://www.cedarcirclecounselling.com)

This workshop is informational and practical. Participants will not be asked to share.

#### Topics include:

- How to recognize trauma and its affects on the mind and body
- How to work through trauma using breathing techniques

Sponsored by



**PDF ATTACHED**



### **\*WORKSHOP UPDATE\***

Inasmuch has changed their “What is Trauma and How to Work Through it” workshop from in-person to Zoom. If you were unable to attend in person, now is your chance to sign up!

All Newcomers and Service Providers Welcome!  
The session is in English and Spanish.

When: Monday July 24<sup>th</sup> from 6:30 PM to 8:30 PM

#### Topics include:

- How to recognize trauma and its affects on the mind and body
- How to work through trauma using breathing techniques

Register today: [www.inasmuch.ca](http://www.inasmuch.ca) under Classes



# PRE-EMPLOYMENT SERIES

For Refugee Claimants



<p><b>THURSDAY</b> JULY 27, 2023 10AM - 12PM</p> <p><b>INTRODUCTION</b> Employment Insurance (EI) Medical Services Plan (MSP) Social Insurance Number (SIN) Bank Account &amp; Direct Deposit</p>	<p><b>FRIDAY</b> JULY 28, 2023 10AM - 12PM</p> <p><b>EMOTIONAL WELLNESS AND ONLINE DIGITAL SAFETY</b> Learn different mechanisms to cope with the stress and learn about online safety in the digital world.</p>	<p><b>THURSDAY</b> AUGUST 3, 2023 10AM - 12PM</p> <p><b>JOB SEARCH &amp; WORKPLACE CULTURE</b> Interview Preparation Job Search/Networking Canadian Workplace Culture</p>
<p><b>FRIDAY</b> AUGUST 4, 2023 10AM - 12PM</p> <p><b>RESUME BUILDING</b> Learn to create a customized resume as per the Canadian format.</p>	<p><b>THURSDAY</b> AUGUST 10, 2023 9AM - 5PM*</p> <p><b>SHORT-TERM TRAINING OPPORTUNITIES</b> Attend certified trainings.  *This will be a full day training in Surrey.</p>	<p><b>FRIDAY</b> AUGUST 11, 2023 10AM - 2PM</p> <p><b>MOCK INTERVIEW &amp; CERTIFICATE OF COMPLETION</b> Practice your interview skills and build confidence.  Receive Certificate of Participation.</p>
<p><b>TUESDAY</b> AUGUST 15, 2023 10AM - 12PM</p> <p><b>INCOME ASSISTANCE INFORMATION SESSION.</b> Presented by the staff from the Ministry of Social Development and Poverty Reduction.  Location - Surrey City Library</p>	<p></p> <p><b>10362 King George Blvd, Surrey, BC V3T 2W5</b></p>	<p><b>Registration &amp; Enquiries</b></p> <p><b>Lesly Cruz</b> lesly.cruz@options.bc.ca 604-809-7618</p> <p><b>Savina Oommen</b> savina.oommen@options.bc.ca 604-992-6161</p>

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Municipal Affairs.



PDFs ATTACHED



MAP (Multi-Agency Partnership) Bulletin  
July 19 2023

# PRE-EMPLOYMENT SERIES

For Youth (Refugee Claimants)



<p><b>THURSDAY</b> JULY 27, 2023 10AM - 12PM</p> <p><b>INTRODUCTION</b> Employment Insurance (EI) Medical Services Plan (MSP) Social Insurance Number (SIN) Bank Account &amp; Direct Deposit</p>	<p><b>FRIDAY</b> JULY 28, 2023 10AM - 12PM</p> <p><b>EMOTIONAL WELLNESS AND ONLINE DIGITAL SAFETY</b> Explore different mechanisms to cope with stress and learn about online safety in the digital world.</p>	<p><b>THURSDAY</b> AUGUST 3, 2023 10AM - 12PM</p> <p><b>JOB SEARCH &amp; WORKPLACE CULTURE</b> Interview Preparation Job Search/Networking Canadian Workplace Culture</p>
<p><b>FRIDAY</b> AUGUST 4, 2023 10AM - 12PM</p> <p><b>RESUME BUILDING</b> Learn to create a customized resume as per the Canadian format.</p>	<p><b>THURSDAY</b> AUGUST 10, 2023 9AM - 5PM*</p> <p><b>SHORT-TERM TRAINING OPPORTUNITIES</b> Attend certified trainings.  *This will be a full day training in Surrey.</p>	<p><b>FRIDAY</b> AUGUST 11, 2023 10AM - 2PM</p> <p><b>MOCK INTERVIEW &amp; CERTIFICATE OF COMPLETION</b> Practice your interview skills and build confidence.  Receive Certificate of Participation.</p>
<p><b>TUESDAY</b> AUGUST 15, 2023 10AM - 12PM</p> <p><b>INCOME ASSISTANCE INFORMATION SESSION.</b> Presented by the staff from the Ministry of Social Development and Poverty Reduction.  Location - Surrey City Library</p>	<p></p> <p><b>10362 King George Blvd, Surrey, BC V3T 2W5</b></p>	<p><b>Registration &amp; Enquiries</b></p> <p><b>Lesly Cruz</b> lesly.cruz@options.bc.ca 604-809-7618</p> <p><b>Savina Oommen</b> savina.oommen@options.bc.ca 604-992-6161</p>

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Municipal Affairs.





# INFORMATION SESSION

## Self Employment for Newcomers

### Are you a newcomer with a business idea?

#### WHEN :

TIME : 2:30pm to 3:30pm

- Wednesday July 12
- Wednesday July 26
- Wednesday August 9
- Wednesday August 23
- Wednesday September 6

Do you want to start your own business ?  
Join this workshop to learn about the  
Self-Employment for Newcomers free program!

In this session you will learn about:

- Eligibility criteria
- Registration process
- Program structure
- Program curriculum

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

#### WHERE :

JOIN US ONLINE ON ZOOM

OR CONTACT US TO LEARN MORE!

REGISTER ON EVENTBRITE!



SIGN UP  
TODAY



#### FREE FOR ELIGIBLE PARTICIPANTS

- ✓ Ages 19+
- ✓ Permanent Resident, Confirmed Refugee, or CUAET

[qyymca.ca/self-employment-newcomers](http://qyymca.ca/self-employment-newcomers)

[YGV-SEforNewcomers@qyymca.ca](mailto:YGV-SEforNewcomers@qyymca.ca)

**\*Protected  
Persons are  
eligible\***

**PDFs ATTACHED**



# Want to work with children? Get your Responsible Adult Certificate today!

## Childcare Career Exploration Program

**Thursdays 5:00 PM - 6:30 PM  
July 13 - August 31, 2023**

- ✓ 8-week online program
- ✓ 5:00 - 6:30 PM online class (1.5hrs)  
6:30 - 8:00 PM self-study (1.5hrs)
- ✓ Who needs a certificate? Anyone who  
wants to work or volunteer with  
school-aged children

## FREE

FOR ELIGIBLE PARTICIPANTS:

- ✓ Ages 19+
- ✓ Permanent Resident,  
Convention Refugee or CUAET



SIGN UP  
TODAY



**APPLY BY JULY 10, 2023**

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

[qyymca.ca/newcomer-services](http://qyymca.ca/newcomer-services)

[connections@bcymca.ca](mailto:connections@bcymca.ca)



## A Call to Action from Migrant Rights Network:

**MIGRANT  
RIGHTS  
NETWORK**

**Working class people are in an overwhelming crisis.** Soaring bills, unaffordable rent, devastating forest fires, privatization of healthcare and more plague us. Among those who bear the heaviest burden are **migrants**—the very people who **grow food, care for the sick, build our homes, and keep society functioning.**

Without permanent resident status, migrants are excluded from the most basic rights and protections. **Speaking out against inequality** can mean being fired, unenrolled from services, evicted, detained and deported. To change everything, **we need everyone in the fight.** For that, we need to end the systems that disempower migrants.

**Combating climate change and ending the affordability crisis requires regularizing all undocumented people.** Achieving **justice for all** means ensuring equality for those most excluded - which includes migrants. It requires **permanent resident status for all.**

We can win this. We have already compelled Prime Minister Trudeau to make this promise. But he keeps stalling and we cannot keep waiting. **The time for change is now. Let's get it done.**

**Next page** 



# MIGRANT RIGHTS NETWORK

Confirmed actions are taking place in Toronto and Vancouver, and more will be announced soon. [Please confirm your attendance and spread the word.](#)

**If you are able to host an event, respond to this email.** We need to be out on the streets, linking struggles, from coast to coast to coast. We will only win if you take action.

We are taking to the streets to **connect our struggles and our movements.** The laws and systems that force people to migrate and deny them permanent residency, are the same that impoverish and disenfranchise all of us.

Many of the 1.7 million people in Canada without permanent resident status are **racialized, women, poor, or low-income.** Every aspect of the affordability crisis affects them the most. Ensuring permanent resident status for them will give them **the power to build a more dignified life.**

**And when we lift the floor, everyone is better off.** On September 17, let us be a united tide, rising up, to raisup everyone one. Visit:

[www.MigrantRights.ca/Sep17](http://www.MigrantRights.ca/Sep17)

# REPEATS

PDFs  
ATTACHED

## Settlement & Integration Program

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations

### In-Person English Chat Group

Tuesdays July 11-Aug 15  
12:00noon - 2:00pm

4460 Beresford Street, Burnaby (BNH South House)

Would you like have fun while improving your conversational English?

You and your Family can join this friendly group!

- Talk about interesting subjects in a dynamic & respectful atmosphere
- Enjoy debates, presentations, play roles & games
- Learn day-to-day phrases and vocabulary

Upon Request:

- Laptops
- Childminding &
- Bus-Tickets

**Families welcome!**

For more information and register, please contact Ileri Rojo:  
Irerir@burnabynh.ca

[www.burnabynh.ca](http://www.burnabynh.ca)

*Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwataʔ), Kwikwetlem (kwikwətləm), Squamish (Səwkwúʔmesh Úwumsh), and Musqueam (məəkwəjəm) nations with a unique focus on neighbours supporting neighbours.*



MAP (Multi-Agency Partnership) Bulletin July 12, 2023

## Settlement & Integration Program

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations

### Workshop for Job Seekers

Wednesdays July 12th to August 2nd  
12:30pm - 3:30pm  
4460 Beresford Street, Burnaby (BNH South House)

Are you looking for a job and you would like to learn how to do it efficiently?

- Learn to use Social Media in your Job search and prevent scams
- Draft and improve your Resume (CV) and Cover Letter
- Get tips and practice a MOCK job interview

Upon Request:

- Laptops
- Childminding &
- Bus-Tickets

For more information and register, please contact Ileri Rojo:  
Irerir@burnabynh.ca

[www.burnabynh.ca](http://www.burnabynh.ca)

*Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwataʔ), Kwikwetlem (kwikwətləm), Squamish (Səwkwúʔmesh Úwumsh), and Musqueam (məəkwəjəm) nations with a unique focus on neighbours supporting neighbours.*





## Digital Literacy Walk-In Clinic

Wednesdays,  
July 5, 19  
August 2, 16, 30  
September 13, 27

11:30 am - 12:30 pm

Join this in-person clinic to learn about using digital technology and improve your digital literacy skills.

### Details:

This walk-in clinic welcomes clients in English, Farsi, Mandarin, Cantonese and other languages if requested.

This clinic is open to newcomers and immigrants.

In-person, Impact North Shore  
207 - 123 East 15<sup>th</sup> St, North Vancouver

This program is government funded and free of charge.

Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

## Workshop Highlights

This in-person digital literacy walk-in clinic is designed for clients with low level digital literacy.

Join us to learn about:

- Basic computer skills like filling out online forms; registering for online accounts and downloading apps
- Using Zoom and Moodle
- Simple troubleshooting for digital devices
- Online safety skills like avoiding online scams and setting strong passwords

For more information, please contact:

Yvonne Xian, [yvonnexi@impactnorthshore.ca](mailto:yvonnexi@impactnorthshore.ca)

PDFs ATTACHED



MAP (Multi-Agency Partnership) Bulletin  
July 19 2023



## جلسه آموزشی کد حقوق بشر در استان بریتیش کلمبیا

این جلسه مقدماتی رایگان بر روی قانون حقوق بشر بریتیش کلمبیا تمرکز می کند و حقوق و مسئولیت های شما را تحت این قانون بررسی می کند. این مربوط به سه محیطی است که توسط قانون حقوق بشر محافظت می شود: مسکن، اشتغال و خدمات.

در پایان این جلسه شما قادر خواهید بود:

- موقعیت قانون حقوق بشر بی سی در سایر قوانین حقوق بشر
- شناخت اصطلاحات استفاده شده در سیستم حقوق بشری بی سی
- تبعیض را بر اساس قانون حقوق بشر بریتیش کلمبیا شناسایی کنید
- تشخیص دهید که از چه ویژگی های شخصی محافظت شده می توان برای شکایت از حقوق بشر استفاده کرد.

لطفاً برای اطلاعات بیشتر و ثبت نام با ما تماس بگیرید.

Front Desk, [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca) or  
604-988-2931

## B.C. Human Rights Code Educational Session

Tuesday, July 25  
2:30pm - 4:00pm

Whether you are a landlord, tenant, employer, employee, service provider or service user, there is a legal obligation to have human rights protected in these areas. Please join us during these interactive sessions and learn about your rights and responsibilities.

This session will be presented by BC's Office of the Human Rights Commissioner.

### Details:

This workshop will be presented in English

This workshop is intended for newcomers and immigrants using Impact North Shore services.

Online via Zoom  
Details provided after registration.

This program is government funded and free of charge.

Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



## Workshop Highlights

A large part of securing a job is the interview. Knowing what to say and how to present it makes all the difference. In this workshop, we will equip you with tools and tips to help you prepare for job interviews.

### Topics include:

- Common questions in a job interview and the best ways to answer them
- Tips for online job interviews
- Different types of interviews
- The importance of non-verbal communication
- Tips for before, during, and after a job interview
- Questions to ask at the end of an interview

For more information and to register contact:  
Front Desk, [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca) or  
Sholeh Amirhosseini, [sholeho@impactnorthshore.ca](mailto:sholeho@impactnorthshore.ca) or  
604-988-2931  
Please leave a message with your full name and phone number.

## Job Interview Skills

Thursday, July 27  
10:00 am – 12:00 pm

Landing your dream job requires excellent interview skills. It is very important to know what to say and how to present your qualifications and convince the interviewer that you are the best candidate for the job.

In this workshop, we will talk about the tools and tips to help you to be prepared for job interviews.

Speaker: Sholeh Amirhosseini,  
Employment Services Specialist (CDP)

### Details:

This workshop will be presented in Farsi.

This workshop is open to newcomers and immigrants.

Online via Zoom  
Details provided after registration.

To participate in this workshop, you must register as a client with Impact North Shore.

This program is government funded and free of charge.

PDFs ATTACHED



MAP (Multi-Agency Partnership) Bulletin  
July 19, 2023



## Workshop Highlights

این جلسه برای شناسایی مهاجران با جزئیات مزایای موجود در کانادا برای خانواده هایی که فرزند زیر 18 سال دارند برگزار میشود و حاوی مطالب زیر میباشد:  
- مزایای حق تولد و مالیات  
(Canada Child Tax Benefit, GST/ HST)  
- شرایط استفاده از پلانه ثبت نام فرزند در مهد کودک  
نحوه ثبت نام / فرمهای مربوطه / مدارک مورد نیاز  
(Child care Subsidy)  
- شرایط استفاده از کمک اجاره  
نحوه ثبت نام / فرمهای مربوطه / مدارک مورد نیاز  
(Rental Assistance Program)  
- اترسها و شماره های مورد نیاز  
- پرسش و پاسخ  
برای ثبت نام و در صورت نیاز به کسب اطلاعات بیشتر با شماره تلفن 604-988-2931 تماس حاصل فرمائید.

For more information and to register contact:  
Front Desk, [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca) or  
604-988-2931

## BC Family Benefits اطلاعات مربوط به مزایای خانواده در بی سی

Thursday, July 27  
1:30 pm – 3:30 pm

This program is for Farsi-speaking residents on the North Shore with children under 18 years of age.

### Topics will include:

- CCTB and GST/HST
- Child Care Subsidy
- Rental Assistance
- Question & Answer Time

### Details:

This workshop is presented in Farsi.

This workshop is open to newcomers and immigrants.

Online via Zoom  
Details provided after registration.

To participate in this workshop, you must register as a client with Impact North Shore.

This program is government funded and free of charge.



### Workshop Highlights

Join this workshop to learn about your rights and responsibilities as a tenant in BC.

- Rental contracts and agreements
- Landlord/tenant/roommate relationships
- Rental housing
- Security deposits
- Dispute resolution

For more information and to register contact:  
Front Desk, [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca) or 604-988-2931

### Renting in Vancouver: What Are My Rights as a Tenant?

Wednesday, July 26  
6:00pm - 7:30pm

The Tenant Resource & Advisory Centre will come and speak about rental agreements, tenant and landlord's responsibilities and dispute resolution. Learn how to avoid issues with your landlord!

#### Details:

This workshop will be presented in English.

This workshop is open to newcomers and immigrants.

Online via Zoom  
Details provided upon registration.

To participate in this workshop, you must register as a client with Impact North Shore.

This program is government funded and free of charge.

PDFs ATTACHED



MAP (Multi-Agency Partnership) Bulletin  
July 19 2023



### Workshop Highlights

از شما دعوت می شود تا در این جلسه ی آموزشی که به منظور یادگیری روشها و تکنیکهای مراقبت از خود، کاهش استرس و آرامسازی در نظر گرفته شده، شرکت نمایید.

مطلب مورد بحث در این جلسه:

- اطلاعات کلی در مورد سلامت و بهداشت روان
- استراتژیهای مراقبت از خود در دوران مهاجرت مانند: بهبود سبکهای مقابله با استرس، چگونگی زیستن در لحظه حال و مقابله با یکدواختی زندگی
- تمرینات مرتبط با آرامسازی جسمانی و روانی

این کارگاه آموزشی در روز دوشنبه جولای 24 ساعت 6:00 به زبان فارسی و به صورت آنلاین برگزار خواهد شد. اطلاعات مربوط به چگونگی دسترسی آنلاین به ورک شاپ متعاقباً اعلام خواهد شد.

برای ثبت نام و در صورت نیاز به کسب اطلاعات بیشتر با خانم پورسا پورنگ و ایمیل [parisap@impactnorthshore.ca](mailto:parisap@impactnorthshore.ca) و یا شماره تلفن: 604-988-2931 تماس حاصل فرمایید و ضمن ذکر نام و شماره تلفن خود، پیام گذاشته تا با شما تماس حاصل شود.

For more information and to register contact:  
Parisa Pourang, [parisap@impactnorthshore.ca](mailto:parisap@impactnorthshore.ca) or 604-988-2931

### Mental Health & Immigration

اهمیت حفظ سلامت روان در دوران مهاجرت

Monday, July 24  
6:00pm - 7:30pm

Join this workshop to learn more about self-care, mental health coping strategies, and relaxation techniques.

#### Details:

This workshop will be presented in Farsi.

This workshop is open to newcomers and immigrants.

Online via Zoom  
Details provided after registration.

To participate in this workshop, you must register as a client with Impact North Shore.

This program is government funded and free of charge.



## Workshop Highlights

ايمپاكت نورث شور، از شما دعوت ميکند در جلسه اطلاعاتي رايجگان که براي تازه واردين برگزار مي شود، شرکت فرمائيد. اين جلسات به زبان فارسي برگزار ميشود و شما با خدمات موجود در کاتادا و نورث شور آشنا خواهيد شد.

این جلسه حاوی اطلاعات زیر می باشد:

- آشنایی با خدمات موجود در این سازمان - برنامه های آموزشی برای خانواده ها
- یادگیری زبان انگلیسی
- زندگی روزمره در کاتادا
- کارهای و تحصیل
- مسکن
- سیستم بیمه و درمان
- ارتباط با جامعه و کارهای داوطلبانه
- سیستم مالیاتی
- سیستم وسایل نقلیه عمومی
- مزایای اجتماعی
- قوانین سفته پوزی و تمدید پی آر کارت

For more information and to register contact:  
Front Desk, [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca) or  
604-988-2931

## Newcomer Information Session

جلسه توجیهی برای مهاجرین تازه وارد به زبان فارسی

Friday, July 21  
1:30 pm – 3:30 pm

This no-cost orientation session will help you and your family to understand and connect to the services available on the North Shore as well as in Canada.

### Details:

This workshop will be presented in Farsi.

This workshop is open to all newcomers and immigrants.

Online via Zoom  
Details provided after registration.

To participate in this workshop, you must register as a client with Impact North Shore.

This program is government funded and free of charge.

PDF ATTACHED