

North Shore Multicultural Society

Workshops and Programs Fall 2013

Settlement Workshops

The North Shore Multicultural Society (NSMS) is dedicated to building a harmonious and inclusive North Shore community. We are excited to be offering a number of workshops and programs this fall that will help newcomers with their settlement needs and help them to connect with the North Shore Community. Please share this information and call with any questions you may have.

Farsi: Housing and Tenancy Rights: October

Please contact Lida Amiri at lidaa@nsms.ca to register.

Farsi: Understanding BC Health Care (MSP): November

Please contact Lida Amiri at lidaa@nsms.ca to register.

Farsi: Career Decision Making: November

Please contact Homa Soltani at homas@nsms.ca to register.

Farsi: Understanding the Canadian Banking System: December

Please contact Lida Amiri at lidaa@nsms.ca to register.

Farsi: Understanding the BC Labour Market: December

Please contact Homa Soltani at homas@nsms.ca to register.

Mandarin: Policing and Personal Safety (Consumer Rights): November

Please contact Rosanna Ng at rosannan@nsms.ca to register.

Mandarin: University Entrance: December

Please contact Rosanna Ng at rosannan@nsms.ca to register.

Korean: Small Business: October

Please contact Jin Park at jinp@nsms.ca to register.

Tagalog: Immigration Law for Live-In Caregivers: September 28, 1:00-3:00pm

See flyer for more details: [English](#)

Please contact Eric Valencia at ericv@nsms.ca to register.

Tagalog: Career Transition, Cover Letters and Resumes for Live-In Caregivers: October

Please contact Eric Valencia at ericv@nsms.ca to register.

These workshops are government funded and **free of charge**.



*This project is made possible through funding from the
Government of Canada and the Province of British Columbia.*



207-123 East 15th Street, North Vancouver, V7L 2P7
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Senior's Bridging Programs

Farsi: Senior's Bridging: September 5-26, Thursdays

See flyer for more details: [Farsi English](#)

Please contact Lida Amiri at lidaa@nsms.ca to register

Mandarin: Senior's Bridging - Writing Your Will: October 23

Please contact Rosanna Ng at rosannan@nsms.ca to register.

Women's Health Programs

Farsi: Women's Health: October 7-November 18, Mondays (Please note, the Women's Health Program will not run on Nov. 11)

Please contact Nazila Safari at nazilas@nsms.ca to register.

Mandarin: Women's Health: October 7-November 18, Mondays (Please note, the Women's Health Program will not run on Nov. 11)

Please contact Rosanna Ng at rosannan@nsms.ca to register.

Korean: Women's Health: October 7-November 18, Mondays (Please note, the Women's Health Program will not run on Nov. 11)

Please contact Jin Park at jinp@nsms.ca to register.

Farsi, Mandarin, and Korean: Woman's Walking/Active Living Group: October

Please contact Sohell Roman at sohellr@nsms.ca to register.

Farsi, Mandarin, and Korean: Immigrant Women's Mammography Clinic: November/December

Please contact Nazila Safari (Farsi) at nazilas@nsms.ca, Rosanna Ng (Mandarin/ Cantonese) at

rosannan@nsms.ca, or Jin Park (Korean) at jinp@nsms.ca for more information.

Family Programs

Farsi and Mandarin: Let's Learn: Oct. 11-Nov. 29, 9:30-11:30am Fridays

Caregivers of children ages 0-5 are invited to attend this free parenting program. Attend parenting workshops and enjoy parent/child activities (songs, games, and free play).

Please contact Sara Tabatabae (Farsi) at sarat@nsms.ca or Rosanna Ng (Chinese) at rosannan@nsms.ca, to register.

Farsi and Korean: IPALS - Immigrant Parents as Literacy Supporters: Oct. 22, Nov. 5, 19, Dec. 3, 17, Jan. 14, 28, and April 1, 15, 29, 5:00-7:30pm

Families with children ages 3-5, who live in North Vancouver, are invited to join us for ten evenings of fun and learning. Parents/family/caregivers will learn how to prepare their children for school and will have time to work with them in fun, supportive ways.

Please contact Sara Tabatabae (Farsi) at sarat@nsms.ca, or Jin Park (Korean) at jinp@nsms.ca to register.

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WelcomeBC

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Community Connections Program

In the NSMS Community Connections program, newcomers participate in group activities with Peer Connections Volunteers who are established North Shore residents. These activities provide an opportunity to learn about local services and events, while building lasting friendships.

Please contact Sohell Roman at sohellr@nsms.ca to register for all Community Connections activities.

Harry Jerome Recreation Centre Tour: September

Speakers Panel: Volunteer Opportunities for Newcomers: September

North Vancouver District Library Tour: September

West Vancouver Library Tour: October

Fall Potluck Party: October

Employment Mentoring Program

The Employment Mentoring Program connects skilled immigrants with professionals from a variety of fields including medicine, engineering, IT, finance, education, and trades. We regularly hold information sessions, facilitated by locally employed professionals who can answer your questions about working in Canada.

Please contact Homa Soltani at homas@nsms.ca to register for all Employment Mentoring workshops.

Mentoring Session for Dentists: September 30, 4:30-6:30pm

Guest Speaker: Program Director of CSEC for Foreign Trained Dentists

Mentoring Session for Registered Nurses: October

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Settlement Workers in Schools (SWIS)

SWIS is a North Vancouver School District program aimed at helping newcomer students and their families settle into their school and community. Only families with children attending school in the North Vancouver School District are eligible to participate.

Farsi, Mandarin, Korean and English: English Language Learning (ELL) in the North Vancouver School

District: Sept. 11, 1:00-2:30pm

See flyers for more details: [Farsi](#) [Mandarin](#) [Korean](#) [English](#)

Please contact Khatereh Masoudi at khaterehm@nsms.ca, Annie Yu (Mandarin) at anniey@nsms.ca or Eric Valencia (Tagalog and Other Languages) at ericv@nsms.ca to register.

What to Expect in Kindergarten: October

Please contact Khatereh Masoudi (Farsi) at khaterehm@nsms.ca, Annie Yu (Mandarin) at anniey@nsms.ca or Eric Valencia (Tagalog and Other Languages) at ericv@nsms.ca to register.

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Youth Programs

Expression!: Sept. 3 - Oct. 22, Tuesdays 4:00 - 5:30pm

For immigrant/newcomer North Vancouver School District students ages 13-18

The program supports immigrant youth in their settlement process in Canada. Youth express their unique experience through art and participate in life skills workshops with other youth. They will have an opportunity to display their art work to the community at the end of the program.

Please contact Katy Carr at 604-988-2931 or katyc@nsms.ca

Versatile: 2013-2014 School Year (Continuous), Wednesdays 4:00-5:30 pm

For immigrant/newcomer North Vancouver School District boys ages 13-17

The Versatile program aims to enhance the physical, emotional and social well-being of immigrant youth through health, fitness and leadership training. Participants will receive training in strength, conditioning, and leadership every week at Mountainside Secondary. Our goal is that the youth not only become stronger and healthier physically, but more importantly, that they build up their self-esteem and confidence in order for them to become leaders in their new community.

Please contact Jian Pablico at 604-988-2931 or at jianp@nsms.ca

Momentum: Oct. 1 - Nov. 19, Tuesdays 3:30-5:30pm

For immigrant/newcomer North Vancouver School District students ages 13-18

This 8-week program will focus on providing immigrant youth the resources and support they need to better integrate into their communities.

Please contact Jian Pablico at 604-988-2931 or at jianp@nsms.ca

Constellation: Oct. 3 - Dec. 5, Thursdays 4:00-7:00pm

For both North and West Vancouver School District students ages 15-18; MUST be an immigrant or refugee

Constellation is a theatre-based program for newcomer youth ages 15-18, designed to support + empower them in their daily lives at school, home, and new community.

Please contact Katy Carr at 604-988-2931 or katyc@nsms.ca

Get Connected: Nov. 4 - Dec. 16, Monday-Friday 10:00am-2:30pm

For youth ages 15-30

The Get Connected program serves immigrant and refugee youth ages 15-30 on the North Shore who require unique service needs to help them with successful settlement and integration. The program is delivered in a collaborative case management and workshop based service approach, aimed to connect immigrant youth to their community and to themselves.

Please contact Farah Yekanifard at 604-988-2931 or farahy@nsms.ca

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WorkBC NORTH SHORE EMPLOYMENT SERVICES CENTRE



SEPTEMBER 2013 - Upcoming Workshops and Events

CAREER ADVISORS CAN HELP YOU WITH THE FOLLOWING SERVICES

- Job Search Workshops
- Career Planning Workshops
- Labour Market Information
- Faxing
- Photocopying
- Scanning
- Library & Community Resources
- Computer Access
- Newspapers
- Job Board

	Monday 9-4:30pm	Tuesday 9-4:30pm	Wednesday 9-4:30pm	Thursday 9-4:30pm	Friday 9-4:30pm
	02 CLOSED (LABOUR DAY) INFORMATION SESSIONS ARE ONLY FOR NEW CLIENTS ON MONDAYS AND WEDNESDAYS FROM 1:00 to 3:00.	03 Interview Prep 9:30 - 12:30 Touch Back Session 1:00 to 3:00	04 Information Session: 1:00-3:00	05 Touch Back Session 1:00 to 3:00	06 Practice Interviews
	09 SERIES Job Search Strategies in Canada 9:30-11:30 Information Session: 1:00-3:00	10 SERIES Self Assessment (Resume Workshop) Pt. 1 9:30 -12:30 For the series of workshops, please commit to attend all	11 SERIES Resume, Cover Letter Workshop Pt. 2 9:30 - 12:30 Information Session: 1:00-3:00	12 SERIES Hidden Job Market 9:30-12:30 Hidden Job Market Pt. 2 1:00-4:00	13 SERIES Interview Skills 9:30-12:30
	16 Interview Prep 9:30 - 12:30 Information Session: 1:00-3:00	17 Touch Back Session 1:00 to 3:00	18 Business Communications in Canada 9:30 to 11:30 Information Session: 1:00-3:00	19 Touch Back Session 1:00 to 3:00	20 Practice Interviews
	23 SERIES Job Search Strategies in Canada 9:30-11:30 Information Session: 1:00-3:00	24 SERIES Self Assessment (Resume Workshop) Pt. 1 9:30 -12:30 For the series of workshops, please commit to attend all	25 SERIES Resume, Cover Letter Workshop Pt. 2 9:30 - 12:30 Information Session: 1:00-3:00	26 SERIES Hidden Job Market 9:30-12:30 Hidden Job Market Pt. 2 1:00-4:00	27 SERIES Interview Skills 9:30-12:30
	30 Interview Prep 9:30 - 12:30 Information Session: 1:00-3:00				

Resource Center Hours

Monday—Friday
9:00 AM—4:30 PM

*Center time limited due to workshop times

Drop-in computer lab
12:30 PM—4:30 PM



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ESL ASSESSMENT TEST

All new students must take the assessment test
To register for the test, call **604-988-2931**
Bring proof of immigration status to the test
Test fee: \$ 10 (non-refundable)

TEST DATES

August 27 (Tues.)	1:00 pm – 2:00 pm
Sept. 5 (Thurs.), Sept. 10 (Tues.)	1:00 pm – 2:00 pm

PAYMENT

Cash or cheque only, paid in full before the start of the class

REFUNDS

A \$25 refund fee will be charged
NO refunds after September 20, 2013

To receive a refund cheque, bring the original receipt for fee paid to the reception.



ENGLISH LANGUAGE CLASSES

FALL TERM 2013 Sept. 16 – Dec. 6

English Language Centre Office Hours

Day Mon – Thurs 8:30 am - 4:00 pm

Friday 8:30 am - 3:00 pm

Evening Mon, Wed, Thurs 5:30 pm - 9:00 pm

Address #205-123 East 15th Street, North Vancouver

Phone 604-988-2931 or 604-998-1065

Email es@nsms.ca

Fax 604-988-2960

Web www.nsms.ca



2013 FALL CLASSES

September 16 – December 6, 2013 (12 Weeks)

NO CLASS ON

October 14 (Thanksgiving Day)

November 11 (Remembrance Day)

Class	Days	Time	Immigrants, Citizens & Refugees	Visitors, Student Visas & Working Permit	Class Description
Survive in West Vancouver! (Beginner)	M / T / Th	12:30 pm – 2:30 pm (off site at West Van-)	\$ 500*	\$ 670*	Start to speak English today! This will help beginners with basic English they need to <i>Survive in Vancouver</i> - in shops, doctors' offices, supermarkets, schools....
Survive in North Vancouver! (Advanced Begin-	M / W / F	12:30 pm – 2:30 pm	\$ 360*	\$ 490*	Move on! This will continue to help our advanced beginners to communicate in your community, in shops, doctors' offices, supermarkets, schools.....
Talk It Over! (Intermediate Con-	M / W / F	12:30 pm – 2:30 pm	\$ 360*	\$ 490*	Learn English through MEDIA! Discuss current news in lower level newspapers and on-line, with a focus on Vancouver and Canada. Practise English as you <i>Talk It Over!</i>
What's New? (Advanced Conver-	M / W / F	12:30 pm – 2:30 pm	\$ 360*	\$ 490*	<i>What's New</i> in the media? Keep up with current events and develop an understanding of Canadian cultural issues. Use newspapers and on-line, and improve your English skills through discussion.
* \$25 discount to seniors over 60 years old					
O Canada! (Citizenship Test Preparation) (pm)	T / Th	12:30 pm – 2:30 pm	\$ 240	\$ 350	You are about to take your Canadian Citizenship test - Congratulations! You will have a lot of opportunity to prepare with practice tests and interviews.
O Canada! (Citizenship Test Preparation) (eve)	M / W	6:00 pm – 8:00 pm	\$ 240	\$ 350	
Business English (eve)	M / W	6:00 pm – 8:00 pm	\$ 240	\$ 350	An orientation to working in Canada: focus on essential workplace skills, including soft skills, oral and written communication (writing effective memos and emails, and brief business letters).
Seniors Link (Seniors: Beginner /	F	12:30 pm – 2:30 pm	\$ 65	\$ 80	Seniors' Social Time! (age 60+, very low level of English only). Meet and link up with other seniors! Link up with your North Vancouver community. Relax, enjoy different activities through English.
Tutoring Groups	F	12:30 pm – 2:30 pm	\$ 200 - \$ 480** (4 weeks)	\$ 200 - \$ 480** (4 weeks)	Do you want to improve specific skills? Or prepare for college or university? Take individual tuition or make your own group with other students of the same level. (1-4 students)

Classes depend upon enrollment numbers; low enrollment will result in a cancelled course

** Price depends on number of people being tutored