

Workshop Schedule - December 2023

Toronto Settlement & Integration Service

Activity	Date/Time	Content	Location/ Registration
Health and Wealth Language: Mandarin	Dec 1, 8, 15 (Fridays) 10:00am-11:30am	<ul style="list-style-type: none"> Essential Insurance Knowledge in Canada (Dec 1) Loans in Canada (Dec 8) Registration and Usage of CRA Account (Dec 15) 	Zoom Grace Wu 416-292-7510 ext.0 647-999-6320
Gout Management Language: Cantonese	Dec 4 (Monday) 10:00am-11:00am	<ul style="list-style-type: none"> The professional pharmacist offers in-depth explanations and answers to the questions about gout 	Zoom Janice Lo 647-454-3560
Arabic Newcomers Support Group Language: Arabic	Dec 5, 12, 19 (Tuesdays) 12:00pm-1:00pm	<ul style="list-style-type: none"> Supporting Arabic clients in learning more about the Canadian social system by provided info session on topics such as: how to navigate the healthcare and education system, senior services & benefits, social housing etc. Provide a platform for clients to form friendship and peer support system during their journey of integrating into the Canadian society 	Zoom Reem Danbel 437-349-4463
Winter Celebration Language: Mandarin	Dec 5, 12 (Tuesdays) 10:00am-11:00am	<ul style="list-style-type: none"> Reviewing and Sharing for our 2023 (Dec 5) Talent show (Dec 12) 	Zoom Judy Du 416-292-7510 ext.0 416-293-4565 ext. 0
Wellness Chat Language: Mandarin/Cantonese/ English	Dec 6, 13, 20 (Wednesdays) 1:30pm-4:30pm	<ul style="list-style-type: none"> Create a short-term plan to suit individual needs Support you to navigate different resources to reach your goals Common topics include: stress management, anxiety, family issues, relationship and boundaries, personal growth, immigration & settlement stress, etc. 	Zoom/Phone Mental Health Team 416-292-7510 ext.1127
Wise & Wonderful Seniors Group Language: Mandarin	Dec 6, 20 (Wednesdays) 2:00pm - 3:30pm	<ul style="list-style-type: none"> Smart Finance (Dec 6) Aging at Home (Dec 20) 	Zoom Janice Lo 647-454-3560
Holiday Celebration Language: Mandarin	Dec 8 (Friday) 10:00am-11:30am	<ul style="list-style-type: none"> Performances Games with prizes Lucky Draw Refreshment 	Zoom Lillian Yang 416-292-7510 ext. 0

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