

## Monthly Workshop Schedule - September 2024


Toronto Settlement & Integration Service

\*\*\* Programs funded by Immigration, Refugees and Citizenship Canada (IRCC) \*\*\*

★ *Eligibility Criteria: permanent residents, convention refugees, and Ukrainian temporary residents*

Activity	Date/Time	Content	Location/Registration
<b>Nutrition and Health Info for Seniors</b> Language: Mandarin	September 3, 10, 24 (Tuesdays) 10:00am-11:00am	<ul style="list-style-type: none"> <li>Sep. 3: High cholesterol</li> <li>Sep. 10: High blood pressure</li> <li>Sep. 24: High blood sugar</li> </ul>	<b>Zoom</b> Judy Du 416-292-7510 ext. 0 416-677-2914
<b>Arabic Newcomers Support Group</b> Language: Arabic	September 3, 10, 17, 24 (Tuesdays) 12:00pm-1:00pm	<ul style="list-style-type: none"> <li>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 &amp; benefits, social housing etc.</li> <li>Provide a platform for clients to form friendship and peer support system during their journey of integrating into the Canadian society</li> </ul>	<b>Zoom</b> Reem Danbel 437-349-4463
<b>Wellness Chat</b> Language: Mandarin/Cantonese/English	August 4, 11, 18, 25 (Wednesdays) 1:30pm-4:30pm	<ul style="list-style-type: none"> <li>Create a short-term plan to suit individual needs</li> <li>Support you to navigate different resources to reach your goals</li> <li>Common topics include: stress management, anxiety, family issues, relationship and boundaries, personal growth, immigration &amp; settlement stress, etc.</li> </ul>	<b>Zoom/Phone</b> Mental Health Team 416-292-7510 ext.1127
<b>Canadian Law</b> Language: Mandarin	September 5, 12, 19, 26 (Thursdays) 2:00pm-3:30pm	<ul style="list-style-type: none"> <li>Sep. 5: Criminal Law</li> <li>Sep. 12: Real Estate Law</li> <li>Sep. 19: Family Law</li> <li>Sep. 26: Estate Planning</li> </ul>	<b>Zoom</b> Daniel Gu 437-347-4971
<b>Old Age Security (OAS)</b> Language: Mandarin	September 10 (Tuesday) 2:00pm-3:00pm	<ul style="list-style-type: none"> <li>Program Overview</li> <li>Eligibility Criteria</li> <li>Document Checklist</li> <li>Average Processing Time</li> <li>How Much You Could Receive</li> <li>While You Receiving OAS</li> </ul>	<b>Zoom</b> Grace Wu 647-999-6320
<b>Wise &amp; Wonderful Senior Social Club</b> Language: Mandarin	September 11, 18, 25 (Wednesdays) 2:00pm-3:30pm	<ul style="list-style-type: none"> <li>Sep. 11: Practical Law Applications (1): Will, POA &amp; Apostille</li> <li>Sep. 18: Practical Law Applications (2): family law and related property</li> <li>Sep. 25: Getting to know local museums better</li> </ul>	<b>Zoom</b> Sophie Liang 647-454-3560
<b>Settlement Q&amp;A Session</b> Language: Mandarin	September 13 (Friday) 10:30am – 11:30am	<ul style="list-style-type: none"> <li>Registered Retirement Saving Plan (RRSP)</li> <li>Provide an interactive environment to answer your settlement questions, such as government services, social welfare, community resources, taxation, health care, education, and local culture, etc</li> </ul>	<b>Zoom</b> Lillian Yang 416-677-3152
<b>Your Rights as a Tenant in Ontario</b> Language: Mandarin	September 17 (Tuesday) 2:00pm-3:30pm	<ul style="list-style-type: none"> <li>Who is covered under RTA</li> <li>Standard Lease</li> <li>Rent and Deposit</li> <li>Rent Increase</li> <li>Repair and Maintenance</li> <li>Harassment</li> <li>Human rights code</li> <li>Termination of tenancy</li> <li>The role of Landlord and Tenant Board</li> </ul>	<b>Zoom</b> Grace Wu 647-999-6320

CICS Tenant Support Services: [housing.support@cicscanada.com](mailto:housing.support@cicscanada.com) 416-292-7510 ext. 1222

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**Ontario** 

<p><b>Diabetes 101</b> Language: Mandarin</p>	<p>September 24 (Tuesday) 2:00pm-3:00pm</p>	<ul style="list-style-type: none"> <li>• What is Type 2 Diabetes?</li> <li>• Factors that Affect Blood Sugar Levels</li> <li>• Risk Factors of Type 2 Diabetes</li> <li>• What is A1C?</li> <li>• Blood Sugar Targets</li> <li>• Complications of Diabetes</li> <li>• Healthy Eating and Physical Activity Guidelines</li> </ul>	<p><b>Zoom</b> Grace Wu 647-999-6320</p>
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\*\*\* Programs funded by Ontario Ministry of Labour, Immigration, Training and Skills Development \*\*\*

★ *Eligibility Criteria: permanent residents, Canadian citizens, Refugee claimants, temporary foreign workers and international students*

Activity	Date/Time	Content	Location/Registration
<p><b>Small Business Seminars</b> Language: Mandarin</p>	<p>September 4, 11, 18, 25 (Wednesdays) 10:00am-11:30am</p>	<ul style="list-style-type: none"> <li>• Sep. 4: Legal tips for small business</li> <li>• Sep. 11: The first step on start a business: business plan</li> <li>• Sep. 18: Small business loan</li> <li>• Sep. 25: The tax policies of small business</li> </ul>	<p><b>Zoom</b> Christine Zhang 416-688-3594</p>

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