

## Monthly Workshop Schedule - October 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>Mental Health for Seniors</b> Language: Mandarin	October 1, 15, 22, 29 (Tuesdays) 10:00am-11:00am	<ul style="list-style-type: none"> <li>Oct. 1: Happy mind, Happy life</li> <li>Oct. 15: Coping with loneliness</li> <li>Oct. 22: Intergenerational Communication</li> <li>Oct. 29: Emotional management</li> </ul>	<b>Zoom</b> Judy Du 416-292-7510 ext. 0 416-677-2914
<b>Wellness Chat</b> Language: Mandarin/Cantonese/English	October 2, 9, 16, 23, 30 (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>Wise &amp; Wonderful Senior Social Club</b> Language: Mandarin	October 2, 9, 16, 23, 30 (Wednesdays) 2:00pm-3:30pm	Senior Tech Class <ul style="list-style-type: none"> <li>Zoom</li> <li>IOS &amp; Android Settings</li> <li>WeChat</li> <li>Gmail</li> <li>Google Translate</li> </ul>	<b>Zoom</b> Sophie Liang 647-454-3560
<b>Newcomer Support Group</b> Language: Mandarin	October 3, 17, 31 (Thursdays) 10:30am – 11:30am	<ul style="list-style-type: none"> <li>Settlement Information updates</li> <li>Self care tips and practices</li> <li>Entertainment &amp; holiday celebration</li> <li>Sharing experience and making friends</li> </ul>	<b>Zoom</b> Lillian Yang 416-677-3152
<b>Arabic Newcomers Support Group</b> Language: Arabic	October 8, 15, 22, 29 (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>P.R. Card Renewal</b> Language: Mandarin	October 8 (Tuesday) 2:00pm-3:00pm	<ul style="list-style-type: none"> <li>Eligibility Requirements</li> <li>Documents Checklist</li> <li>Application Form</li> <li>Approximate Processing Time</li> <li>P.R. Renewal Application Status</li> <li>When and How to Use the IRCC WebForm</li> <li>Planning and Preparation to Avoid Common Issues</li> </ul>	<b>Zoom</b> Grace Wu 647-999-6320
<b>Settlement Q&amp;A Session</b> Language: Mandarin	October 11 (Friday) 10:30am – 11:30am	<ul style="list-style-type: none"> <li>CRA My Account: registration and user guide</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>Living in Ontario</b> Language: Mandarin	October 17, 24 November 7, 21 (Thursdays) 2:00pm-3:30pm	<ul style="list-style-type: none"> <li>Oct. 17: Recycling, Organics &amp; Garbage Classification</li> <li>Oct. 24: Toronto Housing Data Hub</li> <li>Nov. 7: Toronto Public Safety &amp; Alert System</li> <li>Nov. 21: PR Card</li> </ul>	<b>Zoom</b> Daniel Gu 437-347-4971

CICS Tenant Support Services: housing.support@cicscanada.com 416-292-7510 ext. 1222



416-292-7510 ext. 0 & 416-293-4565



[settlement@cicscanada.com](mailto:settlement@cicscanada.com)



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<p><b>Your Basic Rights at Work in Ontario</b> Language: Mandarin</p>	<p>October 22 (Tuesday) 2:00pm-3:30pm</p>	<ul style="list-style-type: none"> <li>Who is covered under the ESA?</li> <li>Minimum wage, overtime, public holidays, vacation, etc.</li> <li>Protected leaves</li> <li>Human Rights Code</li> <li>Temporary vs. permanent layoff</li> <li>Termination entitlements</li> <li>Filing an ESA claim</li> </ul>	<p><b>Zoom</b> Grace Wu 647-999-6320</p>
<p><b>Nutrition and Sub-health</b> Language: Mandarin</p>	<p>October 29 (Tuesday) 2:00pm-3:00pm</p>	<ul style="list-style-type: none"> <li>What is Sub-health?</li> <li>The Role of Nutrition in Sub-health</li> <li>Dietary Recommendations for Preventing Sub-health</li> <li>Lifestyle Changes to Improve Sub-health</li> <li>Common Symptoms of Sub-health and Nutritional Interventions</li> <li>Personalized Nutrition and Health</li> </ul>	<p><b>Zoom</b> Grace Wu 647-999-6320</p>

\*\*\* 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>What You Need to Know About Winter Driving in Canada</b> Language: Mandarin</p>	<p>October 23 (Wednesday) 10:00am-11:30am</p>	<ul style="list-style-type: none"> <li>Winter Driving Safety Tips &amp; Safety Kits Preparation</li> <li>Getting Your Vehicle Ready for Winter</li> <li>Different Types of Winter Driving Conditions</li> <li>How to Handle a Car Accident</li> </ul>	<p><b>CICS Finch Office</b> Address: 3850 Finch Ave. E, Suite 401 Christine Zhang 416-688-3594</p>

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