



**Programs in SCARBOROUGH**

**Enquiry & Registration:** Immigrant Resource Centre (IRC) 2330 Midland Ave.

**Tel.:** (416) 292-7510

**Venues:** LINC Centre 4002 Sheppard Ave. E – Suite 501 (at Kennedy)  
Immigrant Resource Centre 2330 Midland Ave. (North of Hwy. 401)

[www.cicscanada.com](http://www.cicscanada.com)

Program	Ext.	Date	Time	Venue	Fee/Target Group
Professional Postnatal Caregiver Certificate Course (30 hours) M	156	10/5-11/9	Thursdays 10:00 a.m.-3:00 p.m.	2330 Midland Ave	\$350 (6 sessions) \$330 Early Bird
Travel Agent Training Course E/C (45 hours)	143	9/13-10/4	Wed/Thur/ Fri 6:30 p.m.-9:30 p.m.	2330 Midland Ave	Early Bird \$500/ Regular \$530
Prenatal Class (in Mandarin) M	143	9/9-10/14	Saturdays 2:30 p.m.-4:30 p.m.	2330 Midland Ave	Member \$70/ Non-member \$80 (5 sessions)
Erhu Intermediate/ Basic E/C/M	143	8/12-10/14	Saturdays 1:30 - 2:30 p.m. (Int) 3 p.m.-4 p.m. (Basic)	2330 Midland Ave	Member \$88/ Non-Member \$99 (8 sessions)
Seniors Physical Fitness Activity C/M	156	4/5-12/13	Wednesdays 10:00 a.m. -11:30 a.m.	2330 Midland Ave	<b>Free</b> Age 55 & Above
Chinese Poetry Class C	156	2018: 3/21-5/23	Wednesdays 10:00 a.m. -11:30 a.m.	2330 Midland Ave	Member \$17.5 Non-Member \$22.5 (5 sessions)
Seniors Health Workshop: The True Essence of Eating C	156	8/9-9/27	Wednesdays 2:00 p.m.- 3:30 p.m.	2330 Midland Ave	<b>Free</b> Age 55 & Above
Seniors Practical Computer M/C	156	10/4-11/8	Wednesdays 2:00 p.m.- 4:00 p.m.	2330 Midland Ave	\$10 (6 sessions) Age 55 & Above
Fitness Yoga C/E	156	9/20-11/22	Wednesdays 6:30 p.m.-7:30 p.m.	2330 Midland Ave	Member \$55/ Non-Member \$66 (10 sessions)
Line Dance C/M/E	156	2/16-12/14	Thursdays 2:00 p.m.- 4:00 p.m.	2330 Midland Ave	Drop-in fee: \$1/visit
Aerial Yoga C/E	156	Starts anytime	Saturdays 3:00 p.m.-4:00 p.m.	Unit 8, 401 Alden Road Markham	M: \$100 / N-M: \$115 10 sessions within 4 mths (from date of registration)
Tai Chi (IRC) C	134	10/5-12/21	Mondays / Thursdays 10:30 a.m.-11:30 a.m.	2330 Midland Ave	Member \$45/ Non-member \$55 (3 months)
Tai Chi Sword & Sabre (IRC) C	134	10/3-12/19	Tuesdays 10:00 a.m.-11:00 a.m.	2330 Midland Ave	Member \$25/ Non-member \$35 (3 months)
Tai Chi 48 Forms (IRC) C	134	10/3-12/19	Tuesdays 11:00 a.m.-12 noon	2330 Midland Ave	Member \$25/ Non-member \$35 (3 months)
Tai Chi Sword & Sabre (Pacific Mall) C	134	10/4-12/22	Wednesdays / Fridays 8:45 a.m.-9:45 a.m.	Pacific Mall 2nd Floor	Member \$45/ Non-member \$55 (3 months)
Tai Chi (Pacific Mall) C	134	10/4-12/22	Wednesdays / Fridays 9:45 a.m.-10:45 a.m.	Pacific Mall 2nd Floor	Member \$30 / Non-member \$35 (3 months)
Tai Chi (New Kennedy) C	134	10/7-12/23	Saturdays 9:20 a.m.-11:00 a.m.	New Kennedy Square Food Court	Member \$20/ Non-member \$25 (3 months)
Tai Chi (St. Henry C.S.) C	134	10/14-12/16	Saturdays 9:30 a.m.-10:30 a.m. or 10:30 a.m.-11:30 a.m.	St. Henry Catholic School 100 Bamburgh Circle	Member \$35/ Non-member \$45 (3 months)
Healthy Cooking Workshops for Diabetes Prevention	106	10/3,17,24,31	Tuesdays 2:00 p.m.- 4:00 p.m.	2330 Midland Ave.	For Adults \$10 Registration required
Adult Gardening Club E	106	5/2-10/24	Tuesdays 10:00 a.m. – 12:00 p.m.	2330 Midland Ave.	Free – For Adults Registration required
Peer Nutrition Program – Gardening Program E/M/C	106	5/24-09/13	Wednesdays 9:30 a.m. – 11:30 a.m.	2330 Midland Ave.	Free – for Families Registration required

Language Abbreviations: C – Cantonese; E – English; M – Mandarin



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Program	Ext.	Date	Time	Venue	Fee/Target Group
<b>Academic Support</b>					
After School Homework Club E	130	Sept-June	Tuesdays 4:00 p.m.-5:30 p.m.	2330 Midland Ave	<b>Free</b> Gr. 3-10 Students
Saturday Enrichment Program E Math, English, and French	134	9/16-6/9	Saturdays 9:45 a.m.-1:30 p.m.	St. Henry Catholic School 100 Bamburgh Circle	Fees: Please call for information Gr.1-9 students
<b>Pre-Employment Training</b>					
Youth Leadership & Career Training (LIFT) E**	128	9/9, 16, 23, 30, 10/14, 21, 28, 11/4, 11	Saturdays 11:00 a.m.-4:00 p.m.	2330 Midland Ave	<b>Free</b> Youth (Ages 15-24) Registration is mandatory
		9/21, 28, 10/5, 12, 19, 26, 11/2, 9, 16	Thursdays 4:00 p.m.-6:00 p.m.		
<b>Fun and Personal Development</b>					
Univeristy of Toronto Scarborough Campus Tour	136	9/6	Friday 2:00 p.m. – 4:00 p.m.	2330 Midland Ave	<b>Free</b> Permanent Resident Youth Registration is mandatory
Young Designers Program with Design Exchange	136	9/17 & 9/24	Tuesdays 4:00 p.m. – 6:00 p.m.		<b>Free</b> Permanent Resident Children and Youth Registration is mandatory
Youth Cooking/Gardening Club E**	106	Year-round	Thursdays 3:45 p.m.-5:45 p.m.		<b>Free</b> Youth (Ages 12-18)
Creative Lab E**	128	Year-round	Wednesdays 4:00 p.m.-6:00 p.m.		<b>Free</b> Youth (Ages 15-18)
Youth Drop-In Program (DIP) E** (Sports, Wii, Air Hockey, Foosball, Board Games, Interest Classes)	128	Year-round	Wednesdays & Fridays 3:30 p.m.-6:00 p.m.		Drop-In Fee: \$3/visit Price in effect Oct 1, 2017 Youth (Ages 15-24)
After School Chinese Class	143	Starts in Sept	Monday – Friday		Please call for info Pre-school & Gr.1-8 students
<b>One-on-one Mentoring</b>					
Mentoring for Newcomer Youth (English and Mandarin speaking)	130	Year-round	By appointment only	2330 Midland Ave	<b>Free</b> Youth (ages 9-24)
Mentoring for Youth (English and Tagalog speaking)	142	Year-round	By appointment only	2330 Midland Ave	<b>Free</b> Youth (ages 14-24)
<b>Key:</b> Language Abbreviations: C – Cantonese; E – English; M – Mandarin **Youth Volunteering Opportunities Available					



CICS  
Youth Hub



CICS  
WeChat



CICS Website  
[www.cicscanada.com](http://www.cicscanada.com)