

Summer 2019 NSMS Workshops

For more information, please visit us at www.nsms.ca/workshops or call us at 604-988-2931. REGISTRATION IS REQUIRED FOR ALL WORKSHOPS

Topic	Date/Time/Place	Language	Contact
Settlement			
Newcomer Information Sessions This session will help you understand and connect to services on the North Shore and in Canada.	Every other Friday 1:30pm - 4:00pm June 14, June 28 NSMS	Farsi	Front Desk, office@nsms.ca
Let's Learn Together Come and learn together with your children about community resources that can support families and children through parent workshops and parent/child activities (songs, games, and free play).	Fridays (8 sessions) May 3 - June 21 9:30am - 11:30 John Braithwaite Community Centre	Farsi, Mandarin	Sara Tabatabaee, sarat@nsms.ca Ting Ting Reuveny, tingr@nsms.ca
Parenting Teens Support Group In this monthly session, you will learn about different topics relating to parenting teenage children, including communication, social media, safety, bullying and more.	Thursday, June 13 9:30am - 11:30am North Vancouver City Library	Mandarin	Ting Ting Reuveny, tingr@nsms.ca
Living with Bears and Wildlife on the North Shore In this workshop you will learn how to keep yourself safe when encountering wildlife on the North Shore.	Friday, June 14 1:30pm - 2:30pm West Vancouver Community Centre	English	Masha Rademakers, mashar@nsms.ca
Immigrant Women's Health In this program, you will learn health and wellness information for women, confidence and motivation to access health services and create a social and support network.	Fridays (6 sessions) June 14 - July 19 1:30pm - 3:30pm NSMS	Farsi	Nazila Safari, nazilas@nsms.ca
Energy Saving and Conservation In this workshop, you will learn about saving energy in your home, understanding your energy bills, conversation tips, and more.	Monday, June 17 12:30pm - 2:00pm NSMS	Korean	Jin Park, jinp@nsms.ca
Canadian Citizenship Application In this workshop, you will learn about the process of applying for Canadian citizenship, for both adults and minors.	Tuesday, June 18 12:30pm - 2:30pm NSMS	Mandarin	Ting Ting Reuveny, tingr@nsms.ca Rosanna Ng, rosannan@nsms.ca
Pathways to Permanent Residency for Foreign Workers Join this workshop to learn about the requirements and how to apply for Permanent Resident status in Canada.	Thursday, June 27 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Pathways to Permanent Residency for International Students Join this workshop to learn about the requirements and how to apply for Permanent Resident status in Canada.	Tuesday, July 2 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Community Connections			
Senior's Learning Circle The focus of this special program is to provide English speaking and listening skills to immigrant seniors aged 65+.	Tuesdays, Thursdays, Fridays June 4 - July 19 1:00pm - 3:00pm NSMS	English	Front Desk, office@nsms.ca
Living with Bears and Wildlife on the North Shore In this workshop you will learn how to keep yourself safe when encountering wildlife on the North Shore.	Friday, June 14 1:30pm - 2:30pm West Vancouver Community Centre	English	Masha Rademakers, mashar@nsms.ca
Club Café: Learn to Camp In this workshop you will learn how to plan your first camping trip, how to set up a tent, meet new people and practice your English.	Wednesday, June 26 1:00pm - 3:00pm NSMS	English	Susie McLenaghan, susiec@nsms.ca
School District Information			
SD44 & SD45: Summer Activities for Children & Youth This workshop provides information for parents about summer programs, activities, and other events for children and youth.	Tuesday, June 18 6:00pm - 8:00pm NSMS	Farsi	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca Niloufar Farahani, niloufarf@nsms.ca

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Employment			
Career Paths for Skilled Immigrants This program helps newcomers build on their pre-arrival skills and qualifications to prepare to enter their occupational field. Includes workshops, networking & mentoring opportunities, and site tours.	Ongoing Contact us for more information	English	Monika Ladosz, monikal@nsms.ca Amir Hariri, amirh@nsms.ca
Self Employment for Newcomers This program offers the opportunity to become an entrepreneur and small business owner to immigrants and all newcomers in the Greater Vancouver area.	Contact us for upcoming start dates and orientation sessions.	English	Dan Hathway, 604-908-6297 Salima Vaiya, salimav@nsms.ca
Career Focus for Professional Immigrant Women This program provides specialized support for professional immigrant women to return to work in their field, learn about different employment options, create effective job search tools, and more.	Ongoing Contact us for more information and upcoming workshops.	English	Celia Brookfield, celiab@nsms.ca
Finding Your First Professional Job in Canada This workshop is for International Students and Work Permit Holders who want to learn more about finding a professional job in Canada.	Mondays and Thursdays (3 sessions) May 30, June 10, June 13 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Career Focus: Professional Email Writing This workshop for professional immigrant women provides important information for professional email communication in Canada.	Tuesday, June 4 1:00pm - 3:00pm NSMS	English	Celia Brookfield, celiab@nsms.ca
Employment Standards and Safety at Work This workshop provides information about employment laws and keeping yourself safe at work.	Thursday, June 6 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Career Focus: Skills for Success at Work This workshop for professional immigrant women provides important information the skills you need for the Canadian workplace.	Thursday, June 6 1:00pm - 3:00pm NSMS	English	Celia Brookfield, celiab@nsms.ca
Career Focus: Job Interview Skills 1 & 2 In this workshop for professional immigrant women, you will learn how to be successful in job interviews.	Job Interview Skills 1 Tuesday, June 11 1:00pm - 3:00pm NSMS	English	Celia Brookfield, celiab@nsms.ca
	Job Interview Skills 2 Thursday, June 13 1:00pm - 3:00pm NSMS	English	Celia Brookfield, celiab@nsms.ca
Employment Mentoring: Careers in Banking If you worked in banking in your first country, join this mentoring session to meet a Canadian professional in your field, learn how you can return to work in your field, and more.	Tuesday, June 18 4:00pm - 6:00pm NSMS	English	Homa Soltani, homas@nsms.ca
Career Focus: Effective Job Search In this workshop for professional immigrant women, you will learn effective job searching tools.	Tuesday, June 18 1:00pm - 3:00pm NSMS	English	Celia Brookfield, celiab@nsms.ca
Social Networking In this workshop you will learn how and why to use social media to connect with employers and build your professional network.	Wednesday, June 19 4:00pm - 6:00pm NSMS	Farsi	Homa Soltani, homas@nsms.ca
Career Focus: Making Professional Connections Building a networking of professional connections is a key part of finding a job in Canada. This workshop for professional immigrant women will teach you how to make these connections.	Thursday, June 20 1:00pm - 3:00pm NSMS	English	Celia Brookfield, celiab@nsms.ca
Workplace Culture and Language Training This program provides specialized language training for the workplace. Topics include effective communication, office culture, job interviews, conflict resolution, teamwork, and more.	Beginner Level Mondays and Thursdays (5 sessions) July 4 - 18 6:00pm - 8:00pm North Vancouver City Library	English	Masha Rademakers, mashar@nsms.ca
	Intermediate Level Mondays and Thursdays (5 sessions) July 22 - August 8 6:00pm - 8:00pm North Vancouver City Library	English	Masha Rademakers, mashar@nsms.ca
Youth			
Expression! In this free art-based program, newcomer youth ages 8-12 will explore their migration experiences through artwork and fun activities, develop self-care, stress management, and problem-solving strategies, and more!	July 8-12 (5 sessions) 1:00pm - 4:00pm NSMS	English	Sindy Angel, sindya@nsms.ca
Neonology Youth Leadership Camp In this free summer camp, youth ages 13-18 will get involved in their communities and become agents of positive change and ambassadors for diversity and inclusion.	August 6 - 10 NSMS	English	Daniela Cohen, danielac@nsms.ca