



# YMCA Immigrant Services

## Cooking and Conversation

*Cooking classes and nutrition program*



**When: Every Monday from 9:30 am - 11:30 am**

**January 12th — March 2nd 2015 \* No session February 16th**

**Where: Chandler-Mowat Community Centre  
222 Chandler Drive, Kitchener**



**Transit: Route 3 Elmsdale/Chandler**

This program is divided into a cooking class and a nutrition class in collaboration with *Colour It Up*. This program will give you an opportunity to:

- Make new friends and practice English
- Prepare healthy meals following Canada's Food Guide
- Learn about healthy eating practices
- Learn how to choose vegetables and fruits that are affordable
- Make eating vegetables and fruit part of your daily diet

**\*Child-minding available**



Find us on

**Facebook**

[facebook.com/YMCAImmigrant](https://www.facebook.com/YMCAImmigrant)

For more information or to register, please contact Rahma at

519-579-9622 ext. 227 [relmi@ckwymca.ca](mailto:relmi@ckwymca.ca)

or register online at [www.ymcaimmigrantservices.ca](http://www.ymcaimmigrantservices.ca)

### Kitchener-Waterloo Office

800 King Street West, 3rd Floor  
Kitchener ON N2G 1E8  
Phone: 519-579-9622

### Cambridge Office

258 Hespeler Road  
Cambridge ON N1R 3H3  
Phone: 519-621-1621

### School Settlement

77 Young Street, Room 101  
Kitchener, ON N2H 4Y9  
Phone: 519-742-8220



**United Way**  
Kitchener Waterloo & Area



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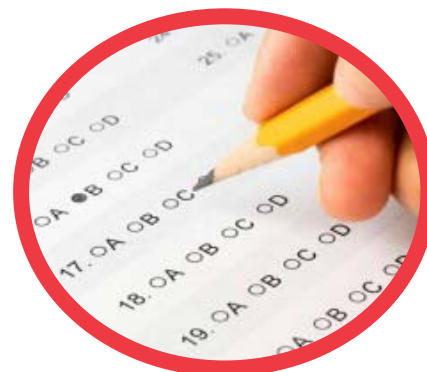




# YMCA Immigrant Services

## Citizenship Support Group

### Topics to help with Citizenship



**Where:** YMCA Immigrant Services

800 King St. West  
3<sup>rd</sup> Floor, Room 9

Kitchener, ON N2G 1E8

**When:** Thursdays from 4:00 - 6:00 PM  
January 15th - March 5th, 2015


**Transit:**  Route 7 King Street  
Central Fresh Market

**Where:** Forest Heights Community Library

251 Fischer-Hallman Road  
Meeting Room

Kitchener, ON N2M 4X8

**When:** Wednesday from 3:30 - 5:30 PM  
March 25th - May 13th, 2015

**Transit:**  Route 2 Forest Hill  
Route 22 Laurentian West

### Objectives of the Citizenship Support Group:

- To support newcomers to better understand citizenship-related themes and concepts
- Provide newcomers with language including vocabulary and simple utterances
- Help learners study and learn the materials required to become a Canadian Citizen
- Promote newcomers' integration by becoming active citizens



For more information, or to register, please contact Rahma at 519-579-9622 ext. 227 [relmi@ckwymca.ca](mailto:relmi@ckwymca.ca)

or register online at [www.ymcaimmigrantservices.ca](http://www.ymcaimmigrantservices.ca)

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# English Conversation Circle



A partnership program operated by the  
YMCA Immigrant Services and the YMCA Early Years Centre



**YMCA Early Years Satellite Site**  
**719 Erbsville Road, Waterloo**  
**Wednesdays 1:30 pm - 2:30 pm**

**Starts January 14th**

*Building healthy communities*

[www.ymcaimmigrantservices.ca](http://www.ymcaimmigrantservices.ca)  
[www.ykids.ca](http://www.ykids.ca)

Our English Conversation Circle is a drop in program open to all adults interested in practicing their English skills

Children aged 2 and older are invited to register for an accompanying children's program

To register your child for the children's program, please phone 519-885-0552

Register early, spaces are limited

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# YMCA Immigrant Services



## English Pronunciation Practice Kitchener-Waterloo

Recently updated December 2014

*No registration required and no cost to participate*



For adults who want to improve their **English pronunciation** skills. Adults are also welcome to attend the **English Conversation Circle** next door in the library.

Where: 500 Fischer-Hallman Rd Waterloo	<b>Tuesdays</b>	
 Find us on <b>Facebook</b> <a href="https://facebook.com/YMCAImmigrant">facebook.com/YMCAImmigrant</a>  *parking available at no cost	<b>English Conversation Circle</b> <b>Waterloo Public Library -</b> <b>John M. Harper Branch</b> <b>(in program room)</b> <b>6:30– 8:00 PM</b>	<b>Pronunciation Practice</b> <b>Stork Family YMCA</b> <b>(in room opposite</b> <b>reception desk)</b> <b>8:00 - 9:15 PM</b>
 Transit: Bus Route 13 Laurelwood	Contact Kim Sachs 519-886-1310 ext. 310	Contact Susan at 519-886-2906

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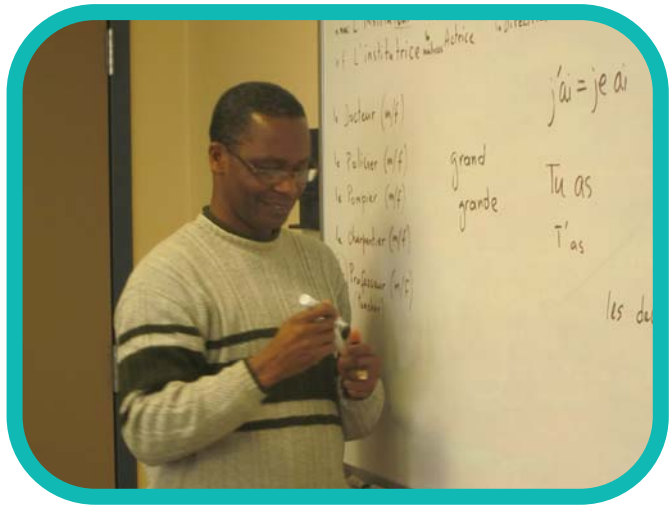
**YMCA Immigrant Services**

# French Conversation Circle

# Cercle de Conversation en Français

*No registration required and no cost to participate*

*Aucune inscription n'est requise et aucun coût pour participer*



**Every Wednesday**

**Beginners: 11:45 AM to 12:30 PM**

**Intermediate: 12:30 PM to 2:00 PM**

**Where: 800 King Street West,  
Kitchener— 3rd floor**



**Transit: Route 7 King/Central**

**Chaque mercredi**

**Débutants de 11h45 a 12h30**

**Intermédiaire de 12h30 a 14h:00**

**Lieu: 800 King Street West,  
Kitchener— 3e étage**

**Route 7 King/Supermarché  
Central Fresh**

**Whether you are an immigrant or Canadian citizen, if you desire to learn or improve your French, come join us!**

**Que vous soyez immigrant ou citoyen canadien désirant apprendre le Français ou améliorer votre Français, joignez-vous à nous!**



**For more information please contact**

**(Inscription auprès de) Christina at (a) 519-579-9622 ext.243**

**e-mail: [ckoenig@ckwymca.ca](mailto:ckoenig@ckwymca.ca) or (ou) register online at**

**[www.ymcaimmigrantservices.ca](http://www.ymcaimmigrantservices.ca)**

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**YMCA Immigrant Services**

# Family Language and Learning

*Support For Newcomer Families*



**When: Thursdays from 4:00 pm – 6:00 pm  
January 29th – April 2nd, 2015**

**Where: YMCA Immigrant Services  
800 King Street West, 3<sup>rd</sup> floor, Kitchener  
Transit: Route 7 King/Central Fresh Market**

**For families who have been in Canada less than 3 years.**

**Offered in collaboration with Frontier College  
and the University of Waterloo Tutors**

- Parents** English Conversation Circle with parenting and education topics.
- Teens & Children** Homework help, studying, learning games and English practice. (Grades K-12)



**For more information please contact Rahma at  
519-579-9622 ext. 227 [relmi@ckwymca.ca](mailto:relmi@ckwymca.ca)  
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# YMCA Immigrant Services

## Immigrant Women Together- Chandler Mowat



*Connect Learn Share Laugh Create*

**When: Every Friday from 9:00 AM – 12:00 PM  
February 6th – April 3rd, 2015**

**Where: Chandler Mowat Community Centre  
222 Chandler Drive Kitchener, ON**



**Transit: Route 3 Elmsdale/Chandler**

**This 9 week program is designed for newcomer women to share experiences, connect with the community, build social skills and have fun in a safe caring environment. \*Child minding is available**

**Find us on Facebook**  
facebook.com/YMCAImmigrant

For more information or to register, please contact Rahma at 519-579-9622 ext. 227 [relmi@ckwymca.ca](mailto:relmi@ckwymca.ca)

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# YMCA Immigrant Services

## Health Screening Clinics



**Where: YMCA Immigrant Services**  
**800 King Street West, 3<sup>rd</sup> floor, Kitchener**

**When: Monday from 9:00 am – 2:00 pm**

**February 9th, April 13th, June 8th, August 10th, October 19th, December 14th**

## Immunization Clinics



- Update you child(ren’s) Ontario Immunization Record
- Provide your child(ren) with an Ontario Immunization Record and Immunize your child(ren) if required
- **Only for clients without a family doctor**

*Organized in partnership with the Region of Waterloo Public Health For New-comer Families With Children who need an Immunization update.*

## Dental Clinics



- Screening for children up to 17 years old
- Information and answers about dental care for your family
- Free bag with dental supplies

*Organized in partnership with the Region of Waterloo Public Health*

To register please call **519-579-9622** or visit us online at

**[www.ymcaimmigrantservices.ca](http://www.ymcaimmigrantservices.ca)**

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orientation to  
**ontario**



**l'ontario**  
c'est chez moi

The Orientation to Ontario (O2O) project is a bilingual initiative designed to ease the transition of newcomers by providing access to settlement information and connecting newcomers to community services in Ontario. The project is coordinated by Costi Immigrant Services

An Orientation to Ontario **WORKSHOP** offered by:



## YMCAs of Cambridge & Kitchener-Waterloo Immigrant Services

**Wed, February 18<sup>th</sup>, 2015**  
12:00 pm – 1:30 pm

Language: English  
(interpretation available)

- Refreshments
- Child minding services

**Pioneer Park Community  
Library**  
150 Pioneer Drive  
Kitchener, ON N2P 2C2

**Audience: Adults**

- Transportation assistance
- Wheelchair accessible



**Get the  
information  
you need**



**Learn about  
services in your  
community**



**Create your  
plan to settle  
in Ontario**

To sign up, please call, text or go to  
**[www.orientationontario.ca](http://www.orientationontario.ca)**



**519-579-9622 x 253**  
**[newcomers@ckwymca.ca](mailto:newcomers@ckwymca.ca)**  
**[ymcaimmigrantservices.ca](http://ymcaimmigrantservices.ca)**



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employment **government**

orientation to  
**ontario**



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An Orientation to Ontario **WORKSHOP** offered by:



## YMCAs of Cambridge & Kitchener-Waterloo Immigrant Services

**Tuesday Feb 3<sup>rd</sup>, 17<sup>th</sup>  
& March 10<sup>th</sup>, 2015**  
7:00 pm – 9:00 pm

**Kitchener Public Library  
Central Library**  
85 Queen Street North  
Kitchener, ON N2H 2H1

**Language: English**  
(interpretation available)

**Audience: Adults**

- Refreshments
- Child minding services

- Transportation assistance
- Wheelchair accessible



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To sign up, please call, text or go to  
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**[ymcaimmigrantservices.ca](http://ymcaimmigrantservices.ca)**



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employment **government**



# YMCA Immigrant Services Mentorship Program

## Become a Mentor

Our mentors inspire and connect!

- Inspire a newcomer by opening new perspectives about the Canadian labour market and new and innovative job opportunities
- Connect your mentee to your professional networks and community

## Become a Mentee

Our mentees are:

- Permanent Residents of Canada
- Internationally trained professionals with valid proof of their certifications
- Individuals with workplace ready English proficiency
- People ready to join the Canadian workforce

**Your time commitment is only one meeting / connection per week for four months**

Contact us at 519-579-9622 x 239 [mhenak@ckwymca.ca](mailto:mhenak@ckwymca.ca)

[www.ymcaimmigrantservices.ca](http://www.ymcaimmigrantservices.ca)

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