

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 August 9, 23 NSMS	Farsi	Front Desk, office@nsms.ca
Renting in Vancouver: What Are My Rights As A Tenant? In this workshop you will learn about housing rental agreements, landlord and tenant responsibilities, and dispute resolution.	Thursday, September 12 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@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.	Friday, September 13 12:30pm - 2:30pm NSMS	Mandarin	Ting Ting Reuveny, tingr@nsms.ca
	Saturday, October 12 2:00pm - 3:00pm North Vancouver City Library	English	Masha Rademakers, mashar@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.	Monday, September 16 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
BC Medical Services Plan (MSP) Join this workshop to learn about health insurance in BC, Fair Pharmacare, the BC Healthy Kids program, and more.	Tuesday, September 17 10:00am - 12:00pm NSMS	Farsi	Front Desk, office@nsms.ca
Postpartum Support Program This is a series of group workshops to support mothers of babies and young children by providing information and skills that encourage personal growth. Open to mothers of children aged 0-3.	Fridays (7 sessions) September 20 - November 1 9:30am - 11:30am John Braithwaite Community Centre	Farsi	Nazila Safari, nazilas@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) September 20 - October 25 12:30pm - 2:30pm NSMS	Mandarin	Rosanna Ng, rosannan@nsms.ca
Introduction to Canadian Taxes and Benefits Join this workshop to learn about the benefits available to you as a temporary resident of Canada and how to file your taxes.	Tuesday, September 24 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
BC Family Benefits In this workshop, you will learn about the benefits available in BC for families with children under 18 years old.	Tuesday, September 24 10:00am - 12:00pm NSMS	Farsi	Front Desk, office@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.	Thursday, September 26 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Parenting Teens Support Group In this monthly session, you will learn about different topics relating to parenting adolescent children, including communication, stress and coping skills, and more.	Thursdays September 26, October 24 9:30am - 11:30am North Vancouver City Library	Mandarin	Ting Ting Reuveny, tingr@nsms.ca
Canadian Tax System Join this workshop to learn how to file your Canadian tax return and the benefits of filing your return.	Friday, September 27 3:00pm - 5:00pm NSMS	Farsi	Front Desk, office@nsms.ca
Immigrant Parents as Literacy Supporters (IPALS) Parents/family/caregivers will learn how to prepare their children for school in fun, supportive ways. Open to permanent residents living in the North Shore, with young children aged 3-5.	Tuesdays (8 sessions) October 8 - November 26 5:00pm - 7:30pm Boundary Elementary School	Farsi, Mandarin	Sara Tabatabaee, sarat@nsms.ca Ting Ting Reuveny, tingr@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 September 3 - October 18 1:00pm - 3:00pm NSMS	English	Front Desk, office@nsms.ca
West Vancouver Memorial Library Tour Join this tour to learn about the programs, services, and resources available at the library, meet new people, and practice your English.	Wednesday, September 11 10:30am - 12:30pm West Vancouver Memorial Library	English	Susie McLenaghan, susiem@nsms.ca
School District Information			
SD44: Back to School Essentials for Parents This workshop is for new immigrant parents in West Vancouver who want to learn about preparing their children for school in Canada.	Tuesday, September 10 10:00am - 12:30pm North Vancouver School District Office	English	Khatereh Masoudi, khaterehm@nsms.ca Maryam Nani, maryamn@nsms.ca
SD45: French Immersion Program in West Vancouver Schools This workshop is for newcomer parents in West Vancouver to learn about the French Immersion program and tour the West Vancouver Memorial Library.	Tuesday, September 24 12:30 - 2:30pm West Vancouver Memorial Library	Mandarin	Bonnie Wong, bonniew@nsms.ca
	Thursday, September 26 12:30 - 2:30pm West Vancouver Memorial Library	Farsi	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	careerpaths@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.	September 23 - November 29 Monday - Friday NSMS	English	Dan Hathway, 604-908-6297 Salima Vaiya, salimav@nsms.ca
Creating an Effective Resume and Cover Letter In this workshop, you will learn how you can create an effective resume and cover letter based on your skills and career goals.	Tuesday, September 3 9:30am - 12:30pm NSMS	Farsi	Shady Ashtari, shadya@nsms.ca
Introduction to the Canadian Workplace A free language program in which participants learn how to communicate confidently in and around the workplace.	Tuesdays and Thursdays (10 sessions) September 3 - October 3 6:00pm - 8:00pm West Vancouver Memorial Library	English	Masha Rademakers, mashar@nsms.ca
Job Interview Skills Join this workshop to learn important tips and tools to help you be successful in job interviews.	Tuesday, September 10 4:00pm - 6:00pm NSMS	Farsi	Front Desk, office@nsms.ca
Employment Mentoring: Project Management If you are interested in becoming a Project Manager join this mentoring session to meet a Canadian professional and learn how you can work in this field in Canada.	Wednesday, September 18 4:00pm - 6:00pm NSMS	English	Homa Soltani, homas@nsms.ca
Speaker Series - Get Ahead: Achieve Success In this presentation, you will hear how Azar Zia Manesh MA. RCC achieved her career goals and overcame challenges.	Tuesday, September 20 2:30pm - 4:00pm NSMS	English	Front Desk, office@nsms.ca
Employment Mentoring: Quality and Manufacturing Engineering If you are interested in becoming a Quality and Manufacturing Engineer, join this mentoring session to meet a Canadian professional and learn how you can work in this field in Canada.	Wednesday, September 25 4:00pm - 6:00pm NSMS	Farsi	Homa Soltani, homas@nsms.ca
Leadership Exploration and Development In this workshop, you will discover tips and tools to develop your leadership skills.	Monday, September 30 2:30pm - 4:00pm NSMS	English	Front Desk, office@nsms.ca
Finding Your First Professional Job in Canada In this workshop series, you will learn job search strategies, interview skills, and more to help you find a professional job in Canada.	Tuesdays and Thursdays (3 sessions) October 10 - October 17 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
Workplace Culture and Language Training In this workshops series, you will learn how to communicate confidently in and around the workplace.	Beginner Level Mondays and Thursdays (5 sessions) October 21 - November 4 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca
	Intermediate Level Mondays and Thursdays (5 sessions) November 7 - 25 6:00pm - 8:00pm NSMS	English	Masha Rademakers, mashar@nsms.ca