

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|
| <p>Red Text: Special Events; Blue Text: Workshops; Green Text: Other Services; Black Text: Regular Program or Services</p> <p>Ajax Welcome Centre Hours of Operation:</p> <ul style="list-style-type: none"> Mondays – Thursdays, 8:30am-9:00pm <p><i>Note: December 24th – January 4th, 8:30am – 4:30pm</i></p> <ul style="list-style-type: none"> Fridays 8:30am-4:30pm 2 Saturdays monthly, 9:00am-1:30pm <p>Settlement Support and the Resource Centre Services are available to Newcomers, Immigrants and Refugees Daily. **Occasional Childcare is available for eligible clients and programs.</p> | | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | | <p><u>TRIEC Mentoring Partnership</u> 8:30am – 4:30pm</p> <p><u>English Language Assessment</u> 9:00am – 2:00pm</p> <p><u>Community Mental Health Worker</u> 10:00am - 12:00pm</p> | | | |
| 7 | 8 | 9 | 10 | 11 | 12 |
| <p><u>JSW Adult Module 1</u> 9:00am - 12:30pm</p> <p>DRIVEN Durham 8:30am – 4:30pm</p> <p><u>English Language Assessment</u> 9:00am – 2:00pm</p> | <p><u>JSW Adult Module 1</u> 9:00am - 12:30pm</p> <p><u>Toastmasters Outspoken Speakers Program</u> 7:00pm - 8:30pm</p> | <p><u>JSW Adult Module 1</u> 9:00am - 12:30pm</p> <p><u>TRIEC Mentoring Partnership</u> 8:30am – 4:30pm</p> <p><u>English Language Assessment</u> 9:00am – 2:00pm</p> <p><u>Community Mental Health Worker</u> 10:00am - 12:00pm</p> | <p><u>JSW Adult Module 1</u> 9:00am - 12:30pm</p> <p><u>English Language Assessment</u> 1:00pm – 2:00pm</p> | | <p><u>English Language Assessment</u> 9:00am – 10:00am</p> <p>DCCC Seniors Group 9:00am - 1:00pm</p> |
| 14 | 15 | 16 | 17 | 18 | 19 |
| <p>DRIVEN Durham 8:30am – 4:30pm</p> | <p><u>Newcomers Women's Group</u> 2:45pm – 4:00pm</p> <p><u>Toastmasters Outspoken Speakers Program</u> 7:00pm - 8:30pm</p> | <p><u>TRIEC Mentoring Partnership</u> 8:30am – 4:30pm</p> <p><u>English Language Assessment</u> 9:00am – 2:00pm</p> <p><u>Community Mental Health Worker</u> 10:00 am - 12:00 pm</p> | <p><u>English Language Assessment</u> 5:00pm – 6:00pm</p> | <p>Ministry of Transportation - Road Safety Information Session & Playtime for Parents with Children 10:30am – 12:00pm</p> | |
| 21 | 22 | 23 | 24 | 25 | 26 |
| <p><u>JSW Adult Module 2</u> 9:00am - 1:00pm</p> <p>DRIVEN Durham 8:30am – 4:30pm</p> <p><u>English Language Assessment</u> 9:00am – 10:00am</p> <p><u>Service Canada</u> 9:30am - 12:30pm</p> <p><u>ACDR / ACDR BACCO</u> 1:30pm - 4:30pm</p> | <p><u>JSW Adult Module 2</u> 9:00am - 1:00pm</p> <p><u>Durham Region Health Department Health Education Promoting Free Programming for Families</u> 11:00am – 12:45pm</p> <p><u>Newcomers Community Kitchen</u> 2:45pm – 4:00pm</p> <p><u>Toastmasters Outspoken Speakers Program</u> 7:00pm - 8:30pm</p> | <p><u>JSW Adult Module 2</u> 9:00am - 1:00pm</p> <p><u>TRIEC Mentoring Partnership</u> 8:30am – 4:30pm</p> <p><u>English Language Assessment</u> 9:00am – 2:00pm</p> <p><u>Community Mental Health Worker</u> 10:00am - 12:00pm</p> | <p><u>JSW Adult Module 2</u> 9:00am - 1:00pm</p> | | <p><u>English Language Assessment</u> 9:00am – 10:00am</p> <p>DCCC Seniors Group 9:00am - 1:00pm</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--------|----------|
| 28 | 29 | 30 | 31 | | |
| <p>DRIVEN Durham 8:30am – 4:30pm</p> <p>English Language Assessment 9:00am – 2:00pm</p> | <p>Newcomers Women's Group 2:45pm – 4:00pm</p> <p>Ontario Work Information Session 2:45pm – 4:00pm</p> <p>Toastmasters Outspoken Speakers Program 7:00pm - 8:30pm</p> | <p>TRIEC Mentoring Partnership 8:30am – 4:30pm</p> <p>English Language Assessment 9:00am – 2:00pm</p> <p>Community Mental Health Worker 10:00am - 12:00pm</p> | <p>English Language Assessment 5:00pm – 6:00pm</p> | | |

Highlights!

Ajax Adult English Language Classes

LINC classes are open to Permanent Residents and Convention Refugees.

ESL classes are open to Permanent Residents, Convention Refugee, Refugee Claimants, Visitors and Canadian Citizens.

Daytime Classes – Monday to Friday

Morning Classes

Monday to Friday 8:45am - 11:30am

(Jan 7 to June 14, 2019)

- . Level 1
- Level 2&3
- Level 3
- Level 4
- Level 5
- . Level 6&7

Afternoon Classes 12:00pm – 2:45pm

- Level 0&1
- . Level 2
- Level 3
- . Level 4
- . Level 4&5
- Level 6-8

Evening Classes

Monday & Wednesday 6:15pm–9:00pm

(Jan 14 to May 15, 2019)

- Level 1&2
- . Level 3&4
- Level 5&6

Tuesday & Thursday 6:15pm–9:00pm

Citizenship Test Prep Level 4-8 (Jan 15 – Feb 12)

English Language Assessments

An English Language Assessment is a requirement for a client wanting to register for English classes or the Job Search Workshops (JSW). Clients assessed according to Canadian Language Benchmarks and tested in four skill areas: Listening, Speaking, Reading and Writing. The Assessment is free of charge for eligible Welcome Centre clients.

Please note:

- Proof of immigrant status must be presented at the time of assessment
- The assessment can take from 1-4 hours.
- Childcare is available for eligible clients
- Appointments must be booked in advance.

To book an English Language Assessment appointment **Please visit the Ajax Welcome Centre Reception or call 1-877-761-1155.**

Resource Centre

FREE use of computers, internet, printing, scanning, photocopying, faxing, telephone and other resources for job search activities and other training purposes.

Settlement/Orientation

Helping Immigrants settle in Canada: **FREE** confidential and culturally sensitive information and referral services for immigrants in Durham Region. Including:

- Help with housing, banking, health care, education, English classes
- Information and referrals to community programs and services
- Assistance with completing forms, letters of invitation, applications, legal clinic

ACDR / BACCO

The Aids Committee of Durham Region (ACDR) and The Black African Caribbean Community (BACCO) provide HIV/AIDS related services to African, Caribbean and black community and support services to newcomers coming from where HIV/AIDS is pandemic - prevention, education and information about HIV/AIDS and related services.

For more information contact:

Ajax Welcome Centre at 1-877-761-1155.

DRIVEN

DRIVEN supports women experiencing abuse and/or any type of violence, including sexual violence by providing coordinated access to a range of specialized services. All services provided at DRIVEN are free of charge and childcare is available (eligibility requirements may be required). Women can connect to DRIVEN over video chat at the Welcome Centre. This collaboration integrates technology and bridge the distance giving women access to the DRIVEN supports via video chat.

For more information please contact:

Emma Harvey

eharvey@durhamdriven.com

Job Search Workshops (JSW) Newcomer Adult Employment Services

JSW assists newcomers in building the job search tools they need to succeed in the Canadian job market. It provides customized action plans, resume and interview preparation, offers access to computers and fax machines. Workshops are free of charge for Permanent Residents, Convention Refugees or Live-in Caregivers.

Call 1-877-761-1155 or email jswfacilitator@unemployedhelp.on.ca

TRIEC Mentoring Partnership

TRIEC Mentoring Partnership brings together recent skilled immigrants and established professionals in occupation-specific mentoring relationships. Skilled immigrants entering the program have the education, experience, and language skills to succeed in the labor market. What they need are the local insights and access to professional networks that only a one to one professional connection with a mentor can offer.

For more information, please contact:

Phoebe Grayson

at 905-420-3607 mentorship@unemployedhelp.on.ca

Path to Newcomers Success (PNS) Program

PNS is an employment program for newcomers including refugees, refugee claimants, and permanent residents who are unemployed and eligible to work in Canada.

PNS will help participants prepare for the workplace and find employment through language and Pre-employment training. Participants will have low-level English proficiency (CLB 2-4), and be willing to accept entry-level positions that do not require strong English language skills.

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For more information, please contact:

Qahar Andisha at 905-420-3008 or qandisha@unemployedhelp.on.ca

The Power To Be International

The Power To Be International is dedicated to the development and maintenance of positive youth communities.

As a grassroots organization, they pride themselves on their collaborative development approach of working with the community

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Kinark

Kinark Child and Family Services is a leading children's mental health organization in Ontario that provides evidence-based services that include individual, family and group counselling for children and youth living with mental health issues.

Kinark supports children with Autism Spectrum Disorder and their families as well as offers institutionally and community-based forensic services. Kinark also operates the [Kinark Outdoor Centre](#) in Minden Ontario, providing programming, respite and therapeutic recreation.

For more information please call 905-668-2411 Ext. 4356/4340 or email:

Wassay Shefa

Email: wassay.shefa@kinark.on.ca

Newcomers Women's Group

A gathering of newcomer women who come together to learn and share life skills and crafts from their home countries.

Everything from knitting, crocheting, sewing, mosaics, and much more. While socializing and practicing their English, the women learn about Canadian lifestyle, trends, and share tips from their cultures.

For registration and information, please call:

Bozena at 1-877-761-1155 ext. 103

email: bstobinska@cdcd.org

Newcomers Community Kitchen

Newcomers to Canada prepare and cook dishes from around the world, share recipes, learn to make nutritious meals from Canada, and practice their English language skills.

For registration and information, please contact:

Maria at 1-877-761-1155 ext. 109 mabogado@cdcd.org

Newcomers Community Garden

Newcomers to Canada will learn how to plant flowers, vegetables and herbs which will grow well in our climate. They will also gain knowledge about how to tend to crops and about the local produce all the while making friends within the community who share a love of gardening. Clients will also be able to enjoy the harvest they helped grow!

For registration and information, please call:

Bozena at 1-877-761-1155 or

email: bstobinska@cdcd.org

Durham Mental Health Services

Durham Mental Health Services (DMHS) has been recognized as a Diversity and Immigration Champion in Durham Region. DMHS provides services and supports to individuals and families who are living with mental health concerns. The organization works in partnership with clients, offering services that are person-centred and sensitive to individual needs.

At the Ajax Welcome Centre, DMHS provides:

- A scheduled on-site community health worker
- Timeless access to the range of mental health support services available through DMHS
- Assisting welcome centre clients and newcomers to navigate and obtain access to other community services that they may need.

For more information, please contact DMHS at (905) 666-0831

Durham Region Health Department

A Public Health Nurse from the Durham Region Health Department visits the Ajax Welcome Centre monthly for Health Education Lunch and Learns. Clients are encouraged to bring

to assist in meeting their specified development needs while providing quality educational experiences for children and youth.

For registration and information, please contact:

Kisha McPerson at kisha.mcperson@gmail.com

Toastmasters – Ajax Outspoken Speakers

Learn to:

- Overcome the nervousness everyone feels when asked to speak before an audience
- Organize and present your ideas logically and convincingly
- Listen carefully to others' ideas
- Offer advice that will help others improve their speaking and leadership skills
- Participate in—and even lead—group discussions or meetings

For registration and information, please contact Ajax Welcome

Centre reception at 1-877-761-1155

Service Canada

Service Canada provides Canadians with a single point of access to a wide range of government services and benefits. Such as:

- Universal Child Care Benefits
- Education Savings Grants
- Learning Bond
- Canada Child Tax
- Old Age Security Pension
- EI Benefits for Families

For more information or to book an appointment, please contact Ajax

Welcome Centre reception at 1-877-761-1155

Family and Community Action Program (FCAP)

The Family and Community Action Program of Durham, (FCAP) is a federally funded program by Public Health Agency of Canada (Childhood and Adolescent Branch) for children located throughout Canada and unique to local community needs.

The program provides support to families who have children ages six years of age and under and are at risk of not meeting their full potential. The risk factors are based on the social deterrents of health and include mental health, substance abuse, economic factors, environmental issues, educational levels, teen parents and newcomers to Canada.

The Nobody's Perfect Program is a free parenting group for parents/caregivers of children birth to six years of age. The program allows participants to:

- MEET with other parents of young children
- SHARE questions or concerns and ideas about being a parent
- LEARN about child development, safety, health, behavior and resources in the community
- TALK about real-life parenting experiences
- WORK together with the support of a trained facilitator
- DISCOVER ways of positive parenting

For more information or to book an appointment, please contact:

Maria Cardone at 905-686-6466 or 1 800 214 7163

maria.cardone@ymcagta.org

Herizon House

A shelter for abused women and their children. They provide free confidential services 24 hours a day and provide a place of safety, support and empowerment for abused women and their children.

At the Ajax Welcome Centre, Herizon House provides transitional support, crisis counseling, information and resources to women who

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their own lunch or enjoy light snacks provided. Topics vary monthly and the sessions focus on families with children birth to 6 years.

Durham Region Health Department offers the Flu vaccine as well as Immunizations to those who are overdue for publicly funded vaccines at the annual Ajax Welcome Centre clinic. The clinic also provides an opportunity for Public Health Nurses to answer questions regarding immunization and immunity.

For more information on any of the Durham Region Health Department programs offered at the Ajax Welcome Centre, please contact reception at 1-877-761-1155

are experiencing domestic violence or are at-risk of experiencing domestic violence. They also provide support to newcomer and immigrant youth through programming suited to enhance their knowledge of life skills, healthy relationships, anti-violence movements, and knowledge of resources in their community and how to access them.

Please contact Herizon House at 1-866-437-4066

Carea Community Health Centre

Carea Community Health Centre works with clients to provide holistic care, support, and wraparound services that empower clients to improve their health and wellness. They strive to be accessible to those in the community who face access barriers like culture, gender, geographic isolation, homelessness, language, physical disabilities, poverty and race.

At the Ajax Welcome Centre, Carea Community Health Centre will be facilitating the Canadian Diabetes Association *Food Skills for Families Program* with a focus on reaching newcomers. This program is designed to help people learn about diabetes and prevention strategies by:

- Teaching people how to make healthy meals, snacks and beverage choices
- Making shopping and cooking easy, quick, and fun
- Helping clients gain confidence in the kitchen

For more information or to register for the program, please contact the Ajax Welcome Centre reception at 1-877-761-1155