



Centre for
Newcomers

Welcoming People from Around the World

What is the Centre for Newcomers (CFN)?

The Centre for Newcomers is a key not-for-profit agency for Calgary's immigrants and refugees of all nationalities to receive settlement and integration services and information.



Services in Other Languages

Our staff offer services in more than 25 languages, including French, Amharic, Arabic, Farsi, Hindi, Urdu, Mandarin, Cantonese, Punjabi, Spanish, Filipino, Vietnamese and many others.



Free Services and Programs

- ☐ Settlement and Integration Services
- ☐ English Language Program (LINC)
- ☐ Canadian Business Essentials for Accountants
- ☐ EthniCity Catering Work Experience
- ☐ Family and Youth Programs
- ☐ Volunteer Development
- ☐ Multicultural Peer Mentorship
- ☐ Career Development and Job Search



Programs For Women

☐ Life Skills Program

- *LSP has started since 2014 and was made possible through Calgary Learners*
- ***Learning Objective:***

LST provides an opportunity of isolated, low income immigrant women to identify their challenges & learn skills to address their challenges.

The program assists fundamental learners in supporting their capacity to learn , through a focus on thinking skills, problem solving.

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Programs For Women

☐ Life Skills Program

Women are engaging in structured learning bases on 8 of the 12 components of Life Skills curriculum and process:

- ☐ Meeting one other...understanding group dynamics, group belonging
- ☐ Attending behaviours...active listening
- ☐ Five Ws-who, what, where, when, why



Programs For Women

Life Skills Program

- ❑ Brainstorming-hearing without censoring
- ❑ Giving a talk-sharing sharing experience with the group
- ❑ Emotional Intelligent: understanding their feelings , adapting to change
- ❑ Giving and receiving feed backs
- ❑ Problem solving and decision making skills; setting goals.



Programs For Women

Life Skills Program

Empowers newcomers women to understand and take control of their settlement process, and their potential contribution as family member, neighbours and citizens, through increased communication skills & self-awareness, self-confidence & self-esteem.



Programs For Women

☐ Life Skills Program

Who are the Targets?

- ☐ Program targets: immigrant & refugee women who face social isolations a lack of communication, self-awareness, and personal skills to overcome their challenges, plus limited language skills, and limited analytic skills.



Programs For Women

☐ Life Skills Program

Positive Impacts (scenario shared by a Women):

- ☐ In 1st day 'N' shared with the group how her husband did not want her to drive the family car. This example encouraged discussion among the group...each women start giving her advice (learned from the lessons during the sessions) how 'N' can convince her husband to drive her family car after she spoke with her husband and at the next class, she reported that she was able to express her thoughts to her husband and had successfully driven the car to the grocery store. This opened the doors of opportunity for several more 'Short drivers' and more freedom for 'N'.

Programs For Women

☐ Life Skills Program

Positive Impacts (scenario shared by a Women):

- ☐ One woman said that her and her teenage son's and husband's lives were totally different. After having life Skills, she is no longer afraid that her teenage sons will go astray. She also found the parenting class very powerful. She came up to me on a regular basis to thank me for the skills she was learning. She also knows how to set boundaries with her sons and husband and can have more personal time for herself! She and another woman in class have been best friends and had a conflict they were able to work through.

Programs For Women

☐ Life Skills Program

Positive Impacts (scenario shared by a Women):

- ☐ Another woman said because of brainstorming and problem solving, she was able to find solutions when an intruder was trying to break into the house. She also reported she was able to think her way thru her daughter having a high fever and didn't panic as she was able to use brainstorming and slow down her thinking enough to drive her daughter to the hospital rather than relying on 911.

Programs For Women

☐ Life Skills Program

- ☐ Another woman was able to transform as she described it "her controlling mode" and said she now has a completely different relationship with her husband and children. She said she went home after every class and shared what she learned.
- ☐ Another woman stated she has overcome her fear of speaking and now speaks more easily, can handle anger in others' and still remain calm.

Programs For Women

□ Sewing & Knitting Program- Women Peer Support Group

- The *Women Peer Support Group* (Sewing and Knitting sessions at CFN) started more than 15 years ago. It in particular was developed in response to the identified need of socially-isolated newcomer women who have English barrier as among their challenges.

Programs For Women

☐ Sewing & Knitting Program- Women Peer Support Group

- During the year, we organized 7 batches broken up into 29 sessions and participated in by over 100 women. The activities likewise provided volunteer opportunities, not only for the teachers, but also for participants themselves in room set up and clean up and as mentors for new learners.



Programs For Women

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Programs For Women

☐ Sewing & Knitting Program- Women Peer Support Group

Issues discussed in '*Women Peer Support Group* Sessions

- ☐ social isolation among home stay newcomer mothers,
- ☐ lack of social support and connections,
- ☐ family violence and how to cope with it,
- ☐ passing their cultural values to their children,
- ☐ school drop-outs among their children in Calgary school,
- ☐ immigrant women health issue around eating healthy foods,
- ☐ dealing with depression and ways of maintaining emotional



Programs For Women

☐ Sewing & Knitting Program- Women Peer Support Group

Issues discussed in '*Women Peer Support Group* Sessions

- ☐ lack of soft skills and self-confidence, limited English conversation skills, need for peer support and gaining new supportive friends.
- ☐ difficulty understanding the Canadian culture,
- ☐ Their emotional health awareness



Programs For Women

☐ Sewing & Knitting Program- Women Peer Support Group

Outcomes:

- ☐ Women overcome their social isolation and increased their social network.
- ☐ It promoted interaction among women participants.
- ☐ Immigrant women made new friends and increased their peer support.
- ☐ Improved their English language conversation skills.



Programs For Women

- ☐ Sewing & Knitting Program-
Women Peer Support Group
- ☐ Shared their settlement experience in a new country and learned from each other's experience.
- ☐ Immigrant women are empowered & have increased their self-confidence dealing with day to day issues.
- ☐ Economic enhancement & increasing skills.



Programs For Women

Sewing & Knitting Program- Women Peer Support Group

- ☐ Women Quotes Taken from Their Feedbacks Surveys:
- ☐ “I enjoy meeting and helping people”
- ☐ “These sessions are very good because not only learn new techniques but make new friends.”



Programs For Women

☐ Sewing & Knitting Program- Women Peer Support Group

- ☐ “I need to learn for long period....3 months are short for me to learn”
- ☐ “I am interested to attend more knitting and sewing sessions in future”
- ☐ “I would like to say that these programs are good for newcomer women and should continue in future”
- ☐ “I need to learn more sewing in future..... Good job!”
- ☐ “I would like to say that I am happy because I can share my life experience with my new friends here”.

Programs For Women

Women Health & Family Wellness Expo

Background:

- The Women & Wellness Conference started in 1997 with 300 participants and grew to over 1400 participants in 2007. However, over the last couple of years we have changed our aim to focus on helping women in poverty. The Women's Development Portfolio the Ismaili Council for the Prairies has been partnering with different sponsors (TD, Alberta Health Services and Calgary Emergency Women's Shelter) Year 2014.
- Our goal for the conference is to empower, educate and enrich women by providing low-income women, a day of opportunity focusing on individualized consultation workshops in areas of finance, education and health to provide the necessary tools to help achieve greater self-sufficiency.

Programs For Women

Women Health & Family Wellness Expo

Background:

- ❑ In 2014 the event hosted approximately over 200 women. The goal for the expo is to empower, educate and enrich women by providing women an opportunity to focus on their health and wellness. This was achieved through workshops, aimed to provide the necessary tools to help achieve greater self-sufficiency. Service booths that were setup to give mini-makeovers, where women got an opportunity to pamper themselves. And finally resource booths, that provided resources to improve women's knowledge of services.



Programs For Women

Women Health & Family Wellness Expo

- ❑ During this year we had around 200-250 women participated
- ❑ Number of women participated in workshop: 231
- ❑ Number of facilitators: 15
- ❑ We had 26 resources from different community organization
- ❑ We had 15 committee members with about 8 community organizations partners.
- ❑ We had recruited 50 volunteers from Youth Volunteer Calgary and Ethno-cultural Council of Calgary.
- ❑ We had 24 activities, eg, Henna, Mini Message, Reflexology, Yoga, Paraffin Wax, Nails, Hair cut/design,
- ❑ Donald McDonald Care Mobile served 47 women with medical screening
- ❑ Keynote Speaker: 2 & very skilled MC.
- ❑ Laughter Yoga
- ❑ Workshops
- ❑ Yoga
- ❑ First Impression
- ❑ Women's Health
- ❑ Coping with Change
- ❑ Healthy Relationship
- ❑ Make up for the Workplace
- ❑ Mindfulness for Stress
- ❑ Hearth Health
- ❑ The Benefit of Giving Back



Programs For Women

Women Health & Family Wellness Expo

- ❑ In 2015 The Women's Health & Wellness Expo was organized by CFN, AHS, Primary Care Network, FOCUS on seniors & Women's Health Clinic FMC.
- ❑ To increase the awareness of participating women to resources in the community
- ❑ To provide services to the participating women
- ❑ In 2016 the names changed to Women's Health & Family Wellness Expo organized by CFN in partnership with AHS, Primary Care Network, FOCUS on seniors
- ❑ The objective of the Expo is to increase awareness and participation of neighborhood women and their families to the resources and services in the community. The participants will learn how to access resources and services by visiting and accessing table displays, participating in small and large group presentations and workshops with keynote speakers. These activities will empower women and improve family well-being. The workshop and presentation topics range from building self-esteem, healthy relationships, career, employment, healthy relationship, stress management and volunteering opportunities



Programs For Women

- ❑ **2016 Partners:**
- ❑ Centre for Newcomers, FO.C.U.S on seniors, Alberta Health Services, Mosaic Primary Care Network and
- ❑ Table display booths on the corridors starting from Reception area – invite the following:
 - AHS
 - Mosaic PCN,
 - Calgary Public Library
 - Between friends
 - Employment
 - Sexual Transmitted Infection
 - Calgary Domestic Violence
 - Woods Homes
 - FOCUS on Seniors
 - Women's Centre
 - Women's Health Clinic
 - Child and Family Services
- ❑ 2. Workshops – (Breakdown Sessions in small rooms)
 - Self-reflection/Self-care
 - Skin Care
 - Emotional health
 - Employment
 - Father's roles, Healthy relationship
- ❑ 3. Activities (physical and mental):
 - Art project
 - Nail
 - Henna Painting
 - Threading
- ❑ 4. Onsite Clinic
 - Blood pressure check up
 - Blood glucose check up



Programs For Women

Women Health & Family Wellness Expo

Resources Table display:

- ☐ Aspen
- ☐ 1000 Voices
- ☐ Parent Link Centre
- ☐ City of Calgary
- ☐ Mosaic Primary Care Network
- ☐ Canadian Mental Health Association
- ☐ Create!
- ☐ Making Changes Association
- ☐ Calgary Immigrant Women's Association
- ☐ Tim Hortons
- ☐ Robertson College
- ☐ HIV Community Link
- ☐ Ethno-Cultural Council of Calgary
- ☐ Momentum
- ☐ Northeast Calgary Women's Clinic
- ☐ Calgary Catholic Immigration Society
- ☐ Centre for Newcomers
- ☐ Alberta Health Services - Women's Health Resources
- ☐ F.O.C.U.S. on Seniors
- ☐ Heart and Stroke Foundation
- ☐ Calgary Public Library
- ☐ Calgary Family - Nurture Yourself
- ☐ Calgary Sexual Health Centre
- ☐ North of McKnight Community Resource Centre
- ☐ McMan Youth, Family and CSA
- ☐ Alberta Health Services - Perinatal Education
- ☐ Immigrant Women Calgary Connect



Programs For Women

Women Health & Family Wellness Expo

Event Outcomes:

- ☐ *Increased social networking*
- ☐ *Learned new skills*
- ☐ *Learned & connecting about community resources*
- ☐ *Learned how to take care and nurture themselves*
- ☐ *Gained volunteer experience*
- ☐ *Increased self-esteem & self-confidence*
- ☐ *Felt empowered*
- ☐ *Provided opportunity for women to focus on health and wellness.*



Contact Information

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