



**SEVEN OAKS
SCHOOL DIVISION**

community begins here

**Seven Oaks Adult
Learning Centre (ALC)**

CALL US
Phone: 632-1716

VISIT US

**1330 Jefferson Ave.
2nd Floor**

Office Hours:
Monday to Thursday
1:00 p.m. to 8:30 p.m.

E-MAIL US
nispreferral@7oaks.org

**The Neighbourhood
Immigrant
Settlement program
helps immigrant
families in the
Seven Oaks area.**



NISP EVENTS AND RESOURCES

September/ October, 2012

7 Oaks Neighbourhood Immigrant Settlement Program

Seven Oaks English as Additional Language Adult Programs

Dates and Times:

Sessions run from September 2012 until June 2013 with 4 terms:
September 24 – November 16/12
November 19/12 – January 25/13
January 28 – March 22/13
April 1 – June 21/13

Morning Sessions (3 classes)

Mon & Wed CLB 2-4 9:00 am – 12:00 pm
(Location: Seven Oaks ALC)
Tue & Thur CLB 5-7 9:00 am – 12:00 pm
(Location: Seven Oaks ALC)
Tue & Wed CLB 2-5 ** 9:15 am – 11:45 am
**Child-minding available
(Location: A.E. Wright School, 1520 Jefferson Ave.)

Evening Session (8 classes)

(All evening classes located at the Seven Oaks ALC)
Mon & Wed CLB 1-8 6:00 – 9:00 pm
Tue & Thur CLB 1-8 6:00 – 9:00 pm

Full Week Session (2 classes)

(Location: 660 Sheppard St. – Bright Futures Building)
Mon – Fri CLB 2-4 9:00 am – 12:00 pm
Mon – Fri CLB 1-3 12:15 pm– 3:15 pm

How to register? - All students must receive Benchmark testing at WELARC (943-5387) before referral to the Seven Oaks program.

For further information please contact: 632-1716

Adapting to culture shock

Though each person is different and will have a unique experience settling in to their new home, many people will go through four common stages of adapting to life in a new culture, often referred to as “culture shock.”

Stage 1: Happiness and fascination.

Just before or shortly after arriving in Canada you may:

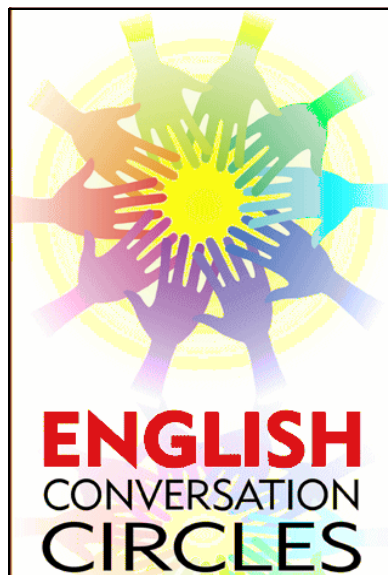
- Have high hopes and expect great things
- Feel this is a very exciting time
- Feel everything is new and interesting
- Feel confident and that you can easily cope with problems and stress

Tend to focus on what is similar between Canada and the culture and country you come from

Stage 2: Disappointment, confusing feelings, frustration and irritation.

During the first six months you may:

- Feel happy about the challenges you have overcome
- Feel frustrated, confused and disappointed
- Feel very positive one day and very negative the next
- Focus on the differences between yourself and Canadians
- Miss your family and feel no connection to Canada
- Have difficulty going to work or looking for work
- Feel loneliness for your country and loved ones.....cont. next page



CONVERSATION CIRCLES

Wednesday and Thursday
from 4:55 p.m. to 5:55 pm.

Starting October 10th and 11th

At the 7 Oaks Adult Learning Centre.
Come practice English, meet new friends
and have fun.

No registration needed.
For more information call
José at 204-960-8072

.....cont. from page 2

Stage 3: Gradual adjustment or recovery.

During this stage of adjustment you may:

- Feel more in control of your life as you gain a better understanding of Canada
- Feel more confident in your language skills
- Gradually get involved in the community
- Have a better understanding of how to adapt to life in Canada

Have a better sense of what you need to do to get what you want in Canada

Stage 4: Acceptance and adjustment.

During this stage of adjustment you will likely:

- Feel more comfortable in Canada
- Have made some friends and be more involved in your new community

**I
AM
CANADIAN
EH!**

Check Out Our New Website

Welcome to our new website, designed to give our current and future clients, and general public a better sense of the services we offer. Parts of the site are still under development. Please come back and check for updates. If you have any questions or feedback, please contact us at nisprefferal@7oaks.org

The screenshot shows the website for the Seven Oaks School Division. The header includes the logo and navigation menu: Home, Schools, Programs, Resources, Governance & Leadership, Departments, News. The main content area features a photo of three people and text about the 7 Oaks NISP. A sidebar on the right lists related information such as Employment, Housing, Health, Education, Transportation, and Financial. A calendar and news section are at the bottom.

SEVEN OAKS SCHOOL DIVISION

Community begins here | Ici, commence une communauté

Home Schools Programs Resources Governance & Leadership Departments News GO

7 Oaks Neighbourhood Immigrant Settlement Project

The 7 Oaks NISP supports and helps immigrant families in Seven Oaks area.

We are located at:
Seven Oaks Adult Learning Centre
1330 Jefferson Avenue, R2P 1L3
Phone # 204-632-1716

Office Hours:
Monday to Thursday
1:00 p.m. to 8:30 p.m.

For appointments outside of office hours or questions call:
José @ 204-960-8072
Sally @ 204-333-9849
email: nisprefferal@7oaks.org

Related Information

- Employment**
Click here to get information on finding jobs or volunteering in the Winnipeg area.
- Housing**
Click here for information on housing in Winnipeg.
- Health**
Resources covering healthy living, disease prevention, conditions and mental health.
- Education**
Click here for information on English as an additional language, training, careers and funding opportunities.
- Transportation**
Click here for information about all of Winnipeg Transit's service information such as timetables, routes, stops, and maps.
- Financial**
Click here for information on subsidies, loans, RRSP's, etc.
- Leisure & Recreation**
Click here for information on various leisure and recreation opportunities in Winnipeg.

Calendar

- 9/24/2012 6:00 PM First day EAL Classes
- 10/10/2012 5:00 PM Conversation Circles
- 10/11/2012 5:00 PM Conversation Circles
- 10/17/2012 5:00 PM Conversation Circles

News & Announcements

- 7 Oaks EAL Classes by Jose Chinchilla 9/13/2012 5:03 PM
- 7 Oaks EAL classes will start on Monday September 24th. We have part-time and full-week classes. Evening and day classes available.

WHAT A SUMMER!!!!

It's hard to put into words how rewarding the last two months have been for us at the ALC. We started with small trips to the Library, Folk Festival, Rainbow Stage and Ballet in the Park. We can truly say



our programs and outings were a success and hope to take that energy into the Fall.

The biggest surprise and success, was the number of volunteers at our Matlock Festival of Music , Art and Nature.



An average of 40 clients and students showed up to volunteer for this event.

For our Fall events we are planning a trip to The Corn Maze, a Halloween party and some important presentations about Housing, Jobs, and Health & Safety.



For appointments outside of office hours or questions call:

José @ 204-960-8072

Sally @ 204-333-9849

For more information about the Seven Oaks Neighbourhood Immigrant Settlement Program visit our WEBSITE at:

<http://www.7oaks.org/Programs/NISP>