

Seven Oaks Immigrant Services Newsletter

New office now open. Visit us at 930 Jefferson Avenue, across the parking lot from the Adult Learning Centre.

Summer Programs

Free Yoga!! Every Wednesday 6:00-7:00pm. From June 17th – July 22nd, at 930/950 Jefferson Ave. Come with an empty stomach. Free snack after class.

Conversation Classes: Every Monday July 6th– July 27th, 6:30-7:30 @ 930 Jefferson Avenue. Please contact Shane more information. Phone: 204-697-5967 Or Email: nisw4@7oaks.org.

Conversation Walking Group: Every Wednesday, July 8th 6:30pm-7:30pm. Meet at 930 Jefferson. Please contact Shane more information. Phone: 204-697-5967 Or Email: nisw4@7oaks.org.

Computer Tutoring: Drop-by tutoring at 930 Jefferson Avenue on Monday evenings 6:00-7:30 and Wednesday afternoons 1-3pm. Call Jose if you have any questions. No pre-registration required.

Are you pregnant? Free Prenatal Classes: Tuesday & Wednesdays July 7th & 8th, July 14th & 15th : 5:30–7:30 @ 930 Jefferson. Learn about giving birth, newborn, breastfeeding, and what to expect in follow up care after child-birth. Please contact Phoebe, 697-5967.

Volunteer Opportunities

Mela Teeyian Da: Saturday July 18th, 2015 at Maples Collegiate. Doors open at 2:00pm. For more information please contact a settlement worker at 204-697-5967.

Filipino Street Festival: Saturday August 22nd. Please contact a settlement worker if you have any questions or would like to volunteer. Phone 697-5967.

Matlock Arts & Music Festival: Starting Wednesday August 26– Sunday August 30. You can volunteer for one day or 4 days. 60 volunteers needed for the festival. 45 seats are available on the bus. Please contact a settlement worker if you are interested in participating. Call 204-697-5967 or Email settlement@7oaks.org

Contact us:
www.7oaks.org/programs/settlement
(204) 632-1716
(204) 697-5967
settlement@7oaks.org

Office Hours
Drop in for Computer use,
help or information.

930 Jefferson
Monday to Thursday
10:00am–7:30pm
Friday: 9:00–5:00

Settlement Team
Shane, Rowena, and Jose.
Summer Student
Phoebe
Program Manager
Jana
Program Director
Fran

Ongoing and Upcoming

Employment assistance:

Are you looking for a job? Come and get assistance with finding a new job or exploring different job options you may be interested in doing, learn what careers Canada can offer. To make an appointment contact Shane @ 204-697-5967 or drop by 950 or 930 Jefferson Avenue.

Resume Support: Tuesday's
6:00-7:30pm

Job Search: Wednesday's
1:00-3:00pm

Interview Skills: Thursday's
1:00-3:00pm.

**For other appointment times please contact Immigrant Services
@ 697-5967**

Free English Classes for immigrants in grades Kindergarten to grade 8.

July 6th-24th 9:30-11:30 @ Amber Trails school. To register you must be a Seven Oaks School Division student. Please contact your child's school to register, or phone the adult learning centre at 697-5967 for more information.

