

# JULY & AUGUST



## Seven Oaks Immigrant Services Newsletter

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

### Summer Programs

**Conversation Classes:** Starting Monday July 6th– July 27th, 6:30-7:30 starting June 4th @ 930 Jefferson Avenue. Please contact Shane for more information. Phone: 204-632-1716 Or Email: [nisw4@7oaks.org](mailto:nisw4@7oaks.org).

**Conversation Walking Group:** Every Wednesday, July 8th 6:30pm-7:30pm. Guest speaker will be a pharmacist. Listen and share stories about settlement and qualification recognition from a pharmacist who immigrated to Canada. At 950

**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 newborn care, learn breastfeeding, giving birth and what to expect in Canada after childbirth care. Please contact Salinder, 632-1716.

**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.

### 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. 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](mailto:settlement@7oaks.org)

Contact us:  
[www.7oaks.org/programs/settlement](http://www.7oaks.org/programs/settlement)

(204) 632-1716  
204) 697-5967

[settlement@7oaks.org](mailto:settlement@7oaks.org)

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

**930 Jefferson**  
Monday to Thursday  
9:00am–5:00pm  
Friday: 9:00–12:00

**950 Jefferson**  
Monday to Thursday  
5:30–8:30pm  
Monday & Wednesday  
10:15–10:45am  
Tuesday & Thursday  
9:00–12:00pm

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

# JULY & AUGUST



## 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 @ 204-632-1716 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 or 632-1716**

### Free English Classes being 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 632-1716 for more information.

