



Mount Pleasant  
Neighbourhood House

# January 2021 Community Connections

Visit our website!  
[www.mpnh.org/community-connections-settlement-services/](http://www.mpnh.org/community-connections-settlement-services/)

800 East Broadway (at Prince Albert Street), Vancouver, Unceded Coast Salish Territories, V5T 1Y1

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
4	.	5		6	<b>ECC – Intermediate</b> 10:30am – 12:30pm Online	7		8		9	
11	<b>ECC – Beginners</b> 12:30 – 1:30pm Online	12	<b>Language Exchange</b> 5:00 - 6:30pm Online	13	<b>ECC – Intermediate</b> 10:30am – 12:30pm Online	14		15		16	
18	<b>ECC – Beginners</b> 12:30 – 1:30pm Online	19	<b>Language Exchange</b> 5:00 - 6:30pm Online	20	<b>ECC – Intermediate</b> 10:30am – 12:30pm Online  <b>Between Women</b> Theme: Goals 2021 5:00 – 7:00pm Online	21		22	<b>Dialogue Circle session 1</b> Diversity Anti-Racism 5:00- 7:00	23	<b>Cooking Club</b> Zoom Session  12:00-2:00 p.m.
25	<b>ECC – Beginners</b> 12:30 – 1:30pm Online	26	<b>Language Exchange</b> 5:00 - 6:30pm Online	27	<b>ECC – Intermediate</b> 10:30am – 12:30pm Online  <b>Between Women</b> Theme: Planning Vancouver Together 5:00 – 7:00pm Online	28		29	<b>Dialogue Circle Sessionn2</b> Intercultural dialogue 5:00-7:00 p.m.	30	

**To register or for more information, please contact:**

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## Settlement Support

### Needs Assessment & Referral

Newcomers will meet either individually or as a family with a settlement worker to assess their needs and create a plan to integrate as new residents of Canada.

### Short Term Life Skills Programs

These programs are 6 to 8 weeks in length and provide detailed information on specific life skills. Topics include parenting skills, women's support group, computer classes, anti-discrimination training and more

### Individual & Family Settlement Counselling

Newcomers have an opportunity to meet with a settlement worker to receive support and guidance to understand and address challenges they may have as a newcomer to Canada

### Cooking Club

Participate in live cooking demonstrations. This is a fun hands-on event that teaches participants how to cook nutritious meals in your own kitchen.

### English Conversation Club (ECC)

MPNH offers 3 types of English Conversation Club; Speak Together, Beginner and Intermediate.

These classes offer learning through guided lessons, games, grammar, activities, and conversations centered around Canadian cultures and traditions with the goal of building relationships and community fulfillment.

WHEN: Every Wednesday 10:30am to 12:30pm

### Men's Outreach and Support Group

The men's group of MPNH in collaboration with Kiwassa Neighbourhood House would like to invite you to these series workshops. All men are welcome and feel free to register

WHEN: Every Tuesday 10:30am to 12:00pm

### Topical Workshops

Workshops are provided on different topics tailored to the needs of newcomers to assist in successful integration. Topics include transportation, the education system in Canada, housing, citizenship test preparation and more.

### Between Women

Between Women program provides a safe and friendly space that permits newcomers and immigrant Spanish speaking women to increase self-awareness, self-care and community connection. Participants connect with one another, learn about community and employment resources, and explore opportunities for personal and professional development.

Through this program, we focus on empowering women, and discovering and developing their strengths and capacities.

WHEN: Every Wednesday 5:00pm to 7:00pm

### Women in Motion

Women in Motion provides support which allows participants to participate and work collaboratively towards creating, advertising and enhancing their self-owned and operated businesses.

The program offers professional support and business tools to Spanish speaking women in order to improve their skills and ability to succeed in their ventures.

WHEN: Every Thursday 6:00pm to 8:00pm