



SEVEN OAKS
SCHOOL DIVISION
community begins here

Email:
settlement@7oaks.org

**Office Hours and
Contact Number:**

**Seven Oaks
Immigrant
Services**

930 Jefferson Ave
Monday to Friday
9:00 am - 5:00 pm
(204) 697- 5967

**Seven Oaks
Adult Learning Center**

950 Jefferson Ave
Monday to Thursday
5:00 pm - 8:00 pm
(204) 632- 1716

**Settlement
Team**

Settlement Workers

Rowena Hernandez
Raghad Alsayd
Erna Andersen
Ibrahim Mohammed
George Guergues
Ernesto Ofiaza Jr.
Jose Chinchilla

Secretary

Judy Tyndall

ESL Coordinator

Slavo Federkevic

Program Manager

Jana Mckee

Director

Fran Taylor

NEWSLETTER

Seven Oaks Immigrant Services

JANUARY/FEBRUARY 2018

Seven Oaks Employment Program

Let us help you find your next job!

We support newcomers with

- Job Search
- Targeted Resume Writing
- Job Interview Training
- Internship/ Work Placement



Many newcomers face barriers to finding a job in Canada, because employers want them to have Canadian work experience and understand workplace culture.

Updated list of upcoming Employment Workshops:

Tuesday, January 30, 2018, 1-3pm: Job Search
Tuesday, February 13, 2018, 6-8pm: Resume Writing
Thursday, March 1, 2018, 6-8pm: Interview Training
Wednesday, March 14, 2018, 1-3 p.m. Get To Know Your Workplace
For more information,
contact ERNA at 204-697-5969 or nisw4@7oaks.org

Seven Oaks Newcomer Gardening Project

Would you like to grow your own vegetables?
Why wait until after the winter? We can help!
Upcoming gardening workshops:

January 25, 5.30-7.30pm: Growing Food in Manitoba

The workshop provides important information on conditions for growing vegetables in Manitoba. This includes preparing soil, how to deal with weather and climate and pest control. Participants will also get the chance to make a list of vegetables, they wish to grow in the spring and summer, which will be the basis for the second workshop.

February 22, 5.30-7.30pm: Grow Your Own Food in Manitoba

This workshop will describe how and when to start seeds indoors under lights and when to transplant into garden space. The list of vegetables will be based on traditional vegetables, which are grown by different groups of immigrants in Manitoba. Important information on how to care for vegetables is shared.

Practical exercises and samples will be part of both workshops.

Location: 950 Jefferson (room 1)
Registration: Call 204-697-5967 or email nisw4@7oaks.org



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Reading program

Venue: West Kildonan library

Time: Once a week (Tuesday 5:30-7) starting from January 30th - February 20th

Our focus in this program to help the newcomer kids to improve their reading skills, to expose them to the Canadian culture of going to the library

Activities: Reading, playing and crafts

Afterschool Homework

program:

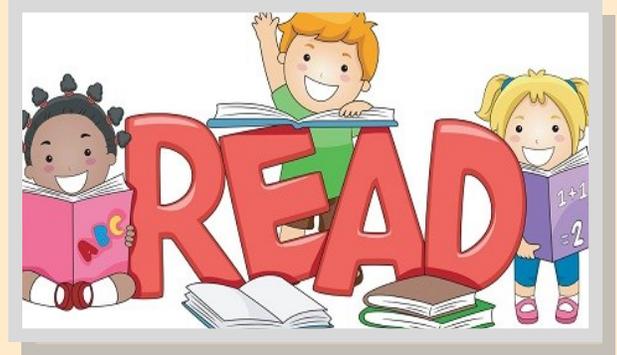
Two programmes in two different schools in different days

OVJ: Thursdays (February 1st - March 1st) (3:30-5)

EP: Wednesdays (January 31st - February 28th) (3-

4:30)

This programme is designed to support the newcomers in the school work, doing some extra work.



IF YOU ARE A SENIOR AND WANT TO LEARN HOW TO CREATE, STAGE & PERFORM A PLAY, DANCE OR SONG JOIN . . .

THEATRE FOR SENIORS

No Cost

* When: (Saturdays) January 20 & 27, February 3, 10, 17, & 24, and March 3, 2018, @ 10AM – 1PM

* Where: Theatre Room, Maples Collegiate, 1330 Jefferson Avenue

To register, please contact Seven Oaks Immigrant Services through phone: (204) 697-5967 or email:

nisw1@7oaks.org and provide the following information:

- Name
- Address with postal code
- Contact Number
- Email Address, if any

Are you looking for a committee experience
Come join
Seven Oaks Settlement Services Advisory (SOSSA) or
Seven Oaks Seniors Advisory (SOSAG)
and help make our community a better place to live in.

Contact Jana at (204) 632-1716.

#

ETHNIC COOKING for SENIORS

Learn to make
dishes from
different
countries . . .

-No Cost-
Limited to 20 participants only.
Couples are encouraged.

Dates: (Saturdays)

January 20 and 27, 2018

February 3 and 10, 2018

Time: 11:30AM – 2:00PM

**Venue: Maples Collegiate Foods Room,
1330 Jefferson Avenue**

For more information or to register, please call:
Seven Oaks Immigrant Services – (204) 697-5967

or Email: nisw1@7oaks.org



Funded by: New Horizons Grant for Seniors

Know how to
prepare
palatable and
nutritious
food . . .

ਮਾਪਿਆ ਤੇ ਬੱਚਿਆਂ ਲਈ ਪ੍ਰੋਗਰਾਮ



- ❖ ਆਪਣੇ ਬੱਚਿਆਂ ਨਾਲ ਦੇ ਘੰਟਿਆਂ ਦੀ ਰਾਇਮ ਅਤੇ ਕਹਾਣੀਆਂ ਦਾ ਆਨੰਦ ਮਾਣੇ
ਤਾਸ਼ਾ ਅਤੇ ਸਮਾਜਿਕ ਵਿਕਾਸ ਨੂੰ ਉਤਸ਼ਾਹਤ ਕਰਨ ਦੇ ਢੰਗ ਸਿੱਖੇ
- ❖ ਹੋਰ ਮਾਤਾ-ਪਿਤਾ ਨੂੰ ਮਿਲੇ
ਕੋਈ ਕੀਮਤ ਨਹੀਂ



ਕੋਣ ਹਾਜ਼ਰ ਹੋ ਸਕਦਾ ਹੈ: ਇਮੀਗ੍ਰੈਂਟ ਮਾਪੇ ਅਤੇ ਬੱਚੇ
ਕਦੇ:

When: ਜਨਵਰੀ 20 – ਮਾਰਚ 3 (ਹਰ ਸ਼ਨੀਵਾਰ)

ਸਮਾਂ: 12:00 P.M -2:00 P.M

ਪੂਰਵ-ਰਜਿਸਟਰੇਸ਼ਨ ਦੀ ਜ਼ਰੂਰਤ ਹੈ,
ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ. Shivani Kashyap at (204) 697-5967
ਜਾਂ ਈ-ਮੇਲ : shivani.kashyap@7oaks.org



SEVEN OAKS
SCHOOL DIVISION
community begins here

SEVEN OAKS IMMIGRANT SERVICES OFFER

FOOD HANDLER TRAINING

DATES:

February 3 & 4, 2018. 9:30 am - 3:30 pm

March 3 & 4, 2018. 9:30 am - 3:30 pm

WHERE:

950 Jefferson Ave

Seven Oaks Adult Learning Centre

(Wayfinders room)

- ⇒ **Successfully completed Food Handler Certification will assist you with future employment in the food service industry**
- ⇒ **Learn safe food handling practices**
- ⇒ **Gain necessary life skills**

For registration:

- Come to 950 Jefferson Ave
(Adult Learning Centre)
- Fill out a registration form
- **Pay \$15 application fee**
- Bring your PR number (if applicable)

On the day of training:

- Doors open at 9:00 am
- Morning snack will be provided
- Lunch will NOT be provided (bring your own lunch)

**For more information call: 204-697-5969 (ask for Erna) or
email: nisw4@7oaks.org**

Food Handler Training



Seven Oaks Immigrant Services

Develop fluency

Increase vocabulary

Improve pronunciation

Get truly conversational

ENGLISH CONVERSATION CLASSES

Do you want to improve your skills at NO COST?

Who could join: **Immigrants**

When:

Feb. 7 – March 28, 2018

*Wednesdays : 6:00 - 7:30 PM

Where: 930 Jefferson Avenue
(Seven Oaks Immigrant Services)

Register NOW !

Call 204-697-5967 or

Email Ernesto at
nisw1@7oaks.org

Volunteers Needed:

We are also looking for volunteers to help with the classes. You do not need to have a formal training but should have a strong command of the English language. Use the same contact details to register.



Do you need to do your taxes?

Doing your taxes is part of your responsibilities as a taxpayer. Doing your taxes means you have to fill out various forms, including the ones in the [income tax packages](#). They help you figure out if you owe tax or if you will get a refund. Even if you had no income in the year, you have to do your taxes to get the benefits and credits you might be entitled to, such as the [GST/HST tax credit](#), the [Canada child benefit](#) and the [working income tax benefit](#).

When is your tax return due?

Most Canadians have to fill out their return and send it to the Canada Revenue Agency no later than April 30. Since April 30, 2017, is a Sunday, we will consider that you filed your return on time if we receive it or it is postmarked no later than May 1, 2017.

Do you need help doing your taxes?

If you have modest income and a simple tax situation, you might qualify for help. From February to April, community organizations across Canada run free tax preparation clinics to help individuals who qualify.

How to fill out your income tax and benefit return

You can fill out your tax return online or on paper. Most Canadians, now choose the online method because it's faster and they get their refund sooner, especially if they also signed up for [direct deposit](#).

For a list of income tax clinics call our office 204-697-5967



5TH ANNUAL

Winter FUN DAY

Saturday
FEB 24
11-4 P.M.

HAYRIDE 11:30- 1:00 P.M.

OPEN MIC 2:00-4:00 P.M.

CHILI/BANNOCK 2:00 P.M.

INTRO TO DRUMMING

FACE PAINTING, HOCKEY,

AND MORE....

Event
sponsored
by



healthy
TOGETHER NOW

sunova
CREDIT UNION



Gouvernement
du Canada

Government
of Canada

950 JEFFERSON

FOR MORE INFORMATION CALL
204-697-5967