



SEVEN OAKS SCHOOL  
DIVISION

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## SETTLEMENT PROGRAM FOR IMMIGRANTS TO SEVEN OAKS

**NOVEMBER 2014**

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

*All events and programs are for newcomers to Canada. They are CIC funded and hosted by the Seven Oaks Settlement Program.*

**BRING YOUR PERMANENT RESIDENT CARD TO REGISTER.**

**All programs are free. Questions? Phone 204-632-1716 or 204-697-5961**

### CONTACT INFORMATION

#### Seven Oaks Adult Learning and Settlement Services

**Website:** [www.7oaks.org/programs/settlement](http://www.7oaks.org/programs/settlement)

**Call us:** 204-632-1716  
OR 204-697-5961

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

**Visit us:**  
950 Jefferson Ave

**OFFICE HOURS**  
Monday to Thursday  
9:30 am - 8:00 pm

**Drop-in Computer Use, Help or Information**  
660 Sheppard St.  
Monday to Thursday  
1:00 - 4:00 pm

**Settlement Team:** Shane, Rowena, Jose, and Sally

**Coordinator:** Jana

Seven Oaks Adult Learning and Settlement Service Centre

### PROGRAMS AND WORKSHOPS

- **Women's Group:** Come join us for Health and Fitness and good conversation. Friday evenings 6-8pm. Child care available. Contact Rowena for details. Dates: November 7, 14, & 28, 2014. No group Nov. 21st
- **Conversation Classes:** every Wednesday 6-8pm at 950 Jefferson Ave., starting October 15th– November 19th. This is your chance to improve your speaking and listening skills in English. FREE CHILDCARE Call Shane.
- **Computer Training:** every Wednesday afternoon 1-3pm at 660 Sheppard St. This is a tutoring program for beginners, where you work at your own pace. Call Jose if you have questions.
- **Job Search Skills Training:** every Wednesday 1:30-3:30pm at 660 Sheppard St. Sally will be available to help you improve your job search skills. Bring your resume. Call Sally if you have questions.
- **Relationships in a New Culture Workshop:** Saturday mornings, 9:30-12:30pm at 950 Jefferson Ave. Please contact Shane if you have any questions. No workshop on Nov. 29th.



### EVENTS AND PRESENTATIONS

**Seven Oaks Health Fair-** Come and learn about health and health services for you and your family. Health includes, physical and mental health, relationships, nutrition, dental, vision, and for all people, children, youth, adults and seniors. Come learn about free/low cost programs, subsidies/funding; access to recreation, and so much more. **Friday, Nov. 21, 3-7pm** at 950 Jefferson Ave. Call Jose if you have questions

**Renting in Manitoba-** what you need to know including important information on available subsidies, legal issues and housing options. Thursday, **Nov. 20th, 7-9pm** at 950 Jefferson Ave. Please call Shane if you have questions.

**Conversation Café-** An immigrant **Nurse** will be sharing her story of how she was able to re-qualify and work as a professional nurse again in Manitoba. **Thursday, Nov. 27th, 10am-12noon.** Call Shane if you have any questions.



**Is this your first winter in Manitoba?** We will be hosting winter preparation workshops for our students in November and you are welcome to join us. Please call Sally for details.

## COMMUNITY NEWS FOR THE SEVEN OAKS AREA

Winnipeg Public  
LIBRARY

*The West Kildonan Library at 365 Jefferson Avenue is hosting many Fall programs for children including:*

- **Baby Rhyme Time** Mondays at 1030 am until November 24th and Thursdays at 10:30am until November 20th.
  - **Pre-School Story Time** Mondays at 6:30pm until November 24th
- To register for these two programs, please contact West Kildonan Library at 204-986-4389

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**Community Divali Celebration**– October 30th at Maples Collegiate– starting at 5:30pm. Tickets are \$3 each. Music, dance and food for sale. (see below for a photo of Diwali Celebration last year 2013)

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**Free Community Parenting Class**- “Positive Discipline in Everyday Parenting” with free childcare. For parents of children from birth to 18years old! Every Wed. 1:15-3:15pm starting October 29th at Elwick Village and Resource Centre, 1417 Fife St. Please call Marie at 204-774-7311 to register or if you have questions.

### SCHOOL NEWS FOR SEVEN OAKS SCHOOL DIVISION

**Lunch and Rhyme Parent and Preschool Children Program**

this is a free 8 week program to cook, eat and play together. You and your child will help cook a healthy lunch in the kitchen, and they we’ll eat it together in the daycare. Fridays October– December 5th, 2014 in the Wayfinders kitchen at 950 Jefferson Ave. You need to register for this program– please contact Donna at 204-632-6314. This program will also take place Jan-March 2015 and April-May 2015.



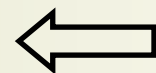
**For more pre-school programs please see the SOSD website under programs.**

**SOSD Parent-Teacher Interviews** on November 20th and 21st for all schools and all grades in Seven Oaks School Division.

## COMMUNITY BEGINS HERE



Recent Parenting Group



Diwali Celebration, 2013



Job Fair

