



SEVEN OAKS
SCHOOL DIVISION

community begins here

Seven Oaks Adult
Learning Centre (ALC)

CALL US

Phone: 632-1716

VISIT US

1330 Jefferson Ave.
2nd Floor

Office Hours:

Monday to Thursday
1:00 p.m. to 8:30 p.m.

E-MAIL US

nispreferral@7oaks.org

The Neighbourhood
Immigrant
Settlement program
helps immigrant
families in the
Seven Oaks area.

Hay Ride and Bonfire

October 27th, 1-4 pm

Free fall family event!

- Meet at Maples School for bus ride @ 1pm (for age 5 and older). Dress warm!
- **You MUST Pre-Register:** Call Sally or Jose at 632-1716



NISP EVENTS AND RESOURCES

September/ October, 2012

7 Oaks Neighbourhood Immigrant Settlement Program

Seven Oaks English Language Classes

For further information please contact: 632-1716

7 Oaks Adult Learning Centre,
1330 Jefferson Ave.

Dates and Times:

Classes run September 2012
until June 2013. Four intakes:
September 24 – November 6/12
November 19/12 – January 25/13
January 28 – March 22/13
April 1 – June 21/13

Morning Classes:

(Morning classes located at the
Seven Oaks ALC)

- Mon & Wed CLB 2-4 9:00 am – 12:00 pm
- Tue & Thurs CLB 5-7 9:00 am – 12:00 pm

Evening Classes:

(Evening classes located at the Seven Oaks ALC)

- Mon & Wed CLB 1-8 6:00 – 9:00 pm
- Tue & Thurs CLB 1-8 6:00 – 9:00 pm

Full Week Session:

(Location: 660 Sheppard St. – Bright Futures Building)

- Mon – Fri CLB 4-6 9:00 am – 12:00 pm
- Mon – Fri CLB 1-3 12:15 pm – 3:15 pm

Classes with child-care available:

(Location: A.E. Wright School, 1520 Jefferson Ave.)

- Tue & Wed CLB 2-5 9:15 am – 11:45 am

Registration? All students must receive Benchmark testing at WELARC (943-5387) before coming to Seven Oaks English classes.

CONVERSATION CIRCLES

Wednesday and Thursday
from 4:55 pm to 5:55 pm

Starting October 10th and 11th
At the 7 Oaks Adult Learning Centre

Come practice English and meet new
friends. No registration.

ALC Presentations this month:



All workshops will be held at the ALC- 1330 Jefferson Ave. No registration.

- Housing Rental Workshop by NJH- October 16th ,4-6pm
- Apprenticeship Manitoba/Wisnit
- U of W/Global Welcome Centre

Adapting to culture shock

<http://www.cic.gc.ca/english/newcomers/after-life-shock.asp>

Though each person is different and will have a unique experience settling in to their new home, many people will go through four common stages of adapting to life in a new culture, often referred to as "culture shock."

Stage 1: Happiness and fascination.

Just before or shortly after arriving in Canada you may:

- Have high hopes and expect great things
- Feel this is a very exciting time
- Feel everything is new and interesting
- Feel confident and that you can easily cope with problems and stress

Stage 2: Disappointment, confusing feelings, frustration and irritation.

During the first six months you may:

- Feel happy about the challenges you have overcome
- Feel frustrated, confused and disappointed
- Feel very positive one day and very negative the next
- Focus on the differences between yourself and Canadians
- Miss your family and feel no connection to Canada
- Have difficulty going to work or looking for work
- Feel loneliness for your country and loved ones.

Stage 3: Gradual adjustment or recovery.

During this stage of adjustment you may:

- Feel more in control of your life as you gain a better understanding of Canada
- Feel more confident in your language skills
- Gradually get involved in the community
- Have a better understanding of how to adapt to life in Canada
- Have a better sense of what you need to do to get what you want in Canada

Stage 4: Acceptance and adjustment.

During this stage of adjustment you will likely:

- Feel more comfortable in Canada
- Have made some friends and be more involved in your new community



Local Resources Which can Help:

⇒ **Mount Carmel Clinic Multicultural Wellness Program** provides culturally appropriate counselling and follow up

See:

www.mountcarmel.ca/programs/community/MCWP.php

Or phone: 589-9475 for more information

⇒ **Immigrant Women's Counselling Services** offer free counselling to women and other supports

See:

<http://www.norwesthealth.ca/mind-spirit/immigrant-womens-counselling-services/>

Or phone: 940-2172 for more information

**For more information about the Seven Oaks Neighbourhood
Immigrant Settlement Program
visit our WEBSITE at:**

<http://www.7oaks.org/Programs/NISP>