



**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

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

Secretary

Judy Tyndall

ESL Coordinator

Slavo Federkevic

Program Manager

Jana Mckee

Director

Fran Taylor

NEWSLETTER

Seven Oaks Immigrant Services

November/December 2017

SEVEN OAKS SPORTSPLEX

GARDEN CITY COMMUNITY CENTRE

HELP Newcomer kids get their own skates
and helmet... Help them learn how to skate!

SKATE & HELMET DRIVE

During the month of November, please drop off new or used skates
and helmets at one of our bins located in the
Seven Oaks Arena - 745 Kingsbury Avenue.
All items collected will be given to 4-12 years old youth or older.

Newcomer parents contact the Seven Oaks Immigrant Services
at (204) 697-5967 to pre-register or email settlement@7oaks.org.

Sizing Event >> December 2, 9am to 12pm. Parents are requested to ac-
company their kids to get sized and take home their "nearly new" equipment.

Skate with Santa >> December 17, 2017 12:30 to 3:00pm at Seven Oaks
Arena, 745 Kingsbury Avenue.



**Devi
SHARMA**
CITY COUNCILLOR Old Kildonan



EST. 2011
**ICETIME
SPORTS**
www.icetimesports.ca

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.

Qualifications Recognition Assistance

Do you have an education or a degree from your
home country?



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Computer Skills That Will Help You Get Hired

Here are some computer skills that are prized by employers in a wide variety of sectors.

Microsoft Office

Virtually all workers have some familiarity with Microsoft Word. However, individuals who can carry out mail merges, modify macro scripts, format documents expertly, and execute other complex functions are most highly recruited.

Spreadsheets

Facility with spreadsheet programs, especially Microsoft Excel, is referenced in many job announcements. Candidates who can create complex macros to organize spreadsheet information are in particularly high demand.

PowerPoint

A solid grasp of PowerPoint for workers who wish to conduct dynamic presentations or prepare materials for bosses and colleagues is essential. Job candidates who can show employers some attractive examples of presentation slides will often have a leg up in the hiring process.



Computer Classes for Permanent Residents

Every Monday
October 16- December 4
6:00- 7:30 p.m.
at 930 Jefferson Ave.

TO REGISTER CALL
204-697-5960

SIGN ME UP!

SEVEN OAKS SCHOOL DIVISION
Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada Immigration, Refugees and Citizenship Canada

Email

We all use email as part of our personal and professional lives, but those individuals who can perform advanced functions with email programs like Microsoft Outlook can increase office productivity.

Web and Social Skills

Most organizations are looking to enhance their footprint on the web and within social media. Workers who can maintain and upgrade websites using tools like content management systems. Candidates who understand how to leverage social media to convey messages about their organization are in high demand.

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.

Volunteering is an excellent way to acquire this! We can help you find interesting and relevant volunteer opportunities and we can help you get Canadian workplace experience with real employers by completing an internship.

Come and see us today!

For more information,
contact ERNA at
204-697-5969 or
nisw4@7oaks.org



7 Oaks Newcomer Gardening Project

Would you like to grow your own vegetables?

Why wait until after the winter?

Learn about gardening and farming in Canada and start your own seeds under light. Want to find a small space for gardening? We can help!

Please contact ERNA for more information. Phone: 204-697-5969 or nisw4@7oaks.org

Reading Families

Start Date: Nov 20th, 2017

Location: West Kildonan Library (365 Jefferson Ave) Mondays from 5:00-7:00 p.m.

We will be doing three programs for the whole family

- Reading for middle age kids
- Parent Child for the parents and pre school age
- Men's group

For more information call us at 207-697-5967 or email us at nisw6@7oaks.org





Manitoba
Association of Filipino
Teachers Inc.
Founded 1977
Incorporated 1981
BN 898141502MC0001

Manitoba 
Province of Manitoba
Multi-Cultural Secretariat
Special Project



SEVEN OAKS
SCHOOL DIVISION
community begins here



WINNIPEG SCHOOL DIVISION

FREE **FILIPINO LANGUAGE CLASSES** (for Non-Filipino & Filipino Youth and Adults)

An oral-based program with progressive emphasis on reading and writing. Lessons will revolve on themes using a Functional-Situational and Notional Approach with the use of dialogues, conversations, and role-playing. Cultural components will be embedded in reading texts and for oral purposes.

Youth Classes (15-21 years old) – 10 Sessions

Tuesdays and Thursdays – Starts October 17, 2017, 6:00-7:30PM
Daniel McIntyre Collegiate Institute, 720 Alverstone Street

Adult Classes (22-60 years old) – 10 Sessions

Wednesdays – Starts October 18, 2017, 6:00-7:30PM
Seven Oaks Immigrant Services, 930 Jefferson Avenue

To register and for further information, please email nisw1@7oaks.org or contact Ernesto at (204) 697-5967.



**ETHNIC
COOKING
for
SENIORS**

Learn to make
dishes from
different
countries . . .

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

Dates: (Saturdays)
October 14, 21, 28 /
November 4, 18, 25 /
December 2, 2017
Time: 10AM – 1PM
Venue: Maples Collegiate Kitchen,
1330 Jefferson Avenue

For more information or to register, please call:
Seven Oaks Immigrant Services – (204) 697-5967
or Email: nisw1@7oaks.org



Know how to
prepare
palatable and
nutritious
food . . .

Flu - Myths and Facts

Myth: I don't need to get vaccinated until someone I know is sick.

Getting the vaccine early in the season is actually better. It can take up to two weeks for the protection in the vaccine to be effective. The earlier you get the vaccine, the better protected you are.

Myth: I never get sick, so I don't need to get vaccinated.

You can be infected with the flu and spread it, even if you're not showing symptoms. Getting the vaccine means you can also help protect others from getting sick.

Myth: I don't have the time to get vaccinated.

Getting vaccinated takes about 30 minutes. If you get sick, the flu can last for several days. It can even lead to more serious problems like pneumonia and bacterial infections, sometimes resulting in hospitalization. No one has time for that.

Myth: It's complicated to get the vaccine because there isn't a flu clinic near my home or work.

Clinics are just one great option where people can get vaccinated. You can also go to your doctor/nurse practitioner or even to the local pharmacy.

***If you have any questions about seasonal flu or pneumococcal immunization:
Speak with a health care provider or call Health Links – Info Santé at:
204-788-8200 in Winnipeg or toll-free 1-888-315-9257***

Koats for Kids

United Way Winnipeg's Koats for Kids have been helping provide winter coat for children since 1989 through the help of volunteers and donations.

Our organization is one of the drop off Centres for this program. If you need a winter coat please register with us. Email : nisw1@7oaks.org. or Call Ernesto at 204-697-5967

**BIG THANKS TO
SUNOVA CREDIT UNION
FOR SPONSORED OUR
6TH JOB FAIR AND
SERVICE PROVIDERS
EXPO 2017**



**ALSO WE WANT TO THANK
OUR FRIEND VALUE
VILLAGE FOR THEIR HELP
AND SUPPORT TO OUR
EMPLOYMENT PROGRAM**

**Value
Village**

Do you want to know what's happening?
Computer classes, Conversation classes,
English classes and more....Follow us on
Facebook and twitter.



IMMIGRANT WOMEN'S COUNSELLING SERVICES
AND
SEVEN OAKS IMMIGRANT SERVICES



**Confidential counselling, information, resources,
referrals and support at NO COST**

for women having difficult situation on:

**RELATIONSHIP, ANXIETY, STRESS, CULTURAL ADAPTATION,
SELF-ESTEEM, DOMESTIC VIOLENCE, INTIMATE PARTNER
VIOLENCE, COPING, SELF-CARE and more...**

Visit us every Wednesday

at 930 Jefferson Avenue, 10:00 am to 12:00 noon
WRHA interpreter services available for counselling purposes only.

For more information or to make an appointment, please call:

Emmy, Counsellor, Access Norwest at (204) 938-5911

Rowena, Settlement Worker, Seven Oaks at (204) 697-5969

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:

Oct. 19—Nov. 30, 2017

*Thursdays: 6:00 - 7:30 PM

Where:

930 Jefferson Avenue

Register NOW!

Call 204-697-5967 or
Email 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.



Thanks to our friends for their support :



Our office will be closed on Dec 25, 2017 to
January 8, 2018