

Toronto Centre: 302 Spadina Avenue, Unit 206, Toronto ON (416) 977 - 4026

SETTLEMENT

Nov 16 & 30 Wednesday 2 – 4pm	Get to Know Legal Knowledge Mandarin	Online Zoom	Newcomer	Guest Speaker: Jenny Quan, Community Legal Worker at Chinese and Southeast Asian Legal Clinic Workshop #1 Tenant's Right Workshop #2 Power of Attorney	Lisa Zhang Lzhan@tccsa.org
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FAMILY, CHILDREN & YOUTH

Nov 23, 30 & Dec 7 Wednesday 3:30 – 4:30pm	Youth Wellness Volunteering Program English	Online Zoom	Newcomer Youth 14-19	Do you feel great about yourself? Have you taken time to take care of yourself? Join this program and become our youth mental wellness volunteer.	Erica Ngai engai@tccsa.org
Nov 9 & 16 Wednesday 2:30 – 4pm	Post-secondary application Workshop English	Online Zoom	Newcomer Parents & Youth	<ul style="list-style-type: none"> Ontario High School System Graduation Requirements Post-secondary education applications and timeline Useful related resources 	Yumee Ng yng@tccsa.org
Nov 17 & 24 Thursday 3 – 4pm	Youth Winter Volunteer English	Online Zoom	Newcomer Youth	<ul style="list-style-type: none"> Volunteer training to prepare youth to host a newcomer senior program in December Develop soft skills, such as presentation skills and facilitation skills Volunteer hours will be given depending on the attendance and quality of work 	Yumee Ng yng@tccsa.org

WELLNESS

Nov 10 Thursday 3:45 – 4:45pm	Aromatherapy workshop Cantonese	In-person	All	<ul style="list-style-type: none"> Precautions when using essential oils Diffusion method The types of essential oil that support relaxation, energy lifting and smooth breathing 	Karis Fung (437) 329-1285 kfung@tccsa.org
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EarlyON Programs for Families

The programs will be delivered in-person – Toronto Centre
For children aged 0-6 and their parents /grandparents/ caregivers

Tuesdays	10:00-11:00am Welcome and Self Play 11:00-11:30am Morning Exercise 11:30-12:00pm Melody ABC (Singing)	1:00-2:30pm Storytelling 2:30-3:30pm Family Pre-school Programme Arts & Crafts 3:30-4:30pm Chinese Cultural Session 4:30-5:00pm Snack to go	Anne Wong (416) 779-6133 (416) 977-4026 Ext:108 awong@tccsa.org
Fridays	10:00-11:00am Welcome and Self Play 11:00-12:00pm Melody ABC (Singing)	1:00-1:30pm Storytelling 1:30-2:30pm Family Pre-school Programme Arts & Crafts 2:30-3:00pm Snack to go & Goodbye Song	

安居服务

11月16, 30日 星期三 2 - 4pm	法律知识知多少 国语	线上 Zoom	新移民	讲员: JENNY QUAN 社区法律辅导员 (华越東寮法律援助中心) 了解更多有关租客权益及授权书方面的内容 讲座#1: 租客权益 讲座#2: 授权书	Lisa Zhang Lzhan@tccsa.org
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家庭、儿童、青少年活动

11月23、30日 12月7日 逢星期三 3:30 - 4:30pm	青少年心灵健康义工计划 英语	线上 Zoom	14 -19 新移民 青少年	提升心理健康, 成为大使! 你现在感觉良好吗? 你有没有花时间照顾自己心灵需要?	Erica Ngai engai@tccsa.org
11月9、16日 星期三 2:30 - 4pm	大學及大專申請工作坊 英语	线上 Zoom	新移民家長及青少年	<ul style="list-style-type: none"> 安省的高中制度简介; 毕业条件 高中毕业后如何申请大学及大专课程 有用的相关资源 	Yumee Ng yng@tccsa.org
11月17、24日 星期四 3 - 4pm	青少年冬季义工活动 英语	线上 Zoom	新移民青少年	将提供志愿服务机会 <ul style="list-style-type: none"> 志愿者培训, 为青年做好准备 培养软技能, 例如演讲技巧和引导技巧 义工时间将视为出勤率和工作质量而定 	Yumee Ng yng@tccsa.org

心理健康

11月10日 星期四 3:45 - 4:45pm	香薰治療基礎工作坊 粵語	实体	任何人	纯精油由大量植物萃取而成, 不同精油有不同功效, 是大自然送给人类的礼物! 让我们从认识大自然, 学习更爱自己。 <ul style="list-style-type: none"> 使用精油的注意事项; 扩香方法 介绍有助放松、提神、令人愉悦和有助呼吸畅顺几类精油 	馮姑娘 Karis Fung (437) 329-1285 kfung@tccsa.org
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EarlyON 家庭亲子活动

此活动以**实体形式**进行 - 多伦多中心
适合 0 - 6 岁儿童及其家长/祖父母/照顾者一同参加

逢星期二	10:00-11:00am 欢迎及自由活动 11:00-11:30am 齐齐做运动 11:30-12:00pm 亲子齐齐学唱歌	1:00-2:30pm 讲故事 2:30-3:30pm 亲子活动-做个艺术小天才 3:30-4:30pm 学习中国文化 4:30-5:00pm 小吃带回家	Anne Wong (416) 779-6133 (416) 977-4026 Ext:108 awong@tccsa.org
逢星期五	10:00-11:00am 欢迎及自由活动 11:00-12:00pm 亲子齐齐学唱歌	1:00-1:30pm 讲故事 1:30-2:30pm 亲子活动-做个艺术小天才 2:30-3:00pm 小吃带回家和再会歌	