



DIY Repellent - Parents' Aroma workshop



Summer is coming ! Excited about planning activities with child(ren)? To fully enjoy, let's be prepared!.

- This workshop will include:
- Sharing summer activities plans with each other
 - Tips on effective communication with children when making those plannings.
 - DIY mosquito repellent spray and itch relief roll

Date: **Friday June 9, 2023**
 Time : 10:00 – 11:00 am
 Language: English and Chinese
 Location: York Centre
 Participants: Newcomer Parent



Wellness Exercises for Seniors



Join us in activities that exercise our brains and our bodies! Learn breathing techniques, chair exercises, memory games, and much more!

Date: **Wednesdays June 21-July 26**
 Time: 10:00-11:00am
 Language: English and Chinese
 Location: Online Zoom
 Participants: Newcomer Seniors



“Getting Close Again” - Parents Online workshop

Do you often find yourselves engaged in tug-of-war battles over the use of electronic devices with children ? Perhaps you even feel like you're constantly at odds with each other. How we can bridge this seemingly vast distance & bring our worlds closer together.

- Content:
1. Sharing on difficulties over getting along with children
 2. Tips on effective communication with children at different age

Date: **Thursday June 15, 2023**
 Time : 10:00 – 11:00 a.m.
 Language: English and Chinese
 Location: Online Zoom
 Participants: Newcomer Parents



Self-Care Summer

Each week you can participate in a self-care activity this summer! Join us for some painting, yoga, sculpting, and make some new friends along the way!



Group #1
 Dates: **Mondays July 10-August 28**
 Time: 2:00-3:30pm
 Language: English and Chinese
 Location: York Centre
 Participants: All Newcomers Welcome

Group #2
 Dates: **Fridays July 7-August 25**
 Time: 2:00-3:30pm
 Language: English and Chinese
 Location: Scarborough Centre
 Participants: All Newcomers Welcome



Wellness Summer Day Camp



This summer TCCSA Wellness Oasis is running a day camp for newcomer kids! It will be packed with fun activities such as arts and crafts, games, and activities! .

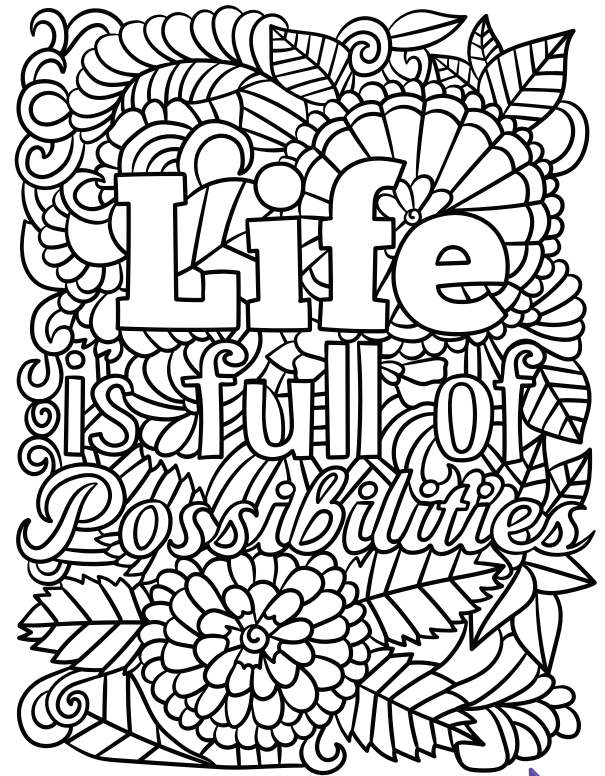
Group #1
 Date: Monday to Friday July 21-25
 Time: 9:30am-12:30pm
 Language: English
 Location: **York Centre**
 Participants: Newcomer Kids (ages 6-13)

One-time Parents talk -
 July 24 (Mon)
 9:30a.m -10:30a.m
 Emotion coaching skills



Group #2
 Date: Monday to Friday August 21-25
 Time: 9:30am-12:30pm
 Language: English
 Location: **Scarborough Centre**
 Participants: Newcomer Kids (ages 6-13)

One-time Parents talk -
 Aug 21 (Mon)
 9:30a.m -10:30a.m
 Emotion coaching skills



Scan the QR code to register for any programs:



REGISTRATION

-- Permanent Resident card or Landing paper are required for registration. --

Method #1:

Please select the program(s) that you are interested and kindly provide the below information. You can submit the filled form to any TCCSA center. The corresponding staff will be in contact with you for confirmation.

Full Name: _____

Email: _____

Phone: _____

Immigration Status:

- Canadian Citizen
 Permanent Resident
 Convention Refugee
 Other: _____

Programs you would like to join:

- DIY Repellent - Parents' Aroma workshop
 Wellness Exercises for Seniors
 "Getting Close Again"
 Self-Care Summer (Group #1)
 Self-Care Summer (Group #2)
 Wellness Summer Day Camp (Group #1)
 Wellness Summer Day Camp (Group #2)
 Celebrate Wellness Event

Other: _____

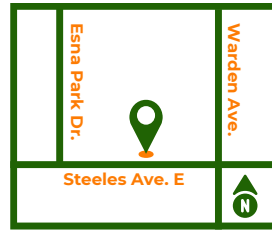
Method #2:

Scan the QR code and fill-in the required information. The corresponding staff will be in contact with you for confirmation.

TCCSA LOCATIONS

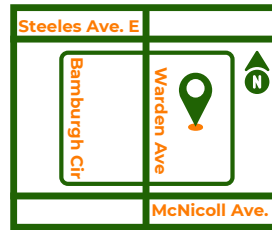
York Centre

Unit 213A,
3636 Steeles Avenue East,
Markham L3R 1K9
Phone: (905) 948-1671
Fax: (905) 948-9997



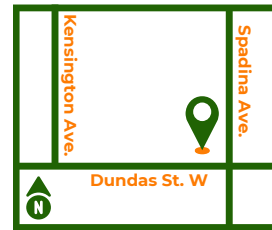
Scarborough Centre

Unit A107,
325 Bamburgh Circle,
Toronto M1W 3Y1
Phone: (416) 502-9500
Fax: (416) 502-2900



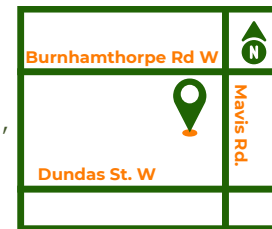
Toronto Centre

Unit 206,
302 Spadina Avenue,
Toronto M5T 2E7
Phone: (416) 977-4026
Fax: (416) 351-0510



Peel Centre

Unit 2,
720 Burnhamthorpe Road W.,
Mississauga L5C 3G1
Phone: (905) 615-9500
Fax: (905) 615-0622



Inquiry and Registration:

Karis Fung
Phone: (437) 329-1285
Email: kfung@tccsa.org

Rizette Catarroja
Phone: (437) 329-1252
Email: rcatarroja@tccsa.org

Office Hours:

Monday to Friday | 9am to 5pm

Being a newcomer comes with various challenges in your daily life. You may experience mixed emotions such as excitement, nervousness, loneliness, and sadness. These are normal emotions as you adjust to a new place.

Since 1973, TCCSA has worked with numerous new immigrants. We well understand that new immigrants need not only tangible resources, but also emotional and familial support.

Hence, TCCSA launched THE WELLNESS OASIS. A series of holistic wellness services that new immigrants can join to have a chance to rest, re-energize, care for family members, and improve overall well-being. We are glad to be your "oasis" in this journey.



Services Include:

Educational and Developmental Workshops

Focusing on self-care, family relationships, and mutual support in various creative approaches.

Individual Counselling

Newcomer mental health specialist provides short-term counseling support for individuals with emotional distress and concerns.

Referral Services

Refer to the specialized agency for follow-up, if appropriate.

Fee : All services are free of charge

Funded by:



Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada





自製驅蚊劑 家長香薰工作坊

夏天快到了！對計劃與孩子的活動感到興奮嗎？為了充分享受，讓我們做好準備。

內容：
彼此分享暑期活動計劃
制定計劃時與孩子溝通的技巧
製作DIY驅蚊劑（噴式）和止癢（滾樽）



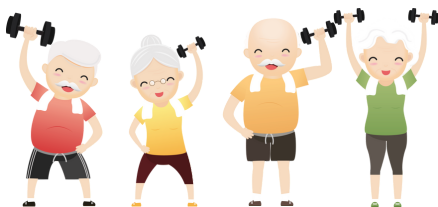
日期：2023年6月9日，（星期五）
時間：上午10:00 - 11:00
語言：英文和中文
地點：約克中心
對象：新移民家長



長青活動組

加入我們鍛煉大腦和身體的活動吧！學習呼吸技巧，椅子鍛煉，記憶遊戲等等！

線上講座 @ Zoom



日期：6月21日至7月26日週三
時間：上午10:00-11:00
語言：英文和中文
地點：在線ZOOM
對象：新移民長者

「再次靠近」 家長工作坊



線上講座 @ Zoom

隨著子女漸漸長大，他們沉醉於自己的社交圈子和網路世界，仿佛很難跟他們談話。

內容：
• 互相分享溝通難題
• 探討與不同年齡的孩子溝通技巧



日期：2023年6月15日，星期四
時間：上午10:00 - 11:00
語言：英文和中文
地點：在線ZOOM
對象：新移民家長



自我關懷 夏季講座

今年夏天，了解更多關於自我關懷技巧和建立你的社交網絡，並配合參與繪畫、藝術和手工藝、健康飲食等不同活動進行！並在此過程中結交一些新朋友！



第一組
日期：7月10日至8月28日，每週一
時間：下午2:00-3:30
語言：英文和中文
地點：約克中心
對象：歡迎所有新移民



第二組
日期：7月7日至8月25日，星期五
時間：下午2:00-3:30
語言：英文和中文
地點：士嘉堡中心
對象：歡迎所有新移民



茁壯成長 夏令營



以有趣的活動，如藝術，手工藝，遊戲等方式，增強孩子的情緒管理，內容包括：

- 感情表達
- 情緒智商
- 逆境智商

第一組
日期：7月21-25日週一至週五
時間：9:30-12:30pm
語言：英語
地點：約克中心
參與者：新移民兒童（6-13歲）



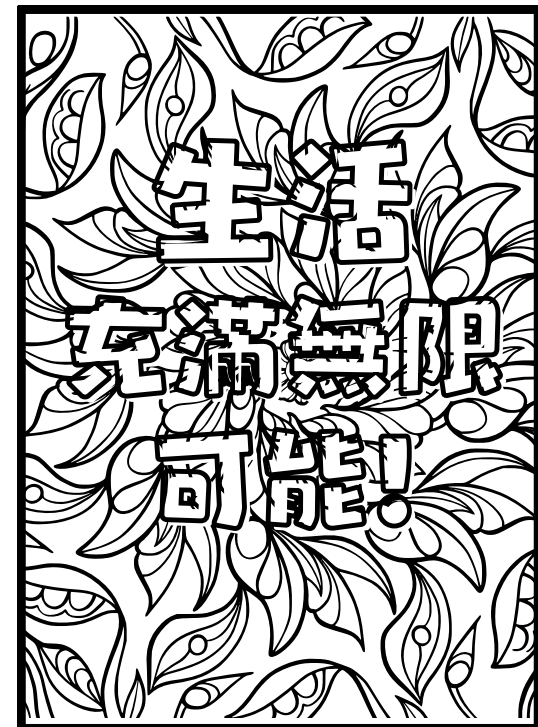
家長講座 -
7月24日上午9:30-10:30
探討處理孩子的情緒技巧



第二組
日期：8月21-25日週一至週五
時間：9:30-12:30pm
英語語言
地點：士嘉堡中心
參與者：新移民兒童（6-13歲）

家長講座 -
8月21日上午9:30-10:30
探討處理孩子的情緒技巧

HELLO SUMMER!



SCAN ME!



請掃描二維碼
報名任何節目：



報名方法

-- 報名時需提供楓葉卡號碼或移民紙登記 --

方法一：
請剔選你有興趣的活動，然後填寫以下個人資料，把整份活動巡禮交給任何一間中心，職員會盡快聯絡你確實報名。

姓名: _____

聯絡電話: _____

移民身份:

- 加拿大公民
- 永久居民
- 公約難民
- 其他: _____

你有興趣的活動:

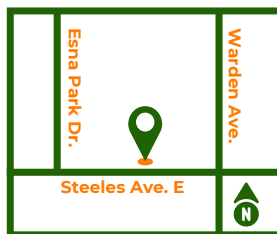
- 自製驅蚊劑 - 家長香薰工作坊
- 長青活動組
- 「再次靠近」家長工作坊
- 自我關懷 (第一組- 約克中心)
- 自我關懷 (第貳組- 士嘉堡中心)
- 茁壯成長夏令營(第一組- 約克中心)
- 茁壯成長夏令營 (第貳組- 士嘉堡中心)

方法二：
掃描二維碼，填妥資料，職員會聯絡你確實報名。

多華會中心

約克中心

Unit 213A,
3636 Steeles Avenue East,
Markham L3R 1K9
電話: (905) 948-1671
傳真: (905) 948-9997



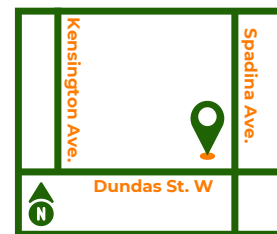
士嘉堡中心

Unit A107,
325 Bamburgh Circle,
Toronto M1W 3Y1
電話: (416) 502-9500
傳真: (416) 502-2900



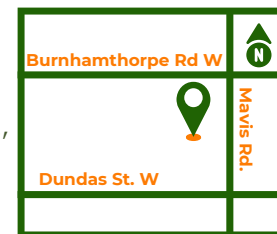
多倫多中心

Unit 206,
302 Spadina Avenue,
Toronto M5T 2E7
電話: (416) 977-4026
傳真: (416) 351-0510



皮爾中心

Unit 2,
720 Burnhamthorpe Road W.,
Mississauga L5C 3G1
電話: (905) 615-9500
傳真: (905) 615-0622



心靈綠洲- 身心靈健康服務

活動巡禮
(2023年5月-8月)

查詢及報名:

Karis Fung 馮姑娘 (安居服務)

電話: (437) 329-1285

Email: kfung@tccsa.org

Rizette Catarroja (安居服務)

聯絡電話: (437) 329-1252

Email: rcatarroja@tccsa.org

辦公時間: 星期一至五

上午九時至下午五時

踏足新地方，開展新生活，
既興奮又會遇上各式各樣的挑戰，
難免會有心靈疲累的時候。

多華會自1973年起，
於多倫多服務新移民多年，
深感明白新移民除了安居服務外，
情緒和家庭支援的重要性。

有見及此，多華會開展
「心靈綠洲」身心靈健康服務，
目的是讓新移民擁有心靈休息的
時間和機會，關心自己和家人，
重新得力，再向前行。



服務內容

教育性和發展性活動
以自我關懷、家庭為本和互助同行
為主題，配合藝術、大自然等不同
手法進行。

個人輔導
由社工為情緒困擾人士，
提供短期個人支援服務。

轉介服務
經社工評估後，可以轉介到
合適的專責服務單位。

費用：所有服務全免



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada