

## Adjusting Life in Canada

These 2 sessions is aimed to help newcomer youth adjust to their lives in Canada.

Topics covered:

- Enhancing English skills
- Using transportation in Mississauga
- Accessing mental and physical health services
- Preparing for school
- Finding cultural or religious support groups
- Overview of living in Mississauga
- Q&A session included

Staff: Natalya Savaryn

## Tech Tips for Senior

Empowering newcomer seniors with essential tech skills:

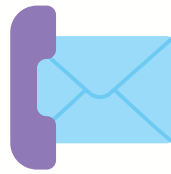
Goals:

- Enhance independence
- Foster community connections
- Provide solid foundation for navigating new lives and surroundings with confidence

Focus:

- Provide guidance on utilizing smartphones and popular online tools

Staff: Yoshie Ikebe



## CONTACT US

Crystal Chan  
Online Services Coordinator  
905-948-1671 ext.219  
cchan@tccsa.org

Nicole Mak  
Program Coordinator  
905-615-9500 ext.224  
nmak@tccsa.org

Yoshie Ikebe  
Settlement Worker  
905-615-9500 ext.223  
yikebe@tccsa.org

Natalya Savaryn  
Settlement Worker  
905-615-9500 ext.225  
nsavaryn@tccsa.org

William Wang  
Settlement Worker  
905-615-9500 ext.222  
wwang@tccsa.org

Reham Mohamed  
Newcomer Mental Health Specialist  
905-948-1671 ext.164  
rmohamed@tccsa.org



# PEEL CENTRE

# PROGRAM & ACTIVITY

# AUGUST 2024

Burnhamthorpe Rd. W.	
	Mavis Rd.
Dundas St. W.	

TCCSA Peel Centre  
Unit 2,  
720 Burnhamthorpe Rd. W.  
Mississauga , ON L5C 3G1  
905-615-9500  
www.tccsa.on.ca

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

## Be the “Smart” Buddy

Join us as volunteer to help expand our senior clients' digital literacy skills.

Volunteer Role:

- Assist seniors with digital devices and useful apps
- Aid in finding online resources

Program Includes:

- 4 training sessions
- Topics: communication skills, leadership, creating workshops for senior clients

Staff: Crystal Chan

## Share Your Story

Webinar for newcomer women:

Objective and topics:

- Provide insights for transitioning and integrating into Canadian society
- Guest speakers will share their personal settlement challenges and solutions

Staff: Yoshie Ikebe

## What is Employment Insurance

Information Session:

Overview of Employment Insurance benefits for CUAET holders

Topics:

- What Employment Insurance is?
- How to qualify?

Staff: Natalya Savaryn

## Apply for Post Secondary Education

This webinar is designed to help newcomer parents understand and navigate the post-secondary education system for their children.

Objectives:

- Understand the post-secondary education system
- Learn about educational options
- Navigate application processes
- Explore financial aid opportunities
- Equip parents to support their children's educational aspirations

Staff: Yoshie Ikebe

# START HERE

**AUGUST 2 & 9**  
**BE THE “SMART” BUDDY**

Trainings for volunteers  
Language: English  
Peel Centre & Online  
3:30pm - 4:30pm

**AUGUST 06**  
**SHARE YOUR STORY**

Language: Mandarin  
Zoom.us 2:30pm - 3:30pm

**AUGUST 7, 14, 21,  
28**

**CONVERSATION  
CIRCLE-  
ADVANCED**

Language: English  
Zoom.us  
5 pm - 6pm



## Monthly Highlights

### VIRTUAL FIELDTRIP - WEST COAST OF CANADA

This series of virtual tours will guide participants to have a glance at different regions and enjoy the beauty of their humanity and great nature. The west coast will be the next destination.

Staff: William Wang

**AUGUST 07**

**WHAT IS EMPLOYMENT  
INSURANCE**

Language: Ukrainian  
Zoom.us  
6 pm - 7 pm

**AUGUST 13**

**APPLY FOR POST  
SECONDARY EDUCATION**

Language: Mandarin  
Zoom.us  
2:30pm - 3:30pm

# THANK YOU

**AUGUST 27**

**TECH TIPS FOR  
SENIOR**

Language:  
Mandarin  
Zoom.us  
2:30pm - 3:30pm

**AUGUST 22**

**VIRTUAL FIELDTRIP -  
WEST COAST OF CANADA**

Language: Mandarin  
Zoom.us 1:30pm - 2:30pm

**AUGUST 16, 22, 30**

**BE THE “SMART” BUDDY -  
SESSIONS WITH SENIORS**

Language: Mandarin  
Peel Centre 1:30pm - 2:30pm

**AUGUST 14 & 28**

**ADJUSTING LIFE IN CANADA**

Language: English  
Zoom.us 6:30pm - 7:30pm



TCCSA Website



TCCSA FB



TCCSA IG

## 如何适应加拿大生活

这两期的活动旨在帮助新来到加拿大的年亲人适应他们的生活。

主题包括:

- 提高英语技能
- 使用密西沙加的交通工具
- 如何寻找有关心灵健康的服务
- 各类学前准备
- 如何寻找有关自身文化或宗教团体
- 密西沙加生活概述
- 问答环节

工作人员: Natalya Savaryn

## 长者科技小技巧

赋予新来加拿大的老年人如何掌握基本的科技技能。

目标:

- 增强独立性
- 促进社区联系
- 为自信地应对新生活和环境提供坚实的基础

重点:

- 提供使用智能手机和常用在线工具的指导

工作人员: Yoshie Ikebe (苏小姐)



## 联系方式

Crystal Cha (陈小姐)  
Online Services Coordinator  
905-948-1671 ext.219  
cchan@tccsa.org

Nicole Mak (麦小姐)  
Program Coordinator  
905-615-9500 ext.224  
nmak@tccsa.org

Yoshie Ikebe (苏小姐)  
Settlement Worker  
905-615-9500 ext.223  
yikebe@tccsa.org

Natalya Savaryn  
Settlement Worker  
905-615-9500 ext.225  
nsavaryn@tccsa.org

William Wang (王先生)  
Settlement Worker  
905-615-9500 ext.222  
wwang@tccsa.org

Reham Mohamed  
Newcomer Mental Health Specialist  
905-948-1671 ext.164  
rmohamed@tccsa.org



# 皮尔区中心 活动及讲座

## 2024年8月份

Burnhamthorpe Rd. W.	
	Mavis Rd.
Dundas St. W.	

多华会皮尔区中心  
Unit 2,  
720 Burnhamthorpe Rd. W.  
Mississauga, ON L5C 3G1  
905-615-9500  
www.tccsa.on.ca

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

## 成为“智能”的小伙伴

加入我们，成为义工，帮助我们的长者们提升科技技能。

义工角色:

- 教导长者如何使用科技设备和手机应用程序
- 协助长者寻找在线资源

培训项目包括:

- 4 次培训课程
- 增强沟通技巧、领导能力、如何为长者提供筹办讲座

工作人员: Crystal Chan (陈小姐)

## 分享你的故事

女性新移民的网络研讨会:

目标和主题:

- 提供有关过渡和融入加拿大社会的见解
- 嘉宾将分享她们个人在安顿过程中遇到的挑战和解决方案

工作人员: Yoshie Ikebe (苏小姐)

## 什么是就业保险

信息讲座:

CUAET持有者的就业保险福利概述

主题:

- 什么是就业保险
- 如何符合申请资格

工作人员: Natalya Savaryn

## 如何申请大学和大专

本网络研讨会旨在帮助新移民的家长了解有关加拿大高等学府教育系统。

目标:

- 让家长了解大学和大专的教育系统
- 探索教育选项
- 申请流程指导
- 探讨如何获得财政援助机会
- 帮助家长如何实现孩子的教育抱负

工作人员: Yoshie Ikebe (苏小姐)

## 由此展开 您的学习 旅程

8月2日 & 9日  
成为“智能”小伙伴  
义工培训课程  
语言: 英文  
皮尔区中心及线上  
3:30pm - 4:30pm

8月6日  
分享你的故事  
语言: 普通话  
线上 Zoom.us  
2:30pm - 3:30pm

8月7日、14日、  
21日及28日  
英文口语练习班-高级  
语言: 英文  
线上 Zoom.us  
5 pm - 6pm



## 每月精选

### 线上旅游 - 加拿大西海岸

这一系列的虚拟旅行将引导参与者瞥见不同的地区，欣赏它们的人文魅力和自然风光。西海岸将是我们下一个目的地。

工作人员: William Wang 王先生

## 感谢您的 支持

8月27日  
长者科技小技巧

语言: 普通话  
线上 Zoom.us  
2:30pm - 3:30pm

8月22日  
线上旅游之加拿大西海岸

语言: 普通话  
线上 Zoom.us  
1:30pm - 2:30pm

8月16日、23日及30日

成为“智能”小伙伴之  
长者学习组  
语言: 普通话  
皮尔区中心  
1:30pm - 2:30pm

8月14日及18日

如何适应加拿大生活  
语言: 英文  
线上 Zoom.us  
6:30pm - 7:30pm

8月7日  
什么是就业保险

语言: 乌克兰语  
线上 Zoom.us  
6 pm - 7 pm

8月13日  
如何申请大学和大专

语言: 普通话  
线上 Zoom.us  
2:30pm - 3:30pm



TCCSA Website



TCCSA FB



TCCSA IG