



Newcomer Youth Summer Workshop Series

July 2008

July 10th Meet and Greet Social 3:00 pm to 5:00 pm	July 17th The Youth Culture 1:00 pm to 3:00 pm	July 24th Are You Really Listening 1:00 pm to 3:00 pm	July 31st Making Friends Guide 1:00 pm to 3:00 pm
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August 2008

August 7th Walk With Me 1:00 pm to 3:00 pm	August 14th Time Matters 1:00 pm to 3:00 pm	August 28th Money Talk 1:00 pm to 3:00 pm	August 28th Stress Management 1:00 pm to 3:00 pm
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Contact us at 1420 Burnhamthorpe Road East, Suite 315, Mississauga, ON L4X 2Z9
 Attendance at all events is **FREE** as they are being sponsored by Citizenship and Immigration Canada
 as part of the **Immigrant Settlement and Adaptation Program**



Tel. (905) 629-1873

www.dixiebloor.ca

July 10, 2008 3:00-5:00 PM Introduction/Orientation Workshop in English

This is the first "meet and greet"! All interested participants will have the opportunity to learn what the group is all about. Interested individuals are highly encouraged to attend this first meeting to get a great orientation and to meet new people.

July 17, 2008 1:00-3:00 PM Culture Shock: The Youth Culture Workshop in English

What does it really mean to be a YOUTH in Canada? Explore and learn from your fellow peers.

July 24, 2008 1:00-3:00 PM Are You Really Listening Workshop in English

Communication is the key! Do you mean what you say? Do you say what you mean? Come and learn the different communication styles and watch your confidence grow.

July 31, 2008 1:00-3:00 PM Making Friends Guide Workshop in English

Language or culture doesn't have to be a barrier to friendship. Friendship is a recipe, come and learn the ingredients! This workshop is the first step to building your support network.

August 7, 2008 1:00-3:00 PM Walk With Me Workshop in English

Ever feel awkward or displaced in a social situation? Come and learn about gender roles, power relationships, social competency and how to make the best of a bad situation.

August 14, 2008 1:00-3:00 PM Time Matters Workshop in English

Learn the concept of time and how it works in a Canadian society. Put life into place by learning time management skills.

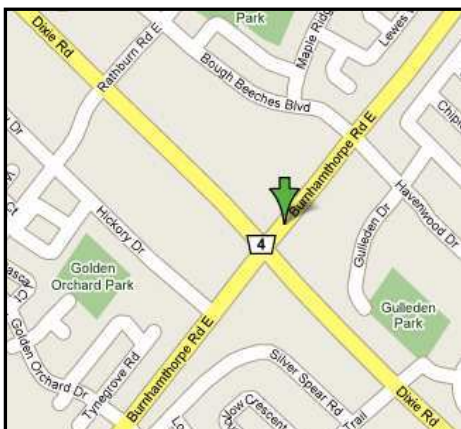
August 21, 2008 1:00-3:00 PM Money Talk Workshop in English

Employment and finances is something you don't have to stress about if you learn how to manage it properly. What is the value of money and how can you make it work for you? Come and learn how you can plan, save and invest in your future.

August 28, 2008 1:00-3:00 PM Stress Management Workshop in English

What is stress and how does it affect you? Learn how to recognize the symptoms and changes it can bring about in you. Come and learn great coping strategies for a healthier and happier you.

TO BE DETERMINED GROUP ACTIVITY



**Please Contact
Ly Chhun Mom, Youth Settlement Worker
Extension 252**

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