

## CICS WORKSHOP / PROGRAM VIA ZOOM

### Workshop/Program via Zoom for All

Date	Time	Topic	Audience	Language	Registration
2021-02-22	17:00 - 18:00	OSAP Workshop, An Ontario Student Assistance Program Workshop: Learn all about OSAP and how it can support with financing your education	All	English / Farsi	416-688-3460 or Poopeh.Aravandi@welcomecentre.ca
2021-02-24	11:00 - 12:00	Career Planning	Korean Adults	Korean	Iona Seo: 647-999-6012/ Sue Kim: 416-455-8531 or <a href="https://bit.ly/septkorean">https://bit.ly/septkorean</a>
2021-02-24	16:00 - 17:00	Fraud and Cyber Fraud	Adult	Farsi	Tanya Yousufi 647-999-6820 Tanya.yousufi@cicscanada.com <a href="http://bit.ly/2KPgbSe">http://bit.ly/2KPgbSe</a>
2021-02-25	14:00 - 16:00	Knowledge of Personal Income Tax	All	Cantonese	905-479-7926

February 22 - February 28, 2021

## CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
2021-02-25	18:30 - 18:30	Workplace communication series	Adults/Youth	English	<p style="text-align: center;">t.ly/AzTx Nidhi Gogia, 647-999-3106, Nidhi.gogia@cicscanada.com</p>
2021-02-26	12:00 - 13:00	Tax Information and Updates for COVID-19 Taxes Filing	All	English	<p style="text-align: center;">905-479-7926 or 647-876-8703 Shorouk.Elzayat@welcomecentre.ca</p>
2021-02-26	13:00 - 14:00	Conversation circle for adults and settlement info	Adults	English	<p style="text-align: center;">Zoom <a href="https://zoom.us/j/95363570857">https://zoom.us/j/95363570857</a> Nidhi Gogia, 647-999-3106, Nidhi.gogia@cicscanada.com Annette Fong, 647-888-1494, Annette.Fong@cicscanada.com</p>
2021-02-27	14:30 - 16:00	Financial Literacy Series: Fraud 101	Community	English	<p style="text-align: center;">bit.ly/sept-money or contact Annette Fong, 647-888-1494, Annette.fong@cicscanada.com Nicole Babaran, 647-999-5340, Nicole.Babaran@cicscanada.com</p>
2021-02-24 to 2021-02-26	10:00 - 12:30	Orientation to Ontario	All	English	<p style="text-align: center;">647-888-7149 or Kula.Kulasegaram@cicscanada.com</p>

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## CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
Fridays	14:30 - 16:30	Community Food Pantry	Low income families	English & Chinese	<a href="mailto:Eileen.Chen@cicscanada.com">Eileen.Chen@cicscanada.com</a>
March & April (Registration starts on 2021-02-08)		Virtual Income Tax Clinics for Low Income	Low Income Newcomers & Families	English, Cantonese and Mandarin	905-479-7926 (Registration starts on 08-Feb)

### Workshop/Program for Seniors

Date	Time	Topic	Audience	Language	Registration
Any date	Anytime	Happy Baking Club	Seniors & Adults	Mandarin	No registration required. <a href="https://www.youtube.com/channel/UCDsdP76PmvtAd2mFDUFGyxg">https://www.youtube.com/channel/UCDsdP76PmvtAd2mFDUFGyxg</a>
Any date	Anytime	Fitness Activities for Seniors	Seniors	Mandarin	No registration required. <a href="https://www.youtube.com/channel/UCuIU5i5Y4BNtRA-WXInCPFw">https://www.youtube.com/channel/UCuIU5i5Y4BNtRA-WXInCPFw</a>

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## CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
Everyday	10:30 - 13:00	<a href="#">Meals Delivery Service for Seniors and Vulnerable Populations</a>	Seniors 65+ & vulnerable populations who live in York Region or Scarb N	English & Chinese	Call between 9:30am-noon, 1-4pm, Monday to Thursday (416) 400-5143 <a href="https://forms.gle/5NsJ8JyXP3kDv5GZ9">https://forms.gle/5NsJ8JyXP3kDv5GZ9</a>

### Workshop/Program for Youth

Date	Time	Topic	Audience	Language	Registration
2021-02-24	16:00 - 17:00	Meet & Greet MH Team	Newcomers (Youth and parents) PRs and Conventional Refugees	English	Via ZOOM registration: <a href="http://bit.ly/cicsmeetandgreet">http://bit.ly/cicsmeetandgreet</a> Dharti Patel, <a href="mailto:Dharti.patel@cicscanada.com">Dharti.patel@cicscanada.com</a> , 416 – 881 - 1458
2021-02-24	16:30 - 18:00	Digital Literacy 101	Immigrant Youth aged 13-24	English	416-899-9839 or <a href="mailto:Amanda.Chi@welcomecentre.ca">Amanda.Chi@welcomecentre.ca</a>
2021-02-25	17:00 - 18:00	Conversation Circle for Youth	Youth	English	Zoom <a href="https://t.ly/w10N">t.ly/w10N</a> Nidhi Gogia, 647-999-3106, <a href="mailto:Nidhi.gogia@cicscanada.com">Nidhi.gogia@cicscanada.com</a> Annette Fong, 647-888-1494, <a href="mailto:Annette.Fong@cicscanada.com">Annette.Fong@cicscanada.com</a>

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## CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
2021-02-26	16:00 - 17:30	Post-Secondary Education: Experience Q&A	Youth	English	<p style="text-align: center;"> <a href="http://bit.ly/unilife-qna">http://bit.ly/unilife-qna</a>                      Annette Fong , 647-888-1494,                      Annette.fong@cicscanada.com                      Nicole Babaran, 647-999-5340,                      Nicole.Babaran@cicscanada.com                 </p>
2021-01-14 to 2021-03-11	16:00 - 18:00	Best Buddies Mentorship Program	Immigrant Youth aged 13-24	English	<p style="text-align: center;">416-899-9839 or <a href="mailto:Amanda.Chi@welcomecentre.ca">Amanda.Chi@welcomecentre.ca</a></p>
2021-01-19 to 2021-03-11	16:30 - 18:00	Homework Club	Youth	English / Farsi	<p style="text-align: center;">416-688-3460 or <a href="mailto:Poopeh.Aravandi@welcomecentre.ca">Poopeh.Aravandi@welcomecentre.ca</a></p>
Any date	Anytime	DIY Reuseable Beeswax Wraps	Youth	English	<p style="text-align: center;"> <a href="mailto:Eileen.Chen@cicscanada.com">Eileen.Chen@cicscanada.com</a>  <a href="https://www.youtube.com/watch?v=pFFi9Vr55Zs">https://www.youtube.com/watch?v=pFFi9Vr55Zs</a> </p>

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## CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
Any date	Anytime	An Introduction to Canada's Food Guide	Youth	English	Eileen.Chen@cicscanada.com <a href="https://www.youtube.com/watch?v=w3_iF37xbD4">https://www.youtube.com/watch?v=w3_iF37xbD4</a>
Any date	Anytime	Quick Recipes for Youth	Youth	English	<a href="mailto:Eileen.Chen@cicscanada.com">Eileen.Chen@cicscanada.com</a> <a href="https://www.youtube.com/playlist?list=PLfrv0njzTtcK8WnkzMLRScynjEo3fmuhi">https://www.youtube.com/playlist?list=PLfrv0njzTtcK8WnkzMLRScynjEo3fmuhi</a>

### Workshop/Program for Family, Children & Women

Date	Time	Topic	Audience	Language	Registration
2021-02-22	10:00 - 12:00	<a href="#">Tots Corner</a>	12-36 months old & their parents/caregivers	English	<a href="mailto:Iris.yang@cicscanada.com">Iris.yang@cicscanada.com</a>
2021-02-22	10:00 - 12:00	Women Networking Group	Women	English	647-888-7149 or <a href="mailto:Kula.Kulasegaram@cicscanada.com">Kula.Kulasegaram@cicscanada.com</a>
2021-02-22	14:00 - 16:00	<a href="#">Kinders Corner</a>	36-72 months old & their parents/caregivers	English	<a href="mailto:Ruth.lee@cicscanada.com">Ruth.lee@cicscanada.com</a>

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## CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
2021-02-23	10:00 - 12:00	<a href="#">Music &amp; Creative Movement</a>	12-36 months old & their parents/caregivers	English	<a href="mailto:Shirley.wan@cicscanada.com">Shirley.wan@cicscanada.com</a>
2021-02-23	14:30 - 16:00	Citizenship Test Preparation Class	Women	English	647-888-7149 or <a href="mailto:Kula.Kulasegaram@cicscanada.com">Kula.Kulasegaram@cicscanada.com</a>
2021-02-24	10:00 - 12:00	<a href="#">Family Together</a>	12-36 months old & their parents/caregivers	English	<a href="mailto:Iris.yang@cicscanada.com">Iris.yang@cicscanada.com</a>
2021-02-25	11:00 – 12:00	<a href="#">Fun with Babies</a>	0-18 months old & their parents /caregivers	English	<a href="mailto:Shirley.wan@cicscanada.com">Shirley.wan@cicscanada.com</a>
2021-02-25	15:00 - 16:00	Stress Management Session (Yoga and meditation)	Women	English	647-888-7149 or <a href="mailto:Kula.Kulasegaram@cicscanada.com">Kula.Kulasegaram@cicscanada.com</a>

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华咨处讲座/活动用Zoom meeting或微信的方式

网上讲座/活动

日期	时间	主题	对象	语言	登记
2021-02-22	17:00 - 18:00	OSAP讲座	任何人士	英语/波斯语	416-688-3460 or Poopeh.Aravandi@welcomecentre.ca
2021-02-24	11:00 - 12:00	职业规划	韩语成人	韩语	Iona Seo:647-999-6012/ Sue Kim:416-455-8531 or <a href="https://bit.ly/septkorean">https://bit.ly/septkorean</a>
2021-02-24	14:00 - 15:30	"授权书多面睇"讲座	任何人士	粤语	905-479-7926
2021-02-24	14:00 - 15:30	"授权书多面睇"讲座	任何人士	粤语	905-479-7926
2021-02-24	16:00 - 17:00	网络诈骗：怎样识别和保护自己	成人	波斯语	Tanya Yousufi 647-999-6820 Tanya.yousufi@cicscanada.com <a href="http://bit.ly/2KPgbSe">http://bit.ly/2KPgbSe</a>

2021-02-22至2021-02-28

华咨处讲座/活动用Zoom meeting或微信的方式

日期	时间	主题	对象	语言	登记
2021-02-25	14:00 - 16:00	"个人报税知识" 讲座	任何人士	粤语	905-479-7926
2021-02-25	18:30 - 19:30	职场沟通	成人/青少年	英语	Zoom t.ly/AzTx Nidhi Gogia 647-999-3106 Nidhi.gogia@cicscanada.com
2021-02-26	12:00 - 13:00	疫情期间报税信息	任何人士	英语	905-479-7926 or 647-876-8703 Shorouk.Elzayat@welcomecentre.ca
2021-02-26	13:00 - 14:00	英语会话小组	成人	英语	Zoom <a href="https://zoom.us/j/95363570857">https://zoom.us/j/95363570857</a> Nidhi Gogia, 647-999-3106, Nidhi.gogia@cicscanada.com Annette Fong, 647-888-1494, Annette.Fong@cicscanada.com
2021-02-27	14:30 - 16:00	理财知识101	社区成员	英语	bit.ly/sept-money or contact Annette Fong, 647-888-1494, Annette.fong@cicscanada.com Nicole Babaran, 647-999-5340, Nicole.Babaran@cicscanada.com

2021-02-22至2021-02-28

华咨处讲座/活动用Zoom meeting或微信的方式

日期	时间	主题	对象	语言	登记
2021-02-24 to 2021-02-26	10:00 - 12:30	欢迎来到安大略	任何人士	英语	647-888-7149 or Kula.Kulasegaram@cicscanada.com
三月 & 四月 (2021-02-08开始接受报名)		低收入新移民及家庭免费 报税服务 - 税务年度: 2020	低收入新移民及家庭	英语、粤语、普通话	905-479-7926 (2月8日开始接受报名)
星期五	14:30 - 16:30	小区食物分发站	低收入家庭	英/粤/国	<a href="mailto:Eileen.Chen@cicscanada.com">Eileen.Chen@cicscanada.com</a>

长者网上讲座/活动

日期	时间	主题	对象	语言	登记
不限	不限	快乐烘培俱乐部	长者及成年人	普通话	无需登记 <a href="https://www.youtube.com/channel/UCDsdP76PmvtAd2mFDUFGyxg">https://www.youtube.com/channel/UCDsdP76PmvtAd2mFDUFGyxg</a>
不限	不限	长者舒筋健体活动	长者	普通话	无需登记 <a href="https://www.youtube.com/channel/UCuIU5i5Y4BNtRA-WXInCPFw">https://www.youtube.com/channel/UCuIU5i5Y4BNtRA-WXInCPFw</a>

2021-02-22至2021-02-28

华咨处讲座/活动用Zoom meeting或微信的方式

日期	时间	主题	对象	语言	登记
每天供应	10:30 - 13:00	<a href="#">为长者及弱势社群送餐服务</a>	约克区及士嘉堡北部、65岁以上长者及弱势社群	国/粤/英	于周一至四, 上午9:30-12点或下午1-4点 致电 (416) 400-5143 或 <a href="https://forms.gle/5NsJ8JyXP3kDv5GZ9">https://forms.gle/5NsJ8JyXP3kDv5GZ9</a>

青少年网上讲座/活动

日期	时间	主题	对象	语言	登记
2021-02-24	16:00 - 17:00	心理健康小组见面会	移民青少年及家长 永久居民及公约难民	英语	Via ZOOM registration: <a href="http://bit.ly/cicsmeetandgreet">http://bit.ly/cicsmeetandgreet</a> Dharti Patel, Dharti.patel@cicscanada.com, 416 – 881 - 1458
2021-02-24	16:30 - 18:00	数码知识101	13-24移民青少年	英语	416-899-9839 or <a href="mailto:Amanda.Chi@welcomecentre.ca">Amanda.Chi@welcomecentre.ca</a>
2021-02-25	17:00 - 18:00	青少年英语会话小组	青少年	英语	Zoom <a href="https://t.ly/w10N">t.ly/w10N</a> Nidhi Gogia, 647-999-3106, <a href="mailto:Nidhi.gogia@cicscanada.com">Nidhi.gogia@cicscanada.com</a> Annette Fong, 647-888-1494, <a href="mailto:Annette.Fong@cicscanada.com">Annette.Fong@cicscanada.com</a>

2021-02-22至2021-02-28

华咨处讲座/活动用Zoom meeting或微信的方式

日期	时间	主题	对象	语言	登记
2021-02-26	16:00 - 17:30	大学教育：大学生活历程 Q&A	青少年	英语	<a href="http://bit.ly/unilife-qna">http://bit.ly/unilife-qna</a> Annette Fong , 647-888-1494, Annette.fong@cicscanada.com Nicole Babaran, 647-999-5340, Nicole.Babaran@cicscanada.com
2021-01-14 to 2021-03-11	16:00 - 18:00	最佳伙伴	13-24移民青少年	英语	416-899-9839 or Amanda.Chi@welcomecentre.ca
2021-01-19 to 2021-03-11	16:30 - 18:00	家庭作业小组	青少年	英语/波斯语	416-688-3460 or Poopeh.Aravandi@welcomecentre.ca
不限	不限	五分钟美食诱惑	青少年	英语	<a href="mailto:Eileen.Chen@cicscanada.com">Eileen.Chen@cicscanada.com</a> <a href="https://www.youtube.com/playlist?list=PLfrv0njzTtcK8WnkzMLRScynjEo3fmuhi">https://www.youtube.com/playlist?list=PLfrv0njzTtcK8WnkzMLRScynjEo3fmuhi</a>

2021-02-22至2021-02-28

华咨处讲座/活动用Zoom meeting或微信的方式

日期	时间	主题	对象	语言	登记
不限	不限	自制蜂蜡环保包装	青少年	英语	Eileen.Chen@cicscanada.com <a href="https://www.youtube.com/watch?v=pFFi9Vr55Zs">https://www.youtube.com/watch?v=pFFi9Vr55Zs</a>
不限	不限	加拿大食品指南简介	青少年	英语	Eileen.Chen@cicscanada.com <a href="https://www.youtube.com/watch?v=w3_iF37xbD4">https://www.youtube.com/watch?v=w3_iF37xbD4</a>

幼儿, 家长及妇女网上讲座/活动

日期	时间	主题	对象	语言	登记
2021-02-22	10:00 - 12:00	<a href="#">Tot 仔排排坐</a>	12至36个月幼儿及其家长或照顾者	英语	<a href="mailto:Iris.yang@cicscanada.com">Iris.yang@cicscanada.com</a>
2021-02-22	10:00 - 12:00	女性社交小组	女性	英语	647-888-7149 or <a href="mailto:Kula.Kulasegaram@cicscanada.com">Kula.Kulasegaram@cicscanada.com</a>
2021-02-22	14:00 - 16:00	<a href="#">Kinders 小园地</a>	36至72个月幼儿及其家长或照顾者	英语	<a href="mailto:Ruth.lee@cicscanada.com">Ruth.lee@cicscanada.com</a>

2021-02-22至2021-02-28

华咨处讲座/活动用Zoom meeting或微信的方式

日期	时间	主题	对象	语言	登记
2021-02-23	10:00 - 12:00	<a href="#">音乐律动</a>	12至36个月幼儿及其家长或照顾者	英语	<a href="mailto:Shirley.wan@cicscanada.com">Shirley.wan@cicscanada.com</a>
2021-02-23	14:30 - 16:00	公民入籍考试	女性	英语	647-888-7149 or <a href="mailto:Kula.Kulasegaram@cicscanada.com">Kula.Kulasegaram@cicscanada.com</a>
2021-02-24	10:00 - 12:00	<a href="#">亲亲时间</a>	12至36个月幼儿及其家长或照顾者	英语	<a href="mailto:Iris.yang@cicscanada.com">Iris.yang@cicscanada.com</a>
2021-02-25	11:00 - 12:00	<a href="#">宝宝乐</a>	0至18个月婴儿及其家长或照顾者	英语	<a href="mailto:Shirley.wan@cicscanada.com">Shirley.wan@cicscanada.com</a>
2021-02-25	15:00 - 16:00	压力管理（瑜伽及冥想）	女性	英语	647-888-7149 or <a href="mailto:Kula.Kulasegaram@cicscanada.com">Kula.Kulasegaram@cicscanada.com</a>

2021-02-22至2021-02-28