

CICS WORKSHOP / PROGRAM VIA ZOOM

Workshop/Program via Zoom for All

Date	Time	Topic	Audience	Language	Registration
2021/04/27	10:00 - 11:00	End of Life Care & Comfort	New immigrant/ Community	Mandarin	Please call: 416-292-7510 ext 101 or 416-316-3803 Heng-fei.kuo@cicscanada.com
2021/04/27	10:00 - 11:00	Seniors for Seniors Ambassador Program	New immigrant	Mandarin	Please call: 416-292-7510 Ext 101 or 416-677-2914 (Ms. Du)
2021/04/27	15:00 - 16:30	<a href="#">Pre-retirement Financial Planning Series: Session #1</a>	Community members	English	For more information, please contact The School Settlement Worker: Iris Iskander (647)999-1679/ Iris.iskander@cicscanada.com <b>Pre-Registration is required at:</b> <a href="https://bit.ly/3v0JJ">https://bit.ly/3v0JJ</a>

April 26 - May 2, 2021

CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
2021/04/28	10:30	Benefits for Seniors: Pension, Drug/Dental programs	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>
2021/04/28	13:00 - 15:00	Programs offered by University (computer science, engineer, medicine)	Adult	Mandarin	Tel: 647 999 6397 Email: <a href="mailto:carol.ye@cicscanada.com">carol.ye@cicscanada.com</a> wechat : carolyemckee
2021/04/29	15:00 - 16:30	<a href="#">Good Sleep, Better Wellness (1)</a>	This workshop is open to all IRCC eligible clients, including landed immigrants, permanent residents and convention refugees of Canada	English	Please contact Mr. Alan Yim, Newcomer Mental Health Worker at 416-292-7510 Ext. 258 or <a href="mailto:mental.health@cicscanada.com">mental.health@cicscanada.com</a>
2021/04/30	10:00 - 11:00	CICS Online Social Connection Hub	New immigrant	English	Please call: 437-353-7116 <a href="mailto:Orjeta.Ndrija@cicscanada.com">Orjeta.Ndrija@cicscanada.com</a>

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<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Audience</b>	<b>Language</b>	<b>Registration</b>
2021/04/30	18:30 - 19:30	IELTS Preparation Series	New immigrant/ Community	English	Please call: 416-707-8259 Zarmeena.khan@cicscanada.com

**Workshop/Program for Seniors**

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Audience</b>	<b>Language</b>	<b>Registration</b>
2021/04/28	14:00 - 15:30	Wise & Wonderful CICS Seniors Online Social Club	(55+) Seniors	Mandarin	Please call: 416-292-7510 ext. 101 or Chris Wang: 647-454-3560
2021/04/29	10:00	Seniors Social Bingo	Korean seniors	Korean	Iona Seo:647-999-6012/ Sue Kim:416-455-8531
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>

April 26 - May 2, 2021

**CICS WORKSHOP / PROGRAM VIA ZOOM**

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Audience</b>	<b>Language</b>	<b>Registration</b>
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) 738-1226 <a href="https://forms.gle/5NsJ8JyXP3kDv5GZ9">https://forms.gle/5NsJ8JyXP3kDv5GZ9</a>

**Workshop/Program for Youth**

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Audience</b>	<b>Language</b>	<b>Registration</b>
2021/04/26	17:00 - 18:00	How to Be Inclusive: Adapting to Canada	8-24 years old	English	Please call: 416-894-2988 kevin.lee@cicscanada.com
2021/04/27	16:00 - 17:30	Homework Club	Youth ages 13-24	English	3 Ways to Register: (1) Call 647-456-1971 (2) Email infoIYC@cicscanada.com (3) Google Form: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a>
2021/04/27	16:30 - 17:30	Vlogging 101	13-19 years	English	Please call: 437-353-1341 or 416-688-3593 melody.li@cicscanada.com yao.xiao@cicscanada.com
2021/04/28	16:00 - 17:00	<a href="#">Mindful Wednesday: Joyful memory</a>	newcomer youth 16 to 24 yrs. old	English	Via ZOOM <a href="https://tinyurl.com/cicsmindfulwednesdays">https://tinyurl.com/cicsmindfulwednesdays</a> Dharti.patel@cicscanada.com 416 881 1458
2021/04/28	16:00 - 17:00	Online Youth Homework Club	8-24 years old	English	Please call: 416-894-2988 kevin.lee@cicscanada.com

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CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
2021/04/28	16:00 - 17:30	Successful Employment for Youth	13-24 years old	English	Please call: 437-353-1341 melody.li@cicscanada.com
2021/04/28	16:00 - 17:30	Homework Club	Youth ages 13-24	English	3 Ways to Register: (1) Call 647-456-1971 (2) Email infoIYC@cicscanada.com (3) Google Form: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a>
2021/04/29	15:30 - 16:30	English Corner	Gr. 1-6	English	Please call: 416-688-3625 Rosanna.li@cicscanada.com
2021/04/29	16:00 - 18:00	Good Buddies Mentorship	Youth ages 13-24	English	3 Ways to Register: (1) Call 647-456-1971 (2) Email infoIYC@cicscanada.com (3) Google Form: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a>
2021/04/30	15:30 - 16:30	Kids Fitness Club	Gr. 1-3	English	Please call: 416-688-3593 yao.xiao@cicscanada.com
2021/04/30	16:00 - 17:00	<a href="#">Fabulous Friday: Tips for dealing with school stress</a>	newcomer youth gr. 6 - 12	English	Via ZOOM <a href="http://bit.ly/cicsfabulousfriday">http://bit.ly/cicsfabulousfriday</a>  Dharti.patel@cicscanada.com 416 881 1458

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**CICS WORKSHOP / PROGRAM VIA ZOOM**

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Audience</b>	<b>Language</b>	<b>Registration</b>
2021/04/30	16:00 - 17:00	Family Connections	Youth ages 13-24	English	3 Ways to Register: (1) Call 647-456-1971 (2) Email infoIYC@cicscanada.com (3) Google Form: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a>
2021-04-20 to 2021-05-26	16:30 - 18:00	Homework Club	Immigrant Youth aged 13-24	English / Mandarin	416-899-9839 or Amanda.Chi@welcomecentre.ca
2021-04-22 to 2021-05-27	16:00 - 18:00	Good Buddies Mentorship Program	Immigrant Youth aged 13-24	English	416-899-9839 or Amanda.Chi@welcomecentre.ca

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

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Audience</b>	<b>Language</b>	<b>Registration</b>
2021/04/26	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>
2021/04/26	2:00 – 4:00 p.m.	<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>
2021/04/27	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>

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CICS WORKSHOP / PROGRAM VIA ZOOM

Date	Time	Topic	Audience	Language	Registration
2021/04/28	10:00 - 12:00	<a href="#">Family Together</a>	24-48 months old & their parents/caregivers	English	<a href="mailto:Iris.yang@cicscanada.com">Iris.yang@cicscanada.com</a>
2021/04/28	13:00 - 15:00	<a href="#">Uni Programs (science majors)</a>	Parents	Chinese	Tel: 647 999 6397 Email: carol.ye@cicscanada.com WeChat: carolyemckee
2021/04/29	16:00	Internet Safety	Parents, students	English	<a href="mailto:svetlana.kravchenko@cicscanada.com">svetlana.kravchenko@cicscanada.com</a> <a href="tel:647-999-9385">647-999-9385</a>
2021/04/29	10:00 - 11:30	Citizenship Test Preparation Class	Women	Mandarin	647-213-3475 or <a href="mailto:Hong.Xing@welcomecentre.ca">Hong.Xing@welcomecentre.ca</a>
2021/04/29	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>
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>

April 26 - May 2, 2021

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
2021-04-27	10:00 - 11:00	我的生命我做主, 终老议题探讨	新移民/社区	普通话/国语	请致电: 416-292-7510转101 或416-316-3803 Heng-fei.kuo@cicscanada.com
2021-04-27	10:00 - 11:00	华裔长者服务大使培训	新移民	普通话/国语	请致电: 416-292-7510转101 或416-677-2914(杜小姐)
2021-04-27	15:00 - 16:30	<a href="#">退休储蓄计划</a>	社区成员	英语	For more information, please contact The School Settlement Worker: Iris Iskander (647)999-1679/ Iris.iskander@cicscanada.com <b>Pre-Registration is required at:</b> <a href="https://bit.ly/3v0JJ">https://bit.ly/3v0JJ</a>
2021-04-28	13:00 - 15:00	大学专业预览 (计算机科学, 工程, 医药学)	成人	普通话/国语	Tel: 647 999 6397 Email: carol.ye@cicscanada.com wechat : carolyemckee
2021-04-29	15:00 - 16:30	<a href="#">优质睡眠</a>	所有人	英语	Please contact Mr. Alan Yim, Newcomer Mental Health Worker at 416-292-7510 Ext. 258 or mental.health@cicscanada.com

2021-04-26至2021-05-02



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
2021-04-30	10:00 - 11:00	华咨处云课堂之社会联系小组	新移民	英语	请致电: 437-353-7116 Orjeta.Ndrija@cicscanada.com
2021-04-30	18:30 - 19:30	雅思备考系列	新移民/社区	英语	请致电: 416-707-8259 Zarmeena.khan@cicscanada.com

长者网上讲座/活动

日期	时间	主题	对象	语言	登记
2021-04-28	10:30	老年人福利	韩语长者	韩语	Iona Seo:647-999-6012/ Sue Kim:416-455-8531 or <a href="https://bit.ly/septkorean">https://bit.ly/septkorean</a>
2021-04-28	14:00 - 15:30	华咨处耆乐云俱乐部	五十五岁以上长者	普通话/国语	请致电 416-292-7510 转 101 或王老师: 647-454-3560
2021-04-29	10:00	老年人社交活动	韩语长者	韩语	Iona Seo:647-999-6012/ Sue Kim:416-455-8531

2021-04-26至2021-05-02

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	快乐烘焙俱乐部	长者及成年人	普通话	<p>无需登记</p> <p><a href="https://www.youtube.com/channel/UCDsdP76PmvtAd2mFDUFgyxg">https://www.youtube.com/channel/UCDsdP76PmvtAd2mFDUFgyxg</a></p>
不限	不限	长者舒筋健体活动	长者	普通话	<p>无需登记</p> <p><a href="https://www.youtube.com/channel/UCuIU5i5Y4BNtRA-WXInCPFw">https://www.youtube.com/channel/UCuIU5i5Y4BNtRA-WXInCPFw</a></p>
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	<p>于周一至四, 上午9:30-12点或下午1-4点 致电 (416) 738-1226 或 <a href="https://forms.gle/5NsJ8JyXP3kDv5GZ9">https://forms.gle/5NsJ8JyXP3kDv5GZ9</a></p>

青少年网上讲座/活动

日期	时间	主题	对象	语言	登记
2021-04-26	17:00 - 18:00	拥抱包容性: 融入加拿大社会	8-24 岁青少年	英语	<p>请致电: 416-894-2988 kevin.lee@cicscanada.com</p>
2021-04-27	16:00 - 17:30	功课辅导小组	13至24岁新移民青少年	英语	<p>填写网上报名表格: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a>。 如有问题及查询, 可发邮件至infoiyc@cicscanada.com或致电647-456-1971.</p>

2021-04-26至2021-05-02

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
2021-04-27	16:30 - 17:30	Vlogging 视频日志新手课	13-19 岁	英语	请致电: 437-353-1341 或 416-688-3593 melody.li@cicscanada.com yao.xiao@cicscanada.com
2021-04-28	16:00 - 17:00	<a href="#">心灵星期三</a>	16-24 岁青少年	英语	Via ZOOM <a href="https://tinyurl.com/cicsmindfulwednesdays">https://tinyurl.com/cicsmindfulwednesdays</a> Dharti.patel@cicscanada.com 416 881 1458
2021-04-28	16:00 - 17:00	青少年课后作业帮帮帮	8-24 岁	英语	请致电: 416-894-2988 kevin.lee@cicscanada.com
2021-04-28	16:00 - 17:30	功课辅导小组	13至24岁新移民青少年	英语	填写网上报名表格: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a> 。 如有问题及查询, 可发邮件至infoiyc@cicscanada.com或致电647-456-1971.
2021-04-28	16:00 - 17:30	青少年求职助力	13-24岁	英语	请致电: 437-353-1341 melody.li@cicscanada.com

2021-04-26至2021-05-02

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
2021-04-29	15:30 - 16:30	英语小课堂	1-6年级	英语	请致电: 416-688-3625 Rosanna.li@cicscanada.com
2021-04-29	16:00 - 18:00	义工小导师	13至24岁新移民青少年	英语	填写网上报名表格: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a> 。 如有问题及查询, 可发邮件至infoiyc@cicscanada.com或致电647-456-1971.
2021-04-30	15:30 - 16:30	健康运动俱乐部	1-3年级	英语	请致电: 416-688-3593 yao.xiao@cicscanada.com
2021-04-30	16:00 - 17:00	家庭同乐会	13至24岁新移民青少年	英语	填写网上报名表格: <a href="https://bit.ly/iyclive">https://bit.ly/iyclive</a> 。 如有问题及查询, 可发邮件至infoiyc@cicscanada.com或致电647-456-1971.
2021-04-30	16:00 - 17:00	<a href="#">开心星期五</a>	6-12年级移民青少年	英语	Via ZOOM <a href="http://bit.ly/cicsfabulousfriday">http://bit.ly/cicsfabulousfriday</a> Dharti.patel@cicscanada.com 416 881 1458

2021-04-26至2021-05-02

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
2021-04-20 至 2021-05-26	16:30 - 18:00	功课辅导小组 你需要功课上的帮助吗? 或是想要辅导别人? 快来报名我们的功课辅导小组吧!	13-24 岁青少年	普通话 / 英语	416-899-9839 or Amanda.Chi@welcomecentre.ca
2021-04-22 至 2021-05-27	16:00 - 18:00	最佳伙伴	13-24 岁青少年	英语	416-899-9839 or Amanda.Chi@welcomecentre.ca

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
2021-04-26	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>
2021-04-26	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>

2021-04-26至2021-05-02

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
2021-04-27	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>
2021-04-28	10:00 - 12:00	<a href="#">亲亲时间</a>	24至48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>
2021-04-28	13:00 - 15:00	<a href="#">大学专业一瞥 (理工类)</a>	家长	中文	电话: 647 999 6397 邮件: <a href="mailto:carol.ye@cicscanada.com">carol.ye@cicscanada.com</a> 微信: carolyemckee
2021-04-29	16:00	网络安全	家长及学生	英文	<a href="mailto:svetlana.kravchenko@cicscanada.com">svetlana.kravchenko@cicscanada.com</a> <a href="tel:647-999-9385">647-999-9385</a>

2021-04-26至2021-05-02

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
2021-04-29	10:00 - 11:30	公民考试辅导班	女士	普通话	647-213-3475 or Hong.Xing@welcomecentre.ca
2021-04-29	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>
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>

2021-04-26至2021-05-02