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| **Events and Workshops to Help You Become Community Connected - October 2024** | | | | | |
| **Date** | **Title** | **Location** | **Description** | **What You Will Learn** | **Registration and Contact information** |
| Oct 1, 2024  11:00 pm-12:00 pm EST | All about Toronto Public Library (TPL) Resources | **Virtual over Zoom** | A free online Zoom session about the Toronto Public Library and the resources it provides | You will learn:   * Toronto Public Library * Resources from Toronto Public Library * Accessing the Library and the resources | Registration Form: <https://forms.gle/gxeZBoaHAXZC8chTA>  Contact: [jithya@newcomerwomen.org](mailto:jithya@newcomerwomen.org) or 437-423-2553 |
| Oct 3, 2024  1-2pm EST | Info-session  External Speaker- BSCC | **Virtual over Zoom** | A free in-person workshop to understand the various services provided by BSCC | You will learn:   * About BSCC- Barbra Schlifer Commemorative Clinic * Various legal programs offered by BSCC * Interpreter training program offered by BSCC * Eligibility criteria | Registration Form: <https://forms.gle/gxeZBoaHAXZC8chTA>  Contact: [jithya@newcomerwomen.org](mailto:jithya@newcomerwomen.org) or 437-423-2553 |
| Oct 7, 2024  1-2pm EST | All about Thanksgiving Season | **Virtual over Zoom** | A free online session on Thanksgiving in Canada. | We will discuss:   * History of Thanksgiving * Thanksgiving around the world * Traditional food and music during thanksgiving | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 8, 2024  1-2pm EST | How to apply for Ontario Works | **Virtual over Zoom** | A free online workshop to assist you with applying for Ontario Works | We will discuss:   * What is Ontario Works * Eligibility Criteria for Ontario Works * Pre- during and after the application process | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 9, 2024  1-2:30pm EST | Newcomers Tax and Benefits Info-session  (Guest Speaker from CRA) | **Virtual over Zoom** | A free online info-session with a CRA agent to discuss about Newcomers Tax and Benefits | You will learn:   * Tax system in Canada * Tax credits or benefits * Who is eligible * How to apply | Registration Form: <https://forms.gle/gxeZBoaHAXZC8chTA>  Contact: [jithya@newcomerwomen.org](mailto:jithya@newcomerwomen.org) or 437-423-2553 |
| Oct 10, 2024  10-11am EST | Healthy Eating Techniques External Speaker- RPCHC | **Virtual over Zoom** | A free online workshop for newcomers to know about the importance of Diet and Nutrition | We will discuss:   * What is a diet? * Importance of Diet & Nutrition * What is Nutrition? * What is Canada's food guide? * What is the importance of proper nutrition and a balanced diet? * What to keep in mind while grocery shopping | Registration Form: <https://forms.gle/gxeZBoaHAXZC8chTA>  Contact: [jithya@newcomerwomen.org](mailto:jithya@newcomerwomen.org) or 437-423-2553 |
| Oct 14, 2024  1-2pm EST | Money Matters-  External Speaker- ABC Life Literacy | **Virtual over Zoom** | A free online info-session on why Money Matters and Spending matters | You will learn:   * Understand your money situation * Keep track of your income & expenses * Calculate your spending your time * Make a spending plan that works for you | Registration Form: <https://forms.gle/gxeZBoaHAXZC8chTA>  Contact: [jithya@newcomerwomen.org](mailto:jithya@newcomerwomen.org) or 437-423-2553 |
| Oct 15, 2024  1-2pm EST | All about the Food Bank | **Virtual over Zoom** | A free online Zoom session to help you understand the food banks in Toronto | You will learn:   * Discovering and accessing food banks * Eligibility for accessing them * Additional Resources to be received through food banks | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 16, 2024  1-2pm EST | Healthcare in Ontario | **Virtual over Zoom** | A free online workshop on various resources available for Healthcare in Ontario | You will learn:   * Different types of Healthcare in Ontario * Accessing health care * Understanding your OHIP card * Steps to find a family Doctor | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 17, 2024  1-2pm | Building an Effective Resume | **Virtual over Zoom** | A free online session on Building an Effective Resume | We will discuss:   * Resume types * difference between a resume and CV * Types of resumes | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 21, 2024  1-2pm | Start Smart: Birth Registration & Passport Tips for your newborns! in collaboration with Polycultural immigrant and community services | **Virtual over Zoom** | A free online session 5 steps to do when giving birth to a new child | We will discuss:   * Registering a newborn and applying for a Birth Certificate in Canada * Planning for your child’s birth * Applying for and obtaining a Canadian passport for your child | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 22, 2024  1-2pm EST | How to find free things using Facebook and Kijiji | **Virtual over Zoom** | A free online Zoom session to explore use of Facebook and Kijji for finding free things around the City. | We will discuss:   * How to use Kijiji and Facebook for free things * Various groups on Facebook * Clothes, Haircuts, Plants, Furniture, * What you can expect, what to look out for | Registration Form: <https://forms.gle/gxeZBoaHAXZC8chTA>  Contact: [jithya@newcomerwomen.org](mailto:jithya@newcomerwomen.org) or 437-423-2553 |
| Oct 23, 2024  1-2pm EST | How to support your child for a successful school year | **Virtual over Zoom** | A free online Zoom session about Ontario school system | We will discuss:   * General overview of the Ontario School system * How to enroll your child in school * Overview of school activities/services | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 24, 2024  1-2pm EST | All About Clothing Banks | **Virtual over Zoom** | A free online Zoom session to help you understand the clothing banks in Toronto | We will discuss:   * What are clothing banks * Where you can find them * How you can access clothing bank services | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 29, 2024  1-2pm | How to renew your PR card? | **Virtual over Zoom** | A free Zoom session on to explain how to renew your PR Card | You will learn:   * When you need to renew your PR card. * Why it is important. * The different ways to renew your card. | Registration form:  <https://forms.gle/LtC7aBkabZ1TDFqH9>  Contact yuliia@newcomerwomen.org or 437-423-2553 |
| Oct 30, 2024  1-2pm EST | Health & Safety Awareness | **Virtual over Zoom** | A free online Zoom session on Health & Safety Awareness for Workers New to Canada  (In collaboration with Workplace Safety & Prevention Services) | You will learn:   * Why health and safety is important * Health and safety responsibilities * Resources to help you stay safe in the workplace * Will receive a Certificate of participation | Registration Form: <https://forms.gle/gxeZBoaHAXZC8chTA>  Contact: [jithya@newcomerwomen.org](mailto:jithya@newcomerwomen.org) or 437-423-2553 |