



# Programs & Activities

## Newcomers Programs



Winter 2026 | January – March

### Language Learning



Speak Easy Conversation English (in-person/virtual)  
Tuesdays: 10:00 AM – 11:30 AM  
January 13th, 2026 (weekly)  
1321 Neilson Road



Word Play (virtual)  
Wednesdays: 11:30 AM – 12:30 PM  
January 14th, 2026 (weekly)  
1321 Neilson Road

### Settlement Workshops



Canadian Pathways – PR Applications (virtual)  
Wednesday, January 21<sup>st</sup>  
10:00 AM – 11:00 AM  
1321 Neilson Road



Steps to Canadian Citizenship (virtual)  
Wednesday, January 28<sup>th</sup>  
10:00 AM – 11:00 AM

Financial Literacy (in-person/virtual)  
Date: Wednesday, March 4th  
1:30 PM – 2:30 PM  
1321 Neilson Road

### Skills Lab



How To Series:  
Build Your Own Business (in-person/virtual)  
Wednesday, February 11<sup>th</sup> & 18<sup>th</sup>  
10:00 AM – 11:00 AM  
1321 Neilson Road



How To Series:  
DIY Confidence – Understanding Tools (in-person/virtual)  
Date: Wednesday, March 11th  
10:00 AM – 11:00 AM  
1321 Neilson Road

### Community Connections



Kitchens of Malvern (Family)  
Thursdays, Jan 22<sup>nd</sup>, Feb 19<sup>th</sup>,  
Mar 26th  
11:30 PM – 1:00 PM  
1321 Neilson Road



Thai Pongal Celebration  
Thursday January 15th  
11:30 PM – 1:00 PM  
1321 Neilson Road

### Health & Wellness



Step Into Health  
Thursdays, January 15<sup>th</sup> – Mar 26<sup>th</sup>  
(in-person/virtual)  
10:00 AM – 12:00 PM  
1321 Neilson Road



From Blue to New: Mental Wellness Session (in-person/virtual)  
Tuesday, January, 20<sup>th</sup>  
10:00 AM – 11:30 AM  
1321 Neilson Road

### Trips & Events



MFRC Iftar Event (in-person)  
Date: Friday, March 6th  
90 Littles Road



Maple Syrup Festival at Bruce's Mill Trip (in-person)  
Date: Wednesday, March 25th

Join our programs on

### Services

Comfort and Care  
Diaper Bank Program

Income Tax Clinic  
Wednesdays Mar 5–Apr 23  
1321 Neilson Road

1:1 Settlement Support  
Monday to Friday  
(By Appointment Only)  
1321 Neilson Road | 90 Littles Road

Information & Referrals (Drop-In)  
Daily 9:00 AM – 5:00 PM  
1321 Neilson Road | 90 Littles Road

CATHY MWANZA 437-324-6926 | EVANNA THIRUCHELVAM 416-990-1160  
NAHIDA TANY 437-324-7509 | TARANNUM KHAN 416-994-6202

FOR DETAILED DESCRIPTION OF PROGRAMS AND ACTIVITIES AND TO  
SIGN-UP, PLEASE VISIT MFRC.ORG OR SCAN THE QR CODE

