



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 21st
10:00 AM – 11:00 AM
1321 Neilson Road

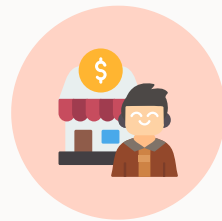


Steps to Canadian Citizenship
(virtual)

Wednesday, January 28th
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 11th & 18th
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 22nd, Feb 19th,
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 15th – Mar 26th
(in-person/virtual)
10:00 AM – 12:00 PM
1321 Neilson Road



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

Trips & Events



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

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

