



Programs & Activities

Newcomers Programs

Spring 2026 | April – June



***** IMPORTANT NOTICE: ALL VIRTUAL PROGRAMS ARE NOW ON MICROSOFT TEAMS *****

All programs are offered in person unless otherwise stated

Language Learning

Language Lounge (in-person)
Mondays: 10:00–11:00 AM
Starting April 13th, 2026 (weekly)
1321 Neilson Road

Speak Easy Conversation
English (in-person/virtual)
Tuesdays: 10:00 AM – 11:30 AM
Starting April 7th, 2026 (weekly)
1321 Neilson Road

Word Play (virtual)
Wednesdays: 11:30 AM – 12:30 PM
Starting April 1st, 2026 (weekly)
1321 Neilson Road

Settlement Workshops

Parenting in Canada:
Understanding School Documents
(in-person)
Thursday April 23rd 2026
6:00–7:00 P.M.
1321 Neilson Road

Housing/Tenant Series
(in-person/virtual)
Thurs April 23, May 21 & June 18
1:30 – 2:30 P.M.
1321 Neilson Road

Cyber Security (in-person/virtual)
Tuesday April 28th
10 AM – 11:30 AM
1321 Neilson Road

Skills Lab

Resume Clinic
Apr 9 & 23, May 7 & 21, Jun 4 & 18
10:00 AM–12:00 PM
1321 Neilson Road

Apr 16 & 30, May 14 & 28, Jun 11 & 25
10:00 AM–12:00 PM
90 Littles Road
Drop-in/By appointment
email: women@mfrfc.org

Community Threads Sewing Series
Thursdays 9:30 – 11:00 A.M.
Level 1: May 7,14, 21, 28
Level 2: June 4,11,18,25
1321 Neilson Road

Community Connections

Solar New Year Celebration
Friday, April 17
11:00 AM – 1:00 P.M.
1321 Neilson Road

Eid-Ul-Adha Celebration
Monday June 1st
12:30 PM – 2:00 P.M.
1321 Neilson Road

Crochet & Connect (in-person)
Fridays April 10 – May 29
1:00 P.M. – 2:00 P.M.
1321 Neilson Road

Health & Wellness

Boxing & Brain Fitness
Saturday April 11 – May 16
9:30 A.M–10:30 A.M
1321 Neilson Road

Together in Mindfulness
Thurs April 30, May 28 & June 25
10:30 AM–11:30 AM
1321 Neilson Road

Zumba
Saturday May 23 – July 11
9:30 AM–10:30 AM
90 Littles Road

Self Care Reboot Retreat (in-person)
Monday, May 11th 2026
12:30 PM–2:00 P.M.
1321 Neilson Road

Yoga in the Park
Wednesday June 3, 10, 17, 24
10 A.M. – 11 A.M
Neilson Park, 1555 Neilson Road

Trips & Events

Sewing Studio Launch
Thursday May 7 2026
10 A.M
1321 Neilson Road

Trip: Visit Cherry Blossoms (UTSC)
Thursday, April 30th
10:00–12:00 P.M.

Trip: Toronto Newcomers Day
Friday, May 29th
9:00–3:00 P.M.

Services

Comfort and Care
Diaper Bank Program

Sewing Studio
Book Space (Fees Apply)

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



Programs & Activities

Newcomers Programs Descriptions

Settlement Workshops

Parenting In Canada: Understanding School Documents

This session helps parents understand common school documents used in Canada, such as report cards, permission forms, and school notices. The session also provides tips on communicating with schools and supporting their child's education.

Housing/Tenant Series

A workshop series covering tenants' rights, housing application eligibility, and affordability, providing practical guidance to help participants better understand and navigate housing options.

Cyber Security

Cyber Security Workshop helps participants learn how to stay safe online. The session covers common online scams, protecting personal information, and simple tips to improve digital safety.

Language Learning

Speak Easy Conversation

Speak Easy Conversation is a supportive space where participants can practice speaking English, build confidence, and improve everyday communication skills through guided conversations.



Language Lounge

Language Lounge is a casual, peer-led group where participants can meet new people and practice different languages in a fun and relaxed environment.

Word Play (virtual)

Word Play is an interactive online session where participants build vocabulary, play fun word games, and practice language skills in a relaxed and engaging environment.

Community Connections

Solar New Year Celebration

Solar New Year Celebration is a festive event to welcome the new year with cultural traditions, music, and community activities.



Eid-UI-Adha Celebration

Eid-UI-Adha Celebration is a special gathering where community members come together to celebrate, connect, and share in the joy of Eid through cultural traditions, activities, and community spirit.

Skills Lab

Resume Clinic

Receive professional assistance with resumes, cover letters, and job-search support.



Community Threads Sewing Series

The series is a hands-on program where participants learn basic to intermediate sewing skills. Build confidence while creating simple projects, learning sewing techniques, and connecting with others in a supportive environment.

Crochet & Connect

Learn basic crochet stitches and create simple projects in a fun, relaxed setting. No experience needed—just come ready to learn and get creative!



Health & Wellness

Self Care Reboot Retreat

Self-Care Reboot Retreat is a relaxing program designed to help participants recharge, reduce stress, and explore practical self-care strategies for mind and body wellness.



Yoga in the Park

Yoga in the Park is a refreshing outdoor session where participants can stretch, strengthen, and relax while enjoying nature and improving overall well-being.



Together in Mindfulness

This one-hour guided meditation session led by Bodhi Care invites participants to relax, practice mindfulness, and build simple tools for managing stress and supporting overall well-being in a calm and welcoming space.



Zumba

Get moving and have fun with this energetic Zumba class! Enjoy a mix of dance and fitness set to upbeat music while improving your cardio, coordination, and overall well-being. No experience needed—just bring your energy and enjoy the rhythm!

Boxing & Brain Fitness

A blend of boxing, cardio, and resistance training to boost heart and brain health. Accessible for all comfort levels.

