



Programs & Activities

Newcomers Programs

Summer2026 | July–August



*** 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 July 6th, 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

Navigating Municipal & Provincial Government
Thursday, July 9th
11:00 AM – 12:00 PM
(virtual)

Navigating Federal Government
Thursday, July 16th
11:00 AM – 12:00 PM
(virtual)


OMVIC (in-person/virtual)
Tuesday August 11th
10 AM – 11:00 AM
1321 Neilson Road

Skills Lab

Malvern Library: 3D Printing
July 10th & August 14th
10:00 AM – 12:00 PM
30 Sewells Road, Scarborough


Wood Engraving Series
Thursdays: 10:00 – 12:00 PM
starting July 23, 30,
August 6, 13, 20, & 27
1321 Neilson Road


Community Connections

Family Game Lab: Connect & Play
Fridays: 10:00–12:00 PM
July 24
1321 Neilson Road


Neighbourhood Adventures:
MFRC Farmers Market
August 5th
4:00 – 6:00 PM
90 Littles Road


Health & Wellness

Family Oral/Dental Health
August (to be confirmed)
1321 Neilson Road


Healthy Eating (SCHC)
Tuesdays: 10:00 AM – 11:30 AM
July 14 & 28
1321 Neilson Road


Trips & Events

Royal Ontario Museum (ROM)
Wednesday, July 15th 2026
(to be confirmed)


Newcomers Picnic
Tuesday, July 7th
Neilson Park
11:30–4:00 P.M.


Join our programs on Teams:
Meeting ID: 238 583 861 275 3
Passcode: Xd6uo27i

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

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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.

Settlement Workshops

Navigating Municipal & Provincial Government

An informative workshop on local and provincial government systems. Learn how to access services, understand your rights, and responsibilities.

Navigating Federal Government

This session introduces federal government services and programs, helping participants learn how to access support and navigate national systems. Presented by MP Gary Anandasangaree's constituency office.

OMVIC (in-person & virtual)

A consumer education session on the motor vehicle industry. Learn your rights when buying or leasing a vehicle and how to avoid common pitfalls. Presenter: Ontario Motor Vehicle Industry Council (OMVIC).



Skills Lab

Malvern Library: 3D Printing

An introductory session exploring 3D printing technology. Participants learn digital design, innovation, and real-world uses of emerging tech, along with programs and services offered by Toronto Public Library.

Wood Engraving Series

A hands-on workshop where participants learn the basics of wood engraving. Builds creativity, skills, and artistic expression in a relaxed setting.



Neighbourhood Adventures: MFRC Farmers Market

Community outing to a local farmers market. Explore local resources, community gardening, income opportunities, and connect with vendors and farmers.

Health & Wellness

Family Oral/Dental Health

A health education session focused on promoting good oral hygiene and preventative dental care practices for families. Topics include daily care, access to services, and maintaining long-term dental health.



Healthy Eating (SCHC)

A workshop on healthy living. Learn nutrition basics, meal planning tips, and how to make informed food choices for you and your family. Presented by Scarborough Centre for Healthy Communities.



Community Connections

Family Game Lab: Connect & Play

A family-focused program using interactive games and activities to strengthen bonding, communication, and social connection for all ages.

