



Programs & Activities

Newcomers Programs



September - December



LANGUAGE
LEARNING



SETTLEMENT
WORKSHOPS



SKILLS
LAB



COMMUNITY
CONNECTIONS



HEALTH &
WELLNESS



TRIPS &
EVENTS

1321 Neilson Rd

MONDAYS

Starting September 14th
10:00 am - 11:00 am
Language Lounge

TUESDAYS

Starting September 8th
10:00 am - 11:30 am
Conversation English Circle
(in-person/virtual)

MONDAYS

October 5th, 19th, 26th
1:30 pm - 3:00 pm
Workplace English Basics
(in person/virtual)

TUESDAY

September 22nd
1:00 pm - 3:00 pm
Essential Career Skills
(in-person/virtual)

TUESDAY

October 6th
1:00 pm - 3:00 pm
Resume that Stands Out
(in-person/virtual)

TUESDAY

October 13th
1:00 pm - 3:00 pm
Interview like a Professional
(in-person/virtual)
*Registration required for Zoom link

WEDNESDAYS

October 14th, 21st, 28th
November 4th
1:30 pm - 2.30 pm
Citizenship Prep
(in-person/virtual)

THURSDAYS

Starting September 10th
10:00 am - 12:00 pm
Creative Works

WEDNESDAY

October 7th
10:00 am - 11:00 am
Self Business Start Up
(in-person/virtual)

90 Littles Road

SATURDAY

November 7th
10:00 am - 1:00 pm
ABC's Financial Literacy Event

TUESDAY

September 15th
1:00 pm - 2:00 pm
Agency Spotlight:
Employment Services
P.C.P.I
(in-person/virtual)

WEDNESDAY

September 30th
10:00 am - 12:00 pm
Seasons in Colour:
Visit Morningside Park

FRIDAY

November 20th
10:00 am - 12:00 pm
Family Game Lab
Connect & Play



TUESDAY

September 22nd
10:00 am - 11.30 am
Zero Food Waste
(in person/virtual)

Virtual

MONDAYS

September 21st & 28th
6:00 pm - 7:00 pm
O2O: Family Matters

MONDAYS

October 19th & 26th
6:00 pm - 7:00 pm
O2O: Wellness & Mental Health

THURSDAY

November 26th
11:00 am - 12:00 pm
Toronto Welcome Policy

THURSDAY

October 15th
5:30 pm - 8:00 pm
Family Fall Dinner

THURSDAY

November 12th
11:00 am - 12:30 pm
Diwali/Deepavali Celebration

TUESDAY

December 15th
1:00 pm - 3:00 pm
Seasons of Welcome Holiday Celebrations

Join our programs
on Teams:

Meeting ID
238583 861 275 3
Password: Xd6uo27i

For details and to
sign-up, visit mfrc.org



Staff Contact

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Services

Comfort and Care Diaper Bank Program

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

Sewing Studio
Book Space (Fees Apply)

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

*** IMPORTANT NOTICE: ALL VIRTUAL PROGRAMS ARE NOW ON MICROSOFT TEAMS *** *All programs are offered in person unless otherwise stated*



Programs & Activities

Newcomers Programs



September - December



Language Lounge

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

Conversation English Circle

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

Workplace English Basics

Build confidence with everyday English for the workplace, including communication, common workplace vocabulary, and professional conversations.



Employment: Essential Career Skills

Build the skills you need to succeed in today's workplace, including communication, teamwork, problem-solving, and workplace professionalism

Employment: Resume that Stands Out

Learn how to create a strong, professional resume that highlights your skills, experience, and strengths to catch employers' attention.

Employment: Interview like a Professional

Build confidence and learn practical tips to answer interview questions, showcase your strengths, and make a great impression on employers.

Citizenship Prep Series

Prepare for your Canadian citizenship test! Learn about Canada's history, government, rights, responsibilities, and practice sample questions in a supportive environment.

Orientation to Ontario (O2O)

Learn about life in Ontario, including family matters, wellness, and mental health, while discovering services and resources to help you settle successfully. 🍁👨👩👧👦💚



Creative Works

A hands-on series where participants learn the basics of engraving, making jewellery & candle creations. Builds creativity, skills, and artistic expression in a relaxed setting.

Self Business Start-Up

Learn the basics of starting a small or home-based business in Canada, including business ideas, planning, registration, funding, and key resources to help turn your idea into reality. Presented by the Small Business Advisor (City of Toronto).

ABC's Financial Literacy

Learn the basics of budgeting, saving, banking, and smart money management to help you build a strong financial future



Agency Spotlight: Employment Services - P.C.P.I

Learn about employment services, job search support, and career resources available through P.C.P.I. to help you reach your employment goals.

Seasons in Colours: Visit Morningside Park

Enjoy a relaxing walk through Morningside Park, take in the beautiful seasonal colours, connect with others, and stay active in nature.

Family Game Lab: Connect & Play

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

Toronto Welcome Policy

Learn how to apply for the City of Toronto's Welcome Policy and access free or low-cost recreation programs and services.



Zero Food Waste

Learn simple tips to reduce food waste, save money, and make the most of your groceries through practical, sustainable habits.