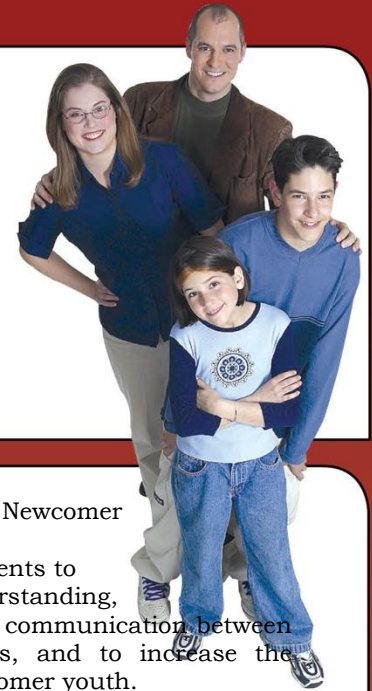


# LINKS Newcomer Services



January 2018



## All Programs and Services are free

**Ladies LINKS:** Reaches out to Permanent Resident women who are in isolation, stay at home moms, and unemployed. The group also targets low English clients, so they can improve their English, and their level of confidence.

**Topic:** "In house presentation about ParentLINKCentre Programs"

**Multicultural Dance:** This dance group activity seeks to demonstrate the use of dance as a cultural form to re-unite immigrants with their native cultural values in their new environment and to integrate with mainstream Canadian community members. This month we are learning a dance from **Mexico**. Come and Join us!

**International Cooking:** Learn to cook diverse types of food from different countries and shares recipes. This activity will increase socialization among newcomers and mainstream Canadians, teach tips about recipes from different countries, develop mentorship and friendships, learn about diverse cultures, raise awareness about healthy cooking and lunches for kids. This month food from **El Salvador** is in the list!

**Sewing Club:** This club will teach participants to follow simple patterns and to sew household items and/or clothes. It will provide a fantastic opportunity for participants to practice speaking English, increase their confidence, get away from isolation and become more independent. This Club is open to the community at large and aim for mentorship opportunities.

**Buddy Up for Integration:** Newcomer students are matched with mainstream Canadian students to facilitate intercultural understanding, celebrate diversity, improve communication between youth of different cultures, and to increase the sense of belonging for newcomer youth.

**Homework club:** Volunteer-based homework and reading support for newcomer Eastbrook Elementary School students.

**JBS Orientation Session & On-Site Services:** Activity to increase awareness of settlement and community services for all newcomer employees.

**Fresh Food Club:** A healthy supply of natural fruits and vegetables. The Fresh Food Club offers group-buy value, supports local growers, and makes it easy to shop.

**50/50 Cash Draw for KIDS:** A great way to support SPEC, your local children's charity. Buying a 50/50 ticket you help to raise money for SPEC's programs. Monthly draws! \$10 per ticket



The SPEC Association for Children and Families  
Community Cultural Centre  
#101-327, 3<sup>rd</sup> Street West, Brooks, Alberta.  
E-mail: [links@spec.ab.ca](mailto:links@spec.ab.ca)

**403-501-5556 (direct line)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> 	2	3	4	<p>5</p> <p>Multicultural Dance 6.00-8.00</p> 	6
7	<p>8</p> <p>JBS Orientation On-site services 10.30-1.00</p> 	<p>9</p> <p>Fresh Food Order</p> <p>HIPPY Group 12.30 -2.30</p>	<p>10</p> <p>Buddy Up for Integration BJH School 12.00-12.45</p> <p>Homework Club 3.30-5.00</p>	<p>11</p> <p>Homework Club 3.30-5.00</p> 	12	13
<p>14</p> <p>Sewing Club 2.00-4.00</p> 	<p>15</p> <p>JBS Orientation On-site services 10.30-1.00</p> 	<p>16</p> <p>Fresh Food Pick Up</p> <p>LINKS Newcomer Services Team Meeting 8.30 – 10.30</p>	<p>17</p> <p>Buddy Up for Integration Eastbrook School 12.00-12.45</p> <p>Homework Club 3.30-5.00</p>	<p>18</p> <p>Homework Club 3.30-5.00</p> 	<p>19</p> <p>Multicultural Dance 6.00-8.00</p> 	20
21	<p>22</p> <p>JBS Orientation On-site services 10.30-1.00</p> 	23	<p>24</p> <p>Buddy Up for Integration BJH School 12.00-12.45</p> <p>Homework Club 3.30-5.00</p>	<p>25</p> <p>Homework Club 3.30-5.00</p> 	<p>26</p> <p>International Cooking 12.30-2.00</p> 	27
<p>28</p> <p>Sewing Club 2.00-4.00</p> 	<p>29</p> <p>JBS Orientation On-site services 10.30-1.00</p> 	30	<p>31</p> <p>Buddy Up for Integration Eastbrook School 12.00-12.45</p> <p>Homework Club 3.30-5.00</p>			