WORKSHOPS

Join these engaging group sessions to learn more about settling in BC, including government processes, self-care, rights and responsibilities, Indigenous relationships, and volunteering.

DIGITAL LITERACY AND SAFETY

Internet Fraud
Understanding ways to identify and avoid internet fraud.

**Dates:** Jan 28/22  
**Time:** 11:00 - 12:00  
**Location:** Online  
**Language:** Farsi (Persian)  
**Eligibility:** Permanent Residents  
**Register:** homa.kafaei@issbc.org | 236-886-6478

FAMILY SPONSORSHIP

Family and Other Sponsorship in Canada
Understanding family and other sponsorship in Canada.

**Dates:** Jan 29/22  
**Time:** 10:00 - 12:00  
**Location:** Hybrid (In person and online), Burnaby  
**Language:** English  
**Eligibility:** Permanent Residents and Temporary Residents  
**Register:** mazhar.iqbal@issbc.org | 778-372-6580

Private Sponsorship of Parents and Adult Children
الكفالة الخاصة للأباء والأمهات والأطفال الذين تزيد أعمارهم عن 18 عامًا
Understanding private sponsorship of parents and children 18 years and older.

**Dates:** Feb 19/22  
**Time:** 1:00 – 3:00  
**Location:** Hybrid (In person & online), Coquitlam (Cottonwood)  
**Language:** Arabic  
**Eligibility:** Permanent Residents  
**Register:** nermeen.nammari@issbc.org | 778-383-1438

EMPLOYMENT

Explore a Career in Early Childhood Education
Understanding family and other sponsorship in Canada.

**Dates:** Jan 19/22  
**Time:** 1:00 – 2:30:00  
**Location:** Online  
**Language:** English  
**Eligibility:** Permanent Residents and Temporary Residents  
**Register:** ning.zhang@issbc.org | Register Here

FINANCIAL PLANNING

Canadian Learning Bond
Understanding Canadian Learning Bonds.

**Dates:** Feb 17/22  
**Time:** 1:00 - 3:00  
**Location:** Hybrid (Online and phone)  
**Language:** English  
**Eligibility:** Permanent Residents and Temporary Residents  
**Register:** samara.najei@issbc.org | 604-318-3431
Wills and Estate Planning
유언장 작성 및 재산 상속법 온라인 강좌
Learn about wills and estate planning in Canada.
Date: Mar 10/22
Time: 10:00 - 12:00
Location: Online
Language: Korean
Eligibility: Permanent Residents
Register: Isabel.lee@issbc.org | 778-372-6550

Identification and Documents
PR Card Renewal and Replacement
枫叶卡更新及补领（国语）
How to renew or replace your permanent resident card.
Date: Jan 6/22
Time: 10:00 - 12:00
Location: Online
Language: Mandarin
Eligibility: Permanent Residents
Register: Debbie.ho@issbc.org | 604-637-1307

PR Card Renewal and Replacement
枫叶卡更新及补领（广东话）
How to renew or replace your permanent resident card.
Date: Jan 6/22
Time: 1:00 – 3:00
Location: Online
Language: Cantonese
Eligibility: Permanent Residents
Register: Debbie.ho@issbc.org | 604-637-1307

PR Card Renewal and Replacement
枫叶卡更新及补领（英文）
How to renew or replace your permanent resident card.
Date: Jan 7/22
Time: 10:00 - 12:00
Location: Online
Language: English
Eligibility: Permanent Residents
Register: Debbie.ho@issbc.org | 604-637-1307

Information Session about Social Insurance Numbers
Learn about Social Insurance Numbers
Dates: Jan 11/22
Time: 1:00 – 3:00
Location: Hybrid (Online and by phone)
Language: English
Eligibility: Permanent Residents and Temporary Residents
Register: samara.najei@issbc.org | 604-318-3431

Travel Documents
Understanding the Travel Document Application Process.
Dates: Jan 15/22
Time: 10:00 - 12:00
Location: In person, Burnaby
Language: English
Eligibility: Permanent Residents and Temporary Residents
Register: mazhar.iqbal@issbc.org | 778-372-6580

PR Card Renewal
延期卡特 証明書（愛爾兰）
How to renew your permanent resident card.
Date: Jan 19/22
Time: 10:00 - 12:00
Location: Online
Language: Farsi (Persian)
Eligibility: Permanent Residents and Temporary Residents
Register: samira.sarmast@issbc.org | 778-372-5856

Newcomer’s Information Session and Documentation
جلسه اطلاعیه تازه وارد آن و اسناد
Increasing understanding of BC systems and documents.
Date: Feb 10/22
Time: 1:00 - 3:30
Location: In person, Maple Ridge
Language: Dari
Eligibility: Permanent Residents
Register: Latifa.jawansheer@issbc.org | 604-545-1106

PR Card Renewal
영주권 갱신 정보 온라인 강좌
How to renew your permanent resident card.
Date: Feb 17/22
Time: 10:00 - 12:00
Location: Online
Language: Korean
Eligibility: Permanent Residents
Register: Isabel.lee@issbc.org | 778-372-6550

Travel Documents
Understanding the Travel Document Application Process.
Dates: Mar 17/22
Time: 1:00 - 3:00
Location: Hybrid (Online and by phone)
Language: English
Eligibility: Permanent Residents and Temporary Residents
Register: samara.najei@issbc.org | 604-318-3431
HEALTH AND WELL-BEING

How to Manage Stress
كيفية السيطرة على الإجهاد
Understanding ways to manage stress.
Dates: Jan 14/22
Time: 10:00 – 12:00
Location: Online
Language: Arabic
Eligibility: Permanent Residents and Temporary Residents
Register: wael.sidaros@issbc.org | 778-372-5862

Self-care and Mindfulness Practices to Manage Workplace and Life Stress
Learn self-care and mindfulness practices involving stillness, action, creativity, spirituality and other methods.
Dates: Feb 3/22
Time: 1:00 – 2:30
Location: Online
Language: English
Eligibility: Permanent Residents and Temporary Residents
Register: kim.abram@issbc.org

Loneliness and Social Isolation
تنهاية و انزوايا اجتماعي
Understanding ways to manage loneliness and social isolation.
Dates: Feb 7/22
Time: 11:00 – 12:00
Location: Online
Language: Farsi (Persian)
Eligibility: Permanent Residents
Register: homa.kafaei@issbc.org | 236-886-6478

Domestic Violence
خشونت خانگی
Understanding domestic violence and available supports.
Dates: March 7/22
Time: 11:00 – 12:00
Location: Online
Language: Farsi (Persian)
Eligibility: Permanent Residents
Register: homa.kafaei@issbc.org | 236-886-6478

HOUSING

Rights and Responsibilities as a Renter in BC
در مورد حقوق و مسئولیت های خود به عنوان یک کارآینه نشین در BC
Learn about your rights and responsibilities as a renter in BC.
Dates: Jan 28/22
Time: 1:00 – 2:00
Location: Hybrid (Online and phone)
Language: Dari
Eligibility: Permanent Residents
Register: almas.babrakzai@issbc.org | 236-886-8376

Rental Assistance Program and BC Housing
Understanding the rental assistance program and BC Housing.
Dates: Feb 12/22
Time: 10:00 - 12:00
Location: Hybrid (In person and online), Burnaby
Language: English
Eligibility: Permanent Residents and Temporary Residents
Register: mazhar.iqbal@issbc.org | 778-372-6580

Affordable Housing in BC
Understanding affordable housing options in BC.
Dates: Feb 117/22
Time: 2:00 - 4:00
Location: Online
Language: Tigrigna
Eligibility: Permanent Residents and Temporary Residents
Register: tedros.geday@issbc.org | 778-383-1438 Ext. 1908
**Income Tax and Benefits**

**Personal and Foreign Income Tax in Canada**  
加拿大个人及海外收入所得税

Understanding personal and foreign Income Tax in Canada.  
**Dates:** Jan 12/22  
**Time:** 10:00 - 12:00  
**Location:** Online  
**Language:** Mandarin  
**Eligibility:** Permanent Residents and Temporary Residents  
**Register:** amy.lin@issbc.org | 604-395-8000 Ext. 1565

---

**Income Taxes in Canada**  
ماليات بر دوآمد

Understanding Income Taxes in Canada.  
**Dates:** Jan 14/22  
**Time:** 1:00 - 3:00  
**Location:** Online  
**Language:** Farsi (Persian)  
**Eligibility:** Permanent Residents  
**Register:** zohreh.kondori@issbc.org | 604-649-7963

---

**2021 Income Tax Return for Koreans**  
2021 년도 개인 소득세 보고 온라인 강좌

Understanding Income Tax Returns.  
**Dates:** Jan 20/22  
**Time:** 10:30 – 12:30  
**Location:** Online  
**Language:** Korean  
**Eligibility:** Permanent Residents  
**Register:** Isabel.lee@issbc.org | 778-372-6550

---

**Income Tax in Canada**  
ماليات بر دوآمد

Understanding Income Tax in Canada.  
**Dates:** Jan 28/22  
**Time:** 2:00 - 4:00  
**Location:** Hybrid (In person and online), Burnaby  
**Language:** Farsi (Persian)  
**Eligibility:** Permanent Residents and Temporary Residents  
**Register:** maryam.keshtkar@issbc.org | 604-395-8000 (1793)

---

**Canadian Tax System**  
نظام الضرائب الكندي

Understanding the Canadian Tax System.  
**Dates:** Feb 4/22  
**Time:** 10:00 - 12:00  
**Location:** Hybrid (In person and online), Burnaby  
**Language:** Arabic  
**Eligibility:** Permanent Residents and Temporary Residents  
**Register:** wael.sidaros@issbc.org | 778-372-5862

---

**Taxation in Canada**  
ماليات در کانادا - اظهارنامه مالیات بر درآمد

Understanding taxation and income tax returns in Canada.  
**Dates:** Feb 16/22  
**Time:** 2:00 - 4:00  
**Location:** Hybrid (Online and phone)  
**Language:** Farsi (Persian)  
**Eligibility:** Permanent Residents  
**Register:** abdul.samim@issbc.org | 604-684-7944

---

**Income Assistance and Disability Applications**  
الإعانات الحكومية واستمارة ذوي الاحتياجات الخاصة

Learn about BC Income Assistance and Disability Applications.  
**Dates:** Mar 18/22  
**Time:** 10:00 – 12:00  
**Location:** Hybrid (In person and online), Burnaby  
**Language:** Arabic  
**Eligibility:** Permanent Residents and Temporary Residents  
**Register:** wael.sidaros@issbc.org | 778-372-5862

---

**Government Benefits and Subsidies**  
الفوائد والإعانات الحكومية

Learn about Government Benefits and Subsidies.  
**Dates:** Mar 26/22  
**Time:** 2:00 – 3:30  
**Location:** Hybrid (In person & online), Coquitlam (Cottonwood)  
**Language:** Arabic  
**Eligibility:** Permanent Residents  
**Register:** nermeen.nammari@issbc.org | 778-383-1438
INDIGENOUS RELATIONS

Awareness of Indigenous Culture in BC

Increasing understanding and awareness of Indigenous Culture in BC.

Dates: Jan 15/22
Time: 2:00 – 4:00
Location: Online
Language: Arabic
Eligibility: Permanent Residents
Register: nermeen.nammari@issbc.org | 778-383-1438

PARENTING IN CANADA

The Challenges of Raising Teens in Canada

Understanding challenges associated with raising teens in Canada.

Dates: Jan 20/22 and Jan 27/22
Time: 4:00 – 6:00
Location: Online
Language: Arabic
Eligibility: Permanent Residents
Register: nermeen.nammari@issbc.org | 778-383-1438

VOLUNTEERING IN CANADA

Volunteering in Canada

Understanding volunteering in Canada

Dates: Jan 25/22
Time: 3:00 - 4:30
Location: Online
Language: English
Eligibility: Permanent Residents and Temporary Residents
Register: elmir.ismayilov@issbc.org | 778-372-6503

Volunteering in Canada

Understanding volunteering in Vancouver / Richmond.

Dates: Mar 10/22
Time: 6:00 – 7:30
Location: Online
Language: English
Eligibility: Permanent Residents and Temporary Residents
Register: dorcas.mendez@issbc.org | 778-372-5866

YOUTH & YOUNG ADULT WORKSHOPS

RRSPs, RESPs, TFSAs

Understanding Registered Retirement Savings Plans, Registered Education Savings Plan, and Tax-Free Savings Accounts.

Dates: Jan 7/22
Time: 11:00 - 1:00
Location: Online
Language: Arabic
Eligibility: Permanent Residents
Register: alaa.idris@issbc.org | 778-383-1438 Ext.1904

Services Offered by the Muslim Association of BC

Understanding services from the Muslim Association of BC.

Dates: Jan 28/22
Time: 11:00 - 1:00
Location: Online
Language: Arabic
Eligibility: Permanent Residents
Register: alaa.idris@issbc.org | 778-383-1438 Ext.1904

Cultural Café and Self Care Tips

Join our cultural café and learn important self-care tips.

Dates: Mar 11/22
Time: 11:00 - 1:00
Location: Online
Language: Arabic
Eligibility: Permanent Residents
Register: alaa.idris@issbc.org | 778-383-1438 Ext.1904
blaze
Self Employment for Newcomer Youth

can support you to launch your business or scale it for business growth!

At Blaze, you will:
• receive entrepreneurial skills training,
• build networking and business expertise, and
• gain business experience through our dedicated resources team, mentors, and peer-to-peer support.

If you are a newcomer youth who is:
• a Canadian Citizen, Permanent Resident, or Protected Person legally entitled to work in Canada; and
• living in Metro Vancouver;
• unemployed or precarious employed; and
• an individual between the ages of 15 and 29.

To get started, register your interest https://bit.ly/3mFkkGV today!

Have questions?
Contact us at blaze@issbc.org
WORKSHOPS FOR REFUGEE CLAIMANTS

Permanent Resident Application Process
(فرم تمدید کارت اقامت)
Understanding the process to apply for Permanent Residence.
Dates: Jan 20/22
Time: 2:00 - 3:30
Location: Online
Language: Farsi (Persian)
Eligibility: Refugee Claimants
Register: mojgan.radfar@issbc.org | 604-255-1881 Ext. 3013

Work Permits in Canada
(صریح العمل)
Understanding work permits in Canada.
Dates: Feb 3/22
Time: 11:00 - 1:00
Location: Hybrid (Online and phone)
Language: Arabic
Eligibility: Refugee Claimants
Register: maher.kutieleh@issbc.org | 604-318-0265

Emergency Housing Preparedness
Understanding emergency housing preparedness.
Dates: Feb 17/22
Time: 5:00 - 7:00
Location: Online
Language: English
Eligibility: Refugee Claimants
Register: kizito.ntabaza@issbc.org | (778)-372-6585

Travel Document Application
(تفاوض پاسپورت) 
Understanding how to apply for travel documents.
Dates: Feb 17/22
Time: 2:00 – 3:30
Location: Online
Language: Farsi (Persian)
Eligibility: Refugee Claimants
Register: sadiq.mohibi@issbc.org | 604-255-1881 Ext. 3039
INFORMATION SESSION
Internationally Trained Construction & Engineering Professionals

Are you a newcomer with construction or engineering experience and would like to return to work in your field within BC? We can help you with government funding for credential evaluations, EGBC processing and licensing fees, BC code-related courses, career planning support, and BC employer connections.

Stream 1 Construction & Engineering
Civil engineers NOC 2131
Mechanical engineers NOC 2132
Electrical and electronics engineers NOC 2133
Construction managers NOC 0711

Tuesdays – Bi-Weekly
6 PM – 7 PM
Jan 11th – Feb 8th

Eligibility:
• PR or Protected Persons within 5 years
• Resident of BC
• 1-3 years pre-arrival experience
• Non-EI Recipient

Register at: https://bit.ly/CareerPathsConEng
INFORMATION SESSION
Internationally Trained Technology Professionals

Are you a newcomer with experience and would like to return to work in your field within BC? We can help you with government funding for IT course upgrading, career planning, job search support, BC Employer connections, mentoring opportunities, and industry events.

Stream 1 Technology
- Computer Network Technicians NOC 2281
- Information Systems Analyst & Consultant NOC 2171
- Software Engineers & Designers NOC 2173
- Computer Programmers & Interactive Media Developers NOC 2174

Tuesdays – Bi-Weekly
6pm – 7 PM
Jan 11th – Feb 8th

Eligibility:
- PR or Protected Persons within 5 years
- Resident of BC
- 1-3 years pre-arrival experience
- Non-El Recipient

Register at: https://bit.ly/CareerPathsIT

issbc.org  f  twitter  LinkedIn  YouTube

Helping Immigrants build a future in Canada
INFORMATION SESSION
Internationally Trained Professionals

Are you a newcomer trying to return to your pre-arrival occupation in BC?

We can help you with local labour market information, career planning, funding for credential evaluations, courses & licensing fees, job search strategies, mentoring, BC employer connections, and more!

Tuesdays – Bi-Weekly
6 PM – 7 PM
Jan 11th – Feb 8th

Eligibility:
• PR or Protected Persons within 5 years
• Resident of Vancouver City
• 1-3 years pre-arrival experience
• Non-El Recipient


issbc.org  facebook  twitter  instagram  linkedin  youtube

Helping Immigrants build a future in Canada
ENGLISH CONVERSATION CIRCLES

Are you a newcomer who would like to connect with others and practice speaking English in a friendly and supportive environment?

We are here to support you with a range of conversation circles to meet your needs.

ISSofBC is committed to supporting newcomers in staying connected with their community, increasing their confidence in speaking English, and learning about Canada, current events and other practical topics.

ECC for CLB 1-4 (Surrey)
Dates: Tuesdays, from Jan 4/22 - Mar 29/22
Time: 5:30 - 6:30
Location: Online
Eligibility: Permanent Residents and Temporary Residents
Register: leo.cabasag@issbc.org | 604-351-4519

ECC for CLB 5-8 (Surrey - Group 1)
Dates: Fridays, from Jan 7/22 - Mar 25/22
Time: 5:30 - 6:30
Location: Hybrid (Online and phone)
Eligibility: Permanent Residents and Temporary Residents
Register: leo.cabasag@issbc.org | 604-351-4519

ECC for CLB 5-8 (Surrey - Group 2)
Dates: Fridays, from Jan 7/22 - Mar 25/22
Time: 5:30 - 6:30
Location: Online
Eligibility: Permanent Residents and Temporary Residents
Register: leo.cabasag@issbc.org | 604-351-4519

Conversation Circle for CLB 3 – 5 (Langley)
Dates: Tuesdays, from Jan 11/22 – Mar 8/22
Time: 5:00 - 6:00
Location: Online
Eligibility: Permanent Residents and Temporary Residents
Register: ana-marie.panczel@issbc.org | 236-988-7956

Conversation Circle for CLB 4-6 (Langley)
Dates: Fridays, from Jan 14/22 – Mar 11/22
Time: 5:00 - 6:00
Location: Online
Eligibility: Permanent Residents and Temporary Residents
Register: ana-marie.panczel@issbc.org | 236-988-7956

ECC on Fridays (New Westminster)
Dates: Fridays, from Jan 14/22 – Mar 18/22
Time: 10:00 - 11:30
Location: Online
Eligibility: Permanent Residents and Temporary Residents
Register: elsie.decena@issbc.org | 236-668-9879

ECC for CLB 3-5 (Tri-Cities)
Dates: Fridays, from Jan 14/22 – Mar 18/22
Time: 10:00 - 11:00
Location: Hybrid (Online and phone)
Eligibility: Permanent Residents
Register: lucy.hardman@issbc.org | 778-372-6503

ESL Circle for CLB 4 – 6 (Vancouver)
Dates: Tuesdays, from Jan 18/22 – Mar 29/22
Time: 10:00 - 11:30
Location: Online
Eligibility: Permanent Residents and Temporary Residents
Register: dorcas.mendez@issbc.org | 778-372-5866

ECC for CLB 3-5 Evenings (Tri-Cities)
Dates: Wednesdays, from Jan 19/22 – Mar 19/22
Time: 6:15 – 7:15
Location: Hybrid (Online and phone)
Eligibility: Permanent Residents
Register: lucy.hardman@issbc.org | 778-372-6503
Free ESL Classes for Newcomers

LINC (Language Instruction for Newcomers to Canada) classes

- English for daily life in Canada, employment, volunteering,
- Canadian culture, your rights & responsibilities and more.
- Must meet eligibility requirements.
- Assessment test required before registration.

For more information please contact:

- Vancouver – 604-684-2561 (ext. 2150) or linc.vancouver@issbc.org
- Coquitlam – 604-942-1777 or linc.tricities@issbc.org
- Richmond – 604-233-7077 or linc.richmond@issbc.org
- New Westminster – 604-522-5902 (ext.1172) or linc.nwest@issbc.org
- Maple Ridge – 778-372-6567 or linc.mr@issbc.org
- Squamish – 604-567-4490 or varsha.sathyaranarayan@issbc.org

Preschool - ages 3-5 in Richmond & Vancouver

Helping immigrants build a future in Canada
RECONNECTING SENIORS
PEER SUPPORT GROUPS

Are you a newcomer 55 years and older interested in:

- Being in a safe space
- Making new friends
- Sharing your experiences with others
- Learning digital skills
- Gathering information on services and resources?

If you answered YES to any of these questions come and join us at one of the four Reconnecting Seniors peer support groups.

Reconnecting Seniors Peer Support Group (Mandarin)
重新联系长者支援小组（国语）
Dates: Wednesdays, from Jan 5/22 - Mar 30/22
Time: 4:30 - 5:30
Location: Hybrid (Online and phone)
Language: Mandarin
Eligibility: Permanent Residents and Temporary Residents
Register: leo.cabasag@issbc.org | 604-351-4519

Reconnecting Seniors Peer Support Group (Farsi)
جلسات بشتیبانی (فارسی)
NH - ارتباط گیری بزرگسالان - Q1 2022
Dates: Thursdays, from Jan 6/22 - Mar 31/22
Time: 4:30 - 5:30
Location: Online
Language: Farsi (Persian)
Eligibility: Permanent Residents and Temporary Residents
Register: leo.cabasag@issbc.org | 604-351-4519

Reconnecting Seniors Peer Support Group (Arabic)
دعم الزم - (Q1 2022) إعادة توصيل كبار السن
NH - ارتباط گیری مجدد سالمندان - (Q1 2022)
Dates: Mondays, from Jan 10/22 - Mar 28/22
Time: 10:00 - 11:30
Location: Hybrid (Online and phone)
Language: Arabic
Eligibility: Permanent Residents and Temporary Residents
Register: leo.cabasag@issbc.org | 604-351-4519

Reconnecting Seniors Peer Support Group (Dari)
پشتیبانی همتایان - (Q1 2022)
Dates: Mondays, from Jan 10/22 - Mar 28/22
Time: 4:00 - 5:30
Location: Hybrid (Online and phone)
Language: Dari
Eligibility: Permanent Residents and Temporary Residents
Register: leo.cabasag@issbc.org | 604-351-4519
VOLUNTEERING AT ISSofBC

Whether you’re a Canadian citizen, a long-term resident, or new to Canada yourself, you can help build a more inclusive community by Volunteering at ISSofBC.

Volunteers make a huge contribution to our work helping immigrants and refugees build new lives in Canada. The ISSofBC volunteer program provides many opportunities for dedicated individuals to contribute their time and talents to a wide and interesting variety of activities that support newcomers in their settlement journey.

You can join if you:

- are a Canadian citizen or immigrant,
- are willing to commit a minimum of three months of your time,
- successfully complete a criminal record check, and,
- attend an orientation session and additional training as needed.

A criminal record check is required due to the nature of our work with vulnerable populations.

As a volunteer you will:

- practice and use your skills and knowledge in a variety of areas,
- gain new experience,
- obtain a reference,
- build your networks and connections within the community,
- make new friends and learn about other cultures, countries/languages, and,
- participate in free workshops.

Interested in finding out more? Attend one of our upcoming information sessions!

**Volunteering in Burnaby**
Register: fatoumata.niane@issbc.org | 778-372-5870

**Volunteering in Langley**
Register: ana-marie.panczel@issbc.org | 236-988-7956

**Volunteering in Maple Ridge and Pitt Meadows**
Register: yumiko.king@issbc.org | 236-688-2336

**Volunteering in New Westminster**
Register: elsie.decena@issbc.org | 236-668-9879

**Volunteering in Richmond**
Register: elmir.ismayilov@issbc.org | 778-372-6503

**Volunteering in Surrey**
Register: leo.cabasag@issbc.org | 604-351-4519

**Volunteering in the Tri-Cities**
Register: lucy.hardman@issbc.org | 778-372-6503

**Volunteering in Vancouver**
Register: dorcas.mendez@issbc.org | 778-372-5866