



**Immigrant Services  
Kingston and Area**

# Immigrant Services Kingston Area

400 Elliott Avenue (at the Corner of Division)  
Kingston ON K7L 4B1  
Phone: 613.544.4661 Facsimile: 613.544.2916

## Programs This Month!

**North Kingston CHC  
KEYS  
LINC—Kingston Literacy**

**613.5442.2949  
613.546.5559  
613.547.2255**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <ul style="list-style-type: none"> <li>Men's Soccer at YMCA 7:00—8:00 PM</li> <li>High School Diplomas at ISKA 12:30—2:30 PM</li> </ul>	2 <ul style="list-style-type: none"> <li>Sewing Club at YMCA 9:00—12:00 AM</li> <li>ECC at YMCA 9:30 -10:30 AM</li> <li>ECC at KEYS 11:30 AM -12:30 PM</li> <li>Youth Group 3:00 - 7:30 PM</li> <li>Itinerant Services at Open Book 10:30 - 11:30 AM</li> </ul>	3	4 <ul style="list-style-type: none"> <li>Employment Services at ISKA 10:30 AM—4:30 PM</li> </ul>	5 <ul style="list-style-type: none"> <li>International Café 9:30 - 11:30 AM</li> <li>Itinerant Services at KEYS 10:30—11:30 AM</li> </ul>
8 <ul style="list-style-type: none"> <li>Men's Soccer at YMCA 7:00—8:00 PM</li> <li>High School Diplomas at ISKA 12:30—2:30 PM</li> <li>Women's Network at ISKA 9:00—12:00 AM</li> </ul>	9 <ul style="list-style-type: none"> <li>ECC at YMCA 9:30 -10:30 AM</li> <li>ECC at KEYS 11:30 AM -12:30 PM</li> <li>Youth Group 3:00 - 7:30 PM</li> <li>Itinerant Services at Open Book 10:30 - 11:30 AM</li> </ul>	10	11 <ul style="list-style-type: none"> <li>Employment Services at ISKA 10:30 AM—4:30 PM</li> </ul>	12
15 <ul style="list-style-type: none"> <li>Men's Soccer at YMCA 7:00—8:00 PM</li> <li>High School Diplomas at ISKA 12:30—2:30 PM</li> </ul>	16 <ul style="list-style-type: none"> <li>ECC at YMCA 9:30 -10:30 AM</li> <li>ECC at KEYS 11:30 AM -12:30 PM</li> <li>Youth Group 3:00 - 7:30 PM</li> <li>Itinerant Services at Open Book 10:30 - 11:30 AM</li> </ul>	17	18 <ul style="list-style-type: none"> <li>Employment Services at ISKA 10:30 AM—4:30 PM</li> <li>Potluck at ISKA 5:30—7:00 PM</li> </ul>	19
22 <ul style="list-style-type: none"> <li>Men's Soccer at YMCA 7:00—8:00 PM</li> <li>High School Diplomas at ISKA 12:30—2:30 PM</li> </ul>	23 <ul style="list-style-type: none"> <li>ECC at YMCA 9:30 -10:30 AM</li> <li>ECC at KEYS 11:30 AM -12:30 PM</li> <li>Youth Group 3:00 - 7:30 PM</li> <li>Itinerant Services at Open Book 10:30 - 11:30 AM</li> </ul>	24	25 <ul style="list-style-type: none"> <li>Employment Services at ISKA 10:30 AM—4:30 PM</li> <li>Itinerant Services at Napanee CHC 1:00—4:00 PM</li> </ul>	26
29 <ul style="list-style-type: none"> <li>Men's Soccer at YMCA 7:00—8:00 PM</li> <li>High School Diplomas at ISKA 12:30—2:30 PM</li> <li>Sewing Club at YMCA 1:00—4:00 PM</li> </ul>	30 <ul style="list-style-type: none"> <li>ECC at YMCA 9:30 -10:30 AM</li> <li>ECC at KEYS 11:30 AM -12:30 PM</li> <li>Youth Group 3:00 - 7:30 PM</li> <li>Itinerant Services at Open Book 10:30 - 11:30 AM</li> </ul>	31		

# March 2010

**\*All dates are subject to change. Please contact the sponsoring agency to confirm dates and times.**

If you wish to obtain more information or register for any of the above groups or events, please contact the person listed on the back.

Services funded by Ontario Council of Agencies Serving Immigrants, and the Government of Canada



Government of Canada

Gouvernement du Canada



# This Month at ISKA!

## Group Information Sessions

Group Information Sessions are to help you learn about your new community and make some new friends. We often have guest speakers come to talk about special programs and services. For further information on any Group Information Sessions programs, please contact **Gaitree at 613-544-4661, Ext:121. or by email at gaitreeo@iska.kchc.ca.**

## Employment Services

Meet with the KEYS/ISKA Employment counselor for assistance with any employment needs. To book an appointment, please call reception at 613-544-4661 ext 120, or email **Madeleine at madeleinen@iska.kchc.ca.**

## International Café

Coffee drop in for all Immigrants and newcomers. It's time for you to relax, put your feet up, enjoy a coffee, while you surf on the Internet. Bring a book or just socialize!!! For further information, please contact **Christinah at 613-544-4661, Ext:167. or by email at christinahk@iska.kchc.ca.**

## English Conversation Circles

Enjoy practicing your English skills in a relaxed setting while meeting new people in the community. Contact Steve at x 164 for more information.

## Ethnic Cooking

Do like to learn how to cook new foods from different countries? Do you enjoying meeting people from different cultures? Join ISKA every month for a cooking class delivered by different members of Kingston's immigrant community. Enjoy a great meal after your class! For more information contact Gaitree at x 121

## High School Diploma

FAST TRACK in getting your High School diploma at ISKA! Every week, ISKA offers weekly high school fast track classes by a certified instructor in a relaxed classroom setting. Free childcare available. For more information please contact Christinah at x 167

## Itinerant Services

We also provide services at KEYS Employment Services, Open Book, and LINC. For further information on any Itinerant Services, please contact **Gaitree at 613-544-4661, Ext:121. or by email at gaitreeo@iska.kchc.ca.** Available in Napanee and Sydenham by appointment only.

## Immigrant Women's Network

Women's Network gives immigrant women the chance to visit, make friends and learn more about issues that are important to them. We do activities, take field trips, and learn about Canadian foods and traditions. The Immigrant Women's Network is an excellent chance to contribute your knowledge and learn new things! For further information on any Immigrant Women's Network programs, please contact **Christinah at 613-544-4661, Ext:167. or by email at christinahk@iska.kchc.ca.**

## Host Program

The Host Program helps new immigrant adults and families adjust to life in Canada. If you are new to Canada, through the Host program, you can meet a Canadian friend in your community who can help you settle into your new life in Canada. For further information on HOST, contact **Steve at 613-544-4661, Ext:164. or by email at stephenk@iska.kchc.ca.**

## Child Care

Immigrant Services Kingston & Area is pleased to offer our clients free child care when participating in ISKA workshops and enjoying a coffee during our International Café mornings! Please contact us at 613-544-4661, Ext: 112 to register your child.

## Newcomer Men's Group

The newcomer men's group discusses topics of mutual interest, works to strengthen family and community ties, practice English, help each other in practical ways, and participates in recreational activities together. The group is open to all men in the Kingston and community and meets twice a month on Wednesday evenings from 6:30—8:30 pm. For more information, contact **Steve at 613-544-4661 ext 164 or by e-mail at stephenk@iska.kchc.ca.**

## Immigrant Youth Groups and Drop-In

Youth (13-24yrs old) are welcome to come and have fun. Meet other youth, enjoy snacks, play games/ video games, and come along for field trips. We will be doing activities that discuss various themes that help youth become familiar with their community, services, recreation and issues that they feel are important. If you have difficulty with transportation, call and we can make arrangements. Just stop by or call/ email **Tanea at 613-544-4661 ext: 111 or at taneaf@iska.kchc.ca.**

## Sewing Club

Come and meet other immigrants in the community and learn the art of sewing! For further information on any Sewing Club sessions contact Elisabeta at 613-544-4661, Ext:179. or email **elisabetai@iska.kchc.ca**