



IMMIGRANT • SERVICES
KINGSTON • AND • AREA • ISKA
A Part of Kingston Community Health Centres

SERVICES FOR IMMIGRANTS AND REFUGEES
www.iska.kchc.ca

**Social and Recreational
Host Program – A Whole New World of Friendship**

If you are interested in practicing English, learning about Canada, making friends and finding out more about the Kingston community, you will be happy to know that we can help you!

The Host program is designed to help immigrants and newcomers make friends with Canadian volunteers or “Hosts”. We have many volunteers waiting to make this friendship happen and very eager to show you around Kingston, help you find the best places to shop, enjoy a coffee with you at a local café, introduce you to more people and also learn more about your country.

The Men’s Group and English Conversation Circles are a great chance to practice speaking English with a group of newcomers and Canadian volunteers. We have English Conversation Circles many days during the week and in many locations. If you would like to attend and/or need childcare, please call us at 613- 544-4661 x 164 or [email stephenk@iska.kchc.ca](mailto:stephenk@iska.kchc.ca).

We invite you to join us for a Canadian tradition known as **Potluck**. A Potluck is a meal at which each guest brings food that is then shared by all. The greatest part of our potlucks is the many flavors our clients bring from their original countries. We have potlucks one evening every month. We’d love to see you there! Call for more information”

Contact Stephenk@iska.kchc.ca or 613 544 4661 Ext.164

ESL Book Club

Come and enjoy the world of international books in a cozy environment; watch a movie based on our topic; practice English and meet new people from different cultures. The book club is held at Kingston Literacy on 16 Bath Road opposite Canadian Tire Gas Station. For further information, please contact Elisabeta at 613-544-4661 Ext. 179 or elisabetai@iska.kchc.ca

Enhance your Community by Becoming a VOLUNTEER!

We know that volunteers are not only our greatest resource, but also an essential resource in the integration of newcomers to Canada. Volunteers enhance our programs and foster awareness and pride in our Kingston community. At ISKA, we are always looking for individuals and families to join us on the ISKA volunteer team. Our volunteers are helping out in so many amazing, valuable and rewarding ways. To become a volunteer with ISKA you must attend a brief Orientation session which usually takes 2 hours. We also require a criminal check and a personal reference. Once the orientation is complete, you are ready for training (if applicable) and get started! Volunteers offer so many wonderful things, but our volunteers also find it a very rewarding experience. Besides personal fulfillment, other benefits of volunteering include references for future job résumés and the ability to gain valuable skills.

Volunteers Needed, Wanted and Appreciated!

Why should you volunteer at ISKA???

- ☐ Learn new skills or practice old ones
- ☐ Learn more about different cultures and traditions
- ☐ Help newcomers advance their English language skills and gain knowledge about their new community
- ☐ Teach your children about diversity and the value of cross-cultural friendships
- ☐ Enhance your résumé
- ☐ Become more acquainted with Kingston and the community at large and meet new people
- ☐ Use your skills to help improve our services on our Advisory Committee (email paulaa@iska.kchc.ca for Advisory Committee information)

If you would like to make a difference in your community, call Steve Kirby at 613-544-4661 or email stephenk@iska.kchc.ca

Some of the Volunteer opportunities you may be interested in include:

- English Conversation Circles Facilitators
- Monthly Potlucks (Set up and Clean up)
- Special Events
- Fund Raising
- Advisory Committee
- Host – Friendship Matching a Canadian with a newcomer