



DIVERSE*city*
community resources society

Everyone Belongs Here

DIVERSEcity Workshops & Program Guide

FREE

JULY TO
SEPTEMBER
2021

 DCRS.CA

   
[@DIVERSECITYBC](https://www.instagram.com/diversecitybc)



Skills, information & connections in your community

If you're an immigrant, refugee or other diverse community member in Surrey, Delta, White Rock and surrounding areas, DIVERSEcity Community Resources Society has free workshops and programs to help you build the life you want in Canada. **Gain new skills, knowledge and friendships!**



Adults & Families

Community Kitchen: Cooking Basics

Learn cooking basics and safety in the kitchen.

Dates: Thursdays, July 8, 15 & 22, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English

Who's eligible? Priority registration for low-income parents with children 0–6 and seniors.

Register: kitchen@dcrs.ca | 604-547-1325

Community Kitchen: Cooking Skills

Learn cooking skills, how to follow recipes, meal planning, tips to save money.

Dates: Fridays, July 2, 9, 16 & 23, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English

Who's eligible? Priority registration for low-income parents with children 0–6 and seniors.

Register: kitchen@dcrs.ca | 604-547-1325

Community Garden Workshops

Learn gardening skills.

Dates: Tuesdays, July 6 & 20 or August 3 & 17 or September 14 & 28, 2021

Time: 11 am – 12 pm

Where: Online via Zoom

Language: English

Who's eligible? Community Garden members

Learn more: ssridar@dcrs.ca | 604-547-1378

Healthy Self, Healthy Families: Dealing with Trauma

Learn about the meaning and effects of trauma on the mind and the body, and coping skills.

Dates: Monday, July 5, 2021 (Arabic)

Tuesday, July 6, 2021 (Karen)

Thursday, July 8, 2021 (Swahili)

Where: Pre-recorded video sent via WhatsApp

Language: English + Arabic language support

Who's eligible? Permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Healthy Self, Healthy Families: Managing Anger (Arabic)

Learn how to regulate difficult symptoms of anger.

Date: Wednesday, July 7, 2021

Where: Pre-recorded video sent via WhatsApp

Language: English + Arabic language support

Who's eligible? Permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Substance Use Psycho-education Men's Group

8 group sessions facilitated twice a week.

Dates: Wednesdays & Thursdays, July 7, 8, 14, 15, 21, 22, 28, 29, 2021

Time: 5:30–7 pm

Where: TBD

Language: Punjabi

Who's eligible? Permanent residents or citizens in the Surrey, Delta and area

Register: abhullar@dcrs.ca | 604-547-1375

Together Now LGBTQ+ Peer Support Group: When COVID-19 is gone, will isolation remain?

A peer support group for LGBTQ+ newcomers with a monthly special topic.

Date: Monday, July 12, 2021

Time: 5–6 pm

Where: Online via Zoom

Language: English

Who's eligible? LGBTQ+ newcomers

Register: kpinderi@dcrs.ca | 604-547-2004

Community Garden Workshops

Learn gardening skills.

Dates: Tuesdays, July 13 & 27 or August 10 & 24 or September 7 & 21, 2021

Time: 5:30–6:30 pm

Where: Online via Zoom

Language: English

Who's eligible? Garden members

Learn more: ssridar@dcrs.ca | 604-547-1378

Volunteer Information & Orientation Session

General training for new volunteers and review of DIVERSEcity's policies.

Dates: Wednesday, July 14, 2021 or

Tuesday, August 24, 2021

Time: 10 am – 12:30 pm

Where: Online via Zoom

Language: English

Who's eligible? New volunteers

Register: volunteer@dcrs.ca | 604-547-1235

Library Resources for Parents & Kids Workshop

Learn about resources available to you at the local library.

Date: Thursday, July 15, 2021

Time: 10–11:30 am

Where: Online via Zoom

Language: Punjabi

Who's eligible? Permanent residents, refugees and protected persons

Register: nnavneh@dcrs.ca | 604-954-4012

Personal Safety Workshop

Presenters from the RCMP will talk about personal safety, including road safety and what to do if you're a victim of assault or robbery.

Date: Wednesday, July 21, 2021

Time: 1–2:30 pm

Where: Online via Zoom

Language: English + Swahili support

Who's eligible? Permanent residents, refugees and protected persons

Register: mkiiza@dcrs.ca | 604-547-1292

Elections & Voting in Canada Workshop

Learn about elections including who can vote, the different ways to vote, voting in referenda and how to register.

Date: Wednesday, July 21, 2021

Time: 5–7 pm

Where: Online via Zoom

Language: English

Who's eligible? Permanent residents, refugees and protected persons

Register: rakhter@dcrs.ca | 604-507-6060

Together Now LGBTQ+ Peer Support Group

A peer support group for LGBTQ+ newcomers to share their experiences in Canada.

Date: Monday, July 26, 2021

Time: 5–6 pm

Where: Online via Zoom

Language: English

Who's eligible? LGBTQ+ newcomers

Register: kpinderi@dcrs.ca | 604-547-2004

Tenancy Rights & Responsibilities Workshop

Learn about your rights and responsibilities as a rental tenant.

Date: Monday, July 26, 2021

Time: 10 am –12 pm

Where: Online via Zoom

Language: English + Arabic support

Who's eligible? Permanent residents, refugees and protected persons

Register: nabdulrazzaq@dcrs.ca | 604-547-1555

Volunteer Training

Training session for new volunteers and a look at volunteer positions at DIVERSEcity.

Dates: Wednesday, July 28, 2021 or

Thursday, August 12, 2021

Time: 10 am – 12:30 pm

Where: Online via Zoom

Language: English

Who's eligible? New volunteers

Register: volunteer@dcrs.ca | 604-547-1235

Healthy Self, Healthy Families: Practising Gratitude (Arabic)

Discover the positive effects of being grateful and some exercises on how you can incorporate this into your daily practice.

Date: Wednesday, July 28, 2021

Where: Pre-recorded video sent via WhatsApp

Language: English + Arabic language support

Who's eligible? Permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Canadian Non-Profit Sector Workshop

Learn about volunteering and job opportunities in the non-profit sector.

Date: Tuesday, August 4, 2021

Time: 5–6:30 pm

Where: Online via Zoom

Language: English

Who's eligible? Permanent residents, refugees and protected persons

Register: rakhter@dcrs.ca | 604-507-6060

Healthy Self, Healthy Families: Mindfulness-Based Activities

A review of mindfulness with specific activities you can do at home for relaxation.

Dates: Monday, August 9, 2021 (Arabic)

Tuesday, August 10, 2021 (Karen)

Thursday, August 12, 2021 (Swahili)

Where: Pre-recorded video sent via WhatsApp

Language: English + Arabic language support

Who's eligible? Permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Together Now: Our Perfect Summers!

A peer support group for LGBTQ+ newcomers to share their experiences in Canada.

Date: Monday, August 9, 2021

Time: 5–6 pm

Where: Online via Zoom

Language: English

Who's eligible? LGBTQ+ newcomers

Register: kpinderi@dcrs.ca | 604-547-2004

Healthy Self, Healthy Families: Coping with Grief & Loss (Arabic)

Become aware about how grief may affect mental health and learn strategies to help.

Dates: Wednesday, August 18 or September 8, 2021

Where: Pre-recorded video sent via WhatsApp

Language: English + Arabic language support

Who's eligible? Permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Physical Activity Workshop with IMPACT Parenting Group

Join this exercise and yoga session with our immigrant parenting group.

Date: Tuesday, August 24, 2021

Time: 12:30–2 pm

Where: Online via Zoom

Language: English + Swahili support

Who's eligible? Permanent residents, refugees and protected persons

Register: mkiiza@dcrs.ca | 604-547-1292

Nutrition Workshop with IMPACT Parenting Group

Learn about nutrition with our immigrant parenting group.

Date: Wednesday, August 25, 2021

Time: 12:30–2 pm

Where: Online via Zoom

Language: English + Swahili support

Who's eligible? Permanent residents, refugees and protected persons

Register: mkiiza@dcrs.ca | 604-547-1292

Together Now LGBTQ+ Peer Support Group

A peer support group for LGBTQ+ newcomers to share their experiences in Canada.

Date: Monday, August 23, 2021

Time: 5–6 pm

Where: Online via Zoom

Language: English

Who's eligible? LGBTQ+ newcomers

Register: kpinderi@dcrs.ca | 604-547-2004

Culture Shock & Parenting Styles Workshop with IMPACT Parenting Group

Learn about different parenting styles in Canada with our immigrant parenting group.

Date: Thursday, August 26, 2021

Time: 12:30–2 pm

Where: Online via Zoom

Language: English + Swahili support

Who's eligible? Permanent residents, refugees and protected persons

Register: mkiiza@dcrs.ca | 604-547-1292

Canadian Citizenship Application Workshop

Learn about the process of applying for Canadian citizenship.

Date: Thursday, August 26, 2021

Time: 10:30 am – 12 pm

Where: Online via Zoom

Language: Korean

Who's eligible? Permanent residents, refugees and protected persons

Register: ikoh@dcrs.ca | 604-547-1300

Volunteer Training

Training session for new volunteers and a look at volunteer positions at DIVERSEcity.

Date: Thursday, August 26, 2021

Time: 1–3:30 pm

Where: Online via Zoom

Language: English

Who's eligible? New volunteers

Register: volunteer@dcrs.ca | 604-547-1235

Canadian Citizenship Preparation & Civic Engagement Course

Get ready for your citizenship test in this course.

Dates: Wednesdays, September 1 to November 10, 2021 or Fridays, September 3 to November 12, 2021

Time: 6–8 pm

Where: Online via Zoom

Language: English

Who's eligible? Permanent residents who have submitted their citizenship application

Register: rakhter@dcrs.ca | 604-507-6060

Tenancy Rights & Responsibilities Workshop

Learn about your rights and responsibilities as a rental tenant.

Date: Wednesday, September 8, 2021

Time: 12:30–2:30 pm

Where: Online via Zoom

Language: English + Swahili support

Who's eligible? Permanent residents, refugees and protected persons

Register: mkiiza@dcrs.ca | 604-547-1292

Pension & Employment Insurance Workshop

An information session on pensions and EI options.

Date: Thursday, September 23, 2021 or September 30, 2021

Time: 10:30 am – 12 pm

Where: Online via Zoom

Language: Korean

Who's eligible? Permanent residents, refugees and protected persons

Register: ikoh@dcrs.ca | 604-547-1300



Teens & Young Adults

5K Run Program by DIVERSEyouth

Learn how to complete a five-kilometre run, stay physically fit and healthy.

Dates: Mondays, June 21 to August 30, 2021

Time: 5–6:30 pm

Where: Hjorth Road Park, Surrey

Language: English

Who's eligible? Youth aged 13–19

Register: youth@dcrs.ca | 604-547-1317

Youth Mentorship Café by DIVERSEyouth

Receive guidance from SFU students on how to pursue your academic dreams.

Dates: June 31, July 7 & 14, 2021

Time: 3:30–5 pm

Where: Online via Zoom

Language: English

Who's eligible? Youth aged 13–24

Register: youth@dcrs.ca | 604-547-1317

Healthy Self, Healthy Families Youth Workshop: Setting Boundaries

Identify healthy boundaries that are needed in your life and how you can set these boundaries with yourself and others.

Date: Wednesday, July 7, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? Youth permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

RISE Youth Workshop: Transportation & Safety

Learn about public transportation and road safety.

Date: Wednesday July 4, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? RISE Youth registrants

Register: nalsaqqa@dcrs.ca | 604-866-4378

Healthy Self, Healthy Families Youth Workshop: Practising Gratitude

Discover the positive effects of being grateful and incorporating it into a daily practice.

Date: Monday, July 28, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? Youth permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Healthy Self, Healthy Families Youth Workshop: Goal Setting

Identify the primary needs in your life and learn an effective framework to achieve your goals.

Date: Wednesday, August 4, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? Youth permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

RISE Youth Workshop: Driver's Licence in BC

Learn how to get a driver's licence.

Date: Wednesday August 11, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? RISE Youth registrants

Register: nalsaqqa@dcrs.ca | 604-866-4378

RISE Youth Information Workshop: Attractions in BC

Learn about attractions and places to visit.

Date: Wednesday August 18, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? RISE Youth registrants

Register: nalsaqqa@dcrs.ca | 604-866-4378

RISE Youth Workshop: Banking in Canada

Get an overview of basic banking skills.

Date: Wednesday August 25, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? RISE Youth registrants

Register: nalsaqqa@dcrs.ca | 604-866-4378

Healthy Self, Healthy Families Youth Workshop: Interpersonal Relationships

Define meaningful relationships and use social skills to improve your relationships.

Date: Wednesday, September 1, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? Youth permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Healthy Self, Healthy Families Youth Workshop: Understanding Anxiety

Learn about the physical and mental symptoms of anxiety and impact of our thoughts and actions.

Date: Wednesday, September 15, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? Youth permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Healthy Self, Healthy Families Youth Workshop: Coping with Anxiety

Learn skills to cope with types of anxiety.

Date: Wednesday, September 29, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? Youth permanent residents, refugees and protected persons

Register: pboparai@dcrs.ca | 604-547-1273

Communicate by DIVERSEyouth

Learn to improve and practise your English, and connect with other newcomer youth.

Dates: September 13 to November 1, 2021

Time: 3:30–5 pm

Where: Online via Zoom

Language: English

Who's eligible? Youth aged 13–18

Register: youth@dcrs.ca | 604-547-1317

RISE Youth Workshop: Volunteering in BC

Learn about volunteering and different volunteering opportunities and resources.

Date: Wednesday September 8, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? RISE Youth registrants

Register: nalsaqqa@dcrs.ca | 604-866-4378

RISE Youth Workshop: Education System in BC

Get an overview of the education system in BC, including public, private and adult education, and language programs.

Date: Wednesday September 22, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Burmese & Karen language support

Who's eligible? RISE Youth registrants

Register: nalsaqqa@dcrs.ca | 604-866-4378



Seniors & Caregivers

Therapeutic Activation Program for Seniors (TAPS)

Program featuring one-on-one support, wellness calls, group phone calls, games, physical activity and music.

Dates: Tuesdays, July 13 & 27, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English & Punjabi

Who's eligible? Surrey seniors 55+, isolated or experiencing physical or mental health barriers

Register: tkaur@dcrs.ca | 778-549-1926

Newcomer Family Caregiver Support Group

Specialized support for caregivers of seniors with high needs. Clinical counselling available.

Dates: Thursdays, July 8 & 22, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: Punjabi

Who's eligible? Unpaid caregivers for family members, friends or neighbours

Register: msodhi@dcrs.ca | 778-549-2863

Caregivers Mindfulness & Wellness Workshop

Stress reduction activities for caregivers to achieve optimal wellbeing.

Date: Thursday, July 15, 2021

Time: 10–11:30 am

Where: Online via Zoom

Language: Punjabi

Who's eligible? Unpaid caregivers for family members, friends or neighbours

Register: msodhi@dcrs.ca | 778-549-2863

6 | DCRS.CA

Advocacy for Caregivers Workshop

Learn strategies and tips to better advocate for care recipients.

Date: Monday, July 26, 2021

Time: 10 am – 12 am

Where: Online via Zoom

Language: English + Punjabi support

Who's eligible? Unpaid caregivers for family members, friends or neighbours

Register: msodhi@dcrs.ca | 778-549-2863

Caregivers Connect Group

Sessions for alumni of the caregiver program.

Dates: Thursday, July 29, 2021

Thursday, August 26, 2021

Thursday, September 30, 2021

Time: 10 am – 12 am

Where: Online via Zoom

Language: Punjabi

Who's eligible? Clients who have completed 10 sessions of the caregiver support group

Register: msodhi@dcrs.ca | 778-549-2863

Therapeutic Activation Program for Seniors (TAPS)

Program featuring one-on-one support, wellness calls, group phone calls, games, physical activity and music.

Dates: Every other Tuesday in August 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English & Punjabi

Who's eligible? Surrey seniors 55+, isolated or experiencing physical or mental health barriers

Register: tkaur@dcrs.ca | 778-549-1926

Newcomer Family Caregiver Support Group

Specialized support for caregivers of seniors with high needs. Clinical counselling available.

Dates: Thursday, August 5 & 19, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: Punjabi

Who's eligible? Unpaid caregivers for family members, friends or neighbours

Register: msodhi@dcrs.ca | 778-549-2863

Caregivers Mindfulness & Wellness Workshop

Stress reduction activities for caregivers to achieve optimal well-being.

Date: Thursday, August 12, 2021

Time: 10–11:30 am

Where: Online via Zoom

Language: Punjabi

Who's eligible? Unpaid caregivers for family members, friends or neighbours

Register: msodhi@dcrs.ca | 778-549-2863

Therapeutic Activation Program for Seniors (TAPS)

Program featuring one-on-one support, wellness calls, group phone calls, games, physical activity and music.

Dates: Every other Tuesday in September 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English & Punjabi

Who's eligible? Surrey seniors 55+, isolated or experiencing physical or mental health barriers

Register: tkaur@dcrs.ca | 778-549-1926

Newcomer Family Caregiver Support Group

Specialized support for caregivers of seniors with high needs. Clinical counselling available.

Dates: Thursdays, September 2 & 16, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: Punjabi

Who's eligible? Unpaid caregivers for family, relative or neighbour

Register: msodhi@dcrs.ca | 778-549-2863

Caregivers Mindfulness & Wellness Workshop

Stress reduction activities for caregivers to achieve optimal wellbeing.

Date: Thursday, September 9, 2021

Time: 10–11:30 am

Where: Online via Zoom

Language: Punjabi

Who's eligible? Unpaid caregivers for family, relative or neighbour

Register: msodhi@dcrs.ca | 778-549-2863



Training & Employment

LINC English Language Courses

Improve your English skills with our Language Instruction for Newcomers to Canada program.

Date: Ongoing registration (but closed between August 9 & September 6)

Where: Online via Zoom or classes in Surrey

Language: English

Who's eligible? Permanent residents, refugees and protected persons

Register: languageprograms@dcrs.ca | 604-547-1203

Tech Train for Remote Work & Wellness

Explore career options that you can do from home in this 8-week, free employment program.

Start Date: July 4, 2021

Where: Online via Zoom

Language: English

Who's eligible? BC residents aged 30–54 unemployed or underemployed due to COVID-19.

Register: training@dcrs.ca | dcrs.ca/techtrain

Future Leaders Youth Employment Program

Develop your skills, explore career options and access post-secondary training and work experience through this free, innovative program.

Start Date: July 5, 2021

Where: Online via Zoom and in person

Language: English

Who's eligible? BC residents aged 15–30 unemployed or underemployed and not currently enrolled in high school or post-secondary.

Register: youthjobs@dcrs.ca | dcrs.ca/youthjobs

Practice Care With Children Program

Lay the foundation for a career in childcare and gain the Responsible Adult Certification.

Start Date: July/August 2021

Where: Online via Zoom and in person

Language: English

Who's eligible? Women survivors of violence

Register: training@dcrs.ca | dcrs.ca/care

Business Startup Bootcamp – Immigrant Entrepreneur Program

Learn how to plan, launch and grow your small business idea in this 10-week program

Date: Saturdays, June 26 to August 28, 2021

Time: 10 am – 1 pm

Where: Online via Zoom

Language: English

Who's eligible? Preference given to permanent residents.

Register: selfemployment@dcrs.ca | 604-547-1662

HEAL for Work Program for Women

For women survivors of violence and trauma getting into the labour market.

Start Date: September 13, 2021

Where: Online via Zoom and in person

Language: English

Who's eligible? Immigrant women survivors of violence and trauma

Register: heal@dcrs.ca | 604-597-0205

SAHARA Employment Program for Men

For men with multiple barriers to find their place in the labour market.

Start Date: September 27, 2021

Where: Online via Zoom and in person

Language: English

Who's eligible? Racialized men with multiple barriers (e.g., addiction, anxiety, criminal record)

Register: sahara@dcrs.ca | 604-597-0205

Learn more about all of DIVERSEcity's free workshops, programs & services online at dcrs.ca.




1–5 DAY COURSES

Looking to upgrade your JOB-READY SKILLS?

DIVERSEcity Skills Training Centre offers high-quality and affordable fee-based training courses to help you enter the workforce with today's in-demand skills.

Learn essential computer and customer service skills in our short online courses taught by industry experts!

Classes are online with a return to in-person options as COVID restrictions lift. Subsidies may be available from WorkBC.

See our course schedule and register at [DCRS.CA/STC](https://dcrs.ca/stc).



Getting you ready for the workforce!

📞 604-547-2010
✉️ SKILLSTRAINING@DCRS.CA
➡️ DCRS.CA/STC



DIVERSECITY
community resources society

Everyone Belongs Here

At DIVERSECITY Community Resources Society, we help newcomers and other diverse communities build the life they want in Canada.

Our free, multilingual programs and services in settlement, language, employment, health and counselling can provide you with information, skills and connections for your journey toward success and belonging.

As a registered charity in Surrey and the Lower Mainland with a 42+ year history, we value the strengths found in our differences, and our message is clear — everyone belongs here.

Our Locations

DIVERSECITY SURREY COMMUNITY CAMPUS: 13455 76 AVENUE, SURREY, BC

DIVERSECITY CITY CENTRE CAMPUS: #202 — 10070 KING GEORGE BLVD., SURREY, BC

DIVERSECITY NEWTON TOWN CENTRE CAMPUS: #1107 — 7330 137 STREET, SURREY, BC



#EVERYONEBELONGSHERE

 **604-597-0205**

 **INFO@DCRS.CA**

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@DIVERSECITYBC