

DIVERSEcity Workshops & Program Guide

FREE

OCTOBER
TO DECEMBER
2021



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

Conversations for Citizenship

Practise speaking and listening skills with conversational topics based on the *Discover Canada* guidebook, in preparation for the oral interview section of the citizenship test.

Dates: Mondays, October 4 to December 20, 2021

Time: 4–6 pm

Where: Online via Zoom

Language: English

Who's eligible? Permanent residents, with priority for those with CLB 4 who have applied for their citizenship test

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

IMPACT Parenting Support Group

Learn about parenting topics and meet new friends, while your children enjoy activities and snacks.

Dates: Tuesdays & Thursdays, from October 5 to December 9, 2021

Time: 12:30–2 pm

Where: DIVERSEcity Newton Town Centre Campus, #1107 – 7330 137 Street, Surrey, BC

Language: English

Who's eligible? Parents (with English CLB 3+) with children aged 0–6

Register: impact@dcrs.ca | 604-547-1310

Canadian Citizenship Preparation & Civic Engagement Course (evening sessions)

Get ready for your citizenship test with this 12-week prep course.

Dates: Wednesdays, October 6 to December 8, 2021

Time: 6–8 pm

Where: Online via Zoom

Language: English

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

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

Volunteer Training

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

Date: Wednesday, October 6, 2021

Time: 1–3:30 pm

Date: Tuesday, November 23, 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

Substance Use Psychoeducation Group

Join this 8-week group if you're seeking help with alcohol and/or drug related issues.

Dates: Thursdays, October 7 to November 25, 2021

Time: 2–4 pm

Where: DIVERSEcity Newton Town Centre Campus, #1107 – 7330 137 Street, Surrey, BC

Language: Punjabi

Who's eligible? Adults 19+

Register: intake@dcrs.ca | 604-547-1202

Journeys Adult Drop-In

Concurrent disorders weekly drop-in featuring various topics of discussion, including stress management.

Dates: Thursdays, October 7 to December 16, 2021

Time: 5–6 pm

Where: DIVERSEcity Newton Town Centre Campus, #1107 – 7330 137 Street, Surrey, BC

Language: English

Who's eligible? Adults 19+ with concurrent mental health & substance use disorders

Register: mchiang@dcrs.ca | 604-547-3326

(Please register weekly by end of day Monday)

Canadian Citizenship Preparation & Civic Engagement Course (daytime sessions)

Get ready for your citizenship test with this 12-week prep course.

Dates: Fridays, October 8 to December 10, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English

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

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

Together Now: LGBTQ+ Newcomer Peer Support Group

A peer support group for LGBTQ+ newcomers of any immigration status, featuring different special discussion topics each month.

Dates: Every other Monday, from October 11, 2021

Time: 5–6 pm

Where: Online via Zoom

Language: English

Who's eligible? LGBTQ+ adult newcomers of any immigration status

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

How to Write a Will in Canada Workshop

Learn the essentials of will writing and different options for property transfers.

Dates: Thursday, October 14, 2021

Time: 10:30 am – 12:30 pm

Where: Online via Zoom

Language: English + Punjabi language support

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

Register: nnavneh@dcrs.ca or rahluwalia@dcrs.ca | 604-954-4012 or 604-547-1228

Monthly Family Counselling Group

Learn about various topics connected to parenting and mental wellness in this monthly group.

Dates: Tuesdays, starting October 19, 2021

Time: 4:30–5:30 pm

Where: Online

Language: English & Punjabi

Who's eligible? Parents & caregivers

Register: intake@dcrs.ca | 604-547-1202

DIVERSEcity Entrepreneur & Small Business Fair

Held during Small Business Month, this fair is for diverse entrepreneurs to learn how to plan, launch and grow their business.

Dates: Wednesday, October 20, 2021

Time: 4–6 pm

Where: Online via Zoom

Language: English

Who's eligible? Everyone welcome

Register: selfemployment@dcrs.ca

Housing Options in BC Workshop

Learn about the eligibility requirements for BC Housing including the Rental Assistance Program and the application process.

Dates: Thursday, October 21, 2021

Time: 11:30 am – 1:30 pm

Where: Online via Zoom

Language: English + Arabic language support

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

Register: nabdulrazzaq@dcrs.ca or akareem@dcrs.ca | 604-547-1363 or 604-547-1555

Volunteer Information & Orientation Session

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

Dates: Thursday, October 21, 2021 or Friday, November 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

Community Kitchen: Cooking Basics

Learn cooking basics and safety in the kitchen.

Dates: Fridays, October 22 to November 26, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English

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

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

Grief Support Group for Women

This weekly support group is open to women who have lost their significant other and need support with the grieving process.

Dates: Tuesdays, October 26 to December 14, 2021

Time: 1–2 pm

Where: DIVERSEcity Newton Town Centre Campus, #1107 – 7330 137 Street, Surrey, BC

Language: English + Punjabi & Arabic language support

Who's eligible? Self-identified women

Register: intake@dcrs.ca | 604-547-1202

Government-funded Skills Training Opportunities Workshop

Learn about free career advancement options.

Dates: Thursday, October 28, 2021

Time: 10:30 am – 12 pm

Where: Online via Zoom

Language: English + Korean language support

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

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

DIVERSEcity Workshops & Program Guide

Home Insurance Information Workshop

Learn about different clauses in home insurance and how to protect yourself.

Dates: Tuesday, November 9, 2021

Time: 10:30 am – 12:30 pm

Where: Online via Zoom

Language: English + Punjabi language support

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

Register: nnavneh@dcrs.ca or rahluwalia@dcrs.ca | 604-954-4012 or 604-547-1228

How to Report an ICBC Claim Workshop

Learn how to report a claim and learn about your rights and responsibilities if you have entered into a car accident.

Dates: Thursday, November 18, 2021

Time: 11:30 am – 1:30 pm

Where: Online via Zoom

Language: English + Arabic language support

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

Register: nabdulrazzaq@dcrs.ca or akareem@dcrs.ca | 604-547-1363 or 604-547-1555

Parenting Teenagers in Canada Workshop

Learn about different parenting styles for dealing with teenagers and how to overcome challenges for effective parenting.

Dates: Thursday, November 25, 2021

Time: 10:30 am – 12:30 pm

Where: Online via Zoom

Language: English + Punjabi language support

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

Register: nnavneh@dcrs.ca or rahluwalia@dcrs.ca | 604-954-4012 or 604-547-1228

Substance Use Relapse Prevention

Join this weekly session in Punjabi for support.

Dates: Thursdays, November 25, 2021 to February 24, 2021 (excluding holiday week)

Time: 3:30–5 pm

Where: DIVERSEcity Newton Town Centre Campus, #1107 – 7330 137 Street, Surrey, BC

Language: English + Punjabi language support

Who's eligible? Adults 19+

Register: spangli@dcrs.ca

Parenting Teenagers in Canada Workshop

Learn about different parenting styles for dealing with teenagers and how to overcome challenges for effective parenting.

Dates: Thursday, December 2, 2021

Time: 11:30 am – 1:30 pm

Where: Online via Zoom

Language: English + Arabic language support

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

Register: nabdulrazzaq@dcrs.ca or akareem@dcrs.ca | 604-547-1363 or 604-547-1555

Understanding Child Protection Services Workshop

Learn about the duty to report child neglect and abuse with a guest speaker from the Ministry of Children and Family Development (MCFD).

Dates: Wednesday, November 17, 2021

Time: 1–3 pm

Where: Online via Zoom

Language: English + Mandarin language support

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

Register: mchang@dcrs.ca | 604-954-4013



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](https://dcrs.ca/stc)



Teens & Young Adults

Journeys Youth Drop-In

Concurrent disorders drop-in features various topics including stress management, creative expression and social media.

Dates: Wednesdays, September 29 to December 1, 2021

Time: 4:15–5:15 pm

Where: DIVERSEcity Newton Town Centre Campus, #1107 – 7330 137 Street, Surrey, BC

Language: English

Who's eligible? Youth aged 13–19 with concurrent mental health & substance use disorders

Register: mchiang@dcrs.ca | 604-547-3326
(Please register weekly by end of day Monday)

DIVERSEyouth Community Service Project

With partner TakingITGlobal, this three-week project helps youth access community service grants of up to \$1,500 to serve their communities through community-centered project ideas.

Date: October 2021

Language: English

Who's eligible? Permanent resident youth aged 13–24

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

Healthy Self, Healthy Youth Workshop: Managing Anger

Learn how to regulate difficult symptoms of anger and keep them in check.

Dates: Wednesday, October 13, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Karen & Burmese language support

Who's eligible? Youth permanent residents, protected persons & newcomers seeking mental health support

Register: pboparai@dcrs.ca | 604-996-5225

Anger Management for Children & Youth

Learn emotional regulation and anger management strategies. This weekly session is part of our SAFE gang prevention program.

Dates: Mondays, October 18 to December 6, 2021

Time: 5:30–7 pm

Where: Online

Language: English

Who's eligible? Open to youth aged 13–15, and their parents

Register: fjafary@dcrs.ca; gasmar@dcrs.ca; psangha@dcrs.ca

Healthy Relationships for Children & Youth

This is part of our Violence Prevention Services for children and youth.

Start Date: October 26, 2021

Time: 3:30 pm

Where: TBD

Language: English

Who's eligible? Children & youth

Register: intake@dcrs.ca

Healthy Self, Healthy Youth Workshop: Understanding Depression

Participants will learn about the definition and symptoms of depression, as well as how it might affect one's daily life.

Dates: Wednesday, October 27, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Karen & Burmese language support

Who's eligible? Youth permanent residents, protected persons & newcomers seeking mental health support

Register: pboparai@dcrs.ca | 604-996-5225

Self-Esteem & Confidence for Children & Youth

This is part of our Violence Prevention Services for children and youth.

Start Date: October 28, 2021

Time: 3:30 pm

Where: TBD

Language: English

Who's eligible? Children & youth

Register: intake@dcrs.ca

Healthy Self, Healthy Youth Workshop: Coping with Depression

Participants will learn skills to cope with depressive symptoms and learn skills to support others who may be experiencing depression.

Date: Wednesday, November 10, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Karen & Burmese language support

Who's eligible? Youth permanent residents, protected persons & newcomers seeking mental health support

Register: pboparai@dcrs.ca | 604-996-5225

Teens & Young Adults

Healthy Self, Healthy Youth Workshop: Understanding Hate Crimes

Participants will learn to identify a hate crime and also be informed on the necessary steps to seek assistance if they witness or experience a hate crime.

Dates: Wednesday, November 24, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Karen & Burmese language support

Who's eligible? Youth permanent residents, protected persons & newcomers seeking mental health support

Register: pboparai@dcrs.ca | 604-996-5225

Healthy Self, Healthy Youth Workshop: Power of the Mind

Participants will learn about the power of the mind in your life.

Date: Wednesday, December 8, 2021

Time: 3:30–4:30 pm

Where: Online via Zoom

Language: English + Arabic, Karen & Burmese language support

Who's eligible? Youth permanent residents, protected persons & newcomers seeking mental health support

Register: pboparai@dcrs.ca | 604-996-5225

**FIND MORE EVENTS ONLINE
AT DCRS.CA/EVENTS**



Seniors & Caregivers

FoodFit Program for Seniors

Better health one step at a time: learn new recipes; join a 30-minute exercise class and share healthy meals with new friends.

Dates: Wednesdays, September 29 to December 15, 2021

Time: 10 am – 12 pm

Where: Online via Zoom

Language: English + Punjabi

Who's eligible? Low-income seniors of any immigration status

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

Chai Time

Virtual support group for Punjabi-speaking family and friend caregivers, facilitated by a clinical counsellor and program coordinator.

Dates: Thursdays, October 7, November 4 & December 2, 2021 (in-person)

Thursdays, October 21, November 18 & December 16, 2021 (online)

Time: 10 am – 12 pm

Where: Online via Zoom & in-person

Language: Punjabi

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

Register: msodhi@dcrs.ca | 604-547-1262

Caregivers Mindfulness & Wellness Workshop

For caregivers to try stress-reduction activities to achieve optimal wellbeing. Practise short guided meditation and relaxation activities.

Dates: Thursday, October 14, 2021 or

Thursday, November 11, 2021 or

Thursday, December 9, 2021

Time: 10–11:30 am

Where: Online via Zoom

Language: Punjabi

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

Register: msodhi@dcrs.ca | 604-547-1262

Arabic Caregivers Session

Monthly virtual caregiver session for Arabic caregivers, on fourth Wednesday of the month.

Dates: Wednesdays, October 27 & November 24, 2021

Time: 10 am–12 pm

Where: Online via Zoom

Language: English + Arabic language support

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

Register: msodhi@dcrs.ca | 604-547-1262

Therapeutic Activation Program for Seniors (TAPS)

Program featuring one-on-one support, yoga, fun games, gentle recreation activity, art classes, music therapy and conversation circles, plus weekly wellness calls by volunteers

Dates: Every other Tuesday

Time: 10 am – 12 pm

Where: DIVERSEcity Surrey Community Campus, 13455 76 Avenue, Surrey, BC

Language: English + Punjabi + Arabic

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

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



Training & Employment

LINC English Language Courses

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

Dates: Ongoing registration

Time: Morning and evening classes

Where: Online and in-person classes in Surrey

Language: English

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

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

Practice Care with Children Program

Lay the foundation for a career in childcare and gain Responsible Adult certification, 40+ hours of lab experience working with children and coaching from Early Childhood Educators.

Dates: Ongoing registration

Time: Monday to Friday, 9 am — 12 pm

Where: Online via Zoom & in-person at DIVERSEcity Newton Town Centre Campus, #1107 – 7330 137 Street, Surrey, BC

Language: English

Who's eligible? Canadian citizens, permanent residents or protected persons. Survivors of

domestic violence. Women with or without children.

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

Tech Train for Remote Work & Wellness Program

This employment program will help prepare you for remote work options in e-commerce, technology or office administration. Get employability skills, essential skills and digital skills training as well as financial support for technology-related resources, language and counselling support as needed.

Dates: October 25 to December 17, 2021

Time: Monday to Friday, 9 am — 4 pm

Where: Online via Zoom

Language: English

Who's eligible? BC residents aged 30–54 who are Canadian citizens, permanent residents or protected persons

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

Future Leaders Program

Join this free, innovative youth employment program that will set you up for career success, with options for short-term training certifications or enrollment in accredited post-secondary programs.

Dates: October 4 to November 12, 2021

(certifications option)

Ongoing intake (post-secondary education option)

Where: Online and in-person

Language: English

Who's eligible? Youth aged 15–30, who are unemployed or working less than 20 hours per week & are permanent residents or citizens

Register: youthjobs@dcrs.ca | 604-547-1311

Electrical Foundation Harmonized Program

Join this 20-week ITA and PTIB approved training program in partnership with Ace Community College to become a construction electrician.

Start date: Tuesday, November 16, 2021

Where: Ace Community College, Unit 101, 9486 120 Street, Surrey, BC

Language: English

Who's eligible? Citizens, permanent residents or protected persons who are unemployed or precariously employed

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

Future Troopers Program

Get the skills, connections and support to launch your career.

Dates: Ongoing intake

Where: Online & in-person

Language: English

Who's eligible? Youth aged 17–29 who are unemployed or underemployed & are permanent residents or citizens

Register: youthjobs@dcrs.ca | 604-547-1311

Dental Receptionist Certificate Program

Want to work as a dental receptionist? Join this free, 16-week program delivered in partnership with Discovery Community College for hands-on training.

Start Date: Monday, October 25, 2021

Where: Discovery Community College, 10040 King George Blvd., Surrey, BC

Language: English

Who's eligible? Citizens, permanent residents or protected persons who are unemployed or employed part time or precariously employed

Register: jennyfer.guzman@discoverycollege.ca | 604-930-9908



**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**

 **DCRS.CA**

   
@DIVERSECITYBC