

Summer 2010



Brampton Multicultural Community Centre  
Muslim Community Services

# News and Views



## Why is Peel so appealing?

Peel is one of the fastest growing regions in the GTA. It has the second highest volume of immigration in Canada, and is projecting 24,000 new immigrants each year. Almost half of Peel's population are immigrants and 10% of Peel's population are recent immigrants. Peel is the place where people are choosing to come to settle.

So... what's so great about Peel? When newcomers were asked how they came to live in Peel, their answers varied. Their stories resonate throughout the region.

One newcomer remarked being attracted by Peel's real estate affordability and was able to buy a house. The Region of Peel offers residents who qualify an opportunity to apply for assistance with a loan for a down payment on a house. ([www.peelregion.ca/housing/home-in-peel](http://www.peelregion.ca/housing/home-in-peel))

Still, another newcomer got a job in Peel and chose to live close to his workplace. Top 3 industries: manufacturing, trade, and financial services such as banking, insurance, real estate, leasing. ([www.immigrationpeel.ca/jobs](http://www.immigrationpeel.ca/jobs))

Many other newcomers had family already here, making the choice easy. Peel is one of the

most diverse regions in Canada where more than 48% of the population was born outside of Canada.

([www.immigrationpeel.ca/jobs](http://www.immigrationpeel.ca/jobs))

To help newcomers settle, there are 9 settlement agencies who can help draft a settlement plan with your needs or refer you for other services.

Whether newcomers come to Peel by chance, or for an opportunity, they stay and establish their home and work.

Here, at BMC and MCS we are committed to strengthening our community by reaching out to those in need. We are connecting people, building communities and making a difference.

Whatever your settlement needs and goals, we are here.

**Come in and let us help you with your settlement plans.**

## What's new with us

### "NOW and WIN"

During the summer months, our school settlement workers will be busy planning activities for newcomer students to adapt to their new surroundings. The activities are age appropriate and are designed to help kids get acquainted with and settle into their new schools. They include such activities as scavenger hunts to help them learn the layout of their buildings, skits about the challenges of school in a new country, and a visit to the local library and community centre, and an introduction to the school system and the resources available to support them in

their school. These programs: "NOW" for secondary school students and "WIN" for middle school students will be held at various schools in the Peel District and Dufferin Peel Catholic District school boards in Brampton. **For information or to register for NOW and WIN contact: Jimena Merlo at 905-790-8482**

### Inside this issue:

- Employment Facts— e-networking
- Ask the Expert— Cyber bullying
- Program Highlights— Language Instruction for Newcomers to Canada
- Tips for Living Well— Kids and pool safety
- Your Success is our Success— Carlos Medina

### Since we last spoke...

What we've done

- Networking
- Creating your personal brand

What we're doing

- Information for Youth about university life

we are funded by:



Citizenship and Immigration Canada

Citoyenneté et Immigration Canada



Ontario



## Since we last spoke...what we've done...

**Guest Speakers**, Bob Nichols and Mary Anne Blair from the **Pro-Active Recruitment Unit with the RCMP** conducted an **informational session** for JSW and LINC clients and informed them about the recruitment process and various civilian positions. Clients thoroughly enjoyed the session.

Winning tickets were drawn for the **BMC Raffle Draw** fund raising activity on May 28<sup>th</sup> 2010. The three prize winning ticket numbers were published in the Brampton Guardian. The winners claimed their prizes. BMC/MCS raised \$2294.30 for the community centre.

**A networking session for Internationally Trained Engineers** was held in the month of June. Anna Zaicos from the Access Centre conducted a presentation for our clients about bridging programs, co-op placements, the licensing process, and possible positions within their field.

Many job seekers are unaware of how they should network and what some of the common practices are in Canadian culture with regards to networking with casual acquaintances. **Monthly networking sessions** are held to familiarize newcomers with the practice and various networking tools used to build and expand their network of contacts. In the month of April, a Networking Event on the topic of **"How to stand out from the crowd at a Job Fair"** was conducted. Participants also received a list of job fairs happening in the GTA along with other resources.

**A Networking Session on the topic, "How to Create your Personal Brand"** was held in the month of May, to provide additional learning opportunities for JSW graduates. Guest speaker, Mr. Rajesh Juriasingani, Financial Planner and Executive Director from Canada Strategic Company was invited and discussed the myths about branding, the benefits about personal branding. He also gave advice on effectively marketing yourself to employers, moving closer to your goals, and identifying and selling yourself to potential employers.

## Since we last spoke... what we're doing

**An information sessions for Youth17-22** will be held on **August 10th from 6-8 pm at South Fletchers Library** and **August 11th from 6-8 pm at Chinguacousy Library** for students who are new to the country and want to pursue a post secondary education in Canada. Topics will include:

- facts about first year academia, the importance of orientation week
- the importance of developing open communication with profes-

sors and teaching assistants

- applying for OSAP
- making new friends and getting involved etc. and many more topics.

To register, contact your settlement worker at **647-302-0320** or **647-302-0989**

Our support groups will begin meeting monthly beginning in the summer. The **Senior Support Group** will meet monthly on a **Wednesday** starting in **July** and

our **Women's Support Group** will begin meeting monthly in **August on a Saturday**. Support groups are an excellent venue to make new friends and reduce isolation. The groups' activities will be providing information on topics of interest as well as doing activities.

If you are interested in joining these groups please contact **Parminder Jagdev** or **Raghbir Chohan** At **905-790-8482**

## Language Instruction for Newcomers to Canada

Knowing an official language is the key to success and in finding gainful employment and succeeding professionally. It is also a factor in integrating into Canadian society and participating fully in the community socially and civically. Language Instruction for Newcomers to Canada is offered at our Brampton North office and our Mississauga West office. Language instruction can benefit everyone no matter the

level. Lower level language classes will give you the foundations and provide some insight into Canadian culture and customs. Learners in higher level classes will also gain insight into Canadian culture and customs as well as variations between Canadian English and other varieties of English.

Learning a language involves learning the linguistic customs

that go with that particular culture.

Come and join our LINC classes and learn:

- how to make a request
- how to give a suggestion
- how to interrupt a speaker
- why Canadians are considered so funny!

**Call us to make an appointment for an English assessment at 905-790-1910 or 905-828-2001**

## Employment facts

**E-Networking combines the traditional networking you do as part of your career search, with the power of the Internet.** It allows you to create a community of virtual contacts who can provide critical information on job leads, industry trends and possible openings. These are people whom you would never have met in any other way.

### E-Networking Etiquette

It is important to remember certain "rules of the road" when you begin your E-Networking efforts:

**Initiate widely; continue selectively.** It is important to cast a wide net when you are networking on the web, simply because you do not have a personal introduction to pave the way for you. Sometimes it is difficult to tell, by the information that is first available to you, if someone will be useful as a networking partner. So do make your initial efforts large, and then scale back.

**Identify yourself and use common sense.** You are in this for a purely business reason - to augment your job search efforts. Therefore do not use an alias or any other pretense that would make someone uncomfortable networking with you. People who are also networking for business will recognize that and respond accordingly.

**Follow standard business courtesy.** Email sometimes lulls us into being more casual with strangers than we would normally be. Please remember this is business, and it is important to strike a tone somewhere in between a formal business letter and a casual note to a good friend. Make your communications friendly but respectful. Do not use any acronyms or symbols such as lol, J, L, etc. in any of your business correspondence.

**Bookmark, or select favorites, early and often.** When you are searching for that next great site, it is all too easy to get lost. It is essential that you bookmark favorite sites immediately and edit your selections frequently. That way you are never hunting for that wonderful link you discovered at two a.m. the night before.

**Read more on E-Networking in the next issue of BMC-MCS Newsletter!** source: [www.mcdanielcareers.org](http://www.mcdanielcareers.org)

## Your Success is Our Success

"I came to BMC in July 2007; 9 days after my family arrived in Canada. Originally from the Philippines, I am an academic schooled by the University of Leuven in Belgium; New York University, and the University of Saskatchewan. Before coming to Canada in 2007, I was an author, a professor, and an administrator.

The Job Search Workshops (JSW) at BMC taught us (my wife and me) —among other things— to focus on our passions, to assess our transferable skills, and to build our network through volunteer work. Being passionate about cultures and languages, I decided to earn a TESL certificate. With this focus, I did not waste time on jobs I was **not** passionate about.

Now, I am a teacher with MCS' LINC Program. Having been a foreign student myself, a culture researcher, and now a permanent resident in Canada, I find teaching immigrants meaningful because this job draws on my passions and experiences.

Aside from the lessons I learned from BMC and MCS, advice I received and continue to give to newcomers is as follows: Be prepared to re-invent yourself. If you were a success outside of Canada, don't rest on your laurels. Rather, use them to upgrade your skills and get a Canadian certificate. Invest in getting trained for a job you know you will enjoy doing. That investment will produce better returns than working various short-term jobs for decades. Consciously integrate into Canadian society by improving your English and being involved in your community.

"Be prepared to re-invent yourself...Invest in getting trained for a job that you know you will enjoy doing."

Finally, live a healthy life; spend time with your loved ones; be grateful for life and for the new possibilities you have; and express your gratitude to the Being you believe in." **Carlos Medina**

## Tips for Living Well

School is out and parents are always looking for ways to keep their children busy and cool. Swimming is excellent exercise. Here are some tips for an enjoyable **and safe** swimming experience:

- Always keep **one** eye on your children in and around a pool and watch them closely when they are playing with inflatable toys
- Restrict access to your backyard pool and always lock the gate when the pool is empty
- Young children who cannot swim must wear a life jacket
- Keep pool chemicals out of reach of children
- Diving is for diving boards and deep water
- Don't drink and swim
- Use the buddy system; never swim alone
- Drain wading pools after use; standing or stagnant water is dangerous, and dirty
- Establish and follow rules for your backyard and pool
- Learn CPR and first aid

For more information visit  
[www.lifesavingsociety.com](http://www.lifesavingsociety.com)



## Muslim Community Services

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Mississauga LINC Office  
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Mississauga, Ontario  
L5L 5M6  
Phone: (905) 828-2001  
Fax: (905) 828-4008

[muslimcommunity.org](http://muslimcommunity.org)

## Brampton Multicultural Community Centre

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Phone: (905) 790-8482  
Fax: (905) 874-6100

[bmccentre.org](http://bmccentre.org)

# Upcoming Events

For more information or to register for these workshops please call **905-790-8482 ext 205** for Edna Guerrero **in Brampton** and **ext 321** for Tariq Adnan **in Mississauga**

Theme	Date and Time	Facilitator
Banking and Credit History in Canada BMC Brampton North Office	Tues Aug 31 2:00pm-3:30pm	TBA
Legal Aid BMC BMC Mississauga West Office	Tues Sept 7 2:00pm – 3:30pm	Ontario Legal Aid
Landlord and Tenants Rights BMC Brampton North Office	Wed Sept 15 2:00pm – 3:30pm	TBA
Parenting in a new country BMC Brampton North Office	Tues Sept 21 2:00pm – 3:30pm	Ann Norris - Ontario Early
Healthy Eating (Women's Support Group) BMC Brampton North Office	Sat Sept 25 1:00—3:00pm	Peel Health
Parenting Challenges for Immigrant Parents—BMC Mississauga West Office	Tues Sept 28 2:00pm – 3:30 pm	TBA

Brampton Multicultural Community Centre hosts workshops for newcomers on topics of interest to settlement and life in Canada. If you have a suggestion for a workshop, please let us know. 905-790-8482.

## Ask the Expert

### Cyber bullying: what is it?

It can generally be defined as sending or posting harmful or cruel text messages or images using the internet or other digital communication devices.

Cyber bullying is emerging as one of the more challenging issues facing educators and parents as young people embrace the Internet and other mobile communication technologies.

### What are some examples of Cyber bullying?

1. Sending cruel, vicious, and sometimes threatening messages
2. Creating web sites that have stories, cartoons, pictures, and jokes ridiculing others
3. Posting pictures of classmates online with intent to embarrass them
4. Breaking into an e-mail account and sending vicious or embarrassing material to others
5. Engaging someone in IM (instant messaging), tricking that person into revealing sensitive personal information, and forwarding that information to others

6. Taking a picture of a person using a digital phone camera and sending that picture to others without consent

### What can Parents do about it?

1. Make bullying a more "talkable" subject.
2. Place and keep the computer in an open, common area.
3. Inform Internet Service Provider (ISP) or cell phone service provider of abuse.
4. Do not erase messages; keep for evidence.
5. For Software help - McAfee Parental Controls filter both IM and Chat Rooms. Tracker programs.

**"Place and keep the computer in an open, common area"**

**Awareness and Education are the keys!**

For more information about cyber bullying, visit [www.opp.ca](http://www.opp.ca)