


Working Women Community Centre is IN PERSON. NO . Please email the Community Outreach and Engagement Coordinator, Kaladevi Karunananthan, at kkarunananthan@victoriaparkhub.org for enquiries.

Regular ongoing events: [The Hub programs](#).
For more information, please contact phone: 416-750-9600

<div> <div>VICTORIA PARK HUB</div> <div>MARCH CALENDAR 2024</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>“Inspire Inclusion. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance and empowerment.”</p>	<p>March 2nd IWD – Tamil speaking Women in Partners hip with Family Service Toronto At the Bathurst Hub.</p>	<p>Income tax clinics will be starting on March 1st. By Registration only (PR, Convention Refugees)</p>	<p>1</p> <p>Gentle Yoga with Usha 11:30 am – 1:00 pm Income Tax clinic 9:30 am_3:30 pm</p>
<p>4</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30 am (In-person) Newcomer English Conversation Class 3:30 pm – 4:30 pm</p>	<p>5</p> <p>Gentle Yoga with Usha 11:30 am – 1:00 pm Citizenship Class in Farsi/Dari 4:00 pm – 5:00 pm Citizenship Class in Arabic 4:00 pm – 5:00 pm</p>	<p>6</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30 am</p>	<p>7</p> <p>Bengali Citizenship Class 4:00 pm – 5:00 pm International Women Day Celebration- Arabic at Access Alliance (10am to 4Pm)</p>	<p>8</p> <p>Closed for International women’s day</p>
<p>11</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30 am (In-person) Newcomer English Conversation Class 3:30 pm – 4:30 pm</p>	<p>12</p> <p>Gentle Yoga with Ush 11:30 am – 1:00 pm Citizenship Class in Farsi/Dari 4:00 pm – 5:00 pm Citizenship Class in Arabic 4:00 pm – 5:00 pm</p>	<p>13</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30 am</p>	<p>14</p> <p>Bengali Citizenship Class 4:00 pm – 5:00 pm Multi-Cultural Dance Class 4:30 pm – 5:30 pm</p>	<p>15</p> <p>Gentle Yoga with Usha 11:30 am – 1:00 pm Income Tax clinic 9:30 am_3:30 pm</p>
March Break Camp – In Partnership with Turtle House Art Workshop and Toronto Neighbourhood Group March 11 th to March 17 th 2024 (By Registration only)				
<p>18</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30 am (In-person) Newcomer English Conversation Class 3:30 pm – 4:30 pm</p>	<p>19</p> <p>Gentle Yoga with Usha 11:30 am – 1:00 pm Citizenship Class in Farsi/Dari 4:00 pm – 5:00 pm Citizenship Class in Arabic 4:00 pm –5:00 pm</p>	<p>20</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30 am Income Tax clinic 9:30 am_3:30 pm</p>	<p>21</p> <p>Bengali Citizenship Class 4:00 pm – 5:00 pm Multi-Cultural Dance Class 4:30 pm – 5:30 pm</p>	<p>22</p> <p>Gentle Yoga with Usha 11:30 am – 1:00 pm Income Tax clinic 9:30 am_3:30 pm</p>
<p>25</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30am (in-person) Newcomer English Conversation Class (3:30 pm – 4:30 pm)</p>	<p>26</p> <p>Gentle Yoga with Usha 11:30 am – 1:00 pm Citizenship Class in Farsi/Dari 4:00 pm – 5:00 pm Citizenship Class in Arabic 4:00 pm – 5:00 pm</p>	<p>27</p> <p>Gentle Fitness with Cathy L. 9:30 am – 10:30 am</p>	<p>28</p> <p>Bengali Citizenship Class 4:00 pm – 5:00 pm Multi-Cultural Dance Class 4:30 pm – 5:30 pm Diabetes awareness workshop 10:am_12:pm</p>	<p>29</p> 

THANK YOU FOR YOUR ONGOING SUPPORT AND PARTICIPATION.
PLEASE SEE BELOW THE DATES AND TIMES TO JOIN THE
WORKSHOPS.
ZOOM LINKS WILL BE SENT OUT UPON THE
REGISTRATION/APPOINTMENT. THANK YOU!

Monday

Gentle Fitness with Cathy L.
In-person classes

Time:
March 4, 2024, 9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)
March 11, 2024, 9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)
March 18, 2024, 9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)
March 25, 2024,9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)

Email: vph@victoriaparkhub.org

Newcomer English Conversation Class

Time:
March 4, 2024, 3:30 pm_ 4:30 pm Eastern Time (US and Canada)
March 11, 2024, 3:30 pm_ 4:30 pm Eastern Time (US and Canada)
March 18, 2024, 3:30 pm_ 4:30 pm Eastern Time (US and Canada)
March 25, 2024, 3:30 pm_4:30 pm Eastern Time (US and Canada)

Email: vph@victoriaparkhub.org

Tuesday Online classes

Gentle Yoga with Usha S.	Time: March 5, 2024, 11:30 am_1:00pm Eastern Time (US and Canada) March 12, 2024, 11:30 am_1:00pm Eastern Time (US and Canada) March 19, 2024, 11:30am_1:00pm Eastern Time (US and Canada) March 26, 2024, 11:30am_1:00pm Eastern Time (US and Canada)
Citizenship class Dari/Farsi	Time: March 5, 2024, 4:00 pm_5:00pm Eastern Time (US and Canada) March 12, 2024, 4:00 pm_5:00 pm Eastern Time (US and Canada) March 19, 2024, 4:00 pm _ 5:00 pm Eastern Time (US and Canada) March 26, 2024, 4:00 pm_ 5:00 pm Eastern Time (US and Canada)
Citizenship class in Arabic	Time: March 5, 2024, 4:00 pm_5:00pm Eastern Time (US and Canada) March 12, 2024, 4:00 pm_5:00 pm Eastern Time (US and Canada) March 19, 2024, 4:00 pm _ 5:00 pm Eastern Time (US and Canada) March 26, 2024, 4:00 pm_ 5:00 pm Eastern Time (US and Canad Email: vph@victoriaparkhub.org

Wednesday

Gentle Fitness with Cathy L.

Time:
March 6, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)
March 13, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)
March 20, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)
March 27, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)
The link will be sent by appointment.
Email: vph@victoriaparkhub.org

Thursday

Bengali citizenship class

Time:
March 7, 2024, 4:00 pm – 5:00 pm Eastern Time (US and Canada)
March 14, 2024, 4:00 pm – 5:00 pm Eastern Time (US and Canada)
March 21, 2024, 4:00 pm – 5:00 pm Eastern Time (US and Canada)
March 28, 2024, 4:00 pm – 5:00 pm Eastern Time (US and Canada)
Email: vph@victoriaparkhub.org

Newcomer Youth Cultural Dance Class

Time:
March 7, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)
March 14, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)
March 21, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)
March 28, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)
Email: vph@victoriaparkhub.org

Friday

Gentle Yoga with Usha S.
In-person

Time:
In-person classes for Usha

March 1, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)
March 8, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)
March 15, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)
March 22, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)
March 29, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)

Email: vph@victoriaparkhub.org



Working Women Community Centre (WWCC) provides immigrant women and their families with opportunities to improve their quality of life through empowerment, self-improvement, and community action. **As the lead organization at the HUB, we are responsible for its overall management and partnership development.** Our programs and services include the Home Instruction for Parents of Preschool Youngsters (HIPPY) program, Settlement Services, The HUB newcomer programming, coordination of the Computer Lab, Community Kitchen, and programming space. For more information, please contact **Kala at kkarunananthan@victoriaparkhub.org or 416-750-9600 ext. 204.** Visit us at www.workingwomencc.org.

OUR PARTNERS



The Toronto East Chinese Baptist Church (ETCBC) is a warm and welcoming community that enables people to share experiences and grow as they journey together. ETCBC is looking to support groups and the community itself. For more information, please contact us at: **416-750-9600 ext. 237.**



FST has assisted families and individuals through counselling, community development and advocacy for about 100 years. Violence against women services are provided in **Tamil**. For more information, **please contact 416-595-9618 or 416-750-9600 ext. 222.** Visit us at www.familyserVICetoronto.org.

Golden mile

Our Strong Neighbourhoods (OSN) is a United Way-funded project. OSN is currently working with residents and stakeholders to support Economic Prosperity in the greater Victoria Village, Golden Mile, and Ion View/Kennedy Park area. The focus is on stakeholders and residents engagement toward creating a Community Benefit Framework as a response to the massive redevelopment of the neighbourhood.



Train Golden Mile residents in a pre-apprentice construction program called the Golden Mile Trades Training Contact.

Contact Daniel Stambolic, Coordinator, Employment Services, Literacy and Basic Skills, at **416-537-6532 ext. 2215 or dstambolic@laboureducation.org**



The Neighbourhood Group (TNG) Women’s Settlement Program (WSP) supports Newcomer Women to build community connections using interactive educational and recreational activities to foster resilience and enhance integration in Canadian life. We deliver weekly in-person and virtual workshops primarily to Afghan and Bangladeshi women. Activities and workshops are held on Tuesdays and Wednesdays at the Victoria Park Hub (VPH). Contact Shahanara at shahanara.khandaker@tngcs.org or 416.750. 9600 ext. 216



Sesheme Foundation provides community and social services to youth, including annual summer internships and a back-to-school backpack drive. For more information, please contact 416-750-9600 ext. 217 or 416-358-2882. Visit us at www.sheshame.ca

To learn more about our scheduled activities and register for them, please visit our website at www.workingwomencc.org.

Women

Support groups for mothers and caregivers

Arts and crafts program

Cultural women group

Newcomer

Citizenship preparation tutoring classes, information, and referrals.

English conversation and education classes

Youth

Newcomer youth drop-in program.

Seniors

Senior wellness

Gentle Tai Chi, dance, and yoga classes.

Family

Computer Literacy Program

Gentle dance, Zumba, yoga and more.





Working Women Community Centre (Victoria Park Hub)
invites you to join our

MULTI-CULTURAL GENTLE DANCE GROUP

Join us
every Thursday
from 4:30 pm to 5:30pm at
the Victoria Park Hub
1527 Victoria Park Ave
2nd Floor Toronto
ON M1L 2T3
IN PERSON CLASSES

From this program, you will:

- 1) Learn different types of dance
- 2) Increase your fitness
- 3) Meet new people
- 4) Access great educational and leadership workshops
- 6) Have Snacks and Refreshments
- 7) Claim Volunteer Hours
- 8) Access great incentives like giveaways and summer jobs

1st and 3rd week for youth from
ages (13 to 25) years old in
collaboration with FST.

AND

2nd and 4th week for women 40
years old and above in
collaboration with Access
Alliance.

TO REGISTER
email:

vph@victoriaparkhub.org
or call: 416-750-9600



Funded by:

Financed par:

Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



BENGALI CITIZENSHIP TEST GROUP

Join our group

- Learn the Rights and Responsibilities of Canadian Citizenship.
- The "Discover Canada" book will be taught in Bengali.
- Practice citizenship test questions and answers in Bengali.
- Learn both the written test and the interview skills.



Citizenship Test Practice Group in Bengali & English

Date and Time: Thursday, from 4:00pm - 5:00pm

Location: Victoria Park Hub 1527 Victoria Park Avenue, Toronto,
ON M1L 2T3 2nd Floor

Class Delivery through Zoom on a weekly basis and Hybrid
(In-person and Zoom) every first Thursday of the month

To Register
scan the QR code below



For more information, contact us

Phone: 416-750-9600

Email: vph@victoriaparkhub.org

Website: www.workingwomencc.org



সিটিজেনশিপ ক্লাসে আপনি যা শিখবেন

- কানাডার নাগরিকত্বের অধিকার এবং দায়িত্ব সম্পর্কে শেখানো হবে।
- "ডিসকভার কানাডা" বইটি বাংলায় পড়ানো এবং শেখানো হবে।
- পরীক্ষার প্রশ্ন এবং উত্তর অনুশীলন করানো হবে।
- আপনি লিখিত এবং মৌখিক উভয় পরীক্ষার জন্য প্রয়োজনীয় দক্ষতা অর্জন করতে পারেন।



বাংলায়/ইংরেজিতে বিনামূল্যে ভার্সুয়াল সিটিজেনশিপ ক্লাস

বৃহস্পতিবার বিকাল 4:00 টা থেকে 5:00 টা পর্যন্ত

রেজিস্ট্রেশনের জন্য
নিচের QR কোডটি স্ক্যান করুন



বিস্তারিত তথ্যের জন্য যোগাযোগ করুন:

Victoria Park Hub, Phone: 416-750-9600

vph@victoriaparkhub.org



Arabic Citizenship Preparation Group

What will you learn?

- Gain an understanding of the rights and responsibilities of Canadian citizenship.
- Practice on the test questions.
- Be equipped with the skills needed for both the written test and the interview.

Who is eligible?

- Newcomers 18 years old or older
- Have lived in Canada for three continuous years after receiving landed immigrant status
- Have level four English qualification

By registering and becoming a member, you will be qualified to participate in our giveaways, And attend our events and summer trips!

Victoria Park Hub

1527 Victoria Park Avenue, 2nd Floor
Toronto, ON M1L 2T3

Citizenship Tutoring Class in Arabic
Online via Zoom and in person at
the end of every month

Tuesday from 4:00 pm - 5:00 pm

For Registration

vph@victoriaparkhub.org

Phone: 416-750-9600



Arabic Citizenship Preparation Group

ماذا تستفيد؟

- معرفة حقوق وواجبات المواطنين الكنديين
- التدريب على أسئلة الامتحان
- تزويدك بالمهارات المطلوبة لكل من لاختبارات الكتابية والشفوية

من هو المؤهل؟

- القادمون الجدد الذين أعمارهم 18 سنة أو أكثر
- عاشوا في كندا لمدة ثلاث سنوات متتالية بعد حصولهم على الإقامة
- المستوى الرابع في اللغة الانجليزية

مستحق للأعضاء لمشاركة الهدايا، وحضور أحداثنا ورحلات الصيف!

Victoria Park Hub

دروس مجانية باللغة العربية للحصول على الجنسية الكندية.

عبر الإنترنت من خلال Zoom شخصياً في نهاية كل شهر

الثلاثاء من كل أسبوع من الساعة 4 م إلى 5 م

للتسجيل

vph@victoriaparkhub.org



Working Women Community Centre ENGLISH CONVERSATION GROUP FOR NEWCOMERS

Join us at the
Victoria Park Hub for
Free Newcomer English
Conversation Classes

- Improve your English
- Build Confidence in your Conversation Skills
- Meet People from Your Community

Date: Every Monday from
3:30 pm - 4:30 pm
Hybrid Class Delivery (In
person every last Monday
of the Month)

Location: 1527 Victoria
Park Ave.
Scarborough, ON,
M1L2T3, 2nd floor

To Register
Email: vph@victoriaparkhub.org
Call: 416-750-9600

For more information, please
visit our website at:
workingwomenc.org



Funded by:
Immigration, Refugees
and Citizenship Canada

Financé par :
Immigration, Réfugiés
et Citoyenneté Canada



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and Citizenship Canada

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Immigration, Réfugiés
et Citoyenneté Canada



GENTLE YOGA GROUP

With Usha S.



Tuesday : 11:30am - 1:00pm (Hybrid Program Delivery)
& Friday: 11:30am - 1:00pm (Virtual Zoom Delivery)

Location: Victoria Park Hub

1527 Victoria Park Ave, Toronto, ON, M1L2T3 2nd Floor

TO REGISTER
EMAIL: VPH@VICTORIAPARKHUB.ORG
CALL: 416-750-9600

FOR MORE INFORMATION, PLEASE
VISIT OUR WEBSITE AT:
WORKINGWOMENC.CC.ORG

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



Dari and Farsi Citizenship Test Preparation Group

صنوف رایگان آمادگی برای اخذ تابعیت به زبان دری

what will you learn?

- Gain an understanding of the rights and responsibilities of Canadian Citizens.
- Practice Canadian Citizenship test questions and acquire skills needed for the written test and oral interview

شما چه می‌آموزید؟

- معلومات و آشنایی در مورد حقوق و مسئولیت های شهروندی کانادا
- آشنا شدن با روش ها و شیوه های ضروری و قانونی کانادا که شامل امتحان تفریری؛ تحریری و مصاحبه می باشد.

Who is Eligible?

- Newcomers, 18 years of age and older
- have lived in Canada for 3 consecutive years after receiving landing immigrant status
- Have level 4 English qualification

کی ها واجد شرایط هستند؟

- تازه واردین که سن ۱۸ سال یا بیشتر عمر دارند
- بدون وقفه مدت ۳ سال و یا بیشتر از آن را سپری نموده باشند
- اسناد و مدارک مهاجرت به کانادا را داشته باشند
- حد اقل سند درجه چهارم زبان انگلیسی را داشته باشند.

Registration:

Register via email at:
vph@victoriaparkhub.org
Phone: 416-750-9600

ثبت نام:

برای ثبت نام به ایمیل ذیل مراجعه نمایید:
vph@victoriaparkhub.org

Date: Tuesdays
Time: 4:00 pm - 5:00 pm
Hybrid Class Delivery
Victoria Park HUB
1527 Victoria Park Ave, Toronto, ON
M1L 2T3 2nd Floor

سه شنبه

زمان: ۴:۰۰ تا ۵:۰۰ شام
مکان: ویکتوریا پارک حب (از طریق فضای مجازی زوم)


Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



Preventing Diabetes the South Asian Way

4 Week In-person Series with Registered Clinicians

Did you Know:
As South Asians, we can be at risk even if our blood sugar levels are normal



This Program is for you if:
You are not living with diabetes and you are from one of the countries below:
Afghanistan, Bangladesh, Bhutan, India, Nepal, Pakistan, Sri Lanka or Tibet

Every Thursday for four weeks:
March 28: Diabetes Awareness and Risk Assessment
April 4: Healthy Eating
April 11: Coping with Stress
April 18: Physical Activity & Goal Setting

10:00 am - 12:00 pm

Working Women Community Centre
 Victoria Park Hub
 1527 Victoria Park Ave, 2nd Floor
 Toronto, ON M1L2T3


To Register contact us at:
 Email: KKarunanathan@victoriaparkhub.org
 Phone: 416-750-9600

Working Women Community Centre
 FLEMINGDON HEALTH CENTRE
 Alliance for Healthier Communities
 Alliance pour des communautés en santé

United Way Greater Toronto

Funded by:
 Immigration, Refugees and Citizenship Canada
 Immigration, Réfugiés et Citoyenneté Canada



LET'S CELEBRATE TOGETHER


Vizhippu

LOVE. POWER & RELATIONSHIP

Saturday March 2, 2024
9:00 am to 3:00pm
Bathurst Hub
540 Finch Avenue West
Toronto, ON M2R 1N7

The following topics will be covered:
 Relationship Building
 Understanding Mental Health Challenges
 Coping and Managing Overwhelming Thoughts
 Self Esteem & Body Image Issues
 Dance and Fun Activities

Please RSVP by Feb 24, 2024
 FREE Admission by registration
 Register at: Link posted here
 Food and Refreshments will be served
 For inquires: a.vizhippu@gmail.com or 647 700 7066



MARCH BREAK CAMP

Free **Newcomers**

Join us for a week of art workshops, educational activities and a Science Centre trip for kids and families offered in collaboration with Turtle House, The Victoria Park HUB and The Neighbourhood Group.

Art supplies, TTC tickets and snacks will be provided

March 11, 12, 13, 14, 15 and 17
from 10:00 am to 1:00 pm

Address: Victoria Park Hub: 1527 Victoria Park Ave (Second Floor), Scarborough, ON M1L 2T3

PLEASE NOTE

To register, participants must have a valid Permanent Resident (PR) Card/ FOSS / Client ID

Registration link:
<https://forms.gle/5FNseCYJp3MX9TuHA>
 (Space is limited)

For more information, please call the Victoria Park Hub at 416 750 9600 or email
 Kala: kkarunanathan@victoriaparkhub.org OR
 Shahanara: shahanara.khandaker@tngcs.org



Funded by:
 Immigration, Refugees and Citizenship Canada
 Immigration, Réfugiés et Citoyenneté Canada

Financé par:
 United Way Greater Toronto
 Working Women Community Centre
 TNG Community Services

2024 INTERNATIONAL WOMEN'S DAY

Arabic-Speaking Women's Community

"وقفت في العاصفة وعندما لم تكن الرياح مؤاتيه، عدّلت أتجاه اشرعتها"
"She stood in the storm, and when the wind did not blow her way, she adjusted her sails." Elizabeth Edwards

Thursday March 7, 2024

10 a.m - 3 p.m.

Event hosted by Access Alliance
3079 Danforth Ave, Scarborough

Registration

Contact agencies:

Access Alliance
Housing Help Centre
Working Women Community Centre
Madison Community Services
Family Service Toronto
Canadian Centre for Victims of Torture

