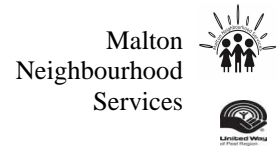


# MNS NEWS



## MNS - A Profile of Growth and Development through the years

Malton Neighbourhood Services turns 30 years old this year! We have been serving the community as Malton Neighbourhood Services since 1978. Today, in 2008, MNS employs over 100 people, has branches in Bramalea, Springdale and at Westwood Mall, and offers a wide variety of services. However, we haven't always been like this, things were much different back in the 1970's when the story of Malton Neighbourhood Services began.

Did you know that Malton Neighbourhood Services, wasn't even called "Malton Neighbourhood Services"? Back in 1975, we were actually named Malton Community Council. It was formed as a community outreach agency to address the need for support services that were not available in Malton because of its distance and relative isolation from the rest of the Mississauga. Three years later in 1978, Malton Neighbourhood Services was officially born, after being incorporated and registered as a charity.

What was MNS like back in 1978 when bell-bottoms and disco music were the craze in popular culture? There was one only staff member, the founder and Executive Director, Carole Berry, who was based at Westwood Mall. However, the arrival of many new immigrants in the 1980's in Malton saw an urgent need for more services. To meet the new needs, in 1987 the Settlement Services Department was established. Newcomers, most of whom were South Asians could get help with settling in Canada and by staff who spoke in their languages. One year later, MNS moved from Westwood Mall to larger premises at 7200 Goreway Drive.

The 1990's saw a period of huge growth for MNS. In 1992, the LINC (Language Instruction for Newcomers to Canada) department was formed. This was soon followed in 1993 by the establishment of IRIS (Immigrant Reception and Information Services) program at the Toronto International Airport. In addition, new programs for youth were introduced, such as the Homework Club and Summer Camps, as well as more services for job seekers and women, with the introduction of Job Search Workshops and Violence Against Women programs.

Expansion continued into 2003 as the OEYC (Ontario Early Years Centre) was added to the array of services already offered. With OEYC branches in Bramalea and Springdale, this became the first time that MNS began serving communities outside of Malton. A highlight of 2004 was the agency's move to the same site as the Malton Community Centre on 3540 Morning Star Drive. This move brought in a new synergy in our relations with the Malton Community Centre and the Malton Library. It also provided a new motivation for staff to be in a new building and working more closely together, as the various departments became situated on the same floor as a result of the change. The years 2006 and 2007 saw the establishment of Malton Job Finding Centre at Westwood Mall and new after-school youth programs.

Malton Neighbourhood Services has been through many changes in the past 30 years. Trends and fads have come and gone, however one thing remains the same: our commitment to providing high-quality programs and services to the community.

*By Paula Bocaz, Outreach Worker*

### MNS MISSION STATEMENT

Malton Neighbourhood Services, recognizes the diversity of its community and is committed to the development, creation and promotion of opportunities for those we serve.

This is accomplished through the sharing of information and resources; formation of partnerships; community planning, support and advocacy; training and education; and community economic development.

The outcome of such activities will be a more caring and healthy community.

### MNS BOARD OF DIRECTORS

<b>Chair:</b> Rita Bonavota	<b>Members-at-Large</b>
<b>Vice-Chair:</b> Wendell Feres	Lincoln Gillespie - Dinesh Sharma
<b>Treasurer:</b> Tony Patey	Yvonne Laing - John Brennan -
<b>Secretary:</b> Sybil Braganza	Jacqueline Tavernier - Surinder P. Goyal
<b>Ex-officio Members:</b> Rick Williams - Roy Willis - Lucy Hutchinson	
<b>Executive Director:</b> Joyce Temple-Smith	

### Special Thanks To Our Funders

Citizenship and Immigration Canada  
 United Way of Peel Region  
 Ontario Ministry of Community & Social Services  
 Health and Welfare Canada  
 Human Resources & Social Development Canada  
 Ontario Ministry of Citizenship  
 Ontario Ministry of Community and Social Services  
 The Trillium Foundation  
 Ministry of Training, Colleges & Universities  
 Region of Peel  
 Revenue Canada

### FEATURES

2	LINC Highlights / Mind Teaser
3/4	Community Dateline / Answer to Mind Teaser / Pearls of Wisdom
5/6	Post Partum Mood Disorder/AGM/ Malton Festival / Youth Corner / Camp C.

# LINC HIGHLIGHTS

## Care to Jump Start Your Success in Canada? Join our LINC Classes

Are you a new immigrant and feeling isolated or limited in your job search because you lack proficiency in communicating in English? If this applies to you or someone you know, then you or that someone should visit MNS and inquire about our LINC program. This program not only instructs newcomers in speaking and writing English. It teaches the language as a linking medium to connect with mainstream Canadian culture and values. What this means is that while students are learning English and improving their proficiency in it, they would be developing familiarity with local customs and behaviors. They would acquire settlement coping tools and interpersonal skills, Canadian style. LINC students go on occasional trips of interest, and classes also incorporate computers and video communications to enhance teaching and learning. There are various class levels with admission to particular classes based on the tested English proficiency of each student. The classes are free and open to all newcomers. For more information, contact Nayna or Apneet at 905-677-6270.

## LINC STUDENTS SAY THANKS TO MNS



### My Journey to Waterloo

It was a cold December when I arrived in Canada. The first thing I noticed was a lot more of cultural difference than from where I came. So, I realized that if I have to achieve my goals, I have to know the culture of Canadians in order to blend into the society. I mingled with Canadians at my work workplace where I learned new things each and every day. After work, I also attended a LINC class at MNS. My LINC instructor helped me in English, taught me about Canadian culture and took time after classes to help me prepare for English assessment testing. Now, I have moved to Waterloo to work at the University of Waterloo as a Research Associate. I am very thankful to all the LINC teachers at Malton Neighbourhood Services for providing me an opportunity to learn and helping me towards my goals.

*By Shreyas Y. / LINC student*

### Lost and Found My Way

Being a new immigrant (and qualified post-graduate teacher) in this great land of opportunities, I was lost until I got in touch with Malton Neighbourhood Services. MNS provided all the information and other settlement services I needed under one roof. I got my credentials assessed, improved my communication skills, upgraded my interpersonal skills and have even chosen a new career in health services. Feeling well equipped, I am now in the process of finding a job. I remain thankful to all my English (LINC) teachers who were like mentors to me. I am also thankful to all the other staff of Malton Neighbourhood Services who offered me ongoing support as I found my way through the early months in Canada.

*By Manjeet B./ LINC student*



### Mind Teaser

How much earth is there in a hole that is 2 yards wide by 2 yards long by 2 yards deep?

*Answer on page 4*

# COMMUNITY DATELINE



MNS offers community, settlement and referral services for the whole family. Our services include: -

## **For Newcomers to Canada**

- Assistance with translation and interpretation of documents;
- Help in filling out government documents, including applications for Ontario health insurance cards, Canadian landed status and citizenship;
- Personal referrals, supportive counseling and information services;
- Job search workshops, career counseling and help in preparing resumes, cover letters and with facilitating job searches;
- Free access to the internet and computers to expedite job searches;
- Accessible jobs bulletin board, updated weekly with available positions from a variety of sources, including daily and community newspapers, the internet, personnel agencies, and postings from our contacts in other organizations;
- Drop-in early years programs for children up to 6 years old, accompanied by their parents/guardians.

## **For Women and Families**

- We provide advocacy support, personal supportive counseling and referral services for women. If interested, contact Jaskaran or for an appointment after 5 pm, contact Crystal.
- In partnership with Interim Place, a women's shelter, we also offer referrals and other personal supportive services including help in obtaining affordable housing options for women and children who have experienced domestic abuse. Contact Elizabeth.
- *All personal information provided and meetings are kept strictly confidential. To reach contacts above call 905-677-6270.*

## **For Youth**

- During the school terms, we offer a homework club for students up to Grade 8. High school students serve as volunteer tutors. This is a good opportunity as well, for students to earn their community services hours helping as tutors.
- We provide personal supportive counseling, various workshops and other supportive services for youth and their families.
- We offer after-school groups, two for boys of ages 8-12, 13-19 and two for girls of the same ages. The girls groups will also be available in the summer from July. The boys groups will begin again in fall and operate during the regular school terms.
- We operate two recreational summer camps in July and August. Registration costs \$120 per child.
- *For information on the above programs, contact Chris, youth worker, at 905-677-6270.*

## **Caribbean Seniors**

We have a fun-loving group comprising seniors of Caribbean descent and other seniors. The group meets on Mondays on a drop-in basis from 1:30 to 3:30 pm. They play board games, dominoes, watch movies and go on occasional trips. Occasionally, presenters are invited to speak on health, nutrition, and other issues of interest to the group. Facilitators are also invited to conduct light exercise classes or workshops on arts and crafts making. Light, healthy snacks are served at each meeting. *If interested, contact Lynette at 905-677-6270.*

## **South Asian Seniors Ladies Group**

MNS has a South Asian Seniors Ladies Group. Participants learn crocheting, share recipes, sing songs, socialize and have fun together. They meet every Wednesday from 4.30 to 6.30 p.m. at our location at 3540 Morning Star Drive. *Anyone interested or need further information, can call Bhupinder at 905-677-6270.*

## **Spanish Ladies Group**

The Spanish Ladies Group meets on the last Thursday of each month from 4:00 to 5:00 p.m. Women interest in learning Spanish are also welcomed to join. *For further information, call Miriam at 905-677-6270.*

## **Pre-natal Classes**

Peel Health, in collaboration with MNS, offers prenatal classes on Tuesdays from 12.30 to 3.30 p.m. Participants learn about labour and delivery, breastfeeding, nutrition and other health issues associated with pregnancy and early child care. The classes are facilitated by a nurse from Peel Health. *For more information, contact Arlene at (905) 799-7700.*

# COMMUNITY DATELINE



## **Computer Training Classes**

MNS offers two computer training classes, Level (1) - Office XP Computer Applications and Level (2) - Office XP Applications Specialist. The course material is kept up-to-date and geared to provide students with work or job related applications. *Certificates are awarded at the end of each level.*

The training is conducted in a friendly, interactive, 'hands on' learning environment. All classes are from 7:00 to 9:00 p.m. and offered at our computer training centre in Westwood mall. *Enrollment is limited and based on a first come, first serve, basis.*

**Level (1) is an introductory 6-week course** which requires no previous computer experience. By the end of the course, students become proficient in using the computer and the basic operations of MS Word, Excel, PowerPoint and Access. **Registration fee is only \$130.00 or \$117.00 for MNS members and seniors. Classes are held on Mondays and Wednesdays.**

**Level (2) is an 8-week class**, which offers more in-dept training in MS Windows operating system and Office applications, including graphics and database operations. Students who complete this class would be confident applying advanced word processing skills and doing more complex operations. **Fee is \$180.00 or \$162.00 for MNS members and seniors. Classes are held on Tuesdays and Thursdays.**

The instructor has over ten years computer teaching experience and has a Bachelor in Computing, Masters in Education Degrees. *For more information or to register, call Anita or Anisha at 905-677-6270. Cash only is accepted for payment.*

## **Job Search Workshops—Three-Day Intensive**

We offer free three-day intensive job search workshops for Canadian landed immigrants, live-in caregivers and convention refugees. Participants learn how to prepare their own professional resumes, cover letters and get an opportunity to fully assess their career options and to develop the skills needed to conduct effective job interviews. Clients also learn about work cultures, employment trends and other labour market indicators, workers' rights and employment standards, and how to access the hidden job market. Computers with free internet/email access, photocopier and faxing services are available. All workshop participants get an invaluable opportunity to critique their own videotaped, mock job interviews and learn from the class feedback offered. We also provide a jobs bulletin board, updated weekly with job postings from a variety of media. Light refreshments are served and bus tickets are available for eligible workshop participants. *For more information or if interested, call Anita or Anisha at 905-677-6270.*

## **MNS - Early Years Programs**

MNS offers free drop-in programs geared to the various developmental stages of children of ages from 0 to 6 years. Parents / guardians must accompany the children. The programs are facilitated by qualified and friendly staff and are offered at three locations. *If interested, you can drop in at our Malton centre, or if you wish further information on programs or about our other locations, please call 905-677-6270.*

## **Free Legal Advice**

Mississauga Community Legal Services, in partnership with Malton Neighbourhood Services, offers free legal advice on matters relating to Ontario Works, Ontario Disability Support Program, subsidized housing, rentals and immigration. This service is offered on a drop-in basis on Thursdays from 4:00 p.m. to 6:00 p.m. at our location on 5340 Morning Star Drive. Clients should bring in all applicable documents. *Mississauga Community Legal Services can be contacted at 905-896-2050.*

## **Free Dental Clinic**

The Region of Peel/Health Services, in collaboration with MNS, offers free dental screening from 9:00 a.m. to 3:00 p.m. for children on the first and third Wednesday of every month at our location. At the screening, children are assessed by nurses and referred to dentists as needed. Families are advised about dental care, nutrition and other related matters. *For an appointment, call 905-799-7700.*

## **Job Finding Centre**

The Malton Job Finding Centre offers free 3-week job search training sessions to help participants gain the skills and awareness to achieve self-sufficiency in their job search. Clients are offered a hands-on opportunity to actively explore the job market for employment options. With the help of individualized career/job search coaching and interactive workshops, participants are able to put their future into focus. All participants have free use of computers with internet and email access, telephones, fax and photocopier machines, as well as books, newspapers and other printed material on job searches and career options. The centre is conveniently located in the lower level of the Westwood Mall. If interested, contact Mississauga Community Connections for a referral at 905-678-8515. *For program information, call 906-672-8484, email [findjobs@mnsinfo.org](mailto:findjobs@mnsinfo.org) or drop in at the centre for a visit.*

### **Answer to Mind Teaser on page (2)**

**None - holes are always empty!**

### **Pearls of Wisdom**

The fish trap exists because of the fish. Once you've gotten the fish you can forget the trap. The rabbit snare exists because of the rabbit. Once you've gotten the rabbit, you can forget the snare. Words exist because of meaning. Once you've gotten the meaning, you can forget the words. Where can I find a man who has forgotten words so I can talk with him? ~ Chuang Tzu

### **Help for Mothers with Post Partum Mood Disorder**

Post Partum Mood Disorder (PPMD) affects one in five women, however according to a recent study by Dr. Donna Stewart, published in the Canadian Journal of Psychiatry, women refugees are four to five times more likely to suffer from it than women born in Canada. The study suggests that the higher incidence is due to the lack of social supports for the newly arrived women. Mothers affected by PPMD may feel chronic restlessness, be slow in doing things, sad most of the time and may lose interest in activities that normally she would enjoy. They may cry easily, experience feelings of anxiety, depression and of being overwhelmed and unable to cope. Even thoughts of harming the baby may occur. Others may see them as not being good mothers. While the study focused on refugee mothers, it raises concerns for all new mothers who are recent immigrants to Canada. They too can be isolated from their families and friends. Many are not able to communicate effectively in English, which further isolates them from their communities and from accessing available support systems.

The good news is that in Peel, mothers affected by this disorder can get help through free peer support groups offered at four Ontario Early Years Centres (OEYC). The groups meet at the following sites and times.

- Mississauga South OEYC, Thursdays, 1.30 to 3.30 pm. Call 905-822-1114.
- Mississauga West OEYC, Wednesdays, 1.00 to 3.00 pm. Call 905-567-4156.
- Caledon Parent Child Centre/OEYC, Thursdays, 1.30 to 3.30 pm. Call 905-857-0090.
- Mississauga East OEYC, Tuesdays, 1.00 to 3.00 pm. Call 905-276-6392.

**For information on all the Ontario Early Years Centres and the programs offered, go to [www.peelearlyyears.com/](http://www.peelearlyyears.com/)**

*(Information on article taken from The PPMD Connection newsletter)*

### **MNS - Community Garage Sale**

Our annual community garage sale took place on May 31 at the parking lot of Lincoln Alexander Secondary school. Initially, the weather was a concern, however, it turned out to be a great day and another standout year as both visitors seeking bargains and vendors came out on top. There were household goods, furniture, clothes, shoes, electrical appliances and accessories and many other attractive bargains on sale. And as always, the occasion provided a good meeting place for old and new friends to get together and for all to enjoy some fine weather outdoors.

### **MNS Celebrates South Asian Day**

MNS celebrated South Asian Day on Thursday May 29 with a wide array of foods, dance, music, cultural displays and information highlights of India, Pakistan, Sri Lanka, Bangladesh, Maldives, Nepal and Bhutan. The event took place in the LINC classrooms and corridors. The setting felt like a South Asian marketplace with the lively mix of colors, sounds, people and excitement. Colorful fabrics adorned the ceiling and walls, and each classroom was decorated to reflect a different aspect of the rich multi-cultural heritage of the various countries. Visitors were able to sample foods and observe close-up how aloo paratha and other quick cook-ups are made. There were also live dance performances as well as computers and televisions with video productions streaming fashion shows and cultural images and information. Adding to the ambience, many students and staff were elegantly dressed in traditional South Asian wear. Congratulations to the LINC students and staff whose great team effort made it all possible. The event was an awesome display of the diversity and rich elemental quality of South Asian cultures.

### **Malton Community Festival**

Everyone should mark off on their calendars Saturday and Sunday, July 5 and 6! These are the dates for the Malton Community Festival which promises to be bigger and better than ever before. Saturday will include outdoor entertainment, BBQ, displays and other information on local community services, face painting, an inflatable bouncy castle for the children and gym activities. On the Sunday, there will be a youth peace march followed by a youth talent show at the Lincoln Alexander School cafeteria. With the weather cooperating, the event is expected to host up to 10,000 visitors over the two days. It presents a great opportunity to enjoy some fun time out with families and friends and to meet with other residents.

### **MNS Annual General Meeting, 30<sup>th</sup> Anniversary and Volunteer Appreciation**

MNS is celebrating its 30<sup>th</sup> anniversary on June 19<sup>th</sup> at its annual general meeting, which is scheduled to take place from 6.30 to 9.00 p.m. that day. At the combined event, over 100 volunteers will also be awarded with appreciation certificates for their contributions over the past year. Coco Stores Entertainment Company, a private drama group, will perform a dramatic interpretation highlighting the agency's growth and development over the years. Mayor Hazel Mc Callion, local MP Gurbax Singh and MPP Dr. Kuldip S. Kular will be in attendance. All community members are invited. There will also be light refreshments available.

*Welcome and Congratulations !*

*MNS wishes to welcome Apneet Mangat, Assistant LINC Coordinator; Peta Gaye Nash, LINC Instructor and Jeeji Manoj, Settlement Worker to our MNS Team*

# Membership Form

Support MNS,  
A Charitable Organization

## BE A MEMBER

I would like to join Malton Neighbourhood Services

Please renew my membership.

Names: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Please do not send me any material (newsletter, flyers)

Association/Organization \$25.00

Adults \$10.00

Seniors \$ 5.00

Youth to 19 \$ 5.00

Donation



Total: \_\_\_\_\_

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Comments, articles & suggestions should be directed to: **Ricardo Gascon, Editor**  
3540 Morning Star Drive., Mississauga, ON., L4T 1Y2

Tel: (905) 677-6270 Fax: (905) 677-6281

Web page:- [www.mnsinfo.org](http://www.mnsinfo.org)

Layout & Design by Lynette Cupidore

# Youth Corner

## After-school Programs



MNS has been running four new youth drop-in groups, two for boys of ages 8 to 12 and 13 to 19 years old and two of similar age groupings for girls. These meetings provide the youth with a safe space where they can discuss topical issues, engage in crafts and other artistic expressions, go on trips of interest, play sports, listen to music, watch movies and generally have fun among themselves. The program, which is funded by Ontario Trillium and the provincial government, offers youth an opportunity to spend those few hours after school doing things they normally would like doing. However, instead of being chased out of shopping malls or just 'hanging out' wherever, they would now have a viable alternative where they can feel respected and free to discuss what is on their minds without fear. They also would have an opportunity to play a team activity, for example, some basketball. In this program, we partner with the Malton Community Centre and the local schools who provide space for activities.

While the group facilitators ensure that group rules and program objectives are adhered to, they operate more as mentors and by the concept of leading from behind. Group participants are encouraged to assume leadership roles in shaping group discussions and in other activities. Beyond the fun time that participants are having in these groups, very important discussions have been taking place. For instance, the groups have explored the notion of self-identity and what influences the beliefs and values they hold and the choices they make. They reflected on their individual special talents. Also addressed were male/female relationships, gender roles and the building of healthy relationships and positive self-esteem. Guest presenters spoke on nutrition and healthy eating, healthy sexuality, bullying and on identifying and managing strong feelings such as anger, hurt and love. The older groups ventured into discussions about the American Democratic campaign and the significance of having either a Black man or a woman as potentially, the next president of the USA.

The boys groups will end when schools close for the summer and will begin again at the commencement of the fall school term. However, the two girls groups will continue to meet during the summer months starting in July and all girls within the age classifications are welcomed to join. Membership is free and it is a drop-in group, however, applicants must register when joining. The groups now meet from 3.30 to 5.30 p.m. once weekly on Tuesdays and Thursdays but for the summer, the meeting times may change. For more information on this groups or on any of the other groups, contact Christopher, our youth worker at 905-677-6270.

## Camp Caboose Rides Again!

Every year we organize two recreational summer camps, Camp Caboose, in July and August. This year we are holding the camps in the gym at Morning Star Middle School, Morning Star Drive. The new location is spacious and includes a large playing field at the back, which would provide additional scope to expand on sports and other playful activities for the camp. Over the years, we have received many kudos from campers and their families expressing how enjoyable the camp was and that it had been a highlight of their summer. This year, we hope to make it even better. We look forward to maximizing the use of all the facilities available and making this camp the best yet.

As we have always done, we will make sure that the camp leaders are well trained and prepared to manage all aspects of camp operations. They will be ready with a full slate of fun activities, including a variety of games and sporting activities. Campers will also be shown movies, engage in fun swimming at Westwood pool and be given the opportunity to participate in cultural activities. The essence of Camp Caboose is to provide a safe space with a lively mix of fun and good energy. A main objective is to maintain an ongoing appeal to the young campers so that they become excited about returning to camp everyday.

**Camp registration is limited, so we advise all who are interested in registering to do so as early as possible. Registration is ongoing from June 02. It costs \$120 /month per child.**