



YOUTH SETTLEMENT SERVICES

Youth Settlement services offer newcomer youth new to Canada a safe place to learn about Canadian culture, community and practice their English. We welcome all newcomer youth 10-30 years old. Services are provided in English, Dari, Spanish and Arabic.

- **Saturday Youth Leadership Program** (10-18 yrs old)
- **Preteen Program** (10-14 yrs old)
- **YES CHEF! Cooking Skills Training Program** (15 - 30 yrs old)

Please contact the Youth Settlement Coordinator to learn more about our work in local schools.

Contact:

YouthSettlementServices@froghollow.bc.ca



@fh.preteen

@fh.youth

@fh_yeschef

GROUP MENTAL HEALTH WORKSHOPS

Mental Wellness Connectors facilitate group sessions that incorporate into different settlement programs for newcomers youth and adult participants.

604-251-1225

settlement@froghollow.bc.ca

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Serving Hastings-Sunrise Community since 1968.



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WelcomeBC



Frog Hollow

NEIGHBOURHOOD HOUSE

Creating Our Community Together



Settlement Programs



FrogHollowNeighbourhoodHouse



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ONE-TO-ONE SERVICES

Starting a new chapter in life in a new country is never easy. We are here to help! Our individual services support your journey in Canada.

Settling down? We can support you with:

- Applications for BC Housing, Medical Care, Citizenship, Permanent Resident Card Renewal and other benefits (EI, income assistance, tax credits, OAS, child care subsidy, child benefits, school enrollments, and more)
- English language lesson referral
- Emergency food bags

Finding a job? You can learn more about:

- Job search techniques & Interview skills
- Resumes & Cover letters
- Canadian workplace culture
- Volunteering opportunities
- Employment Standards Act
- Immigrant-specific employment program referral

Eligibility: Permanent Residents, Convention Refugees and Protected Persons

BC SETTLEMENT AND INTEGRATION SERVICES (BCSIS)

The BCSIS program supports the social and economic integration of newcomers to the province. These services are for newcomers who are not eligible for federal settlement services: Temporary Residents working in BC, Provincial Nominees who are waiting for permanent residency, Post-secondary International Students, Refugee Claimants and Naturalized Citizens. Services include English Conversation, Employment support, and information and referral.



CANADA CONNECT

Newcomer parents/grandparents participate in activities with long-term residents at Family Drop-In and First Language Spanish and Japanese Self-run Groups. In addition, newcomers mingle with Canadian Citizens to build friendships and connect to community resources while settlement workers provide immediate on-site services.

Newcomers participate in Canadian cultural events such as the Annual Pumpkin Patch, Winter Holiday Celebrations, Lunar New Year event, Recognition events on Orange Shirt Day & National Indigenous Peoples Day.

ENGLISH CONVERSATION CIRCLE

Let's celebrate cultures and practice English. This program runs all year round with different topics of conversation. We welcome all permanent residents, new immigrants, Refugee claimants and Naturalized Canadian Citizens to participate.

PATHWAYS TO LEADERSHIP

A 16-week empowerment program for immigrant women with permanent residence status & newly naturalized immigrant women. Build your social network and contribute to the community through planned engagement projects.

*Quality child-minding and transportation support are provided for participants in need to access our settlement programs.

LIFE SKILLS WORKSHOP SERIES

Adjusting to life in Canada? These workshop series support the transition with information to help newcomers understand and integrate more smoothly into culture, employment, parenting, and local school and health systems.

COMMUNITY CONNECTIONS

A 10-week program provides a series of informative workshops, including financial literacy, for newcomers to access new resources and navigate their community.

WORKING OPPORTUNITIES FOR WOMEN (WOW)

Are you a newcomer woman interested in pursuing a career in child care? WOW is the program for you! This 10-week [Employment Readiness](#) program prepares you to enter the workforce, including language instruction for the field, job shadowing, and Canadian work experience. The program is held 4 days per week.



All program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.