

Pre/Postnatal October 2025 Webinars/Workshops

In-person Programs or Zoom Webinars (please email to maria.santos-findlay@tngcs.org for zoom link)

Monday	Tuesday	Wednesday	Thursday
		1 Davenport In-Person 1884 Davenport Road <i>Feeding Tiny Souls</i> 10:30 AM – 1:00 PM	2 St. Jamestown In-Person 200 Wellesley Street East <i>Baby's Food Basics</i> 1:00 PM - 3:00 PM Parkdale Queen West Webinar <i>Healthy Eating</i> 1:30 PM - 3:30 PM
6 East York In-Person 3079 Danforth Road <i>Protein</i> 1:00 PM - 2:30 PM Jane/Finch In-Person 1911 Finch Avenue West? <i>Breastfeeding</i> 12:30 PM - 3:30 PM	7 East York Online Webinar <i>Healthy Relationships</i> 1:00 PM - 2:30 PM Regent Park In-Person 38 Regent Street <i>Diabetes</i> 1:30 PM - 3:30 PM	8 Four Villages In-Person 3446 Dundas St West <i>TBC</i> 9:30 – 11:30 AM Four Villages In-Person 3446 Dundas St West <i>TBC</i> 1:30 PM – 3:30 PM	9 St. Jamestown In-Person 200 Wellesley Street East <i>Lactation Infant Feeding</i> 1:00 PM - 3:00 PM Parkdale Queen West Webinar <i>Relationship after Birth</i> 1:30 PM - 3:30 PM
13 East York In-Person 3079 Danforth Road <i>Program Closed for Holiday</i> 1:00 PM - 2:30 PM Jane/Finch In-Person 1911 Finch Avenue West <i>Program Closed for Holiday</i> 12:30 PM - 3:30 PM	14 East York Online Webinar <i>Healthy Recipes</i> 1:00 PM - 2:30 PM Regent Park In-Person 38 Regent Street <i>Canadian Food Guide</i> 1:30 PM - 3:30 PM	15 Four Villages In-Person 3446 Dundas St West <i>TBC</i> 9:30 – 11:30 AM Four Villages In-Person 3446 Dundas St West <i>TBC</i> 1:30 PM – 3:30 PM	16 St. Jamestown In-Person 200 Wellesley Street East <i>Newborn Care</i> 1:00 PM - 3:00 PM Bathurst/Finch Hub In-Person 540 Finch Avenue west <i>TBC</i> 1:00 PM - 3:00 PM Parkdale Queen West Online <i>Webinar</i> <i>Protein</i> 1:30 PM - 3:30 PM
20 East York In-Person 3079 Danforth Road <i>Prenatal Care</i> 1:00 PM - 2:30 PM Jane/Finch In-Person 1911 Finch Avenue West <i>Q & A with Nurse</i> 12:30 PM - 3:30 PM	21 East York Online Webinar <i>Breastfeeding Basics</i> 1:00 PM - 2:30 PM Regent Park <i>Growth & Development</i> 1:30 PM - 3:30 PM	22 Four Villages In-Person 3446 Dundas St West <i>TBC</i> 9:30 – 11:30 AM Four Villages In-Person 3446 Dundas St West <i>TBC</i> 1:30 PM – 3:30 PM	23 St. Jamestown In-Person 200 Wellesley Street East <i>Perinatal Mood Disorder</i> 1:00-3:00 Parkdale Queen West Webinar <i>Newborn Care</i> 1:30 PM - 3:30 PM
27 East York In-Person 3079 Danforth Road <i>Relaxation & Breathing</i> 1:00 PM - 2:30 PM Jane/Finch In-Person 1911 Finch Avenue West ? 12:30 PM - 3:30 PM	28 East York Online Webinar <i>Relaxation & Breathing</i> 1:00 PM - 2:30 PM Regent Park <i>Iron Rich Foods</i> 1:30 PM - 3:30 PM	29 Four Villages In-Person 3446 Dundas St West <i>TBC</i> 9:30 – 11:30 AM Four Villages In-Person 3446 Dundas St West <i>TBC</i> 1:30 PM – 3:30 PM	30 St. Jamestown In-Person 200 Wellesley Street East <i>Baby's Temperament</i> 1:00-3:00 Parkdale Queen West Webinar <i>Program Closed for Steering Meeting</i> 1:30 PM - 3:30 PM

LGBTQ+ Newcomer Support Calendar – October 2025

Friday Workshops

ZOOM Link for all Friday Workshops - Register in advance for these meetings:

https://us02web.zoom.us/meeting/register/H0aRAx2CT_nu-YaXUnS7A

After registering, you will receive a confirmation email containing information about joining the meeting.

When	Topic	What Will We Learn?	Speaker/s
Friday, Oct. 3 10:00 AM – 4:00 PM	Drop-In Session <u>Zoom & In-Person Session at 349 Ontario Street</u>	<ul style="list-style-type: none"> Client Intakes and One on One Sessions Please click the link to book your online sessions with me https://outlook.office.com/bookwithme/user/7118c0ddf8a14081b32dc4b6b73933be%40tngcs.org/meetingtype/JW1QlHwMxke0Y4Dc3YyP0g2?anonymous 	Invited: All members and prospective members are invited
Friday, Oct. 10 10:00 PM - 4:00 PM	Clothing Drive <u>In-Person Session at 349 Ontario Street</u>	<ul style="list-style-type: none"> Part two of the workshop series; a look into the effects of how alcohol and/or weed impact sexual engagement. 	Invited: Rainbow Connect Group Participants
Friday, Oct. 17 3:00 PM – 5:00 PM	Islamic Heritage Panel Discussion <u>In-Person Session at 349 Ontario Street</u>	<ul style="list-style-type: none"> A panel discussion looking at the intersecting identities within the Muslim community in honour of Islamic Heritage month. 	Invited: Everyone
Friday, Oct. 24 2:30 PM – 5:00 PM	Cultural Cooking Exchange Program In-Person Session at	<ul style="list-style-type: none"> An exchange of cuisines and cultural information among newcomers to Canada They cook, we critique: Kenya & Nigeria cook-off. 	Invited: Rainbow Connect Group Participants

Peer 2 Peer Chit Chat – Tuesdays, Biweekly

When	Topic	ZOOM Link for All Peer-to-Peer Sessions
Tuesday, Oct 14 6:30 PM - 8:00 PM	Topic: How was your Thanksgiving? What are you most grateful for?	Register in advance for these meetings: https://us02web.zoom.us/meeting/register/4ptFTDQTV-ANUmsg8dDQg
Tuesday, Oct 28 6:30 PM - 8:00 PM	Topic: Open Floor Discussion. Bring your thoughts to the table: What's been on your mind lately?	After registering, you will receive a confirmation email containing information about joining the meeting.

For more information regarding Rainbow Connect, please contact us: nicholas.manyan@tngcs.org | 416-824-3726
josie.ngwachi@tngcs.org | 416-829-7820

Anyone can access our settlement services regardless of immigration status or length of stay in Canada, except for LINC programs

Language & Settlement Programs – August 2025				
Program	When	Location	Program Description	Inquiry / Registration
Settlement Services (North York & downtown)	Monday – Friday 9 AM – 4:30 PM	• 5231 Yonge St, Suite 200 • 340 College St, Unit 360	<ul style="list-style-type: none"> • Needs assessments • Information and referrals to needed community resources • Assistance in completing government application forms such as PR renewal, health-card, Child Tax, childcare subsidy, CCB, etc. 	<p>Drop-in & by-appointment</p> <p>Farhama.Haris@tngcs.org Bruce.Chim@tngcs.org Nancy.Sun@tngcs.org Celine.Chen@tngcs.org</p>
LINC English classes (Pre-CLB to CLB 6)	Multiple schedules throughout the week	5231 Yonge Street, Suite 200 and online	<ul style="list-style-type: none"> • Learning or improving English skills to help settle in Canada • Free program for Permanent Residents and Convention Refugees • LINC registration is open 	<p>Farhama.Haris@tngcs.org Bruce.Chim@tngcs.org Nancy.Sun@tngcs.org</p>
English Conversation Group (Space is limited)	Monday October 20th, 27th 3 PM – 4:30 PM	5231 Yonge St, Suite 200	<ul style="list-style-type: none"> • Practice your English listening and speaking skills through engaging conversations • Utilizing everyday English language to use in the real world 	<p>Must Register</p> <p>Farhama.Haris@tngcs.org Bruce.Chim@tngcs.org Newcomer.Centre@tngcs.org">Newcomer.Centre@tngcs.org</p>
Housing Help One-on-one Support (North York)	Every Wednesday 1 PM – 4:30 pm	5231 Yonge St, Suite 200	<ul style="list-style-type: none"> • A Housing Help Centre staff member available on-site • Housing needs assessments & assistance in finding affordable market-rate housing or subsidized housing • Assistance with subsidized housing applications or updating applications 	<p>Drop-in & by-appointment</p> <p>Farhama.Haris@tngcs.org Bruce.Chim@tngcs.org David.gamsa@thhc.org</p>

Phone inquiries: 416-925 2103 extension 2242 (English & Farsi) or 2234 (English, Cantonese & Mandarin)