

Spring 2010



Brampton Multicultural Community Centre  
Muslim Community Services

# News and Views



## It's Spring!

A change of season brings us new life and inspiration to explore new options and make new plans. Making plans and setting goals is the easy part.

Putting those plans into action is something else. If your goal is to get a job, then decide what type of job you want and what you need to do to get it.

The first rule of thumb is "**write them down.**" When they're written down, you can't ignore them.

Now, what steps do you need to take in order to fulfill them? Write those down too.

**A timeline** is key to figuring out how much time you need to accomplish your goals. Who can help you with your goals? What type of assistance do you need?

You can categorize your goals into **long**

**term and short term** goals. Make sure you sort them accordingly.

The next step is to **track your progress.** Keep track of what you have done to bring your goals closer. Make note of what you still need to do and get it done. When you accomplish a goal, **celebrate it!**

**Don't be afraid to ask for help.**

That's what we're here for!

**905-790-8482** and **ask us to help you plan your settlement goals**

### What's new with us

At BMC and MCS, we are realigning our programs to streamline newcomer settlement programs to be flexible to your needs. We can help you plan and figure out what the next steps are for you and your family. We can enroll you in the ap-

propriate programs and make sure that you take advantage of all there is to offer. We will be your guides to settling and achieving your goals.

#### Inside this issue:

Employment Facts—**New Careers**

Ask the Expert—**Spending Plans**

Family Support—**Counselling is Key**

Tips for Living Well—**Spice Up your Life**

Your Success is our Success— **Khaled from Cairo, now an IT Project Manager**

#### Since we last spoke...

##### What we've done

- Free Credential Evaluation Preview
- Annual Tax Clinic

##### What we're doing

- Raffle Draw
- Conversation Circle

we are funded by:



Citizenship and Immigration Canada

Citoyenneté et Immigration Canada



Ontario



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

BMC organised a **FREE CREDENTIAL EVALUATION PREVIEW** for all **JSW graduates**. This event gave our clients the opportunity to get a preview of their educational credentials to enable them to make a more informed decision about their next steps. More than 20 clients were given an online equivalency statement, a voucher from WES to be used toward getting their degrees evaluated and a list of accreditation agencies they can pursue if interested in formal credential recognition.

**Community night** was held at Hickory Wood Public School on Ray Lawson Blvd on the 31<sup>st</sup> of March. It was an evening full of entertaining performances by students. Fifteen community organizations were represented as well as guests from BMC and MCS. More than 400 attendees joined in the festivities and a Certificate of Appreciation was presented on behalf of MP Andrew Kania in recognition of settlement services provided at Hickory Wood Public School.

The LINC Program took **a trip to the Kortright Centre** during the March break. Students toured the sugar bush and learned where maple syrup comes from and how it's made. We walked the trails and tapped some trees and tasted some syrup. It was a great day and the students loved it.



BMC and MCS hosted their **annual tax clinic** in March. We served more than 300 clients and CGA volunteers spent almost 300 hours filing returns. **See you at tax time next year.**



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

BMC is holding its annual **raffle draw** on May 28th, at 3:00pm at Price Chopper Bramalea City Centre on Team Canada Drive. First prize is a \$400 gift certificate from Price Chopper or Sobey's. Second prize is a \$250 gift certificate and third prize is a \$150 gift certificate. Tickets are only a \$1. **Come in and see us for your chance to win!**

Settling into a new culture has its challenges. Knowing where to go and who to see will help you figure out your next steps. We are asking all our clients to tell someone that they know to **come in and see what we have to offer**. A fully laid out plan gives you more control when making decisions about your needs present **and** future. **Call 905-790-8482 speak to a settlement counsellor.**

Do you want to **practice your conversational English?** Come join our **English Conversation Circle** in the Chingua-cousy Library on Tuesdays from 11:30 to 12:30 pm, and at South Fletcher's Library on Thursdays from 6 to 7pm. You'll improve your spoken English and get exposed to Canadian Culture and make new friends. **Call 647-302-0320/647-302-0989**

## Family Support Program... what counselling can do for you

Often in life, we need someone who we can talk over issues that we're struggling with. Sometimes, a professional perspective is necessary. More often, we, as women and peacemakers form the family's foundation. When coping with an issue, counselling and support services can help you gain the

confidence and courage to take the next steps. Exploring and understanding your own needs as an individual will improve your family's environment. The first step is just a phone call.

*"I was at a point in my life where things seemed very tough and the road ahead, very long and definitely*

*uncertain, and the people in my life who I could lean on, very few. I was blessed to have MCS support me in counselling."*  
Sarah J

**Call us, we can help!**  
**905-790-1910**  
**Private and Confidential**  
**We speak your language!**

## Employment facts

**Have you ever met someone with a job that nobody has ever heard of before?** Here are 10 careers that didn't exist a decade ago:

### **1 Bloggers**

research and write blog posts to engage readers online to promote a brand, mission or objective.

### **2 Community managers or content managers**

manage a website to engage the community and spread the word about the company.

### **3 Green funeral directors**

incorporate environmentally friendly options for families who want a green service.

### **4 Interior red signers**

redecorate your house with your own stuff.

### **5 Patient advocates**

make sure that the patient and family are informed and make dealing with health issues easier on everyone

### **6 Senior move management**

help older adults and families with the physical and emotional demands of downsizing, relocating or modifying their homes.

### **7 Social media strategists**

use social media tools to help companies interact with customers, increase brand awareness, create buzz, increase traffic and provide information.

### **8 User experience analyst**

look for ways to make using a Web site easier, for consumers.

### **9 Video journalists**

are assigned stories for the station Web site, to drive Web traffic.

### **10 Virtual business service provider**

offer such virtual services as customer service, concierge services or even public relations from their homes.

**Source:** Rachel Kupek career-builder.com

**So... what do you do? Our Job search specialist can help put you on the right track.**

**Call us at**

**905-790-8482 in Brampton  
and**

**905-828-1328 in Mississauga**

## Your Success is Our Success

**"My name is Khaled Sherif and I am from Cairo, Egypt. My expertise is in the software IT field.**

*When I first came to Canada I was very worried about the likelihood of my success in obtaining employment given the high unemployment rates and layoffs that seemed to be happening around me. I wondered to myself how I would compete with other job candidates who had Canadian experience, Canadian education, experience with the Canadian job search process and were in the practice of selling themselves in order to secure employment. Not only was the job search process different for me but the resume writing and interview skills differed as well. What was I to do? At that point I had a decision to make; was I to embark on my job search*

*"I wondered to myself how I would compete with other job candidates who had Canadian experience..."*

*alone or was I to seek help from others that may help me? To this day, I do not regret the decision to seek help from BMC and attend a job search workshop.*

*I am very proud to announce that I am now employed with a reputable company as an IT Project Manager. In this position, I am carrying out the duties related to my career, am learning new things, and applying the knowledge I have obtained through my 15 year career path. I did not apply old job search methods to a new country. I did not isolate myself and work on my job search alone. I surrounded myself with positive people—family members, friends, or other professionals. As one recent immigrant to another, believe in yourself and take advantage of the free community services around you and start meeting new people and expanding your network!"*

**Meet our Job Search Specialists today!  
Call 905-790-8482 or 905-828-1328**

## Tips for Living Well

### **The Secret of the Spices**

Did you know that many everyday **spices** and **ingredients** have natural health benefits? Not only do they add flavor to your food, they are also important for your overall health and wellness. For example:

**Cardamom:** stimulates digestion

and relieves flatulence

**Cinnamon:** improves circulation and has anti-inflammatory properties

**Cloves:** can help ease the pain associated with arthritis and aids in relieving congestion

**Cumin:** aids in bloating and diges-

tion

**Ginger:** helps develop a healthy immune system and can help lower cholesterol levels

**So go ahead and spice up your life!**



Muslim Community Services

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

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

# Upcoming Events

Theme	Date and Time	Facilitator
Job Search Workshop	April 26,27,28 10am-2pm	150 Central Park Drive
Job Search Workshop	May 4,5,6 10am-2pm	197 County Court Drive
Job Search Workshop	May 10,11,12 10am-2pm	150 Central Park Drive Suite 107
Canadian Workplace Culture	May 11 2pm-3:30pm	150 Central Park Drive Library room
Parenting in a new culture	June 8 2pm-3:30pm	150 Central Park Drive Library room
Eating and Diabetes	June 16 1pm-3pm	150 Central Park Drive

# Ask the Expert

## SPENDING PLANS

The saying "knowledge is power" may be viewed as a well worn cliché, but it is still very relevant today. Financial terms can be confusing for many of us. What you need is a common sense approach of taking control of your financial life.

The single most important action you can take to protect yourself, both against poor financial management and against unforeseen "negative life events" is to create and maintain a **Spending Plan**.

Any spending plan must always start with a clear understanding of what you spend and where you spend it. It is a

fact that, for most people, significant savings will only occur after a clear understanding of spending is achieved.

***"Any spending plan must always start with a clear understanding of what you spend and where you spend it."***

The first step is to determine your behaviour as a consumer. First, you need to track your current spending habits so that you can analyze your spending behaviour and determine if there are any problems and, what can be done about those problems.

More information about spending plans is available from In Charge Canada a non-profit charitable organization. [www.inchargecanada.ca](http://www.inchargecanada.ca)