

Spring Newsletter



FCJ Refugee Centre
Walking with Uprooted People

SPRING 2014

Issue #7

RECENT DOCUMENTS

Refugee Hearing
Preparation Guide for
the READY Tour

SUMMER EVENTS

- Youth Action
Gathering- August 21-
23 in Toronto!
- Summer 2014 Series
workshops
- Wait for our Annual
Street Party
- Ready Tours for
refugee claimants

SERVICES

- Workshops on
immigration issues for
agencies
- Medical and mental
health clinic on
weekends.
- Improve your English
in our English classes
every Saturday.
- Youth Network : Join
the group, learn and
have fun. Meetings
every Wednesday at
4:00 pm at 208
Oakwood Ave.
Toronto.

READY TOUR FOR REFUGEE CLAIMANTS

READY Tour is a free program that will help REFUGEE CLAIMANTS to clarify many of the questions they have about their refugee hearing.



READY tour in Toronto was launched on World Refugee Day June 20, 2014

After a series of meetings, conversations and a lot of work, one of the dreams of the Coalition of Service Providers came true: the READY Tour is up and running.

READY Tour is now hosted by the Coalition of Service Providers for Refugee Claimants in Southern Ontario and the Canadian Red Cross First Contact program, in partnership with the United Nations High Commissioner for Refugees and the Refugee Protection Division of the Immigration and Refugee Board of Canada.

Aside from the actual tour, refugee claimants also have access to a very useful resource - Refugee Hearing Preparation: A Guide for Refugee Claimants. This document is an adapted version from the Vancouver guide prepared by Kinbrace.

Registrations for ready tour Toronto can be done through the website readytour.ca. All refugee claimants are welcome to register and participate in a Ready Tour.

Currently, READY Tours are held twice a month hosting 25- 30 refugee claimants. More information at www.readytour.ca



FCJ Refugee Centre joined the Canadian Council for Refugees "Walking with refugees for a stronger Canada" on the World Refugee Day.

Youth Action !

-This 21 - 23 August, the Canadian Council for Refugees (CCR) Youth Network will hold its 3rd Annual National Youth Action Gathering (YAG) in Toronto!

Place: United Steelworkers Hall, 25 Cecil Street Toronto, ON M5T 1N1



UPROOTED U

"Education is one of the most important things in life for me, being without education for 3 year made my future far away to what I always dream. But everything changed when I was told about Uprooted U, I was so happy to know that there are people that care about us that know that we deserve education and that is a right for us. We are here for a reason and taking education away from us is like a punishment."

Treisy

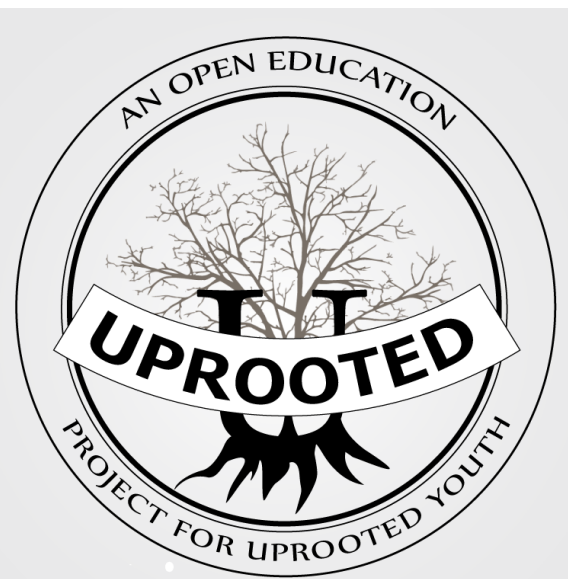
With the generous support of the Counselling Foundation of Canada, the FCJ Refugee Centre launched Uprooted U in May 2014.

This educational program was designed specifically to address the current gaps in access to post-secondary education for precarious status youth.

This innovative project will introduce students to university-level academic standards with respect to critical thinking, reading and writing. Other related skills such as note-taking, good study habits and time management are also covered. S

tudents are also paired with a mentor in their identified area of interest, active professionals in our community who are eager to share their knowledge and experience.

There are currently 10 students participating for the summer semester. They have been attending a weekly class in addition to participating in community lectures and events related



to their area of interest. Each student will produce a final project for the semester outlining the work they have done and what they have learned. This is not only allowing students to develop their skills, but also providing the opportunity for them to begin working towards their larger career goals and academic ambitions.

Are you a refugee claimant?



You are invited to participate in a tour of one of the IRB-RPD refugee hearing rooms in Toronto!



LEARN

- ➡ **How to navigate the refugee hearing process**
- ➡ **What is a refugee hearing**
- ➡ **What to expect at the hearing**
- ➡ **Who might participate at the hearing**

READY tours take place twice a month at 74 Victoria Street, Toronto, on the 4th Floor.

Registration:

www.readytour.ca

info@readytour.ca

Toll-free phone number

1-866-902-49 93

(from 8:30 am-4:30pm)

Refugee Hearing Guide available at:

<http://www.kinbrace.ca>

READY Tour is hosted by the Coalition of Service Providers for Refugee Claimants in Southern Ontario and the Canadian Red Cross First Contact program in partnership with the United Nations High Commissioner for Refugees and the Refugee Protection Division of the Immigration and Refugee Board of Canada

MEDICAL AND MENTAL HEALTH CLINICS

Primary Care clinic: second anniversary

The primary medical health services and counseling are available at FCJ Refugee Centre on Saturdays with exception of long weekends.

On June FCJ Refugee Centre celebrated the second anniversary of the clinics which were opened just after the refugee health cuts.



Access to health care workshops initiative

During this spring our organization started a series of workshops as part of our effort to offset surmounting challenges that refugees are facing in accessing holistic and timely healthcare.

Our goal is to increase access for refugee women to a holistic healthcare regime that highlights counseling and mental health, as well as greater knowledge sharing and dissemination of accurate and up-to-date information around promising self-care practices, community health resources, and changes to the Interim Federal Health Program.

This service provided by FCJ Refugee Centre is part of the Accessible Health for Uprooted Women Initiative.

A model of Accessible Health Services

Access to Health Care Training Initiative for organizations and agencies strives to provide ongoing support for management, staff and frontline workers in various areas associated with health services. The goal of the training is to share tools to better respond the growing concern about the needs of precarious migrant populations providing a holistic response on the health issues.

WHO WILL BENEFIT FROM THIS PROGRAM

Community centers, settlement organizations, employment organizations, uprooted people/communities, drop-in centers, ethno-specific organizations, shelters, ESL schools, libraries, umbrella organizations, youth and women organizations, Life skills groups, etc.

WORKSHOP BENEFITS

- Increase access to health services
- Reach service providers where there is limited access to wellness programs
- Access to crucial training materials and educational resources
- Improve and enhance the services that immigrants receive

SETTLEMENT PROGRAM

During the first semester of the year FCJ Refugee Centre provided accommodation to around 25 women coming from around the world. We did different activities and trips with our residents. One of them was the Maple Syrup Day. Everyone had fun.



We are recently working on two sessions of workshops that will provide participants with topics of interest like nutrition, budgeting, all about credit, conflict resolution, self-esteem and landlords and tenants rights. We started our first session on Tuesday June 24 of 2014.

This sessions don't need pre-registration. The intention of the program is to provide tools to assist women to navigate the system as well as promote their social interaction. All our services are free and open, we provide child minding. We are also working with a Job specialist who works with

FCJ Workshops Schedule

Summer 2014 Series

	Topic	Tuesdays
Session1	Violence	June 24
No session	Canada Day	July 1
Session 2	Nutrition-Steps	July 8
Session 3	Budgeting 101	July 15
Session 4	Credit in a new Country	July 22
Session 5	Self Esteem	July 29
Session 6	All about Credit	August 5
Session 7	Conflict Resolution/ Setting Limits	August 12
Session 8	Landlords and Tenants Rights	August 19

clients one on one assisting them improving their resumes, interview skills, and searching skills.



VOLUNTEERS AND MENTORING PROGRAM

THANKS TO ALL OUR VOLUNTEERS FOR YOUR HARD WORK .

Volunteer sessions

We continue implementing our monthly orientation session for new volunteers. Every month we provide an informative session for people who want to get involved at FCJ Refugee Centre. During the first period of the year we welcomed our new team of doctors who joined the team of the Primary care clinic.

FCJ Refugee Centre has partnered with CultureLink to offer an initiative to strengthen the community connections of newcomers by offering them volunteer opportunities at our Centre. Our Partnership objective is to provide internationally trained professionals with industry-specific experience in a Canadian setting. This initiative, known as the Mentoring for Professionals Program, provides internationally trained medical professionals with a volunteer opportunity to gain industry-specific experience through a mentorship relationship with a Canadian doctor in FCJ Refugee Centre's Primary Care Clinic.

We are in our second term of providing this program to newcomers and we are very excited for the new mentees involved in our program. We currently have three motivated and highly-skilled mentees who are assisting our Centre in providing health care services using our holistic health model approach to those who have precarious status and are unable to access health care in Canada. In addition to their clinical responsibilities, our mentees are providing bi-weekly health workshops on various topics, such as Healthy Eating on a Limited Budget and Post-Traumatic Stress Disorder, in order to educate newcomers on ways of taking care of themselves mentally and physically. Being newcomers themselves, our program has also assisted the mentees in their integration in Canada as they are learning about the health care system in Canada and about the employment opportunities available to them in their professional fields. We look forward to the next four months with our mentees.



Devin K. MacDonald

Since coming to volunteer at the refugee centre I have come to some realizations. Before I came to the FCJ refugee centre, I thought that the reason to travel was to gain a sense of adventure. I now realize that many people leave their places of birth in order to flee from persecution. I used to think that applying for status in another country was as simple as checking boxes on a form. I now realize that doing this in Canada entails a complex process that is nearly impossible to navigate through without prior experience, let alone in a second language. I used to think that the refugee system was fair and just. I now realize that newcomers to Canada are in a vulnerable and precarious situation that the system does not fully appreciate nor take into account. Having been born in a secure environment such as Canada, I will never fully understand the experience of the newcomer; however, my time at the FCJ refugee centre has been eye-opening and has helped me better appreciate the newcomer's situation.

-Devin K. MacDonald, Legal Support Volunteer