



**FCJ REFUGEE CENTRE**  
Shoulder to Shoulder, Side by Side...  
Walking with Uprooted People  
For 30 years

# WINTER NEWSLETTER

## 2022

### FCJ Youth Network

The FCJ Youth Network has started off this first semester with a bang! We have so many new activities and events planned for our youth that we can't wait to share.

Keep reading to discover what we have been up to and what we have planned for Spring!

Home is Here  
Podcast  
Uprooted U  
Uprooted Junior Art Classes  
Music Classes.

Upcoming Events and Programs happening at FCJ Refugee Centre

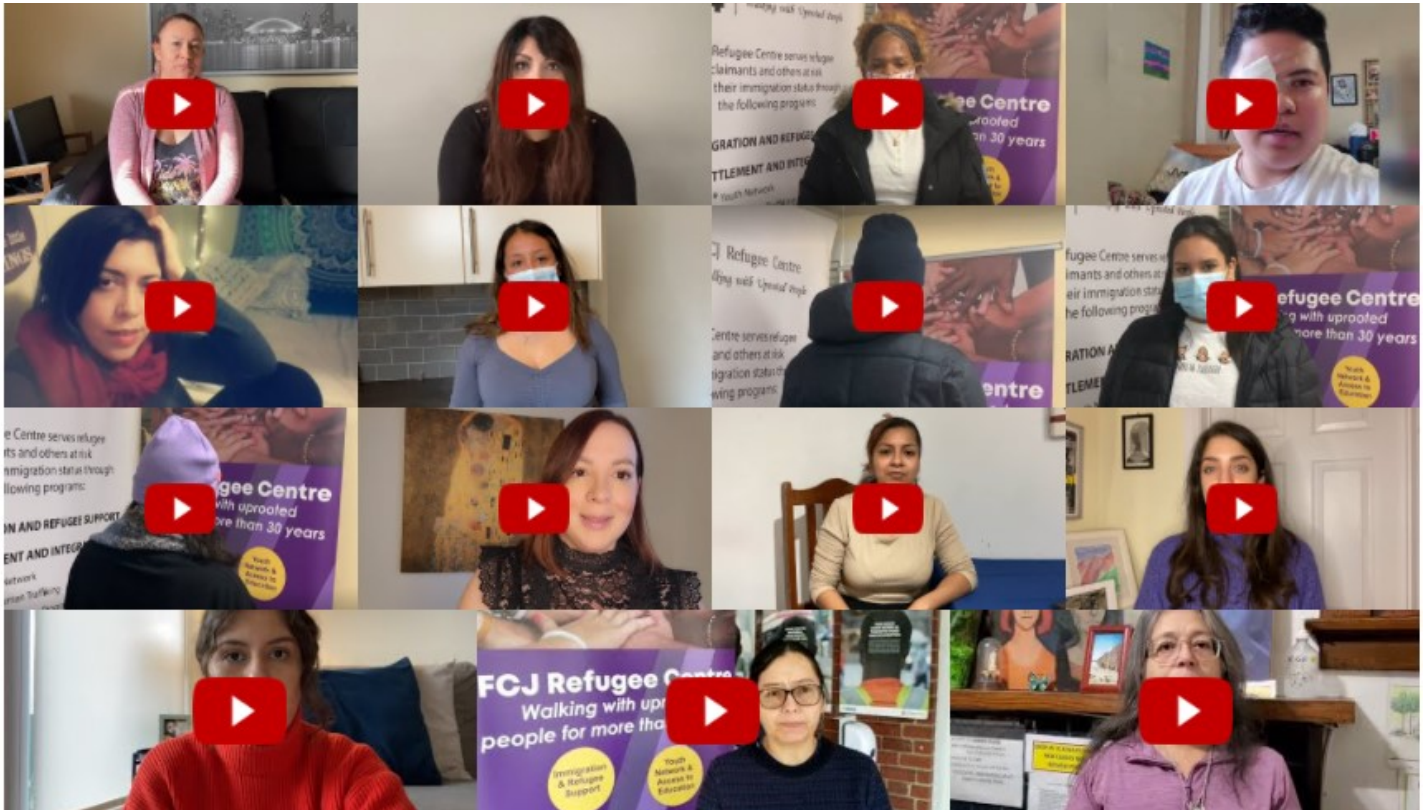
English Class/ Primary Care Clinic Update / Food Distribution & Emergency Support /  
Women's Day Celebration / Youth Network and more ...

**FCJ REFUGEE CENTRE**

**INTERNATIONAL WOMEN'S DAY**



### INTERNATIONAL WOMEN'S DAY: BREAK THE BIAS



For more than 30 years, the FCJ Refugee Centre has been commemorating the resiliency, bravery and strength of refugee and precarious migrant women on International Women's Day. Moreover, on this day we remember our Centre's founding which began by walking in solidarity with refugee and precarious migrant women. For the last 30 years, FCJ Refugee Centre has been a safe haven for women and their children.

As an organization we pause on this day to reflect on the steps and struggles made by all women in their fight for an equitable society. Furthermore, we reflect on the collective courage to denounce a Patriarchal society in which women were not, and in many places to this day are not recognized as persons. This is a day to mark the violations made on women's rights in society, but also to commemorate the women who have been paving the road to emancipation. Additionally, on this day we honour refugee and precarious migrant women, who have made difficult journeys to a new country and who continue to overcome the barriers in building a new life in Canada. Although this is a day to celebrate all women, at FCJ Refugee Centre we also mark this as a day to continue raising awareness around the specific injustices faced by refugee and precarious migrant women.



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Today, and every day, the FCJ Refugee Centre continues our call for action. On this International Women's Day we call on all levels of government to acknowledge the valuable work conducted by refugee and precarious migrant women in Canada. We also call on the government to provide holistic and wrap around services to support refugee and precarious migrant women. Most importantly, we are making a call to the community to support and acknowledge the resiliency of refugee and precarious migrant women.

On this International Women's Day, as refugee and precarious migrant women continue to break the bias of what it means to be a woman, we advocate that they are not left behind.

Check out our videos: <https://www.fcjrefugeecentre.org/2022/03/international-womens-day-2022-break-the-bias/>

### FCJ YOUTH NETWORK

The FCJ Youth Network have been discussing the need to focus on our mental health. So, we started off the year with a discussion about what it means to be mindful and how it can help relax your body and reduce stress.

Our discussion was followed by a yoga class, where we relaxed our minds and stretched our muscles.



The next few months are looking eventful. Our Youth Network's 10th Anniversary, exploring different ways to focus on our mental health and Spring activities.



#### Family Dinner

Of course, we can't forget to mention our **Virtual Family Dinner Nacho Party and Pizza Day**. While we couldn't see each other in person, we were able to have a ZOOM Nacho party, where we cooked, ate, played games and watched a movie.

Cooking, sharing a meal and spending time together is so special to the FCJ Youth Network. We are so grateful to be able to continue sharing these wonderful moments together.

#### Home is Here Podcast

The FCJ Youth Network have been keeping busy with creating new podcasts for our listeners. Tune in to get to know our youth more and hear us discuss important topics. Check our special podcast on our 10 FCJ Youth Anniversary.

<https://www.fcjrefugeecentre.org/series/home-is-here/>

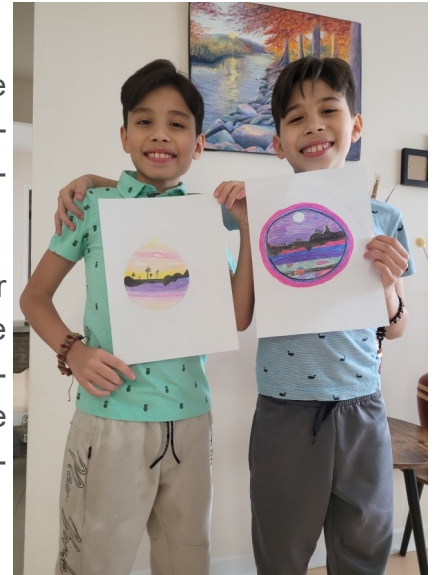


# Winter Newsletter 2022

## Uprooted Junior Art Classes!

We are thrilled to announce that the Uprooted Jr Art Classes are a huge success! These art classes are a part of our Uprooted series, where newcomer children and youth come together to create and learn about art.

Our talented Youth Network member Alexis has been using her years of expertise to give a fun, educational experience to the children. The classes provide a safe space for children to express themselves in a healthy and creative manner. Not only are they creating art, but they are also learning about art history, different drawing techniques and exercises.



Join us in our weekly art classes to learn and have fun! For details contact Victoria at [victoria.zea@fcjrefugeecentre.org](mailto:victoria.zea@fcjrefugeecentre.org)

**Available for all newcomer children**

## Uprooted U

We are so excited to announce that our Uprooted U Winter Semester is happening. Each class has been bringing a blended approach to current and topical issues in migration studies. All students enrolled in the program have been providing a unique perspective to class discussions that enrich the academic experience. The lived experiences and educational expertise of each student have not only enhanced the learning experience, but it has also created a foundation to build upon during every class.

If you are interested in finding out more about the program, please email Victoria at [victoria.zea@fcjrefugeecentre.org](mailto:victoria.zea@fcjrefugeecentre.org)

## Music Classes

The FCJ Refugee Centre and **MusicBox Children's Charity** are continuing to provide FREE music education classes to newcomer children in Canada! Our lessons explore diverse cultural expressions of music from around the world. We are starting this year with many new students and are continuing to register children on an ongoing basis! Join our online Zoom classes for some musical fun! All you need is a computer and your listening ears. Our music classes are targeted for children between 6 to 11 years old.

For details and registration please contact Victoria at [Victoria.zea@fcjrefugeecentre.org](mailto:Victoria.zea@fcjrefugeecentre.org)

### FOOD DISTRIBUTION

We continue supporting precarious populations through the **Food Distribution and Income Security Program**. Since we started this year we are distributing more than 800 baskets of food per month.

**The good news for this spring is that the Income assistance was extended until July 2022.**

Through this program we are able to help with rent or financial assistance to families that do not have access to the provincial or federal support. .



### FOOD AND INCOME SECURITY PROGRAM

*Through this program we provide food hampers to many households around the City and the Greater Toronto area.*

*In addition, the Income Security Program allows us to provide one time rent assistance.*

**To apply for this program contact:**

Arturo Calleja  
[acalleja@fcjrefugeecentre.org](mailto:acalleja@fcjrefugeecentre.org)



Another program that has been a success is the temporary **COVID Isolation Emergency Support Fund (COVID IESF)**. It was established to assist individuals who due to a severe financial hardship are not able to access COVID testing and/or complete the required period of isolation. **It has been a huge help for vulnerable populations affected by COVID-19**



### IMPACT OF THE FOOD DISTRIBUTION AND INCOME ASSISTANCE PROGRAM IN THE COMMUNITY

Gabriela Nestor and Angel Reyes experienced significant struggles during the Covid-19 pandemic. They faced a difficult time when they got infected by COVID - 19.

During their isolation time, they were beneficiaries of the food distribution and rent support. It allowed them to endure the difficult times they were going through.

In tandem with food delivery, our program has also been able to support precarious migrants in a multitude of ways, from providing much needed one time rent assistance, to informing our city's most vulnerable about the COVID-19 virus and how to keep themselves and their families safe.

If you or anyone you know are in need of food security, income support or any basic need do not hesitate to contact us.

Feel free to contact Arturo Calleja: Email: [acalleja @ fcjrefugeecentre.org](mailto:acalleja@fcjrefugeecentre.org) Phone: 416-469-9754 ext. 231





### PRIMARY CARE CLINIC

The 2<sup>nd</sup> semester of 2021 was a very important season for the Primary Care Clinic of the FCJ Refugee Centre, where we continue serving non-insured people. The Inner City Health Associates keep supporting us as funders of our Clinic. In 2021 we provided more than 650 medical appointments, (Family MD, Psychiatric Assessments and Regular Immunization Clinics).

We coordinate and provided the COVID-19 Vaccination Clinics providing more than 800 doses of the vaccine for people without OHIP living in Ontario.

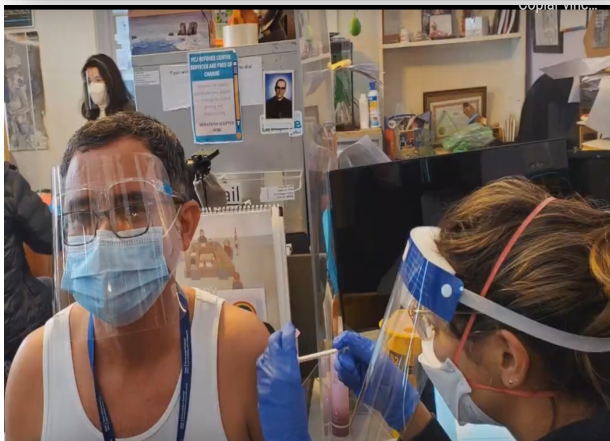
One of the programs we have in our Agenda for 2022 is to continue providing regular immunization clinics for children without OHIP in Ontario, as the COVID-19 pandemic has impacted many programs in the City.



Due to the pandemic another group that has been impacted are International Students and Visitors without medical insurance. Our Clinic has been supporting them also by providing free Health Care.



## Winter Newsletter 2022



**PRIMARY CARE &  
MENTAL HEALTH  
CLINIC**

**We are providing  
appointments  
on a virtual care mode or  
via phone as need**

**ONLY BY APPOINTMENT:**

**Eli Ibarra**  
**[eli.ibarra@fcjrefugeecentre.org](mailto:eli.ibarra@fcjrefugeecentre.org)**  
**by phone : 416-469-9754**

208 OAKWOOD AVE.  
TORONTO ON  
[www.fcjrefugeecentre.org](http://www.fcjrefugeecentre.org)



Our Clinic offers services by appointment only on Fridays and Saturdays. However, the staff and the clinic coordinator works from Monday to Friday to provide assistance to everyone in need. If you don't have a health care provider and need to see a Doctor, please call **416-469-9754 ext.230** to receive the orientation needed.

The Primary Care Clinic of the FCJ Refugee Centre is working hard by building strong relationships with the Community Health Centres, Specialist Services and some Walk-in clinics to continue growing our network and support for our Community.

Also we continue helping clients with IFHP to connect with different clinics in the City to be able to get Family Doctor services.

As part of the targets for 2022, we are working hard in order to continue working to get the Psychiatric Program for people without OHIP and hopefully a PEDIATRIC Monthly Clinic coming soon too.

Despite the pandemic, many specialty clinics such as dental, mental health and physical therapy clinics have approached us to offer their services to people both with and without OHIP. It is a great achievement since we currently see that there is a more generalized interest in helping the population regardless of the status of the person.

### UPCOMING EVENTS

#### WOMEN'S PROGRAM

At FCJ Refugee Centre we are committed to approaching women through a peer led model that will provide them with holistic information and access to wrap around services and support.

The goal of our weekly sessions is for participants to engage in community building and social connection. Sessions will provide a safe space and tight knit community for migrant women. This will allow the opportunity to form friendships, encourage healing, build awareness and promote resilience.

Weekly sessions include a number of planned workshops such as: utilizing art therapy to deal with anxiety, self-care tips, how to protect your mental wellbeing and group therapy sessions.



**MORE INFORMATION:** Isabella Eldeib  
[isabella.eldeib@fcjrefugeecentre.org](mailto:isabella.eldeib@fcjrefugeecentre.org)

#### ENGLISH CLASS REGISTRATION IS OPEN

FCJ Refugee Centre continues to provide support to its clients through the English online classes. The English Class program is free. Our program is focused on people who do not have access to ESL classes or who, due to their schedules, finds it difficult to enroll in school full time. The courses are not official classes of English as a Second Language (ESL); they are alternative classes, which work thanks to the support of volunteers. They are usually retired professors or students who generously donate their time.

We are very happy to be able to restart English classes, as many people have been asking about them. You are welcome to register online through our Website: <https://www.fcjrefugeecentre.org/our-programs/settlement-programs/english-classes/> or by sending an email to [esl@fcjrefugeecentre.org](mailto:esl@fcjrefugeecentre.org)



**LEARN ENGLISH**



### UPCOMING EVENTS

We spend a large part of our lifetime at work, so it is important for women to learn about the factors that can lead to choosing a career which is fulfilling. The Migrant Women's Counter Human Trafficking Alliance invites you to join our workshop on Mission, Passion and Career, presented by Mennonite New Life Centre's She-Covery Program. This workshop is open to all newcomer migrant women and is an opportunity to reflect on the factors that can help you create a career path that brings you satisfaction in life.

The workshop will be facilitated by Bitu Hedayati, who currently serves as the Mental Health Counsellor at the Mennonite New Life Centre (MNLCT).



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# MISSION, PASSION, & CAREER WORKSHOP

Monday, March 28th

10:30am-12:30pm

✨ **Open to all newcomer migrant women!** ✨

**Registration:**  
please contact Isabella Eldeib:

✉ isabella.eldeib@fcjrefugeecentre.org

☎ (416) 469 9754 ext.222

FCJ REFUGEE CENTRE  
Walking with uprooted people

Mennonite  
new life  
centre

Canada Femmes et Égalité  
des genres Canada Women and Gender  
Equality Canada

Join our workshop to learn about finding a career you are passionate about and also meet other migrant women in the community!

The date of the workshop will be Monday, March 28th at 10:30am to 12:30pm.

To register please contact Isabella Eldeib:

Email: [isabella.eldeib@fcjrefugeecentre.org](mailto:isabella.eldeib@fcjrefugeecentre.org)

Phone: (416) 469 9754 ext.222

\*Spanish translation can be made available, but will need to be requested beforehand! If you require Spanish translations, please let us know..

# Winter Newsletter 2022

## UPCOMING EVENTS

**30 YEARS** FCJ REFUGEE CENTRE  
Walking With Uprooted People

The Primary Care Clinic of the FCJ Refugee Centre will host a

### REGULAR IMMUNIZATION CLINIC FOR CHILDREN

If your children have not updated their regular immunization schedule, take this opportunity to do so.

**MARCH 17**  
1:00PM - 3:00PM

**VACCINATIONS ARE BY APPOINTMENT ONLY**  
There are two ways for you to book an appointment:

- via Email Registration  
Send an email to [elilbarra@fcjrefugeecentre.org](mailto:elilbarra@fcjrefugeecentre.org)  
Parents will have to provide the children's immunization record, NO OHIP needed.
- via Phone Call  
416-469-9754 ext.230  
Monday to Friday from 9:00am to 4:00pm

**REGISTRATIONS WILL BE OPEN UNTIL MARCH 11**

Visit our **WEBSITE** for more information about our PROGRAMS  
[www.fcjrefugeecentre.org](http://www.fcjrefugeecentre.org)

**UJ: Art Classes**  
**Free music classes**  
**Youth network online weekly meeting**

Want to connect with other youth?

The FCJ Youth Network invites you to join our online meetings!

When?  
**Wednesdays 4:30-6:00pm**

For more information email us at: [fcjyn@fcjrefugeecentre.org](mailto:fcjyn@fcjrefugeecentre.org)  
Contact us at: (437) 217-3786

**Regular Immunization Clinic for Children**



**RAD informative sessions & Virtual Ready Tour**



**FCJ Refugee Centre**  
*Walking With Uprooted People*

### Connect with us

**416- 469 9754**

**437-217 3786**

**647-971 2153 Migrant Workers**

**[info@fcjrefugeecentre.org](mailto:info@fcjrefugeecentre.org)**

**[www.fcjrefugeecentre.org](http://www.fcjrefugeecentre.org)**

**[fcjrefugeecentre](https://www.instagram.com/fcjrefugeecentre)**

**[@FCJRefugeeCentre](https://www.facebook.com/FCJRefugeeCentre)**

**[@RefugeeCentre](https://twitter.com/RefugeeCentre)**

**WEBINARS**  
Every Wednesday and Thursday

During this difficult time and responding to community needs, we developed webinars for communities and front-line workers that serve vulnerable newcomer sectors, non-status and precarious migrant populations.

**Now we are providing more interactive webinars online**

For more information check our website

The webinars are possible thanks to the support of the

The Law Foundation of Ontario

**Get access to all our webinars and online tools**

<https://www.fcjrefugeecentre.org/our-programs/settlement-programs/>

**FCJ REFUGEE CENTRE**