

winter 2010



BRAMPTON MULTICULTURAL COMMUNITY CENTRE  
MUSLIM COMMUNITY SERVICES

# News and Views



## Managing your LIFE

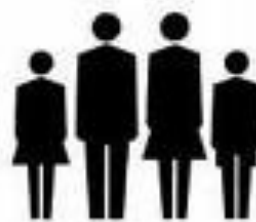
### It's 2010

It's the beginning of a new year and the beginning of a new decade. New beginnings are exciting, **and** difficult. You have to be ready for new challenges and be able to manage everything else.

Managing your life involves managing the needs of your spouse and your kids as well as your own. Your spouse is your partner and communication is the key to maintaining your relationship. Communi-

cating with your kids also calls for your attention. Getting involved in their school shows them you're interested. Finally, your career and your financial goals are

directly related. Pay attention to your spending now and map a plan to follow toward an employment goal, short and long term. Using strategies will help work toward achieving them.



Don't just manage to live; but manage, to live well.

*Come in and ask us what we can do for you.*

## What's new with us...

### The Host Program

BMC is proud to announce the launch of the **HOST Program** which brings together newcomers to Canada and established community members for friendship, sharing and learning. It helps newcomers feel more at home and builds a welcoming community.

The Program recruits and trains volunteers to become Hosts and, based on criteria such as similar interests, family size, age and profession, matches them with recent newcomers. Newcomers can then practice English, learn about and use available services, participate in community activities, and more readily overcome the stress of moving to a new country. Their Canadian Hosts can then discover new cultures and see the country with new eyes while giving back by helping newcomers and their families adjust and flourish. **To become a Host call 905-790-8482**

### NETWORKING SESSION - The BUDDY SYSTEM

#### How Can I Benefit From Attending Buddy System Sessions?

- Increase your network of contacts
- Practice the art of mingling with others
- Learn from and Share with others
- Learn more about your Canadian career choice
- Learn how to maintain your network relationships
- Improve your online skills

Come in and sign up for a Buddy System session so we can identify your occupation category and match you with others who belong to the same occupation. Get Networking! **To register call 905-828-1328**

### This issue features:

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Region of Peel  
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## Since we last spoke...what we've done...

Brampton Multicultural Community Centre and Muslim Community Services are pleased to report a very successful **Annual General Meeting** at the new Brampton South location with approximately 200 staff and board members in attendance. The meeting was chaired by Ms. Najma Iqbal, a volunteer at BMC and MCS.



**The RBC Agency Fair** was held on December 1<sup>st</sup>, 2009 in their main lobby. RBC employees and other participating agencies had the opportunity to visit our display throughout the day. We would like to thank those RBC volunteers who collected food donations for some of our needy clients.

**LINC Instructors** at MCS attended the annual TESL Conference in Toronto. Teachers gained expertise in ESL education topics. **LINC Child Care Educators** attended the annual CMAS Conference in Toronto as well as the regional conference. The importance of literacy and brain development were discussed.

BMC held its **3rd Annual Job Fair** at Holiday Inn in October to help newcomers in Peel region find meaningful employment and meet with potential hiring employers. More than 10 companies participated and 5 sessions were organized during the day to help participants learn about job market and improve their job search techniques. Over 500 people attended this Job Fair making it a successful event.

Our **annual fundraising event for the United Way** was very successful this winter. We held a bake and goods sale as well as a silent auction. Our staff cooked delicious treats and donated gently used items for our auction. We raised a total of \$ 4314.80 which was 35% more than last year's fundraiser. Thanks to all the staff and volunteers.

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

**My Own Little Dictionary** by Navpreet Arora, a LINC instructor at Muslim Community Services, was created as a ready to use resource for LINC students of all levels. It provides fantastic workable ideas for highly effective vocabulary building in a student centered zero preparation design integrating all four language skills. Navpreet presented at the PHE TESL Fall Session.

A new **networking tool** called the **"Buddy System"** has been developed by the JSW Team to help increase the number of people in clients' networks, with a strong focus on networking with other individuals in the same career fields and obtaining information related to their professions.



## Are you safe? The Signs of Abuse

### Does your partner .....

- Yell at you?
- Call you names?
- Break your things?
- Threaten to hurt you?
- Always need to be in charge?
- Not allow you to see your family and friends?
- Control what and how much you eat?
- Control the money?

- Threaten to take the kids away?
- Hit or kick you?
- Force you to have sex?
- Control your education and job decisions?

If you said yes to any of these questions, you may be in an abusive relationship. You may be in danger.

Help is available

Call our  
**Family Support Program**  
for  
counselling and support  
@905-790-1910  
**Professional  
& Confidential**

## Your Success is Our Success

Her name is Suman Ahuja. Like many other newcomers, she made the decision to immigrate to Canada to give her children an opportunity at a better education. She came to Canada in March 2002.

*"We used to live in Brampton on Hanover Rd, I used to visit the library and I saw the BMC sign and decided to discover what it is."*

*"When I entered the BMC office and inquired about the organization, the receptionist welcomed us in such a nice way, we felt we are at home. She asked us to fill some form and then we met with a counsellor who gave us support to achieve our goal and to go through that initial phase of settlement.."*

*"We were newcomers and the feeling of uncertainty and anxiousness, anxiety ... we*

*received lots of moral support from BMC. Actually, it was the most needed thing at that time for us. I found the atmosphere very comfortable and supportive. Even later, when we were studying in the library for law exam, BMC allowed us to use their lunch room for warming our lunches or making tea.*

Now, Ahuja heads a law firm in Mississauga. Her firm covers many aspects of Canadian law including real estate, corporate and family law. She brought extensive experience with her and, with some guidance and support from Brampton Multicultural Community Centre, she has made a place, here, for herself and her family.

*"I always remember how lonely and insecure I was as a newcomer so whenever I meet*

*newcomers I try to give them support by giving them concessions for different services that my firm offers ."*

*"I would like to tell newcomers that Canada is a beautiful country and a land of opportunities. Initially, newcomers don't necessarily need money but they do need supportive words and supportive consolation... that it [settlement] is doable, but it [success] is a struggle of two, three years but at the end, there is always light ,and the liberty and freedom you get in this country... it's worth it to go through that initial struggle."*

*"I always say we should have a very positive attitude and remain focused and , always see the big picture... struggle comes to everyone."*

## Employment FAQ's

### What is a Regulated Profession?

In Canada, some professions set their own standards of practice. These are called regulated professions.

In Canada, about 20 percent of jobs are regulated by the government to protect public health and safety. For example, nurses, doctors, engineers, teachers and electricians all work in regulated professions. People who want to work in regu-

lated jobs need to get a license from the regulatory body in the province or territory where they live.

If you want to work in a regulated occupation and use a regulated title, you MUST have a licence or certificate or be registered with the regulatory body for your occupation.

### Can I work in my profession without registering?

It is against the law, in some regulated pro-

fessions, to work or use the title of the profession if you are not registered with the regulatory body. In other professions, you can do the work but must register if you want to use the professional title.

Source: [www.credentials.gc.ca](http://www.credentials.gc.ca)

### Do you have questions related to Employment?

Contact our **Employment Specialist** at **905-790-8482**

## Tips for Living Well

### Communicate for Success!

How you communicate can have a huge impact on your relationship with your spouse, your family, and people at work, even with your boss. Especially if you are stuck in the proverbial dog house, effective communication is the key to staying out of it permanently. In light of this, a professional development session was held for BMC staff outlining key strategies to enhance communication.

#### Here are the **Dos and Don'ts**:

- Do show empathy to the speaker
- Do repeat back and ask questions to clarify what the speaker is saying
- Do summarize what the speaker has said to ensure you have understood it
- Do not speak in run on sentences as you will lose the attention of the listener
- Do not put the speaker down by starting with phrases such as 'you're wrong' and 'you shouldn't'
- Do not give premature advice to the speaker

Source: Communicate for Success, December 2009. Leslie Rose Seminars, Canada. [www.leslieroseseminars.com](http://www.leslieroseseminars.com)

## Ask the Expert

*When you need to make big purchases like a car or a house, a good credit history tells money-lenders that you'll pay them back.*

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### **“What is a credit history and why is it important?”**

If you've ever had a credit card, taken out a loan, or paid for anything in installments, you'll have a credit history. Whenever a bank or a store gives you credit, it sends information about you and your credit to a credit bureau. In Canada, there are two major credit bureaus, Equifax and TransUnion, who are in the business of collecting information about how Canadian consumers use their credit.

Having a good credit history is very important. When you need to make big purchases like a car or a house, a good credit history tells money-lenders that you'll pay them back. Low risk usually means low interests rates. A bad credit history tells money-lenders that you are a high risk and may not pay back your loan. A poor credit history may also keep landlords from renting you an apartment!

**What is a credit report?** A credit report contains information about your recent (last six years) credit use. It contains personal information and any inquiries by other companies about your credit.

**What is a credit score?** A credit score is a number between 300 and 900 that measures the risk of your repaying your debts. Creditors use this score to decide whether or not they'll give you credit. Factors that affect your credit score are whether you make your payments on time, whether you're already using all the credit previously given to you, how long your credit history is, how in debt you are, and whether you're chasing new credit all the time. Do you know your credit score?

For more information about credit reports and scores contact [InCharge Canada](http://InCharge Canada), a non-profit charitable organization. [www.inchargecanada.ca](http://www.inchargecanada.ca)

## Upcoming Events

Theme	Date and Time	Facilitator
Job Search (Brampton South)	Mon, Tues & Wed Jan 11, 12, & 13 and Tues Jan 18—10:00am -2:00pm	BMC Staff
Boosting your Self-Esteem (Brampton Library)	Tues Jan 12 - 2:00pm-3:30pm	Leroy Briggs Centre for Education and Training
Job Search (Mississauga)	Tues, Wed & Thurs Jan 18, 19 & 20 - 10:00am -2:00pm	BMC Staff
JSW Networking Session & Buddy Session (Brampton South)	Tues Jan 21 - 9:30am-12:00pm	BMC Staff
Job Search (Mississauga)	Tues, Wed & Thurs Feb 2, 3, & 4 - 10:00am -2:00pm	BMC Staff
Job Search (Brampton South)	Mon, Tues, & Wed Feb 8, 9, & 10 - 10:00am -2:00pm	BMC Staff
Canadian Workplace Culture (Brampton Library)	Tues Feb 9 2:00pm-3:30pm	Leroy Briggs Centre for Education and Training
Job Search (Mississauga)	Tues, Wed & Thurs Feb 16, 17 & 18 - 10:00am -2:00pm	BMC Staff
Job Search (Brampton South)	Tues, Wed & Thurs Feb 23, 24 & 25 - 10:00am -2:00pm	BMC Staff
Job Search (Brampton South)	Mon, Tues & Wed March 8, 9 & 10 - 10:00am - 2:00pm	BMC Staff
Job Search (Mississauga)	Tues, Wed & Thurs March 16, 17 & 18 - 10:00am -2:00pm	BMC Staff
Parenting in a New Country (Brampton Library)	Tues March 23 2:00pm- 3:30pm	Ann Norris Ontario Early Years
Job Search (Brampton South)	Mon, Tues & Wed March 22, 23 & 24 - 10:00am -2:00pm	BMC Staff

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

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