

Fall 2010

Brampton Multicultural Community Centre
Muslim Community Services

News and Views



Healthy Women for a Healthy Community

Women and their Health

Health is our most precious personal possession. Our health allows us to carry on our day to day lives. As the family’s caregiver, women and their health are paramount to the well being of the family and the community.

“Knowledge and understanding of the Canadian health care system is generally lacking and it takes time for newcomers to become familiar with the system, eligibility requirements and range of coverage. This is compounded by a lack of understanding of the roles and availability of professional health practitioners. Language barriers can exist when newcomers are given complex and detailed health information that they may not be able to access in their own language or in clear English. According to the Ontario Health Coalition, women's choices about care are increasingly restricted, especially for the elderly, differently abled, poor, and racialized women without resources in the community.”¹

At BMC we are committed to helping the community by recognizing the health issues women face and have partnered with the region to help women access health care in our community. At BMC we are committed to building our community, better, stronger and healthier.

¹ www.ocasi.org

What’s new with us

CANCER SCREENING PROGRAM

This September, with the support of Echo Ontario, BMC started the Cancer Screening Program to support local women access cancer screening facilities. The program is designed to raise awareness about breast and cervical cancer screening and increase the number of women who get screened. Women over 18 can enroll in the program for cervical cancer screening services, and women over 50 can enroll in the program for breast cancer screening services.

This program assists women by providing access to life-saving cancer screening. Our Community Health Educator will hold information sessions about breast and cervical cancer screening. Screening appointments will be booked for clients, transporta-

tion to the appointments will be arranged, and support will be provided during and after the appointment. Through partnerships with local screening facilities and community organizations, the Cancer Screening Program at BMC will help women in Peel lead healthier lives.

For information or to register for the Cancer Screening Program, contact: Gurleen Matharu Community Health Educator at 905-790-8482 x 324

Since we last spoke...

What we’ve done

Snapshots of Us

- . Senior Women’s Support Group
- . NOW and WIN in our schools
- . Citizenship Week
- . LINC Graduation Ceremony
- . LSP Day
- . The HOST Picnic
- . The Heart and Stroke Foundation Fundraiser

Since we last spoke...

What’s coming

Events Calendar

- . November 2010
- . Weekly Events

we are funded by:



Citizenship and Immigration Canada

Citoyenneté et Immigration Canada



Ontario





Senior Women's Support

Our Senior Women's support group meets once a month to discuss issues relevant to them. They socialize and share food, sing, dance and really enjoy themselves. To join our senior women's group, please call Parminder at 905-790-8482



NOW and WIN



Settlement workers, peer leaders and teachers got together with newcomer students for fun activities this past August.

The students went to familiarize themselves with their new schools, the education system, and community resources available.

Everyone really enjoyed themselves and the students were ready to start the new school year this September.



Citizenship Week 2010

It was citizenship week and BMC and MCS along with our executive director and our levels 4 and 5 teachers and some of our students were on hand at the swearing in ceremony for new Canadians.



LINC Graduation Ceremony



Our LINC classes celebrated the end of the session with food and fanfare in the park. Students performed, made speeches, and received awards for their great achievements in class.

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



LSP Day

The 2nd Annual Celebration of the Library Settlement Partnerships Program was held on October 22 at the Chinguacousy Library Branch. Nearly 315 people attended the celebration from 10am - 3 pm. Gift baskets with library books and other goodies were raffled off to 4 lucky winners.



The Host Picnic

BMC hosted its first annual Host Picnic on August 7th, 2010. There were games and food and everyone enjoyed themselves. The Host Program matches newcomers and Canadians for friendship and support. If you would like to join the Host Program, call Shakeela at 905-790-8482 and meet someone new.

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the Heart and Stroke Foundation Fundraiser

MCS and BMC held their annual fundraiser for the Heart and Stroke Foundation. This year's events included our annual walkathon and

our first annual pie throwing event raised almost \$4,000.



Muslim Community Services

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bmccentre.org

Since we last spoke...what's coming

Brampton Multicultural Community Centre hosts workshops for newcomers on topics of interest to settlement and life in Canada. If you have a suggestion for a workshop, please let us know. 905-790-8482.

	Topic	Date	Time
November	Landlord and Tenant Rights Brampton North Office	November 2	9:30—12:00
	Personal Safety Brampton North Office	November 9	9:30—12:00 1:00—3:30
	Rights of Employees at Work Mississauga Office	November 15	1:30—3:30
	Self Esteem Brampton North Office	November 16	9:30—12:00
	Senior's Group—Fall Prevention Brampton North Office	November 17	1:00—3:00
	Healthy Eating Brampton North Office	November 23	9:30—12:00
	Road Safety and Traffic Rules Mississauga Office	November 24	1:00—3:00
	Women's Group—Self Esteem Brampton North Office	November 27	1:00—3:00
	HOST Match Meeting & Orientation	November 6	TBA
	HOST Training Session Brampton North Office	November 10	10:30—12:30
	Host Match Meeting Brampton South Office	November 17 November 24	TBA
	HOST Volunteer Training Meeting	November 20	1:00—3:00

WEEKLY EVENTS

Job Search Workshop Program

Brampton North: November 15, 16 & 17
Brampton South: November 22, 23 & 24
Mississauga Office: November 10, 11 & 12
10:00 am—2:00 pm

Credential Evaluation for

Internationally Trained Professionals
By Sheridan College
Brampton South: November 8th, 2010
10:00 am—12:00 pm

English Conversation Circles

Chi nguacousy Library: every Tuesday
11:30 am—12:30 pm
Cyril Clark Library: every Wednesday
10:30 am—11:30 pm
South Fletcher's Library: every Thursday
5:00 pm—6:00 pm

Senior's Group

Every Second Saturday of the Month
November 12 and November 26
South Fletcher's Library Branch
12:30 pm—1:30 pm