

Founded in 1983, the Mennonite New Life Centre is a place of welcome, friendship and community, where newcomers and neighbours gather to support each other, learn from each other, and take action together for a more just and compassionate society.

Vision Statement

The Mennonite New Life Centre envisions a society in which all people from diverse cultural and religious backgrounds participate fully in all aspects of Canadian life. We will model an approach that brings together community engagement and community services, working together with newcomers to reduce insecurity and reach integration, strengthen voices and increase social equality.

The Mennonite New Life Centre's mission is to facilitate newcomer settlement and integration through holistic services and community engagement, carried out within a gender justice and anti-oppression framework.

Respect

Community building

Participation and voice

Equity and Integration

Peace with Social Justice

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North York

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Visit our website to see our schedule and activity calendar

www.mnlct.org

Mennonite
new life
centre

Newcomer Seniors Program



*Walking Together
with Newcomers*

Newcomer Seniors Program



Newcomer seniors want to participate and engage in Canadian life, but often language barriers and financial limitations prevent them from doing so. A study of newcomer needs identifies social isolation and social exclusion as primary issues for newcomer seniors. Our goal is to help newcomers seniors feel engaged and welcomed in their communities.

The Mennonite New Life Centre offers **settlement services for immigrant seniors** living in Toronto. Seniors who are permanent residents to Canada, can access a range of individualized counselling support in areas such as: immigration, income security, health, housing, interpretation, among many others.

Newcomer seniors will meet one-on-one with our Settlement and Seniors Counsellor at our North York site, who will then provide professional and personalize support to their case. Newcomer seniors and/or referral agencies only need to make an appointment by calling our North York receptionist. We can assist newcomer seniors in English and Spanish.

Weekly Newcomer Seniors Groups

We also facilitate two weekly groups for seniors to help break social isolation and exclusion among newcomers. Isolated seniors may find themselves at increased risk of poor physical and mental health, as well as at risk of elder abuse. Our weekly group program is designed to reduce these risk factors, promote active living and help to build community.

Mandarin-Speaking Group

Every Tuesday at 3:00 pm – 4:30 pm
2600 Birchmount Rd.
For more information,
please call: 416-291-3248

Spanish-Speaking Group

Every Wednesday at 2:00 pm – 4:00 pm
2737 Keele Street, Unit 9
For more information,
please call: 647-776-2057

We use a variety of activities and exercises to promote information sharing, story-telling, relationship building and mutual support. Field trips and other recreational activities are organized annually to further build a sense of belonging and community.

Newcomer seniors participate in suggesting and leading the activities, taking ownership of the group process. Participants identify information and orientation needs, to be addressed through guest speakers and information sessions. Currently, we also offer an ESL training component at our North York Site for newcomer seniors to practice their language skills. Newcomer seniors contribute in tangible ways to the economic, social and cultural development life of Canada.

