

# LIGHTS

Language Instruction Giving Hope to Trauma Survivors

[mnlct.org/lights](http://mnlct.org/lights)



An alternative language program for vulnerable newcomers who have difficulty with functional communication in English and have emotional, cognitive, or academic barriers to learning due to trauma.

We offer flexible, dynamic groups and interactive classes adapted to participants' needs.

## What is “functional” English?

Newcomers living in Canada need the ability to communicate in specific real life situations, such as at the grocery store, on the bus, or at the doctor. A focus on acquiring communication skills for these situations empowers newcomers to actively participate in their communities outside of home.

## How are barriers to learning identified?

### **Emotional:**

Mental health issues such as depression, anxiety, grief, or trauma.

### **Cognitive:**

Learning difficulties such as struggling to receive, process and retain information due to trauma.

### **Academic:**

Limited, or disrupted formal education in a first language and/or out of school for an extended period.



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## What is LIGHTS?

The LIGHTS Program provides functional English as a second or additional language (ESL/EAL) instruction to newcomers who experience emotional, cognitive or academic barriers to learning English in a traditional ESL/EAL or LINC class.



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## How is LIGHTS different from other English classes?

The LIGHTS program is designed to accommodate and support the needs of vulnerable newcomers who experience multiple barriers when trying to learn English.

LIGHTS offers:

- Small groups of up to 10 learners
- Specialized curriculum
- 1 hour per day, 3 days per week for 12 weeks
- Richer learner-instructor interactions
- Individual and group coaching from professionals in areas such as mindfulness, wellness, meditation, relaxation, art, and drama

## Who can participate?

Refugee claimants, convention refugees and permanent residents who experience the following barriers:

- Difficulty succeeding in traditional English classes
- Limited knowledge of English (CLBs 0-3)
- Emotional and/or mental health issues that prevent them from learning
- Inability to access mental health support due to insufficient language level

## Where is LIGHTS?

### Keele

2737 Keele Street, Unit 9  
North York, ON M3M 2E9  
(647) 776-2057

### Victoria Park

3570 Victoria Park Ave, Suite 204  
North York, ON M2H 3S2  
(416) 291-3248

## Community partner locations across the GTA

Visit [www.mnlct.org/lights](http://www.mnlct.org/lights) for locations and dates.

## Have questions?

Contact Leticia Esquivel ([LEsquivel@mnlct.org](mailto:LEsquivel@mnlct.org)) to refer clients or host a class at your location.