

# Language Instruction Giving Hope to Trauma Survivors (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 English in a traditional ESL/EAL or LINC class.

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

## 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 integrate in their lives outside of the home.

*"I really enjoy to be in this class to learn English as I find that the way of its teaching is effective and stressless from my previous experience." – Lana, LIGHTS student*

# LIGHTS



## How are barriers to learning identified?

### Well-being:

Emotional issues such as anxiety, grief, or emotional distress.

### Cognitive:

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

### Academic:

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



## 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:

- 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



Participants in hands-on group activities



## Who can participate?

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

- Have difficulty succeeding in traditional English classes
- Have limited knowledge of English (CLBs 0-3)
- Have emotional well-being issues that prevent them from learning
- Are unable to access support due to insufficient language level

## Contact us

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