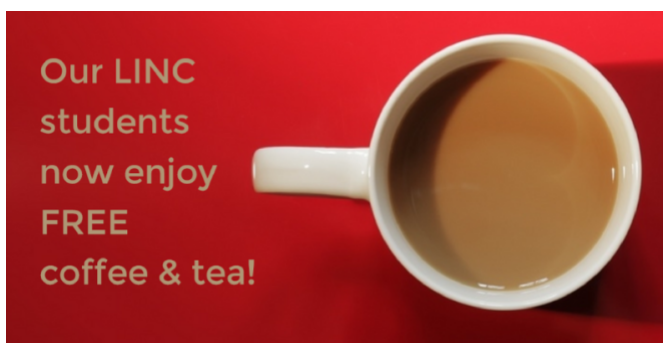


# Mennonite New Life Centre of Toronto

## Celebrate the Year of the Rooster!

On January 29, 2017 the Year of the Rooster officially started. See below for all the exciting things happening at Mennonite New Life Centre this year!



## FREE English classes

LINC students at our Victoria Park site enjoy FREE coffee & tea, plus lots of FREE

parking. FREE TTC tokens are also available for eligible LINC participants.

Register Now!



## Scholarships Available

MNLCT is excited to offer the Workplace Communication in Canada Program this winter! Learn the cultural communication skills you need to succeed at work.

For enrollment, please contact [Martha Juarez](#), 416-699-4527.

## We're hiring!

We're looking for a Secretary and a BTMH "Mental Health in Ontario" Course Instructor to join our team.

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## Welcome Home Benefit Concert a Success

MNLCT held its first fundraising concert on Dec 30 2016.



Did you miss it? We are still accepting donations online at Canada Helps (choose the "Welcome Home Benefit Concert" fund).

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## Bridge Training Program for Internationally Trained Mental Health Professionals

Join us Tues Feb 21, 2-4pm at our Keele office for an info session. Register online or RSVP to Alexandra Rodriguez, 647-776-2057 x311.

**The deadline for applications is Mar 3 to be able to start in April.**

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## Client Spotlight

Meet Namrta Mohan. Namrta graduated from the Bridge Training Program for Internationally Trained Mental Health Professionals (BTMH) in 2014. She now works as a case manager with Across Boundaries,



in addition to her private practice as a life coach and therapist.

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## Prepare for employment with the HOPES Program

Stressed about finding a job in Canada? Is your stress affecting your job search?

Contact Leticia Esquivel, 647-776-2057 x306, to register for this unique program that offers wellness counselling, career exploration, and connections to employment support agencies.

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## Arabic Settlement & Wellness Services

Settlement and wellness services now available in Arabic! Talk with a counsellor to make living and working in Canada easier. Contact us to make an appointment.

**Wednesdays @ 11:30am** there is an Arabic Conversation Group at our Victoria Park location. Practice your English and make friends in Canada.

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## Chinese Seniors Group

**Thursdays @ 2:00pm** at our Victoria Park location. Join us to connect with other seniors who speak Mandarin.

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## Spanish Conversation Groups

Meet fellow Spanish speakers at our peer support group. Share your struggles and thoughts, and make lasting friendships.

### **Women's Group**

Every Saturday @ 10am at North York Presbyterian Church, 1579 Royal York Road (Royal York & Dixon)

### **Men's Group**

Every two Saturdays, starting February 4 from 2-4pm at our Keele office.

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## Do you support our mission?

Join us as we walk together with newcomers. Your support – as a volunteer, donor, or community member – is always appreciated. Contact Tracy Docheff for more information on how you can get involved, or make a donation at [canadahelps.org](http://canadahelps.org).

**Watch for more details in your inbox, on our website and on social media!**



Mennonite  
**new life**  
centre



**Mennonite New Life Centre of  
Toronto**

1774 Queen St. East  
Toronto, ON M4L 1G7

(416) 699-4527

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



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