

# Would your clients benefit from LIGHTS sessions?

Language Instruction Giving Hope to Trauma Survivors (LIGHTS) is a **FREE** supportive **language training** program with **emotional wellbeing activities** for learners who need extra support



## English Lessons

- Daily life English with real-life material
- Focus on vocabulary building and conversation practice
- Lessons adapted to participants needs and skills (LINC themes)
- **NO** tests or assignments and optional participation
- Use of students' mother tongue for clarification and peer support
- Language learning websites and apps

## Wellbeing

We aim to teach participants life skills and wellbeing strategies/tools that can be used during and after the program to:

- Manage stress
- Improve memory
- Control feelings
- Boost energy

## LIGHTS Program Goals

- Empower participants to manage stress and boost confidence
- Equip them with the language to describe their feelings
- Encourage them to become comfortable in simple conversations
- Prepare them to access further ESL/LINC programs
- Guide them to gain access to technology, community resources, and connections

*"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*



## 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
- Once a week, 3 hours, for 12 weeks
- In-person and online options
- Richer learner-instructor interactions, two instructors: English Instructor and Wellbeing Counselor
- 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?

Landed immigrants (PR card) or convention refugees who experience the following barriers:

- Have difficulty succeeding in traditional English classes
- Have limited knowledge of English (CLBs 0-4)
- 18 years old or older
- Residents of Ontario

We can host LIGHTS sessions for your clients in person at your organization, or online. Contact us to make arrangements.

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[mnlt.org/lights](https://mnlt.org/lights)

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