

## PIRS Programs At-a-Glance | Winter & Spring 2023

### Community English Classes

Multi-level English program (from beginner to intermediate) that allows participants to practice and improve their English language skills, make friends, gain self-confidence, and learn more about Canada.

	Vancouver	Burnaby	New Westminster	Surrey	Online
<b>Dates</b>	Winter: Jan 3 - Mar 10 (19 sessions)	Winter: Jan 3 - Mar 9 (20 sessions)	Winter: Jan 4 - Mar 8 (18 sessions)	Winter: Jan 3 - Mar 10 (19 sessions)	Winter: Jan 4 - Mar 8 (18 sessions)
	Spring: April 4 - June 16 (21 sessions)	Spring: Apr 4 - Jun 8 (20 sessions)	Spring: Apr 3 - Jun 19 (20 sessions)	Spring: Apr 4 - Jun 16 (20 sessions)	Spring: Apr 3 - Jun 19 (20 sessions)
<b>Time</b>	Tues/Fri: 9:15 am - 11:15 am	Tues/Thurs: 12:30 pm - 2:30 pm	Mon/Wed: 9:30 am - 11:30 am	Tues/Fri: 9:30 am - 11:30 am	Mon/Wed: 1:00 pm - 2:30 pm
<b>Location</b>	Tecumseh Elementary: 1850 E 41st Ave, Vancouver	Royal Oak Ministry Centre: 7175 Royal Oak Ave, Burnaby	Holy Trinity Community Hall: 514 Carnarvon St, New Westminster	ISS of BC Surrey Guildford: 10334 152A St #301, Surrey	Online
<b>Contact to register</b>	Anna Xia (English/Mandarin)  Email: <a href="mailto:gxia@pirs.bc.ca">gxia@pirs.bc.ca</a> Phone: (778) 608 4208	Marianna Gassmann (English/Spanish)  Email: <a href="mailto:mgassmann@pirs.bc.ca">mgassmann@pirs.bc.ca</a> Phone: (778) 608-4298	Zarmina Ali (English/Dari/Farsi/Pashto/ Russian)  Email: <a href="mailto:zali@pirs.bc.ca">zali@pirs.bc.ca</a> Phone: (778) 608 4285	Rabia Kaihan (English/Dari/Farsi)  Email: <a href="mailto:rkaihan@pirs.bc.ca">rkaihan@pirs.bc.ca</a> Phone: (778) 608 4438	Zarmina Ali (English/Dari/Farsi/ Pashto/Russian)  Email: <a href="mailto:zali@pirs.bc.ca">zali@pirs.bc.ca</a> Phone: (778) 608 4285

### Moving Forward

English language program for immigrant or refugee women who speak **Intermediate English** and are ready to start exploring their options: **continuing education, networking, volunteering and career opportunities.**

<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Contact</u>
Winter: Jan 10 - Mar 9 (18 sessions) Spring: Apr 4 - Jun 8 (20 sessions)	Tuesday and Thursday afternoon 1:00 pm - 2:30 pm	Online	Anna Xia (English/Mandarin) Email: <a href="mailto:gxia@pirs.bc.ca">gxia@pirs.bc.ca</a>   Phone: (778) 608 4208

## Family Literacy and Parenting Programs

**My Tween and Me (English)** | A program for immigrant and newcomer parents with children **7-13** years old.

<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Contact</u>
Jan 23 - Mar 13, 2023 (6 sessions for parents + 2 parent-tween sessions)	Mondays: 12:30 - 2:30 pm	Online	Anna Xia (English/Mandarin) Email: <a href="mailto:gxia@pirs.bc.ca">gxia@pirs.bc.ca</a> Phone: (778) 608 4208

**My Tween and Me (Mandarin)** | A program for immigrant and newcomer parents with children **7-13** years old, taught in Mandarin.

<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Contact</u>
Jan 27 - Mar 17, 2023 (6 sessions for parents + 2 parent-tween sessions)	Fridays: 12:30 - 2:30 pm	Online	Anna Xia (English/Mandarin) Email: <a href="mailto:gxia@pirs.bc.ca">gxia@pirs.bc.ca</a> Phone: (778) 608 4208

**Nobody's Perfect** | A program for immigrant and newcomer parents with children **0-5** years old.

<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Contact</u>
Jan 17 - Feb 21, 2023 (6 sessions)	Tuesdays: 12:30 - 2:30 pm	Online	Anna Xia (English/Mandarin) Email: <a href="mailto:gxia@pirs.bc.ca">gxia@pirs.bc.ca</a> Phone: (778) 608 4208

## Food Skills for Families

This program teaches newcomer women how to prepare and cook new and unfamiliar foods that are local to Canada while developing nutritional knowledge and budgeting skills. Bus tickets provided. Free childcare available for children 18 months - 5 years old.

<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Contact</u>
Feb 1 - Mar 22, 2023	Wednesdays: 11:30 am - 2:30pm	659 East 52nd Ave, Vancouver (Peace Church)	Marianna Gassmann (English/Spanish) Email: <a href="mailto:mgassmann@pirs.bc.ca">mgassmann@pirs.bc.ca</a> Phone: (778) 608-4298

## Get Support

### Outreach Support

PIRS multilingual team of Outreach Support Workers (OSW) provide one-on-one system navigation and peer mentorship support.

Anna Xia (Mandarin)  
Email: [gxia@pirs.bc.ca](mailto:gxia@pirs.bc.ca)  
Phone: (778) 608 4208

Marianna Gassmann  
(Spanish)  
Email:  
[mgassmann@pirs.bc.ca](mailto:mgassmann@pirs.bc.ca)  
Phone: (778) 608 4298

Zarina Ali  
(Dari/Farsi/Pashto/Russian)  
Email: [zali@pirs.bc.ca](mailto:zali@pirs.bc.ca)  
Phone: (778) 608 4285

Rabia Kaihan (Dari/Farsi)  
Email: [rkaihan@pirs.bc.ca](mailto:rkaihan@pirs.bc.ca)  
Phone: (778) 608 4438

Olena Zabrodska  
(Ukrainian/Russian)  
Email:  
[ozabrodska@pirs.bc.ca](mailto:ozabrodska@pirs.bc.ca)  
Phone: (778) 608 4118

### Ukrainian Women Support Circle | Information session: December 19, 2022 | 6-7 pm | online

Support group for Ukrainian women to connect and focus on wellbeing and self-care. *Facilitated in Ukrainian.*

#### Dates

January 16 - March 20,  
2023 (10 sessions)

#### Time

Monday evenings  
6 - 8 pm

#### Location

Online

#### Contact

Olena Zabrodska (Ukrainian/Russian)  
Email: [ozabrodska@pirs.bc.ca](mailto:ozabrodska@pirs.bc.ca)  
Phone: (778) 608 4118

### Food Access

This program provides weekly healthy food hampers and care packages to families with children living in a low-income bracket or on social assistance.

#### Location 1

South Vancouver Family  
Place

#### Location 2

Journey Home Community, Burnaby

#### Contact

Marianna Gassmann (English/Spanish)  
Email: [mgassmann@pirs.bc.ca](mailto:mgassmann@pirs.bc.ca)  
Phone: (778) 608 4298

## Women's Leadership and Development Programs | For immigrant and refugee women with Intermediate level of English

### Building Bridges

The 20-week program supports participants to hone their professional, interpersonal and leadership skills, and increase **employability**. It focuses on skill development in public speaking, communication, collaboration, facilitation, and digital and financial literacy for employment.

<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Contact</u>
February 23 - July 27, 2023	Thursday (weekly): 6 pm - 8:30 pm	Online with a few in-person sessions	Rabia Kaihan (English/Dari/Farsi) Email: rkaihan@pirs.bc.ca Phone: (778) 608 4438

### Pathways to Childcare Careers

Occupation-specific English training program at CLB 5 and 6 level for women interested in working in the **early learning and childcare field**, and includes 40-hour paid work experience placement, Responsible Adult / First Aid / Foodsafe certification.

*Eligibility: permanent residents, convention refugees or protected persons, CUET (to be confirmed). Proof of COVID-19 vaccination required. Final acceptance is contingent on the Criminal Record Check clearance.*

<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Contact</u>
Spring: Jan 3 - Mar 31, 2023 Summer: June 5 - Sept 8, 2023* exact dates, times & location TBD	Mon - Fri (except Wed) 9:15 am - 2:45 pm (instruction) 2:45 pm-3:15 pm (tutorial)	Online with some in-person sessions 7485 Salisbury Ave, Burnaby	Arlene Ordonez Email: childcare@pirs.bc.ca Phone: (778) 608-4168