

A watercolor-style map of the Pacific region, showing the outlines of North America, South America, and the Pacific Islands. The map is rendered in soft, blended colors of teal, pink, and light blue, with a white background for the oceans.

“WE SUPPORT YOU”

Resources for Newcomer Families

December 2024

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Acknowledgement

We would like to begin by expressing our deepest gratitude to the First Nations, the original stewards of this land. We honor their rich history, vibrant culture, and enduring contributions to this territory, which now serves as a home to many of us who have journeyed from far away.

With deep respect and humility, we acknowledge the traditional and unceded territories of the First Nations in all of British Columbia's regions. Their wisdom, resilience, and stewardship inspire us to embrace this land with gratitude and care.

We are profoundly thankful for the opportunity to live, learn, and grow on these lands. We remain dedicated to fostering meaningful connections that promote understanding, inclusivity, and respect for all.

A heartfelt thanks to our funders—the Catherine Donnelly Foundation and the Women's Economic Council.

Lastly, sincere gratitude to the IWAC Program, our facilitator Sanzida, and all the assistants and participants who have contributed to this initiative. Your generous sharing of time and your hope for a fulfilling life are invaluable gifts that have enriched this journey.

Thank you for making this work so meaningful.

Francisca Cano, Cynthia Ferrada, and Mary Sosa
Immigrant Women's Advisory Committee (IWAC-3)
Pacific Immigrant Resources Society

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Preamble

Welcome to the “We Support You” project report, created with love, care, and the desire to contribute to the well-being of our immigrant communities!

We are a team of three immigrant women in Canada: **Francisca Cano (Spain), Cynthia Ferrada (Chile), and Mary Sosa (Colombia)**, united by a shared mission: To support other families who, like ours, have faced the challenge of starting anew in this country. Our team brings a diversity of experiences, skills, and perspectives that enrich this project.

Migration is a journey full of challenges, learning, and transformations. For families arriving in a new country, adapting to an unfamiliar environment can be both exciting and overwhelming. In this context, the role of mothers and fathers is crucial—not only to guide their children through this process but also to strengthen family bonds and find emotional stability as everyone adjusts to their new reality.

“We Support You” Resources for Newcomer Families, is a project created to support newcomer families in Canada as they navigate their adaptation process. Our goal is to provide practical tools that promote well-being, integration, and connection in their new environment.

This booklet consists of two main resources:

- **Part I: Educational Worksheets**, designed to strengthen family bonds and support children in their adaptation. These include practical activities that foster communication and help manage significant life changes within the family.
- **Part II: Guide Maps**. Specific resources for the cities of New Westminster and Coquitlam, connecting families to essential support networks in the areas of education, health and wellness, and positive experiences.

Every part of this resources booklet has been designed with dedication, taking into account the emotional, social, and practical needs of immigrant families.

We understand what it means to start over in an unfamiliar place, far from loved ones, and we hope this resource becomes a tangible source of support for those in this stage of their journey. We believe that together, we can turn challenges into opportunities, strengthen our roots, and embrace our new reality with hope and determination.



Part I: Educational Worksheets

The worksheets we present have been created with a clear purpose: to provide practical support to immigrant families as they adapt to a new life in Canada. These worksheets offer suggestions for educational activities designed to strengthen parenting skills, family bonds, and integration into the new cultural environment.

Each activity is intended for children aged 2 to 12, a key stage in their emotional, social, and cognitive development. These activities provide an opportunity for parents and children to share meaningful moments while working together to develop essential skills and strengthen their bond.

What will you find in the worksheets?

- Activity Name: A brief and appealing way to identify each activity.
- Description or Objectives: We explain the purpose of the activity and the benefits it brings to both children and parents.
- Materials Needed: A simple list of the items required to carry out the activity.
- Step-by-Step Instructions: Clear and detailed directions to implement the activity effectively.
- Tips or Advice: Practical suggestions to facilitate the activity and maximize its benefits.

These worksheets have been designed with care, taking into account the emotional, social, and cultural needs of immigrant families. Our intention is for them to become useful and accessible tools that help families not only adapt to their new environment but also find in this process an opportunity to grow together and build a strong and promising future.

We hope you enjoy these activities as much as we enjoyed creating them, and that they become unforgettable moments for your family!

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Table Of Content For Educational Worksheets

Activity's name	Key terms
1-Voices that unite us	Relatives and friends' participation
2- This is how I remember you	Preserving memories
3- Show and fun	Interactive challenges - Family bonding
4- So delicious	Traditional recipe - Cultural significance
5- What do I do with what I feel?	Children's experiences - Emotional expression
6- You don't always win, you don't always lose	Tolerance for frustration - Managing emotions
7- My bedtime story	Creativity and imagination
8- This is who I am	Self-esteem - Unique qualities and strengths
9- The box of memories and hopes	Family connection - Memories of loved ones
10- Tell me about you	Emotional connections - Adaptation
11- Library time	Explore resources and spaces
12- Parks challenge	Recognize new environment
13- Calendar of events	Fun activities - Meet children and parents
14- Taking action in the community	Connect with other families - Confidence building
15- Finding lost objects	Explore nature through play
16- What about your hobbies?	Increase confidence in the new neighborhood and community
17- We tell our stories	Encourage participation and integration among immigrants
18- The story of our adventure	Give meaning and value to the new experience
19- The map is our guide	Play at exploring the city
20- Following the trail	Fun and learning through exploration



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“Voices That Unite Us”

Description:

How can we stay close despite the distance? This is one of the most challenging questions we ask ourselves as parents who have migrated far from family.

"Voices That Unite Us" will allow our relatives and friends to actively participate in one of the most peaceful and relaxing moments for children: bedtime.

This small but meaningful gesture will allow the memory to stay alive and close through their voices, and will let the children enjoy this company at the end of the day.

What do we need?

- ◇ A device to play the audio tracks, for example, your own phone.
- ◇ Stories or tales sent by our loved ones.

Step by step:

All children enjoy a nice story or song to help them fall asleep; it's a moment to strengthen attachment, especially when we are far from our loved ones.

The instructions for this activity are simple: Ask family members, friends, or important attachment figures in the children's lives to send a story or tale (they can make one up too) to be used during bedtime for our kids.

Tips/ Advice:

When making the request, include a small reminder that these audios will be used when the children are going to sleep. Therefore, the stories and tales should have a pleasant and relaxed tone of voice and avoid anything that might induce fears. A good idea is to share topics that are of interest to the children to guide them a bit in their search or creation.



“This Is How I Remember You”

Description:

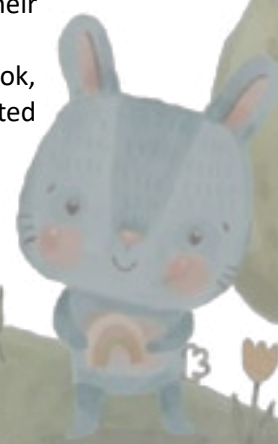
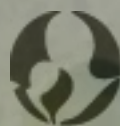
This activity involves creating a memory book to keep information about the people who are important to your child. It's a place to include photos, favorite phrases, colors, and other details that will help your child feel connected to loved ones, even when they are far away. This helps children maintain memories of close family and friends while they adjust to their new life in Canada.

What do we need?

- ◇ A notebook (ideally hardcover for durability).
- ◇ Printed photos of family members and close friends important to the child.
- ◇ Colored pencils, markers, and other decorating materials.
- ◇ Glue or adhesive.
- ◇ Sticky labels or post-its to add written details.
- ◇ Scissors (if photos or decorations need trimming).

Step by step:

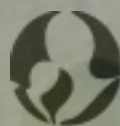
1. Prepare the notebook: Choose a page or section for each person who is important to the child (e.g., grandparents, aunts/uncles, close friends).
2. Add photos: Place one or more photos of each person on their designated page. Use glue to attach them securely.
3. Write down important details: Help the child write the person's name, their relationship to them, and other special details, like their favorite color, a phrase they often say, or a fun memory.
4. Personalize each page: Use colored pencils and markers to decorate each page with drawings, stickers, or elements that represent each person (like flowers, hearts, or symbols the child likes).
5. Include anecdotes and memories: If possible, add stories or memories of special moments the child has shared with that person. This will help strengthen their emotional bond.
6. Review and expand: From time to time, encourage the child to look through the book, and, if possible, ask family members for additional details, memories, or updated photos.



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Tips/ Advice:

- ◇ Involve the child in each step: Let them choose the photos, colors, and decorative elements so they feel the book is truly theirs.
- ◇ Use calm moments: Work on the book during quiet moments. This can be a comforting activity for times when the child feels homesick.
- ◇ Update regularly: Whenever you receive a new photo or a message from family, add these to the book. You could also include special messages from family members sent from afar.
- ◇ Use the book as an emotional support tool: This book can be a valuable resource to help the child express their feelings and maintain an emotional connection to their roots, which is important during the adjustment period.



“Show And Fun”

Description:

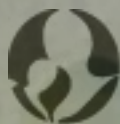
This activity involves creating cards with fun challenges that each family member can complete together. These challenges might include prompts like "This is my favorite dance move," or "This is how I would walk on the moon." It's a playful way for everyone to interact, share laughter, and bond as a family.

What do we need?

- ◇ Blank cards or small sheets of paper.
- ◇ Colored pencils, markers, or crayons for decoration.
- ◇ A container or box to hold the completed challenge cards.
- ◇ Optional: stickers or decorations to make the cards more colorful and fun.

Step by step:

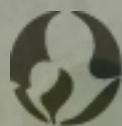
1. Prepare the cards: Cut out cards or use small sheets of paper. Decide on a format that's easy to shuffle or pull from a container.
2. Write down the challenges: On each card, write a different challenge or prompt. Here are a few examples: Show us your favorite dance move, pretend you're walking on the moon, show us your funniest face, pretend to be a famous singer, act like your favorite animal.
3. Decorate the cards: Let each family member add colors, stickers, or drawings to make the cards more exciting and personalized.
4. Shuffle the cards: Place the cards in a container, shuffle them, and take turns picking a card at random.
5. Complete the challenges: Each family member picks a card and performs the challenge written on it. Enjoy the performances and encourage everyone to participate!
6. Keep adding to the collection: Make it an ongoing activity by adding new challenges or prompts whenever the family wants to play again.



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Tips/ Advice:

- ◇ Encourage creativity: Allow each family member to create a few unique challenges, adding their own twist to make it more fun.
- ◇ Use it as a bonding time: Set aside regular “Show and Fun” time, like after dinner or on weekends, to keep it as a family tradition.
- ◇ Celebrate each performance: Applaud and cheer for everyone’s efforts, no matter how silly or simple the challenge. This helps boost confidence and keeps the atmosphere lighthearted.
- ◇ Capture memories: If possible, take pictures or videos of some performances to look back on and enjoy these moments together in the future.



“How Delicious!”

Description:

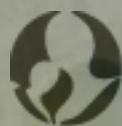
In this activity, the family will prepare a traditional recipe from your home country together. As you cook, share the history of the dish and its cultural significance. Involve the children in finding ingredients and exploring substitutions if needed. This is a great opportunity to talk about traditional dishes from different countries and how ingredients can vary across cultures.

What do we need?

- ◇ A recipe for a traditional dish from your home country.
- ◇ Required ingredients (make a list of ingredients and possible substitutes).
- ◇ Cooking utensils according to the recipe.
- ◇ Optional: table decorations or traditional music to set the scene.

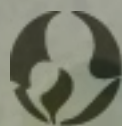
Step by step:

1. Choose the recipe: Select a traditional recipe that is meaningful in your culture and suitable for preparing as a family.
2. Gather the ingredients: Make a list of needed ingredients and look for them together at the grocery store or in international food shops. If certain ingredients aren't available, discuss possible substitutes.
3. Talk about the history of the dish: Share the story behind the recipe, its importance in celebrations or family gatherings, and any special memories you associate with it.
4. Cook together: Follow the recipe step by step, letting each family member help with a part of the preparation, from mixing to decorating the dish.
5. Serve and enjoy: Set the table and serve the dish, enjoying the final result together. Talk about the differences between ingredients in your home country and those in Canada, and how food connects people and cultures.
6. Save the recipe: After cooking, save the recipe in a family recipe notebook to make it again in the future.



Tips/ Advice:

- ◇ Involve the children in each step: Let them help with simple tasks like measuring ingredients, washing vegetables, or stirring, so they feel like they're contributing.
- ◇ Explore flavors and scents: Talk about the flavors and aromas of the ingredients, comparing them to what you usually use in Canada. This helps children learn more about their culture.
- ◇ Ask questions and share stories: Use this time to share family memories and fun facts about the dish. If children have questions, it's a wonderful opportunity to enrich the experience with conversation!
- ◇ Document the moment: Take photos or write about the experience in a memory journal to keep a record of this special family moment.



“What Do I Do With What I Feel?”

Description:

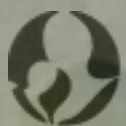
This activity helps children talk about and recognize the situations, emotions, and actions they experience in their daily lives. It's an opportunity for them to express their feelings, identify different emotions, and explore healthy ways to respond. This can strengthen their emotional intelligence and provide them with tools to manage their emotions in a positive way.

What do we need?

- ◇ Large sheets of paper or poster board.
- ◇ Colored pencils, markers, or crayons.
- ◇ Images or drawings that represent different emotions (you can draw them or find them in magazines).
- ◇ A quiet space to talk and reflect.

Step by step:

1. Talk about emotions: Start by discussing basic emotions like happiness, sadness, anger, and fear. Explore when it's common to feel each one and what situations can bring them up.
2. Draw or write about situations: Ask the child to think of situations they've experienced in the past few days (such as a happy moment at the park, something that upset them, etc.) and to draw or write a brief description of each situation.
3. Identify the emotions: As you discuss each situation, help the child identify the emotion they felt at that moment. Use images or drawings to make it easier to recognize each emotion.
4. Reflect on actions: Talk with the child about what actions they took or how they reacted to each emotion. Ask questions like, “What did you do when you felt angry?” or “What made you feel better when you were sad?”
5. Explore alternatives: If there were reactions that weren't positive, discuss other ways to handle those emotions in the future. This helps them develop strategies for facing difficult situations.
6. Summarize what was learned: At the end, create a visual summary on a large sheet of paper with examples of situations, emotions, and healthy reactions. This “emotional map” can serve as a reference for the future.



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Tips/ Advice:

- ◇ Create a trusting environment: Make sure the child feels safe to talk openly about their emotions without fear of judgment.
- ◇ Use personal examples: Share examples of your own emotions and how you manage them; this will help the child see that everyone experiences emotions and it's normal.
- ◇ Celebrate emotional achievements: Each time the child identifies an emotion or mentions a positive way to handle it, praise them. This will build their emotional confidence.
- ◇ Make it a regular activity: Set aside time each week to talk about emotions. It can become a healthy habit for the whole family.



"You Don't Always Win, You Don't Always Lose"

Description:

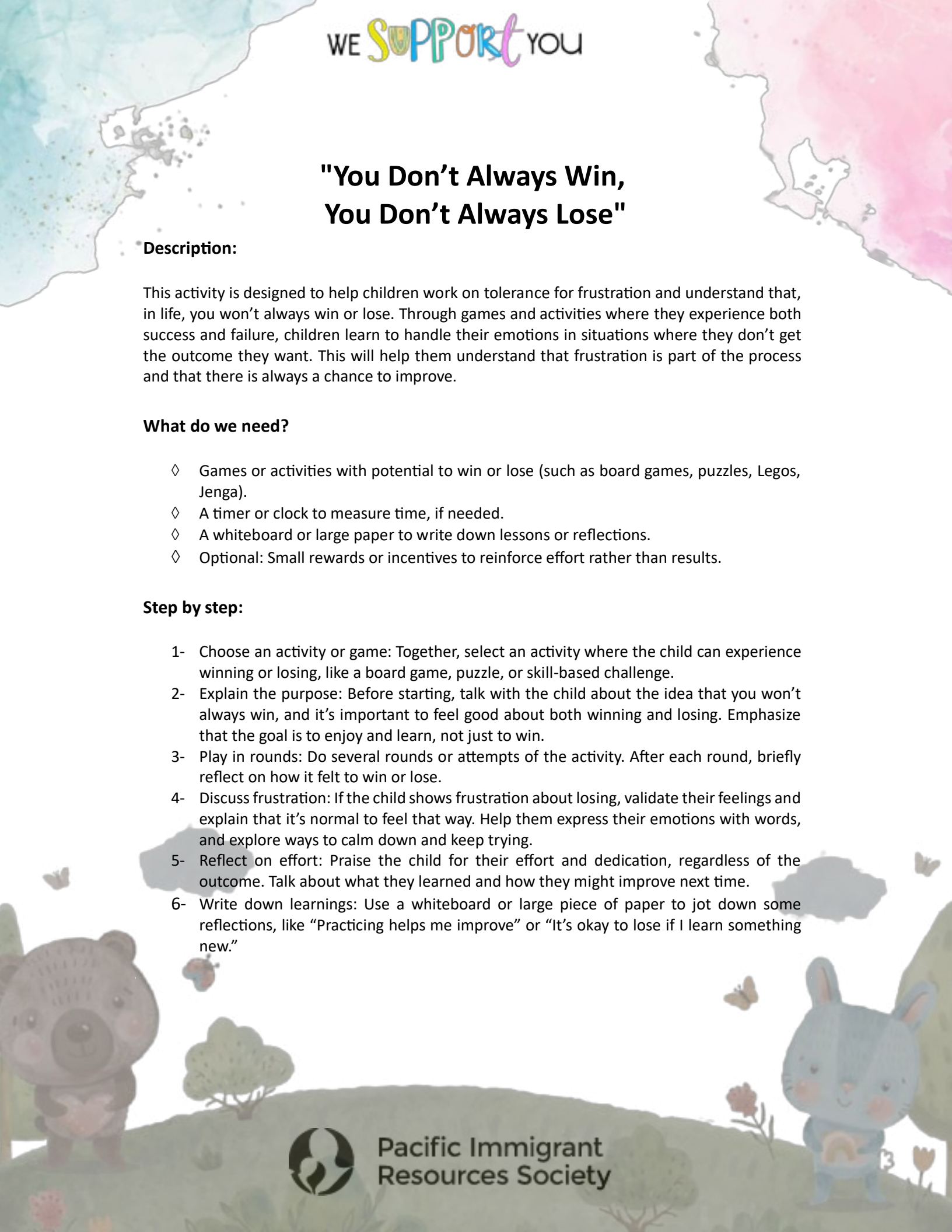
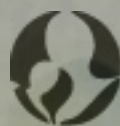
This activity is designed to help children work on tolerance for frustration and understand that, in life, you won't always win or lose. Through games and activities where they experience both success and failure, children learn to handle their emotions in situations where they don't get the outcome they want. This will help them understand that frustration is part of the process and that there is always a chance to improve.

What do we need?

- ◇ Games or activities with potential to win or lose (such as board games, puzzles, Legos, Jenga).
- ◇ A timer or clock to measure time, if needed.
- ◇ A whiteboard or large paper to write down lessons or reflections.
- ◇ Optional: Small rewards or incentives to reinforce effort rather than results.

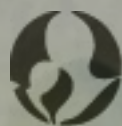
Step by step:

- 1- Choose an activity or game: Together, select an activity where the child can experience winning or losing, like a board game, puzzle, or skill-based challenge.
- 2- Explain the purpose: Before starting, talk with the child about the idea that you won't always win, and it's important to feel good about both winning and losing. Emphasize that the goal is to enjoy and learn, not just to win.
- 3- Play in rounds: Do several rounds or attempts of the activity. After each round, briefly reflect on how it felt to win or lose.
- 4- Discuss frustration: If the child shows frustration about losing, validate their feelings and explain that it's normal to feel that way. Help them express their emotions with words, and explore ways to calm down and keep trying.
- 5- Reflect on effort: Praise the child for their effort and dedication, regardless of the outcome. Talk about what they learned and how they might improve next time.
- 6- Write down learnings: Use a whiteboard or large piece of paper to jot down some reflections, like "Practicing helps me improve" or "It's okay to lose if I learn something new."



Tips/ Advice:

- ◇ Model a positive attitude: Play along with the child and show how you manage your own emotions when winning or losing. This sets an example for the child.
- ◇ Encourage patience: Remind the child that with practice, everyone can improve. Highlight that each attempt is an opportunity to learn something new.
- ◇ Avoid rewarding only success: If you choose to use incentives, reward the child for their effort, perseverance, and positive attitude—not just for winning.
- ◇ Practice breathing: If the child becomes very frustrated, practice a breathing technique together to help calm down. This is useful for learning to handle frustration in other situations.



"My Bedtime Story"

Description:

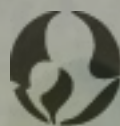
This activity invites the child to create their own bedtime story, with illustrations made by them. By inventing and drawing their own story, the child develops their imagination, storytelling skills, and creative expression. Additionally, they may feel more connected to the story and enjoy a personalized and special bedtime routine. Creating their own story also allows them to process and express emotions related to adapting to a new country, helping them better understand their experiences in this transition.

What do we need?

- ◇ Sheets of paper or a notebook for the story.
- ◇ Colored pencils, crayons, or markers.
- ◇ Optional: scissors, glue, and old magazines to cut out and paste images into their story.

Step by step:

- 1- Decide on the story theme: Ask the child what they would like their bedtime story to be about. It could be about animals, superheroes, adventures, or even experiences that reflect their own feelings and challenges in the new country.
- 2- Create the story together: Help them come up with a simple story with a beginning, middle, and end. Encourage them to think about characters and situations that relate to their new life, like making new friends, discovering new places, or facing unfamiliar situations.
- 3- Illustrate each part of the story: On each page, ask them to draw something related to that part of the story. It could be a character, a new place they've seen in their surroundings, or an emotion they've experienced.
- 4- Write the text: If the child is young, you can write phrases that describe each illustration according to their ideas. If they can write on their own, encourage them to do so, including words or phrases they've learned in the new language if they want.
- 5- Read the story together: Each night, read the story before bedtime. You can add details or illustrations if they want to expand the story, allowing them to express their emotions and daily experiences in their new environment.



Tips/ Advice:

- ◇ Value creativity: Don't worry if the story doesn't follow a traditional structure or if the drawings are simple. The idea is for it to be a personal creation that lets them express their feelings and experiences in the new country.
- ◇ Reflect on emotions: Ask the child how the characters feel in each part of the story. This can open the door to conversations about their own emotions in the adaptation process.
- ◇ Incorporate elements of the new country: Encourage them to include aspects that seem new or interesting in Canada, like seasons, animals, places, or English words. This will help the child become more familiar with their new surroundings.
- ◇ Celebrate their work: Praise them for each illustration and for the story they've created. This will build their confidence and allow them to see change as a positive adventure where they can grow and adapt.



“This Is Who I Am and I Love Myself”

Description:

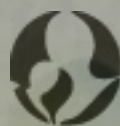
This activity is designed to strengthen a child’s self-esteem and self-awareness, helping them recognize and value their qualities and strengths. It invites the child to reflect on who they are, what makes them unique, and what their positive qualities are, while exploring their identity within the context of their new life in Canada. This kind of reflection can be a key support for immigrant children, helping them build a strong foundation of self-esteem and confidence as they adapt to a new country.

What do we need?

- ◇ Sheets of paper or a special notebook for the activity.
- ◇ Colored pencils, crayons, or markers.
- ◇ Small mirror (optional).
- ◇ Photos or images representing important aspects of the child’s life.
- ◇ Optional: stickers, magazine cut-outs, decorative elements.

Step by step:

- 1- Explore personal qualities: Ask the child to think about three things they like about themselves. These can be qualities, talents, or things that make them unique. Encourage them to write or draw each one on a sheet of paper or in their special notebook.
- 2- Reflect on their roots and new life: Ask the child about aspects that connect them to their country of origin and make them feel proud. Then, ask them to think about things they’ve discovered or enjoy in their new life in Canada. This can help them see how both parts contribute to their identity.
- 3- Draw or decorate a "self-portrait": On a piece of paper, the child can draw themselves or paste a photo, surrounding it with words, drawings, or images that represent them. Encourage them to include elements that make them feel happy or reflect aspects of their identity in their new country, such as friends, places they’ve visited, or new activities they enjoy.
- 4- Look in the mirror and celebrate their identity: If you have a mirror available, ask the child to look at themselves and say out loud the things they like about themselves. This reinforces their self-confidence and allows them to celebrate their identity just as it is.
- 5- Reflect together: At the end, ask how they felt doing the activity and discuss the importance of loving oneself, even when changes are happening around them. Encourage them to see their qualities as tools that will help them adapt and enjoy their new life in Canada.



Tips/ Advice:

- ◇ Reconnect with their story: Talk to them about the importance of their heritage and how past experiences have made them strong. This can help them see their identity as a valuable resource, even in a new environment.
- ◇ Celebrate their differences: Remind them that everyone is different, and that's a good thing. Moving to a new country may introduce them to new things in others, but this only enriches their experience and makes them unique and special, too.
- ◇ Encourage exploring new qualities: Adapting to a new environment can reveal strengths and talents they didn't know they had. Encourage them to try new things and celebrate their achievements in the process.
- ◇ Promote positive language: Teach them English words or phrases that express self-compassion or acknowledgment, such as "I am proud of myself" or "I love who I am." Practicing this can give them confidence in their new life.
- ◇ Connection to Adaptation: This activity helps children strengthen their self-esteem and recognize that their identity is made up of both their roots and their new life in Canada. By celebrating who they are, children can approach change with a solid foundation, feel confident, and view adaptation as an opportunity for personal growth in their new environment.



“ The Box of Memories and Hopes”

Description:

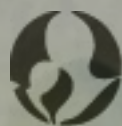
This activity is aimed at helping children and parents cope with significant changes through the creation of a "Box of Memories and Hopes." In this box, each family member places objects, notes, or drawings that represent memories of loved ones or important moments, as well as wishes and hopes for the future. This activity helps process emotions related to nostalgia, grief, and change, while promoting family connection.

What do we need?

- ◇ A box (it can be a cardboard box or a specially decorated box).
- ◇ Colored paper, cards, or small pieces of cardboard.
- ◇ Markers, pencils, pens.
- ◇ Small objects with sentimental value (photos, letters, mementos, etc.).
- ◇ Tape or glue.
- ◇ Access to photos or images of significant moments (if available).

Step by step:

- 1- Explain the activity: Explain that the box will be a place where both memories of important people and moments, as well as hopes for the future, will be stored. This will help everyone feel that important people and experiences are still close, despite the distance.
- 2- Select memories: Ask each family member to choose at least three things that represent something important to them, such as a photo of a loved one, an object that reminds them of a special moment, or a letter they want to keep. Each object can be accompanied by a small note explaining why it is important.
- 3- Add hopes: Next, encourage each person to write or draw on a colored card something they hope for the future, such as "I hope we can visit our family soon," "I hope to make new friends," "I hope we all stay well and happy."
- 4- Place everything in the box: After everyone has completed their part, everyone will place their objects and notes in the box. This can be done as a family activity, sharing what each object and hope means while putting them in the box.
- 5- Close and store the box: Once everyone is finished, close the box and place it in a special spot in the house. They can decide to open it in the future (for example, in a year or when another important change happens) to remember what they've experienced and hoped for.



Tips/ Advice:

- ◇ The box can be an ongoing project. Every time an important change happens, they can add new memories or hopes, allowing them to see how their emotions and expectations have evolved.
- ◇ If the children have trouble choosing objects or writing, they can draw their memories or what they hope for, using colors and shapes as a form of expression.
- ◇ Use this activity to encourage family conversation. Children and adults can openly share how they feel while creating the box.
- ◇ Remember that the adaptation process takes time. The Box of Memories and Hopes can serve as a symbolic way to maintain emotional connection to what is significant, even as circumstances change.



“ Tell Me About You”

Description:

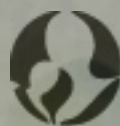
This activity focuses on the importance of maintaining emotional connections with loved ones, friends, or significant people, especially during the adaptation process to a new country. By setting aside time each week or month for a call or video call, parents and children can feel that they are keeping their emotional bonds strong while adjusting to their new environment. This activity allows them to share their experiences, feel heard, and maintain an emotional support network, which is crucial during migration.

What do we need?

- ◇ A phone or device with internet access.
- ◇ A schedule or calendar to plan the calls (can be digital or paper).
- ◇ Internet connection (for video calls).
- ◇ A quiet space where they can talk without interruptions.

Step by step:

- 1- Plan the calls: Decide with the family on a weekly or monthly call to someone important. This could be a close friend, family member, or anyone who makes them feel supported.
- 2- Prepare the conversation: Before the call, they can write down or think of some questions they would like to ask the person, such as: "How are you?", "What have you been up to lately?", "How's everything going?" This will help them stay connected and also practice their language skills and emotional expression.
- 3- Make the call: During the call, each family member can share something they've learned, what they've done during the week, or any important moments that have happened. Children can share anecdotes from school or new experiences in the new country.
- 4- Encourage active listening: Make sure everyone in the family participates in the conversation and listens actively, showing interest in what others are saying. Parents can also share how they are adapting and what they are learning in the migration process.
- 5- Reflect and connect emotionally: After the call, take some time to reflect on what was shared, what was learned from the person called, and how each family member feels about the conversation. This will help strengthen emotional bonds and better understand each other's emotions during the adaptation process.



Tips/ Advice:

- ◇ If there isn't someone close to call, consider joining online immigrant support groups or family networks where they can also share experiences and feel connected with others.
- ◇ If the children are young, help them prepare a small story or question for the call, so they feel like active participants in the conversation.
- ◇ The call doesn't have to be long; it's just a moment to stay connected and feel supported. The quality of communication is the most important.
- ◇ Remember that integration into a new country takes time. Emotional connections can make this process more manageable and enriching, allowing everyone to feel part of a support network.



“Exploring our Libraries”

Description:

Get to know the nearest libraries and explore the available spaces with their resources and activities.

Connect with activities and meet new people. Have fun with your family. Discover educational and cultural activities.

What do we need?

Search the internet or ask where the nearest library is located. There is a water fountain in the libraries. If you want, you can bring something easy to eat in the space provided. And check the schedules if you want to go to a specific activity, taking into account the travel time.

Step by step:

You can search by Internet for nearby libraries so that they can be located on a map. Depending on your available time, you can choose the most convenient one. At the library, you will be asked to show proof of your residence in the municipality in order to obtain a type of library card and be able to take books or other resources home. Enjoy checking out the activity programs, the catalogue and the information boards. Don't hesitate to ask for whatever you need.

Tips/ Advice:

There are libraries that are managed by different institutions. They may have different resources. You can also enjoy with the library bus, to get the books you reserved online.





WE SUPPORT YOU

“Exploring our Playgrounds”

Goals:

Recognize the new environment. Explore nature. Exercise. Make new friends along the way.

What do we need?

Appropriate clothing and footwear for the weather, and something to eat to enjoy the picnic areas. If you fancy a notebook to write down routes, or the animals and plants you could recognize.

Step by step:

Choose from a map you have available or from an internet search for the nearest BC parks. Choose the route and hit the road. Enjoy the trails you choose suitable for the family.

Tips/ Advice:

In the urban areas parks there are usually playground area. In the intercity parks there is usually explanatory panels and a map of the area and the routes in the parking lots or park entrances. Sometimes there is an entrance booth and people in charge of assisting visitors.





WE SUPPORT YOU

“Getting Ready For Action”

Goals:

Enjoy fun activities, meet other children and parents. Learn new things. Have a time of enjoyment and self-care of emotions. Plan to take action for well-being.

What do we need?

Internet connection. A printed calendar, to make your own. Colored pencils. Optionally, magazines, scissors and paper glue.

Step by step:

Using a monthly calendar as a base, choose and write down the activities that you would most like to do both outside and inside the house. Write down the time, where, if anything is needed. And keep this in mind to enjoy many fun and interesting experiences. You can decorate it with cutouts of images that make sense with the activity or event. And you can invite other children and families to participate together in events and activities outside the house.

Tips/ Advice:

Wi-Fi and a printer are available in the libraries. You can also enjoy the bus ride to the library, to get the books you reserved.



“Connecting With New Activities”

Goals:

Connect with other families, and children with other children, from different cultures. Through play and a relaxed atmosphere of fun. Create points of reference and confidence in the new cultural environment.

What do we need?

When it is an organized activity or game, materials are also provided. Taking photos is possible, with the permission of the participants.

Step by step:

Choose an activity or event such as a market or party to go and experience. Be open to meeting other families who have also wanted to go and enjoy the proposed recreational activities. Take photos that you can talk about at home afterwards.

Tips/ Advice:

It is very useful, depending on the activity or event, to take photos of the explanations, history, or process and create a box where you can leave information about the events. There are activities and events in museums, libraries, community centers, cultural associations, etc.



“Let's Play”

Goals:

Explore a natural place through play. Enjoy nature. Create connections with other children and families. Increase connection with Canada and feel good in the new environment.

What do we need?

A game of clues, with objects, papers with forest animal riddles and questions (according to the ages of the children), arrows, pieces of string, makeup paint. And bags to collect used materials.

Step by step:

Treasure hunts are fun and educational. Doing them in a nature park helps you get to know it better. Get together with several parents and create this game, first identifying the route you want to take so that the children pay attention to certain places, their trees, plants, animals, and natural elements. The parents place the clues and then accompany the children in groups according to age, accompanying them, creating fun and jokes. In the last clue, the children find a treasure, which can be a magnifying glass, or other exploration material, or a snack to share.

Tips/ Advice:

Make sure that all materials from the game are picked up by children and adults, and even if there is some trash left behind, it can be picked up. These small actions create habits of caring for our environment and our health.



WE SUPPORT YOU

“ What About Your Hobbies?”

Goals:

Discover a new hobby to have fun.

Increase creative capacity in this new home. Meet other children with the same or similar hobbies. Join a sports, artistic, naturalistic, etc. activity club where this hobby can be developed.

Discover resources and help to develop it. increase confidence in the new neighborhood, community and institutions and associations of the municipality.

What do we need?

Materials for the activity itself, which can be borrowed or donated. Contact associations that carry out these types of activities to access inspiring resources and events. Many activities even offer free trial sessions so that children can choose if they like them.

Step by step:

Go to a space/ place where this activity or hobby is being carried out, ask how you can help your child to get involved in the dynamic, how you can get the materials and/or equipment if required. Let them help you, and have your child welcome the groups where it is practiced.

Tips/ Advice:

1. Choose a Child-Friendly Environment: Make sure the space is welcoming and suitable for children. Look for groups or venues that are open to introducing beginners and families.
2. Practice Active Listening: When asking for guidance, listen carefully to what the staff or participants suggest. Take notes if necessary and encourage your child to ask questions too.
3. Model Enthusiasm: Show your child that you're excited about the activity. Your enthusiasm will help them feel more confident and eager to participate.



WE SUPPORT YOU

“ We Tell Our Stories”

Goals:

Participate or create a space to explain stories, legends, tales according to the ages of the children. Increase participation and integration among immigrants. Create a group of friends here in Canada as well. Support each other in caring for the children. For them, learn stories from other countries with the same language. Enjoy fun times through the stories explained. Integrate into this country.

What do we need?

Calendar of storytelling activities in the native language in a library. Or ask and use the multipurpose spaces available in libraries, community centers or associations that provide them. Support material for explaining the story, puppets, or materials that are interesting to make the explanation more didactic. Parents or other volunteers who offer to do this activity.

Step by step:

In some libraries there are storytelling activities in different languages. It would also be very constructive to create a group of children and parents to tell stories in the same language. This would make the children feel that their language can also be used in Canada for certain activities. It is about having one of the parents tell a story or teach a song every day, which will help the children learn values.

Tips/ Advice:

Try to make the stories reflect human values and come from different countries or areas to enrich each other culturally, and create community through the common language. Don't forget the songs.



WE SUPPORT YOU

“ The Story Of Our Adventure”

Goals:

Create your logbook in Canada. Give meaning and value to the new experience in this new country. Value the experiences lived. Be seen and recognized as an inhabitant and explorer of this new environment. Feel well-being and confidence with the adventure of each day. Create spaces to share with family and among groups of families.

What do we need?

Printed photographs of significant experiences of the new life in Canada. Used magazines to recycle. Notebook or ring-bound pad. Glue, colored pencils. Scissors. Stickers of the subjects that children like.

Step by step:

Take advantage of your experiences and organize the photos by topic or date. Stick them to the pages, leaving space to write down anecdotes, the names of places, put stickers or cutouts that give it more meaning, making it a more fun and decorated album.

Take advantage of your experiences and organize the photos by topic or date. Stick them on the sheets of paper, leaving space to write down anecdotes, the names of places, put stickers or cutouts that give it more meaning or make it a more fun and decorated album. Talk about it all, share it with other families and create joint proposals to create new joint experiences.

Tips/ Advice:

You can also create a panel with recycled cardboard, which can be displayed as a mural in the living room. Or another format with recycled cardboard. Especially if the children are between 3-6 years old, it can be easier for them to handle cardboard sheets better than thin sheets of paper.



WE SUPPORT YOU

“ The Map Is Our Guide”

Goals:

Creating the neighborhood map. Explore streets, buildings, services, shops, playgrounds, etc. in the surroundings and neighborhood. Recognize the main streets, learn to recognize the commercial, recreational and educational resources in the area where they live. Play at exploring the city. Integrate into the living space with more confidence and joy.

What do we need?

Cardboard, or recycled cardboard from a box. Flyers from shops, used magazines from programs in libraries and associations, printed photos of your own. Glue, scissors, markers. And a map of the area to make it easier to create the map.

Step by step:

Go on walks with the children to find out where the most used places are in everyday life and for recreational purposes. Take some photos and get brochures and magazines showing the buildings and what each space offers. At home, draw the main streets on cardboard and stick photos or clippings of supermarkets, bakeries, and other services in the area on them. Schools, libraries, swimming pools, temples, etc. So that the children become familiar with everything that their immediate surroundings offer.

Tips/ Advice:

It would be a good idea, especially for children over six years old, if you could write the name of a person who is a point of reference in that place next to the photo.



WE SUPPORT YOU

“ Following The Trail”

Goals:

Creating the favorite park map. Create bonds of trust with the environment. Feel part of this country by knowing the territory. Be able to communicate with others about what you know. Have fun and learn by exploring the natural environment. Recognize other living beings in the surrounding nature.

What do we need?

Notebook, pencils, bottle of water. If possible, a map of the park to explore thoroughly. And if you have binoculars and a magnifying glass.

Step by step:

Depending on the age, you start with a map and follow the route along the map of the natural park. Write down numbers on the map and in the notebook what you have observed and found at that point. Make them pay attention to the traces left by animals...who they may belong to so you can take a photo and look for information. The name of the lake, or the river, or the place. What birds you see and other animals. Be interested in species that are not easily seen but live in that forest or natural place. When you get home, put it on a piece of cardboard as a map and complete it with elements collected from the ground (as long as they are abundant and do not represent a deterioration of nature), photos, drawings, clippings from brochures, etc. And in this way they can get an idea of what they have explored.

Tips/ Advice:

Choose a type of itinerary in the park based on age and interests where they can observe and learn according to their interests. Learn to be patient and quiet in order to see more in nature.



Part II: The Guide Maps

One of the greatest challenges for immigrant families arriving in a new country is finding the support networks necessary to integrate, adapt, and thrive in their new environment. With this in mind, we have created the Guide Maps, a practical resource designed to help families connect with the services and support centers available in their community.

These maps are specifically tailored for the cities of New Westminster and Coquitlam, in Metro Vancouver, providing clear and detailed guidance on where to find nearby support. Our goal is to facilitate access to essential resources that promote stability, well-being, and integration for families in their new surroundings.

What will you find in the Guide Maps?

- A variety of resources divided into three essential areas for integration into this new country: educational and informational resources, health and wellness resources, and resources to provide positive experiences.
- You will also find a guide-list, an expanded listing of the resources shown on the maps, including links to their websites where you can access updated information about the location/resource.

The Guide Maps have been thoughtfully designed to address the needs of immigrant families facing the challenge of starting anew. We believe that having accessible and organized information can make a significant difference in the adaptation process, helping families feel accompanied and supported from the very beginning.

Our goal is for these maps to become a valuable tool for families to find the networks and resources they need to build a fulfilling and meaningful life in Canada.

Welcome to this resource, created with the hope of easing your journey in this new place full of opportunities!



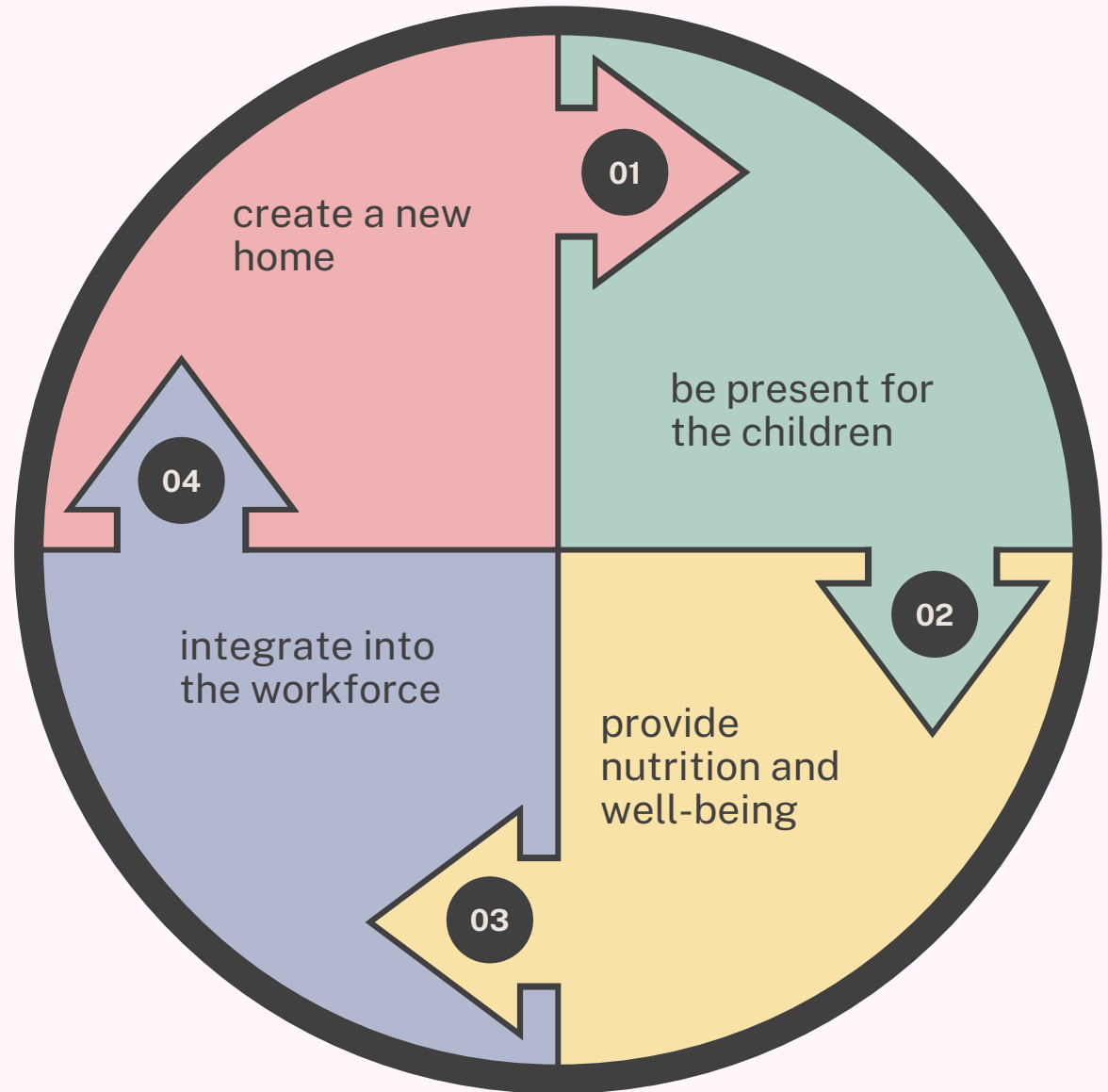
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RESOURCES FOR NEWCOMERS FAMILIES

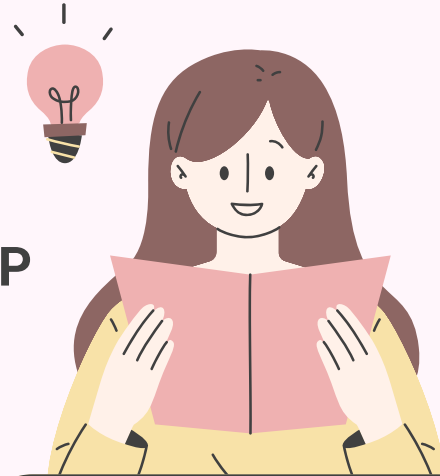
We explain

GUIDE-MAP

Some of the challenges faced by mothers with children who have recently arrived in Canada

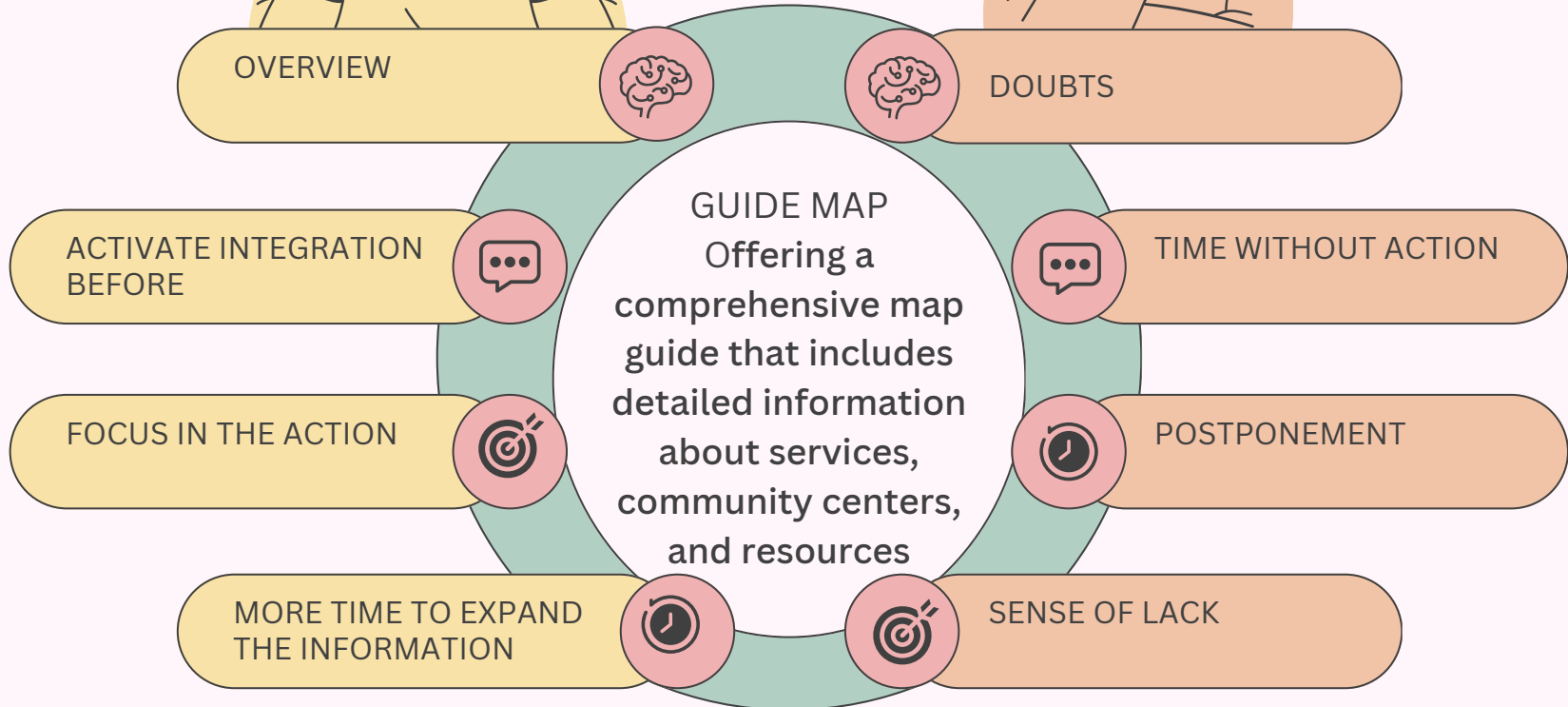


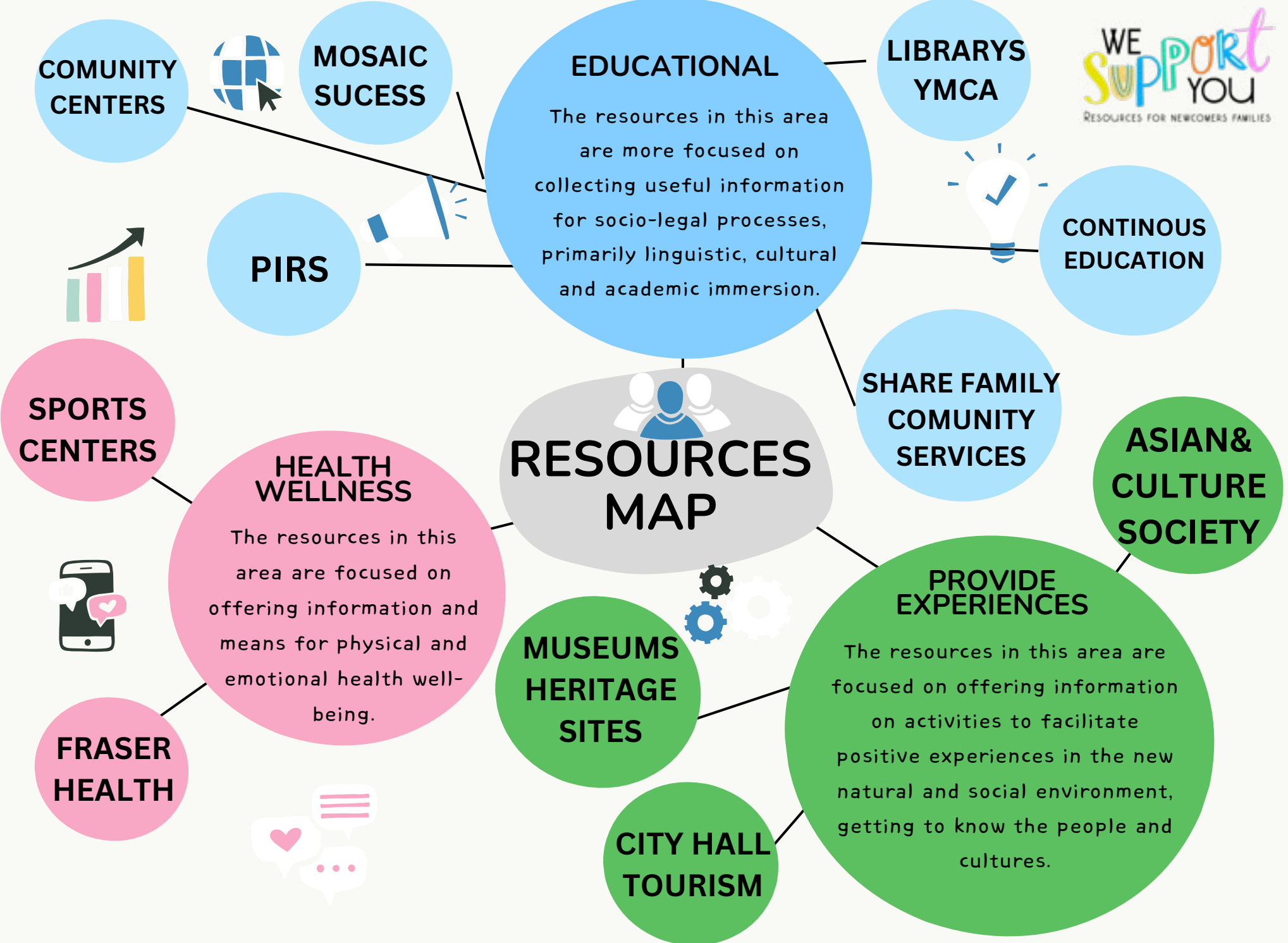
GUIDE MAP



VS

CONFUSION





EDUCATIONAL RESOURCES

PIRS

Since 1975, the Pacific Immigrant Resource Society (PIRS) has provided unique and essential programming for newly arrived women and their young children.

MOSAIC

We're improving communities by welcoming and supporting newcomers. MOSAIC programs help immigrants and refugees settle and start a new life in Canada.

S.U.C.C.E.S.S

Supporting on your Canadian journey. We are a diverse, inclusive, and multi-service agency that assists people in all stages of their lives in Canada.

COMUNITY CENTERS

offers a range of activities and programs for preschoolers, children and youth and adults in an accessible, inclusive space. Rental space is available for meetings, conferences and special events.

SHARE FAMILY COMUNITY SERVICES

We connect, engage & strengthen children, adults & families.

LIBRARIES

We nurture joy in discovery by providing inviting, innovative spaces and services that promote learning and knowledge

NEIGHBORHOOD HOUSE

you can build strong, supportive relationships and pursue your passions at welcoming and inclusive sites throughout Metro Vancouver. We connect people and empower them to create the change they want to see in their communities.

GUIDE MAP

HEALTH WELLNESS

RECREATION AND SPORTS CENTERS

Camps and general recreation programs, including park programs and fitness classes. All programs, including swimming and skating.

Fraser Health

We help people in the communities we serve, empowering them to help themselves. We promote healthy and vibrant communities south of the Fraser River.

REACH Community Health Centre

Many clinics offer free or low-cost services for newcomers, even without health insurance.

SHARE FAMILY COMMUNITY SERVICES SHARE COMMUNITY

We believe people should have access to healthy and nutritious food where they live and in a dignified manner.

BC Healthy Kids Program

Financial assistance for dental and vision care for children from low-income families.

Fraser Health Crisis Line

The Crisis Line provides immediate, free, and confidential emotional support, crisis intervention and community resource information to people of all ages, 24 hours a day – everyday.

Healthy Babies

Is a Pregnancy Outreach Program that helps women facing a variety of difficulties including, but not limited to, financial and social barriers, isolation, and mental health concerns.

HealthLink BC

Free helpline (811) providing health information in multiple languages, including pediatric support..

GUIDE MAP

PROVIDE EXPERIENCES

ASIAN & CULTURES SOCIETY

A not-for-profit organization located in Metro Vancouver. The organization's purpose is to promote multiculturalism and diversity and to celebrate Asian culture through arts and cultural events.

PURPOSE SOCIETY

Community-based multi-service organization that delivers a continuum of programs to children, youth and families

COMUNITY CENTERS AND LIBRARIES

HERITAGE SITES

Special protected sites with historical significance to interpret the environment.

VISITORS CENTERS

Looking to connect with a local tourism expert, there are more than 100 community-owned Visitor Centres and booths across the province that make up BC's

TOURISM WEB

Offer all information about discover nature and culture events.

MUSEUMS

In addition to the exhibition of objects and information, there are activities for children as well.



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RESOURCES FOR NEWCOMERS FAMILIES



	GUIDE LIST OF EDUCATIONAL RESOURCES	LINK
1	PACIFIC IMMIGRANT RESOURCES SOCIETY	https://pirs.bc.ca/
2	MOSAIC BC	https://mosaicbc.org/
3	SUCCESS - SOCIAL SERVICE AGENCY BC	https://successbc.ca/service-categories/family/
4	COMUNITY CENTERS VANCOUVER	https://shorturl.at/PBZp0
5	COMUNITY CENTERS COQUITLAM	https://www.coquitlam.ca/432/Recreation-Centres
6	ANHBC - ASSOCIATION OF NEIGHBOURHOOD HOUSES OF BC	https://anhbc.org/
7	NEIGHBORHOOD HOUSE'S COQUITLAM	https://visitcoquitlam.ca/stay-plan/neighbourhoods/
8	SHARE FAMILY COMUNITY SERVICES	https://sharesociety.ca/
9	YMCA CHILD CARE PROGRAM	https://www.gv.ymca.ca/ccrr
10	Coquitlam CONTINUING EDUCATION	https://ce43.augusoft.net/
11	VANCOUVER PUBLIC LIBRARY (VPL)	https://www.vpl.ca/



	GUIDE LIST OF EDUCATIONAL RESOURCES	LINK
12	COQUITLAM LIBRARIES	https://www.coqlibrary.ca/about-us/hours-and-locations
13	PURPOSE SOCIETY	https://purposesociety.org/
14	ADULT LEARNING CENTRE NEW WESTMINSTER	https://newwestadultlearning.ca/
15	<u>IMMIGRANT SERVICES SOCIETY OF BC</u>	https://issbc.org/
16	NEW WESTMINSTER PUBLIC LIBRARY	https://www.nwpl.ca/
17	OPTIONS COMMUNITY SERVICES Vancouver	https://shorturl.at/LbbAP
18	MIGRANT WORKER CENTER	https://mwcbc.ca/
19	CHILD CARE SERVICES COQUITLAM	https://www.coquitlam.ca/366/Child-Care
20	CHIMO COMMUNITY SERVICES	https://chimoservices.com/newcomers-settlement/
21	DIVERSECITY COMMUNITY RESOURCES	https://shorturl.at/JbwMK
22	StrongStart BC	StrongStart BC
23		



	GUIDE LIST OF WELNESS AND HEALTH	LINK
12	NEW WEST FAMILY PLACE	https://www.newwestfamilies.ca/
13	CIRCULO DE APOYO MADRES MIGRANTES	https://www.newwestfamilies.ca/
14	HEALTHY COMMUNITY NEW WESTMINSTER	https://www.newwestcity.ca/healthy-community
15	WEST COAST FAMILY CENTERS	https://westcoastfamily.org/services/healthy-babies/
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RESOURCES FOR NEWCOMERS FAMILIES



	GUIDE LIST TO PROVIDE EXPERIENCES	LINK
1	COQUITLAM CITY HALL TOURISM	https://visitcoquitlam.ca/
2	PURPOSE SOCIETY	https://purposesociety.org/
3	ASIAN & CULTURES SOCIETY	https://www.asianartsculture.ca/
4	HERITAGE SITES VANCOUVER FOUNDATION	https://www.vancouverheritagefoundation.org/
5	COQUITLAM HERITAGE SITES	https://www.coquitlamheritage.ca/
6	VANCOUVER CITY HALL	https://vancouver.ca/parks-recreation-culture.aspx
7	SCIENCE WORLD VANCOUVER	https://www.scienceworld.ca/
8	Free Museum Days VANCOUVER	https://www.vanartgallery.bc.ca/events/may5-free/
9	COQUITLAM MUSEUMS	https://visitcoquitlam.ca/see-do/art-culture/museums/
10	BURNABY VILLAGE MUSEUM	https://www.burnabyvillagemuseum.ca/
11	BC PARKS	https://bcparks.ca/

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RESOURCES FOR NEWCOMERS FAMILIES

THE ADVENTURE CONTINUES...