



Summer July & Aug 2026 - PIRS Outreach Program Calendar

Pacific Immigrant Resources Society (PIRS) is a women-led nonprofit that has supported immigrant and refugee women and their children since 1975. Through trauma-informed programs, we help women build confidence, a sense of belonging, and access to opportunities in Canada. Our Outreach program includes Trauma-Informed Community English Class for women in New Westminster and Surrey, Safe Haven 1:1 support, referrals, community and employment workshops for Refugee Claimant women and their children.

JULY 2026

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			1	2	3	4
5	6	7	8	9	10	11
12	13 Safe Haven Health Workshop With UBC Medical Students	14	15 Finding Home Again (2)	16	17	18
19	20 Safe Haven Health Workshop With UBC Medical Students	21	22 Finding Home Again (2)	23	24	25 BC Park Field Trip to Cypress Mountain
26	27 Safe Haven French Health Workshop With SanteQuest	28	29	30	31	

For more information, please visit our website at <https://pirs.bc.ca/safe-haven-program/> or email us at osw@pirs.bc.ca







AUGUST 2026




<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
						1
2	3	4	5 Finding Home Again (2)	6	7	8
9	10	11	12 Finding Home Again (2)	13	14	15
16	17	18	19 BC Park Field Trip to Cypress Mountain	20	21	22
23	24	25	26	27	28	29
30	31					

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Program	Description	Audience	Date	Link to Register
<p>Safe Haven Health Workshop With UBC Medical Students</p> 	<p>Learn about vaccination requirements for adults and children in Canada, including shingles and HPV vaccines, as well as post-vaccination care.</p> <p>The second session on July 20 will cover accessing healthcare in Canada, including how to find a family doctor and when to visit urgent care or the emergency room.</p>	<p>Newcomer women (Refugee Claimant, Asylum seekers, permanent residents, and protected persons)</p>	<p>July 13 & 20, 2026</p> <p>Monday 3:30-5:30 pm Online</p>	<p>Workshop Flyer</p> <p>Registration Link: https://forms.gle/q2qiqNXs91n1WcGVA</p> <p>Registration QR Code:</p> 
<p>Safe Haven French Health Workshop With SanteQuest</p> 	<p>Learn about brain health and its important role in overall well-being. Discover practical ways to care for your brain, support cognitive function, and maintain a healthy body through healthy lifestyle choices.</p> <p>This session is in French and English</p> <p><i>Découvrez la santé du cerveau et son rôle essentiel dans le bien-être général. Apprenez des moyens pratiques de prendre soin de votre cerveau, de soutenir les fonctions cognitives et de maintenir un corps en santé grâce à de saines habitudes de vie.</i></p> <p><i>Cette séance sera offerte en français et en anglais.</i></p>	<p>French speaking Newcomer women (Refugee Claimant, Asylum seekers, permanent residents, and protected persons)</p>	<p>July 27, 2026</p> <p>Monday 3:30-5:30 pm Online</p>	<p>Workshop Flyer</p> <p>Registration Link: https://forms.gle/y6VuZehVyi2UH3UM6</p> <p>Registration QR Code:</p> 



<p>Finding Home Again (2)</p> <p><i>Partnered with Cameray Children and Family Services</i></p> 	<p>Join us to explore the cultural transitions and experiences that come with settling into life in a new country. Through expressive arts, storytelling, and picture books, participants will reflect on their journeys, share experiences, and build connections in a welcoming and creative environment.</p>	<p>Newcomer women (Refugee Claimant, Asylum seekers, permanent residents, and protected persons) with children 0-5, living in Burnaby</p>	<p>July 15 & 22; Aug 5 & 12</p> <p>WEDNESDAY 1:30-3:00 pm</p> <p>Tommy Douglas Library</p>	<p>Workshop Flyer</p> <p>Registration Link: https://forms.gle/wycACnCmazsC8zXP6</p> <p>Registration QR Code:</p> 
<p>BC Park Field Trips to Cypress Mountain</p> 	<p>Join us to explore and connect with nature at one of the BC Provincial Parks at Cypress Mountain. Transportation, snacks, and fruits provided.</p>	<p>Refugee Claimant, Asylum-seeking women and their children</p>	<p>July 25, 2026 (Saturday) Pick up location: Surrey</p> <p>Or Aug 19, 2026 (Wednesday) Pick up location: Burnaby</p>	<p>Event Flyer</p> <p>Registration Link: https://forms.gle/Cuoa1amqzd7fjkGF8</p> <p>Registration QR Code:</p> 