

Settlement Services

Newcomers Welcome Centre:

John Pritchard School, 1490 Henderson Hwy.

Phone: 204.669.9412

Email: retis@retsd.mb.ca

Settlement Team: Ramona, Maryna, Oleksandra

- Help to connect with community programs and services
- Help to access adult EAL classes
- Help with forms and documents
- Basic computer help
- Call the settlement office to make an appointment to meet with the settlement workers
- Drop-in services are not available at this time



Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

The RETIS Team

The Newcomers Welcome Centre, located in John Pritchard School, is open for visits with a settlement worker. All office visits are by appointment only at this time. Drop-in visits are currently not available. To make an appointment to meet with a RETIS settlement worker, text or phone the settlement workers directly for help or to ask questions.



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rlukaschuk@retsd.mb.ca
204.792.6701



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mprystaiko@retsd.mb.ca
204.918.6411



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For more information about the Board of Trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees
Scroll down to *What it means to be a trustee* to watch an informative video

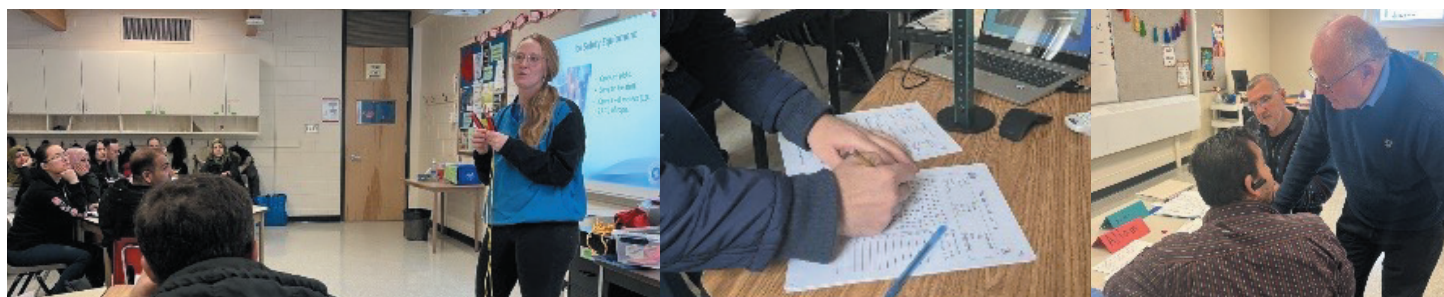
Important Dates

- **January 8**—Schools reopen after winter break; adult EAL classes resume
- **February 1**—Winter term of adult English conversation classes begins



Winter Family Fun Night

In December, the RETIS team hosted a family fun night. Activities included decorating gingerbread houses, games, crafts, prizes, and a special visit from Santa and Mrs. Claus. A special thank you to the volunteers who helped make this evening possible. Many thanks to all the families who came and participated in this enjoyable family event.



Adult EAL Program

Language learners can be found working in groups, doing many activities this month! RETIS classes range from Literacy to CLB 5. If you have any questions about our Adult EAL Program or would like more information, please contact the program co-ordinator, Marlene Jackson, at 204.667.6793, ext. 3042, or by email at mjackson@retsd.mb.ca.

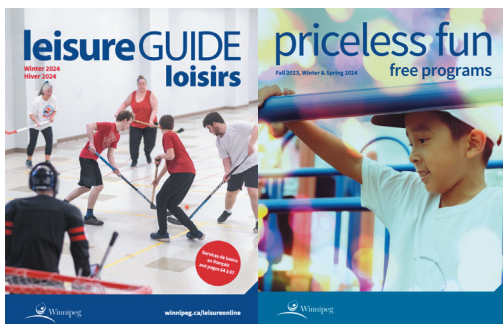


RETIS Newcomer Youth Connections

In December, the RETIS team met with the EAL classes at Collège Miles Macdonell Collegiate and Kildonan-East Collegiate to learn more about nutrition. Activities included learning about healthy eating habits, playing food bingo, and making delicious breakfast and lunch wraps.

Princess Margaret School wrapped up a six-week cooking program this month. Students in Grades 1 to 3 enjoyed learning how to make recipes, such as veggie platters and grilled cheese. The sessions ended with a celebration where everyone enjoyed making funfetti cupcakes. A big thank you to the staff and students at Princess Margaret for welcoming the RETIS team.

December was also time to decorate gingerbread men! Students at John Pritchard, Miles Macdonell, and Kildonan-East had a great time decorating the cookies and playing games. A special thank you to Sarah French for baking hundreds of gingerbread men for the students to enjoy. Your help was greatly appreciated. The RETIS team looks forward to meeting with the EAL classes in the new year for more fun learning experiences.



City of Winnipeg Programs

The city of Winnipeg offers many programs and events for all ages and abilities, in areas of interest such as sports, cooking, art, and healthy living. Look at the online [Leisure Guide](#) for more information about what they offer.

And check out the online [Priceless Fun Guide](#) to find out about FREE programs and activities available in many Winnipeg communities.



Free Outdoor Winter Fun

Weather permitting

From cross country skiing to outdoor skating and toboggan slides, there are plenty of outdoor activities for you and your family to enjoy this winter!

Visit the following pages for up-to-date locations and conditions:

- Toboggan Hills and Winter Slides
winnipeg.ca/tobogganhills
- Cross Country Ski Trails
winnipeg.ca/skitrails
- Outdoor Skating Rinks
winnipeg.ca/publicworks/parksOpenSpace/ThingsToDo/PleasureRinks.stm

Discover Winnipeg Public Library's Digital Library!



FREE

With your WINNIPEG PUBLIC LIBRARY CARD

Download or stream thousands of ebooks, audiobooks, movies, music and more. Learn a new skill or find a new hobby.

- **OverDrive** offers a large selection of ebooks, audiobooks and eMagazines.
- **Cantook Station** offre des livres numériques et audio en français.
- Newspapers from around the world in multi-languages can be read with **PressReader**.
- Stream popular movies, music and TV shows with **hoopla**.
- See **kanopy** for indie films or great documentaries.
- With **LinkedIn Learning** you can connect with over 16,000+ online courses.

See guides.wpl.winnipeg.ca/digitallibrary to find out more.



Adult English Conversation Classes

The fall term of adult English conversation classes came to an end in December. Participants enjoyed the weekly opportunity to practise speaking English in a relaxed and fun way. The RETIS team would like to thank the Transcona Library for hosting the program and extending a warm welcome to the group. Many thanks to everyone who participated in the classes. After a short break, they will resume on February 1, 2024. Contact the settlement office if you would like to register for the winter term of conversation classes.



Snow Shoveling Safety Tips

- ❄ Take your time shoveling. Do not rush.
- ❄ Dress warmly and in layers.
- ❄ Push instead of lifting snow.
- ❄ If you must lift, lift with your knees, not your back.
- ❄ Stay Hydrated. Avoid caffeine.

Check on elderly neighbors. Clear a pathway from the front door to the sidewalk to help Emergency Crews in case of an emergency.

If you feel faint, dizzy, or have chest pains, immediately call 9-1-1.



ICY DRIVING TIPS

- INVEST IN WINTER TIRES
- DON'T USE CRUISE CONTROL
- TAKE IT EASY ON THE BRAKES
- IF YOU START TO SLIDE OR SKID, DO NOT BRAKE
- KEEP AN EYE OUT FOR BLACK ICE
- DOUBLE YOUR FOLLOWING DISTANCE





Virtual Information Session for Newcomers to Canada

WEDNESDAY, JANUARY 17, 2024

Join us for an information session on benefits and credits by an outreach officer from the Canada Revenue Agency. We will discuss the Canada child benefit, GST/HST credit, climate action incentive, disability tax credit, and more.

We will also talk about how to protect yourself against scams and share information on how to file your tax return yourself or through the CVITP program.

Funded by:



Immigration, Refugees
and Citizenship Canada

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et Citoyenneté Canada



Free Program

**Wednesday
January 17, 2024**

6:00 to 7:30 PM

Virtual Presentation

**For more information or
to register, contact:**

**Maryna Prystaiko
Settlement Worker**

**Cell: 204.918.6411
mprystaiko@retsd.mb.ca**



VIRTUAL CANADIAN CITIZENSHIP CLASSES

Join the RETIS settlement team for free weekly classes to help you prepare for the Canadian citizenship test using the Discover Canada guide. All sessions will be virtual. Contact the RETIS Settlement Workers for more information or to register.

Funded by:



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and Citizenship Canada

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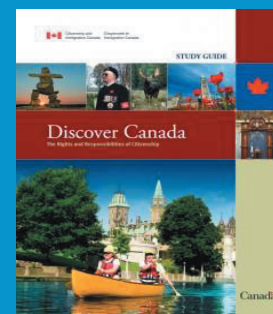


**Online classes
Tuesday evenings**

**Weekly classes
starting January 16,
2024, for 6 weeks**

6:00 to 7:30 p.m.

**Space is limited
register early**



For more information or to
register, contact:

Ramona Lukaschuk
Settlement Worker

rlukaschuk@retsd.mb.ca

Cell: 204.792.6701



RETIS Adult English Conversation Classes

Thursday Afternoons, Starting February 1, 2024

Time: From 1:00 to 2:30 PM

Location: Transcona Library, 1 Transcona Blvd.

Classes are best for people with beginner levels of English.

You must register to attend the classes.

Space is limited, so register soon!

To register or for more information contact:

Oleksandra Solomenko—Settlement Worker

Cell: 204.599.1547

osolomenko@retsd.mb.ca

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Housing



Temporary Housing

When you first arrive in Manitoba, you may need a temporary place to stay. Hostels cost less than hotel rooms. To find temporary housing, check tourism websites in your area or buy a tourist guidebook where you can find lists of accommodation options.

Non-Profit Housing Co-op

Housing co-ops are owned and managed by members or residents. Residents do not own their unit. You must apply to live in these types of housing. Rent is usually lower than renting an apartment or house, so the wait lists can be long.

- More information:
<http://chdgm.com/what-is-a-housing-co-op-2/>
<https://www.gov.mb.ca/housing/progs/>

Government-Assisted or Subsidized Housing

If you cannot afford to pay your rent, there are programs called government assisted or subsidized housing. Subsidized housing means you pay your rent based on how much money you have. The wait time to get subsidized housing can be long. Sometimes you need to wait years. If you need more information about subsidized housing in your area, talk to your settlement counsellor.

- More information:
<https://www.gov.mb.ca/housing/index.html>
<https://www.gov.mb.ca/housing/news/news.html>
<http://www.whrc.ca/>

Post-Secondary Student Housing

If you are a student, you can live in housing provided by your university or college. You need to pay to live there. On-Campus housing often includes your meals. Contact the housing department of the university or college you plan to attend for more information. Student residences are sometimes available to people that are not students in the summer.

Renting an Apartment or Home

The Residential Tenancies Act (RTA) contains all the rules that landlords and tenants must follow.

- Learn more about RTA:
<https://web2.gov.mb.ca/laws/statutes/ccsm/r119e.php>

Your landlord might ask you to:

- sign a lease – a legal contract to rent for a set period, usually a year
- pay your last month's rent before you move in
- pay a security deposit - this should be returned to you when you move out if you did not damage anything in the apartment
- pay your rent on the first day of every month
- pay your utilities (heat and electricity) separately or as part of your rent

- Learn more about your rights as a tenant or landlord at Residential Tenancies Branch:
<https://www.gov.mb.ca/cca/rtb/>

More information at the Landlord and Tenant Board:
Call 204-945-2476

New Journey Housing can train, help, and support you to find good, affordable housing in Manitoba.

- Learn more:
<https://www.newjourneyhousing.com/>

Shelters

A shelter is emergency housing for people who do not have a home and need a place to go in a crisis. You can only use shelters for a short period of time.

- Find a shelter in your area:
<https://www.winnipegrentnet.ca/help-links/help-emergency.cfm>

Housing for Seniors

There are many types of housing for seniors in Manitoba.

- More information:
<https://www.aosupportservices.ca/resources/seniors-resource-finders/>

Finding Rental Housing

If you want to rent a house, check the classified ads in your community's newspaper. You can also find house rentals in the Yellow Pages:
www.yellowpages.ca

Buying a Home

If you want to buy a house in Manitoba, here are some tips:

- You must have good credit if you want a bank loan or mortgage. Speak to your bank about how you can show your credit history.
- When you make an offer on a house, it should be conditional on passing the home inspection. You need to pay for a home inspection, but it protects you. If a licensed home inspector finds big issues with the house, you can cancel or change your offer.
- More information in the Canada Mortgage and Housing Corporation's guide for newcomers:
www.cmhc.ca





Family Story Time

Help build pre-reading skills by sharing stories, singing and having fun together! For children up to 5 years with a caregiver. 30 minutes. Registration required.

January 22 – March 18

Registration begins December 11.

Bill and Helen Norrie Library

Fridays: 10:30 a.m.
Saturdays: 10:30 a.m.

Charleswood Library

Mondays: 6:30 p.m.
Saturdays: 10:30 a.m.

Cornish Library

Fridays: 10:30 a.m.

Fort Garry Library

Saturdays: 10:30 a.m.

Harvey Smith Library

Saturdays: 10:30 a.m.

Henderson Library

Tuesdays: 10:30 a.m.

Louis Riel Library

Mondays: 6:30 p.m.
Fridays: 10:30 a.m.

Millennium Library

Saturdays: 11 a.m.

Munroe Library

Fridays: 10:30 a.m.

Pembina Trail Library

Tuesdays: 6:30 p.m.
Thursdays: 10:30 a.m.

St. James-Assiniboia Library

Saturdays: 2 p.m.

St. John's Library

Fridays: 10:30 a.m.

St. Vital Library

Saturdays: 10:30 a.m.

Sir William Stephenson Library

Wednesdays: 10:30 a.m.
Saturdays: 2 p.m.

Transcona Library

Tuesdays: 2 p.m.
Thursdays: 6:30 p.m.

West Kildonan Library

Tuesdays: 6:30 p.m.
Saturdays: 10:30 a.m.

Westwood Library

Fridays: 10:30 a.m.

Windsor Park Library

Fridays: 10:30 a.m.

Free. Phone, visit or go online at
winnipeg.ca/library to register.



Scan here to find available
spaces and to register.

Looking for work?

Free Employment Services

OFE | Opportunities for Employment



We connect Job Seekers with Employers

Opportunities for Employment (OFE) offers free employment services designed to connect job seekers and employers to create long term, sustainable matches and grow our local labour market. We currently assist 2000+ individuals each year and 30,000+ people have been hired since we began our journey in 1996.



30,000+
Individuals
hired



No Cost



Take advantage of our FREE training opportunities, job search assistance and access to our Job Resource Centre.



Employment Services:

- One-on-one consultation
- Resume & interview preparation
- Access to the Job Resource Area
- Training opportunities
- Daily job leads/access to jobs
- Employer events/connections



Employment
plan customized
to each person

Learning Opportunities:

- Job Search Preparation
- Computer Skills / Upgrading
- Certificates / Workshops
- Occupational specific training
- Essential Skills
- Canadian Workplace Culture



1500+
Free classroom
seats each year



www.ofe.ca



Check the
requirements
before making
a referral

Eligibility Requirements:

- 18 years of age or older
- Have a valid SIN number
- Reside in the City of Winnipeg
- Unemployed or working less than 20 hrs/wk
(Other eligibility requirements may apply for specific programs)

Contact Us

Opportunities for Employment

300-294 Portage Ave.
Winnipeg, MB R3C 0B9
(204) 925-3490
ofe@ofe.ca

About COVID-19 Vaccines

Building Vaccine
Confidence Through
Knowledge

Making an Informed Decision

Here are some tips to help you make an informed decision when researching or hearing information about the COVID-19 vaccines from friends and family, on the internet, social media or other media.

Consider the Source

Who or what agency is sharing the information? Look to see if they are a respected expert in the field of vaccination and infectious disease. Check the date. Has the situation changed since the information was shared, making it outdated?

Look for information from reliable sources like the Public Health Agency of Canada or local public health authorities.

Read Beyond Headlines

Headlines are often sensational to grab attention. They often don't tell the whole story.

Read the full story to make sure that you understand the information in its full context.

Dig a Little Deeper

Look to find where the information is coming from. Is it fact or opinion? Some articles, stories or posts disguise opinions as facts.

Try to determine what is motivating the author to share their message.

Verify the Information

We are bombarded with information these days. It can be difficult to sort out what is high quality information from low quality or misleading information.

If you have questions, ask your healthcare provider or your local public health agency. Visiting respected websites like the World Health Organization or Fact-check websites like Google's Fact Check Tools can also be helpful to verify COVID-19 information you come across.

Think Critically When Using Social Media

Social media is an incredibly valuable tool to keep people informed. Users are empowered to create and share content. Unfortunately, this includes fake news. Be aware and avoid contributing to any misinformation.

Before believing, posting or sharing, read beyond headlines, dig a little deeper and verify the information.

Information can be overwhelming, and these are stressful times. You are not alone. Reach out to your local helpline to find support (or visit cmha.ca). Taking care of your mental and physical health is important.



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