



The Newcomer News

River East Transcona Immigrant Services (RETIS) • January 2025



Newcomers Welcome Centre

John Pritchard School • 1490 Henderson Hwy.
Phone: 204.669.9412, ext. 2968 • retis@retsd.mb.ca

River East Transcona Immigrant Services

River East Transcona Immigrant Services (RETIS) is a partnership between River East Transcona School Division (RETS) and Immigration, Refugees and Citizenship Canada (IRCC). There are three programs that run under RETIS: Settlement Services, Language Instruction for Newcomers to Canada (LINC), and Care for Newcomer Children (CNC).

Settlement Services

The RETIS settlement team welcomes immigrants arriving in the River East and Transcona communities. Settlement workers offer information to help newcomers become familiar with the local community and school division, and discover more about Canadian life and culture. They can also help newcomers learn more about federal and provincial government benefits and services. Call or email the Newcomers Welcome Centre to make an appointment to meet with a settlement worker. Drop-in services are not currently available.



Language Instruction for Newcomers to Canada

The LINC program provides part-time, in-person language classes for permanent residents and refugees. We offer classes from Foundations Literacy to Canadian Language Benchmark (CLB) 5. Classes are offered in the morning and evenings. For more information about LINC classes, contact Breanne Fryza, adult EAL program co-ordinator, at 204.667.6193, ext. 3042, or bfryza@retsd.mb.ca.

Care for Newcomer Children

The CNC program provides care for newcomer children whose parents are attending LINC classes in the daytime. Children must be between 19 months and six years of age to attend. For more information about the CNC program, contact Breanne Fryza, adult EAL program co-ordinator, at 204.667.6193, ext. 3042, or bfryza@retsd.mb.ca.

Funded by:	Immigration, Refugees and Citizenship Canada	Financé par :	Immigration, Réfugiés et Citoyenneté Canada
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The Board of Trustees meets the first and third Tuesday of each month. You are welcome to attend, either in person or online. For more information about the Board of Trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees

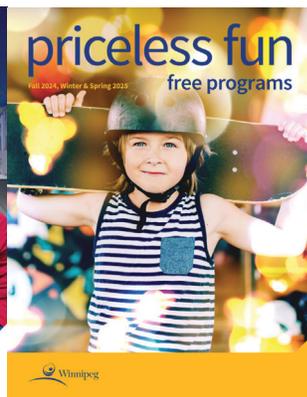
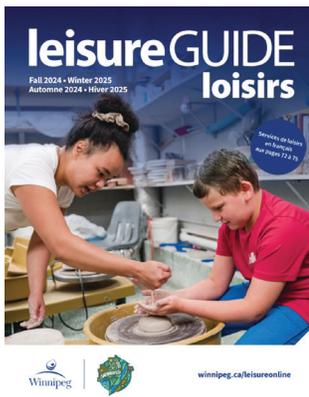
Important Dates

- **January 6**—First day of school after the winter break, adult EAL classes also resume
- **January 31**—Co-ordinated day, no classes for children



Winter Family Event

In December, the RETIS settlement team hosted a winter-themed family event. People decorated gingerbread houses and cookies, played games, worked on some crafts, received prizes, and best of all was a special visit from Santa Claus! A very special thank you to Sarah French for making over 200 gingerbread cookies for everyone. And thank you to all the families who attended this event. It was great to see you all!



Leisure Guide for Winter 2025

The City of Winnipeg offers many programs and events for all age groups and abilities, including ones involving sports, cooking, art, well-being, and healthy living. Check out the online [Leisure Guide](#) for more information about programs and services.

As well, the Priceless Fun guide outlines free programs and activities available in many Winnipeg communities. Visit the Leisure Guide link, above, for more information.



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

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- 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.



VIRTUAL CANADIAN CITIZENSHIP CLASSES

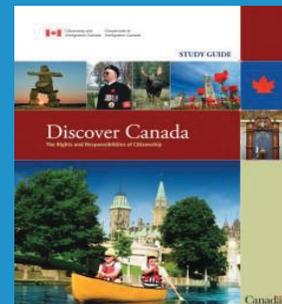
Join the RETIS settlement team for free weekly classes to help you prepare for the Canadian citizenship test using the Discover Canada guide. All sessions will be virtual. Contact the RETIS Settlement Workers for more information or to register.

**Online classes
Wednesday
evenings.**

**Weekly classes
starting January 29,
2025, for 6 weeks.**

**Sessions start at 6:30
pm.**

**Space is limited
register early.**



For more information or
to Register Contact:

Ramona Lukaschuk-
Settlement Worker

Email:
rlukaschuk@retsd.mb.ca

Cell: 204-792-6701

Funded by:



Immigration, Refugees
and Citizenship Canada

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RETIS CNC Program

In December, the theme for the month was winter! The kids in the Care for Newcomer Children (CNC) Program played with snow, painted ice, and sang songs about winter that they then sang for their parents at a holiday party. They also kept busy being creative with art supplies and playing in the school gym.



RETIS LINC Classes

Learners in the Language Instruction for Newcomer Canadians (LINC) classes have been practising how to report a car accident and how to give and respond to requests. They've also been learning classroom vocabulary and much more. Our classes range from Literacy to CLB 5. If you have any questions about our LINC classes or would like more information, please contact the program co-ordinator, Breanne Fryza, at 204.667.6793, ext. 3042, or bfryza@retsd.mb.ca.

RETLife: Community Programming for All

- Food Handlers Certificate
- First Aid and CPR Certificate
- Art Programs
- Fitness Classes and more!



Visit retlife.ca for more information



ARE YOU **A RECENT PERMANENT RESIDENT** OR **A NEW CITIZEN?**

DOWNLOAD CANOO FOR FREE
EXPERIENCE THE BEST OF CANADA



Canoo is a FREE mobile app offering eligible newcomers **free and discounted access to over 2000 experiences & destinations** : museums, galleries, parks, travel, concerts, outdoor activities, sport matches and more!

WHO IS ELIGIBLE?

A Canoo membership is available to any adult newcomer to Canada over the age of 18 within the newcomer's (i) first five years as a Permanent Resident OR (ii) first year of Canadian citizenship. Up to four kids under 18 can access the member's benefits.

DOWNLOAD CANOO!



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



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.



OUR CENTRE

The McLeod Adult Learning Centre is located in the McLeod Education Centre at 530 McLeod Ave. This adult-focused centre is a vibrant place of learning staffed by caring teachers and advisors who work with over 500 students annually.

OUR STUDENTS

Some of the reasons you might be a good fit for McLeod:

Foundations of Learning Support

You are a student who needs some assistance with English Language Arts, Mathematics, or both. Our Foundations courses allow you a space to gain fundamental skills that will assist you with further education.

Manitoba Mature Student High School Diploma

You are a student who wants to earn a diploma. The Mature Student High School Diploma is a fast-track diploma for adults who are at least 19. The diploma requires a learner to attain eight credits, including two 40-level electives, a 40-level mathematics, and a 40-level English. If you have previously earned high school credits, you may be able to carry those forward.

Regular High School Completion

You are within a few credits of achieving a regular 30-credit high school diploma. At McLeod Adult Learning Centre, you can get the credits you need to graduate.

Academic Upgrading

You are a high school graduate requiring credit courses to begin your post-secondary education. Our courses let you prepare for post-secondary study or career advancement.



COURSES & REGISTRATION

We have two semesters—September to January, and February to June—and offer an assortment of in-person courses. To register or get information about the courses being offered each semester, visit www.retsd.mb.ca/adultedu

Courses Offered May Include...



Chemistry



Physics



Biology



Essential Mathematics



Applied Mathematics



Pre-Calculus Mathematics



Foundations of English



English Language Arts



Foundations of Mathematics



Variety of Electives



Providing Programming for Adult Learners!

Adult Learning on Lombard | 111 Lombard Ave., 3rd floor, Rm. 320 | Tel: 204.515.1976

SCHEDULE	MONDAY	ABOUT US	ADDITIONAL INFORMATION FOR REFERRING SERVICE PARTNERS
	<p>English & Mathematics 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. English & Mathematics 12:45–3:30 p.m.</p>		
TUESDAY	WEDNESDAY	MISSION STATEMENT	QUICK LINKS FOR LEARNERS
<p>English & Mathematics 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. 40 Food & Nutrition 12:45–2:55 p.m.</p>	<p>English & Mathematics 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. English & Mathematics 12:45–3:30 p.m.</p>		
THURSDAY	FRIDAY	VALUES	
<p>40 Food & Nutrition 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. English & Mathematics 12:45–3:30 p.m.</p>	<p>English & Mathematics 9–11:25 a.m.</p>		
REGISTRATION			
<p>For more information or to discuss registering for the program, please contact our Program Co-ordinator at 204.515.1976 adulted@retsd.mb.ca</p>			