



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.

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Immigration, Refugees and Citizenship Canada

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Immigration, Réfugiés et Citoyenneté Canada

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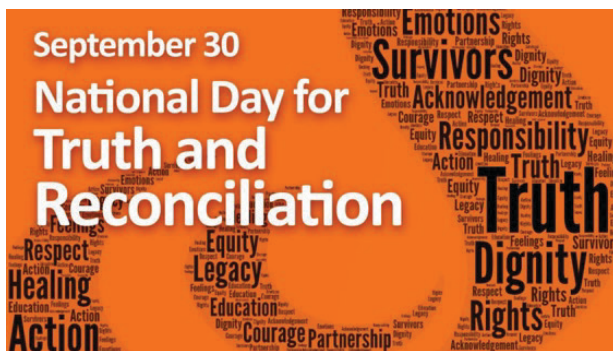
For more information about the Board of Trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees
Scroll down to *What it means to be a trustee* to watch an informative video

Important Dates

- **September 2**—Labour Day
- **September 4**—First day of classes for most students
- **September 30**—National Day for Truth and Reconciliation

Labour Day

Labour Day is a national statutory holiday in Canada that is celebrated each year on the first Monday in September. In many other countries around the world, Labour Day is celebrated on May 1. The origins of Labour Day in Canada can be traced back to 1872 when workers formed protests to demand better working conditions. Now, many Canadians view Labour Day as the unofficial end of summer, as school starts for children shortly after the date. Many families go camping, visit parks, have picnics, or drive out to their cottages in Manitoba's many lake districts.



National Day for Truth and Reconciliation

In September of 2021, September 30 was declared [National Day for Truth and Reconciliation](#) by the federal government. Then, in 2023, the Manitoba government established this day as a statutory holiday. This day is to remember the tragic history of residential schools in Canada and to honour Survivors of the residential school system. Truth and Reconciliation is an ongoing effort to use education, discussion, and action to move towards reconciliation between Indigenous and non-Indigenous peoples in Canada. Many

people wear or display orange shirts on this day to remember Indigenous children who were sent to residential schools and never returned, and to honour Survivors, their families, and their communities that have all been impacted by the legacy of residential schools.

Welcome Back to School

School starts for most children on Wednesday, September 4. The RETIS settlement workers can help you to understand more about the school system in Canada. Call or email the Newcomers Welcome Centre if you would like more information about topics such as:

- Registering your child for school
- School buses
- Lunch programs
- School fees
- School attendance
- School holidays or co-ordinated days when there are no classes for children



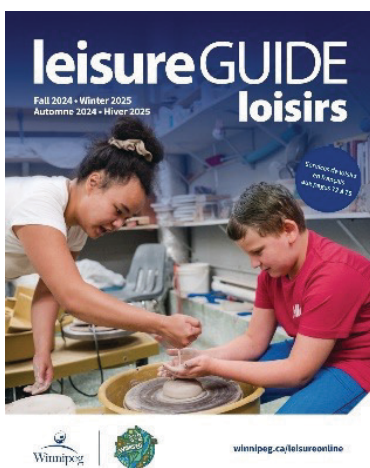


RETSD School Buses

We want to remind parents about our new [Stopfinder app](#), which is the best way to receive your child's busing information. Please check your email for your Stopfinder invitation and download the free app from Google Play or the App Store. If your invitation has expired, please contact the transportation department at 204.669.0202 or transportation@retsd.mb.ca to receive a new invitation by email. For more information, please visit the [Transportation](#) section of our website.

School Registration for Newcomer Families

If you and your family are newcomers to Canada and would like to register your child for school, go to the [Immigrant Services](#) section of the River East Transcona School Division website for more detailed information. You can also contact the Newcomers Welcome Centre if you have any questions about registering your child for school.



City of Winnipeg Leisure Guide

The City of Winnipeg offers programs for all ages in their Leisure Guide. These include swimming and skating lessons, sports, fitness, continuing education, arts and crafts, and so much more. You can find brochures by visiting the [City of Winnipeg website](#).

Registration can be done online, in-person, or by phoning 311. RETIS settlement workers can provide you with more information about registration subsidies or help you to register for programs.



Assiniboine Park Zoo Visit

Recently, newcomer families joined the RETIS team for a fun trip to the [Assiniboine Park Zoo](#). The light rain didn't stop everyone from enjoying the wonderful animal exhibits the zoo has to offer. The polar bears in particular were a highlight for everyone. Many thanks to all the families who joined the settlement staff for this fun family event. Look for more RETIS family events coming soon.

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





Care for Newcomer Children Program

The Care for Newcomer Children (CNC) program spent the last few weeks wrapping up and having lots of fun! The children joined their parents for an end-of-the-year potluck. Many of the children have spent the year preparing for kindergarten or Grade 1, and they are excited! They had the opportunity to visit kindergarten classes at Hampstead School and Lord Wolseley School. We're looking forward to seeing all the returning children and families in September!



LINC Classes

Learners and teachers in the Language Instruction for Newcomers to Canada (LINC) classes have spent the last few weeks finishing up the year. Teachers have planned fun end-of-the-year potlucks and combined classes to enjoy some games. Learners have also attended their end-of-the-year conferences with their teachers to discuss their progress and suggestions for learning. Many students will graduate from RETIS, and we wish them all the best!

The 2024–25 LINC classes will resume in September, so we look forward to seeing all the returning students. RETIS offers day and evening classes. For more information, contact:

Breanne Fryza
Adult EAL Program Co-ordinator
Phone: 204.667.6193, ext. 3042
bfryza@retsd.mb.ca

Child Care



Manitoba supports young children and their families. You can find good quality, licensed, play-based early learning and child care (ELCC) programs in different communities in Manitoba.

Types of Child Care

You can find licensed and unlicensed child care in Manitoba. Costs for both kinds of child care vary and different child care centres have different rules. Your child must attend some child care centres full-time. Other child care centres allow part-time and drop-in child care. Sometimes there are long waiting lists.

Licensed Child Care

The Community Child Care Standards Act makes sure all licensed child care facilities in Manitoba follow certain rules. The Act has regulations that define the types of child care that need licensing. It sets standards to guide child care centres in these areas: supervision, staff qualifications, space, equipment, health and safety, nutrition, programming and behaviour management. The government inspects licensed child care centres to make sure they meet health, safety and caregiver training standards. Licensed child care may be in a private home, a school, a community centre or a separate facility. Some licensed child care centres are private. Others are co-ops, where parents help with child care or other duties.

- Learn more about child care options:

https://www.gov.mb.ca/education/childcare/families/guide_childcare/index.html

Unlicensed Child Care

Some child care is not licensed by the government. People can provide private home child care without a licence. They can care for four children under the age of 12. Only two children can be under the age of two. These numbers include the caregiver's own children. If more than four children receive care, the home must become licensed as a family or group child care home. If they do not want to become licensed, they must reduce the number of children that receive care. The other choice is to close their child care centre.

Child Care Subsidies

The Child Care Subsidy Program helps with the cost of child care by reducing child care fees for children from the ages of 12 weeks to 12 years. If you cannot afford to pay for child care, you may be able to receive this help.

- More information at the Department of Families:

https://www.gov.mb.ca/education/childcare/families/childcare_subsidies.html

Child Care



Canada Child Benefit (CCB)

The CCB helps parents or guardians with the cost of raising children under 18 years of age. It is a tax-free monthly payment from the federal government. Any person responsible for the primary care of a child can receive this benefit, but you must apply.

■ More information at Service Canada:

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

<https://www.canada.ca/content/dam/cra-arc/camp-promo/information-indigenous-people.pdf>

Early Learning and Child Care in Manitoba

The Early Learning and Child Care Program supports licensed early learning and child care in the province. Manitoba is committed to the well-being of children and their families by supporting quality, licensed, play-based early learning and child care (ELCC) programs for children from 12 weeks to 12 years of age.

■ Learn more:

<http://www.manitoba.ca/fs/childcare/about/index.html>

Kindergarten

Most Kindergarten programs are half days from Monday to Friday. Some Kindergartens are full days, and others are every second day. You may need to find child care. Ask the school or school division office about the Kindergarten programs near you. Most Kindergarten programs include both a teacher and an early childhood educator.

■ Information about Kindergarten:

https://www.edu.gov.mb.ca/k12/schools/docs/newcomer_parent_kindergarten.pdf

Did You Know?

Many child care centres want caregivers with Early Childhood Education (ECE) diplomas. ECE is important because it teaches caregivers about the early development of learning skills in children. With help, children can become expert learners when they are young and do better in school when they are older.

Remember: There are two types of child care in Manitoba; licensed and unlicensed. You can choose what is best for your family.

Emergency Services In Manitoba



Life-Threatening Emergencies

Dial 911 on your phone only for an emergency. This number connects you with police, ambulance and fire services. 911 calls are free. You can phone from a landline, a mobile phone or a public phone from anywhere in Canada.

Call 911 in the following situations:

- your health or safety is at risk
- another person's health or safety is at risk
- a life is in danger or there is a threat to people or property (for example, a fire)
- a crime is in progress
- a crime already happened and the suspect may still be in the area or might return to the scene of the crime
- it looks like a crime is about to be committed or has just been committed

Tips for calling 911:

- be calm and speak slowly and clearly
- stay on the line until you are connected to an interpreter (if you requested an interpreter)
- tell them what type of service you need (police ambulance, fire,)
- explain the situation
- give your exact address including your postal code
- give your name, address and telephone number
- answer any other questions
- stay on the phone until the operator tells you to hang up

- More information about 911 Manitoba:
<https://winnipeg.ca/ourstories/2019/190415.stm>

Ambulance

If you need an ambulance to take you to the hospital, your private insurance may cover all or some of the cost.

- To learn more about Emergency Medical Services in Manitoba visit:
<https://www.gov.mb.ca/health/ems/>
<https://www.winnipeg.ca/FPS/Billing/Ambulance%20Service%20Rates.pdf>

Non-Life Threatening Emergencies

There are different ways to get help. Make sure that you know the different services that are available to you. This will help you decide quickly what to do when there is an emergency.

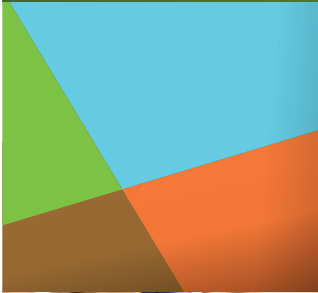
Police

Police in Canada can be trusted. Their job is to make sure people feel safe. They use the law to take action and their job is to protect you. It is a crime to bribe, or offer money to a police officer.

A non-emergency can include a suspicious circumstance when something feels strange. It could also be a crime where the offender has already left and is not returning. You may be directed to go into a police service centre to make a report.

- If you are reporting something to the police that is not an emergency, dial the police non-emergency telephone number:
204-986-6222.

<https://www.winnipeg.ca/police/>



Emergency Services In Manitoba



Getting Medical Attention

If you have a medical situation and need help right away, go to the nearest hospital emergency department or an urgent care center. Hospitals are always open, but sometimes you must wait for a long wait time.

■ <https://wrha.mb.ca/wait-times/>

Walk-In Clinic

At a walk-in clinic, you can get medical advice and care for minor injuries or illnesses if you do not have a regular family doctor. You can also go to your local community health center for primary care and information.

■ <https://wrha.mb.ca/wait-times/walk-in-clinics/>

Family Doctor

Your family doctor is your first contact if you have an illness or injury.

■ You can find a family doctor here:
<https://www.gov.mb.ca/health/familydoctorfinder/>

Health Links Manitoba

You may need general health advice from a registered nurse. Health Links Manitoba can help you. You can use this service for free anytime. You can ask for advice in French or English.

■ Call Health Links Manitoba: 1-888-315-9257
<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>

Emergency and Short-Term Housing

If you are in crisis or have nowhere else to sleep, you can access emergency and short-term housing. It is free and available any time you need it.

If you are homeless, were evicted or are in danger in your own home, you can go to an emergency shelter. Emergency shelters serve groups with specific needs. For example, there are shelters for men, women, families and youth.

If you are a victim of domestic violence, you can go to a shelter or safe house. They will provide you with a safe and secure place to sleep. They also offer counselling services to parents and children who need them.

More information on emergency and short term housing:
<https://endhomelessnesswinnipeg.ca/services-supports/>

Important Note: If you are in danger, call 911 and go to a hostel or shelter immediately.

Distress Helplines

Emergency helplines provide staff who will support, counsel and listen over the phone to anyone in need. This is a free service.

Here is a list of helplines:

- For women: 1-877-977-0007
<https://www.gov.mb.ca/msw/fvpp/>
- For men: 1-877-977-0007
<https://www.gov.mb.ca/msw/fvpp/men.html>
- For kids: 1-800-668-6868
- Mental health services crisis line: 1-877-435-7170
<http://clinic.mb.ca/crisis-support/>
- For anyone with questions or concerns about sexual orientation and gender identity:
1-888-530-6777

■ <https://pflagcanada.ca/>
(Parents, Families and Friends of Lesbians and Gays (PFLAG) Canada)

■ Learn more about emergency lines in Manitoba: <https://mb.211.ca/>

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

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