

APRIL 2026 ISSUE

# MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

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## 2026 APRIL / AVRIL

SUN/DIM	MON/LUN	TUE/MAR	WED/MER	THU/JEU	FRI/VEN	SAT/SAM
			1 Passover/Pâques (April 1-9 avril)	2 PD Day Journée pédagogique (K-12 Anglophone)	3 Good Friday Vendredi Saint	4 Canadian Refugee Rights Day Journée des droits des réfugiés
5	6 Easter Monday Lundi de Pâques	7	8	9	10	11
12	13	14 Nepali New Year Nouvel an népalais	15	16	17 PD Day Journée pédagogique (G9-12 Francophone)	18
19 National Volunteer Week La semaine de l'action bénévole (April 19-25 avril)	20	21	22	23	24	25
26	27	28	29	30		

### HEALTH & WELLNESS ACTIVITIES

#### ACTIVITY

#### DATE & TIME

#### LOCATION

#### Knitting Circle

If you want to learn how to knit or have an item you have been working on and want to have support finishing it, please join us!

Saturdays  
11am-1pm

MCAF Reception  
Area

#### Women Sewing Program

Whether you're just starting out or have been sewing for years, our Sewing Circle is a welcoming space for everyone!

Saturdays  
1-4pm

Room 142

#### Women Quilting Classes

Quilting is the process of joining together two or more layers of fabric. MCAF is welcoming space for quilting workshop for everyone ! We provide the materials, bring your own project or start something new

Saturdays  
1-4pm

MCAF Reception  
Area

[\*\*Registration link\*\*](#)

For more information: [community-liaison@mcaf.nb.ca](mailto:community-liaison@mcaf.nb.ca)

## SETTLEMENT INFORMATION & ORIENTATION SESSIONS

IN ENGLISH, WITH INTERPRETATION AVAILABLE UPON REQUEST  
(FRENCH, ARABIC, MANDARIN, DARI, PASHTO, SOMALI, SWAHILI, TIGRINYA AND UKRAINIAN)

SESSION	DATE	TIME	LINK
<b>MCAF Intake Sessions for new arrivals</b> For newcomers who have just arrived in Fredericton, want to meet with MCAF staff & learn about MCAF and community programs and services	Tuesdays Thursdays	10:30am	<a href="#">Registration</a>
<b>Q&amp;A Session for NAARS Settlement Plan</b> For newcomers with questions about the NAARS settlement plan and seeking an advice from a SINAAR worker	Wednesdays Fridays	10:30	<a href="#">Registration</a>
<b>Q&amp;A Session for AIP Settlement Plan</b> This session offers info on the Atlantic Immigration Program (AIP) for newcomers in Fredericton (6 months or less)	Mondays	4pm	<a href="#">Registration</a>
<b>Exploratory visit - NB Business Immigration Stream</b>	Tuesdays	11am	<a href="#">Registration</a>
<b>Q&amp;A Session: Ask the Settlement Worker</b> One on One sessions for MCAF clients who are looking for support and guidance with specific settlement related challenges	Thursdays	9:30am	<a href="#">Registration</a>
<b>Real Talk: Relationships, Respect &amp; Getting Help</b> This session includes non-graphic discussion of intimate partner violence, including warning signs, safety considerations, and how to seek help and support.	April 7	9:30am	<a href="#">Registration</a>
<b>Fire Safety Education to Newcomers</b> Learn how to prevent fires at home, understand the importance of smoke alarms, and create an effective escape plan. This session offers essential tips to help keep you and your family safe.	April 14	10am	<a href="#">Registration</a>
<b>Navigating the Canadian Healthcare System: Canadian Dental Care Plan</b> This session is the first in a series designed to provide a practical overview of the Canadian healthcare system and how to access it. In this session, we will focus on the Canadian Dental Care Plan, what it is, who qualifies, and how to apply.	April 21	9:30am	<a href="#">Registration</a>
<b>Introduction to Le CAFi Services</b> Join our presentation to learn about Le CAFi (Centre d'accueil et d'accompagnement francophone des immigrants du Sud-Est du Nouveau-Brunswick), an organization dedicated to serving the French-speaking immigrant community. Discover the services they offer and how they support newcomers.	April 28	10pm	<a href="#">Registration</a>
<b>Newcomers Parenting Sessions</b> Newcomers Parents/Pashto Speaking Clients, 6 sessions arranged to help parents develop positive communication, mutual respect, and effective discipline strategies that build their children's responsibility and self-esteem.	Thursdays April 9, 16, 23, 30 May 7, 14	12:15 - 1:30pm	MCAF  Registration Not Required

For more info on settlement I & O sessions: [settlement@mcaf.nb.ca](mailto:settlement@mcaf.nb.ca)

## ACCESS TO COMMUNITY RESOURCES

### COMMUNITY FOOD SMART

Fresh. Affordable. Local

Enjoy a bag of fresh fruits and vegetables delivered monthly to a pickup location near you for just \$15

- Join through a local distributor: Scan the QR Code or the link: <https://forms.office.com/r/5Q2aaecJqN>
- You will be contacted to Place your order at the beginning of each month
- Pick Up: Collect your bag one week later at the MCAF reception

Each bag includes fresh, seasonal produce with staples like apples, oranges, potatoes, and carrots.

**For more information: [community-liaison@mcaf.nb.ca](mailto:community-liaison@mcaf.nb.ca)**



## INTEGRATED COMMUNITY SERVICES ON SITE

### SERVICE

### DATE & TIME

**Cst. Gino Scichilone**, Community Liaison, Fredericton Police Force

April 7, 10am-12pm

**Free mental health counselling by Just Us; We All Struggle Inc**

Free mental health counselling is available in person at MCAF, provided by Just Us; We All Struggle Inc. This ongoing service is available to clients on with language interpretation support offered as needed. To book an appointment, please **[CLICK HERE](#)**, or contact the MCAF Health & Wellness Navigator at 506-471-0966.

Fridays, 9am-12pm



## Cultural Café at Fredericton Public Library Café culturel à la bibliothèque publique de Fredericton



This activity will be provided in English / Cette activité sera proposée en anglais

Cultural Café is a social space where newcomers, immigrants, and locals meet, share cultures, and learn from each other.

Le Café culturel est un espace social où les nouveaux arrivants, les immigrants et les habitants se rencontrent, partagent leurs cultures et apprennent les uns des autres.

**April 23 at 6pm / 23 avril à 18h**

**Location: Fredericton Public Library  
Lieu : Bibliothèque publique de Fredericton**



Scan to register



Funded by / Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

## ENGLISH LANGUAGE LEARNING

### ONLINE ENGLISH CONVERSATION GROUPS

CLB 3-4 language level: Saturdays 9-10am - online

CLB 5+ students: Saturdays 10-11:30am - onsite

To join the conversation groups: [esl@mcaf.nb.ca](mailto:esl@mcaf.nb.ca)

## ON-SITE & ONLINE ENGLISH CLASSES

MCAF offers ESL classes for eligible candidates. Class levels are from Foundation Literacy to CLB6. To join an English class: [esl@mcaf.nb.ca](mailto:esl@mcaf.nb.ca)

### INFORMAL LANGUAGE LEARNING

#### SESSION

#### DATE & TIME

**English Conversation Circle CLB 6+ In Partnership with United for Literacy**

Saturdays, 9-11am  
MCAF

**Speaking & Listening for CLB 3 & CLB 4 In Partnership with United for Literacy**

Saturdays, 9-11am  
MCAF

## CANADIAN ENGLISH LANGUAGE PROFICIENCY INDEX PROGRAM (CELPIP)

We've added additional CELPIP test dates in the MCAF computer lab. Starting in January, Sunday test dates will also be available!

To schedule your test or view upcoming test dates, visit: <https://www.celpip.ca/city/fredericton/>

## ENGLISH LANGUAGE TUTORS PROGRAM

Join our English Language Tutors Program and get matched with a volunteer tutor who will help you practice English in a friendly and supportive environment.

What you get:

- One-on-one sessions with a volunteer tutor
- Flexible schedule
- A chance to learn at your own pace

To join English Language Tutors Program: [esl@mcaf.nb.ca](mailto:esl@mcaf.nb.ca)

## VOLUNTEER WITH MCAF

Why Volunteer with MCAF?

- Make a real difference in the lives of newcomers.
- Build lasting friendships and meaningful connections.
- Learn about diverse cultures, traditions, and customs.
- Gain valuable experience and skills that enrich your personal and professional life.

## VOLUNTEER OPPORTUNITIES – LEARN MORE



### First Fredericton Friend (FFF):

Connect with newcomers, practice English together, explore the city, and build meaningful cross-cultural friendships.

### Career Mentorship:

Support skilled newcomers by sharing insights about your profession and the Canadian job market.

### English Language Tutors:

Meet weekly for 1–1.5 hours to help newcomers improve their English through simple, supportive activities.

### Special Event Volunteers:

Join us for short, fun volunteer opportunities during MCAF's major cultural and community events.

For more info: [volunteer@mcaf.nb.ca](mailto:volunteer@mcaf.nb.ca)

Ready to be a volunteer? Scan & Apply



## PRE-EMPLOYMENT SERVICES

### EMPLOYMENT GROUP SESSIONS

MCAF’s Pre-Employment Services offers virtual and in-person employment sessions for all registered clients. These sessions are designed to help you build skills, gain confidence, and succeed in your job search.

Please note that our online sessions now begin at 12:00 PM, and in-person networking sessions will continue to be held at 2:00 PM.

This April, we’re hosting a mix of online training sessions and networking events for adults and youth so don’t miss this chance to learn and connect!

**[CLICK HERE TO REGISTER FOR OUR EMPLOYMENT SESSIONS!](#)**

Sessions will be recorded and uploaded to our [YouTube channel](#) if you are unable to attend live. Be sure to follow us so you don’t miss a thing!

DATE	SESSION
April 8	Micro-Credentials (Online)
April 10	What is a Resume? Resumi Basics (Online)
April 13	Sharpen your Interview Skills (Online)
April 15	Networking Session: NBCC
April 17	Use of AI in Job Search (Online)
April 21	Personal Branding (Online)
April 23	Mastering LinkedIn (Online)
April 27	Graduating! Now What? (Online)
April 29	Networking Session: Go-Go Afterschool

### MENTORSHIP PROGRAM

The mentorship program through MCAF aims to connect newcomer clients with professional mentors. During the meetings with their mentors, newcomer clients will have the opportunity to learn from and network with their mentors.

**Requirements for mentees:**

- Must be a registered client of MCAF.
- Able to have a maximum of five (5) meetings with mentor.
- Ability to spend 30 minutes to 1 hour with mentor during each meeting.
- Must have a CLB 4 and below.
- Register using this link if you are interested: [Mentorship 2026 \(Mentee\)](#)

**Scan to apply**



### MCAF EMPLOYMENT SERVICES FACEBOOK & YOUTUBE

Follow MCAF Employment Services [MCAF Employment Services Facebook Group](#) where we share:

- Hidden market job opportunities
- Employment tips and tricks
- Information about programs exclusive to MCAF clients and members
- Invitations to our Networking Club and Job Fairs

You can also check out past workshops and helpful videos on our [YouTube channel](#).

Join our Also consider joining our [MCAF Employment Services Facebook Group](#) for daily updates and community support!

## CHILDREN & YOUTH PROGRAMS

### SETTLEMENT WORKERS IN SCHOOLS (SWIS)

The MCAF Settlement Workers in Schools (SWIS) team offer settlement services to newcomer students and their families in Fredericton and the surrounding area. In partnership with local schools, the Anglophone School District and community partners, SWIS workers support students to learn about and to integrate into their new school and community.

**For more info & additional tutoring, homework & school support, please contact:**

**SWIS for Anglophone Schools (K-G12): [swis@mcaf.nb.ca](mailto:swis@mcaf.nb.ca) or (506)476-1300**

<b>SWIS ACTIVITIES</b>			
<b>ACTIVITY</b>	<b>DATE &amp; TIME</b>	<b>LOCATION</b>	<b>AGE</b>
<b>North Side Tutoring Program for Leo Hays High School</b> Additional tutoring & homework supports for various subjects including Math, Science, English	Monday & Wednesdays 4 - 5pm	Wilson Row Community Center	High school
<b>Fredericton High School - SWIS Office</b> Fredericton High School students are welcome to visit our SWIS office at FHS	Monday to Friday 9am - 2pm	Room C54	High school
<b>Tutoring Program at FHS</b> Support for various subjects including Math, Science, and English	Tuesdays & Thursdays 4pm - 5pm	FHS Library	High school
<b>Tutoring Program at George Street Middle School, in partnership with United for Literacy</b>	Tuesdays, Wednesdays & Thursdays 9am - 12pm	George St Middle School	Middle school

**Volunteer Tutoring is available: Mondays & Fridays - 9AM to 12PM**

**For more info & to register: [swis@mcaf.nb.ca](mailto:swis@mcaf.nb.ca)**

### CHILDREN & YOUTH WELLNESS, RECREATION & ART PROGRAMS

<b>ACTIVITIES</b>	<b>DATE &amp; TIME</b>	<b>LOCATION</b>
<b>Youth Group 12+</b> <a href="#"><u>Registration link</u></a>	Fridays 5 - 7pm	MCAF
<b>Girls Group 12+</b>	Saturdays 1 - 3pm	MCAF
<b>Soccer 12+</b>	Saturdays 1 - 3pm	MCAF Gym
<b>Volleyball 12+</b>	Sundays 12:30 - 2pm	MCAF Gym

**For more information and registration**

**Vinz Bariring: 506-292-6105 / [Vinz.bariring@mcaf.nb.ca](mailto:Vinz.bariring@mcaf.nb.ca) or**

**Cole Moar: 506-471-1612 / [Cole.moar@mcaf.nb.ca](mailto:Cole.moar@mcaf.nb.ca)**

## SWIS MULTICULTURAL CLUB

### ACTIVITY

### DATE & TIME

### LOCATION

### AGE

#### George Street Middle School

A safe, welcoming space for newcomer students to build confidence, support mental well-being, and form social connections.

Every Thursday  
Lunch Time

George Street Middle School

Middle School

For more information: Aman Farahmand – [aman.farahmand@mcaf.nb.ca](mailto:aman.farahmand@mcaf.nb.ca) – (506) 471-7889

## YOUTH GROUPS ACTIVITIES

### ACTIVITIES & SESSIONS

### DATE & TIME

### LOCATION

#### Babysitter Training Course

Open for newcomer youth between ages 12-18 years old.

April 25  
9am-4pm

MCAF

For more info & to register: [ola.hammadneh@mcaf.nb.ca](mailto:ola.hammadneh@mcaf.nb.ca) or [ilhan.abdi@mcaf.nb.ca](mailto:ilhan.abdi@mcaf.nb.ca)

## NB SKILLS-LAUNCH YOUTH (SKY)

Skills Launch Youth is an employability program designed for newcomers age 15-30 experiencing barriers to employment. Participants learn about Canadian workplace culture, local labour markets, interview skills, resume building, networking, English or French language enhancement & much more. In-class training is followed by an opportunity for a work placement.

### PARTICIPANTS MUST:

- Must be a Permanent Resident or protected person per Immigration & Refugee Protection Act, or Citizen
- Must be legally entitled to work in Canada, and NB
- Must be facing unique needs and barriers to employment, and not be working nor be in training in the past 6 months
- Must be committed to complete the SKY classes, technical training, and employment workshops
- Must be committed to complete a SKY employment placement
- Should have an approximate CLB level 4+



To see if you qualify for this program contact the Skills Launch coordinator:  
[olesia.matrosenko@mcaf.nb.ca](mailto:olesia.matrosenko@mcaf.nb.ca)

## HIPPY Program 2026

### HOME INSTRUCTION FOR PARENTS OF PRESCHOOL YOUNGSTERS

- Are you a permanent resident / refugee newcomer to Canada with a 3 or 4 year old child?
- Do you want to help your child succeed in school?
- Are you willing to spend 15 minutes a day with your child?

**HIPPY offers you the materials and support to engage your pre-schooler in activities related to**

- Reading
- Writing
- Language
- Mathematics
- Science
- Motor Development



For more information & registration

[HIPPY@mcaf.nb.ca](mailto:HIPPY@mcaf.nb.ca)  
(506) 886-1321

# MCAF CVITP TAX CLINIC 2026

In 2026 MCAF Tax Clinic will support newcomer immigrants who arrived in Canada in 2024 - 2025.

MCAF Tax Clinic services are provided at no cost.

- To access MCAF Tax Clinic services, you must have a modest income and a simple tax situation (no foreign income, not self employed).
- You must also must be registered with MCAF.

If you meet these criteria, please complete and submit the required **FORM**, or scan the QR Code.



For more information, please email [tax@mcaf.nb.ca](mailto:tax@mcaf.nb.ca)

**SCAN AND SUBMIT**



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