

DECEMBER 2025 ISSUE

# MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

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November/Novembre 2025

S/D	M/L	T/M	W/M	T/J	F/V	S/S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



January/Janvier 2026

S/D	M/L	T/M	W/M	T/J	F/V	S/S
						1
						2
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUN/DIM	MON/LUN	TUE/MAR	WED/MER	THU/JEU	FRI/VEN	SAT/SAM
	1	2	3	4	5	6
7	8	9	10	11 Holiday Social Fête sociale	12 Santa Drop In Party Visite du Père Noël	13
14 First Day of Hanukkah Premier jour de Hanukkah	15 Info session - scholarship applications at MCAF Séance d'information et l'assistance pour remplir les demandes de bourses d'études à l'AMCF	16	17	18	19	20
21 Yalda	22	23	24	25 Christmas Day Noël	26 Boxing Day Lendemain de Noël Kwanzaa	27
28	29	30	31			

## ACCESS TO ON-SITE COMMUNITY RESOURCES

### PARTNER

#### City of Fredericton Bus Tour

This is a great opportunity to learn how to navigate the bus routes and get tips on using the transit system

### DATE & TIME

December 13, 10am

For more information: [abdullahi.sugow@mcaf.nb.ca](mailto:abdullahi.sugow@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>MCAF Programs and Services Information Session</b> Learn more about programs and services offered by MCAF	December 2	2pm	<a href="#">Registration</a>
<b>Learn to Ski Program 2026</b> Learn about the Learn to Ski Program by Wostawae Cross Country Ski Club. Participants (age 10+) will take lessons in February 2026 to learn how to cross country ski. Lessons will be held on the trails at Killarney Lake Park. Registration will open in December 2025.	December 9	2pm	<a href="#">Registration</a> -
<b>Winter Driving</b> This session provides essential tips and strategies to stay safe and confident on icy roads and in challenging cold-weather conditions	December 16	9am or 2pm	<a href="#">Registration</a> <a href="#">Registration</a>

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

## HEALTH & WELLNESS ACTIVITIES

ACTIVITY	DATE & TIME	LOCATION
<b>Knitting Circle</b> 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
<b>Women Sewing Program</b> Whether you're just starting out or have been sewing for years, our Sewing Circle is a welcoming space for everyone!	Saturdays 1-4pm	MCAF Reception Area
<b>Women Quilting Classes</b> 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 <a href="#">Registration link</a>

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

How does it work:

- 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)



## ENGLISH LANGUAGE LEARNING

### 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)

### 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)

### 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


**Knight School:** Improve your English with Chess

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/>




**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.





Scan to register

**December, 11 at 6pm / 11 décembre à 18h**

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



Funded by / Financé par :

Immigration, Refugees and Citizenship Canada / Immigration, Réfugiés et Citoyenneté Canada

## 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. All sessions begin at 2:00 PM.

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

To be added to MCAF Pre-Employment Services Mailing List so you're up to date on future group and information sessions, please [\*\*Click Here\*\*](#)

### **CLICK HERE TO REGISTER FOR OUR EMPLOYMENT SESSIONS!**

Sessions will be recorded and uploaded to our [YouTube channel](#) and [Facebook](#) for you to view in case you cannot attend the live sessions. Look out for some updates on our [Facebook](#)!

DATE	SESSION
December 1	What is a Resume - Resume Basics (Online)
December 4	Canadian Workplace Culture (Online)
December 9	Soft Skills 101 (Online)
December 12	Interview Techniques (Online)
December 15	How to Write Cover Letters (Online)
December 18	Ask an Employment Coach (Online)
December 23	Job Search Strategies for Youth & New Workers (Online)
December 29	I am Graduating! Now What? (Online)

### 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 mentee:

- 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 above.

**Scan to apply**



### MCAF EMPLOYMENT SERVICES FACEBOOK & YOUTUBE

Follow MCAF Employment Services [\*\*Facebook page\*\*](#) 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
- Job Fairs

MCAF Employment Services also has an informative [\*\*YouTube channel\*\*](#). Also consider joining our MCAF Employment Services Facebook Group. We share new content daily!



## CHILDREN & YOUTH PROGRAMS

### SETTLEMENT WORKERS IN SCHOOLS (SWIS)

The MCAF SWIS offer settlement services to newcomer students and their families in the Fredericton and surrounding area. In partnership with local schools, the Anglophone School Districts, 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**

SWIS ACTIVITIES			
ACTIVITY	DATE & TIME	LOCATION	AGE
<b>Homework support/Tutoring programs</b> Additional tutoring & homework supports for various subjects including Math, Science, English	determined based on each participant's schedule	Online	All Grades
<b>Tutoring Program at FHS</b> Support for various subjects including Math, Science, and English	Tuesdays & Thursdays 4 - 5pm	FHS	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
<b>MCAF Volunteer Tutor</b>	Mondays & Fridays 9am - 12pm	George St Middle School	Middle school
<b>For more info &amp; to register: <a href="mailto:swis@mcaf.nb.ca">swis@mcaf.nb.ca</a></b>			

### INFORMATION SESSIONS

High School Graduation requirements for Kinyarwanda speaking clients

**Date & Time:** December 6, 1-5pm

**Location:** MCAF, 28 Saunders St

**For more information & register:** [Musamariya.Esperance@mcaf.nb.ca](mailto:Musamariya.Esperance@mcaf.nb.ca) or (506) 471-3401

CHILDREN & YOUTH WELLNESS, RECREATION & ART PROGRAMS		
ACTIVITIES	DATE & TIME	LOCATION
<b>Cricket for Youth 12+</b>	Saturdays 1 - 3pm	MCAF
<b>Volleyball &amp; Basketball 12+</b>	Sundays 12:30 - 2pm	MCAF
<b>MCAF Youth Group 12+</b>	Wednesdays 5 - 6:30pm	MCAF
<b>Art Workshop 12+</b>	Fridays 5 - 7pm	MCAF
<b>Soccer 12+</b>	Saturdays 12 - 3pm	Park Street Elementary School
<b>For more information and registration</b>		
<b>Vinz Bariring: 506-292-6105 / <a href="mailto:Vinz.bariring@mcaf.nb.ca">Vinz.bariring@mcaf.nb.ca</a> or</b>		
<b>Cole Moar: 506-471-1612 / <a href="mailto:Cole.moar@mcaf.nb.ca">Cole.moar@mcaf.nb.ca</a></b>		

## MCAF DROP-IN SANTA PARTY

Get ready to celebrate the holiday season with MCAF! Bring your family and friends to enjoy an evening full of fun, treats, games, music, and of course, photos with Santa!

Click [HERE](#) to register or scan the QR code



**MCAF**  
**SANTA DROP-IN PARTY**

SCAN HERE

Main Event:

- Photo with Santa
- Music
- Treats and Games

**DEC 12 2025**

**06.00-8.00 PM**

28 Saunders St  
Wellness Centre

✳️ TO REGISTER CONTACT ✳️

[youth@mcaf.nb.ca](mailto:youth@mcaf.nb.ca)

Funded by / Financé par:

Province of New Brunswick  
Canada

Immigration, Refugees and Citizenship Canada  
Immigration, Réfugiés et Citoyenneté Canada

## YOUTH GROUPS ACTIVITIES

### ACTIVITIES & SESSIONS

### DATE & TIME

### LOCATION

#### Babysitter Training Course

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

December 6  
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 2025

## 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  
(506) 886-1321**

**We acknowledge the financial support of:**

**Fredericton**

**New Brunswick**



**Government of Canada**

**Gouvernement du Canada**



**isans** | Immigrant Services  
Association of Nova Scotia



**St. Thomas UNIVERSITY**



**S.U.C.C.E.S.S.**



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