

FEBRUARY 2026 ISSUE

MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

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2026 FEBRUARY / FÉVRIER

SUN/DIM	MON/LUN	TUE/MAR	WED/MER	THU/JEU	FRI/VEN	SAT/SAM
1 Black History Month Mois de l'histoire des Noirs (February 1-28 février)	2	3	4	5	6	7
8	9	10	11	12	13 PD Day Journée pédagogique (K-12 Francophone)	14 Valentine's Day Fête de la St-Valentin
15	16 Family Day Jour de la Famille	17 Lunar New Year Nouvel An lunaire 18 First Day of Ramadan Premier jour du Ramadan	18 First Day of Ramadan Premier jour du Ramadan	19	20	21
22	23	24	25	26	27	28

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

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
MCAF Intake Sessions for new arrivals 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	Registration
Q&A Session for NAARS Settlement Plan For newcomers with questions about the NAARS settlement plan and seeking an advice from a SINAAR worker	Wednesdays Fridays	10:30	Registration
Q&A Session for AIP Settlement Plan This session offers info on the Atlantic Immigration Program (AIP) for newcomers in Fredericton (6 months or less)	Mondays	4pm	Registration
Exploratory visit - NB Business Immigration Stream	Tuesdays	11am	Registration
Q&A Session: Ask the Settlement Worker One on One sessions for MCAF clients who are looking for support and guidance with specific settlement related challenges	Thursdays	9:30am	Registration
CRA Presentation: Benefit and credit payments for newcomers to Canada Presented by CRA. after this presentation, you will learn about Canada's tax system, including residency rules, benefits and credits, ways to file taxes, how to use CRA's online services, and tips to avoid common tax scams.	February 3	2:30pm	Registration
Parenting Support Group Learn practical tools to understand your child, communicate with respect, and build a positive parenting approach.	February 3	12-2pm	For more info: settlement@mcaf.nb.ca
True North Strong and Free (In-Person) Watch a 24-minute newcomer orientation video on family abuse to learn what it is, the laws in Canada, and the support available to ensure everyone's right to live safely.	February 11 February 24	9:30am 2:30pm	For more info: settlement@mcaf.nb.ca
Black History Month presentation This Black History Month presentation celebrates Black history and promote diversity and inclusion through storytelling and activities.	February 19	10am	MCAF Registration NOT Required

For more info on settlement I & O sessions: settlement@mcaf.nb.ca

BLACK HISTORY MONTH

MCAF will be offering Black History Month presentations (available both in-person and virtually) from January 27 to March 31.

will focus on recognizing the significant contributions of the Black community and fostering discussions on building a more inclusive society.

To register your school: Click [HERE](#)

For more information: hellen.vu@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



INTEGRATED COMMUNITY SERVICES ON SITE

SERVICE

DATE & TIME

Cst. Rodney Wadden, Community Liaison, Fredericton Police Force

February 3, 10am-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.



Scan to register

February 19 at 6pm / 19 février 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 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

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

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

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

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 February, 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
February 2	What is a Resume? (Online)
February 5	Micro-Credentials (Online)
February 11	Networking Session: AgriNB (2PM)
February 13	Digital Organization & Time Management (Online)
February 17	Applicant Tracking System (ATS) & Job Interview Tips (Online)
February 19	Professional Communication Etiquette (Online)
February 23	Foreign Credential Recognition (Online)
February 25	Networking Session: McDonald’s (2PM)
February 27	Soft Skills 101 (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 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 or (506)476-1300

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

For more info & to register: swis@mcaf.nb.ca

CHILDREN & YOUTH WELLNESS, RECREATION & ART PROGRAMS

ACTIVITIES	DATE & TIME	LOCATION
Youth Group 12+ Registration link	Fridays 5 - 7pm	MCAF
Girls Group and Sports 12+	Saturdays 1 - 3pm	MCAF
Cricket for Youth 12+	Saturdays 1 - 3pm	MCAF
Soccer 12+	Saturdays 12 - 3pm	Park Street Elementary School
Volleyball 12+	Sundays 12:30 - 2pm	MCAF
Tennis 12+	Saturdays 12 - 2pm	Barkers Point Elementary School
Afro Dance 12+	February 7 & 14 12 - 2pm	Charlotte Street Arts Centre

For more information and registration

Vinz Bariring: 506-292-6105 / Vinz.bariring@mcaf.nb.ca or

Cole Moar: 506-471-1612 / 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 – (506) 471-7889

SWIS INFORMATION SESSIONS

ACTIVITY

DATE & TIME

LOCATION

AGE

Info session: Newcomer Students

Drop-in sessions covering bullying, anti-racism, and appropriate school behavior.

February 5, 19 & 26
11am - 12pm

George Street Middle School

Middle School

Info session: Newcomer Parents

Drop-in sessions covering graduation credits, post-secondary pathways, and educational planning.

February 4 & 25
11am - 12pm

MCAF

Parents

For more information: Habib Ly – habib.ly@mcaf.nb.ca – (506) 721-9704

YOUTH GROUPS ACTIVITIES

ACTIVITIES & SESSIONS

DATE & TIME

LOCATION

Babysitter Training Course

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

February 21
9am-4pm

MCAF

For more info & to register: ola.hammadneh@mcaf.nb.ca or ilhan.abdi@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**

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

We acknowledge the financial support of:



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