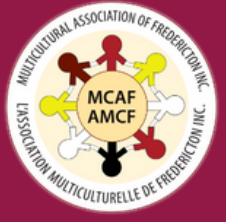


JANUARY 2026 ISSUE

MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

follow us on social media: [Facebook](#) [Instagram](#) [LinkedIn](#) [YouTube](#)



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JANUARY
JANVIER

2026

SUN/DIM

MON/LUN

TUES/MAR

WEDMER

THURS/JEU

FRI/VEN

SAT/SAM

				1 New Year's Day Jour de l'An	2	3
4	5 ESL classes resume Les classes de l'ALS recommencent	6	7 Orthodox Christmas Day Noël orthodoxe	8	9	10
11	12	13	14 Orthodox New Year Nouvel an orthodoxe	15	16	17
18	19 Martin Luther King, Jr. Day Journée de Martin Luther King, jr.	20	21	22	23 PD Day Journée pédagogique (K-12 Francophone)	24
25	26 PD Day Journée pédagogique (G9-12 Francophone)	27	28	29	30	31

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

MCAF Reception
Area

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
Starting on
January 17

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
Private Refugee Sponsorship In this presentation, you will learn how Canadian citizens and permanent residents can sponsor refugees to Canada. We will explain how private refugee sponsorship works as well as who can be sponsored as a refugee, how much it costs and what requirements the sponsors must fulfill.	January 6	9:30am	Registration
	January 13	2:30pm	Registration
Introduction to Local Banking Services Learn about the local banking options, services, products, and how newcomers can benefit from them.	January 20	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.	January 27	9:30am	Registration

For more info on settlement I & O sessions: 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



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

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/>

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



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

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 January, 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!](#)

DATE	SESSION
January 7	Networking Session: Canadian Armed Forces (In-person)
January 9	What is a Resume? Resume Basics (Online)
January 13	Interview Techniques (Online)
January 15	Navigating Your First Job in Canada (Online)
January 19	Job Search Strategies for Youth & New Workers (Online)
January 27	Effective Networking Strategies (Online)
January 29	Professional Communication Etiquette (Online)

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!

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 2025 \(Mentee\)](#)

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
Homework support/Tutoring programs Additional tutoring & homework supports for various subjects including Math, Science, English	determined based on each participant's schedule	Online	All Grades
FHS Drop-in Fredericton High School students are welcome to visit our SWIS office at FHS	Monday to Friday 9am - 2pm	Room E127	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+	Wednesdays 5 - 6:30pm	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

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

YOUTH GROUPS ACTIVITIES

ACTIVITIES & SESSIONS

DATE & TIME

LOCATION

Babysitter Training Course

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

January 24
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
- Mathematics
- Writing
- Science
- Language
- Motor Development



For more information & registration

HIPPY@mcaf.nb.ca
(506) 886-1321

We acknowledge the financial support of:

Fredericton

New Brunswick
Nouveau Brunswick



Government
of Canada

Gouvernement
du Canada



isans | Immigrant Services
Association of Nova Scotia



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