

JULY 2026 ISSUE

MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

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2026
JULY/JUILLET

SUN/DIM	MON/LUN	TUE/MAR	WED/MER	THU/JEU	FRI/VEN	SAT/SAM
			1 Canada Day Fête du Canada	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	

HEALTH & WELLNESS ACTIVITIES

ACTIVITY

DATE & TIME

LOCATION

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
9:30am-12:30pm

Room 142

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
Canadian Citizenship Exam Workshop 8 online sessions designed for individuals who have applied for Canadian citizenship and are awaiting their exam	July 7, 14, 21, 28 Aug 4, 11, 18, 25	6:30 - 8pm	Registration
Stay Out of Fraud's Reach Frauds are always evolving, but signs of a scam tend to remain the same. Take a moment to get to know the red flags, learn how to protect yourself, and how to report a fraud. Presented by NB Financial and Consumer Services Commission.	July 14	2:30pm	Registration
Personal Hygiene and Self-Care Personal hygiene and self-care are important for maintaining good health and overall well-being. Developing healthy hygiene habits helps prevent illness, boost confidence, and promote a positive self-image.	July 28	9:30am	Registration

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

IMMUNIZATION CLINIC

In partnership with Public Health, MCAF will host an Immunization Clinic on **Thursday, July 23, 10am to 2pm.**

This clinic is available for children who are 4 years old and will be starting school this September, as well as children who are new to New Brunswick and will be attending school in the province for the first time during the 2026–2027 school year.

Keeping your child's immunizations up to date helps ensure they are ready for a healthy and successful start to the school year.

For registration please contact: maha.elsherif@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. Gino Scichilone, Community Liaison, Fredericton Police Force

July 7, 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.

July 22 at 6pm / 22 juillet 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

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

INFORMAL LANGUAGE LEARNING

SESSION

DATE & TIME

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

Saturdays, 9:30-11am
MCAF

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

Saturdays, 9:30-11am
MCAF

CANADIAN ENGLISH LANGUAGE PROFICIENCY INDEX PROGRAM (CELP)

CELP test at MCAF computer lab is available on Thursdays & Fridays!

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

ENGLISH LANGUAGE TUTORS PROGRAM

Help newcomers improve their English through one-on-one conversation. No teaching experience is required—just a willingness to help and a flexible schedule.

Interested in volunteering? Contact us at esl@mcaf.nb.ca

Please note: The program is currently accepting learners by referral for MCAF clients and students only. 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 July, we're hosting online training sessions as well as a networking session 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!

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



DATE	SESSION
July 3	I'm Graduating! Now What? (Online)
July 7	Sharpen Your Interview Skills (Online)
July 9	Foreign Credential Recognition (Online)
July 13	Applicant Tracking System (ATS) & Job Interview Tips (Online)
July 17	Ask an Employment Coach (Online)
July 21	Micro-Credentials (Online)
July 23	How to Apply to Universities & Colleges (Online)
July 27	Introduction to ASCEND
July 29	Networking Session: Agricultural Alliance of NB

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

**ALL SWIS PROGRAMS WILL BE BACK IN SEPTEMBER.
HAVE A WONDERFUL SUMMER!**



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

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
(506) 886-1321**

CULTURAL EXPRESSIONS FESTIVAL 2026

The 18th annual Cultural Expressions Festival (CEF) was a success, presenting a series of multicultural activities, including:

Multicultural drumming circle



Anti-racism Community Conversation



Living Library



Multicultural performances at Garrison Night Market



Soccer Tournament



Cricket Tournament



Performances



Exhibition at Museum



Family Activities



Tug of War



International Food



Fashion Show



Cultural Expressions Festival 2026

Special Thanks to our:

Funders:

- Government of Canada
- Immigration NB
- City of Fredericton
- Downtown Fredericton
- Fredericton Community Foundation

Sponsors:

- Diamond:
 - Dobbelsteyn Service & Maintenance Ltd
- Platinum:
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 - NB Power
 - Second Language Research Institute of Canada
- Silver:
 - Atlantic Fire & Safety Equipment Ltd
 - Raj Sharma Realty
 - St. Thomas University
- Exhibitors
 - Canadian Forces Recruiting Centre
 - Costco
 - Eastern College
 - Fredericton Police
 - Ignite
 - The Sugar Munch

Partners

- Afghanistan Community of Fredericton
- Asian Heritage Society of NB
- Association of Indo-Canadians, Fredericton
- Bangladeshi Canadian Association of NB Inc.
- Capital Region Integration Network
- Chinese Cultural Association of NB Inc.
- Filipino Association of New Brunswick
- Filipino-Canadian CommUNITY of New Brunswick (FCNB) Inc.
- Fredericton Latin community
- Fredericton Public Library
- Ghanaian Canadian Association of NB
- Ignite
- Lebanese Community of Fredericton
- Nigerian Canadian Association of NB
- Nepali Cultural Association of NB Inc.
- Peruvians NB
- Sri Lankan Welfare Association
- Ukrainian Association of Fredericton Inc.
- Vietnamese Association

CANADA DAY CELEBRATION

During Fredericton's official Canada Day celebration in downtown, MCAF coordinated art activities and multicultural performances in collaboration with local communities. It was a wonderful celebration enjoyed by all!



We acknowledge the financial support of:



Government
of Canada

Gouvernement
du Canada



Fredericton



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