

MAY 2026 ISSUE

# MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

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



28 Saunders Street  
 Fredericton, NB, E3B 1N1  
 Tel: (506) 454-8292  
 Fax: (506) 450-9033  
 Email: [mcaf@mcaf.nb.ca](mailto:mcaf@mcaf.nb.ca)  
[WWW.MCAF.NB.CA](http://WWW.MCAF.NB.CA)

## 2026 MAY/MAI

SUN/DIM	MON/LUN	TUE/MAR	WED/MER	THU/JEU	FRI/VEN	SAT/SAM
					PD Day Journée pédagogique 1 (K-12)	2
					Newcomer Scholarship Online Auction (May 1-7 mai) Vente aux enchères en ligne des bourses d'études pour les nouveaux arrivants	
					Asian Heritage Month Mois du patrimoine asiatique (May 1-31 mai)	
3	PD Day Journée pédagogique (K-12 Francophone)	4	5	6	7	8
	National Teacher Appreciation Week La semaine nationale d'appréciation des enseignant(e)s (May 4-8 mai)					
	Begin registration: Children & Youth Summer Programs Début d'inscription des programmes d'été pour les enfants et les jeunes					
10	PD Day Journée pédagogique (K-12 Anglophone)	11	12	13	14	15
Mother's Day Fête des mères					PD Day Journée pédagogique 15 (K-12 Francophone)	16
					Children & Youth Summer Recreation Fair Foire de récréation d'été pour les enfants et jeunes	Info session - scholarship applications at MCAF Séance d'information et l'assistance pour remplir les demandes de bourses d'études à l'AMCF
17	Victoria Day Jour de Victoria	18	19	20	21	22
				Shavuot/Chavouot (May 21-23 mai) Vyshyvanka Day - Embroidered Shirt Day Journée Vyshyvanka		23
24	25	Eid al-Adha Aïd el-Adha	26	Eid-al-Adha Aïd el-Adha	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

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
<p><b>MCAF Intake Sessions for new arrivals</b> For newcomers who have just arrived in Fredericton, want to meet with MCAF staff &amp; learn about MCAF and community programs and services</p>	Tuesdays Thursdays	10:30am	<a href="#">Registration</a>
<p><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</p>	Wednesdays Fridays	10:30	<a href="#">Registration</a>
<p><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)</p>	Mondays	4pm	<a href="#">Registration</a>
<p><b>Exploratory visit - NB Business Immigration Stream</b></p>	Tuesdays	11am	<a href="#">Registration</a>
<p><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</p>	Thursdays	9:30am	<a href="#">Registration</a>
<p><b>Introducing the Fredericton Co-op</b> The Fredericton Co-op offers great prices on everything you need for yourself and your family. Plus it's the region's only locally owned and operated supermarket: owned by its 11,000 members, and overseen by a board of local directors.</p>	May 5	10am	MCAF
<p><b>Introduction to MCAF Programs and Services</b> Introduction to MCAF programs and services. On this session you will know about MCAF programs, services and resources available to newcomers.</p>	May 12	9:30am	<a href="#">Registration</a>
<p><b>Gardening in Canada's Northern Climate</b> This session will explore how local weather patterns affect the gardening season, the types of soil in our area, and which crops grow best in our climate. It will also cover how to access land through community gardens.</p>	May 19	10am	<a href="#">Registration</a>
<p><b>Navigating the Canadian Healthcare System: Understanding and Resolving Medical Bills in New Brunswick</b> This session explains what to do if you receive a medical bill in New Brunswick. It covers how to check coverage through Medicare (Canada), New Brunswick Department of Social Development, and the Interim Federal Health Program, and how to call and resolve bills step by step.</p>	May 26	9:30pm	<a href="#">Registration</a>

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

May 5, 10am-12pm

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

Free mental health counselling is available in person at MCAF, provided by Just Us; We All Struggle Inc. Language line available when requested. To book an appointment, please **CLICK HERE**, or contact the MCAF Health & Wellness Navigator at 506-471-0966.

Every Tuesday, 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.



Scan to register

**May 21 at 6pm / 21 mai 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

### 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 May, 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
May 4	Professional Communication Etiquette (Online)
May 6	Effective Networking Strategies (Online)
May 12	Networking Session: Perfection Paving
May 15	Applicant Tracking System (ATS) & Job Interview Tips (Online)
May 19	Ask an Employment Coach (Online)
May 21	How to Apply to Universities & Colleges
May 29	Foreign Credential Recognition (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](mailto:swis@mcaf.nb.ca) or (506)476-1300**

SWIS ACTIVITIES				
ACTIVITY	DATE & TIME	LOCATION	AGE	
<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, in partnership with United for Literacy</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	

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

### VOLUNTEER TUTORING IS AVAILABLE: MONDAYS & FRIDAYS - 9AM TO 12PM

**Contact / Registration: Aman Farahmand – [aman.farahmand@mcaf.nb.ca](mailto:aman.farahmand@mcaf.nb.ca) – (506) 471-7889**

## CHILDREN & YOUTH WELLNESS, RECREATION & ART PROGRAMS

ACTIVITIES	DATE & TIME	LOCATION
<b>Girls Group 12+</b>	Fridays 4:30 - 6:30pm	Wilmot Park
<b>Soccer 12+</b>	Fridays 4:30 - 6:30pm	Wilmot Park
<b>Volleyball &amp; Basketball 12+</b>	Fridays 4:30 - 6:30pm	Wilmot Park
<b>Recreation Fair</b> Join us and learn about recreational organizations and programs in our community	May 15 10am - 12pm	MCAF

**For more information and registration click [HERE](#) or Scan the QR Code  
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 – (506) 471-7889**

## YOUTH GROUPS ACTIVITIES

### ACTIVITIES & SESSIONS

### DATE & TIME

### LOCATION

#### **Babysitter Training Course**

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

May 23  
9am-4pm

MCAF

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

## 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
- Mathematics
- Writing
- Science
- Language
- Motor Development



**For more information & registration**

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

## CULTURAL EXPRESSIONS FESTIVAL 2026 – SAVE THE DATE!



The Cultural Expressions Festival 2026 will present an exciting day of entertainment from around the world on June 27, from 12:00 PM to 7:00 PM at Officers' Square. This year's theme, "Akwaaba Meets Wazobia: A Journey of Unity in Diversity," will feature Ghanaian and Nigerian multicultural dance and music performances, a drumming circle, cultural displays, food for purchase, and family activities, coordinated by MCAF and Fredericton's ethno-cultural associations.

A series of multicultural activities will also take place throughout June. Free admission.

Activity	Date	Time	Location
Soccer Tournament	Saturday, May 30	10am - 6pm	Nashwaaksis Fieldhouse
Photo & Art Exhibition <i>Ghana and Nigeria's identity, traditions, and rich cultural tapestry</i>	June 1-30	Library Hours	Fredericton Public Library
Multicultural Drumming Circle	Thursday, June 4	6-7pm	Beaverbrook Art Gallery
Multicultural Art Workshop Making Masks and Flowers of Nigeria and Ghana	Saturday, June 6	10am-12pm	Fredericton Public Library
International Cricket Tournament	Saturday & Sunday June 13 & 14	11am-7pm	Grant Harvey Centre
Anti-racism community Conversation	Thursday, June 23	5:30pm-8pm	MCAF
Living Library: Stories we carry, building unity in diversity	Wednesday, June 24	4:30pm-7:30pm	Fredericton Public Library
Multicultural Performances & Info Booth	Thursday, June 25	4pm-8pm	Garrison Night Market
Exhibition at Museum	June 21-27	Museum Hours	Officers' Square
Cultural Expressions Festival	Saturday, June 27	12pm-7pm	Officers' Square

## LIMITS ON ELIGIBILITY TO THE SETTLEMENT PROGRAM FOR ECONOMIC IMMIGRANTS

Starting April 1, 2026, Immigration, Refugees and Citizenship Canada (IRCC) will introduce new limits on eligibility for Settlement Program services for economic immigrants. Economic-class permanent residents and their dependents will be eligible for services for up to 6 years after obtaining permanent residency, reducing to 5 years starting April 1, 2027.

These changes will apply retroactively and will not affect refugees or family-class immigrants. Clients currently enrolled in IRCC-funded language training before March 31, 2026 may continue their courses during a short transition period. Service providers are encouraged to inform affected clients and connect them with alternative community or provincial services where available.

We acknowledge the financial support of:

**Fredericton**

New Brunswick  
Nouveau Brunswick



Government of Canada

Gouvernement du Canada



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



St. Thomas  
UNIVERSITY



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



FOLLOW US ON SOCIAL MEDIA

