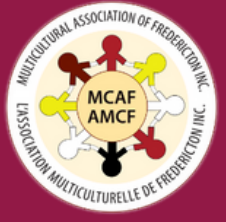


NOVEMBER 2025 ISSUE

# 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)

October/Octobre 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	31	

NOVEMBER/NOVEMBRE

December/Décembre 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	31			

SUN/DIM	MON/LUN	TUE/MAR	WED/MER	THU/JEU	FRI/VEN	SAT/SAM
						1
2 Back to Standard Time Retour à l'heure normale	3	4	5	6	7	8
9	10	11 Remembrance Day Jour du Souvenir	12	13	14	15
16	17	18	19	20 National Children's Day Journée mondiale de l'enfance	21	22
23	24	25	26	27	28	29
30						

## MCAF ANNUAL REPORT 2024-2025 NOW AVAILABLE!

We're proud to share MCAF's Annual Report, highlighting this year's achievements, programs, and community impact. View [HERE](#) or scan the QR Code.

Scan to view



## ACCESS TO ON-SITE COMMUNITY RESOURCES PARTNER

## DATE & TIME

Cst. Rodney Wadden, Community Liaison, Fredericton Police Force

November 6, 11am-12:30pm

## 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>Winter/Snow Preparedness</b> Learn about winter in Canada and how to prepare yourself for snow and cold weather.	November 6	11am	<a href="#">Registration</a>
<b>Series of mental health information sessions / drop-ins with the Canadian Mental Health Association of New Brunswick</b> Mental health information sessions/drop in with the CMHA invite participants to explore and learn about mental well-being. The sessions will focus on understanding mental health, building awareness, and learning where and how to seek help.	November 20	11am	<a href="#">Registration</a>
<b>Cultural Café at Fredericton Public Library</b> Meet other newcomers and learn about diverse cultures.	November 20	6pm	<a href="#">Registration</a>
<b>Learn to Ski Program 2026</b> Learn about the Learn to Ski Program by Wostawea 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.	November 25	9:30am	<a href="#">Registration</a>
<b>Parenting Support Group</b> This current cohort is for Somali-speaking clients. Learn practical tools to understand your child, communicate with respect, and build a positive parenting approach.	Tuesdays November 4	12 - 2pm	-

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

## ACCESS TO COMMUNITY RESOURCES

### SESSION

### DATE & TIME

**Online Presentation on Francophone Settlement Services provided by CAFi**  
Send an email to [settlement@mcaf.nb.ca](mailto:settlement@mcaf.nb.ca)

November 26, 10 - 11am

**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

## 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 most of the materials, bring your own project or start something new

Saturdays  
1-4pm

MCAF Reception  
Area

[Registration link](#)

#### Therapeutic Art sessions

[Registration link](#)

November 27  
12-1pm

MCAF  
Classroom 142

For more information: [wellness@mcaf.nb.ca](mailto:wellness@mcaf.nb.ca)

## Flu Vaccine Clinic / Clinique de vaccin contre la grippe

Registered MCAF clients will have the opportunity to receive flu shots administered by UNB nursing students, with support from the Fredericton Downtown Community Health Centre.

Les clients inscrits à l'AMCF auront la possibilité de recevoir des vaccins contre la grippe administrés par des étudiants en sciences infirmières de l'UNB, avec le soutien du Centre de santé communautaire du centre-ville de Fredericton.

**November 7 novembre**  
**10am - 2pm / 10 h à 14 h**

**Location / Lieu: MCAF / AMCF**



**For more information & registration:**  
**Pour plus d'informations et inscription :**  
[maha.elsherif@mcaf.nb.ca](mailto:maha.elsherif@mcaf.nb.ca)



## 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)**



## - FIRST FREDERICTON FRIENDS (FFF)

Be a friend AND welcome newcomers to our community! The First Fredericton Friend Program has openings for you. Learn about other cultures and traditions while sharing your time and resources to help settle our new neighbours. An enriching cultural experience awaits.



**First Fredericton Friend**  
volunteer

Commitment: 2 hrs/week (min. 6 months)  
Responsibilities: conversation, friendship-building, introduction to the community resources, language practice

Email at [community-liaison@mcaf.nb.ca](mailto:community-liaison@mcaf.nb.ca)

## - ONLINE ENGLISH LANGUAGE TUTORS

Volunteer with MCAF as an English Language Tutor while enhancing your teaching skills. Gain experiences supporting the settlement & integration of newcomers in our community.

- Volunteers provide tutoring for newcomers, usually one-on-one, in some cases 2-3 students
- Volunteers require a 3-6 month commitment.
- Meet once a week for 1-1.5 hours for meaningful language activities.

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

**SCAN AND  
APPLY NOW**



## 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)

## 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/>



## 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 November we're hosting a mix of online training sessions for adults and youth in addition to in-person employer networking opportunities, 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!](#)**

DATE	SESSION
November 5	Job Fair Preparation
November 7	Career Expo Ignite Fair
November 13	Benefits of Volunteering
November 19	Shift-Auto Group Employer In-Person Session
November 21	How to Apply to Universities and Colleges
November 26	Ask an Employment Coach (Online)

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!](#)

### 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

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

#### CHILDREN & YOUTH WELLNESS, RECREATION & ART PROGRAMS

ACTIVITIES	DATE & TIME	LOCATION
<b>Cricket for Youth 12+</b>	Saturdays 1 - 3pm	MCAF
<b>Volleyball 12+</b>	Sundays 12:30 - 2pm	MCAF
<b>MCAF Youth Group 12+</b>	Mondays 5 - 6:30pm	MCAF
<b>Art Workshop 12+</b>	Fridays 5 - 7pm	MCAF

**For more information and registration**

**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)**

#### YOUTH GROUPS ACTIVITIES

ACTIVITIES & SESSIONS	DATE & TIME	LOCATION
<b>Babysitter Training Course</b> Open for newcomer youth between ages 12-18 years old.	November 1 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)**

## PRE-K REGISTRATIONS

We are excited to announce that September 2026 kindergarten registration for children born in 2021 is about to begin!

To make the transition smoother, early registration will take place on **November 18th and 19th 2025**. Early registration ensures that everything is ready for your child's successful start to school. If you would like assistance with the registration process, MCAF is here to help.

To receive support, please complete the form below/scan the QR code and the SWIS team will reach out to assist you. Click [\*\*HERE\*\*](#)



Scan to apply

### 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



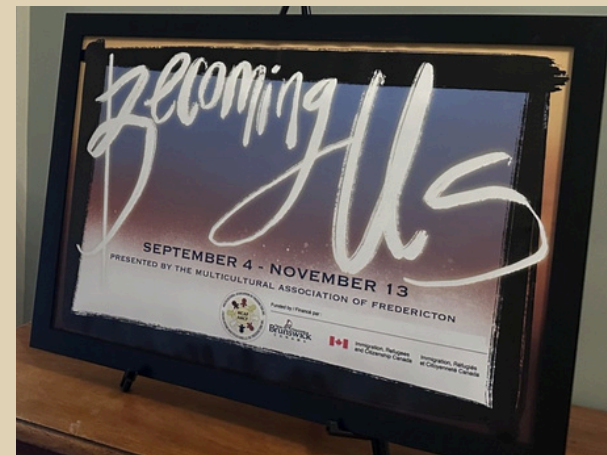
**For more information & registration**

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

## “BECOMING US” – MULTICULTURAL ART EXHIBITION

MCAF is very pleased to present a Multicultural Art Exhibition titled “Becoming Us” The exhibition is open to the public Monday to Friday, from 10 a.m. to 4 p.m at the Government House (51 Woodstock Road, Fredericton) until November 13. This exhibition features 91 artworks created by 80 artists from 34 countries

Please join us as we celebrate the power of art to connect cultures, inspire change and create a welcoming inclusive community. FREE admission



## BOARD OF DIRECTORS 2025-2026

The Multicultural Association of Fredericton Inc. (MCAF) is pleased to announce the newly elected Board of Directors for the 2025-2026 term, following the Annual General Meeting held on October 30, 2025.

With our newly elected 2025 Board, we reaffirm our commitment to advancing MCAF's mission—empowering newcomers, celebrating diversity, and strengthening Fredericton as a vibrant and inclusive community for all.

### MCAF Board of Directors 2025-2026

**President:** Bin Zhang

**First Vice-President:** Donna Gordon

**Second Vice-President:** Theresa Bartlett-Chase

**Secretary:** Manisha Varma

**Treasurer:** Prashamsa G.C.

**Past President:** Sandy Liu

**Directors:**

- · Subi Adhikari
- · Osadi Jayawardhana
- · Lup Cheng Quek
- · Bhaumick Pabari
- · Luowei H. Xu



To read the bios of the MCAF Board of Directors, please Click [HERE](#) or scan the QR code



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.**

PLANNING FOR  
**CANADA**

FOLLOW US ON SOCIAL MEDIA

