NOVEMBER 2026 ISSUE

MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

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2026 NOVEMBER/NOVEMBRE

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

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.

November 19 at 6pm / 19 novembre 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
New Brunswick Canada

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	10:30am	Registration
Q&A Session for NAARS Settlement Plan NAARS Assessment. This session is for eligible clients who received invitation for (Needs & Assets Assessment and Referrals Service)	Wednesdays	10:30pm	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
Getting Ready for Winter-presented by UNB Nursing student This presentation helps newcomer understand Canadian winters and prepare for cold weather. It provides practical guidance on winter clothing and cold-weather safety.	November 5	1:30pm	Registration
Misconceptions & Stereotypes - Presented by Pam Montour, CEO of the Indigenous Women of the Wabanaki Territories Explore stereotypes about Indigenous Peoples and their impact on relationships, workplaces, and communities. This interactive session challenges assumptions and promotes respect, understanding, and allyship through reflection, Indigenous drumming teachings, a traditional drum song, and discussion.	November 12	10:30am	Registration

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

HEALTH & WELLNESS ACTIVITIES

ACTIVITY	DATE & TIME	LOCATION	LINK
Knitting Club 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 Lobby	Registration
Women Sewing Program Whether you're just starting out or have been sewing for years, our Sewing Circle is a welcoming space for everyone! For more information: community-liaison@mcaf.nb.ca	November 14 & 28 9am-12pm	Room 138	Registration
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.	November 7 & 21 9am - 12pm	Room 138	Registration

ACTIVITY	DATE & TIME	LOCATION	LINK
Art for Wellness & Connection Create your own art, explore new forms of expression, and take time to pause, reconnect, and support your well-being in a welcoming environment! No prior experience needed.	Thursdays 12pm-1pm Fridays 4-5PM	Room 137	Registration

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	November 3, 10am-12pm

MASCULINITY WORKSHOP: REAL CONVERSATIONS, STRONGER COMMUNITIES

Join us for a facilitated group discussion designed for immigrant and newcomer men from diverse cultural backgrounds. Together, participants will explore how culture, family, society, and personal experiences shape ideas of masculinity.

The workshop will focus on healthy masculinity, emotional well-being, respectful relationships, communication, family and fatherhood, and positive community participation, while providing a supportive space to share experiences, connect with others, and learn practical tools.

Date: December 2nd
Time: 1 - 3PM
Location: MCAF
Open to: Immigrant and newcomer men

Scan To Register

FLU VACCINE CLINIC

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

Date & Time: Friday November 20, 10am - 12pm
Location: MCAF - Wellness Centre
For more information & registration: maha.elsherif@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**

INFORMAL LANGUAGE LEARNING

SESSION	DATE & TIME
English Conversation Circle CLB 6+ In Partnership with United for Literacy	Saturdays, 9:30-11am MCAF
English Reading Book Club – CLB 3	Tuesdays, 12-2pm, Kitchen Upstairs
English Reading Book Club – CLB 4	Wednesdays, 5:30-7:30pm, Room 137
English Reading Book Club – CLB 5 In partnership with United for Literacy **Registration is available**	Wednesdays, 5:30-7:30pm, Room 138

CANADIAN ENGLISH LANGUAGE PROFICIENCY INDEX PROGRAM (CELPIP)

CELPIP 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 November, we're hosting online training sessions 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
November 6	Micro-credentials (Online)
November 10	Effective Networking (Online)
November 13	Mastering LinkedIn (Online)
November 16	Crafting Effective Cover Letter (Online)
November 18	Employer Networking Session (In-person)
November 20	Foreign Credentials Recognition (Online)
November 23	Personal Branding (Online)
November 26	Ass an employment coach (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.

Scan to apply

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)

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
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, in partnership with United for Literacy Support for various subjects including Math, Science, and English	Tuesdays & Thursdays 4pm - 5pm	FHS Library	High school
North Side Tutoring Program, in partnership with United for Literacy Academic support for multiple subjects	Wednesdays 4pm - 5pm	Wilson Row Community Center	High school
SWIS Multicultural Club A safe, welcoming space for newcomer students to build confidence, support mental well-being, and form social connections.	Thursdays Lunch Time	George Street Middle School	Newcomer Students

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

YOUTH ACTIVITIES

ACTIVITY	DATE & TIME	LOCATION
Art (Age 12+)	November 12 & 26 4:30 - 6pm	MCAF
Multi-Sports (Age 12+)	November 7, 14, 21 & 28 4:30 - 6:30pm	MCAF
Youth Group (Age 12+)	November 2, 9, 16, 23 & 30 4 - 6pm	MCAF
Girls Group (Age 12+)	November 2, 9, 16, 23 & 30 4 - 6pm	MCAF
Digital Literacy (Ages 12+)	November 2, 9, 16, 23 & 30 5 - 6pm	MCAF
Leadership Group (Grade 10 to 12)	November 11 5 - 6:30pm	MCAF

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

YOUTH GROUPS ACTIVITIES

ACTIVITIES & SESSIONS	DATE & TIME	LOCATION
Babysitter Training Course Open for newcomer youth between ages 12-18 years old.	TBD 9am-4pm	MCAF

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

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

MCAF BOARD OF DIRECTORS 2026–2027

The Multicultural Association of Fredericton (MCAF) held its Annual General Meeting (AGM) on October 28, 2026. We are pleased to announce MCAF's **Board of Directors for 2026–2027!**

Executive

- President: Dr. Bin Zhang, PhD
- First Vice-President: Theresa Bartlett-Chase
- Second Vice-President: Susan Morehouse
- Secretary: Manisha Varma
- Past President: Sandy Liu

Directors

- Donna Gordon
- Bo Miedema
- Bhaumick Pabari
- Subi Adhikari
- Lup Cheng Quek
- Yuba Raj Kafle
- Ernest Ndizeye



We extend our sincere appreciation to our Board members for their leadership, dedication, and commitment to advancing MCAF's mission of fostering a welcoming, diverse, and inclusive community. We look forward to another year of collaboration and meaningful community impact!

MCAF AWARD OF EXCELLENCE 2026

It is a great honour and privilege to announce the recipients of the MCAF Award of Excellence for 2026. This award recognizes an individual, group, or business that has made an outstanding contribution to promoting the vision, mission, and objectives of MCAF.



This year, the Award of Excellence is proudly presented to Dr. Alexis McGill and Dr. Tracey Rickards in recognition of their exceptional leadership and contributions to improving healthcare access for newcomers in Fredericton.

Through their dedicated leadership, the Refugee Integrated Care Clinic (RICC) was established in partnership with MCAF, the University of New Brunswick's Faculty of Nursing and Health Sciences, and the Fredericton Downtown Community Health Centre.

Their innovative, collaborative approach has improved access to timely, coordinated, and culturally responsive healthcare, particularly for government-assisted refugees. In its first six months, the clinic served 101 patients through 331 visits, while also providing valuable clinical experience to 46 nursing and nurse practitioner students.

Their commitment to addressing healthcare barriers and building stronger community partnerships has made a meaningful difference in the lives of newcomers and created a promising model for collaborative healthcare in New Brunswick.

Congratulations to Dr. McGill and Dr. Rickards, and thank you for your outstanding contributions to building a healthier, more welcoming, and inclusive community!

We acknowledge the financial support of:

Government of Canada / Gouvernement du Canada
New Brunswick / Nouveau Brunswick
Fredericton
Planning for Canada
New Brunswick Multicultural Council / Conseil multiculturel du Nouveau-Brunswick
UNB University of New Brunswick
S.U.C.C.E.S.S.
araisa
St. Thomas University

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