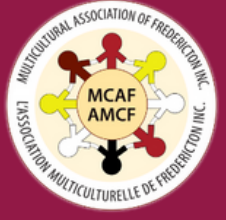


OCTOBER 2025 ISSUE

# MULTICULTURAL ASSOCIATION OF FREDERICTON INC. (MCAF)

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



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September/Septembre 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				



November/Novembre 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						

SUN/DIM	MON/LUN	TUE/MAR	WED/MER	THU/JEU	FRI/VEN	SAT/SAM
			1 First Day of Yom Kippur	2 Vijaya Dashami	3	4
5 World Teachers' Day Journée mondiale des enseignant(e)s	6 First Day of Sukkot Mid-Autum Festival Fête de la mi-automne	7	8	9	10	11
12	13 First Day of Simchat Torah Thanksgiving Action de grâces	14	15	16 Newcomer Health and Wellness Fair Foire pour la santé et le bien-être des nouveaux arrivants	17	18 Tihar
19	20 Diwali Laxmi Puja	21	22	23 Bhai Tika	24 Halloween Party Fête d'Halloween	25
26	27	28	29	30 AGM AGA	31 Halloween	

## 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)

October 29, 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

## 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>Become a Canadian Citizen</b> Learn about the requirements and how to apply for Canadian citizenship	October 8	9:30am	<a href="#">Registration</a>
<b>Information Session for Newcomer Women: Empowering Your Career</b> This session is designed to empower women both as they start and as they continue their employment journeys. We will explore practical topics such as navigating the workplace and promoting yourself and understanding pay equity	October 22	9:30am - 12pm	<a href="#">Registration</a>
<b>Cultural Café at Fredericton Public Library</b> Meet other newcomers and learn about diverse cultures	October 30	6pm	<a href="#">Registration</a>

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

## ACCESS TO ON-SITE COMMUNITY RESOURCES

### PARTNER

### DATE & TIME

**Cst. Rodney Wadden**, Community Liaison, Fredericton Police Force

October 2, 11am-12:30pm

## 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](#)

October 23  
12-1pm

MCAF  
Classroom 142

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

## HEALTH & WELLNESS FAIR

- Explore a wide range of health and wellness services available in Fredericton
- Connect with local health and wellness services for you and your family

**Thursday, October 16, 10am - 2pm**  
**MCAF - 28 Saunders St, Fredericton**



## 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 October, 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!**

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](#)!

DATE	SESSION
October 2	What is a Resume? - Resume Basics (Online)
October 6	Effective Networking Strategies (Online)
October 8	Networking Session: Skilled Trades NB
October 14	Personal Branding (Online)
October 16	Mastering LinkedIn (Online)
October 22	Networking Session: Delta Hotels Fredericton (In person)
October 24	Job Search Strategies for Youth & New Workers (Online)
October 27	Workplace Standards and Workers Rights (Online)
October 29	Ask 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.

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	Starting October 21 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>Basketball (Ages 15-19)</b>	Saturdays 12:30 - 2pm	Wilmot Park
<b>Soccer (Ages 15-19)</b>	Saturdays 2:30 - 4pm	Wilmot Park
<b>Volleyball 12+</b>	Sundays 12:30 - 2pm	MCAF
<b>Basketball (Ages 12-14)</b>	Sundays 12:30 - 2pm	Wilmot Park
<b>Basketball (Girls) 12+</b>	Sundays 12:30 - 2pm	Wilmot Park
<b>MCAF Youth Group 12+</b>	Mondays 5 - 6:30pm	MCAF
<b>Soccer (Ages 12-14)</b>	Wednesdays 4:30 - 6:30pm	Wilmot Park
<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)**

## SWIS INFORMATION AND ORIENTATION SESSIONS

ACTIVITIES	DATE & TIME	LOCATION
<b>Coast to Coast Program with White Ribbon - For Parents</b> Newcomer parents will learn about the Coast-to-Coast program, a 10-hour workshop by White Ribbon that educates boys on healthy masculinity and preventing gender-based violence.	October 8 10am - 12pm	MCAF
<b>Helping Your Children Stay Healthy and Safe in Winter - For Parents</b> This session will give newcomer parents tips on keeping children safe, warm, and prepared for school and outdoor activities during the Canadian winter.	October 15 10am - 12pm	MCAF
<b>Post Secondary Education</b> Join us for an information session to help newcomer students plan their education, earn credits, and access scholarships.	October 15 5 - 7pm	MCAF
<b>Diversity, Inclusion, and Anti racism</b> These sessions help newcomer students integrate into the community while building awareness of diversity, inclusion, and anti-racism in schools.	October 29 5 - 7pm	MCAF

**For more info & to register: [Habib.ly@mcaf.nb.ca](mailto:Habib.ly@mcaf.nb.ca) / 506-721-9704**

## HALLOWEEN PARTY

Newcomer children, youth, and their families are invited to join us for a fun-filled evening of trick-or-treating, games, and costumes. Come celebrate Halloween, make new friends, and enjoy this Canadian tradition together!

**October 24, 6 - 8pm at MCAF - 28 Saunders St**



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



**For more information & registration**

**[HIPPY@mcaf.nb.ca](mailto:HIPPY@mcaf.nb.ca)  
(506) 886-1321**



## CONGRATULATIONS TO NEWCOMER SCHOLARSHIP 2025 RECIPIENTS

The MCAF Newcomer Scholarship Fund assists newcomers to Canada with their post-secondary education. In 2025, 28 scholarships were awarded. Since its creation in 2011, the Newcomer Scholarship Fund has awarded 156 scholarships, valuing \$260,500.

Funding for the scholarship is obtained by charitable donations and fundraising events operated by MCAF and partners. Sincere thanks to donors who support our efforts to assist newcomers. To find out how to donate, please visit our website <https://mcaf.nb.ca/en/donate-now/>



**(L-R) Back:** Meron Foto, Ahmad Hussain, Hamza Alawad, Sina Bahadori, Wazerah Albog, Fatima Alkadah, Daren Bdeiw, Hadeel Alkhateeb, Maryam Alhawari, Wicha Dolbeit, Maria Belkahla, Lois Yappi Ange, Kinana Hmeidani, Mahaba Alrayes

**(L-R) Front:** Yannick Karuranga, Cleopas Nsengiyumva, Soufiane Amribt, Rayan Alfarhat, Somaya Al Awad, Emmanuel Nkurunziza, Samaa Alturk, Micrielle Manga, Janah Ouf, Jana Salem, Asil Mohamad Ghazi, Abdul Ghafar Mehrparwar, Jingmin Liang, Wael Dolbeit

## TERRY FOX RUN/WALK

MCAF staff and clients came together to participate in the Terry Fox Run 2025, raising funds for cancer research.

Together, we can make a difference! If you'd like to support our efforts and contribute to this important cause, you can make an online donation here:

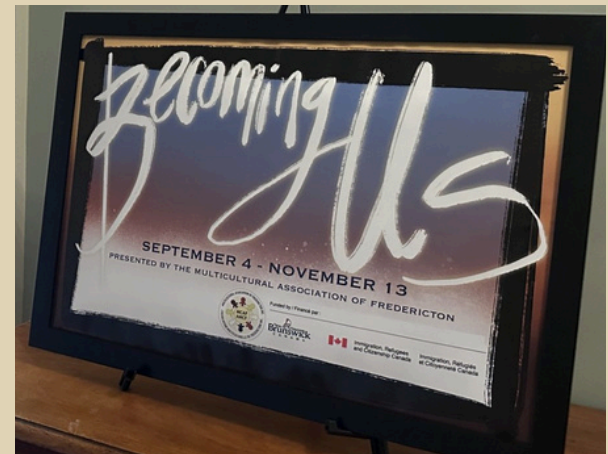
<https://schools.terryfox.ca/101559>



## “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





## ETHNO-CULTURAL GROUPS UPDATES

### Chinese Cultural Association of New Brunswick (CCANB)



#### Happy Mid-Autumn Festival!

To celebrate the mid-autumn festival, mooncakes will be distributed to CCANB members on Sunday, Oct. 5, 12:00–3:30 pm at the CCANB Chinese School (Margaret Norrie McCain Hall, St. Thomas University). A special thank you to our volunteers who lovingly handmade the mooncakes for everyone!

#### CCANB Membership & Class Registration Continue !

Activities & courses for All Ages / Every Sunday 12–4pm (holidays off)

Margaret Norrie McCain Hall, St. Thomas University, 51 Dineen Dr, Fredericton, NB

How to Join: - Complete the membership registration at <https://ccanb.ca/article/about/membership>  
AND e-transfer to [ccanb@ccanb.ca](mailto:ccanb@ccanb.ca)

- Complete Class Registration at <https://ccanb.ca/article/chinese-school/chinese-school-registration>  
AND e-transfer to [ccanb@ccanb.ca](mailto:ccanb@ccanb.ca)



Scan QR Code



Scan QR Code

#### Public Lecture: Securities Investment & Risk Management

Speaker: Mr. Junjie Dai, FRM, Investment Manager

Session in Chinese

October 5, 3–4 PM, #204, Margaret Norrie McCain Hall, St. Thomas University

Free & open to all · No registration · Be respectful · Photos/video may be used for promotion.

We acknowledge the financial support of:

Fredericton

New Brunswick  
Nouveau Brunswick



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isans | Immigrant Services  
Association of Nova Scotia



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