



**Mennonite  
Central  
Committee**

## New Foundations

*A financial literacy, life skills, and job readiness program for newcomers to Canada*

Moving to Canada can be overwhelming! The New Foundations program in Victoria, B.C. provides a supportive learning environment for newcomers to strengthen their knowledge and skills for life in Canada.

- **Program cost:** Free. Includes childcare for preschool-aged children.
- **Group Workshops:** Meet as a group every other week for a 2-hour workshop. Topics include:
  - Creating a budget on a small income and tips for saving money.
  - Job search ideas and interview preparation.
  - Healthy ways to manage stress.
- **Individual Meetings:** Meet with one program staff each month. All conversations are private.
  - Ask questions about life in Canada.
  - Create personal goals.
  - Establish financial goals and create a budget.
- **Community Kitchen:** Learn to cook healthy, low-cost meals with ingredients from Canadian stores.

### Who is this program for?

- Newcomers (people new to Canada);
- with conversational English and basic reading and writing skills;
- who are unemployed or underemployed.

*People meeting these criteria will be given priority. Other individuals may be considered. Please contact the program coordinator to discuss eligibility (250-532-0157).*

### When

October to May

### Where

Downtown Victoria, British Columbia

### Apply or request information

Contact Michelle, New Foundations Program Coordinator

Phone: 250-532-0157

Email: [newfoundations@mccbc.ca](mailto:newfoundations@mccbc.ca)

