



**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, BC 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.
- **Workshops:** Meet as a group for 2-hour workshops.  
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.
  - Create a budget and track expenses.
- **Community Kitchen:** Cook healthy, low-cost meals that can be easily made at home.

## Am I eligible for this program?

MCC receives many applications for the New Foundations program. Applicants who meet these criteria are prioritized:

- Newcomers to Canada
- Must have conversational English competency and basic reading/writing skills
- Applicants must be unemployed or underemployed

*People meeting these criteria will be given priority. Other individuals may be considered. Please contact the program coordinator to discuss eligibility.*

### Downtown Victoria

October 2, 2024 - May 28, 2025

*Alternating Wednesdays; 16 workshops;  
8 individual meetings*

#### Contact Michelle

☎ 250-532-0157

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

### West Shore

October 3, 2024 - May 29, 2025

*Thursdays; 16 workshops; 8 individual meetings*

#### Contact Patti

☎ 778-870-4573

✉ [newfoundationswestshore@mccbc.ca](mailto:newfoundationswestshore@mccbc.ca)

