



# New Foundations

*A free financial, life and job skills program for newcomers to Canada.*

Moving to Canada can be overwhelming! The New Foundations program helps newcomers to build skills for life in Canada.

- **Program cost:** Free, with childcare for preschool-aged children.
- **Group Workshops (weekly or bi-weekly, 2 hours):**  
Topics include:
  - Budgeting on a small income.
  - Job search and interview skills.
  - Stress management.
- **Individual Meetings (monthly, private):**
  - Ask questions about life in Canada.
  - Set personal and financial goals.
  - Create a budget.
- **Community Kitchen:** Learn to cook healthy, low-cost meals with Canadian ingredients

## Who can apply?

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

- Newcomers with basic conversational English and reading/writing skills
- Unemployed or underemployed individuals

## Deadline to apply

September 25, 2025

### Downtown Victoria

October 1, 2025 - May 27, 2026

*Alternating Wednesdays; 16 workshops;  
8 individual meetings*

#### Contact Michelle

☎ 250-532-0157

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

### West Shore

October 2, 2025 - May 14, 2026

*Thursdays; 16 workshops; 8 individual meetings*

#### Contact Patti

☎ 778-870-4573

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

