

The Citizen

DURHAM REGION'S
DIVERSITY FOCUSED NEWSLETTER
Issue 17 2013



Back to school and back to work: Welcome Autumn!

September is here and with it a new school year and for many of us, it's also a time to get back to the regular schedule at work. After a summer of long weekends, visits to cottages, evenings spent in the garden or on sports fields, as the days become shorter, autumn is a shift in how we spend our time.



Fall signals a new year for students from junior kindergarten to university. Students are getting used to new teachers, new classmates and new topics to learn and while they may not be enthusiastic to be losing the freedom of summer, the start of a new school year is exciting. Starting a new school can also be stressful, especially for newcomer

students but the SWIS program (see page 3) is there to help newcomers and their families to settle and integrate into their new schools and communities.

The colleges and universities are also welcoming new international students this September – welcome to Durham! Durham is host to hundreds of international students from more than 20 countries. Many participated in the second annual “Welcome to Durham” event on Sept. 5 hosted by the City of Oshawa, Durham Region Transit, the Region of Durham, and the Local Diversity and Immigration Partnership Council (LDIPC).

Employment agencies and organizations see an increase in job seekers in September and so this issue of The Citizen includes a number of articles on different **Employment Ontario** service providers to help you in your job search. The Durham Immigration Portal (www.durhamimmigration.ca) is also an excellent resource for information on working in Durham.

Words in **red** throughout the newsletter are defined in the glossary on page 10.



In this issue ...

Back to school and back to work	1
LiNDR	2
WMRCC	2
SWIS program	3
Celebration of culture: Durham LifeBeat Band-A-Thon	3
Mental Illness Awareness Week	4
Welcome Centres	4
Celebrating Pickering	5
Starting work early: Building transferable skills	5
Un Carrefour francophone ver l'emploi	6
META	6
Canadian Hearing Society	7
Durham College Community Employment Services	7
Employment fraud awareness	8
Durham Immigration Portal: What's new	8
Footprints 4 Autism	9
Cool, refreshing water	9
Emergency preparedness	10
Glossary	10
LDIPC recruitment	11
Success story	12

LiNDR: Supporting literacy in Durham to improve job readiness

Whether you have lived in Durham for years or are newly arrived, sometimes we all need a bit of help. The Literacy Network of Durham Region (LiNDR) is one of sixteen organizations across Ontario that provides resource and research support to Literacy & Basic Skills programs. Providing service across the region, LiNDR conducts regular planning sessions with local literacy agencies to ensure that adults can access reading, writing and math upgrading in order to pursue further education, employment or independence goals.

Recently, LiNDR has developed a process called Enhancing Pathways that helps employment counsellors and community agencies determine clients' need for literacy or language programming. This project resulted in a referral chart that can be used to help people get to the specific type of education programs they need in order to be successful.

Since the spring of 2013, LiNDR has also worked with several other provincial and regional agencies across Ontario to develop a model for introducing Career Ladders. Career Ladders allow job seekers and workers of various skill levels opportunities to enter or advance into employment and training. This process accommodates the logistical challenges faced by workers who are trying to upgrade their skills and maintain a job at the same time.

For more information on the Literacy Network of Durham Region, please call 905-725-4786 or email jakata@lindr.on.ca.



Jennine Agnew-Kata
Executive Director, LiNDR

WMRCC: Celebrating 20 years in Durham

When a small group of dedicated volunteers came together in 1993 in Ajax their goal was clear: to establish an organization which would provide services and programs to support the most vulnerable population in Durham region. The organization was borne out of a needs assessment on violence against women in Durham region. The immigrant and racialized women who participated in the study recommended that a counseling centre focusing on issues affecting them was needed. Women's Multicultural Resource and Counselling Centre of Durham (WMRCC) is the name of that organization.

Today, WMRCC of Durham has supported and provided innovative programs and services to thousands of women, youth and children from diverse backgrounds with lived experience of violence and abuse. Other issues faced include immigration, settlement, integration, housing, employment, skills training and legal issues. Our service users come from different cultures, nationalities, religions, age groups, class, education, income levels, ability and sexualities.

The mission, values, goals and objectives of WMRCC of Durham remains so relevant 20 years after its inception. At WMRCC of Durham, we are committed to eradicating violence against women, youth and children; equity and access through a community process that respects diversity, inclusiveness and social justice. On June 15, 2013, WMRCC of Durham celebrated its 20th Anniversary of Building Hope in the community in a stylish way.

For more information about the work of WMRCC of Durham, please visit wmrccdurham.org, or contact us at info@wmrccdurham.org or 1-877-454-4035.

Esther Enyolu
Executive Director, WMRCC



SWIS: Settlement Workers in Schools program

The Settlement Workers in Schools (SWIS) program places settlement workers from community agencies in both elementary and secondary schools with high numbers of newcomer students. This program is funded by Citizenship and Immigration Canada.



Settlement workers contact newcomer parents and secondary students to help them with their settlement needs, make referrals to more specialized community resources, provide group information sessions for newcomer parents and youth and provide orientation to school staff about newcomer needs.

The two main SWIS orientation programs are the Newcomer Orientation Week (NOW) and the Welcome and Information for Newcomers (WIN) program. The NOW program provides newcomer high school students with an orientation over a 3.5 day period during the summer. This program helps to orient students to their school by using Peer Leaders (students who were newcomers in recent years). The WIN program helps students entering grades 6 and 7 by using the same elements of the NOW program but it is only one day in length. This program provides a basic introduction for newcomer students to provide a positive foundation for parents and students to interact with the school and settlement worker.

For more information about the SWIS program in your child's school, contact the SWIS team at the New Canadians Centre (www.nccpeterborough.ca/?page_id=2748) for schools in Clarington. For schools in the rest of Durham, contact CDCD at www.cdcd.org.

Oliver Forbes
Manager, SWIS Durham

A celebration of culture: Durham LifeBeat Band-A-Thon

With community support from a broad cross section of civil society that includes: multicultural and religious organizations; the social service sector; service clubs; law enforcement organizations; local schools, colleges and universities; the business sector; press and media outlets – locally and nationally; and, different levels of government, excitement is building throughout Durham in support of Durham LifeBeat 2013. Durham LifeBeat is a 24 hour Band-A-Thon Musical Fundraiser, for the Rouge Valley Health System Foundation (RVHSF) Ajax- Pickering hospital.

This year's goal for the 24 hour Band-A-Thon initiative has been set at \$100,000. Ever Giving Foundation musicians and singers will again use the successful 24 hour non-stop concert approach for their Band-A-Thon event at Pickering High School. Musicians, dancers and singers from local schools, colleges and universities, plus performers from throughout Durham region representing

different multicultural organizations will also be performing on Sept. 27 and 28 to raise funds for the RVHSF.

Band-A-Thon organizers are adopting a two-fold approach to raising funds for the RVHSF. All artists, performers, and participating organizations have been asked to gather pledges to support the fundraising initiative. Secondly, organizers are approaching local businesses in the community and asking them directly to become a corporate sponsor of the fundraiser. For more on Durham LifeBeat 2013, please visit www.durhamlifebeat.com.



Roland Rutland
Baha'i Durham





Mental Illness Awareness Week

In Canada, Ontario and Durham region, if you are experiencing **mental illness**, you are not alone.

The 2013 Mental Illness Awareness Week (MIAW) will be held Oct. 6 to 12. MIAW is a national public education campaign held annually to create better understanding of the reality of mental illness. Posters, brochures and bookmarks featuring the stories of Canadians living in recovery from mental illness are part of the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) campaign Faces of Mental Illness, a campaign working to help reduce **stigma** attached to mental illness.

It is estimated that 1 in 3 Canadians experience mental health problems each year. However it is not just those with mental health problems who are affected, so are their friends and family. MIAW helps to eliminate stigma and increase awareness of mental illness.

On Oct. 2, the Faces of Mental Illness breakfast on Parliament Hill will bring together Members of Parliament, prominent decision makers, CAMIMH members, and faces of the Faces of Mental Illness campaign to engage in a discussion about the need for increased access to mental health services.

For more information please visit www.camimh.ca/mental-illness-awareness-week-english/.

If you or a family member are looking for mental health support in Durham, you can contact Durham Mental Health Services (www.dmhs.ca) or the Ontario Shores Centre for Mental Health Sciences (www.ontarioshores.ca).

There are a number of community outreach programs in Durham that work to combat the stigma of mental illness. If you're interested in having speakers visit your school or workplace, contact the TAMI program (tamidurham.ca) or the Community Education program at Ontario Shores (www.ontarioshores.ca/cms/One.aspx?portalId=169&pageId=434).

Moving to a new country can be a very stressful time. There are a number of community supports to help families and individuals deal with stress, depression and more serious mental health issues. For additional information on mental health issues, visit www.durhamimmigration.ca/living/healthcare/Pages/Mental-Health.aspx

 <p>Services provided free of charge to clients Des services sont aussi disponibles en français.</p>	<ul style="list-style-type: none">■ Settlement Services■ English Language Classes■ Employment Supports■ Accreditation Information■ Interpretation Services	AJAX 458 Fairall Street, Unit 5	
		PICKERING 1400 Bayly Street, Unit 5 1-877-761-1155 info@welcomecentre.ca	
welcomecentre.ca		 Funded by: Citizenship and Immigration Canada	Financé par: Citoyenneté et Immigration Canada

New to Pickering? Get to know your community

You are invited! Are you a newcomer to Pickering? Need to book a room for a special event? Thinking about getting in shape? Having trouble with a new electronic device? Wondering who to call about a building permit? We can help!

We want to get to know you and help you get to know your new community, at Pickering Civic Complex.

Visit Pickering City Hall, Central Library and Recreation Complex on Saturday, October 19th from 12:00 pm to 3:00 pm to learn about the services that we offer. This fun, interactive event is suitable for the whole family. And, you might even win an iPad from our sponsor just by dropping in!

Enter to WIN an iPad mini. Sponsored by FUTURE SHOP. Community Standard by Future Shop Pickering. City of PICKERING. LIBRARY. RECREATION COMPLEX.

1 Save the Date
Saturday, October 19th, 12:00 pm - 3:00 pm

2 Learn
Visit and learn about your City:
• meet City staff
• meet community agencies
• refreshments
• activities & giveaways

3 Win
Visit www.pickering.ca/welcome for details.

For details visit pickering.ca/welcome or aplaceforall.ca/yourcity.

Starting work early: Building transferable skills

In Canada, it is common for young people to have jobs and work independently during high school and while attending university. Part-time work builds confidence, gives the student financial independence and most importantly gives students exposure to the real working world. The minimum age for working in Ontario is 14 for most types of work.

Entry-level jobs are the gateway to employment. Retail and service jobs are opportunities to learn time management, customer service, team work and independent decision making skills.

For students and for those new to the Canadian workplace it cannot be underestimated how many **transferable skills** are developed through a seemingly simple retail transaction. These skills coupled with training and education are all part of resume building that leads to employment.

Summer employment has historically been a great opportunity for both high school and college students to build skills. Competition for student jobs is high but there are many organizations that help students find jobs or even to start their own business. Keep an eye on local employment service providers, talk to school guidance counsellors, or search out on-campus job boards to see what might be out there for you.



Un Carrefour francophone vers l'emploi

Le Centre d'Emploi Francophone de Durham (CEFD) (www.emploi.cofrd.org) est une structure financée par Emploi Ontario est gérée par le COFRD (Conseil des Organismes Francophones de la Région de Durham).

Le CEFD aide les Ontariennes et les Ontariens de la région de Durham à trouver un emploi. Nous aidons aussi les employeurs à embaucher des personnes possédant les compétences qu'ils recherchent.

Notre principale particularité est que nous sommes le seul centre d'emploi de la région de Durham qui offre des services en français. Cette particularité nous donne l'avantage d'avoir une clientèle bilingue.

Les avantages d'embaucher des personnes bilingues et d'origine variée sont nombreux pour les employeurs de la région. En effet cela permet entre autres de :

- Comblent les lacunes en matière de service à la clientèle
- Accroître les possibilités pour le commerce interprovincial et international
- Atteindre les communautés ethniques et développer des nouveaux marchés
- Démontrer la capacité de votre entreprise de servir des besoins divers

Notre centre d'emploi est un carrefour vers le succès aussi bien pour les chercheurs d'emploi que pour les employeurs.

Venez donc nous rencontrer au 57 rue Simcoe Sud, suite 2H et profitez de nos services sans frais.



Paul Muamba
Agent de développement

META: Serving people with disabilities



META Vocational Services Inc. is a private, non-profit organization established in 1981.

We provide employment and vocational programs and services to individuals with disabilities or other barriers to employment living in the Durham Region and surrounding areas.

Programs at META are funded through Employment Ontario and the Ministry of Community and Social Services. All programs are offered to clients at no cost. Clients who are unemployed or underemployed may access the Growth Opportunities Program. As a designated Ontario Disability Support Program (ODSP) 'Employment Supports' provider, clients who are accepted by ODSP for this program may choose META as their job search support agency.

Clients will meet with an Employment Counsellor to assess their needs and will work together to develop an individualized return to work action plan. We take pride in our ability to serve persons with disabilities to employment and have a caring and knowledgeable staff with expertise in the area of **vocational rehabilitation**. For more information, visit metavocational.com.

Pauline Bennett
Program Manager, META Vocational Services Inc

Canadian Hearing Society: Employment Ontario service provider

The Canadian Hearing Society (CHS) is a not-for-profit agency and the leading provider of services, products, and information that remove barriers to communication, advance hearing health, and promote equity for people who are culturally Deaf, oral deaf, deafened and hard of hearing. The individuals accessing the CHS Employment Services (ES) program often face huge communication, attitudinal and cultural barriers and therefore benefit from specialized supports and advocacy with employers, training institutions and other agencies to ensure culturally appropriate and accessible services.



Clients of the ES program can expect to receive an action plan tailored to their individual employment needs, whether that be resume creation and critiquing, cover letters, interview skills and preparation, labour market information, career planning, Second Career/retraining assistance as well as referrals and partnerships for additional employment supports as necessary in the Durham community. CHS provides specific expertise and resources to accommodate hearing loss and are knowledgeable in the assessment and recommendation of appropriate accommodations in workplace settings. Accessibility also includes providing service in the first language of the culturally Deaf and therefore American Sign Language (ASL) is utilized as part of the program. For further information contact Darren Bailey, Employment Consultant at 905-404-8490, dbailey@chs.ca or TTY 1-888.697.3617

Darren Bailey
Employment Consultant

Durham College Community Employment Services: Connecting you to your future

Whether you are an employer or job-seeker, the team at Durham College Community Employment Services can help you. These services are open to everyone. We have locations in Uxbridge, Port Perry, Beaverton, Cannington, Oshawa, Bowmanville and Port Hope and are devoted to connecting great employers with great employees!

Looking for employment? Register at our centre to have access to all of our free services including workshops, local job postings and one-on-one resume, cover letter and interview assistance. You'll also have access to computers, internet, photocopying, faxing, and telephone. If you'd like more in-depth assistance or are interested in Second Career or Ontario Self Employment Benefit (OSEB), schedule a meeting with one of our knowledgeable case managers for additional support and guidance!



Hiring new employees? We can circulate job postings at your discretion throughout Durham region, identify and match appropriate candidates, and facilitate work placements including job tests and hires, while potentially offering incentives to assist you with training costs – all for free!

Visit employmenthelp.ca for more information on our services, hours and locations and to see some of our current job postings! Your job is out there – we'll help you find it!

Danielle McIntyre
Employment Advisor, Durham College



Improving settlement outcomes: Employment fraud awareness

Do you want to make \$1,000 a day working from home? Does it sound too good to be true? How many times have you read an email, a message on the side of the road or an ad posted offering easy money?

Criminals target people who desperately need more money. Unfortunately, some new immigrants to Canada are included in this group. One **scam** that we deal with continually is the secret shopper scam. The criminal gets you to sign up online and then you receive a cheque in the mail. You cash the cheque and spend a percentage on purchases at area **big box stores** and then send the remainder back to your so-called employer through Western Union. Of course, the cheques are fake and the victim then owes the full amount to their bank. This often results in the bank terminating their banking relationship with the victim which causes a **ripple effect** as the victim then may experience difficulty opening a new account at a new bank because of the **fraudulent** cheque deposit.

Anyone sending you a cheque from an online interaction of any kind should alert you to a possible **fraud**. We encourage potential victims to take that cheque to the bank and confirm it's legitimate. To be extra careful, wait until the cheque officially clears. Even if the bank teller says the cheque is fine, you are still responsible if the teller was wrong.

Another employment scam is the temporary worker scam which is often run by criminals from the same ethnic group as the new immigrant.

Criminals offer regular temporary work doing various jobs but then charge a fee to 'train' the new immigrant and once they start working take an unfair percentage of their income. Often the criminals will pay cash to avoid taxes, which encourages the new immigrant to evade taxes as well. In Canada, a legitimate employment agency doesn't take money from the temporary worker; they get their money from the company requesting the workers.

Unfortunately, there are criminals who take advantage of new immigrants to our country. If it sounds too good to be true, it is usually some form of a scam. If you think you have been a victim of a fraud or require information to avoid being a victim of fraud, please do not hesitate to call us or visit one of our local Police offices across the region. For more information, please visit our website at www.drps.ca.



Inspector Bruce Townley
Durham Regional Police Service
Co-Chair of the Chief's Diversity Advisory
Committee (DAC)

Durham Immigration Portal: What's new?

In response to discussions with community partners a number of new sections have been added to the Durham Immigration Portal (www.durhamimmigration.ca) and some major edits have been made to other sections. The new sections are on children and youth, health, the LGBTQ community, Canadian Citizenship, and seniors. This new information provides an overview of key topic areas with links to community service providers and resources for detailed information and programs. You are encouraged to explore these new sections and as always, send any comments or suggestions to immigrationportal@durham.ca.

Footprints 4 Autism: Volunteers needed to support families living with autism

If you are new to Canada or just to Durham region, you may be struggling to locate local, affordable respite care for your child who is diagnosed with autism. FOOTPRINTS 4 Autism is a respite day program for families with children, aged 13 years and under, who have been diagnosed with Autism Spectrum Disorder (ASD). Programs are offered in Pickering and Whitby.



A volunteer-staffed respite program, FOOTPRINTS 4 Autism provides respite care in a safe and happy environment. Volunteers have a range of linguistic abilities including Arabic, Tamil, Mandarin, and French. The program uses the Picture Education Communication System (PECS) to communicate with those who have limited language skills. Children participate in a variety of activities in a caring and socially engaging environment. FOOTPRINTS 4 Autism gives families a very precious gift – the gift of time.

Both FOOTPRINTS 4 Autism locations have volunteer opportunities available for people aged 16 years and older. If you have a teen needing to complete high school community hours, or if you are looking for some hands-on, practical experience working with children diagnosed with ASD, FOOTPRINTS 4 Autism may be the volunteer opportunity for you.

For more information, visit www.footprints4autism.org or call 905-420-0388.

Heather Johnson
Footprints 4 Autism

New to Canada? Cool, refreshing water straight from the tap!

Durham Region, and all of Ontario, is home to some of the best tap water in the world. Durham's tap water is clean, safe and reliable.

About 95 per cent of Durham's municipal tap water comes from Lake Ontario. The rest comes from underground sources and Lake Simcoe. The water is processed through a sophisticated system and is tested daily to ensure it is safe to drink. Durham's municipal water plants are continuously monitored by the Ontario Ministry of the Environment and Regional staff.

A secure, clean supply of water is one of the many benefits of living in Ontario, and did you know that drinking tap water also saves you money? A typical 355-millilitre bottled water costs, on average, \$2 from a vending machine. Municipal water from a tap in Durham Region is delivered at only a fraction of that price: less than one cent per litre.

Choosing tap water over bottled water is also good for the environment. By choosing a reusable glass or plastic container filled with tap water instead of commercial bottled water, you're helping the environment by saving natural resources.

The Region of Durham produces annual water quality reports. To view these reports, visit www.durham.ca, request a copy by email at works@durham.ca or call 905-668-7711 ext. 3488.



New to Durham? Preparing yourself for an emergency

Ontario is fortunate to experience four seasons of weather but each season can present different types of severe weather. Weather can change quickly and with little warning - temperatures above and below freezing, lightning, strong winds/tornados, heavy precipitation.

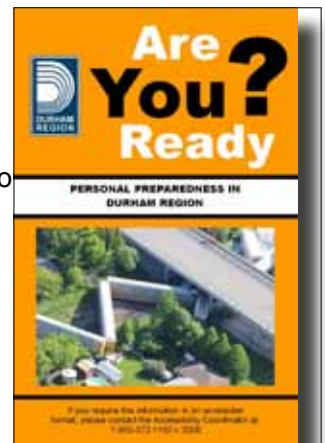
In Durham, at both the municipal and Regional levels, there are plans in place to keep you and your family safe during an emergency.

Severe weather watch versus warning

Watch: monitoring as conditions are present to make severe weather possible

Warning: a high probability severe weather will happen soon

Severe weather is not the only type of emergency Durham could face. Other examples include chemical spills, train derailments, flooding, power outages, explosions, etc.



Personal preparedness for emergencies

- Create a family emergency plan
- Monitor the news for weather reports and incidents in your area
- Keep several days medication on hand
- Learn how and when to take shelter (in basement or a closet during tornados, away from windows etc.)
- Shelter in place - stay indoors, close all windows and doors, shut off ventilation systems (e.g. furnace, air conditioner)
- Include your pets in personal preparedness
- Know your neighbourhood

For more personal preparedness information contact the Durham Emergency Management Office at 1-800-372-1102 or www.durham.ca/demo or visit your local municipal website.

GLOSSARY

Big box stores – Large suburban stores that typically sell one type of item (e.g. electronics) or other large retailers (e.g. Costco or Walmart).

Fraud / fraudulent – An intentional act to criminally deceive or trick someone, usually for financial gain.

Employment Ontario – The arm of the Ontario Ministry of Training, Colleges and Universities that funds community organizations to deliver employment programs.

Mental illness – An illness that affects the cognition or behaviour of an individual.

Ripple effect – Literally, this is what happens when a stone is dropped in a pool of water, successive bands of waves move outward from where the stone went into the water; used

figuratively this refers to the ongoing effects of an action.

Scam – Slang term for a fraud or criminal activity meant to deceive or trick someone usually for money.

Stigma – Negative thoughts associated with something or someone usually based on incorrect stereotypes.

Transferable skills – Skills learned in one situation that can be taken and applied in another situation.

Vocational rehabilitation – Training that allows a person living with disabilities to get the skills that they need to apply and get employment.



The LDIPC is recruiting!

The Local Diversity and Immigration Partnership Council's primary purpose is to act as a community advisory body lending direction to the development and execution of a Diversity and Immigration Community Plan for Durham region that will improve the settlement and integration experience of Durham residents.

Members of the Local Diversity and Immigration Partnership Council (LDIPC) are drawn from diverse sectors of the community representing agencies, school boards, faith groups, local business groups and the Region. It is recognized that any one member of the LDIPC can and should, when possible, represent more than one sector or organization. Members who can speak on behalf of a number of stakeholders and represent the broadest range of interests and voices are deemed key for the LDIPC. The LDIPC is seeking institutional and civic leaderships with a capacity to influence process and change.

The LDIPC is currently recruiting for four members from the following sectors:

- Community Member-at-Large
- Faith
- Francophone
- Business / Chamber of Commerce

Application Process

Please send a letter detailing your interest in becoming a member of the LDIPC. Please ensure that your letter includes the following:

- Full name
- Municipality in which you live
- Organizational affiliations if any

In addition, please answer the following questions (maximum 250 word response for each):

- Why you are interested in becoming a member of the LDIPC?
- How you think you can contribute to the work of the LDIPC?
- Which sectors do you represent and how do you influence them?

Applications are due at noon on Tuesday, October 15, 2013.

Applications should be emailed to ldipc@durham.ca. If you do not have access to email, please send your application to the following address:

Local Diversity & Immigration Partnership Council
c/o Audrey Andrews
605 Rossland Rd. E.
P.O. Box 623
Whitby, ON L1N 6A3



Success Story: Communication is key

Rona Khudayar came to Canada from Afghanistan as a twelve-year-old child. Her family fled the war in Afghanistan, moving first to Pakistan and then to Canada. They initially settled in Scarborough before moving to Durham a few years ago. They chose Durham because it was more peaceful, quiet and less hectic than living in Scarborough.

Rona learned English while attending boarding school in Pakistan and so for her the transition to a school in Canada was not difficult. She explains, "because I was in a English boarding school setting, I adapted to the Western society well when I came to Canada. I was very fortunate as it was really easy for me to get to know other people and get to talk to other people."

The family has been able to bring Rona's brother's family to Canada from Afghanistan this past year and the family is grateful to be together. Rona is impressed with the support that her brother's newly arrived family has received from the Welcome Centre and the SWIS program. Her nephews have participated in the SWIS pre-school programs and she feels that these will definitely help them as they make the transition to school in Canada. Her brother and sister-in-law are receiving language and employment supports through the Welcome Centre and they are confident that they will soon be employed and settled within the community. "They got answers on housing, schooling and other programs available for their kids over the summer, to help them practice their English before going to school. There were a lot of great programs for them and for their kids."

Rona's advice to other newcomer youth is to ask for help when you need it, "be willing to let other

people help you, because there are a lot of resources out there, you just have to ask for help". In addition, she adds, " your future is created by what you do today not tomorrow, so prioritize your time." She credits the teachers at her first school with helping her to settle and understand the new school system and culture by offering before school and after school help. Being a teenager can be hard and being a newcomer as well can add another layer of complication but Rona credits good communication between herself and her parents with making her teenage years easier. She explains, "I think trusting your child is the main thing that the parents can do, and a child needs to keep that trust by letting your parents be part of your life. You need to tell them on a day-to-day basis what you have done, what your issues were, the satisfying, and how you dealt with the unpleasant issues."

Rona is at Ryerson University and considers Durham home. She's happy and excited about what the future holds, and for her extended family - "I think my brother coming here, completes my family. My family is settled and we are all happy to be united once again." Rona's last piece of advice, "Canada is a society where you can integrate, where can you bring your culture and also take from other cultures. Therefore, go for your dreams and pursue them, so our future generation gets a better education, stable, and comforting, satisfying quality of life. There are lots of great opportunities available to excel oneself, creating lots of hope for everyone."



We look forward to hearing your stories and feedback. If you would like to subscribe or contribute to The Citizen, please contact us:

Email: diversitynewsletter@durham.ca | **Portal:** www.durhamimmigration.ca

Back issues: Visit www.durhamimmigration.ca for back issues of The Citizen by clicking on the Creating Community tab, and then clicking on the Diversity Newsletter heading. You can also sign up for the newsletter online. Please feel free to forward The Citizen to others.

