

connECT Spring & Summer 2021

A Magazine for Newcomers to East Central Saskatchewan

In this Issue:

Saskatchewan – the Land of the Living Skies

CONNECTING CULTURES

Canadian Immigration Classifications

Mental Health – In Light of Covid-19

Discover your local MUSUEM

And much MORE.....

A publication of



**EAST CENTRAL NEWCOMER
WELCOME CENTRE INC.**

WELCOME



Βίταεμο

جۆملىرى

Hoş geldin

ようこそ

Bienvenido

Tervetuloa

Hoan nghênh

Mabuhay

Willkommen

Üdvözlet

ਜੀ ਆਇਆ ਨੂੰ

Vítáme tě

أهلاً وسهلاً

Добро пожаловать

歡迎

ຍິນດີຕ້ອນຮັບ

환영합니다

Bemvindo

Καλώς Ορίσαστε

Fáilte

Bienvenue

Witamy

בבֿאַרְבֿן

Benvenuta

Welcome the Spring / Summer issue of connECt! We are excited about releasing our second issue of this online magazine to keep you informed and engaged in our communities here in East Central Saskatchewan!

connECt is offered twice a year, a Fall/Winter Issue and a Spring/Summer Issue. We hope you enjoy!

IN THIS ISSUE

Ask Our Staff	3
Saskatchewan – Land of the Living Skies	4
Interesting facts about Saskatchewan	6
Connecting Cultures	8
Immigration Classifications	10
Volunteer as a Board Member	13
Discover Museums	14
Mental Health in Light of Covid-19	16
Parkland College – EAL Program	19

ASK OUR STAFF

“What's your favourite summer activity or place to visit in the summer here in East Central Saskatchewan?”



My new favourite summer activity is gardening. I'm very passionate about planting my favourite annuals in our yard and taking care of the perennials. It gives me much pleasure and calm just sitting outside and watching them grow.

Another new thing which my husband and I started doing on the weekends is taking short trips to small communities in the region by taking the less travelled gravel roads. You'll find gems of points of interests and learn histories of the small communities including those which does not even appear on the map or GPS

- Edith



Going to different lakes is what I always love to do during the summertime. It is always nice going to the lake with family and friends, enjoying the weather and watching kids playing. We would bring a lot of food and just stay there for the whole day. This relaxes my mind.

- Jeisel



Since I came to Canada, I have discovered something new about me, I adore gardening and whenever I have time off, that is my passion. Facing the pandemic was not easy in the first place, then I have noticed that I could resource or boost up myself by keeping close to the mother nature. Like rightly said by Albert Einstein that "Look deep into nature.....and you will understand everything better"

- Amba



My favourite summer activities in East Central Saskatchewan are horseback riding at Madge Lake, hiking in the Qu'Appelle valley, and playing tennis at city tennis courts. We have a TON of Regional Parks in East Central Saskatchewan and they all offer something unique to visitors! Summer is definitely a favourite time to visit all the interesting places in our region.

- Leah



Golfing is one of my favourite summer activities and has been for most of my life! Golf allows me to get outside, enjoy nature and slow down to spend time with my family!"

- Shanley



My favourite activity in Summers is going for long walks. Getting outside and walking helps in unwinding the body and also the mind. It helps us be in the midst of nature and enjoy God's creation. I like walking on the Logan Green Pathway which is a 5.8 kilometres trail that winds and bends around the scenic areas of Logan Green in Yorkton.

- Anshu



My favorite summer activity would be traveling for my son's soccer games. Since my nephews and my niece also participate in the competitions, we make it into a family holiday trip. I also like other outdoor activities such as fishing and home improvements.

- Babatunde



Being out in the parks near Mother Nature is what I love to do during summertime in Saskatchewan - that's either going for a dip in the water (I can't really swim. Lol!), hiking, biking, camping for the bonfire, or simply going for a long walk watching the trees or listening to the birds.

- Freda



Saskatchewan – the Land of Living Skies

You may have noticed that slogan “Land of the Living Skies” on your Saskatchewan License plate. Have you ever wondered why?

Saskatchewan is called “The Land of The Living Skies” because its citizens have the largest and longest un-interrupted view of the wind system known as the jet-stream which passes through Saskatchewan 73.6% of the year bringing with it large amounts of interesting cloud formations and ever-changing weather systems. According to Environment Canada, Saskatchewan also receives more hours of sunshine than any other Canadian province.

Sometimes Saskatchewan’s giant sky seems to be alive. The orange and blue streaks surrounding the rising sun give way to puffy white clouds on a bright blue canvas. The clouds move and change all day long, until the reds and oranges of the sunset create a warm, comforting glow on the western horizon. In summer, the skies at dusk move slowly from pale blue to royal, then to indigo, then black. On a cloudless night, the heavens light up with thousands of twinkling stars, and the pale moon hangs bright and heavy in the sky. On many evenings, ghostly northern lights shimmer and dance to unheard music, inspiring awe and wonder.





And then sometimes Saskatchewan's giant sky IS actually alive! It starts with a sound off in the distance; was that a duck or a goose calling out? Wait, it sounds like more than one. Within seconds, the first V-shaped flock appears, the hard-working followers forming two giant lines behind a determined leader. Then another flock, then another, each one larger than the last. As you adjust your focus, you get goose bumps when you realize what

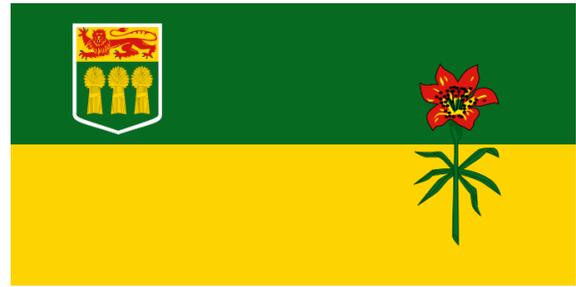
you're seeing. The sky has filled with birds, from directly above to as far as the eye can see. During the spring and fall migrations, both residents and those birds passing through find Saskatchewan's habitat to be a perfect gathering place or refueling stop.

Besides having living skies or rolling grasslands, there's more to Saskatchewan that meets the eye, much of its' land is untouched by human presence. Situated at the heart of Canada, Saskatchewan truly is a fabulous place which is well known for its natural fauna and laid-back lifestyle. Many people call Saskatchewan their home for its peaceful ambience and breathtaking natural beauty.



Source of information: Tourism Saskatchewan website and Wikipedia

Here are some more interesting facts about the Land of Living Skies:



1. Did you know that Saskatchewan is the only province in Canada with artificial borders!

Saskatchewan has the distinction of being the only Canadian province for which no borders correspond to physical geographic features (i.e. they are all parallels and meridians). Along with Alberta, Saskatchewan is one of only two land-locked provinces. All other provinces or territories use a body of water as a portion of their border.

2. Are you a big mustard sauce fan? Do you like mustard in your hamburgers or hotdog?

Then you'll be astounded by the fact that Saskatchewan is the highest producer of mustard in Canada. About 75% of mustard grown in Canada comes from Saskatchewan that's about 150,000 tons per year.

3. Have you ever struggled to pronounce or spell Saskatchewan and then wondered why the name Saskatchewan?

Well, the name of the province is derived from the Cree name for the Saskatchewan River, which is "Kisiskatchewanisipi" meaning "swift-flowing river." The modern spelling was adopted in 1882 when the area became a district of the Northwest Territories.

4. Do you know what Saskatchewan's second language is?

If you're guessing French, then we're sorry you are wrong. It's 'Cree' that's most commonly spoken in Saskatchewan. They're considered to be the 'First Nations People' in Canada making over 20,000 residence in Saskatchewan itself.

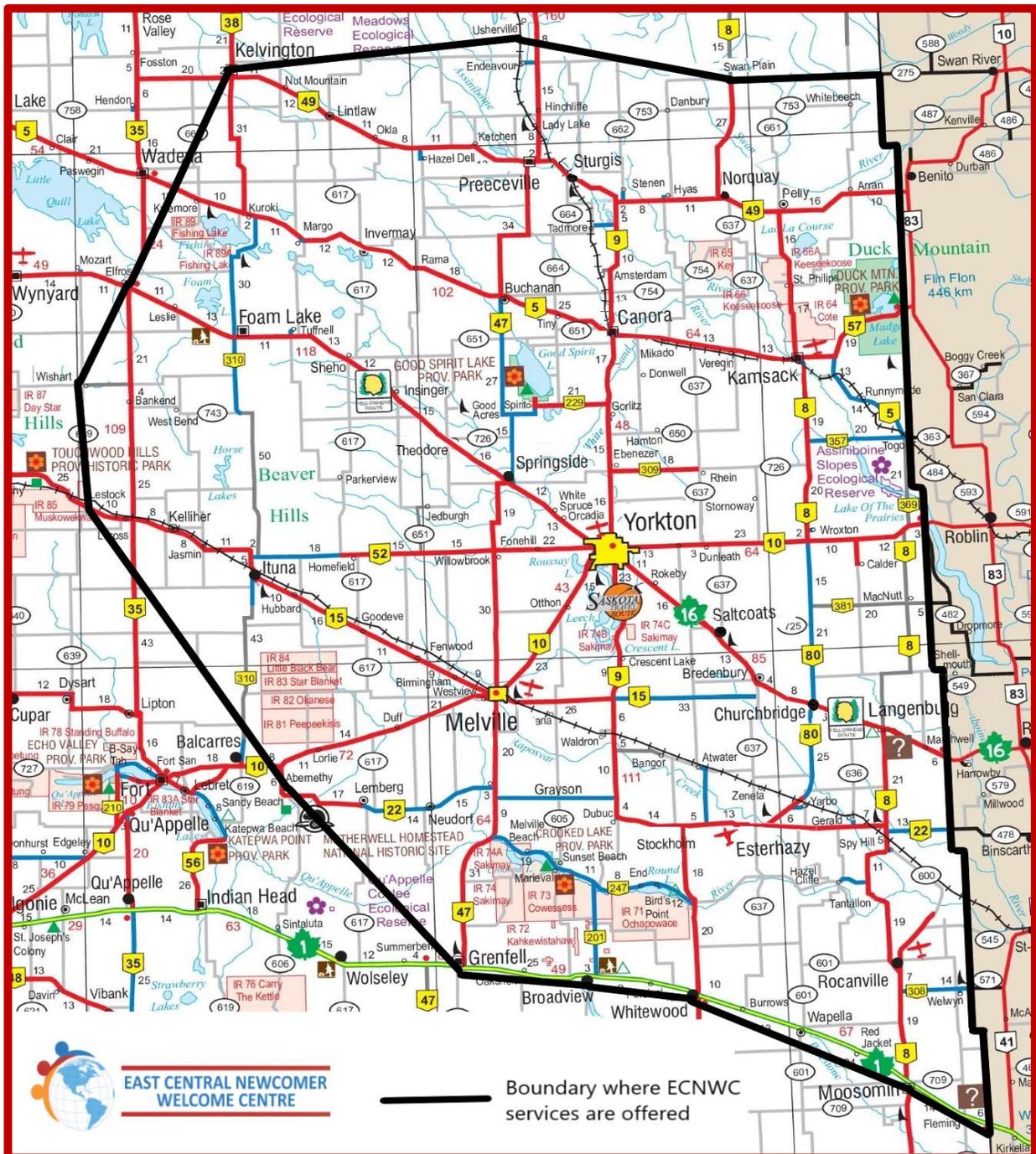
5. What are your plans for summer this weekend?

The most common answer you're going to hear is "heading to the lake". Despite its lush green fauna and picturesque landscape, the flamboyant – Land of Living Skies is made up of 100,000 lakes that makes up a total of 59,366 sq. km. of freshwater in Saskatchewan.

6. Is Saskatchewan only known as the "Land of the Living Skies"?

No, it's also referred to other names such as "The Bread Basket of Canada" or "The Wheat Province". Those names stem from the abundance of wheat fields here in Saskatchewan with over 54% of Canada's wheat production coming from Saskatchewan.

7. Did you know that our office provides settlement services to all East Central Saskatchewan!
 The approximate boundaries of our service area are outlined below and from a rough calculation we cover approximately 30,000 km²! That's quite a large area, in fact, our service area is larger than some countries such as Armenia (29,743 km²), Albania (28,748 km²), Haiti (27,750 km²) and almost three times the size of Jamaica (10,991 km²) or Lebanon (10,452 km²). Saskatchewan truly is a remarkable place and our clients have made a home in all corners of our service area!



Source of information: Wikipedia

Connecting

CULTURES

Presented by the East Central Newcomer Welcome Centre Inc.



Connecting Cultures is a series of videos highlighting a few of the cultures present in our community.

The East Central Newcomer Welcome Centre Inc. has clients from all over the world who settle in East Central Saskatchewan. We wanted to take this opportunity to celebrate, learn about and highlight the many cultures and diversity present in our area!

The presenters included in Connecting Cultures are from China, India, Ukraine, the Philippines, Nigeria and the First Nations culture.

Each presenter took the time to answer a series of questions and their answers were recorded and put together as a video. These videos provide insight into their own personal views, history, traditions and way of life. Please note, these videos represent the views and opinions of a single presenter and may not reflect the views of the entire culture.

The complete series is posted on our website at <http://www.eastcentralnewcomercentre.ca/connecting-cultures.html>

We hope you take some time to visit our website, watch the videos and learn about some of the cultures here in East Central Saskatchewan.

Enjoy!

We would like to THANK our presenters for sharing about their culture.



We would like to THANK our funders, the Multicultural Council of Saskatchewan and Saskatchewan Lotteries for making Connecting Cultures possible!



Also, a huge thank you to James Jiaxiang Zhu for his help in the creation of these videos.



How Canada Classifies Immigrants, Refugees and Canadian Citizens

The following definitions provide an overview of the classification of immigrants, refugees and citizens in Canada. These definitions were summarized from Immigration, Refugees and Citizenship Canada (IRCC) publications. To learn more, please refer to the [Government of Canada \(IRCC\) website](#) for official definitions and greater detail.

Canadian Citizens

In general a person is a Canadian citizen if:

- They were born in Canada.
Note: A child born in Canada to an accredited foreign diplomat is not Canadian at birth unless the other parent is a Canadian citizen or permanent resident at the time of the child's birth.
- They became a citizen by following the formal process in Canada.
- They were born outside Canada and one of their parents (legal parent at birth or biological parent) was either born in Canada or naturalized in Canada before they were born. The person in this case is the first generation born outside Canada;
- A person may be a Canadian citizen if they were born outside Canada from January 1, 1947, up to and including April 16, 2009, to a Canadian parent who was also born outside Canada to a Canadian parent (in this case, the person is the second or subsequent generation born outside Canada).
- A person may be a Canadian citizen if they were adopted outside Canada by a Canadian parent on or after January 1, 1947.

Permanent Residents

Permanent residents have been granted permanent resident status in Canada. They:

- must live in Canada for at least 2 years within a 5-year period or risk losing their status.
- have all the rights guaranteed under the Canadian Charter of Rights and Freedoms.
- do not have the right to vote in elections.
- may apply for citizenship after living in Canada for 3 years. Applicants must have a basic knowledge of English or French and be able to pass a citizenship exam.

The different categories of permanent resident are summarized below.

Family class

These permanent residents are sponsored by a Canadian citizen or permanent resident living in Canada and include: Spouses and partners—common-law; Parents; Grandparents; ‘Other’ family members include dependent children; children younger

than age 18 whom a sponsor will adopt in Canada; brothers, sisters, nephews, nieces or grandchildren who are orphaned *and* younger than age 18; another relative if the sponsor has no relative such as those already listed.

Economic immigrants

These permanent residents are selected for their skills and ability to contribute to Canada's economy. There are several subcategories of economic immigrant, including skilled workers, business immigrants, provincial or territorial nominees, live-in caregivers and the 'Canadian experience class'.

Government-assisted refugees (GARs)

GARs are permanent residents who are selected abroad for resettlement in Canada, either as 'Convention refugees' as defined under the [Immigration and Refugee Protection Act](#), or as members of the 'Convention refugees abroad class'. They receive resettlement assistance from the federal government.

Privately sponsored refugees

Sponsored refugees are permanent residents selected abroad for resettlement in Canada. They may fall within the 'Convention refugees abroad class', the 'source country class' or the 'country of asylum class' and are sponsored by organizations, individuals or groups of individuals. They receive no government sponsorship.

Refugees landed in Canada

These permanent residents have had their refugee claims accepted and have subsequently applied for and been granted permanent resident status in Canada. These people are otherwise known as "Protected persons in Canada".

Refugee dependents

Refugee dependents are also permanent residents. They are family members of a refugee landed in Canada who were either living abroad or in Canada at the time of application.

Other immigrants

Permanent residents in the 'other immigrant' category include:

- Post-determination refugee claimants in Canada
- Persons with deferred removal orders
- Retirees (no longer designated under the Immigration and Refugee Protection Act)
- Temporary resident permit holders
- Humanitarian and compassionate cases
- Sponsored humanitarian and compassionate cases outside the family class
- People granted permanent resident status based on public policy considerations.

Temporary Residents

Temporary residents are:

- Foreign nationals living lawfully in Canada on a temporary basis under a work permit, study permit, temporary resident permit or a visitor record.
- Individuals seeking asylum upon or after their arrival in Canada and living here pending the outcome of their claim.

The multiple categories of temporary resident—including foreign workers, foreign students, the humanitarian population including refugee claimants, and others—are summarized below.

Refugee claimants

Refugee claimants are temporary residents who request refugee protection upon or after arrival in Canada. A refugee claimant receives Canada's protection when found to be a Convention refugee, or when found to be a person needing protection based on risk to life, risk of cruel and unusual treatment or punishment, or in danger of torture as defined in the [Convention Against Torture](#). A refugee claimant whose claim is accepted can make an application in Canada for permanent residence. This application may include family members in Canada and abroad.

Foreign students

These temporary residents are in Canada principally to study in the observed calendar year. Foreign students have been issued a study permit. Under the Immigration and Refugee Protection Act, a study permit is not needed for any program of study that takes 6 months or less.

Temporary foreign workers

Foreign workers are temporary residents who are in Canada principally for professional or work-related reasons in the observed calendar year. This includes those working as live-in caregivers. Foreign workers have been issued a document that allows them to work in Canada.

Other humanitarian cases

Foreign nationals other than refugee claimants may be allowed to remain in Canada on humanitarian or compassionate grounds under special circumstances. These humanitarian cases include a small number of individuals who have never filed a refugee claim but who are processed under special programs established to handle exceptional cases.

To learn more, please refer to the [Government of Canada \(IRCC\) website](#) as all information in this article was found on the IRCC website. You can also review the Government of Canada's [Glossary of Terms](#) which is also found on their website.



Interested in Becoming a Board Member?

The East Central Newcomer Welcome Centre Inc is seeking applications from individuals interested in serving as a Volunteer Board Member who share our values and mission to help our clients achieve their settlement and integration goals.

The Board of Directors provides strategic planning and support, fiscal oversight and policy development to our organization. There are currently 5 vacancies. The board represents members of the community from Yorkton and surrounding areas (Melville, Esterhazy, Moosomin, Langenburg, Canora, Kamsack, Preeceville, Saltcoats, Bredenbury, Churchbridge, Whitewood, Broadway, Abernathy, Invermay, Foam Lake, Ituna, Grenfell, etc.)

Are you up for the challenge?

The Board functions as a collective body. The success of the Board depends on each individual Board member exercising responsibility through positive actions in the following areas:

- Being effective at Board meetings through appropriate preparation, regular attendance, active participation in Board discussions and willingness to volunteer for ad-hoc committee or other Board tasks;
- Be honest, candid, and respectful when interacting with other Board members;
- Understanding and supporting the Board governance concept and Board policies;
- Being familiar with issues affecting the organization including regional, provincial and national;
- Engaging in Board and self-development activities designed to promote Board effectiveness through Board development activities and by utilizing resources available in the organization;
- Attending organizational events and representing the organization to the community.

What we offer:

- An opportunity to exercise leadership skills by participating in the governance and strategic decision-making processes of the organization;
- A platform to network with people who have the same passion for local community services in a positive team oriented environment.

Commitments/Desired Expertise & Skills:

The Board Members meet approximately six (6) times per year virtually for now. Meetings at ECNWCI office in Yorkton may resume when the Covid 19 pandemic restrictions are totally lifted; The meetings are held in the evenings after 6:30 pm (usually taking place on the second Tuesday of the month); Have some experience in one or more of the following areas (but not required): Legal Affairs, Senior Level Corporate Leadership, Communications, Public Relations, Project Management, and/or Senior Level Accounting and Human Resources roles; Obtain and maintain a current, clear Police Record Check.

Closing date: June 15, 2021

If this sounds like you, and you hold similar values and are looking to join an organization that works hard to empower and support newcomers, immigrants and refugees, we hope you will consider joining us.

For more information, please contact Edith Montesclaros, Executive Director, East Central Newcomer Welcome Centre Inc., at emontesclaros@ecnwc.ca. Interested candidates are invited to email their Cover Letter and current resume to Edith.

ECNWCI is an equal opportunity organization and is committed to building a safe, inclusive environment for people of all cultures and backgrounds. All qualified candidates are encouraged to apply.

Did you know?

East Central Saskatchewan is rich in history and home to approximately 24 museums and a couple National Historical Sites!

Here are a couple examples of what's available to visit in our area:

National Doukhobor Heritage Village – Located in the village of Veregin



Declared a National and Provincial Historical Site the Doukhobor Village depicts the lifestyles and habits of the Russian Doukhobor People who immigrated to Canada in 1899. Settling on the prairies the Russian Doukhobors started to build a communal operated enterprise consisting of grain elevators; flour mills; brick plants and lumber mills. These hard-working, determined people lived in communal villages spread out on approximately three-quarters of a million acres of land. The Veregin Site operated until 1939.

Motherwell Homestead – Located about 3 km south of Abernethy



Create exciting family memories while discovering the important roles food and farming played in the First World War. Explore the home of Canada's Grand Old Man of Agriculture, W.R. Motherwell, when you step back in time and re-discover the joy of farming on the prairies in the 1900s. Join staff at work in the fields, caring for the many farm animals or in the old stone house.

Most Museums in our area are seasonal, which means they are open from usually mid-May and will stay open until about September. Before you venture out, it is recommended to call ahead for those details or visit the Museums website if they have one. Most of the museums will also charge a small admission fee to enter the museum so make sure to come prepared. To plan ahead you can visit the [Saskatchewan Museums website](#) and search the museum you wish to visit and find either the phone number or the website!

If you need assistance finding information on a certain Museum, do not hesitate to contact our office and we can help you out!



Mental Health in light of Covid-19

COVID-19 has affected every aspect of our lives, including our mental health. According to the Canadian Mental Health Association, 38 per cent of Canadians say their mental health has declined due to COVID-19, and people already struggling with their mental health were twice as likely to say their mental health has declined due to the pandemic.

COVID-19 has thrown us all in numerous unprecedented challenges, stresses and strains, many of the effects of which we are just now starting to recognize. Mental health is best understood as closely related to other aspects of health (e.g. physical, relational and spiritual health). As is true for health challenges of most kinds, there are few 'quick fixes' when it comes to mental health stresses and strains.

The strategies and tips outlined below will need to be customized specifically for you, and with focus, support and determination you can make significant strides toward better health.

Sleep well

Researchers and the medical community have long since known that good quality and age-appropriate quantity of sleep are absolutely vital components of mental health. Going to bed and waking up at consistent times is one aspect of 'sleep hygiene' (personal strategies for fostering healthy sleep patterns), more detailed resources of which are readily available online.

Be kind to yourself

As mentioned above, COVID-19 has confronted us with many stresses and strains that are completely new to us. Being able to adapt to present circumstances is a fantastic ability that we all have as humans, but it takes time, effort and some degree of 'trial and error.' Be careful not to cause extra strain on yourself and/or others by expecting perfect and immediate management of all that you are facing.

Regulate how much news and social media you expose yourself to

Though it is essential to be well-informed these days, there is a great deal of misinformation out there as well. In addition, being over-exposed to intense, traumatic stories and data about COVID-19 can be hazardous to mental health. Be selective in what you watch and in how much you watch. This is, of course, important for people of any age group.

Engage in activities of well-being

Much of our state of mind is related to the relative balance of neurotransmitters in the brain (i.e. chemicals that enable the brain to function properly). Here is a list of some activities that you can do, along with the neurotransmitters they produce, which will help maintain and enhance mental health.

1. Discover / accomplish / learn something (dopamine) - We all have different interests, but when you discover, learn or accomplish something new, dopamine will be released in your brain. These activities don't need to be on a grand scale. Even simple discoveries like finding a new place to hike, or basic accomplishments like completing a crossword puzzle, produce dopamine.
2. Accomplish something of intrinsic value (serotonin) - Engaging in compassionate, supportive and altruistic activities for others helps produce serotonin, a very significant neurotransmitter. Increases in serotonin, for instance, can be an important aspect of managing depression for some people.
3. Give someone you love a hug (oxytocin) - Don't take for granted the importance of appropriate human physical contact (though I recognize there are some current restrictions around this!). Hugs and other forms of physical contact, even petting a cat or dog, help produce oxytocin, often referred to as the 'bonding neurotransmitter.'
4. Exercise (endocannabinoids) - Physical exercises of various kinds activate the endocannabinoid system in the body, which has positive, balancing effects on an array of things such as sleep, memory, mood, metabolism, learning and cardiovascular function. Highlighting physical activity here helps us recognize that, as stated in working principle No. 2 above, physical health and mental health are extremely closely related.

Maintain spiritual and family traditions

Spiritual practices such as prayer, meditation, ritual and worship help us remember that we are not alone in our stresses and strains; provide us with sources of hope, healing and power beyond ourselves; and have long since been understood as being extremely important in mental health. Being intentional, too, about observing family traditions of various kinds, both formal (e.g. Thanksgiving, etc.) and informal (e.g. games night) provide means of establishing cohesion and stability, which are especially important during these COVID-19 days of separation, stress, ambiguity and upheaval.

There are but a few practical tips and strategies that you can explore to help maintain and enhance your mental health (and overall health). Please remember that there are supports and resources available during these times so don't hesitate to reach out for help.

Source: This article was published on January 28, 2021 on the Government of Canada's website by Captain Ernest Roberts, Chaplain, 4th Canadian Ranger Patrol Group



CHOOSING SOURCES OF INFORMATION CAREFULLY IS CRITICAL TO **COVID-19** MENTAL WELL-BEING

In the midst of COVID-19, it is increasingly difficult to avoid the bleak headlines and bright-red news banners. Staying informed is, after all, one way many of us try to win back a semblance of control. But while it's natural to seek information about this unfolding public health crisis, we must also take steps to protect our mental health.

With guidance from Dr. Keith Dobson, clinical psychologist and professor at the University of Calgary, the Mental Health Commission of Canada has compiled the following tips to help Canadians protect their mental health as they strive to safeguard their physical well-being and that of their loved ones.

1 Understand the fight-or-flight response

It's normal to feel anxious in the face of a threat. Our body's fight-or-flight response is designed to keep us safe by heightening our response to perceived danger. Part of that response is the release of stress hormones, which increase heart rate, blood pressure, and overall alertness.

The brain is continuously seeking new informational cues to re-assess the threat level. Unfortunately, if we bombard ourselves with COVID-19 details, headlines, and images, we reinforce the threat signal and perpetuate the stress response. Remember, the information we allow in will affect how we feel—and we should monitor that intake with care.

Because of the impact stress has on our body's immune system, managing it during a pandemic is critical to the success of strategies designed to reduce contagion or the severity of the illness.

2 Be selective about news sources

Where we seek information matters! Credible sources, such as the Public Health Agency of Canada and the World Health Organization give us plain facts to counteract the sensationalism and fear-provoking imagery found in the news media. Updates from neighbours or other kinds of hearsay are more likely to include selective attention to fearful cases and stories.

Carefully choosing our sources is the best way to ensure accuracy. While there is plenty of fact-based content on social media, because of the way it works it is also much more likely to turn hearsay into misinformation. The facts—as fluid as they may be—are essential to facing the situation appropriately.

4 Don't discount the power of language

When the media reports that rates of infection are "skyrocketing," for example, it can trigger more anxious feelings than if they'd said "increasing." Although it may be difficult, it's important to see through the sensationalistic language and focus on the message and the practical takeaways. If a particular news source uses a lot of alarmist language, consider avoiding that outlet altogether.

3 Consider the practical value of the information

Not all information is created equal. When we see images of workers in hazmat suits, empty streets, and armed guards, our brains detect a threat and react accordingly. Unfortunately, these images don't have a lot of value, as they convey very little meaningful or useful information. Where possible, focus on the facts in the story, not the extraneous details or peripheral images.

5 Set boundaries on news consumption

With such a rapidly evolving situation, it can feel like even a few hours without an update will leave us in the dark. But while the information about COVID-19 is constant, it is also highly repetitive. The more often we receive information, the more it will play on our minds, and the more difficult it will be to disengage.

So try limiting your updates to between one and three designated times per day. In the interim, make a concentrated effort to place your attention elsewhere. When it's time to re-engage, it won't take long to catch up.

For more information, visit www.mentalhealthcommission.ca/English/covid19



English as an Additional Language (EAL)

> Call: 306.786.2591

> Text: 306.994.3076

> Email: learn.eal@parklandcollege.sk.ca



Parkland College's English Language Training programs Assist Newcomers to Canada in improving their speaking, reading, listening, and writing skills in English.

If you're a Newcomer and English beginner,
they can teach you with a tutor.
Text "I want an English tutor" to 306.994.3076
to get started.

You may be eligible for EAL programs if you're 18+ years of age and a permanent resident, temporary resident, or Canadian citizen.

To register, you'll need immigration documents, a Social Insurance Number, and a Saskatchewan Health Card.

There is no cost to attend classes, but you must register and complete an English Language Assessment before you begin

<https://parklandcollege.sk.ca/programs/adultbasiced/eal.html>

East Central Newcomer Welcome Centre Inc.
Unit H, 132 Broadway St. West, Yorkton, SK S3N 0M4
Email: ecnwcinfo@ecnwc.ca
Tel: (306) 783-2777
www.EastCentralNewcomerCentre.ca



**EAST CENTRAL NEWCOMER
WELCOME CENTRE INC.**



Funded by / Financé par:



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



Government
of
Saskatchewan