



Call to register: 306-665-0268

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					BrightStart! 10 – 11:30 am	<b>2</b> Family, Fun & Fit Apex Trampoline Park 12 or 12:30 pm
3	WELL Exercise Yoga 10 – 11 am Landing and Settling 1 – 2:15 pm Computers Level 3 1 – 3 pm Computers Level 1 6 - 8 pm	Positive Parenting 10 am – 12 pm Learn to Knit 7:30 – 9 pm	6 ASCEND Workshop 12:30 - 2:30 pm Computers Level 3 1 - 3 pm Safety Rules Are Your Best Tools 4 - 6 pm Computers Level 1 6 - 8 pm	Group: 10 am – 12 pm Dental Health Coffee and Conversation 1 – 3 pm CHEF Thanksgiving Inspired Meal 4 – 6 pm	8 BrightStart! 10 – 11:30 am CHEF Thanksgiving Inspired Meal 4 – 6 pm Information Session Winter Driving 1 - 2:30 pm	Family, Fun & Fit Wonderhub Children's Museum Self-Guided 9 am – 6 pm
10	Thanksgiving Day Office Closed	Positive Parenting 10 am – 12 pm Caring Creations 2:30 - 5 pm Learn to Knit 7:30 – 9 pm	13 ASCEND Workshop 12:30 - 2:30 pm Computers Level 3 1 - 3 pm Safety Rules Are Your Best Tools 4 - 6 pm Computers Level 1 6 - 8 pm	Group: 10 am – 12pm Nutrition Coffee and	BrightStart! 10 – 11:30 am  Winter Preparation Information Session 12:30 - 2:30 pm	Free Flow Dance 10:30 – 11:30 am Online Family, Fun & Fit Wanuskewin Visit 12:30 pm
17	18 WELL Exercise Yoga 10 – 11 am Landing and Settling 1 – 2:15 pm Computers Level 1 6 - 8 pm Driving Theory 6:30 - 8:30 pm	19 Positive Parenting 10 am – 12 pm Caring Creations 3 – 5 pm Learn to Knit 7:30 – 9 pm Driving Theory 6:30-8:30 pm	20 ASCEND Workshop 12:30 - 2:30 pm Computers Level 1 6 - 8 pm GGP Meet Up: Games Night @ 7pm Driving Theory 6:30 - 8:30 pm	21 WELL: 10 am – 12 pm Positive Mental Health Coffee and Conversation 1 – 3 pm Restaurant Ready 4 – 5:30 pm Driving Theory 6:30 - 8:30 pm		Free Flow Dance 10:30 – 11:30 am Online Family, Fun & Fit Badminton Lesson 9:30 am
31Happy Hallowee	n! 25 WELL Exercise Yoga 10 – 11 am Computers Level 1 6 - 8 pm Safety Rules: First Aid/CPR 9 am – 5 pm	26 Positive Parenting 10am – 12pm Caring Creations 3 - 5 pm Weaving Words 7 – 9 pm Safety Rules: First Aid/CPR 9 am – 5 pm	27 MAP (Maternal Assistance Program) 10 – 11 am Occupational Research 1 – 3 pm Safety Rules: First Aid/CPR 9 am – 5 pm	28 WELL 10 am - 12 pm Better Sleep Coffee and Conversation 1 - 3 pm Restaurant Ready 4 - 5:30 pm Safety Rules: First Aid/CPR 9 am - 5 pm	BrightStart! 10 – 11:30 am  Restaurant Ready 4 – 5:30 pm	Free Flow Dance 10:30 – 11:30 am Online Family, Fun & Fit Pumpkin Carving 12:30 pm

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# October Programs 🏃

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# **Program highlights**

CHEF Thanksgiving Inspired Meal: (Oct. 7 and 8 at 4pm): Join us to learn to cook some of the traditional foods of this holiday, including pumpkin pie! Contact Carlie: carlie.russell@globalgatheringplace.com

**Restaurant Ready:** (Starting Oct. 21 at 4pm): Looking for work in the food industry? Join us to improve your customer service skills, gain your Food Safety certification, and target your resume for the job you want. Contact Carlie:

carlie.russell@globagatheringplace.com

Caring Creations: (Starting Oct. 12 at 2:30pm) If you want to learn new and relaxing hobbies and how to take time to care for yourself this fall, this program is for you. Feel free to drop in for one session or come for all three! Contact Marissa:

marissa.evans@globalgatheringplace.com

#### Information Session on Seatbelts and Car Seats:

(Oct. 22 at 1pm) Join this online safety session taught by SGI to learn about the laws, the right kind of car seat, and how to install properly. Make good decisions about riding safely. Contact Kris: <a href="mailto:kris.pabisiak@globalgatheringplace.com">kris.pabisiak@globalgatheringplace.com</a>

Occupational Research: (Oct. 27 at 1pm) Are you an internationally trained professional looking for information on credential evaluation and gaining professional licensure in Canada? This session will provide you with right resources. Contact: <a href="mailto:sana.khan@globalgatheringplace.com">sana.khan@globalgatheringplace.com</a>

### **Ongoing programs**

**ASCEND:** This employment readiness program supports soft skills and intercultural competencies of skilled immigrants. Blends online lessons and inperson workshops.) CLB 6+ Contact: sana.khan@globalgatheringplace.com

**GGP Meet Up:** A safe and inclusive group for adults to connect, socialize, and engage in the Saskatoon community. For more information, contact Carlie: <a href="mailto:carlie.russell@globalgatheringplace.com">carlie.russell@globalgatheringplace.com</a>

MAP (Maternal Assistance Program): Are you a mom with a baby up to one year-old, or a mom-to-be? Learn about child development, feeding, teething, using car seats, highchairs, and much more! Contact Jenna to join new intake on Oct. 27: jenna.kachur@globalgatheringplace.com

Positive Parenting: (Tuesdays at 10am) Learn parenting techniques, tips and tricks to best support your children. Contact Carlie:

carlie.russell@globalgatheringplace.com

**Weaving Words:** (6 Tuesdays starting Oct. 26) Do you have a story to tell? Join this creative writing program to learn more of this artform from a professional author. CLB 4+. Please contact Kris: kris.pabisiak@globalgatheringplace.com

# **Weekly activities**

**BrightStart!:** (Fridays, 10am on Zoom) Through structured play, craft time, singing songs and reading stories, mothers and their preschoolers create a network of support and develop their language and social skills. Contact:

muna.saeed@globalgatheringplace.com

**Coffee and Conversation:** (Thursdays, 1-3pm) Dropin IN PERSON or on Zoom to practice your speaking and listening with Saskatoon locals and meet other newcomers in a fun, engaging and welcoming environment. Contact Erika:

erika.thogersen@globalgatheringplace.com

**Family, Fun & Fit:** Wanting to get out and about? Join us to explore Saskatoon and make social connections. Choose one activity that fits your interests and contact the Main Office to register: 306-665-0268.

**Landing and Settling:** A drop-in group where you can share about your journey to Canada. We will discuss the challenges, successes, and lessons, and give support and receive support from others. Contact: tessa.priel@globalgatheringplace.com

WELL Women's Group: In this 10-week program, guest speakers present on a different health-related topic each week. We will also have drop-in exercise on certain weeks. Get to know other women and share your experiences on how to live a healthy life. Contact: marissa.evans@qlobalgatheringplace.com

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