



# Newcomer News

Information About  
Community Programs



REGINA REGION LOCAL IMMIGRATION PARTNERSHIP—NEWCOMER NEWS #5—MARCH 2017



445 Winnipeg St. Regina S4R 8P2

Phone : 306-791-6533

## **For Emergency one-time help: you need**

- **Sask. Health Card** for **each person** in the household.
- **Proof of your address** (a bill).



**You will receive food that day!**

**Open: Monday to Friday 9:00 AM to 12:00 noon, and 1:00 to 4:00 PM**



## **For regular help (short-term or longer-term)**

- Call 306-791-6533 to make an **appointment** ***(If you have been in Canada less than one (1) year, there are additional requirements)***
- Bring **Sask. Health Card** for each person in the household
- Bring **Income and expenses** for all household members (to see if you are eligible - not everyone is)
- **Students taking ESL classes (on Training Allowance) are usually eligible.**

Call **306-791-6533 Ext 0**: Make an appointment to pick up food (**call 1½ - 3 days before you want your order**)



**Bring bags or boxes AND all Sask. Health cards. Pick up your food on the day of your appointment!**

## **Many Other Programs: Call 306-596-3003 to register **Priority to FoodBank clients****

- ◆ Nutrition Cooking Leadership Class
- ◆ Personal Financial Management Class (Budgeting)
- ◆ Art for the Heart - for women
- ◆ Flu, Diabetes, Tooth Care clinics..... and more!





## Language Assessment for LINC Classes

(Language Instruction for Newcomers to Canada): **free** classes funded by the Government of Canada

### ***Language Assessment and Referral Centre (LARC)***



*Temporary address - 7th Floor, 2010 11th Ave (until May 1)*

*Permanent Address - 2445-13th Ave (after May 1, 2017)*

*Appointments: call 306-525-5272 (LARC) or*

*Email: [larcregina.iws@gmail.com](mailto:larcregina.iws@gmail.com)*

*Open Monday - Saturday 9am-5pm for CLBPT*

*(Canadian Language Benchmarks Placement Test)*



**FREE Basic English (LINC) classes! Reading, Writing, Speaking, and Listening.**  
Some classes **may** have wait lists.

**Continuous intake:** Levels: Literacy to CLB 1 - 8.

Students must:

- Be 18 or older
- Be a Permanent Resident (includes refugee, family class, etc.)
  - Have an official English language assessment
- assessments can be done at LARC (7th Floor 2010 11th Ave until May1)
- *Be assessed at levels Literacy to 1-8 on the (CLB) Placement Test*

**Two (2) Regina agencies teach LINC classes!**

# LINC Classes in Regina



## Regina Open Door Society

English Language Services

**CLB Levels: Literacy - Level 5**

1855 Smith Street 306-352-4600



For information or to sign up for classes, call the Student Coordinator **306-791-6140**

- Full-time and part time day: Monday - Friday 9:00 am - 2:15 pm
- Late afternoon: Monday - Friday 3:00 pm - 5:30 pm
- Evening classes: Monday - Thursday 6:30 pm - 8:45 pm

Access to RODS Child Care



Post-secondary transit passes, based on need

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## *Saskatchewan Polytechnic Regina Campus*

**CLB Levels 4 - 8**

4500 Wascana Parkway 306-775-7500



*Bring referral and CLBPT score to the Office - Room 415.*

**Office Open:** 8 a.m. - 8:30 p.m. Monday to Thursday. Fridays: 8 a.m. - 4:30 p.m.  
Saturdays: 9:30 a.m. - 3:30 p.m.

- *LINC Day program: Monday - Friday 9am to 2:45 pm*
- *LINC Evening program: Monday - Thursday 6:15 pm to 9:00 pm*
- *LINC Saturday Program : 10am to 3:30 pm.*

*Childcare access for Day classes*



# The Log House Thrift Store

2741 Dewdney Ave,  
Regina, SK S4T 0X6

(306) 791-0255



Open Monday - Saturday

10am - 5 pm

- Clothes
- Books
- Children's toys
- Household items



**Specials as advertised** (always changing)

**Volunteers welcomed!**

Prices:

Adult winter coats: \$5.

Women's blazers, men's suits, all jeans \$5

Adult clothing: \$3.

Children's clothing: \$1 - \$3.

Shoes and boots: \$4 - \$8

Videos and CD's - \$2.50



*Thank you to our project partners*



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



Contact RRLIP: [www.rrip.ca](http://www.rrip.ca)

Email: [info@rrip.ca](mailto:info@rrip.ca)

306-791-6846