



Newcomer News

Information About
Community Programs



REGINA REGION LOCAL IMMIGRATION PARTNERSHIP - NEWCOMER NEWS #11 - WINTER 2019/20

Kids Help Phone (Text, online chat or phone)

Free, confidential phone and web counselling service.

<https://kidshelpphone.ca/>



What is counselling?

Counselling is talking to someone who knows a lot about many different issues that people experience.

It is talking with someone you can trust, who won't judge you, and who wants to help. Online, you don't even need to tell who you are.

Kids Help Phone has videos and other resources that help explain and give ideas for dealing with:

- bullying and discrimination
- emotional health
- living in a new country
- friendships
- family relationships
- school and work

And many more topics...



Be Ready App - Preparing for an Emergency

from the Canadian Red Cross



There are 6 sections:

- **Prepare** – 11 disasters are included: earthquakes, floods, forest fires, heat waves and extreme heat, house fires, hurricanes, power outages, thunder storms, tornadoes, winter storms and extreme cold, and flu season.

Under each disaster, **choose “take action” or “be ready”**. It tells you what to do before, during and after each disaster, risks to think about, how to make a plan and how to get an emergency kit.

- **Toolkit** – Tools that will help during a disaster: flashlight, strobe light, alarm, and the “I’m Safe” feature (sends messages to friends/family that they’re safe and their location).
- **Alerts** – Live weather feeds inform the app’s alert system, monitor and track weather developments, allowing time to prepare homes and families.
- **Tests** – Test knowledge about different disasters, based on content included in the app.
- **Map** – Choose different weather maps (cloud cover, rain, radar). If an “I’m Safe” message has been sent, it shows users where family/friends are.
- **Info** – Links to online content, how to buy an emergency preparedness kit, how to donate or volunteer.

Download the App here:

<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/be-ready-app>



Tooth Care Program and Resources



Sask. Oral Health Coalition

Goal is to improve the oral (mouth) health and overall health of Saskatchewan residents.

<https://saskohc.ca/resources>



Posters and articles about taking care of your mouth and teeth at all ages, from babies to elders.

Examples:

- Flossing and Brushing
- Bottle Feeding and Tooth Decay
- Children's Dental Care
- Teens Dental Care
- Diabetes and Oral Health
- Aging: 6 Best Ways to Maintain Oral Health



Curriculum for instructors: [Smiles for Life](#)

Book Club for English Language Learners

Literacy Book Club

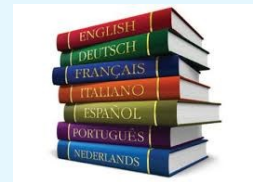


Read and discuss short stories with help from an experienced volunteer tutor.

For adult English as an Additional Language (EAL) learners - to improve reading and discussion skills in a social setting.

Many titles are suited to EAL students.

Register with Literacy Unit (at any library): **306-777-6009**.



<https://www.reginalibrary.ca/recommended-lists?audience=149>

<https://www.reginalibrary.ca/services/newcomers>



Literacy book club leaders/tutors use an RPL kit which contains:

- Multiple copies of one book title,
- Book reviews and author biographies,
- Discussion questions,
- Information to help you start and run a book club,
- A sign-out sheet to keep track of the books,
- A feedback form, so you can share your suggestions with us.

Free After - School Program



RECreate YQR



January 13, 2020 to the week of June 22, 2020

(No program - February break, Easter break or any stat holidays)

- Free, drop-in after-school program for children Kindergarten to Grade 8
- Monday to Friday; 3:30 pm - 5:30 pm
- This is an inclusive program where youth of all abilities and cultural backgrounds are welcome
- Kids play, learn and keep active, develop creativity and positive self-image

<https://www.regina.ca/parks-recreation-culture/classes-programs/free-dropin-programs/>



4 different locations:

South Leisure Centre, 170 Sunset Dr

Cathedral Neighbourhood Centre, 2900 13th Ave

Glencairn Neighbourhood Centre, 2626 Dewdney Ave

Core Ritchie Neighbourhood Centre, 445 14th Ave



Registration is not required, but children **must** have a [Participant Information Form](#) signed by a parent or guardian in order to attend.

This form can be completed at the program.

Free Used Clothing

Free Clothing and Small Household Items

Every second Tuesday

6:30 pm - 8:00 pm

At Lakeview United Church

3200 McCallum Ave (upstairs)

Future dates:

January 14

January 28

February 11

Ongoing...



- If you have **small items to donate**, please bring them on the nights the program is open.
- If you **need a specific larger household item**, please ask the program coordinator. The coordinator will try to match you with a donation.
- If you have **larger household items to donate**, please call 306-717-5997 to see if there is a request for that item.

For more information, contact the *Take Two Free Clothing Program* at:
taketwofreeclothing@gmail.com

Phone Visiting for Older Adults



Friendly Phone Program for Older Adults

A program where volunteers phone older adults (age 65+) who:

- are isolated, have health issues, disabilities, etc.
- would benefit from more social interaction
- could increase their health and feeling of safety with a regular phone visit



- There is a weekly call, or every 2 weeks
- Phone calls are 20-60 minutes long



How to Apply: call 306-216-6602 or email friendlyvisitingsask@redcross.ca

Refer yourself or be referred by a family member, care provider, or community partner (group or club, religious or cultural organization, etc.)

1. There will be an initial phone call/interview to see if you are eligible
2. Information will be gathered: where you are from, hobbies, family, etc.
3. If you are eligible, you will be matched with a volunteer
4. You will set up a call schedule with the volunteer

Volunteers are needed as well!



Free Walk-In Counselling Service



SHIFT - Free Walk-In Counselling Service (CFS Regina)



Where: 3 Regina locations on 3 different weekdays

- Catholic Family Services, 160 McIntosh St. **(Mondays 12 - 3 pm)**
- Core Ritchie Neighbourhood Centre, 445 - 14th Ave. **(Thursdays 10:30 am - 2 pm)**
- Catholic Family Services, 160 McIntosh St. **(Fridays 10:30 am - 2 pm)**

Why? If you need advice, help or want to talk about solutions to:

- parenting or children's problems (all ages)
- couple or family relationship concerns
- grief or loss
- anxiety or stress, worry or depression
- self esteem concerns



Services:

- ⇒ First-come, first-serve to see a counsellor
- ⇒ Confidential - no one else will know
- ⇒ Referrals for more help (if needed)



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Contact RRLIP: www.rrlip.ca

Email: info@rrlip.ca

306-791-6846