



**IMMIGRANT • SERVICES**  
**KINGSTON • AND • AREA • ISKA**  
A Part of Kingston Community Health Centres

**SERVICES FOR IMMIGRANTS AND REFUGEES**  
[www.iska.kchc.ca](http://www.iska.kchc.ca)

Immigrant Services Kingston and Area – ISKA is a part of Kingston Community Health Centres [www.kchc.ca](http://www.kchc.ca).  
We are funded by Citizenship and Immigration Canada [www.cic.gc.ca](http://www.cic.gc.ca).

*400 Elliott Avenue  
Kingston, Ontario  
K7K 6M9*

*Located at the corner of Division Street and Elliott Avenue.*

If you are traveling by Kingston Transit, you need to take the Kingston Transit #2 Division/Union bus. Please go to <http://www.cityofkingston.ca/maps/atlas.php> for a map of Kingston and <http://www.cityofkingston.ca/residents/transportation/transit/index.asp> for more information on public transportation.

### **What We Do**

Settlement Services Workers will meet with you to help answer your questions about settlement issues, employment, language studies, education, health and any other questions you may have about your new community. Settlement Services Workers can meet with you alone or with your family. We can meet at our office or at another location. Currently we provide settlement services in Napanee, Sydenham and in various locations within Kingston.

### **Group Information Sessions**

ISKA offers exciting group sessions to help you learn about your new community and make some new friends. Sometimes we have guest speakers come to talk about special programs and services. We encourage our participants to tell us what is of interest to them and how we can make these sessions useful. We would be happy to see you at one of our Group Information Sessions.

For more information email Elza [elzaf@iska.kchc.ca](mailto:elzaf@iska.kchc.ca) or Gaitree [gaitreeo@iska.kchc.ca](mailto:gaitreeo@iska.kchc.ca)

### **Immigrant Women's Network**



*Women's Network 2009*

ISKA also gives immigrant women that chance to visit, make friends and learn more about issues that are important to them. We do activities, take field trips, and learn about Canadian foods and traditions. The Immigrant Women's Network is an excellent chance to contribute your knowledge and learn new things! For more information email Christina Kutama [christinahk@iska.kchc.ca](mailto:christinahk@iska.kchc.ca).

### **Sewing Club**

Come and meet other women in the community and learn the art of sewing. For more information, contact Elisabeta at 613-544-4461 Ext. 179 or [elisabetai@iska.kchc.ca](mailto:elisabetai@iska.kchc.ca). Child care may be available. Only registered children will be guaranteed childcare. Please call Tracey at 613-544-4661, Ext: 112 to register your child for childcare.



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## ISKA Men's Group

"Who can I trust?", "How Do I build a credit rating?", "What is stress and how can I deal with it?"  
These are just some of the questions being talked about at the ISKA Men's Group.

Twice a month men from a wide variety of cultural backgrounds are getting together to discuss issues of shared concern. Interesting and lively conversations are always on the agenda.

"There's so much we can learn from each other. These meetings give us all a great opportunity to benefit from a wealth of personal and cultural experience," says Steve Kirby, an ISKA employee.

Discussions aren't the only thing that happens at the Men's group. Everth Monchez, originally from El Salvador and an ISKA volunteer says, "I love it when we get together to play soccer. We get to know each other better and have fun at the same time."

The purpose of the men's group is to:

- discuss topics of mutual interest
- strengthen community ties
- practice English
- help each other in practical ways
- participate in recreational activities

This group is open to all men in the Kingston community. Check out the ISKA calendar of events for the next Men's Group meeting.

## Youth Group

Are you an immigrant between 13 and 24 years of age? Would you like to hang out and have fun with other young immigrants? Come to our youth group! Join us for:

- Movie and Game Nights
- Sharing your ideas and experiences
- Community Outings
- Group Sessions
- Individual Support
- Homework Club

At our immigrant youth group we do activities discussing various topics that help you become familiar with your new community and that are important for you. If you have a difficulty with transportation, call the number below and we can make arrangements.

For more details, please contact: Tanea at 613-544-4661 Ext: 111 [taneaf@iska.kchc.ca](mailto:taneaf@iska.kchc.ca)

## International Café

Take this time to relax, read a book, use the Internet or talk with other Newcomers to Kingston.

Contact Christina Kutama at 613-544-4461 Ext. 167 or email [christinahk@iska.kchc.ca](mailto:christinahk@iska.kchc.ca)

Child care is available. Only registered children will be guaranteed childcare.

Please call Tracey at 613-544-4661, Ext: 112 to register your child for childcare.

## Itinerant Services

We also provide services at the following locations: Kingston Employment Youth Services (KEYS), Open Book, and LINC. For further information, please contact Gaitree at 613-544-4661 extension 121 or email [gaitreeo@iska.kchc.ca](mailto:gaitreeo@iska.kchc.ca). Napanee and Sydenham by appointment only.

Contact Elza at 613-544-4661 extension 128 or [elazf@iska.kchc.ca](mailto:elazf@iska.kchc.ca)

YMCA: Contact: [Christinahk@iska.kchc.ca](mailto:Christinahk@iska.kchc.ca) or 613 544 4661 Ext.167

## Child Care

ISKA is pleased to offer our clients free child care when participating in our workshops and enjoying a coffee during our international café mornings. Please contact Tracy at 613-544-4461 Ext. 112 to register your child.

## Other Eastern Ontario Immigrant Services:

Belleville: <http://www.quis-immigration.org>

Peterborough: <http://www.nccpeterborough.ca>

Cornwall: <http://www.cdisa.ca>