OCTOBER

2025 newsletter



Community
Resilience Program





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- New Program
 Updates

(Newcomer Women's Project)

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exciting month as Halloween,
Diwali, Oktoberfest, and Durga
Puja are all around the corner.
Enable offers lots of programs and
events to help build community
make new friends, learn new
skills, and have fun!

ENABLE CHILD & YOUTH

Homework Club

Starting October 7th, 2025 our Homework club will be starting at VIRCS. This is an amazing opportunity for the youth in our community to have a space to grow, learn, and play together in a safe space.

We are always looking for volunteers! If you are interested in being a volunteer at our Homework Club email Hiro@vircs.bc.ca











Newcomer Women's Project at VIRCS



On September 19th and 20th we had our first ever Women's Community Cabinet! We were able to distribute hygiene products, clothes, and food to over 70 families in Victoria!







Newcomer Women's Project at VIRCS



Thank you so much to our wonderful staff and donors who helped make this event possible. We wouldn't be able to do this without you!









Damascus Food Market

UVic Women's Ultimate Frisbee







Newcomer Women's Project at VIRCS









Newcomer Women's Project Menstrual Care Kits

The <u>Newcomer Women's Project (NWP)</u> is providing <u>FREE</u> <u>Menstrual Care Kits</u> for newcomers in need of menstrual products and hygiene items These include travel size items, and various personal care products for eligible participants.

- Shampoo
- Conditioner
- Body wash and lotion
- Menstrual pads and liners
- Tampons

Thank you to our generous donors
Soap for Hope,
Period Purse, and
Joni.

REGISTER

To register, please email Charis at charis@vircs.bc.ca



IslandSavings









Newcomer Women's Project at VIRCS





Newcomer Women's Project Relationship Between Stress & Nutrition



Join us for educ

Join us for educational workshops, exploring the topic of health and nutrition, and how they can be impacted by stress. We will explore nutritional tips and information, managing stress, and provide a question and answer period with a qualified expert.

WED. OCTOBER 1ST @ 10 - 12 WED. OCTOBER 15TH @ 10 - 12 TUES. OCTOBER 28THTH @ 10 - 12

FACILITATED BY DIETITIAN NOOR ABBOUD

REGISTER

Please email Charis at charis@vircs.bc.ca





IslandSavings

WHERE?

LOCATION: 1004 NORTH PARK ST (VIRCS)

(ALSO ACCESSIBLE BY ZOOM)





Newcomer Women's Project at VIRCS





VIRCS' Newcomer Women's Project

SNIWWOC

Support Network for Indigenous Women & Women of Colours

Community Programs Session

Wed. October 22nd @ 10:00 -12:00 pm

VIRCS 1004 North Park St.

WITH

Lajah Warren

Program Coordinator

Join us for an information session in partnership with SNIWWOC, for quick and easy registration, and to learn about their wide variety of community programs. These include:

- Get Your Groceries
- Dental Hygiene Clinic
- Hygiene Kit Program
- Clinical Counseling
- ...and more!

REGISTER

Email charis@vires.bc.ca or call (250)361-9433





IslandSavings





Digital Literacy for BIPOC Seniors (55+)



The Newcomer Seniors Empowerment Program supports older adults with digital literacy, community engagement, and independence. We offer tech workshops, one-on-one support, and social activities to reduce isolation and build confidence.

Who's eligible?

Newcomer senior aged 55+

For more details contact: iman@vircs.bc.ca



- On <u>Friday, October 3rd, 2025</u>, from 10:00 -12:00 PM we will be running a workshop on using an online Calendar.
- On <u>Friday, October 10th, 2025,</u> from 10:00 12:00 PM we will be running a workshop on how to send a message using Messenger and WhatsApp.
- Both workshops will take place at <u>1004 North</u> <u>Park Street</u> at the Victoria Immigration Refugee Centre Society.



Digital Literacy for BIPOC Seniors (55+)



What You'll Learn

How to use smartphones, tablets, and computer Send emails and make video calls Use WhatsApp, Facebook, and other apps Stay safe online

Access services like banking and health care
Ask questions in a friendly, supportive setting!

Eligibility:

Newcomer seniors aged 55+

Multilingual Support Available!

We'll offer help in your language wherever possible!

Location: 1004 North Park St Victoria. BC. V8T 1C6



Contact Us:

\$_250 361 4933 #202 iman@vircs.bc.ca

http://www.vircs.bc.ca



OCTOBER CALENDER



TO REGISTER AND FOR MORE INFORMATION PLEASE EMAIL

enable@vircs.bc.ca www.vircs.bc.ca



@VIRCS.BC







Thank you to our sponsors for supporting our programs!







Funded in part by the Government of Canada's New Horizons for Seniors Program



































IslandSavings COMMUNITY ENDOWMENT





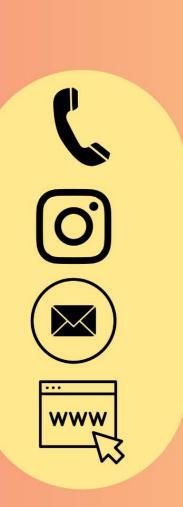
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LINKS FOR COMMUNITY RESIELIENCE PROGRAM



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