

# OCTOBER

## 2025 newsletter

**Community  
Resilience Program**



### In this issue:

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**(Newcomer Women's Project)**

**(Seniors Digital Literacy Program)**

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**OCTOBER** is an 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**



# NEW PROGRAM UPDATES!

## Newcomer Women's Project at VIRCS

**On September 19<sup>th</sup> and 20<sup>th</sup> 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!**

 *Victoria Immigrant & Refugee Centre Society*  
Enable Program for Women, Youth & Community Support

**Newcomer Women's Project**  
**Community Cabinet**

**FREE**

Friday, September 19<sup>th</sup> @ 1:00 - 4:00 pm  
Saturday, September 20<sup>th</sup> @ 10:00 - 2:00 pm  
LOCATION: VIRCS, 1004 North Park Street, Victoria BC

 **HYGIENE PRODUCTS**  **CLOTHING**  **PANTRY & FOOD ITEMS**  **MISCELLANEOUS ITEMS**

Join us for **Community Cabinet**, where you can drop-in and pick up **FREE** hygiene products, menstrual products, gently-used clothing, pantry & food items, and miscellaneous items.

**Eligibility:**

- Newcomers, immigrants and refugees
- Self-identifying women
- Must be at least 18 years or older

**CONTACT** Email: [charis@vircs.bc.ca](mailto:charis@vircs.bc.ca) or Phone: (250) 361-9433

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# NEW PROGRAM UPDATES!



## 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**



**joni**



# NEW PROGRAM UPDATES!

## Newcomer Women's Project at VIRCS



### Newcomer Women's Project **Menstrual Care Kits**

The **Newcomer Women's Project (NWP)** is providing **FREE Menstrual Care Kits** 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](mailto:charis@vircs.bc.ca)



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# NEW PROGRAM UPDATES!



## Newcomer Women's Project at VIRCS



### Newcomer Women's Project Relationship Between Stress & Nutrition

**WED. OCTOBER 1<sup>ST</sup> @ 10 - 12**  
**WED. OCTOBER 15<sup>TH</sup> @ 10 - 12**  
**TUES. OCTOBER 28<sup>TH</sup> @ 10 - 12**

**FACILITATED BY DIETITIAN NOOR ABOUD**

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.

**WHERE?**

**LOCATION: 1004 NORTH PARK ST (VIRCS)**

**(ALSO ACCESSIBLE BY ZOOM)**

**REGISTER**  
Please email Charis at [charis@vircs.bc.ca](mailto:charis@vircs.bc.ca)

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# NEW PROGRAM UPDATES!



## 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@vircs.bc.ca](mailto:charis@vircs.bc.ca)  
or call (250)361-9433



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# NEW PROGRAM UPDATES!

## 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](mailto:iman@vircs.bc.ca)



- On **Friday, October 3<sup>rd</sup>, 2025**, from 10:00 – 12:00 PM we will be running a workshop on using an online Calendar.

- On **Friday, October 10<sup>th</sup>, 2025**, 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 **1004 North Park Street** 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](mailto:iman@vircs.bc.ca)  
<http://www.vircs.bc.ca>



# OCTOBER CALENDER



| October 2025 @ VIRCS |                                         |                                                                                                        |                                                                       |                                          |                                                                                                            |          |
|----------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------------------------|----------|
| Sunday               | Monday                                  | Tuesday                                                                                                | Wednesday                                                             | Thursday                                 | Friday                                                                                                     | Saturday |
|                      |                                         |                                                                                                        | 1<br>NWP Relationship Between Stress & Nutrition<br>10:00 - 12:00 PM  | 2<br>Youth Nights @ NLC<br>4:00-6:00 PM  | 3<br>Digital Literacy for BIPOC Seniors<br>10:00-12:00 PM                                                  | 4        |
| 5                    | 6                                       | 7<br>Homework Club<br>3:30-5:00 PM                                                                     | 8                                                                     | 9<br>Youth Nights @ NLC<br>4:00-6:00 PM  | 10<br>NWP Social Services Clinic<br>10:00-12:00 PM<br>Digital Literacy for BIPOC Seniors<br>10:00-12:00 PM | 11       |
| 12                   | 13                                      | 14<br>Homework Club<br>3:30-5:00 PM                                                                    | 15<br>NWP Relationship Between Stress & Nutrition<br>10:00 - 12:00 PM | 16<br>Youth Nights @ NLC<br>4:00-6:00 PM | 17                                                                                                         | 18       |
| 19                   | 20                                      | 21<br>Homework Club<br>3:30-5:00 PM                                                                    | 22<br>NWP SNIWWOC Community Program Session<br>10:00 - 12:00 PM       | 23<br>Youth Nights @ NLC<br>4:00-6:00 PM | 24<br>NWP Social Services Clinic<br>10:00-12:00 PM                                                         | 25       |
| 26                   | 27<br>NWP Art Therapy<br>3:30 - 5:00 pm | 28<br>NWP Relationship Between Stress & Nutrition<br>10:00 - 12:00 PM<br>Homework Club<br>3:30-5:00 PM | 29                                                                    | 30<br>Youth Nights @ NLC<br>4:00-6:00 PM | 31                                                                                                         |          |

**TO REGISTER AND FOR MORE INFORMATION PLEASE EMAIL**

[enable@vircs.bc.ca](mailto:enable@vircs.bc.ca)

[www.vircs.bc.ca](http://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



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# LINKS FOR COMMUNITY RESILIENCE PROGRAM



(250)-361-9433



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<https://www.vircs.bc.ca/>

