

## Ma'an

Ma'an, means "together" in Arabic and is a partnership between Peel CAS and Polycultural Immigrant & Community Services (PICS) to serve members of Peel's Arab communities (those who speak Arabic and/or are from an Arab cultural background).

### Internal

Program	Program Description	Age	Length of Service	Contact Info
<b>Settlement B2:B36 Services</b>	Offered in multiple languages, including Arabic, this service provides one-on-one support, needs assessments, immigration and citizenship information, referrals to specialized services, and networking opportunities.			2225 Erin Mills Parkway-Tel: 905-403-8860
<b>The Migrant Worker Support</b>	At Toronto Pearson Airport, the team offers information and orientation to arriving migrant workers.			Tel:905-403-8860
<b>Commissioners &amp; Oath Services</b>	Assist with travel consent letters, sworn affidavits, signature verification, and notarizing copies.		Thursdays: 11 am-1 pm.	By appointment only
<b>MSEP/Multicultural, Settlement, &amp; education Partnership-A partnership with PDSB and DPCDSB</b>	Welcome families and help students adjust to a new school, provide orientation for newly registered students, and assist teachers and admissions in communicating with families on school-related matters		During the academic year	Jackie Ninsiima/Swiss Program Coordinator Cell:416-906-2411.Tel: 905-403-8860
<b>Transition to Employment for newcomers</b>	Help in exploring employment pathway, joining workshops & get one -on -one coaching			Heman Pandya- Employment Counsellor (905) 403-8860 ext. 5236
<b>Reconnect with your profession in Canada</b>	The mentoring partnership helps immigrant professionals reconnect with their careers through a mentor with Canadian experience in their field.			2225 Erin Mills Parkway-Tel: 905-403-8860
<b>LINC program</b>	No cost full time or part time highbred classes literacy to level 8	18+		Daycare available/2225 Erin Mills Parkway- Rocheal Phillips 905-403-8860 ext. 5234
<b>Newcomers' Well-Being Services</b>	Offers mental health support, connections to professionals, family wellness support, stress management, and problem-solving skills.			Nabiilah Karim/Well-Being Counsellor <a href="mailto:babdoolkarim@polycultural.org">babdoolkarim@polycultural.org</a> (905) 403-8860 ext. 5253

IMG Group /International Medical Graduate	Provides individual employment counselling, self study groups conducted by IMG mentors, info sessions		Every Friday: 7-9 pm	Naila Rashid nrashid@polycultural.org (905) 403-8860 ext. 5231
Senior's Hub	Provides wellness activities, social events, educational workshops, community resources, individual support	55+	Every Wednesday: 2-4:30 pm	Must preregister to join (905) 403-8860 ext. 3256
Senior program	Yoga sessions, educational activities, Employment and social development		Every Wednesday: 2-4:30 pm	
Women Support Circle	Offers a safe & gentle space for women to come together and share	All ages	Every Tuesday: 12:00 PM – 1:00 PM	
English Conversation Circle	Improve everyday English, get help with schoolwork, and develop social skills.		Every Monday: 9:30 – 11:30 Every Tuesday: 4:30 – 6:00 PM	Naila Rashid nrashid@polycultural.org (905) 403-8860 ext. 5231
Homework club	Improve everyday English, get help with schoolwork, and develop social skills.	Grade 1-8	Every Tuesday: 4 – 5:30 pm	
Sewing & knitting Club	Teaching the basic of sewing		Every Monday: 4 – 5:30 pm	
Life skills for junior youth	Activities, interactive workshops, homework help, and personalized support for children and families to overcome school challenges.	Age 6-13	Every Monday: 4 pm – 6:00 pm	
Youth Achievers	Embark on a journey of personal exploration with exciting programs designed for the youth	Age 14-29		Must preregistered to join. Jalicia McIntosh Child and Youth Counselor /Peel Tel: (905) 403-8860 ext. 5284
Online Homework Club	Assistance with homework and assessments, online practice sheets, and one-on -one small groups, support personalized attention.	Grade 1-8	Every Thursday 4:30-6 PM	
Volunteer opportunities	Offer volunteer opportunities in the summer camp and homework club			

## External

Program	Program Description	Contact Info
<b>Counselling Jasmine Counseling &amp; Psychotherapy/Sally Ghazal</b>	Psychotherapist, provide counselling in both Arabic and English /Fees-Based Service 15 minutes are free of charge.	Tel. 647-622-8580 <a href="http://www.exploretheparentwithin.com">www.exploretheparentwithin.com</a> email: <a href="mailto:exploretheparentwithin@gmail.com">exploretheparentwithin@gmail.com</a>
<b>Catholic Crosscultural Services Crisis Intervention and Mental Wellness Counsellor</b>	Free counselling service in Arabic and English	Nermin Khafagy Office: 905-457-7740 Cell: 416-577-0031 <a href="mailto:nermeen@ccscan.ca">nermeen@ccscan.ca</a> <a href="http://www.ccscan.ca">www.ccscan.ca</a>
<b>Cornerstone Family Counselling-Fee-based service</b>	Offer fee based Christian counselling/Service available in English and Arabic	Tel. (905) 214-7363 ext.6341 <a href="mailto:inbox@cfcsnet.ca">inbox@cfcsnet.ca</a> Cornerstone Family Counselling Services (CFCS)   Mississauga, ON
<b>Afghan Women's Organization AWO/Arabic speaking/Crisis support/Counselling</b>	Connect clients to culturally proper resources and services in the organization, such as counselling, settlement needs.	Maha Amin- Email: <a href="mailto:mamin@afghanwomen.org">mamin@afghanwomen.org</a> Tel: 905-279-3679 ext. 23 Cell: 647-302-0436
<b>Dar Foundation –Islamic Centre-Dr. Amjad Qourshah</b>	A community group building a Canadian Muslim model that integrates faith with modern challenges. It offers programs for faith, intellectual growth, life skills, Arabic language classes, Quran studies for youth, Arabic counseling, and partnerships with other organizations to help the Dar community and wider society	Tel. (289) 813-1025 <a href="https://darfoundation.com/about/">https://darfoundation.com/about/</a>
<b>MIAG center for diverse Women &amp;families. Services are free</b>	Offer parenting programs in Arabic and programs for all ages.	Yasmine-Parenting programs manager. Tel. 416-669-7348 Email: <a href="mailto:yasmine@miag.ca">yasmine@miag.ca</a> Web: <a href="http://www.miag.ca">www.miag.ca</a>
<b>Catholic Crosscultural Services/Free services</b>	Arabic speaking settlement workers, support Arab families with their needs	Zainab Shebeita -Settlement Worker Tel: 905.273.4140 ext. 6222   Fax: 905.273.4176   <a href="mailto:zshebeita@ccscan.ca">zshebeita@ccscan.ca</a> <a href="http://www.cathcrosscultural.org">www.cathcrosscultural.org</a>
<b>ISNA-Abdalla Idris Ali-Senior Religious &amp; Community Advisor</b>	A trusted Muslim religious organization. provides free services. counselling and activities for children In Arabic and English and different languages	Tel. 905-403-8406 Ext. 714 Cell. 647-893-9581 Email: <a href="mailto:abdalla@isnacanada.com">abdalla@isnacanada.com</a> <a href="https://www.isnacanada.com">https://www.isnacanada.com</a>
<b>Muslim Community Services</b>	Free counselling services in Arabic and English	Rasha Saleh-Crisis Cxounsellor. Tel: 905-828-1328Ext.319 Mississauga Tel: 905-790-1910 Brampton Home - Muslim Community Services ( <a href="http://mcsservices.org">mcsservices.org</a> )