



“LINC has really helped me feel more confident speaking English and I’ve made so many friends.”
MCS client



“Thanks for all of your support during my family troubles. I will never forget you!”
MCS client

MOTIVATIONAL CORNER

How to adapt positively to the Canadian Culture

- Maintain structure in everyday life and follow a routine if helpful
- Engage in recreational activities
- Spend time with people who have positive attitudes
- Do some sort of physical activity daily. For eg. Take a short walk around the block.
- Establish short-term and long-term employment goals in Canada
- Join an English class to enhance communication skills
- Volunteer to gain Canadian experience and increase your network of contacts
- Join a mentorship program and find a mentor
- Learn about community resources
- Read 15 minutes of inspirational material daily

JOB SEARCH WORKSHOPS

Three-Day Job Search Workshops are offered free of cost and designed to educate new immigrants on the best methods of finding employment in Canada. Information includes overcoming employment barriers, employment trends, cover letters, resumes, employment resources, gaining Canadian experience, job market, and interview skills.

Brampton Office Tel: 905-790-8482
2 Workshops Per Month

Mississauga Office Tel: 905-828-1328
2 Workshops Per Month



“My Settlement Worker was able to provide me with a list of local Doctors close to my home who speak Urdu.”
BMC client



“My Settlement Worker helped me fill out Canadian Citizenship and Sponsorship forms.”
BMC client

Quick Telephone Directory for Newcomers

Emergency Services (Medical, Police, Fire, Etc.)
Tel: 911

Region of Peel Family Shelter
Tel: 905-272-7061

Employment Assessment Centre
Tel: 905-866-6001

Ontario Works/Financial Assistance
Tel: 905-793-9200 or 1-800-327-5379

Employment Insurance
Tel: 1-800-206-7218

Credential Evaluation
Tel: 416-972-0070 or 1-866-343-0070

Peel District School Board
Tel: 905-890-1099

Dufferin-Peel Catholic District School Board
Tel: 905-890-1221

Language Instruction for Newcomers, Brampton
Tel: 905-595-0722 ext. 4101

Language Instruction for Newcomers, Mississauga
Tel: 905-279-0024 ext. 1369

Shelter for Abused Women and Children
Tel: 905-403-0864

Driver Centre, Brampton
Tel: 905-793-4340

Mississauga Transit Bus Service
Tel: 905-615-4636

Brampton Transit Bus Service
Tel: 905-874-2999



At MCS, we care about your individual needs....

Therefore, employment success in today's uncertain economy requires new approaches, attitudes and values. Job seekers including newcomers to Canada must learn how to cope with this shift and adopt new strategies to find meaningful work and life pathways in today's uncertain economy.

Succeed in the age of tough transitions....

1 Re-examine Your Situation: It has been said that in the middle of every difficulty lies an opportunity. Using this logic, tough transitions facing immigrants and job seekers offer a golden opportunity to rethink their life situation. Traditionally, difficult challenges are accompanied with anxiety, frustration, and powerlessness. In contrast, resilience and optimism can turn the most difficult transitions into opportunities for personal discovery and possibility exploration. Possibility thinkers see opportunities everywhere. They focus on little positive patterns in any situation. They feed these tiny patterns with attention and enthusiasm. This approach enables us to break our limits and achieve results beyond our imagination.

2 Open Your Awareness: Awareness is a key to cope with tough transitions. We can open our awareness by eliminating self-limiting beliefs that limit achievement and progress. Thoughts color our vision and perception of the world. They affect our feelings, actions, and progress outcomes. Unfortunately, negative thoughts act as



BMC's FREE Programs and Services

Immigrant Settlement and Adaptation (ISAP)

Newcomers receive settlement and adaptation information for their new life in Canada. It includes employment related assistance, information and orientation on immigration, health, education and housing, translation, interpretation and application forms, referrals to government and community resources, and support counseling for individuals and families.

Job Search Workshop (JSW)

Three-day workshops designed to coach newcomers on effective job search strategies, setting employment goals, resume writing, interview skills, and utilizing free employment resources.

Senior Connection Program

An inclusive senior drop in program which helps reduce the risk of social isolation and improves self esteem and community involvement.

Multicultural, Settlement and Education Partnership (MSEP)

A partnership between Peel District School Board, Dufferin-Peel Catholic School Board, BMC, and Citizenship and Immigration Canada that places Settlement Workers speaking various languages in elementary, middle, and high schools in Brampton. They assist new students and families with integration into the new Canadian education system along with guidance about other community resources.

Library Settlement Program (LSP)

Settlement Workers speaking various languages that are based in Brampton libraries to assist newcomers with information about settlement and community services.

Newcomer Settlement Program (NSP) and Social Service Program (SSP)

Intended to benefit a wide range of newcomers by providing quality service and access to community resources.

JOB OPPORTUNITIES In Peel

New job opportunities are continually shared with our Job Search Workshop Graduates in Brampton and Mississauga. Preparation for job interviews are provided.

Let's Help You Gain Some Canadian Experience...

Enrollment in our Volunteer Program has proved to be an excellent method for newcomers to gain Canadian experience, learn about Canadian business culture, and increase your network of contacts. Become a volunteer with BMC today!

Client Testimonials

"MSEP Community Night was a really informative and great multicultural event. The entertainment was wonderful. The information provided by different organizations was very helpful and I now feel more knowledgeable and emotionally strong to move ahead with my new life in Canada. "

BMC Client

"Thank you BMC and JSW team for helping me to achieving my goals!"

BMC Client

6 Ways to Survive Economic Tough Times

We live in a world of rapid change. Economic sectors, communities and workplaces are experiencing unprecedented change. More importantly, the nature of work in the new economy is changing drastically. It is shifting from jobs dominated by repetitive tasks that require physical skills to new ones largely based on analytical capacities and technical skills. Work opportunities in this new economy are usually combined with risks, and challenges.

Upcoming Events at BMC!!!

Job Fair – October 8, 2009 (11am – 6pm)

Our next FREE Job Fair will be held at the Holiday Inn, 30 Peel Centre Drive, Brampton, ON. To register please call 905-790-8482 or 905-828-1328.

New BMC Office – Fall, 2009

Our NEW BMC office is located at 197 County Court, Suite 303, Brampton, ON. The Grand Opening will take place this fall!

Our Funders

