

## The 35th KCWA Annual General Meeting and the Open House Event

KCWA Family and Social Services held the 35th KCWA Annual General Meeting on July 13 (Sat) at the North York Civic Centre with 33 members. The motions were carried by all participants to approve the 2018 AGM minutes and the 2018-2019 financial report. During the meeting, there was a discussion for the general operating by-law (Section VI: 6.02-Number and 6.04-Election and Term), and the president/Chair of the Board, Joseph Park, sought approval from the members to amend the minimum number of directors as 10 and to remove about the requirement of one year absence for re-election which were carried unanimously. Ms. Nayoung Jeong shared her life journey in Canada with participants as the KCWA service user and volunteer. Furthermore, KCWA expressed our sincere gratitude for Boksil Shin, a former board of director and Haesun Lee, a volunteer for Art class.

The AGM was followed by an open house event at the North York Centre office. The Deputy Consul General, Hyejung Ahn, representatives from the agencies in local communities, service users and volunteers joined and celebrated the event.

The KCWA North York Centre office overlooks the North York Civic Centre and Mel Lastman Square, and is directly connected to North York Centre Station. Its convenient location and easy accessibility have increased service users' satisfaction.



## Program News

During the past three months (June-August), KCWA Family Team supported and encouraged individuals' emotional well-being and engagement with their families and communities. We had several group sessions focused on building relational skills and inner strength. In

particular, group session topics included relational/family conflicts, self-esteem, coping strategies, emotional distress, and resilience.

- **Champions for Youth (June – July / 6 Sessions)**

Parents were invited to develop their knowledge and skills in building resilience for their children and themselves. The workshop mainly focused on individual, familial and environmental factors that play crucial roles in enhancing resilience. It also gave participants the opportunity to share their experiences, concerns, and thoughts in parenting.

- **Nice Person Syndrome (July / 3 Sessions)**

During the workshop sessions, participants learned how to develop healthy relationships with family and friends. The workshop focused on strengthening and maintaining supportive relationships with people around them.

- **Parenting with Great Passion (June – August / 2 times of 6 sessions)**

The main objective addressed in the workshop was to develop parenting skills and enhance the child-parent relationship. The workshop also aimed to reduce the stress and anxiety commonly experienced by parents. During the sessions, participants shared their challenges, difficulties and parenting styles with other participants. Participants provided feedback that through the workshop, they were able to develop parenting skills and knowledge, and come out with a greater sense of understanding for their children.

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## **Upcoming Event**

You are invited!!

KCWA's events are an opportunity for all immigrants to develop knowledge and connect with other community members.

**Register early - Space is limited!**

KCWA 캐나다한인여성회 KCWA FAMILY AND SOCIAL SERVICES

2019년 9월 21일 (토) 오전 10시 ~ 오후 3시 30분

**법과 생활** 상식·진학·취업 길라잡이

2019년 9월 21일 (토) 오전 10시 ~ 오후 3시 30분

KCWA 배더스트 - 핀치 사무실  
540 Finch Ave. W. North York, Bathurst-Finch HUB

오전 10시~오후 12시

**법대 진학정보 세미나**  
법대진학을 위한 최신 정보 및 재학생들과의 네트워킹

토론토 경찰과 함께 하는 안전한 잠업 및 커리어 네트워킹 부스 (오전 10시~오후 2시)

오전 10시~오후 12시 30분

**유연과 상속에 관한 법률**  
일대일 상담서비스 (유연과 상속관련)  
오전 11시30분~12시30분

캐나다 한인 변호사들과 함께하는 법률정보 콜라너

오전 11시~오후 3시 30분

**변호사직 취업 정보 & 네트워킹**  
법률관련 다양한 직종 소개와 변호인과의 네트워킹

오전 11시~오후 2시 30분

**캐나다 가정법 세미나**  
'알고보니 피해자, 어쩌다보니 가해자?' 캐나다 가정법에 대한 올바른 이해

• 사전등록 필수  
• 간단한 스낵 제공  
• 영주권자는 영주권카드 지참을 부탁드립니다.

등록 및 문의: 전화 : 416-340-1234 / 416-340-0838  
이 메 일 : myounguk.joo@kcwa.net 웹사이트 : www.kcwa.net  
후원 재외동포재단 주 토론토총영사관

교차로, 라임블러스, 우먼팩워  
All TV, WTH, 컬러리아, KFT, 한국일보, 중앙일보

Hosted by 주토론토총영사관 CONSULATE GENERAL OF THE REPUBLIC OF KOREA IN TORONTO Partnership with KCWA FAMILY AND SOCIAL SERVICES

2019 Career Networking

**Korean-Canadian Government Employment Strategy**

**Date**  
November 30<sup>th</sup>, 2019 (Sat)  
10:30am - 3:00pm (Doors open at 10am)

**Venue**  
**North York Civic Centre**  
(Lower Level)  
5100 Yonge St.  
North York, ON M2N 5V7

**Part 1**  
Opening  
10:30 am - 11:20 am

- Welcome and Greetings
- Introduction
- Guest speakers & Affiliation
- Client's Testimony

**Part 2**  
Group Presentation  
11:30 am - 3:00 pm

- Get to know careers in public services
- Meet current employees at different levels of public services
- Know-how and tips for employment in public services
- Mentorship and Networking
- Question and Answer

**For more information**  
Contact: 416-340-1234 (General)  
416-340-1739 (Direct)  
E-mail: sungnye.choe@kcwa.net

- Pre-registration required / No on-site registration (Only 300 participants are available)
- Bring your registration number
- Please bring your PR card, if applicable
- Snacks will be provided
- Please arrive on time

Sponsored by 주토론토총영사관

Media sponsorship



## Volunteer's Voice Incredible Experience with the Empower Us Project

**Jason Jang**  
(Thornhill Secondary School / Gr.12)

My participation in the Empower Us project as a student interviewer has been an incredibly eye-opening and uplifting experience.

The goal of this project is to empower Korean Canadian immigrant seniors who immigrated to Canada between 1970's and 80's to contribute to the Korean Canadian community by passing down their oral legacy and promote social participation and reduce social isolation among seniors in the community, as well as to strengthen inter-generational ties. We were required to attend multiple information sessions where we learned more in-depth about the history of Korean immigration to Canada. During our second session, we were given an opportunity to meet with the seniors before we began formal interviews with them. Listening to challenges and sacrifices that they made as immigrants to this country, I have gained a greater level of appreciation for this abundant life I am endowed with in Canada.

The seniors were extremely friendly and very willing to share any insight or advice that they had for the younger generation. Being a second-generation Korean Canadian, the language barrier has always been an issue for me as I only spoke English growing up. That being said, my interviews ended up going very smoothly. Even though I may not have been able to understand everything they shared, I was touched by the senior's genuineness and sincerity

shown through their responses to the interview questions.

Overall, I am very thankful for the opportunity to have been part of the "Empower Us" project, as I have learned many invaluable lessons that I will take with me for the rest of my life.

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[Get Involved in KCWA \(Click for the details\)](#)

- **Participation as a Volunteer**
- **Participation through Membership**
- **Participation through Financial Support**

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#### KCWA Newsletter Committee

Yusun Choi (Translation & Proofreading)  
Jeongsook Rothe (Translation & Proofreading)  
Sujin Jung (Translation & Proofreading)  
Kai Han (Translation & Proofreading)  
Sally Joo (Supervisor)

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#### KCWA Family & Social Services

##### North York Centre office

5075 Yonge St., Suite 401, North York, ON. M2N 6C6

##### Bathurst-Finch office

540 Finch Ave., W. 2nd Fl. North York, ON. M2R 1N7

Tel: (416)340-1234

Email: [kcwa@kcwa.net](mailto:kcwa@kcwa.net)

Fax:(416)340-7755

Web:[www.kcwa.net](http://www.kcwa.net)