



# KCWA Family and Social Services Newsletter

Volume 63 Jan 2007

## President's Message

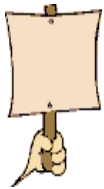
I would like to start by wishing you all a happy new year! 2007 is off to a great start for KCWA. On January 12, it was with great honour that I accepted the prestigious Prime Minister's award for outstanding community organization on behalf of KCWA at a ceremony held at the Korean Consulate. The award symbolizes and recognizes all the efforts and dedication of past and present volunteers, staff and board members who have given their 110% in making KCWA what it is today. To those of you who recognized the need to provide culturally and linguistically appropriate services and programs for the woman subject to daily domestic violence, for the newcomer who lacks information and resources, for the overwhelmed parent contemplating leaving the family, for the woman who suspects she has breast cancer, for the family who cannot meet next month's rent and is about to be evicted, and so forth, the award is for you.

As much as it is an honour to receive recognition, it is important that we do not rest on our laurels, as there is much work to be done. Thus as KCWA moves forward into 2007, we do so with a clearer direction. Both board and staff participated in an all-day strategic planning session, as well as additional board and staff action planning sessions, to produce an overall agency strategic plan to be used to guide the organization for the next 3 years. Priorities set out in the plan include recovering our charitable license, quality service standards, identifying emerging community needs, board development, financial resources and building expansion, and raising KCWA's profile. While KCWA pursues these aims in the coming years, we will revisit and reflect on the appropriateness of each of our aims in response to the constantly changing internal and external environments. At the heart of it all, however, will be our focus on our service users.

Linda Yoo  
President

### **KCWA Family & Social Services 21st Anniversary Fundraising Gala**

To provide family, settlement, and social services to newcomers, we will be holding the 21st Anniversary Fundraising Gala as follows:



- Date: February 3, 2007 (Sat) 6:30~ 10:00
- Place: Sheraton Parkway Hotel – Main Floor Ballroom  
600 Highway 7 East  
Richmond Hill, ON L4B 1B2

Your support and participation will be very much appreciated. Tickets are \$ 60 per person. For more inquires, please contact the association.

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-Gill-soon Lim, Family Counsellor-

I have been working as a family councilor here at the KCWA Family & Social Services for three months now. I was not fully confident that I could go back to the workforce since I had been a homemaker for about 10 years. It is with the help of the KCWA's Executive Director and Family Councilor, Emily Kim, that I have slowly regained my confidence.

Now that KWCA has two Family Councilors, they are able to provide a variety of services to the Korean community in a more effective and faster way.

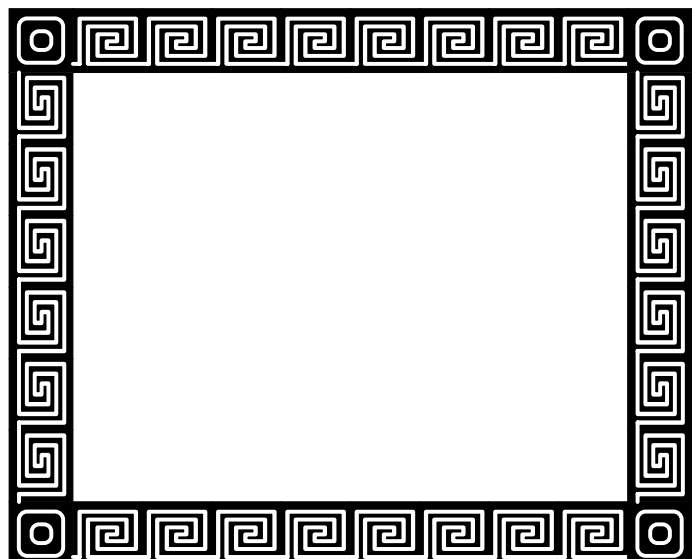
I think one of the biggest crises in today's society can be found in family issues. Every family has to deal with problems that can range from parent-children conflicts to domestic violence. Immigrant families tend to have even more problems due to the dramatic changes in their lives in areas such as culture, language, education, and occupation. I have met and talked on the phone with many people in the last three months. I have listened to their issues and tried to help them in any way I can. I have laughed and cried with them over their problems.

With Emily Kim, I will keep trying my best to provide better services to the Korean community and to assist them build healthier and happier families. Any opinions and ideas from anyone would be highly appreciated since it can improve our services.

Thank you.

-Donghyuk Kim, Grade 5-

I went to a homeless shelter with my family. Because I am very young, I was supposed to run some errands downtown with my mom while my older brothers volunteered. But instead, I decided to stay and volunteer because the staff there said I could join in. At first I was so scared to see the homeless with grim faces in their shabby clothes screaming and fighting with each other. But in spite of my fear, I partnered up with my mom and another woman and changed pillow covers while they changed bed sheets. Working together with many people made the job more fun and finish earlier. My task after lunch was to fold the bedding. It was my first time working for others and it was not easy, but I felt very satisfied. My brothers also said they felt good about themselves. My whole family has decided to keep volunteering at the shelter. I would really like to recommend that other people volunteer and feel good about themselves too.






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♣ KCWA received a Prime Minister citation from the Korean government on December 31, 2006. The presentation ceremony was held at the Korean Consulate in Toronto on January 12, 2007. Sanghee Yoo, the President, Sunghak Choi, the Vice President and Boksil Shin, Administration Comm. Chair from the KCWA were present at the ceremony.



♣ KCWA hired one more Family Councilor to provide better quality service. Gilsoon Lim started working as the Family Councilor for the Korean community at the KCWA from October 1, 2006.

♣ Being funded by the Ontario Ministry of the Attorney General, KCWA is scheduled to start a new project for healthy families in 2007. This program is for Koreans who experience domestic violence and is meant to inform them about Canadian laws and available services. Anyone with relevant issues is encouraged to contact

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- President:** Linda Yoo
  - Vice President:** Sung-Hak Choi
  - Secretary:** Sunki Schaub
  - Vice Secretary:** Christina Kwon
  - Treasurer:** Hazel Moon
  - Vice Treasurer:** Jihn-Shil Lee
  - Finanace Com. Co-Chair:** April Lim
  - Administration Com. Chair:** Bok Shil Shin
  - Program & Service Com. Chair:** Jennifer Chang
  - Public Relations Com. Chair:** Jacqueline Ahn
  - Public relations Com. Chair:** Monica Lee
  - Membership Com. Chair:** Sook Hun Park
  - Member:** Soon Ja Shin
    - Jee Yin Kim
    - Kyung Ae Choi
    - Eun Hwa Kook
    - Jung Za Yoo
    - Judy Sang-Hee Park
    - Lucia Hye Young Lee
    - Kwi Ran Ahn

- 
- Executive Director:** Younglee Ha
  - Program Manager & Settlement Coordinator:** Young Oak Kang
  - Employment & Settlement Coordinator:** Byung Chun Oh
  - Family Counsellor:** Emily Kim. Gill Soon Yim
  - Administration & Volunteer Coordinator:** Lily Jungmin Park



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-Raising Sexually Healthy Children Project Coordinator Young Oak Kang-

“Raising Sexually Healthy Children” project is aimed to build a healthy and safe environment for our children and teens throughout a family orientated sex education, and in-hand to enhance the abilities of each ethnic communities. 7 ethnic communities including the Korean community is taking part in this project. This project has a partnership with Toronto Public Health, ACAS (Asian Community AIDS Services) and funded by The Ontario Trillium Foundation. This project has started from April 2006 and scheduled to March 2009.

Parents hold an important role in raising sexually healthy children through conversation, positive role modeling, providing advice, and guidance to their children. The children nowadays are exposed daily to various sexual messages through friends, neighbors, TV, magazines, and various media. Some of the messages could make our children confused or sometimes they can even be harmful. Therefore a parental guidance makes it possible to help our children understand the confusing messages. Furthermore the conversation provides a positive message about sexually in-hand with each ethnic groups own culture and values.

Peer Parent Leader training workshop is held to provide the trainees an enhanced sense of community belonging, communication skills to communicate about sexuality with family and children, awareness about the importance of Sexuality Education, and information about sexual development of our children. All the information is shared through debate and awareness. This project will allow our children to have a positive attitude about their own body, which leads to a positive image about themselves, forming a confident and secure self esteem. Also they will learn that it is ok to talk and ask about sex which gives them a better understanding about rights and responsibilities about their own bodies. To make this possible a peer networking within the community to promote conversation between the parents and children about sex and sexuality education with in the family is formed to promote a healthy environment to raise sexually healthy children in each community.

This project is planned for 3 years to provide “Raising sexually healthy children” Peer Parent Leader training and community outreach workshops for parents.

The themes of each Parent workshop are as follows:

Workshop 1: What is Sex? / Children and Sexuality / The beginning of family / Where do our children learn about sex? / Parental roles to raising sexually healthy children

Workshop 2: Sexual development of Children / When children’s action make u worried / Advice to the parents: How to protect your children from strangers

Workshop 3: How to answer our children’s questions about sex

♣Parent workshop is for the parents in the community. The workshop will be provided at the convenience of the group. The workshop will come to any location, date, time the group wants. For further information please call KCWA at 416-340-1234 and please ask for the “Raising sexually healthy children” project coordinator.

*This project is funded by the Ontario Trillium Foundation*

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KCWA has held a One Stop Settlement Orientation every month since September 2006. This new settlement program provides new immigrants with accurate settlement information at the early stages of their immigration and helps them settle in Canada with more ease. It also helps them gain greater knowledge and understanding about Canadian society by providing comprehensive information. The orientation is composed of four sessions on different topics for four weeks and is held every month. In the first week, we provide information on the social service system and benefits of the three levels of Canadian government (federal, provincial and municipal). The benefits and information discussed include Canada Child Tax Benefit (CCTB), Employment Insurance (EI), Canadian citizenship, driver's license, Ontario Health Insurance Plan, Ontario Child Care Supplement for Working Families (OCCS), Canada Pension Plan (CPP) and much more. In the second week, we explore Canadian food culture and hold a cooking class on ethnic dishes varies every month. In the third week, we provide information on employment and business and the differences between Korean and Canadian job markets and employment culture. This class will help new immigrants access the job market with ease. Also, stories based on personal experiences of earlier immigrants are very helpful for those who plan to open their own business. In the last week, we provide perhaps the most important information - stress control - which is not always necessary in everyday life but critical for a healthy settlement in Canada. Volunteer programs of Canada are introduced to provide new immigrants with opportunities which may revive their lives in this new country. In 2007, the KCWA will continue providing the One Stop Settlement Orientation and do its best to continuously improve it with updated information.

### **After taking KCWA One-Stop Settlement Orientation**

-Ji-Hye Han-

I am a new immigrant who came to Canada just 2 months ago. I found out information about the KCWA One-Stop Settlement Orientation on the Internet. After checking out its agenda, I registered for the orientation because I thought the topics would be very useful to a new immigrant like me.

Now that I have finished all four of the orientation sessions, I find better informed about Canada in general.

The first week's session which discussed the available services of federal, provincial and municipal governments and I am now know about the benefits and services I am eligible to receive now and will be able to access in the future.

The second week's Canadian Food Culture orientation allowed me to understand the differences between such food ingredients as juice, milk, oil, sauce, meat, fish, cheese, etc. I was so confused by the large variety of the same food ingredient but because of the orientation, I can now tell the difference and know which kind to buy for a certain dish.

The topic of Career, School and Business in the third week was especially useful because I had been considering looking for a job.

And finally, the Volunteering and Stress Management orientation in the fourth week were also very informative in that it helped me understand how to be a stable member of this community.

After hearing what I learned from this four-week orientation, people have said that it seems I have more knowledge and detailed information than immigrants who have lived in Canada for over thirty years. They say that knowledge is power. What a pity it would be if you couldn't access certain benefits or services because you didn't have the right information.





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♣ On May 4<sup>th</sup> 2006, Mr. Andrew Smith, a radiotherapist from Sunnybrook Regional Cancer Centre, held a health seminar to raise awareness of men and cancer at KCWA.

♣ On August 2<sup>nd</sup> 2006, a Volunteer seminar helping newcomers understand the Canadian Social system and settle into their new country was held at KCWA.

♣ A preparation seminar for Canadian Citizenship was held 4 times from August 8 to August 29 at KCWA. On the last day, a prep-test was held to review the information covered during the seminar to prepare for the actual citizenship test.

♣ A training program for “Raising Sexually Healthy Children” was held for two days on July 12 and 19 at KCWA. Trainees from 7 different ethnic groups - Korean, Chinese, Tamil, Spanish, Portuguese, Vietnamese, Bengalese – were present. The instructors Anda Li from Toronto Public Health and 3 Sexual Health Instructors discussed sexual development in children, how to interact with them and provided a variety of other information on community issues. The trainees from this seminar will receive further training as peer instructors.

♣ A training program for Korean Parent Instructor for “Raising Sexually Healthy Children” was held for 20 hours from September 27 to October 18 at KCWA. The Parent Instructors who got trained from this program will hold community outreach workshops to help the Korean community raise sexually healthy children.

♣ For 3 days (November 16,18,19) a fund-raising Christmas Gift sale for KCWA was held at the Galleria Supermarket and the Bloor United Church. Scarves, mugs, Japanese udon bowls and muffles were sold.

♣ Training for Korean Interpreters was held every Friday from July 20 to August 11, totaling 4 sessions at KCWA.

♣ On October 2nd, a Thanksgiving dinner cooking class was held at KCWA as a Settlement program for newcomers to understand Canadian culture and food. Instructors demonstrated how to roast turkey, make pumpkin pie and pilafs and on the 31<sup>st</sup> taught how to make Chinese dumplings and lentil congee. On November 29 a trip to Chinese grocery stores in Chinatown (Downtown Spadina Ave.) was held to further understand Chinese food and cuisine. On December 7 and 14 a wine appreciation and appetizer class was held followed by Christmas ham and table setting.

♣ A workshop by the Korean Parent Peer leader “Raising Sexually Healthy Children” was held for the Korean community at High Park Korean United Church, Catholic Cross-cultural Services, and Church of Malsum from November to December.

♣ A 3-month knitting class started as a leisure activity program for immigrants from December will continue in to 2007. The art class is preparing for the February



2007 exhibition.

♣ Once a week from October to November the Toronto Western Hospital and KCWA provided a free health program for Korean women. The program continued for 6 sessions providing information about breast and uterine health, heart health, healthy diet and nutrition, menopause and osteoporosis, women’s assault, birth control and sexually transmitted diseases. In November 2006 and January 2007 a Mobile Health Bus visited KCWA to provide breast cancer examinations and pap tests. This service was available to non OHIP holders.



♣ Settlement and Employment

One-on-one counselling for newcomers on settlement and employment

♣ Career Center Information Workshop

A workshop to understand the Canadian employment market and how to use employment services presented by Canadian Employment Service Organizations, invited by the KCWA was held at 2 pm on January 23 2007.

♣ Career Center Tour

Trips to employment service organizations will start in February 2007 to help and connect Korean newcomers to services provided. The Access Centre for Internationally Trained Individuals will be the first Centre visited.

♣ Computer Class

Every Tuesday, Thursday and Friday 3 beginner and 2 intermediate computer classes are held at KCWA. This has taken place since January and will repeat itself every month.

♣ Resume Clinic and Model Interviews

Starting in February, a resume help clinic and model interview sessions will be held at KCWA twice a month.

♣ Employment Seminar

Beginning in March, four seminars (3,6,9,11) will be held to provide sector-specific information with guest speakers from the field.

♣ Employment Preparation Club

A club to share employment information and support amongst Korean immigrants will start from April 2007.

♣ Ontario Employment Law Seminar

A seminar about Ontario Employment Law will be held to provide information and help protect the rights of employees in June 2007

♣ Knitting Class

Every Wednesday from 10am to 2pm a knitting class is held at KCWA.

♣ One-Stop Settlement Orientation

4 times a month every Thursday 10 am to 12 pm.

♣ Art Class for Adults

Every Thursday from 2-4 pm

Water painting, oil painting, pencil drawing.

♣ ESL Food guide

Every Tuesday 10 am-12pm

ESL and food information for newcomers

♣ English Café

Every Friday 10:30 -11: 30 am

ESL Conversation

♣ Volunteer Work

KCWA does volunteer work at the Good Shepherd Centre and Scott Mission 3 times a month to provide an opportunity for the Korean community to understand the Canadian social service system and further successful settlement into the Canadian community.

**Volunteer Schedule**

**Good Shepherd Centre (Jan~ June, 2007)**

Jan 6, 2007 (Sat)	10a.m.~3p.m.
Jan 8, 2007 (Mon)	10a.m.~3p.m.
Jan 20, 2007 (Sat)	10a.m.~3p.m.
Feb 3, 2007 (Sat)	10a.m.~3p.m.
Feb 12, 2007 (Mon)	10a.m.~3p.m.
Feb 17, 2007 (Sat)	10a.m.~3p.m.
Mar 12, 2007 (Mon)	10a.m.~3p.m.
Mar 17, 2007 (Sat)	10a.m.~3p.m.
Apr 9, 2007 (Mon)	10a.m.~3p.m.
Apr 21, 2007 (Sat)	10a.m.~3p.m.
May 19, 2007 (Sat)	10a.m.~3p.m.
Jun 11, 2007 (Mon)	10a.m.~3p.m.
Jun 16, 2007 (Sat)	10a.m.~3p.m.

**Scott Mission (Mar ~Jun, 2007)**

Mar 10, 2007 (Sat)	9:30a.m.~1p.m.
Apr 30, 2007 (Mon)	9:30a.m.~1p.m.
May 12, 2007 (Sat)	9:30a.m.~1p.m.
Jun 16, 2007 (Sat)	9:30a.m.~1p.m.



**♣Donation**

Yun Sik Choi, Snag Bin Han, Ji Sook Yoon, Hyung ghun Kim, Insook Winters, Jungmin Park, Soonwhal Lee, Sookhun Lee, 3<sup>rd</sup> Interpreters, Byungchun Oh, Sunghak Choi, Gisun Choi, Namsoo Park, Yangsook Kim, Gyuhee Lee, Kyoungsoon Kang, Han Hyuk, Jiin Kim, Jungmin Park, Catherin Lvrics, TD Bank, Consulate General of Korea in Toronto and etc.

**♣In Kind Donation**

Kunwoo Homedeco, Jady Sit, Michael Diep, Youngsook Park, Gilsoon Lim, Bokshil Shin, Byoungchun Oh, Joynet, Younglee Ha, Youngok Kang, Nancy Kwan, Jungmin Park, and etc

**♣Sharing**

Toronto Bethel Sungkyul Church, Alison Murakam and etc

**♣Volunteers**

Chihee Lee, Hanbhum Song, Jungmin Park, Eunjoo Lee, Eunjung Lee, Byoungchun Oh, Wootae Kim, Misun Jang, Sungchul hong, Wonhee Park, Kyoungsoon Kang, myoungjoo Na, Kyoungae Jung, Teresa Kim, Un Ha Ahn, Kyoungsun Kang, Youngsook Park, Jihae Han, Eun Kyoung Park, Young ok Kang, Heejung Lee, Soyoun Kim, Heeyoung Yum, Youngsoon Yang, Jungae Park, Michael Fekete, Bokshil Shin, Songhyun Yang, Linda Yoo, Jennifer Chang, Soonja Shin, Sunghak Choi, Soonhun Park, Ghee Hwan Ahn, Woojin Lim, Younglee Ha, Emily Kim, Gilsoon Lim, Yunjung Hwang, Jongjae Lee, Haesun Lee, Soowan Lee, and etc.

**Membership**

**♣One Year membership**

Gayun Cho, Mypunghwa Kim, Byounguk Lim, Myounguk Tae, Insook Jung, Yunjung Lee, Inshil Coh, Bongsoon Choi Hyunjoo Kim, Sookhee Song, Hwasub Jung, Jungwung Lee, Minhwa Kim, Kyoungok Kim, Namhyang Uhm, Sook hyun Cho, Youjung Jung, Yangshim Kim, Soonwhal Lee, Sookyoong Jang, Youngmo Han, Youngja Shin, Jinsook Lee, Ghumyong Choi, Youngsoon Yang, Sookja Yun, Youngsook Shin, Soonja shin, Jinshil Boo, Haeyoung Lee, Eunhwa Guk, Suk Kyoung Kwun, Taeyun Hwangbo, Sishik Kim, Snaghee Park, Okja Lee, Yongduk Choi, Myoungja Lee, Eunbok Suh, Dongjoo Shin, Jungsook Kim, Wonja Lee, Eunja Kwun, Johan Lee, Youngok Jun, Jungsoon Choi, Jongbun Lim, Yunhee Kim, Hyochul Lee, Yunho Song, Kyoungbin Kim, Yunsook Kim, Joohyun Han, Kyoungum Baek, Jungshin Choi, Byoungjun Ha, Hee sook Jun, Hyunsook Cho, Chungja Kim, Ilhyun Yoon, Heedan Cho, Yun Park, Jongran Song, Hwaja Suh, Chunja Shin, Youngsoon Kang, Gibin Jang, Jungsoon Jin, Chunja Bong, Jungsook Lee, Youngin Nam, Jaesook Lee, Wonhee Park, Sokjung Jung, Sungkyun Lee, Dooyun Kim, Nohee Kim, Sunhee Kim, Moonsook So, Heesong Lee, Myoungja Lee, Daehyun Kim, Shinwon Ji, Bangjoo Jung, Kyu Young Jung, Soonhee Choi, Myoungjun Kim, Eunkyun Kim, Youngae Kim

**♣Life Time Membership**

Jennifer Roggemann, Kyoungae Choi

Funded By:

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Fax: 416-340-8114  
Website: [www.kcwa.net](http://www.kcwa.net)  
E-mail: [admin@kcwa.net](mailto:admin@kcwa.net)

Korean Canadian Women's Association is a non-profit organization established in 1985 by a group of women who were concerned with women and family issues. KCWA's mission is to "empower Korean Canadian families and other vulnerable members of the community-at-large to live free from violence, poverty and inequity through the provision of culturally sensitive and linguistically appropriate services for the purpose of enhancing the well-being of immigrant families and promoting their successful integration into Canadian society".