

캐나다 한인 여성회 소식지

KCWA Family and Social Services Newsletter



23rd President's Message

It is with great honour that I take on the role of President of KCWA Family and Social Services for one additional year. Over the past few years, thanks to the hard work of staff and volunteers, KCWA has secured more resources and laid a firmer foundation. As stressed in our board meeting, however, we are at a critical point in the growth and development of our organization so we must not rest on our laurels. Highlights of recent developments include our ongoing charitable license renewal efforts and office renovations made necessary with the growth of our staff complement (there are currently 9 staff).

While these have been positive developments, there are many external changes in our environment, which we must remain alert about. One notable emerging trend is the hiring of Korean-speaking staff in larger, mainstream organizations. What impact will this trend have on KCWA and other smaller Korean organizations? Will the quality of services for the Korean community be improved or compromised? These are all upcoming challenges and possibilities that will keep us busy as we head into our 22nd year. We encourage you, our members, to become informed and active participants in our organization as we forge ahead towards what lies ahead.

Linda Yoo, President

제 1회 캐나다 한인여성회 미술반 전시회
The 1st KCWA Family and Social Services
Art Class Exhibition

“ *Painting and Thinking* ”

October 9 ~ October 12, 2007

- ◆ Opening Reception : October 9, 2007 6p.m.
- ◆ Place: Korean Consulate General
555 Avenue Road. Toronto
- ◆ Tel: 416-920-3809
- ◆ Gallery Hours: Tuesday~ Friday 10a.m.~ 5p.m.

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Employee News I

My name is Eun-Kyung Lee. I am the coordinator for the “Breast Cancer Survivor Support Group and Breast Health Promotion Project” entitled ‘Hand in Hand’.

Many of you have probably seen or heard the words ‘breast cancer’ through the media, TV commercials and newspapers, but do you know what it really means to you? I would like to share with you my firsthand experience with breast cancer.

A year ago, I was diagnosed with breast cancer. It was only a medical term to me then. I never in my life thought that I would have breast cancer in my life, because I was young and healthy. When the doctors confirmed that I had breast cancer, I was devastated! I was shocked! I didn’t know where to turn to. As the all Korean saying goes “knowledge is power”. I needed to get in control of myself and I began to do research. I was blessed to receive much support from people around me. Today, I am thankful for all those people who took me under their wings. It is a lesson in my life that I wish to share with you all.

Not only breast cancer, any cancer can be cured if it is detected early on. But prevention is better than cure.

KCWA’s Breast Health Promotion Project will have a training program about breast cancer prevention and early detection for Korean women. I’m looking forward to seeing many people who are interested in participating in the program.

Thank you very much!

Eun-Kyung Lee, Coordinator

Breast Health Promotion Project ‘Hand in Hand’

Employee News II

My name is Yun-Sang Ryu and it’s my pleasure to introduce myself as the new Coordinator for the Breast Cancer Promotion Project.

Since we’re busy immigrants who have to do everything from the bottom-up with minimal information, sometimes we put our health behind of other matters of our lives and forget the importance of our health.

Due to the conservative Korean culture, especially for women, it is considered as a taboo to touch even our own breast to examine it, not to mention speaking to others about it, including doctors. This causes to makes it difficult to detect breast cancer at an early stage, which in turn can cause us to miss the appropriate timing for treatments. In addition, our language barrier makes it even more difficult to understand the kinds of problems or issues we have, and which procedures are necessary for treatment. Not only is the language barrier a problem, but sometimes we are confused and lost because of the different medical system in Canada. It causes frustration and emotional isolation.

I myself have experienced the above mentioned problem and have seen others struggle with the same issues. In the future, I would like to assure others and inform them that they are neither alone nor ignored. We have to come together and comfort each other, hand in hand to support each other and reach out to our friends and families. This is why I applied to become KCWA’s – Breast Health Promotion Project Coordinator.

This project will offer a Peer Leader Training Program to assist women in the Korean community to expand their awareness of breast cancer and it will also teach women to conduct self-examinations and distinguish between myths and facts about breast cancer.

Lastly, I would like to say that I’ll put all my effort in educating women in Korean Community for a healthier life. I look forward to your support.

Yun-Sang Ryu, Coordinator

Breast Health Promotion Project ‘Hand in Hand’

KCWA News

- ◆ Funded by the Ministry of Citizenship and Immigration, KCWA Family and Social Services changed its old furniture in the counselling room, computer room and office in September to provide efficient operational support and to improve our program and services for the community.



<Before>



<After>

◆ Introducing our 23rd Board of Directors

Position	Name
President	Linda Yoo
Vice President & Public Relations Com. Co-Chair	Bok-Shil Shin
Vice President & Public Relations Com. Co-Chair	Jacqueline An
Treasurer & Finance Com. Chair	Sung-Hak Choi
Secretary	Hazel Moon
Administration Com. Chair	April Lim
Program & Service Com. Chair	Judy Sang-Hee Park
Membership Com. Chair	Kyung Ai Choi
Member (Finance Com. & Mem-	Sook Hun Park
Member (Membership Com.)	Soon Ja Shin
Member (Membership Com.)	Kwi Ran An
Member (Finance Com.)	Eun Hwa Kook
Member (Administration Com.)	Pauline Yoon
Member (Finance Com.)	Stephen Lee
Member (Finance Com.)	Lucy Park
Member (Finance Com.)	Gail Lee

Volunteer contributions and financial support enable us to achieve our goals.

Join KCWA as a member (annual/life) or as a donor.

Hand in Hand' – Breast Health Promotion Project

The truth is nobody is ready to hear the words “cancer disease” in their lives. Every woman is at risk for breast cancer. Age does not matter. Some women believe they are healthy when they are diagnosed with breast cancer. Women with breast cancer are normal people like family members, our friends, someone whom we love. Even more surprising is the fact that breast cancer is the leading cause of death for women in Korea per year.

KCWA Family and Social Services will hold its Breast Health Promotion Project ‘Hand in Hand’ from September 2007 to May 2008 and it is funded by the “Canadian Breast Cancer Foundation”. This project will have a peer leader training program for Korean immigrant women to increase their awareness of breast health and it will educate women on how to do breast self-examinations and to distinguish between medical facts and myths about breast cancer. Women will gain knowledge to detect breast cancer early and get adequate treatment. As a result, we can build a supportive social network for Korean immigrant women to have healthy and beautiful lives.

Also, this project will conduct a Breast Cancer Survivor Support Group following with Wellspring’s support group as a model in a Korean speaking environment so that we can provide survivors and caregivers with emotional, cultural and psychological support. It will help to reduce relapse of cancer and to improve quality of life.

KCWA Family and Social Services will provide a mobile clinic service for clinical breast examinations and PAP tests in cooperation with the Immigrant Women’s Health Centre’s support. It is for women without an OHIP card or women who are currently waiting for their OHIP card to be processed. This is the first step to make a better society.

This peer leader training is open to anyone who is interested in “Breast Cancer” or “Community Volunteer Leadership”. After training, peer leaders will branch out to their communities to share their knowledge of the facts and increase awareness of breast cancer.

Breast Health Promotion Project Coordinator

YunSang Ryu, Eun-Kyung Lee



Program User's Voice I

Kyung Sun Kang, Art Class

It has been four years since I became really exhausted from my life as an immigrant. I felt like I found an oasis in a desert when I found out about an Arts class which was at the KCWA Family and Social Services along with other programs for immigrants.

As a child, I used to dream of becoming an artist but the dream had been hampered by reality, and when I reached my teen years, I had to give up the lingering attachment to the dream completely.

While being drifted away from my one-time dream further and further, I immigrated to Canada with my family, and a busy life as an immigrant did not give me the luxury to even to think about drawings. I was getting worn out little by little from a hectic daily life.

However, news about an Arts class which was scheduled to take place at the KCWA was like one bright light of hope shining down on my life with which I might be able to make my once-lost dream come true. I could feel that my desire toward drawings had still been breathing strongly deep inside of my heart and was being revived.

This is how I joined the Arts class, and I have been enjoying the class and to spending time with my classmates so much. The paintings on our canvases shine because they are created within a warm environment amongst friendly classmates and led by an artist teacher, who just loves paintings and her students. Also, our philosophies and the wisdom we have gained in our lives have transformed into paintings.

The excitement, thrill, and tension that we experienced just prior to our first exhibition are now carved vividly in my memory and heart like one beautiful art piece.

Although I had to be away from my drawings for some time last year because of surgery, my passion for drawing was the very force that held me up from the pain and suffering I was experiencing from the side effects of the surgery. I was able to re-gain my desire and self-confidence by spending time together with my classmates.

I am now working on my painting with my classmates under the instructor's guidance for our 4th Art Class Exhibition.

With the support of KCWA, the art works we put so much of our effort and time into will be exhibited at the Korean consulate, where I thought of exhibiting only in my dreams.

Dreams do come true. My dreams will go on although life can wear me out sometimes because my passion for drawing will never fade away. May God bless KCWA for making my dream a reality.

Program User's Voice II

Young Oak Oh, Art Class

I am thankful to the KCWA Family and Social Services for offering Arts Class.

I really wanted to draw paintings when I was a child but the reality hindered me from doing so.

With my children leaving home and getting married, I was looking back on my life and I started to feel that I was missing something in my life. It was then I found out that KCWA offered an Arts class and I was very happy to hear about it.

I was thinking that "Oh, thank god, you're giving an opportunity to someone old like me!" I told my grandchildren about it proudly. I draw paintings with my grandchildren saying "Grandma goes to an Arts class, too!"

As any mother will tell you, it is not easy to enroll oneself into a regular arts class. But with this Arts class offered by KCWA, it seems a lot easier for many mothers and grandmothers to learn how to draw. I would like to request that KCWA keep providing a good program like this one. Also, I would like to express my gratitude to the instructor, KCWA and the Canadian government for helping to enrich my life in my later years.

Settlement Story

My family immigrated to Canada in July 2003 from Seoul, Korea and settled in Toronto. I had been working as a social worker in the social service field for over 15 years in Korea. I was working until the day before I left Korea. After landing in Canada, the first thing I did was visit a settlement organization for Korean newcomers to plan a settlement for my family. I received information regarding the settlement as well as for job preparation. A settlement worker suggested that I enrol in a four week full time course for a job search.

Two weeks after landing in Canada, I registered for the job preparation program at Audmax Employment Centre in Mississauga. While I was there, I learned about Canada's employment system and preparing for a new job in Canada. I also registered in an internship program for internationally qualified professionals at Career Bridge. Since then, I have continue to receive job information regarding my profession through two organizations and have been actively volunteering at three non-profit organizations. KCWA is one of them. Through volunteer work I was able to secure a part time position and started to work as a program coordinator for a newcomer project at KCWA. The work was related to my profession, and working part time gradually led to a full time position. I think volunteer experience in Canada is invaluable and an important foundation of settlement to newcomers.

Through volunteer work in organizations I have learned a lot and have gained a better understanding of social services in Canada, and also I have established a network. My volunteer experience was special and meaningful to me. As I have gained volunteer experience, my family members also have been volunteering. After landing in Toronto my two sons also started to do volunteer work with their friends every Saturday at a non-profit organization which provides support for handicapped children. Their volunteering has been gradually been extended to the hospital and community. My husband also did some volunteer work for a municipal election at one of the MP candidates office in our residential area. Although he is not a citizen, he had an opportunity to learn about elections in Canada. Volunteer work has given my family an opportunity to become active participants in our new home and given us a purpose in life. It has helped us to understand Canada better and become proud Korean Canadians.

My family has been in Canada for three years and eight months. Now my husband is working as an education consultant, my older son is studying graphic design at OCAD, my younger son is attending U of T, studying civil engineering, and I'm working at a non-profit organization KCWA Family and Social Services as a settlement counsellor. My family members have positive thoughts. We all thank to God for helping us to settling down in Canada.

Young Oak Kang, Settlement Counsellor

If you would like to share your settlement story with us, please send us the article.

For more information contact KCWA office at 416-340-1234

Main Programs and Events

♣ 'Raising Sexually Healthy Children' The 2nd Peer Parent Leader Training

The 2nd peer parent leader training program for raising sexually healthy children was held for 5 sessions /20 hours from June 6 to 20 at KCWA. 11 people participated at the training. Some of the topics included 'What is sexuality', 'Children's sexual development', 'Parents role for raising sexually healthy children', 'How to protect children', 'Answering children's questions about sexuality', etc. and etc. The peer parent leaders who received training in this program will hold community outreach workshops to help the Korean community raise sexually healthy children. If a group wants to have a workshop, it may do so at a convenient time and venue., after discussing it with a project coordinator.

♣ ESL Banking/ Police

ESL Banking program which is for the promotion of settlement of newcomers was held by TD bank staff. Newcomer participants learned useful banking information about bank transactions, accounts, credit cards, mortgages, RRSP's etc. in English. Through the program participants learn to overcome difficulties in using a bank as a newcomer, and they also learned about a variety of services from the police. ESL Toronto Guide program is running from September to November and the participants learn where special markets/ groceries are located and what markets sell. Also, once a month, class has a special field trip to an ethnic market.

♣ Canadian Citizenship Preparation Class

A preparation seminar for Canadian Citizenship was held 4 times starting on July 10. The text book was entitled 'A Look At Canada' which includes topics on Canada's history, government in Canada, Election, justice system, and citizenship rights and responsibilities. On the last day, a prep-test was held to review the information covered during the seminar to prepare for the actual citizenship test.

♣ English Café

English café program is to enhance English conversation for newcomers. Starting October, the textbook will be changed to the Metro newspaper. The program helps to keep up to date with current events in the newspaper.

♣ 'Painting and Thinking' Art Class

'Painting and Thinking' adult art class has its first art exhibition from October 9 to 12 at the Gallery of Korean Consulate General. The art class aims to reduce isolation from new environment by immigration and to promote comfortable settlement and achievement of art through support and encouragement of each other. Opening reception starts at 6 p.m. at the gallery of Korean Consulate General on October 9.

If you need further details regarding the exhibition, please feel free to call KCWA phone number 416-340-1234.



<'Painting and Thinking' Adult Art Class>

♣ 'Domestic Violence Prevention Project' The 1st Peer Leader Training

'Domestic Violence Prevention Project' was launched in May 2007. The first peer leader training was held for 20 hours from July 4th to July 18th. Through this training, a total 18 peer leaders were certified. From September 12th to September 24th, the first workshop by peer leaders was held for 15 hours. Furthermore, a workshop manual for peer leaders was created in July.

Main Programs and Events

♣ Self-Help Group volunteered In May

Self Help Group members participated in volunteer work on May 12, 2007 at The Scott Mission, one of KCWA's on-going volunteer organizations from 9:30 am to 1:00 pm where they distributed meals and cleaned up the dining room.

♣ Self Help Group Picnic

Self Help Group had a family picnic on July 7, 2007. The regular monthly meeting is usually held at the KCWA office, so it was a good opportunity to have a great time with their family outdoors. During the picnic, a program for children was specially prepared by volunteers which included ball games with children. It was a good opportunity for the group members not only to increase the bonds of friendship among the members but to have a great time with their family.

♣ Happy Family Relationship Workshop

The "Happy Family Relationship Workshop" was prepared for the purpose of enhancing trustworthy relationships among the family members by learning communication skills. It was held twice, on August 22 and August 29.

♣ Multicultural Family Meeting

The bi-monthly "Multicultural Family Meeting" took place on June 8 and September 7 at KCWA. The members of the group are comprised of Koreans residing in Canada who have spouses or partners from a different cultural background. The purpose of the meeting is to assist members in building up networks among themselves and to lead a happy family.

♣ Computer Class

Even in the extremely globalized and wired world where many public services are available through the internet, many Korean Canadians are not taking advantage of these on-line services due to their lack of internet knowledge. KCWA, therefore, initiated the basic computer learning program a couple of years

The KCWA computer class is not only for newcomers of the internet world but also for those who would to upgrade their computer skills in order to find a better job. The intermediate computer class was setup to fulfill the demands of these eager learners and they are learning MS Word, Excel, and other office utility software to enhance their computer skills.



<Computer Class>

♣ Employment Seminar

Monthly seminar "Onestop Settlement Orientation <Employment and Business Info>" section continuously provides practical information of Career and Business for newcomers. The section provides general but essential information such as resume writing, networking tips, training school, apprenticeship etc. As well, the section provides an opportunity for attendants to share their own experiences with each other. Bi-monthly seminar "Info seminar for fulltime career seeker" is a collaborated workshop with the Toronto District School Board. Through the workshop, attendants are given an opportunity to meet with a government career counsellor to gain access to various government funded career trainings. From October, 2007, KCWA starts a new program "Speaking Club". The program is designed to provide an opportunity for immigrants to practice public speaking in order to improve their confidence of speaking Canada's official language in a public space. In Particular, the program is expected to help newcomers who look for an employment opportunity by enhancing their language fluency as well as their confident attitude.

♣ **Employment Information BBS**

KCWA recently upgraded its website traffic allowance to almost 10 times bigger due to its huge increase of visitors seeking information from KCWA's website. In addition to its technical upgrade, KCWA maintains its current job information posting page with various job related information such as job fair, job training, career agency event, and job opportunity. According to many clients who visited our website, they found useful information through the employment information page. As well, KCWA provides employment information through e-mail service. If you have a question regarding employment issues, you can reach us at employmen@kcwa.net and look for career counsellor at KCWA.

♣ **Career Counselling**

KCWA provides career counselling in various ways: one-on-one counselling by visiting KCWA office, telephone counselling, and on-line counselling through e-mail and website. For example, KCWA provides a resume clinic and basic preparation for job hunting in Canada. Many newcomers are not even aware of the importance of preparing a professional resume. Newcomers need to take advantage of community agencies, such as KCWA to prepare the essential elements of job hunting.

♣ **Survey on Korean skilled immigrants and their employment status in Canada**

KCWA conducted a survey on skilled immigrants from Korea. The survey was conducted in order to measure the employment status of skilled immigrants and particularly to find out the distinguished characteristics of Korean skilled immigrants. The survey results will be reflected on developing new employment programs at KCWA. KCWA will continue to develop new survey projects to develop appropriate programs to meet Korean newcomers' needs.

♣ **One-Stop Settlement Orientation**

For effective settlement, KCWA Family and Social Services is providing settlement information and services through one-stop settlement orientation. The orientation is held 4 times a month, every Thursday from 10a.m. to 12p.m.

1st week:

Understanding Canada's Social Benefits

-Information on Federal/Provincial/ City's Services, School and Health Related (CCTB, E.I., Citizenship, OHIP, NTSB, Social Housing)

2nd Week:

Learning Diverse Food Culture & Cooking Class

- Diverse food culture information
- Diverse Food Cooking Class

3rd Week:

Career & Business Info Session

-Information on employment in Canada/ How to access employment information centres (Resume, Networking, employment training session information, School information etc)

-Listening to Canadian working experience/ Business experience

4th Week:

Volunteer Activity & Building a Healthy Family

- Volunteer work for effective settlement & employment
- Understanding healthy family relationship

♣ **Volunteer Activity**

As part of our settlement program we have developed a volunteer program. Currently our groups are volunteering at The Scott Mission and Good Shepherd Centre four times a month. Though volunteering, we are hoping that it will help new immigrants understand the Canadian welfare/social systems and to settle in Toronto successfully. If you have a child who is in grade 9 or higher, you will be able to participate as a family.

Donations and Volunteers

(2007 June~2007 Sept)

♣ **Donation**

Ngyuen, Younglee Ha, Kisun Choi, Youngduck Jung, Young Pyoung Jung, Kyung Nam Kim, Young Sook Cho, Ki Kwan Kang, Jae Sun Son, Hwa Ja Lee, Anonymous

♣ **In Kind Donation**

Younglee Ha, Noah Trading, Jee Yin Kim, Kyung Ai Choi, Sook Hun Park, Linda Yoo, Sein Jung, Young Oak Kang, Bok Shil Shin, Young Joo Shin, Mi Sun Jang, Won Hee Park, Anonymous

♣ **Sharing**

Jeong Joon Lee, Kyung Ai Choi, Belthel Church, Neilson Dairy, Anonymous

♣ **Volunteers**

Sung Chul Hong, Hye Sun Lee, Allana Cho, Hamilton Choi, Jung Min Park, Jee Young Park, Eun Kyung Lee, Won-hee Park, Eun Ha Ahn, Mi Sun Jang, Ji Hye Han, Young Suk Park, Young Oak Kang, Younglee Ha, Karla, Anonymous

Membership

♣ **One Year Membership**

Eun Hee Kim, Soo Mae Cho, Kyung Yeon Park, Kwang Soon Kim, Kyoung Sim Lee, Jee Young Lee, Mi Sook Lee, Bong Jae Lee, Sin Ja Cho, Sung Ja Cho, Young Hwa Kim, Bong Soon Suh, Myung Ja Yoon, Kwang Ui Jang, Gill Soon Yim, Min Kyoung Kim, Gail Lee, Lucy Park, Pauline Yoon, Soon Ja Shin, Stephen Lee, Joo Hee Jung, Myung Sook Kim, Jin Chul Park, Jung Ae Lee, Joon Mo Song, Wonhee Park, Uisook Lee, Hong Geun Lee, Chang Oak Kim, Anonymous

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CANCER DU SEIN

캐나다 한인 여성회

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Fax: 416-340-8114

Website: www.kcwa.net

The Mission of KCWA Family and Social Services

KCWA 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.