

캐나다 한인 여성회 소식지

KCWA Family and Social Services Newsletter



On Saturday February 23rd, 2008, KCWA Family and Social Services will be hosting their Annual Fundraising Gala Dinner, “Bridging Generations”. The gala is our largest fundraising event of the year, and will contribute to the funds required for the continuation of KCWA’s programs and services offered to the Korean community.

The evening will showcase Korean fashion and jewellery designers, from varying generations, in a fashion show featuring their work. Our valued supporters at the event will have an opportunity to purchase clothing and unique jewellery pieces, while both supporting the talent of Korean designers in our community and contributing to the fundraising efforts this year. The program will also include live entertainment, a silent auction, and a raffle where you will have a chance to win amazing prizes!

On behalf of the KCWA Family and Social Services Board of Directors, it is my pleasure to extend an invitation to our members to attend this year’s event. Gala tickets are \$100, and includes a full-course meal at the newly renovated Sheraton Parkway Hotel (600 Highway 7 East, Richmond Hill) at 6:30 PM. If you would like to purchase a ticket, please contact the KCWA office at (416)340-1234 for more information. We hope to see all of you there!

Gail Lee , Gala Co-Chair, Finance Committee
 KCWA Family and Social Services Board of Directors

KCWA Annual Fundraising Gala 2008

"Bridging Generations"

**Place : Newly Renovated Sheraton Parkway Hotel
 600 Highway 7 East (at Hwy 404 & Hwy 7)
 Richmond Hill, L4B 1B2**

**Date : Saturday, February 23, 2008
 Reception 6:00PM**

Main Event : Fashion Show and Silent Auction

**KCWA Family and Social Services
 Tel : 416-340-1234**

Content

Page 1	Gala Invitation
Page 2	Introduction of New Employees
Page 3	KCWA News
Page 4	2008 Events and Activities for Facilitating Employment
Page 5	Special Projects
Page 6-8	Main Programs
Page 9	Program User's Voice
Page 10	Donors/ Volunteers Funders

Employee News I

As 2007 came to a close, I made another sandcastle with all my effort and passion. It has been 10 years since I came to Canada and I have drawn a picture of each period, with different colours, but the one I drew last year was the most unique picture of all. This last picture was drawn with the colour green which served as inspiration for my New Year's resolution and led me to joining the KCWA Family and Social Services. How joyful I was!

I remember journeying, step by step, as if I were a baby in the beginning of my settlement period, and I strived in the settlement process to adjust to the socio-economic and cultural environment without seeing anything. The time I spent could be defined as challenging yet inspiring to adapt myself into a new environment. I look back upon the past in which I lived by my principle that I cannot get anywhere if I do not invest effort and time in the adjustment process to settle down smoothly. I am thus reminded that I must make effort for KCWA Family and Social Services as a member.

I have a strong determination to work with immigrants who are in the process of adjustment; I have a mission and vision to help and empower them until they are successfully settled.

Outreach Worker Sophie Sim

Employee News II

Ever since I was young, I wanted to experience shedding tears of happiness, not sorrow. Whenever I saw some people weeping for joy on TV, I dreamed of a moment when I would one day be like them. However, I only remember that I wept bitter tears of disappointment or despair. Maybe that is because I did not feel grateful enough for what I had. Eventually, however, I finally experienced a moment that I wanted to have for such a long time: the moment when I received good news from KCWA. My eyes were full of tears with joy and gratitude.

I have several reasons to feel excited to work as a settlement worker. I believe that teaching suits my personality and ability. I enjoyed teaching languages and learned many lessons from teaching foreigners for over 10 years. However, I started to want a change in career to try something different because I realized that life is short and happens only once. I was eager to spend my time working to assist others. That was why I began to prepare for a career change. My job search efforts made me understand why "white hands" (Korean expression: referring to unemployed people who are still busy doing many different things) have a possibility of dying of fatigue. When I heard from KCWA, I felt relieved from my anxiety. I achieved my two goals; to change my career and to work to help other people. Furthermore I am rejoiced that I can share my experience with my two children. As a mother, being a good model is the best way to educate children. Therefore, I can say I am walking on air.

Many people tell me I am lucky because I found a job without any experience as a settlement worker in Canada and it was my first attempt to finding a Canadian job. I must admit that many settlement workers have helped me greatly. They encouraged me by giving me practical information and effective support. My luck is a successful result of their efforts. I hope that my case can serve as motivation for both service providers as settlement workers and the people who need this kind of service.

Settlement Worker Jin Young Lee

KCWA News

◆ **Volunteer & Media Appreciation Day**

Events for 'Volunteer Appreciation Day' and 'Media Appreciation Day' were held on December 14th. Volunteers from programs, events, and administration shared their volunteer experience through the event. KCWA also invited Korean media staff for 'Media Appreciation Day'. The ED Ms. Younglee Ha made a presentation about current KCWA services and thanked them in advance for their support of KCWA's promotion efforts for the coming year. Through the media event, media staff promised to keep supporting and cooperating with KCWA's promotion efforts.



◆ As of November 2007, KCWA has been receiving funding from the Citizenship and Immigration Canada. Therefore, currently twelve workers, including the newly hired four workers, are providing services and programs. Also, the office hours have been extended as follows:

Monday: 9am-5pm

Tuesday, Wednesday, Thursday: 9am—8pm

Friday: 9am-5pm

Saturday: 9am-4:30pm

◆ As of February 2008, KCWA will provide itinerant services at H-Mart every Friday to accommodate service users residing in the Richmond Hill and Thornhill areas.

◆ On January 11th and 12th, the staff went through a two-day professional development training session to develop 2008 services and programs.



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

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

KCWA News

◆ **Volunteer & Media Appreciation Day**

Events for 'Volunteer Appreciation Day' and 'Media Appreciation Day' were held on December 14th. Volunteers from programs, events, and administration shared their volunteer experience through the event. KCWA also invited Korean media staff for 'Media Appreciation Day'. The ED Ms. Younglee Ha made a presentation about current KCWA services and thanked them in advance for their support of KCWA's promotion efforts for the coming year. Through the media event, media staff promised to keep supporting and cooperating with KCWA's promotion efforts.



- ◆ As of November 2007, KCWA has been receiving funding from the Citizenship and Immigration Canada. Therefore, currently twelve workers, including the newly hired four workers, are providing services and programs. Also, the office hours have been extended as follows:

Monday: 9am-5pm

Tuesday, Wednesday, Thursday: 9am—8pm

Friday: 9am-5pm

Saturday: 9am-4:30pm

- ◆ As of February 2008, KCWA will provide itinerant services at H-Mart every Friday to accommodate service users residing in the Richmond Hill and Thornhill areas.

- ◆ On January 11th and 12th, the staff went through a two-day professional development training session to develop 2008 services and programs.

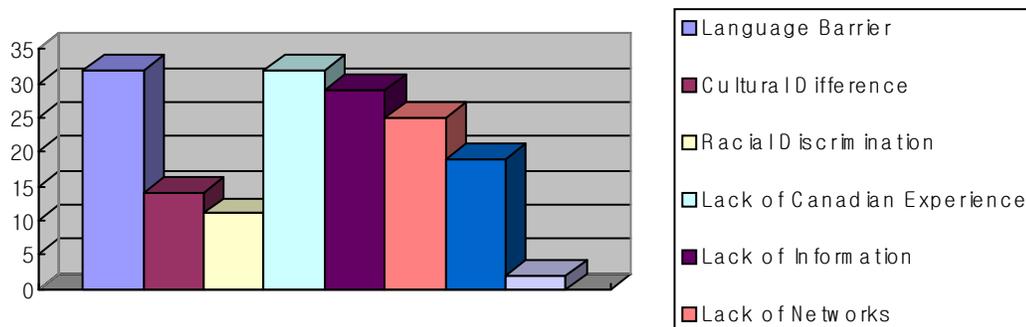


Volunteer contributions and financial support enable us to achieve our goals.

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

KCWA Employment Programs in 2008

KCWA continues to introduce new employment programs. KCWA will start new employment programs based on the results of the survey conducted last year. The survey examined the types of barriers for employment faced by skilled immigrants from South Korea. The following chart shows the results.



As seen in the chart, the survey results show that language barriers, lack of experience, and lack of information are the biggest challenges skilled immigrants face when they move to Canada. Using this information, KCWA has developed two new programs. The first program is an English class designed for those looking for jobs in Canada. The class is called 'Career English Café' and runs for two hours, from 10:30 am to 12:30 pm, every Friday. In this class, people can learn practical English used at work. People also have a chance to discuss events or issues related to jobs for recent immigrants to Canada. The other English class is called 'Speaking Club' which runs for 2 hours from 10:30 am to 12:30 pm on Wednesdays. In this class, people have a chance to practice public speaking in English. In Canada, you are often asked to make presentations in public, at work or school. Therefore, this class is very useful as it provides opportunities to Korean immigrants to practice presenting in front of others.

Along with the two classes discussed above, KCWA also started the 'Job Finding Club.'

As the results of the survey show, the importance of information and networking when immigrants are looking for jobs has been proven. Since we understand that it is difficult for individuals to collect job information and share this information with others, KCWA has developed a program to facilitate this. The first meeting is January 24 at 6pm, and those who are looking for jobs will have a chance to meet with others who have succeeded in finding jobs in Canada. The goal of this program is to provide opportunities to job seekers to share information and get to know each other in a more informal setting in which networks can be formed naturally, rather than just sit in a formal seminar. It is therefore essential to the success of this program for those who have succeeded in finding jobs in Canada to participate. We hope that a lot of people with jobs will join us for this program to share their information with other job seekers.

For more information about KCWA employment programs, please contact the employment coordinator Byung Chun Oh (employment@kcwa.net).

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

KCWA Community Outreach Workshop

KCWA and Social Services has been conducting the following community outreach workshops: ‘Sexually Raising Healthy Children’, ‘Domestic Violence Prevention Project’, and ‘Hand in Hand’-Breast Health Promotion Project.’ The aim is to enhance the well-being of immigrant families and facilitate successful integration into Canadian Society. The workshops are as follows:

Project 1: Raising Sexually Healthy Children-Parent Workshop

Parents could help their children sort out confusing messages and develop sexual values and cultures of their own family through conversations with their children. Therefore the children can protect themselves from harmful environments and parents could guide them to be raised as sexually healthy children. KCWA Family and Social Services has conducted this project in partnership with Toronto Public Health, and the project is funded by The Ontario Trillium Foundation. Content for the parent workshop for raising sexually healthy children is as follows:

- Workshop 1: What is sexuality? / Children and sexuality/ Communication skill ‘I message’/ Family of origin/ Where do children learn about sex?/ Parental roles for raising sexually healthy children
- Workshop 2: Sexual development of children/ When concern children’s behaviour/ How to protect children from people/ Answering from children’s question about sex

Project 2. Domestic Violence Prevention Project Community Workshop

KCWA is looking for participants to join our domestic violence prevention project. The goal of this project is to prevent domestic violence in the Korean community by focusing on enhanced education on domestic violence issues through various workshops in community groups. The workshop can be provided in a convenient time and location as requested. This project is funded by The Ontario Ministry of the Attorney General. (Religious groups, agencies and individuals are all welcome.) The content of the workshops are as follows:

- Workshop 1: What is domestic violence?
- Workshop 2: The cause of domestic violence/ The impact of DV on victims and children
- Workshop 3: Domestic violence and Canadian law
- Workshop 4: Safety plan and Service info

Project 3. ‘Hand in Hand’-Breast Health Promotion Project Outreach Workshop

KCWA offers outreach workshops about Breast Health for a healthier life for Korean Immigrant Women. This project is funded by the Canadian Breast Cancer Foundation and all workshops are free and made available at a convenient time and venue as requested. The topics consist of:

Workshop #1: Risk Factors, Nutrition, Physical Activity

Workshop #2: Early Detections, OBSP and Mobile Health Clinic

For more information, please contact to KCWA: 416-340-1234 or

Sexually Raising Healthy Children: settlement@kcwa.net

Domestic Violence Prevention Project: dvc@kcwa.net

‘Hand in Hand’-Breast Health Promotion Project: Health1@kcwa.net

KCWA Community Outreach Workshop

KCWA and Social Services has been conducting the following community outreach workshops: 'Sexually Raising Healthy Children', 'Domestic Violence Prevention Project', and 'Hand in Hand'-Breast Health Promotion Project.' The aim is to enhance the well-being of immigrant families and facilitate successful integration into Canadian Society. The workshops are as follows:

Project 1: Raising Sexually Healthy Children-Parent Workshop

Parents could help their children sort out confusing messages and develop sexual values and cultures of their own family through conversations with their children. Therefore the children can protect themselves from harmful environments and parents could guide them to be raised as sexually healthy children. KCWA Family and Social Services has conducted this project in partnership with Toronto Public Health, and the project is funded by The Ontario Trillium Foundation. Content for the parent workshop for raising sexually healthy children is as follows:

- Workshop 1: What is sexuality? / Children and sexuality/ Communication skill 'I message'/ Family of origin/ Where do children learn about sex?/ Parental roles for raising sexually healthy children
- Workshop 2: Sexual development of children/ When concern children's behaviour/ How to protect children from people/ Answering from children's question about sex

Project 2. Domestic Violence Prevention Project Community Workshop

KCWA is looking for participants to join our domestic violence prevention project. The goal of this project is to prevent domestic violence in the Korean community by focusing on enhanced education on domestic violence issues through various workshops in community groups. The workshop can be provided in a convenient time and location as requested. This project is funded by The Ontario Ministry of the Attorney General. (Religious groups, agencies and individuals are all welcome.) The content of the workshops are as follows:

- Workshop 1: What is domestic violence?
- Workshop 2: The cause of domestic violence/ The impact of DV on victims and children
- Workshop 3: Domestic violence and Canadian law
- Workshop 4: Safety plan and Service info

Project 3. 'Hand in Hand'-Breast Health Promotion Project Outreach Workshop

KCWA offers outreach workshops about Breast Health for a healthier life for Korean Immigrant Women. This project is funded by the Canadian Breast Cancer Foundation and all workshops are free and made available at a convenient time and venue as requested. The topics consist of:

Workshop #1: Risk Factors, Nutrition, Physical Activity

Workshop #2: Early Detections, OBSP and Mobile Health Clinic

For more information, please contact to KCWA: 416-340-1234 or

Sexually Raising Healthy Children: settlement@kcwa.net

Domestic Violence Prevention Project: dvc@kcwa.net

'Hand in Hand'-Breast Health Promotion Project: Health1@kcwa.net

Main Programs and Events

♣ Understanding Canadian Thanksgiving through Cooking

To help immigrant families understand Canadian culture better, a cooking class for Thanksgiving Day Turkey Dinner was offered on October 1. The class provided information on how to buy, prepare and cook a turkey, with the demonstration of an actual roasting of a turkey.

♣ 1st Exhibition of KCWA's Art Class

The 'Reflecting through Painting' art class for adults had its first exhibition at the gallery of the Korean Consulate in Toronto. The exhibition generated interest from the Korean community about KCWA's art class. Those who visited the exhibition encouraged the painters and praised their work highly. The goal of this art class for adults is to provide opportunities for people to enjoy their immigrant lives by getting together with others to paint and share information.



♣ ESL Toronto Guide

This class was offered to help recent immigrants settle in Canada by understanding local cultures while learning English. Participants learned about specific areas in Toronto in the classroom and through field trips, which helped them develop the confidence to settle in Canada.

♣ English Café

'English Café', an advanced ESL class, was offered from October to December. The class used the Metro newspaper to discuss current issues to enhance their spoken English.



♣ Information Session on Nationality Issues

KCWA offered an information session regarding nationality issues stemming from immigrating to Canada. Various topics which were covered include: the procedure for reporting loss of nationality and thereafter, reporting permanent address; the procedure for recovery of Korean nationality after abandonment of foreign nationality; and the entry procedure under the Immigration Control Law.

♣ Information session on Military Service in Republic of Korea

KCWA offered an information session regarding military service in the Republic of Korea on November 16, 2007. Through this seminar, participants increased their knowledge of obligatory military service for Permanent residents of Canada, obligatory military service for dual citizens, guidance to new Korean nationality act, Study guidance in Korea, and Voluntary enrolment for military service. Students also discussed how to improve military services.

♣ Learning Other Ethnic Food Culture I & II

To celebrate 2007 Christmas, share your love and gift with your family and friends with handmade cookies and cakes. This two series of baking class demonstrated how to make Christmas cookies, Christmas cakes, coffee cookies and Hazelnut cakes from scratch. Through this program, participants increased their understanding other ethnic groups culture.



♣ KCWA's Knitting Club

Members of the Knitting Club (offered between January and March 2007) got back together in December after a long summer break. In the club people can learn basic to advanced knitting with various patterns, while socializing and sharing experiences as immigrants. The class runs from 10 am to 12 pm, starting December 2007 and ending February 2008. The club will meet on its own thereafter.

♣ Volunteer Activity

KCWA actively participated in the community volunteer program in November and December to celebrate the end of 2007. Within these two months, about 112 Korean Canadian immigrant volunteers participated and had the warmest year end. In 2008, we hope that more immigrants will participate in this community volunteer program and increase their awareness of Canadian Social Services for effective settlement through volunteering.

♣ Parent Workshop: 'Raising Sexually Healthy Children'

Parent workshops for raising sexually healthy children were conducted by peer parent leaders at KCWA on October 24th, November 7th, at Etobicoke on November 16th, 20th, and at Sacred Heart of Jesus Parish on November 24th, 28th. Through the workshops, participants discussed parent roles, children's sexual development and other various topics regarding sexuality, and practiced 'I message' for effective communication.

7 ethnic communities including the Korean community is taking part in this project. This project is in partnership with Toronto Public Health, ACAS (Asian Community AIDS Services) and is funded by The Ontario Trillium Foundation. This project started April 2006 and is planned for 3 years.

Upcoming workshops are as follows. If you are interested in the parent workshops, please call KCWA at 416-340-1234 and ask for the Project Coordinator. Pre-registration is required.

Date : January 23rd, 30th (Wed) 10:00 AM-1:00 PM
Place: Newcomer Resource Centre-Polycultural Immigrant and Community Services

2225 Erin Mills Pkwy. Mississauga

Date : February 10th, 17th (Sun) 2:00 PM-5:00 PM
Place: The Garden Korean Presbyterian Church

260 Yorkland Blvd. North York

Date : March 2nd, 9th (Sun) 12:30 PM-3:00 PM

Place: Sacred Heart of Jesus Parish

♣ Learning Other Ethnic Food Culture I & II

To celebrate 2007 Christmas, share your love and gift with your family and friends with handmade cookies and cakes. This two series of baking class demonstrated how to make Christmas cookies, Christmas cakes, coffee cookies and Hazelnut cakes from scratch. Through this program, participants increased their understanding other ethnic groups culture.



♣ KCWA's Knitting Club

Members of the Knitting Club (offered between January and March 2007) got back together in December after a long summer break. In the club people can learn basic to advanced knitting with various patterns, while socializing and sharing experiences as immigrants. The class runs from 10 am to 12 pm, starting December 2007 and ending February 2008. The club will meet on its own thereafter.

♣ Volunteer Activity

KCWA actively participated in the community volunteer program in November and December to celebrate the end of 2007. Within these two months, about 112 Korean Canadian immigrant volunteers participated and had the warmest year end. In 2008, we hope that more immigrants will participate in this community volunteer program and increase their awareness of Canadian Social Services for effective settlement through volunteering.

♣ Parent Workshop: 'Raising Sexually Healthy Children'

Parent workshops for raising sexually healthy children were conducted by peer parent leaders at KCWA on October 24th, November 7th, at Etobicoke on November 16th, 20th, and at Sacred Heart of Jesus Parish on November 24th, 28th. Through the workshops, participants discussed parent roles, children's sexual development and other various topics regarding sexuality, and practiced 'I message' for effective communication.

7 ethnic communities including the Korean community is taking part in this project. This project is in partnership with Toronto Public Health, ACAS (Asian Community AIDS Services) and is funded by The Ontario Trillium Foundation. This project started April 2006 and is planned for 3 years.

Upcoming workshops are as follows. If you are interested in the parent workshops, please call KCWA at 416-340-1234 and ask for the Project Coordinator. Pre-registration is required.

Date : January 23rd, 30th (Wed) 10:00 AM-1:00 PM
Place: Newcomer Resource Centre-Polycultural Immigrant and Community Services

2225 Erin Mills Pkwy. Mississauga

Date : February 10th, 17th (Sun) 2:00 PM-5:00 PM
Place: The Garden Korean Presbyterian Church

260 Yorkland Blvd. North York

Date : March 2nd, 9th (Sun) 12:30 PM-3:00 PM
Place: Sacred Heart of Jesus Parish

Main Programs and Events

♣ Domestic Violence Prevention Project - Workshops & 2nd Peer Leader Training

From October to November, 2007, three workshops by peer leaders were held for community, school settlement workers and court interpreters. The second peer leader training was held for 20 hours from November 27th to December 7th, 2007. Through this training, a total of 14 peer leaders were certified. Furthermore, a second version of the workshop manual was published after evaluation and upgrade process.

♣ Multicultural Family Meeting

The Multicultural Family Meeting was created to assist multi-Korean families build happy families. It's conducted bi-monthly at KCWA. Every meeting includes a workshop and discussion or sharing of everyday life stories related to cultural differences. Last December 7, 2007, there was a couple's party with a potluck dinner and music. It was a great, fun way to meet people who all have at least ONE thing in common. The next meeting will be on Friday Feb.1, 2008 from 5:00 pm to 7:00 pm.



♣ December 2007 Self Help Group Meeting

KCWA's Self-Help Group Meeting takes place on the third Friday of every month. The December party was held on Friday December 21st from 6:00 pm to 9:00 pm. 22 participants including children and volunteers had a great and meaningful time. While the program was proceeding, a program for children "baking cookies" was conducted with a volunteer's help.

♣ Building a Happy Family Workshop

The "Building a Happy Family Workshop" was held 4 times in October at KCWA.

1st week: Communication skills for Couple/Partner

2nd week: Communication skills for your children

3rd week: Raising Sexually Healthy Children

4th week: Stress management & Healthy living

Anger Management Workshop

The "Anger Management Workshop" took place on November 28 at KCWA.

Parents Group Meeting

"The Parents Group Meeting" is held once a month for raising healthy children. The first meeting took place on December 12 at KCWA.

♣ "Hand-in-Hand" Breast Health Promotion Project. 1st Peer Leader Training.

KCWA completed training Peer Leaders who will be working towards promoting breast health and breast cancer prevention activities to contribute to a "Future without breast cancer." The peer leaders received 20 hours of training in five sessions that taught them about healthy diet, the importance of breast self-examination, mammogram and taking charge of one's health.

♣ Support Group for Breast Cancer Survivors

This group meeting is to support survivors emotionally and it began in December 2007. This group meets every Monday from 10:00am to 12:00pm.

Program User's Voice I

After participating in the 1st Peer Leader Group Program for Domestic Violence Prevention Project...

It was July 2006 when I happened to read about the 1st Peer Leader Group Program for Domestic Violence Prevention Project in the newspaper and decided to participate in it. At first, I thought only certain families could have domestic violence problems. However, I soon learned that it can happen in any family when we have no consideration for other family members and behave accordingly. Immigrant families are especially susceptible to domestic violence due to the stress caused by starting a new life in a foreign country. Domestic violence is not only an issue in Korea or Canada but in every country. Thus, KCWA decided to launch a Domestic Violence Prevention Project with the support of the Ministry of Attorney General of Ontario. I felt touched and rewarded when I hosted the domestic violence prevention workshop with the help of KCWA, specifically with that of the project coordinator, Minkyong Kim. Whenever I became a peer leader for a family, I shared their pain and I often shed tears with them. Many volunteer groups, those who help newcomers to settle in Canada, and court interpreters - who all play important roles in the Korean community-participated in the project and they all emphasized the need for it. It will be possible to get rid of domestic violence when people realize that they are not the only ones with the problem and voluntarily participate in the program with an open mind to solve it. Our neighbouring families might be suffering while we are ignoring them. The biggest problem of domestic violence is that it reoccurs generation after generation. For our precious children, every family should be aware of this. In 2008, I hope that more people from the Korean community will participate in the workshop.

Yeon Ik Cho

Program User's Voice

'Hand in Hand'- After Finishing Peer Leader Training for Breast Health Promotion Project

As usual, 2007 was another eventful year. Especially, I feel heartfelt sadness when I think about friends and neighbours who passed away at an early age after suffering from breast cancer, leaving their families behind. I felt frustrated and helpless whenever I found that I couldn't do much for my neighbours suffering from breast cancer, except for being there for them and watching them suffer.

Korean people tend to wait until problems become apparent. So, people who are busy and stressed after immigrating to Canada often fail to take advantage of the medical system here and become sick with cancer. Thus, I thought that the 'Hand in Hand' - Peer Leader Training for Breast Health Promotion Project launched by KCWA was a necessary program for the Korean community.

The program was a bit short, but very educational. We had a chance to discuss false information about breast cancer, and learned about medical information, regular check-ups and self- diagnosis methods.

I'm grateful to the two coordinators and KCWA for helping us to have the confidence to share the information we've learned with our families and neighbours.

I hope that from now on I can give ongoing help to those who are suffering from breast cancer, and to share our information with more people.

Katrina (Myungsook) Choi

Program User's Voice I

After participating in the 1st Peer Leader Group Program for Domestic Violence Prevention Project...

It was July 2006 when I happened to read about the 1st Peer Leader Group Program for Domestic Violence Prevention Project in the newspaper and decided to participate in it. At first, I thought only certain families could have domestic violence problems. However, I soon learned that it can happen in any family when we have no consideration for other family members and behave accordingly. Immigrant families are especially susceptible to domestic violence due to the stress caused by starting a new life in a foreign country. Domestic violence is not only an issue in Korea or Canada but in every country. Thus, KCWA decided to launch a Domestic Violence Prevention Project with the support of the Ministry of Attorney General of Ontario. I felt touched and rewarded when I hosted the domestic violence prevention workshop with the help of KCWA, specifically with that of the project coordinator, Minkyong Kim. Whenever I became a peer leader for a family, I shared their pain and I often shed tears with them. Many volunteer groups, those who help newcomers to settle in Canada, and court interpreters - who all play important roles in the Korean community-participated in the project and they all emphasized the need for it. It will be possible to get rid of domestic violence when people realize that they are not the only ones with the problem and voluntarily participate in the program with an open mind to solve it. Our neighbouring families might be suffering while we are ignoring them. The biggest problem of domestic violence is that it reoccurs generation after generation. For our precious children, every family should be aware of this. In 2008, I hope that more people from the Korean community will participate in the workshop.

Yeon Ik Cho

Program User's Voice

'Hand in Hand'- After Finishing Peer Leader Training for Breast Health Promotion Project

As usual, 2007 was another eventful year. Especially, I feel heartfelt sadness when I think about friends and neighbours who passed away at an early age after suffering from breast cancer, leaving their families behind. I felt frustrated and helpless whenever I found that I couldn't do much for my neighbours suffering from breast cancer, except for being there for them and watching them suffer.

Korean people tend to wait until problems become apparent. So, people who are busy and stressed after immigrating to Canada often fail to take advantage of the medical system here and become sick with cancer. Thus, I thought that the 'Hand in Hand' - Peer Leader Training for Breast Health Promotion Project launched by KCWA was a necessary program for the Korean community.

The program was a bit short, but very educational. We had a chance to discuss false information about breast cancer, and learned about medical information, regular check-ups and self- diagnosis methods.

I'm grateful to the two coordinators and KCWA for helping us to have the confidence to share the information we've learned with our families and neighbours.

I hope that from now on I can give ongoing help to those who are suffering from breast cancer, and to share our information with more people.

Katrina (Myungsook) Choi

Program User's Voice III

After Finishing Peer Leadership Training...

When I looked back over the past 50 years of my life, I had a lot of regrets about mistakes I had made. In an effort to stop having regrets and live life more actively, I participated in workshops and seminars which were offered by KCWA Family & Social Services in 2006 and 2007. They provided information about different topics and gave me precious opportunities to meet with other peer leaders and Korean parents to discuss our thoughts about the topics. First, from the "Raising Sexually Healthy Children" program, we learned that human beings are not born the way they are, but rather become what they are by the way they are raised and educated. Therefore, we can only prevent our children from making mistakes related to sexuality when we provide them a proper and correct sex education. Also, the "Domestic Violence Prevention Project" offered last year gave us a chance to think about the need for a balanced education on the issue (at home, school, and society) and its potential effects. We also learned that it is important for us to train ourselves to decide what is right or wrong in a given situation, and domestic violence often is passed from generation to generation. To prevent this vicious cycle, it was emphasized that parents need to teach its importance to their family by acting accordingly. Both programs were very useful and educational for me. However, it is unfortunate that more people do not take advantage of these educational programs even though they are offered to everyone for free. I hope that more people will join the programs at KCWA in the future. Finally, I promise that I will do my best to participate in upcoming programs at KCWA to meet you, and I would like to give special thanks to Toronto Public Health and the Ministry of the Attorney General.

Donation and Volunteers

From October, 2007 to December, 2007, many supporters have made financial donation and volunteered at KCWA. However, to protect their personal information, we do not list their name. Thank you for your support.

FUNDED BY:



Ontario

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO



OVERSEAS KOREANS FOUNDATION
재외동포재단



CANADIAN
BREAST CANCER
FOUNDATION™



FONDATION
CANADIENNE DU
CANCER DU SEIN™



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

캐나다 한인 여성회

KCWA Family and Social Services

27 Madison Ave.

Toronto, ON M5R 2S2

Tel: 416-340-1234

Fax: 416-340-8114

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.