

# 캐나다 한인 여성회 소식지

## KCWA Family and Social Services Newsletter



**Dear KCWA supporters:**

I would like to thank all of you for the success of the fundraising Gala in February 2008. The Gala would not have been the outstanding event it turned out to be without the behind-the-scene contributions of our members and volunteers. Equally important was the support and attendance of so many members of the Korean-Canadian community.

Special thanks go to the Gala Organizing Committee: Lucy Park (Co-Chair), Gail Lee (Co-Chair), Sung Hak Choi and Stephen Lee. I would also like to thank the Board of Directors, Advisory Committee, staff, volunteers, and donors.

The Gala demonstrated overwhelming support for KCWA Family and Social Services. We were able to form new relationships with individuals and groups who believe in the work of KCWA and wish to get involved with our organization. For all of us at KCWA, this support emphasized the great value of KCWA programs and services.

At KCWA, we believe that every step we take can contribute towards positive outcomes for the Korean-Canadian community. Our commitment and dedication to the people we serve is our priority, and we look forward to continue serving in this manner in the years ahead.

Once again, my sincere thanks for your support of KCWA.

Linda Yoo  
 President  
 KCWA Family and Social Services

### KCWA Family and Social Services 24th Annual General Meeting

**Attention: KCWA Members**  
**Your attendance is requested at the 24th Annual General Meeting.**

- ❖ Thursday, July 31st , 2008
- ❖ 6:00 PM
- ❖ KCWA Family and Social Services  
 27 Madison Ave. Toronto ON M5R 2S2

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## **KCWA News**

◆ On February 23, 2008 KCWA hosted its annual fundraising Gala at the Sheraton Parkway Hotel in Richmond Hill.



The theme of this year's gala was "Bridging Generations." Linda Yoo, President of KCWA Family and Social Services, kicked off the evening by welcoming guests. Additional welcoming words were shared by Sang Hoon Lee (President, Korean Canadian Association of the Greater Toronto Area), Sung Chul Kim (Consul General of Toronto), and Michael Chan (Ontario's Minister of Citizenship and Immigration). Musical entertainment was provided by Jae Hyung Choi (Tenor Solo) and Joe Carabetta.



A highlight of the evening was the Fashion Show, which showcased clothing and jewellery by local designers including Korean-Canadian designers RK stores, Elegance Collection, Kity Clothing, S.K.B.—Lotte Department Store, Lori Lee, Adelaide Kim, Angie Chu.



### ◆ **KCWA Staff and Board Retreat, March 29<sup>th</sup>, 2008**

The KCWA Board of Directors and KCWA Staff attended a Board and Staff Retreat for the purposes of team building and to discuss important strategic planning issues affecting the organization's growth and functions. The Retreat provided an opportunity for Directors and Staff to interact and share ideas for achieving high standards of service delivery at KCWA.

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

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

## *Volunteer's Experience*

In July 2007, I came to Toronto to improve my English. I came with plenty of confidence and curiosity but I was soon overwhelmed by all the unfamiliar sights and foreign sounds. Above all, it took some time for me to become accustomed to my newfound independence, living away from the comfort of my family. In the midst of adjusting to Toronto life, I came across KCWA during the winter of 2007.

Before I arrived in Toronto, I had completed a certificate at my university to teach Korean to foreigners. I was interested in meeting second generation Koreans or people who wanted to learn the Korean language and I was looking for teaching opportunities to gain much-needed experience. I searched information about Korean classes offered by NGOs and luckily I came across KCWA. Here, I have been teaching the intermediate group since January 2008.

I had some previous volunteer experience working with foreign students in Korea. These students had come from nearby countries to study abroad, and I remember distinctly that they had a fairly good command of conversational Korean. Based on this impression of foreign people I expected an easy transition into my teaching experience. After getting to know my students on the first day of class I realized it would be harder than I thought. Watching the students' faces as they cautiously answered my questions in broken Korean, it reminded me of the confusion I felt in response to the American who had taught me English when I was a child.

As I became familiar with my students I became motivated to correct as many of their mistakes as I could in order to make the most their experience. I found great joy in making my own lesson plans and using language activities which I remember doing as an ESL student. I wanted to create an exciting and friendly learning environment for these students so I tested all my activities with friends who have been here for a long time. There's no greater feeling of accomplishment than to hear positive feedback from students after class!

Time flies so fast. I am indebted to all the warm and helpful individuals at KCWA who welcomed me and supported me during my three months as a volunteer. I thank all my students, as well for the positive learning experience. I expect that KCWA will continue to be an effective advocate of Korean culture, both in the Korean and larger communities.

Korean Class Volunteer  
Su-Hyun Um

*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 Group Programs, Workshops, and Seminars**

If you are interested in any KCWA group programs and workshops, please contact the KCWA office at 416.340.1234.

### **♣ Self-Help Group for Women**

KCWA's Self-Help Group for Women is an emotional support group for Korean women who have experienced domestic abuse. The group meets on the third Friday of each month to discuss various topics, some of which include improving self-esteem, and treating pain through acupuncture. Additionally, the group participates in activities, such as cooking classes, and learns about healthy eating.

### **♣ Multicultural Family Group**

KCWA's Multicultural Family Group is for inter-racially married couples to mutually share their challenges and success in building a healthy marriage. Examples of discussion topics covered in this group include: "what's the upside of a multicultural family?" "What are some negative aspects that you would like to avoid?" and "How do you solve when you face conflicts caused by cultural and traditional difference between you and your partner."

### **♣ Parents' Group**

KCWA offers a support group for newcomer Korean parents which is designed to offer parents support and strategies to address challenges in raising their children in Canada. This group meets monthly. Topics covered include improving parenting skills and communication skills, and increasing the awareness of the cultural difference between Canada and Korea.

### **♣ Building a Happy Family Workshop**

This workshop is offered through a series of classes and covers topics such as: Communication Skills for Couples; Communication Skills for Parents and Children; and Healthy Diets and Lifestyles. This workshop is for general Korean immigrant population.

### **♣ Building a Healthy Mind Workshop**

This workshop is for general Korean immigrant population and meets 2 times a year. Topics covered in this workshop include: Building Self-Esteem; and Stress & Anger Management.

### **♣ Knitting Club**

The Knitting Club is a support group for isolated Korean newcomers. The club is a great opportunity for newcomers to come together to knit and share experiences as immigrants and helps in reducing isolation and alienation.

### **♣ Assistance with Filing Income Taxes**

KCWA offered free assistance in filing income taxes for Korean newcomers whose annual income was less than \$25,000 in 2007. The services is targeted towards newcomers who require assistance in filing taxes, and provides an understanding of Canadian tax system. The income tax service is offered during the typical income tax filing months, which are March and April.

### **♣ Income Tax Seminar for Newcomers**

During the tax filing season, KCWA offers an income tax seminar led by Francis Kim, an Accountant in Toronto. This seminar introduces Canada's income tax laws, and provides a step-by-step orientation to filing income taxes.

### **♣ Understanding the food of other cultures**

This program is offered every month. The main purpose of this workshop is to introduce different types of food to Korean newcomers. The program includes cooking classes and supermarket tours.

Since February 2008, sessions have been held at H-Mart supermarket in Richmond Hill. Providing the programs at two different locations allows for more Korean Canadians to access the programs in order to learn about other ethnic food.

♣ Itinerant Services in Hamilton

In March 2008, KCWA began delivering settlement services to Korean newcomers in the Hamilton area at the Korean United Church of Hamilton (69 Pearl St. N.) Itinerant Services was formed through a collaboration between the Hamilton Korean Cultural Association and the Korean United Church. The objective of this service is to serve immigrants in the Hamilton region through group seminars, that provide important information on newcomer settlement issues. Individual services are also available.

♣ Sponsorship Immigration Information Seminar

This seminar focuses on sponsoring spouses and parents through the Family Class immigration process. Due to the lack of publicly accessible information on applying for immigration, the number of participants in this seminar has increased greatly. This seminar is offered on a regular basis at KCWA and is open to anyone who is interested.

♣ KCWA Knitting Club's Fundraising Gala

Knitting club members, KCWA advisory committee Ki Sun Choi and Joung Joon Lee donated dish cleaners which were an knit to make money for KCWA Fundraising Gala. The purpose of making environmental cleaners is not only for donation, but also for the prevention of environmental pollution.



♣ Orientation to Applying for Canadian Citizenship

This workshop provides information to immigrants who are interested in learning about becoming a Canadian citizen. Participants learn about how to navigate and the application process.

♣ Landing Information & English Class

<Landing Information & English class> is a program designed to provide essential information for immigrants. This program is aimed at Korean immigrants who do not speak English. The program teaches basic conversational phrases, commonly used language, and useful professional expressions that immigrants can use in their workplace. This program is offered four times a year, and each two-hour session covers different topics such as: Banking; real Estate; Shopping; and Health & Medical Care.

♣ Support from members of H-Mart

Culture centre

Members in the cooking class at H-MART Culture Centre (Instructor: Song Woo Lee – H-MART Meat (Butcher) Department Manager) provided an \$800 donation which they requested would be used for families in need.



(From left to right KCWA's vice president Bok Sil Shin, Instructor Song Woo Lee and Members)

### ♣ Job Finding Club

The Job Finding Club began in early 2008 and was developed in response to a need, identified in a KCWA client survey, for career networking opportunities within the Korean community. Thus Job Finding Club was born in hopes of creating positive social networking for Korean immigrants. In January, the first session of the Job Finding Club was held at KCWA and professionals from the various area (i.e. IT, accounting, administration, etc.) were invited to the club to share their experiences of job searching in Canada.



In addition to information sharing, the Job Finding Club hosts a guest speaker series for Korean professionals to share their career experience. Past guest speakers have included a personal support worker, a staff member from the Globe and Mail newspaper, professionals from TD Canada Trust, and an early childhood educator.



### ♣ Domestic Violence Prevention Project

#### Community Workshops & Graduation

Nine workshops on domestic violence prevention were hosted by peer leaders in the Korean community through religious groups and Korean organizations. On April 25th, 2008, a graduation was held and attended by almost 30 individuals, including the Ministry of the Attorney General, peer leaders and workshop participants. From this event, we had a project report and as well as a discussion and a quiz battle by participants. Furthermore, English and Korean/English Manuals were published after the evaluation and upgrade process. Even though the project is over, community workshops and messages of happy family will be continuously provided in the Korean community by peer leaders and workshop participants.



### ♣ 'Hand in Hand' – Breast Health Project.

#### Outreach Workshop

Another project at the KCWA was for Breast Health Promotion to promote healthy lifestyles and the importance of women keeping a close eye on their own health. The KCWA hosted an outreach workshop, called "Hand in Hand", targeted to Korean Canadian immigrants from individual Korean churches and communities. The workshop was held from January until April, comprised of 13 sessions (Total of 42 hours), and was also attended by KCWA's first term peer leaders. This is on-going project until May, 2009.

### ♣ Mobile Health Clinic

This program is offered in collaboration with the Immigrant Women Health Center in Toronto and Sacred Heart of Jesus Parish. The purpose of the health clinic is to detect breast cancer and cervical cancer. It addresses the need for women to receive preventative examinations to screen for cervical cancer. This service can be used by immigrant women who do not have family doctor or are not covered by OHIP.

### ♣ Breast Cancer Peer Support Group

This group meets every Monday morning. Meeting locations are different by week. First and third week, group meets at KCWA and second and forth week's meeting is held in North York. The purpose is to provide emotional support and information regarding to Breast Cancer. This support group is open to women who newly diagnosed with breast cancer, under cancer treatment, wish to share their experience of breast cancer.

## **KCWA Project Updates**

### ♣ 'Raising Sexually Healthy Children' Project Graduation of Peer Parent Leaders from Seven Minority Communities

Raising sexually healthy Children Peer Parent Leadership Training Program held its second graduation ceremony at North York Civic Centre on April 12, 2008, thanks to a three-year grant from the Ontario Trillium Foundation (OTF).



The project goal is to create healthy and safer environments for children in seven ethnolinguistic communities by increasing the capacities within these communities to provide family-centered sexual health education. The project trained 106 parents from the Bengali, Chinese, Korean, Portuguese, Spanish, Tamil and Vietnamese communities to promote family-centered sexual education and parent-child communication skills. Eleven Korean peer parent leaders completed the training. 52 workshops (a total of 212 workshop hours) were organized for parents by trained Peer Parent Leaders in their respective communities. The program helped many parents to overcome difficulties related to discussing sexual health, a sensitive issue when it comes to their children. The program also gave parents a sense of pride and commitment to work on issues that address their children's well-being and safety, and the important role they play in child rearing and community building. Partner agencies in the project include: Asian Community AIDS Services, Toronto Public Health, Bloor Life & Information Skills Centre, KCWA Family and Social Services, Queen West Community health Centre, St Stephen's Community House, St Joseph's Health Centre-Women's Health Centre, and the Vietnamese Association Toronto.

## **Program User's Voice I**

*KCWA Knitting Club Chun Ja Bong*

The KCWA Knitting Club, which began in December, wrapped up its regular Thursday meetings in March 2008 with a good-bye party. Although the day of the first meeting was very cold, I remember how individuals spanning various age groups (from twenty- to eighty-year olds) warmed to each other at the KCWA Knitting Club. Time has always flown by so quickly whenever I was with the KCWA Knitting Club.

I was very impressed by the young people who were eager to learn knitting skills in order to give a special Christmas gifts to their loved ones. Their hand-crafted mufflers must have been very beautiful to the recipients! These happy moments of sharing are wonderful memories for me.

Yong Nan, the youngest person in the group, took two weeks to finish her first knit work, but with her hard efforts, she finally completed a very nicely knitted muffler! She sent it to her friend in Korea, and the friend was surprised by her crafty skills. She whispered, "You know what my friend said? 'Did you really make this? It is unbelievable!'". She was very happy about the news.

There are other interesting stories. A young mother had to restart a muffler she was making for her husband due to a little mistake she made. We debated over her work: "You can't give it up" versus "This tangled muffler is worthless!" Another member created a new pattern based on what she learned in the class. Everyone complimented her creativity! We have enjoyed much laughter and forged new friendships through the KCWA Knitting Club.

The Knitting Club was a wonderful outlet for stay-at-home mothers, allowing them to have a fun-filled break from the hardships and stresses of immigrant life.

None of us wanted to leave the club when the final class was held in March. But springtime brought new work for many of us including spring cleaning, gardening, and yard work. And there are other activities to be enjoyed during the summer. However, we all promised to come back in the winter of 2009.

I would like to thank the KCWA for creating the KCWA Knitting Club.

## **Program User's Voice II**

*Settlement Seminar Attendant Sylvia Son*

There were so many complicated matters to attend to when I landed in Richmond Hill in September 2007. Then I came across a pamphlet announcing a settlement seminar at H-MART's Han Arum culture class, which I decided to attend. It was indeed good news for me because I wanted to get advice about settlement, but thought that I would have to go downtown or somewhere in North York to obtain these services.

For three months, beginning in February 2008, I attended seminars and workshops related to the Canadian Social Service System, Social Assistance Information, Career Information, Cooking for Food Adaptation, Community Volunteering, Empowering of Unsaved Korean Victims of Domestic Violence Through Peer Outreach, PR Card Renewal, Breast Health Promotion workshop, Raising Sexually Healthy Children, ESL on Settlement Info (Banking), and Education Seminar on Choosing Career for Junior/Senior High School Students.

Unlike shorts bits of advice from neighbours, the programs' professionals provided detailed knowledge about settlement issues for free. It was so useful and helped me understand Canadian society, share my feelings about settlement, and find help whenever I needed it. The seminar that provided career counseling and information about preparing for university was especially helpful since it was held in a convenient location where both parents and students could attend together, and since the main reason of coming to Canada is to seek a better education environment for our children.

I was impressed with how the instructors tried their best to support successful settlements, and I felt that KCWA Family and Social Services are true supporters of newcomers to Toronto because the organization has worked so hard in this area for 23 years.

I hope that more immigrants in the Richmond Hill area take advantage of the HMART Han Arum culture class settlement seminar so that they can successfully settle in Canada. I also hope that the programs that are offered at KCWA's downtown office will eventually be available in Richmond Hill as well so that more people can take advantage of these services.



The Clock is running. Make the most of life today.

To realize the value of **ONE YEAR**, ask a student who failed a grade.

To realize the value of **ONE MONTH**, ask a mother who gave birth to a premature baby.

To realize the value of **ONE WEEK**, ask the editor of a weekly newspaper.

To realize the value of **ONE HOUR**, ask the lovers who are waiting to meet.

To realize the value of **ONE MINUTE**, ask a person who missed the train.

To realize the value of **ONE SECOND**, ask a person who just avoided an accident.

Treasure every moment! Yesterday is history.

Tomorrow is a mystery.

Today is a gift. That's why it's called the present!

*Karl Perera*

## **Donation and Volunteers**

From January, 2008 to April, 2008, many supporters have made financial contributions and volunteered at KCWA. In order to protect their personal information, their names are not listed but thank you all for your generous support. You are making a difference!

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### **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.