

캐나다 한인 여성회 소식지

KCWA Family and Social Services Newsletter



With Your Generous Support,

KCWA Family and Social Services aims to empower individuals and their families to better deal with the multiple barriers and challenges associated with settlement in Canada.

For the past 24 years, KCWA has been providing to Korean newcomers, immigrants and refugees a variety of settlement and family services as well as engaging in community development and advocacy work.

Last year alone, we had more than 20,000 service contacts, up from the previous year's 10,000. This 100% increase is a clear indication of the growing need for culturally appropriate services within the Korean Canadian community. KCWA strives to meet this need effectively, hoping, one day, that our services will no longer be needed. A happy day it will be, indeed!

The Arirang Gala is our annual event to heighten the awareness of above. The name showcases the beauty and resilience of the Korean people, whose folksong 'Arirang', has and will always be an integral part of the Korean heritage. Your contributions will enable us do our part in nurturing it.

KCWA is a non-profit community organization, for the community, supported by the community it serves. We draw our strengths from your generous support and encouragement. Won't you join us!

We would love to hear from you on how we can improve our services.

Sincerely,

Gail Christine Lee & Lucy Park Oh
 Gala Co-Chairs, Fundraising committee
 KCWA Family and Social Services Board of Directors



2009 Arirang Gala

Join Us in Supporting "Healthy Families & Successful Integration!"

- Date & Time : February 21, 2009 6:30pm
- Place : Sheraton Parkway Hotel

(600 Highway 7 East, Richmond Hill)

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

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KCWA News

■2008 Volunteer Appreciation Day

The 'Volunteer Appreciation Day' was held on December 18, 2008, 6PM at the second floor of KCWA. On the day of the event, 25 volunteers assisting in various fields including translation, administration and programs had a chance to build acquaintance with each other while having dinner together.

On the introductory speech, Young Lee Ha - the head officer of KCWA, thanked and commented the extension of the service as a product of the excellent dedication by volunteers.

Through the event, volunteers participated in karaoke, various games and shared their experience of volunteering at KCWA building stronger sense of community. Overall, volunteers commented that they learn more than giving and expressed their feeling of fulfillment in active participation in volunteering.

This event reflected KCWA's appreciation towards volunteers who dedicate their time to help out at KCWA.



KCWA Events & Program

■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, learning different culture. Additionally, the group participates in activities, such as the healthy breast cancer workshop, the stress management workshop and a great December party.

■Parents' Group

KCWA offers a support group for Korean speaking 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, communication skills, self control, and getting educational information in the Canadian school system.

■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 Happy Marriage. This workshop is targeted at general Korean immigrant population.

■Legal Info Seminar for Immigrant Women

KCWA held a legal information seminar at Galleria Supermarket on Nov. 13, 2008. John Lee and Douglas Green, lawyers at Heydary Hamilton PC, offered very informative legal information on Family Law and Business Law in Canada.



■ H Mart Itinerant Services – Successful Settlement

It has been a year since we took the initiative in delivering itinerant services that settled smoothly targeting North region residents. As we have been providing settlement services to immigrants we could maintain a channel between North region residents and KCWA.

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

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

KCWA Events & Program

Through relationship between North region residents and KCWA, we realized their needs for government form-filling services. To meet their needs, we conducted application form-filling services, 3 times, in November and December at H Mart. Beyond expectation, all the appointments were immediately booked resulting in aid for roughly 50 families.

One of the main advantages of H Mart for service users is its wide and free parking space for everyone. The benefit has helped to attract a crowd of Richmond Hill residents. For these residents, it had been a challenge for them to access an appropriate assistance for PR Card renewal and citizenship application procedures around their residential area. Through the itinerant services, however, we have actively stepped out of our shell and truly "offered" help by traveling to where these people are. I believe that itinerant service would bring about a change by establishing a linkage between the ISAP agency and service users, which would facilitate the gradual expansion of our services. It seems like a feasible way of opening the door and inviting everyone. Not only were the participants extremely satisfied with our services, but they were also impressed and touched by our willingness and efforts to take reach out. I think it demonstrates our organization's preparedness and determination to help anyone who truly needs it.

■English Class with Settlement Info

Topic for October <Tips on Parent-Teacher Interview>

The topic <Tips on Parent-Teacher Interview> was chosen based on the survey relating to what previous participants have requested. Many of the participants with children in elementary or secondary school said that they are not sure how to prepare for Parent & Teacher Interview nights, or how to directly contact teachers. Korean parents wanted to learn some English expressions and phrases that they can use at interviews with teachers. After realizing their needs, we searched for a speaker who can teach four times a month for two hours each. We were fortunate enough to contact instructor who has been working for Toronto District school board over 10 years and have lots of experience to interview with Korean parents. In the first class, 28 participants came and they were asked to talk what they have experienced in Canadian school interviews. As these stories were shared, parents were comforted by the fact that they are not the only ones having these difficulties.

Many of the participants expressed that they found it helpful to hear about various experiences that other people had. Furthermore, many participants newly realized that there are professional institutions that can help the parents and the children. Ultimately, this program contributed in helping children's Canadian school life since the parents have learned not only the importance of teacher's interview, but also English expressions concerning teacher's interview and school report.

■Knitting Lovers' Club

For Settlement recreation, the Knitting lover's club opened from December 2009 to March 2009 from Thursday 10 to 12 at KCWA 2nd floor seminar. It is intended to share settlement information and experience while knitting and preparing hand-crafted gifts for families, friends, and neighbours with love and care for the upcoming cold winter.

■Roasted Turkey & Ham for Christmas Dinner

On December 10th, 2008 at H Mart Cultural Center in Richmond Hill, as a part of settlement program called Understanding Canada Through Food, KCWA ran a program "Roasted Turkey and Ham for Christmas Dinner". The program offered information on Canadian customs for Christmas, table setting, and shopping guide for dinner preparation. Turkey and ham roasting for Christmas dinner were taught and even shared among the audience.

■Seminar on How to Complain Effectively

To inform on who to complain effectively as newcomers, KCWA ran seminars on November 6th at Galleria Cultural Centre, and November 19th at H Mart Cultural Centre. Through seminars, participants learned how to complain effectively, how to write complaint application, and information on consumers' rights. Seminars increased awareness on effective complaints through these informations.

■Raising Sexually Healthy Children

Raising Sexuality Healthy Children project was organized as workshops in Korean community from October to December for seven parent couples. Workshops were held in H-Mart, Galleria Cultural Centre, North York Korean Centre, Kang Rim Church, and many parents' leaders run the workshops. Ontario Trillion Foundation financially supported the workshops.

*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 Events & Program

■ Employment Programs

The latter half of the year 2008 started with shocking news of America's economic crisis. Even in Canada, the concerns over America's economic crisis and its impact on Canada had dominated Canadian media's main news. Korean Canadian community also expressed concern on these issues and in particular newcomer Korean immigrants expressed their biggest concern for their career search in Canada. In the time of economic crisis, I believe it is the newcomer immigrants who have to go through the toughest time in finding a job in new country. In order to help newcomer immigrants who face enormous challenges, KCWA had run diverse programs for the period in between October and December, 2008.

On October 21, 2008, there was a career workshop "Careers in wholesale stores." This was a part of Job Finding Club series which focus on sharing sector specific career information and building up career network between participants and guest speakers. This time Mr. Tony Shin – a marketing specialist from Sam's Club – was invited to share his career experience in the wholesale sector. Working for retail stores is one of the most common job experiences among Korean community in Canada. Therefore, it might be a positive suggestion to pursue one's career in wholesale sector at mainstream labour market with the experience many Korean immigrants already possessed. Most of attendants at the seminar expressed highly positive feedback on guest speaker's presentation and many of them remained after the workshop to ask further questions to the speaker and to other participants.



Another Job Finding Club series took place on November 25th with a title "Canadian way of job searching and networking". The session particularly focused on a way to make a career network in Canadian way. Many newcomers are not familiar with career networking in Canada. The way Canadian build their career network and find a job through their network is considerably different than what immigrants have perceived in their home country. Thus, understanding Canadian way of building career network is a practical approach to prepare for a successful job search in Canada. Participants had a chance to broad their knowledge and understanding on the importance of networking and how to apply career network for their job search strategy.

As well, there have been other career events: Job search workshops, Career program info workshop "Transition to Employment", career computer class "MS Office intro class". Beside the group events, one-on-one counsellings have provided to individuals who need a help to find a job in Canada by providing the following services: resume clinic, career decision guide, job training info, sector specific info counselling etc. The number of clients who need a career counselling has shown steady increase.



If you have any suggestions or opinions in regards to KCWA's career programs, please send your feedback to the program coordinator: Byung Chun Oh <Tel: 416-340-1234, E-mail: employment@kcwa.net>

KCWA Events & Program

■ KCWA Project Peer Leader Reunion

This was the first reunion for the peer leaders who have been devoting their time and efforts to increase the capability of the Korean community through the KCWA's projects, such as RCHC (Raising Sexually Healthy Children), the Breast Health Promotion Project, and DV (Domestic Violence).

After completing 20 hours of training, the peer leaders have been delivering updated information and increasing awareness for their families, friends, and neighbours by actively conducting outreach workshops and various events.



The reunion of 36 participants started with an encouraging speech by the ED. (Younglee Ha). It consisted of an introduction of the projects, sharing experiences, group discussions and making action plans. Through those activities the peer leaders created networks, exchanged information and increased knowledge for building up a strong Korean community. They not only shared their information and knowledge, they also shared their heart over a delicious pot luck lunch.

The KCWA Project Peer Leader Reunion was concluded with positive feedback, such as:

“I felt full of sense of fulfillment through the project”,

“I learned that helping and sharing can give me happiness and fulfillment. I would like apply in more community volunteering works”

“I was very happy to meet different people who carried the same concerns and interests as I did”.

As they appraise the previous year, the new 2009 year has already arrived, and they continue to build on that success with confidence and enjoyment.

■ KCWA Pink SaeSoon Participated in Run for the Cure

KCWA's Breast Cancer Support Group 'Pink SaeSoon' participated in "CIBC Run for the Cure" on Sunday, October 5, 2008 which was sponsored by Canadian Breast Cancer Foundation. This event was to fundraise for breast cancer related research and programs. Many women and even small number of men are diagnosed with breast cancer in world-wide. The Canadian Breast Cancer Foundation supports high-quality research in all areas including education and prevention, screening, diagnosis, treatment, and increasing awareness of breast cancer through this annual fundraising event for the future without breast cancer.

The reason Pink SaeSoon participated in this event, for the second time, was to bring a positive and encouraging message out to the community. KCWA Pink SaeSoon had a rummage sale and donated the entire fund to Canadian Breast Cancer Foundation. Significantly, participants were not only individuals but entire families came that day to support. It was meaningful to increase awareness of breast cancer.

Volunteer's Experience

Raising Sexually Healthy Children Peer Leader

Young-Sook Kim

When I first came to Canada, I was just a 'visitor-mom' whose sole job was to take good care of my little son.

As I was inclined to stay only for a limited period, I did not have any motive for spending time on studying — English, to be more specific —, nor doing something 'meaningful.' In the end, I went back to Korea after few months. One and half year had elapsed since then. And I was back in Canada; this time, as an official immigrant.

Things have changed drastically; not only my legal status changed but my thoughts and attitude towards life in Canada has greatly evolve from the previous stay. I could no longer waste my time with shopping at local malls like I used to do when I was 'visiting.' So, I began searching for a place where my attention and efforts could be useful, hoping that it will contribute to the welfare of the Korean-Canadian community. That's how I first met the people at KCWA. Soon after the first meeting, they introduced me with the project, "Raising Sexually Healthy Children," and I started my training to become the third-gen parents-leader.

[Well... I came to this land to bring up a child who will compete in marks(Success). Can it be anymore ironic?]

During the twenty hours of training, I had more discussions on *sexuality* with others than I ever did throughout my whole life. Among the things I mastered: the concept of sexuality, the origin of family with respect to the establishment of sexuality, sexual abuse and how to protect our children from it; and most importantly, the theory of "I-message" and its application to the question: *How should parents respond to children's questions about sexuality?* From the I-message training — it helps you develop effective communication skills, I realized that its principles are not only good for talking to children, but also necessary for forming and maintaining positive relationships with our husbands and friends.

In my late 40's, I refreshed my knowledge on sexuality and the learning experience was quite different from my earlier years. Apart from cramming information, instructors at the workshop led participants to share their stories on specific topics, through which would help them develop their own ideas. I could picture my children in class, and it helped me to better understand the learning process my boys underwent at school.

Although the seminar targets a wide range of people, I especially recommend "Raising Sexually Healthy Children" for those parents whose sons and daughters are less than 12.

For us to properly filter the 'open-sex' mentality and distorted facts, and to prevent our children from such exposure, we the parents must know a lot about sexuality and be able to communicate with our kids. Because Canada's multicultural society implies a variety of thoughts on sexuality, and you just cannot take the risk of raising your child in such an open-fire environment.

Few weeks after completing my training programme, KCWA hosted another workshop for Korean-Canadian parents and invited me as a co-presenter. Although there were a small number of people at the workshop, I could pass on my knowledge to the participating moms, and I felt very fortunate that I got an active interaction with the audience. After the workshop, several people of the audience decided to part take in the cause. I sincerely hope they will also experience the fun and honour as I have.

The project, "Raising Sexually Healthy Children," is now officially over. However, I strongly believe that the momentum we had will not perish as long as the parent-leaders keep being active within their own communities. And personally, I am very happy and proud that I could take my first step as an immigrant in such an unforgettably meaningful way. I encourage you to take a similar privilege in the future.

Program User's Voice I

Settlement Service User
Suk Jae Choi

Ever since I came to Canada last May, a new year of 2009 has come and it has been eight months already since then. I ventured the Pacific Ocean for my son's academics and for a new life; and I have been striving for my son to study continuously. Being 40s can be quite difficult when it comes to starting again, even back in Korea. So when I came to Canada I had been experiencing difficulty coping and felt how rare the chance of success for settling down in foreign country; especially when it came to finding a new job and overcoming language barriers and my age. I have learnt much knowledge to fit in and there were many challenges and failures. There were times when I was fatigued both physically and mentally and I blamed it on myself; however, since this January I finally found a job that I wanted and as a result my family's Toronto immigration has faced a new phase. My family received much help and support from the KCWA for preparing settlement and finding work so I want to express my gratitude in writing.

I first learned about KCWA from my wife's family friend, who helped their my family for settlement in Canada, after 2 to 3 weeks from the day that I arrived in Toronto. Before we left Korea, we had been making a list for settlement meticulously and after we arrived in Toronto, we have been crossing out one by one off the list with the help from our family friend. However, it was difficult to complete paper forms in English without mistakes and to complete the attached documents as well. Sometimes I was frustrated and I was not sure if I completed everything correct and complete so I was worried for a lengthy period. At that time, I learnt about my life saver- KCWA- and they helped me greatly with my settlement list which consisted of the things missing or had mistaken for, even though I prepared it carefully. Especially it was a huge luck for us to meet the settlement professional Sooyoung Shim. With her profound knowledge, she checked on our list A to Z and helped us complete unsettled part very kindly and perfectly. Ms. Shim's service greatly helped my family financially, administratively, and further mentally. Thank you very much and my family might visit her again some day.

Along with the settlement service, I participated in many KCWA seminar opportunities to find a job and above all, at "Government of Canada Work Information Seminar" which was prepared by Byoungchun Oh, I learned how to write a resume in English, to prepare a job interview, and to search for jobs. Based on these knowledge, I appraised myself and I learned how to promote my values as an employee and to which market after colliding here and there. I'd like to thank Mr. Oh for his effort in helping me find a job.



Happy New Year!



Donation and Volunteers

From October, 2008 to December, 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.