

캐나다 한인 여성회 소식지

KCWA Family and Social Services Newsletter



President's Remarks

Greetings everyone!

It has been my privilege to have served as a KCWA Board of Director since 2006 and to have experienced firsthand the organization's growth and development over time. Over the years, I have become familiar with KCWA and its programs and services, along with the pressing social issues faced by immigrants and families. I have come to recognize the importance of meeting/addressing their needs as a social services agency.

KCWA is now well recognized as a leading social service organization serving the Korean community at large within the Greater Toronto Area. With the recent global economic downturn, the needs from the community have become even more evident. It is therefore a very important and defining time for us: one that will determine whether or not KCWA will move forward. It is in these uncertain times, that we are challenged to build a stronger organization by capitalizing on our past accomplishments and recognizing the opportunities that lie ahead.

As I take on the role of President, I look forward to the next two years during which we will continue to build on KCWA's achievements of the past to more effectively meet the needs of the Korean-Canadian community.

I am truly honored and humbled to be working alongside the dedicated members, staff, volunteers, and directors of KCWA. I look forward to sharing my vision of KCWA with you in future issues and I welcome your suggestions and feedback.

Regards,

Sang-Hee Park
President



Collecting the articles of Settlement Casebook "My Settlement Story" 2

KCWA Family and Social Services will publish a settlement casebook "My Settlement Story 2" funded by the Overseas Koreans Foundation. We are collecting articles that describe various settlement stories. The purpose of the casebook is to encourage Korean immigrants in Canada through the sharing of settlement experiences. We look forward to your participation.

- Participant: Immigrants in Canada (1, 1.5 or 2nd generation from children to senior)
- Length: Letter size 1-3 pages
- Topics: Various settlement stories

If you would like to share your story, please submit your article by November 15, 2009.
For more information, contact the KCWA office at **416-340-1234**.
(E-mail: settlement4@kcwa.net)

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Employee News

The cool and chilly breeze in the morning and evening seem to be cooling off the beads of sweat off my forehead after preparing lunch for 60 seniors. My long hope and passion for assisting seniors turned into actual and specific service in May 2009 with the 'New Horizon Project' by KCWA.

KCWA's 'New Horizon Project: Nothing Inferior about Being a Senior' aims to support Korean-Canadian seniors residing at Calvary Manor by providing lunches, seminars, home visiting services and a variety of other programs geared to assist seniors in living vibrant and happy lives in their homes.

Listening and talking to seniors about the challenges and issues they face allows me to provide practical services as a project coordinator with KCWA. This is such joyful work for me as I have become a good friend of seniors and do more than prepare meals for them.

Every Wednesday at noon is the time to serve lunch for seniors and we prepare it with both taste and nutrition in mind. I look forward to this time, but the seniors at Calvary Manor say this is also what they look forward to the most in their week. Joyful greetings and help from the seniors, and their grateful smiles, are all exactly what I need to refresh me when I feel tired.

Serving lunch, conducting two seminars and providing home visits have become opportunities for seniors, who were socially isolated, to open up communication with neighbours and to motivate them to live vibrantly within the community. It has also been an opportunity for me to develop a more mature and positive perspective on supporting and assisting vulnerable neighbours in our community. As time goes by, I will continue to do my best as a project coordinator for this great project.

Last but not least, I extend my deepest appreciation to all the volunteers who offer their services every Wednesday and I also want to thank KCWA for this opportunity to assist seniors.

**'New Horizon Project:
Nothing Inferior about Being a Senior' Coordinator**

Kye Hwa Yeo

KCWA News

On Monday, July 20th of this year, the 25th Annual General Meeting was held at the KCWA office. The KCWA president, board members, staff, members and government funders were all present to celebrate this event.

The AGM began with an agenda review by Linda Yoo and approval of the July 30th meeting minutes by Hazel Moon, followed by the auditor's report by Francis Kim (C.A). Also, candidates elected by the board were approved, after which current board members and staff were introduced.

There was also a celebration of KCWA's 25th annual general meeting, where all attendees were congratulated on past accomplishments and reminded of the mission of KCWA as a non-profit social service organization for the Korean Canadian community.

KCWA Family and Social Services
2009-2010 Board of Directors as of August 10, 2009

| Position | Name |
|--|---------------|
| President | Sang-Hee Park |
| Vice President | Linda Yoo |
| Public Relations Comm. Chair | Bok-Sil Shin |
| Treasurer & Finance Com. Chair | Sung-Hak Choi |
| Secretary | Hazel Moon |
| Administration/Program & Service Comm. | Pauline Yoon |
| Member | Kyung Ai Choi |
| Member | Jane Chung |
| Member | April Lim |
| Member | Kwi Ran Ahn |
| Member | Eun Hwa Kook |
| Member | Sharon Park |
| Member | Bohee Kang |
| Member | Shawna Park |
| Fundraising Comm. Chair | Gail Lee |

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

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

KCWA's Events & Programs

●Settlement Programs

OSAP Seminar for Entering University

For students and parents who are anticipating university applications, KCWA held an information seminar on OSAP (Ontario Student Assistance Program) in May and June. The purpose of this seminar was to solve the difficulties experienced by immigrant parents and children due to the lack of information and knowledge about OSAP.

As OSAP is a financial assistance program provided by the government to students for their post-secondary education, this information seminar garnered a great wave of attention from parents of students entering university in the near future. The seminar gathered almost 90 participants together at H-Mart, KCWA and Shin Hwan Bank, and was successful in delivering an accurate understanding about OSAP and how to apply.

Youth Volunteer Workshop

A Youth Volunteer Workshop focused on volunteer work to encourage youth to participate in and contribute to their community. Through the workshop, KCWA provided information on various volunteer activities and benefits from volunteering to participant youth and parents.

ESL Banking and Financial Services

This program was designed to increase access to banking services for newcomers and immigrants through an understanding of banking terminology and financial services combined with English lessons. Sessions were held Tuesdays in July.

Information seminar about small claims court and traffic tickets solutions

KCWA held a seminar on small claims court and traffic tickets on August 20 at Galleria Culture Centre. This program was developed with the intention to empower immigrants to protect their own legal rights. Due to lack of knowledge of small claims court and traffic tickets, as well as language barriers, immigrants often fail to protect their rights resulting in financial loss and mental and emotional stress. Participants showed high interest in this seminar. According to their feedback, they were satisfied with the detailed information about small claims court and traffic tickets.

Summer Legal Forum

Summer Legal Forums were held in partnership with the Korean Canadian lawyers Association (KCLA). They were designed to provide reliable legal information to Korean immigrants who are disadvantaged due to lack of knowledge about Canadian law. The forums took place at Shin-Han Bank seminar room, once in July and once in August. This program provided both legal education and individual triage service.

The legal education in July covered employee's rights and employer's obligations based on the Ontario *Employment Standards Act*. The August forum focused on residential real estate and tenancy. Individuals consulted with seven lawyers concerning employment, real estate, civil litigation, criminal law, and family law matters. Following these consultations, participants had the opportunity to consult with KCWA workers on other possible solutions to their situations.

In total, 87 participants were present; 35 had individual triage service from 14 lawyers. There were 38 volunteers involved in the seminars including 10 from U-VINK who provided translating services. Although the participants' individual problems were not immediately resolved, they were satisfied to receive professional help and guidance in approaching their situations. Many of the participants mentioned that they were greatly encouraged by the passion and efforts of all the volunteers; the participants felt motivated to participate in volunteer work for the Korean community.

In particular, this seminar indicated the great potential for Korean community organizations together for a greater cause, and demonstrated KCWA's position within the Korean community to facilitate such cooperation.



Summer Korean Class for Children

An eight week summer Korean class for children was held through July to August. With a focus on teaching the basics of Korean, the program targeted Kindergarten students and attracted 16 students and 10 volunteers, who worked together in educating children in their mother tongue. The class, which aimed to enable a communication channel between parents and children and thereby resolve the conflict caused by the language barrier, was established as a successful program following its opening last year.

*If you would like to share your settlement story with us, please send us an article.
For more information contact KCWA office at 416-340-1234*

KCWA Events & Programs

●Employment Programs

For the past three months (June – August 2009), KCWA provided diverse employment programs to the Korean Canadian community. The following are the main events that took place during this period.

June 10, 2009: College program information seminar for immigrants

June 24, 2009: Starting your own business – small business setup info-workshop

July 8, 2009: Job Search Workshop – Essential information to find a job in Canada

July 22, 2009: Transition to Employment – Government sponsored job programs info-workshop

August 19, 2009: Canadian way to find a job – Special info-workshop for newcomers



In June, the college information workshop attracted more than 50 participants. The huge turnout for the workshop clearly indicates the increasing interest in college education among Korean immigrants. The first college information workshop was introduced in February 2009 and the June workshop was the second time KCWA provided a workshop on college education. Both workshops attracted a large number of Korean immigrants who expressed great enthusiasm to improve their chances to find a professional occupation in Canada. It seems that many immigrants are well aware of the importance of Canadian education in terms of finding work in the Canadian labour market where immigrants are often asked if they have 'Canadian experience', something which is often extremely difficult for newcomers to possess. In particular, the difficulty in finding a professional job without a Canadian education is commonly shared by many skilled immigrants who came to Canada with good skills and a solid education background, but end up staying in so-called 'survival jobs' or setting up their own businesses despite a lack of experience. Recent immigrants, however, are taking a more proactive way to overcome these employment barriers by investing their time and effort in Canadian education. More and more immigrants are applying for college programs which provide practical skills

and Canadian experience for a diverse group of people. KCWA's college information workshop provided details on how to apply for admission to public college, what courses are available, and what kind of skills and education are expected by the Canadian labour market. After the workshop, many participants asked for individual counseling for guidance with respect to their college education planning.

In addition, through workshops such as 'Job Search Workshop', 'Transition to Employment', and 'Canadian way to find a job', KCWA provided basic but essential skills and elements that newcomers must prepare for when job searching in the Canadian labour market, such as a North American style resume, career networking, Canadian working experience, and career training programs.

According to statistics, the self-employment rate among Korean immigrants is higher than any other ethnic community in Canada (by over 20% - Statistics Canada). Therefore, there has been constant demand from the community to have an information seminar on how to setup small businesses. KCWA invited special guests Brian Min, accountant, and Jason Choi from TD bank to provide in-depth knowledge on small business setup. The seminar discussed various topics including business categories, Canadian business tax, financial filing, and business banking.

KCWA is waiting for your suggestions and ideas to improve our services to give a helping hand to newcomer immigrants to find a job in Canada. Please contact Byung Chun Oh, an employment program coordinator.
(Tel.:416-340-1234, e-mail: employment@kcwa.net) for any suggestions: feedback on current workshops, new seminar idea etc.

●Family Programs

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, including improving self-esteem and adapting to a different culture. The group also provides activities such as learning assertive communication skills, Canadian cooking, and annual picnics.

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 on a monthly basis. Topics covered include improving parenting skills, communication skills, self control, and getting educational information about the Canadian school system. Also, a special lecture was given about alcohol, drug and computer game addictions.

Stress Management workshop

This workshop targeted the Korean community. It was designed to create a healthy and happy life for participants and was offered twice this term.

Adults ESL Class

Teaches parents basic grammatical and conversational English to communicate with their English speaking children effectively.

KCWA Events & Programs

● **Strengthening Newcomer Families to Respond to Settlement Challenges**

May Survey for settlement

Monthly newcomer family network meeting 1

Participants shared their first impressions about Canada. Topics discussed included the need for a program for newcomer families to identify the commonality among family members and the need for guidelines on how to raise adolescents.

June Introduction of helpful programs to form healthy parent-child relationships

Monthly newcomer family network meeting 2

This meeting provided an introduction on how to spend family vacation and utilize attractions in Ontario for family fun. Participants were advised how to reserve camp sites, how to use camp site facilities, where to go for rafting and horseback riding.

Library tour

Newcomer families were informed of useful library programs. Families were also informed of how to apply for a library card. All attending families obtained a library card and a free pass for all family members to access museums and arts galleries using the library card. The participant evaluations indicated that the seminar was useful as they learned that there were more services in libraries than simply borrowing books.



How to help children's literacy: success tip 1,2,3 Seminar

This workshop discussed how parents can implement the age and gender specific literacy suggestions of the Ministry of Education in Ontario into their families' daily life. The participants concluded that the children who were raised by parents who read with their children even after their children are literate are more likely to form health parent-child relationships (especially with respect adolescence).

July Introduction of cultural attractions in downtown Toronto and communication tips for families

Monthly newcomer family network meeting 3

The July meeting aimed to share information and build friendships among newcomer families while they were touring the ROM (Royal Ontario Museum). All the attending families were accompanied by their children and stated

that there should be more children's participation. To increase children's participation, the families concluded that parents should attend with their children and enjoy the benefits of program participation together.

Ontario Early Years Centre

The July seminar aimed to provide information about a government-run program for 0-6 year olds: Ontario Early Years Centre. Ontario Early Years Centre offers age specific programs for parents and their children 0-6 years such as reading, math, arts and learning about nature. Through the seminar, participants learned that education was conducted through play and children, even from a fairly young age, could express to their parents what they want in diverse ways.

August Effective communication skills among family and reducing defiant behaviour in youth

Monthly newcomer family network meeting 4

In this meeting, one newcomer family shared their story about how they explored family leisure and hobbies in Canada. The meeting also discussed how leisure and joining a hobby club can be very helpful in forming identity as a Korean-Canadian and healthy integration into Canadian culture.

Guide for parents of teens to prevent psychoactive substance abuse and misuse workshop

The severity of psychoactive substance abuse and misuse among teens of immigrant families is negatively related to the amount of time parents and teenage children communicate. Accurate information about mood- and perception-altering substances and continuous communication with teenage children were considered to be the best preventative methods of reducing substance abuse and misuse problems. The seminar addressed the statistics of substance use among Ontario students (grades 7-12), the reason for the abuse and misuse and the physical, emotional and psychological impact of substance use.

Communication tips for parents of teens to build up healthy families

The workshop covered case specific communication tips. The workshop addressed the characteristics of adolescence. The participants were informed that parents had to initiate communication in order to get to know their teens' interests and area of concentration.



Volunteer's Experience

Eun-Ah, Jung

I received a scarf which was pretty as the fall colours of September. Although the hot summer has already passed according to the calendar, the summery sunlight still lingers while the wind carries in a fresh autumn breeze. The scarf was a present that one volunteer teacher for the KCWA Summer Children's Korean Language School had given to each volunteer. On our last day of Korean school, the children enjoyed little gifts with delicious homemade cake and cookies that she had prepared with warmth and affection.

The summer also reminds me of someone else. Her cheeks were red and she was trying to catch her breath. It seemed she had been running in a hurry. She was a volunteer for afternoon seminars at KCWA. She had already been busy from her morning work of distributing meals to the hungry. Although it must be costly having to commute downtown, she smiled brightly, saying how great it was to get free meals and to work in an air conditioned room. That smile was beautiful, like one on a little angel. During the month that followed, I was able to see this energetic girl from time to time at the KCWA seminars. She didn't seem like she was pushed here by her parents, nor was she here for volunteer requirements. She simply liked her work and enjoyed the time she spent at KCWA.

I remember another face. She is a volunteer at the Good Shepherd Centre which was established by KCWA. She is always the first to arrive and last to leave the work-place. I admire her for volunteering in the same place for 3 years. One day, she brought in a huge bag. I asked what it was for and she answered that she brought in recycled plastic bags that she had been collecting so that they can be reused at the centre. On her way to the centre every Saturday, she gives change to an old man who plays the accordion at the subway station. Her charity has convinced me that this lady is truly rich in her heart.

I have met many people while volunteering, but these are the people I remember in my heart. They do this work of their own will, not on anyone else's orders. They do not receive wages, but share their own resources with others. It is strange and fascinating. Although they give from their own resources, they feel rich and fulfilled. I thought I was sacrificing, but I have learned from them and I feel enriched. When I shared my knowledge, I received more new knowledge. I gave up my time, but the experience I gained during that time was worth so much more. I could have spent that time meeting friends, but I felt love and my heart was touched. The greatest gain was "joy." Whatever I do, wherever I am, and whoever I face, there can always be happiness and bliss if I have joy. Also, appreciation and affection will always follow. When I feel appreciated, I feel richer and my life is fuller. When I share unconditionally, I gain greater things. As I recall these good people, I feel happy and blissful.

New Project

Nothing Inferior about Being a Senior

KCWA Family and Social Services is running 'Nothing Inferior about Being a Senior' for Korean Canadian seniors who reside in Calvary Manor in Markham East, Ontario.

The project provides important services including nutrition and educational programs, including lunch once a week, and regular seminars. Through these services, KCWA provides balanced, nourishing meals to Korean Canadian seniors and promotes healthy social relationships with peers to reduce social isolation and encourage interdependent and energetic lives. In addition, regular individual support services provide information for seniors to take proper medication and prevent risks while living at home.

Although some seniors have constant care by their families, there are senior citizens who are increasingly living in solitude and isolation. The objectives of the project are to encourage seniors to contribute their skills, experience and wisdom to support the social well-being of other senior citizens through peer-to-peer support so that seniors can live well in their homes. In addition, the project promotes the ongoing active participation of seniors with the aim of reducing their risk of social isolation through peer support, recreational and educational activities, programs and seminars to empower them to be socially active in their communities.

This project is funded by Human Resources and Social Development Canada and supported by Calvary Manor and its residents' committee. This project is running until March 2010.

Project activities include:

- Peer Support Program:** Develop mutual support for seniors and alleviate family members' concern for their elderly parents.
- Recreational Program:** Reduce social isolation and improve seniors' overall well-being and prevent dementia. (ie. Gate Ball, Gardening, Taichi, Mini-golf, etc.)
- Educational Program:** Health care, mental health/stress, nutrition, elder abuse, understanding medication, drafting a will/power of attorney, social benefits, funeral arrangements, etc.
- Lunch Program:** Once a week program to provide lunch
- Group Grocery Shopping:** Once a week
- Individual Support services:** Document translation, interpretation, form filling, social service applications-OW, ODSP, OAS, Housing, etc.
- Evaluation of the Program**



Human Resources and
Social Development Canada

Ressources humaines et
Développement social Canada

Project Overview

‘Hand in Hand’- Breast Health Promotion Project

Project Coordinator Yun Sang Ryu

The ‘Hand in Hand’- Breast Health Promotion Project funded by the Canadian Breast Cancer Foundation was run from September 2007 to August 2009. The project aimed to increase the capacity of immigrant Koreans with quality of healthy lives, something that all immigrant Koreans have been dreaming of.

33 peer leaders who were trained for 20 hours on breast cancer prevention, conducted 41 outreach workshops with up-to-date information to 499 people for 117 hours. This number included friends, neighbours, alumni and members of religious groups, etc.

The outreach workshop’s curriculum consists of addressing risk factors, healthy eating, physical activity and early detection of breast cancer. Post written surveys concluded that 99% of participants responded that the information was useful. In the pre and post quiz, the result showed that the participants’ knowledge increased 50% after the workshops. The workshops focused on healthy life styles instead of the risk factors we are born with. It encouraged the participants to gain a high level of awareness of the importance of a healthy lifestyle.

The increased knowledge and awareness by the outreach workshops changed participants’ behaviour in a positive and practical way. Such behaviour includes registering for an examination in a Mobile health Clinic and doing BSEs for early detection. It affected the number of services of the Mobile Health Clinic, by increasing the plans by 4 to 9 services. A total of 125 women were served, several of them who had suspicious lumps and were transferred to special care for treatments.

The reason why the participants’ behaviours were changed seems to be due to the up-to-date information, consistently published in the community newspapers. The follow up survey supported the expectation, the respondents requested to provide the educational workshops (61%) and updated information (47%) continuously on regular basis for maintaining their awareness. And over 70% of the participants answered that their behavior changed after the workshop, and that their choices were changed into healthier ways, for example vegetables and fruit intake increased, and they read nutritional information charts more thoroughly. In terms of early detection, 75% of respondents answered that they have done a BSE, and a mammogram.

This showed that the outreach workshops affected not only the participants’ knowledge, but also that behaviours change, which is one of the most important results that the project aimed to achieve.

Also, the support group named Pink Sasson was held 59 times with breast cancer survivors and the women being treated. They shared information of the health system and breast cancer. Through the emotional support, their sense of isolation and hopelessness has been changed into courage and hope. The meeting will be continued after the project’s completion on Monday of the first week and Saturday of the second week in North York and KCWA.

We can see the Korean Community has been improved by the peer leaders’ devoted efforts, interpreters for Mobile Health Clinic services, workshop organizers who assisted in providing the verified information for healthy communities, and the invisible individuals who supported the project both mentally and morally.

It was time to realize how many people had to labour, for the success of the project and the establishment of a healthy and strong community. It was also the time to assure ourselves that the Korean community will stand firmly in its strong foundations with its endless supply of enthusiastic volunteers.

Program User's Voice I

'Hand in Hand' -Breast Health Promotion Project

Peer Leader Myunghee Kim

In the early part of this month, I got an annual check-up along with a mammogram screening. The friendly technician was about to explain to me the result of the mammogram through four X-ray pictures. I was able to figure out the meaning of RMLO (right breast compressed by sides), LCC (left breast compressed from the top and bottom). As well, I could recognize the darkish and white appearance. I'm sure this was not my own experience.

Last summer I got a phone call saying, "Hello! This is Ryu, Yunsang, coordinator of Hand in Hand-breast health promotion project in KCWA." This training program was perfect for me as I am in my late forties, so I accepted the proposal without hesitation by saying "YES!" Also, I suggested that my friend Heesun, whom I had come to know since coming to Canada, should join me for the training and I explained to her the role of peer leaders.

All 15 peer leaders have prepared the community outreach volunteers through a variety of training in Healthy Eating, Physical Activity, Breast Cancer Risk Factors, Early Detection, Facilitation Skills, Community Development etc., which was composed of 20 hours at KCWA by the two witty and enthusiastic coordinators.

At first, it was not easy for us to do the outreach workshop in front of many unfamiliar faces and in an unfamiliar environment, but we supported each other through positive feedback after the workshop, sharing coffee and tea together while debriefing. So, we continued conducting the workshops with increasing confidence. Besides, the seniors whom we met in training were wonderful role models for us.

I would like to express my appreciation for the wonderful support of KCWA and for the Hand in Hand leader, Ms. Ryu, for her endless support and enthusiasm, the lovely Ms. Lee who always had encouraging words for us, Executive Director Ms. Ha for her fantastic facilitation skills, and Program Manager Ms. Kang for her helpful community development skills.

In addition, I would like to acknowledge the support of CBCF. This project has been so helpful to the Korean Community by promoting good overall health with an emphasis on breast health, early detection of breast cancer, and empowering women to take an active role in their breast health. I courteously ask for your continued support for this project to occur in the Korean Canadian community.

As you know, the 21st century is called the women's era. So, we cannot emphasize enough the importance of women's health. According to the essay "A Weeding Hoe" written by the Korean writer, Park Wan-suh, "When I was young, my body was my soft best friend. However, as I was getting old, my body began to pout me. When I am old, my body turned into the most rigorous master whom I have served and got used to all my life. It is said that if we don't listen to the whisper of our body, it will speak loud next. Still, unless we pay attention to the voice of our body, it will cry in a thunderous voice." Therefore, we ladies must pay attention to our body's whispering in order to maintain healthy and happy lives. Thank you very much.

Program User's Voice II

Woo Suk Sung

My second arrival in Canada towards the end of 2005 was quite a contrast to my first visit which had been full of excitement. Both my mind and body were frozen solid just like the cold winter that hit Canada that winter because this time I had come to settle in this country for good. The new world ahead of me made me so nervous that I forgot how confident I had felt back in Korea. The blizzard that delayed many planes that day at the airport seemed to foreshadow my future, making me feel even more uneasy.

The private immigration agency was the first door that I knocked on after finishing ESL at a university. However, I received bad news about achieving PR status in Canada. I remembered how I vented at my family at the airport and I felt ashamed. The agency told me there was no solution and repeatedly suggested that I marry someone who already had permanent resident status. After that, I decided never to contact them again and I was determined to handle everything on my own.

After graduating from university, and shortly after I received my working permit, a new program called Canadian Experience Class (CEC) was established. I was able to get general information online, but I was afraid to make a decision due to my fear that some missing information would somehow ruin the past three years' of hard effort. That was when I read about an organization called KCWA in the Korean newspaper. The newspaper indicated that KCWA would be holding a CEC-related seminar.

I was aware that the influence of women has been growing stronger worldwide throughout 21st century and that more and more facilities and organizations for women were emerging. So, I wondered if this organization was only for women. However, since gathering information was my first priority I went to the seminar anyways, thinking that they probably would not kick out any attendees. At the seminar, I found out that KCWA was willing to assist me and I came to trust them with helping me with PR status. After the seminar, the counsellor was very kind to carefully go over my documents from beginning to the end.

Now all the documents are ready and I am going to apply at the CIC on September 7, 2009 after a final review. During the last four years, although my own patience and efforts have played a part, without a doubt, KWCA has been a tremendous help to me. Once again, I would like to express my appreciation to them through this column and I thank the staff for their assistance. I believe they will continue to look out for Korean community just as they have looked out for me.



World Environment Day

- ☉ The International Day for the Eradication of Poverty was established by the UN General Assembly and is commemorated annually on October 17.
- ☉ The theme for The International Day for the Eradication of Poverty 2009 is ‘Working together out of poverty’.
- ☉ There are 1.4 billion people in developing countries whose income is less than one dollar a day based on 2005 statistics. The International Day for the Eradication of Poverty was designated to promote awareness of the people challenged with poverty in the world today. World leaders at the Millennium Summit committed themselves to cutting by half by the year 2015 the number of people living in extreme poverty. Please read more detailed information at <http://www.un.org/depts/dhl/poverty/>

Donation and Volunteers

From January 2009 to May 2009, 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!

FUNDED BY:



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

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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."