

Reaching Independence through Support & Education (RISE) Project (Completed)

- **Project Period:** April 2019 - March 2020
- **Funder:** Employment and Social Development Canada (ESDC)

KCWA FAMILY AND SOCIAL SERVICES 캐나다한인여성회
행복한 여성이 바로서는
[RISE 프로젝트]
Reaching Independence through Support & Education

첫번째 이야기

“성장하는 엄마, 아이의 마음을 아는 엄마”

- ① 나는 행복한 엄마인가?
- 여성 TALK
- ② 나와 자녀와의 관계의 비밀알기
- MBTI로 풀이하는 자녀와의 소통 기술
- ③ 불안하고 화나는 감정돌보기
- 아이가 엄마에게 화내는 진짜 이유
- ④ 내가 이해 못하는 자녀의 문제
- 스마트폰과 컴퓨터 게임에 마음을 빼앗긴 아이들
- ⑤ 성장하는 엄마, 아이의 마음을 아는 엄마되기

대상 위 주제에 관심있는 여성 (선착순 15명)
날짜 2018년 6월 5일 - 7월 3일 (매주 화요일, 5회기)
시간 오전 10시-12시
장소 영센터플러스(10 Centre Ave, Toronto)
담당자 오신성희(Project Coordinator)
신청방법 이메일 및 전화접수
sunghee.osin@kcwa.net
416-340-1234 / 416-340-7161

본 프로젝트는 **우울**입니다. **참정**을 원하시는 분은 **피리** 등록해주세요.

KCWA FAMILY AND SOCIAL SERVICES Ontario Yonge Centre plus

Objectives

'RISE' project is a one year project funded by Ministry of Citizenship and Immigration designed to facilitate the social integration of vulnerable Korean immigrant women who have experienced various barriers and difficulties. RISE aims to provide culturally and linguistically appropriate support to the target population to become emotionally resilient,

achieve safety and wellbeing, enhance social connections and fully participate in community life.

- 120 clients with one-on-one services.- 36 group sessions will be delivered for 400 participants.

- Clients overcome barriers and challenges, build resilience and wellbeing, and participate in social connections and community life.

Project Activities

- Support group: a safe learning environment where women may try new ways to grow and heal

- Educational workshops: delivering educational workshops to provide information according to various topics.

- One-on-one counselling: for those participants who may need additional support, this project will provide one-on-one counseling.

Outcome

- A total of 44 support groups and workshops were conducted with 535 participant

- A total of 185 in-person counselling, 180 phone services and 244 email services were provided for 139 unique clients.

- A total of 404 transportation assistance was offered to 207 clients to enable access to project activities.

- Developed culturally sensitive outreach materials on various seminar subject such as parenting, stress management and school integration.

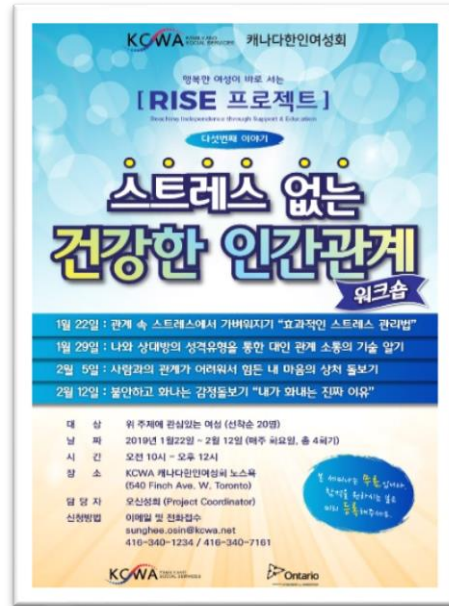
- Developed partnerships with non-profit organizations and faith groups in the GTA.

Progressive Report (KCWA Family and Social Services)

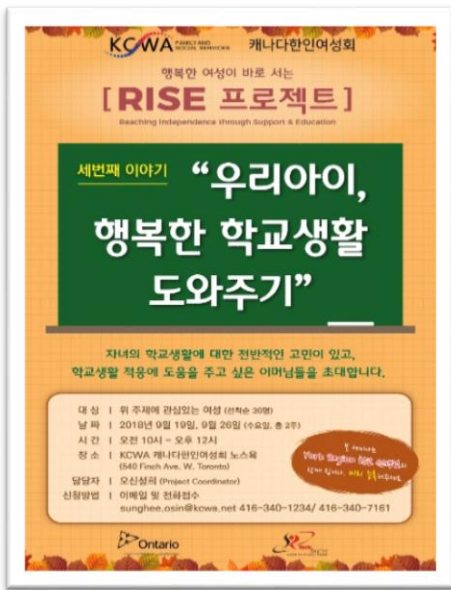
(KCWA / April 2018 - Mar 2019)



<Becoming a Happy Mother / 34 seminars, 363 participants >



<Stress Free Relationship / 8 seminars, 127 participants>



<Support Your Children through Their School Life / 2 seminars, 45 participants>

• Partnership

- Hong Fook Mental Health Association
- York Region District School Board
- Yonge Centre Plus Community Centre
- Philadelphia Korean Presbyterian Church
- Toronto Central Korean SDA
- Eagles Field Community Church
- St. Andrew Kim Korean Catholic Church
- Vaughan Community Church