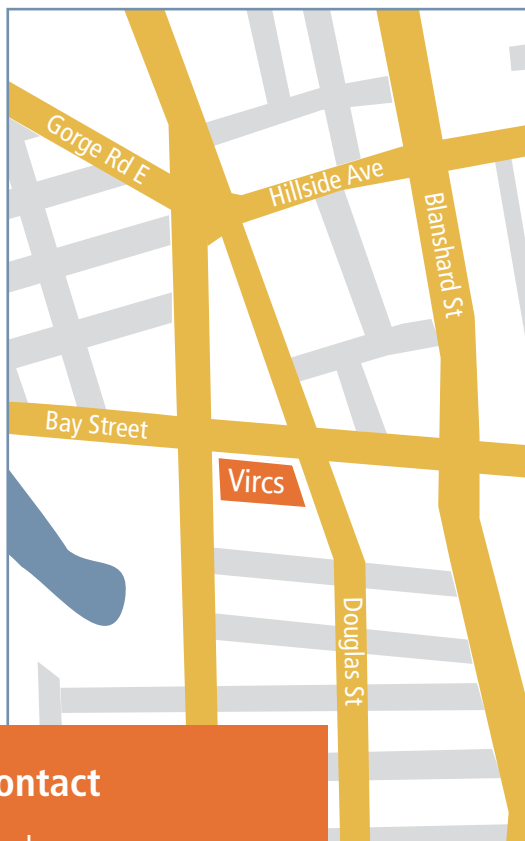




### Join I Plan It on facebook

www.facebook.com

### How to find us:



“I Plan It helps me to plan my future.”

Start planning your future now. Create your own action plan for your future.



### Contact

Meghan  
email: [meghan@vircs.bc.ca](mailto:meghan@vircs.bc.ca)

**Victoria Immigrant & Refugee Centre Society**  
637 Bay Street (3rd Floor)  
Victoria, BC V8T 5L2

Tel: (250) 361-9433 x 223  
[www.vircs.bc.ca](http://www.vircs.bc.ca)



WelcomeBC

Program Funded by:  
Ministry of Advanced Education and Labour Market





## Do you need ...

- ▶ Help to find work?
- ▶ To learn about education and training opportunities?
- ▶ To meet new people your age?
- ▶ Work experience?
- ▶ To learn and practice your English language skills?
- ▶ Feel connected to your community?



## One to One Services

### Youth Worker

- ▶ Support you navigate through the program

### Employment Support

- ▶ Help you to find short and long term employment and work experience

### Settlement Support

- ▶ Assist you to settle and adjust in Victoria

## Group Activities

### ▶ Social Night

Every Thursday night from 7–9 pm. Hang out and meet other newcomer young adults (19–25 years old).

### ▶ Youth Activity Night

Every Wednesday from 6–8 pm. Have fun and meet people (15–18 years old).

*“I’ve had to learn so much coming to Canada and now I have my own personal support team!”*

### ▶ Life Skills Workshops

12 week workshops.  
Get paid up to \$300 for attending.

Learn life skills such as:

- ▶ Career Planning
- ▶ Communication
- ▶ Conflict Resolution
- ▶ Culture Shock
- ▶ Stress Management
- ▶ And more

## English Language Classes

### ▶ English Classes

Weekly English Language class.

### ▶ Weekly Conversation Club

Practice your English language skills with other young people.

## You are eligible, if you ...

- ▶ Are a newcomer to Canada.
- ▶ Arrived in the last 5 years.
- ▶ Are 15–25 years old.

(Specific eligibility criteria applies)



## Workshops

### Life Skills

Saturdays 10–1 pm

### Social Nights

Thursdays 7–9 pm

### English Class

Tuesday 5–7 pm

### Conversation Club

Mondays 6–8 pm