



## Upcoming Workshops

Safe Haven workshops provide information and guidance to help you in your journey as a refugee claimant or asylum seeker

**DIVERSECITY's Safe Haven program offers free workshops to help you in your journey.**

Safe Haven workshops are held in various languages, such as English, Spanish, Dari, Pashto, Punjabi and more. Some workshops are in person and others are virtual. Below is a list of our settlement topics. Find out details and register here, or scan the QR code: [forms.office.com/r/XWqWGsSSrZ](https://forms.office.com/r/XWqWGsSSrZ)  
Contact Ilaha Safi at [isafi@dcrs.ca](mailto:isafi@dcrs.ca) for more information.



Scan to register!

TOPIC	DESCRIPTION
Creating Safe Spaces: Understanding & Addressing Bullying, Harassment & Discrimination	Learn strategies to recognize and combat bullying, harassment and discrimination in your life. Gain insights into creating inclusive and supportive environments for yourself and others.
Introduction to Family Law for New Canadians	Learn about your legal rights and responsibilities in matters such as divorce, child custody and spousal support. Get a comprehensive overview of family law principles.
Newcomers Guide to Services Canada	Learn how to access and navigate these services to maximize the support you receive. Receive tips on integrating into Canadian society and making the most of the resources available.
Banking Explained: What You Need to Know about Banking Services as a Newcomer	Understand the basics of banking in Canada, including opening a bank account, online banking, credit cards, loans, managing your finances and building a good credit history.
Immigration Law: What to Expect after you Submit Your Asylum Claim	Gain a clear understanding of the asylum claim process, what to expect at each stage and how to navigate potential outcomes, whether your claim is approved or denied. Learn about your rights and obligations as an asylum seeker.
Simplify Tax Forms: A Practical Guide to Filling Out Canada Revenue Agency Forms	Get step-by-step instructions on how to fill out essential tax forms accurately and on time. Learn about common deductions, credits and benefits you may be eligible for.
Essential Services: Your Guide to Navigating Services Canada as a Newcomer	Discover the services and government programs available to newcomers and how to access them. Learn about support for employment, health care, education and financial assistance.
An Introduction to Brain Health	Understand the importance of brain health and how it affects overall wellbeing.
What is Dementia?	Gain a clear understanding of what dementia is. Receive guidance on supporting loved ones with dementia and accessing appropriate care and resources.

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