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Tuesday, April 1, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Tuesday, April 1 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

The City of Waterloo Museum, in partnership with the **Legacy of Hope Foundation**, is proud to present two powerful exhibitions exploring the impacts of the **Residential School system** and the **Sixties Scoop**, amplifying Indigenous voices and resilience.

Killing the Indian in the Child: Generations Lost (Now – Mid-April 2025)

Bi-Giwen: Coming Home – Truth-Telling from the Sixties Scoop (Mid-April – June 13, 2025)

Bead the Tract & Original Graphic Recordings by Dakota Brant (Now – June 13, 2025)

Experience These Important Stories

- **Killing the Indian in the Child: Generations Lost** sheds light on the devastating legacy of Residential Schools, honouring the strength of Survivors and their families.
- **Bi-Giwen: Coming Home** shares the personal stories of 12 Indigenous Survivors of the Sixties Scoop, offering a powerful perspective on loss, resilience, and healing.
- **Bead the Tract** – A stunning beaded map celebrating Haudenosaunee land stewardship and sovereignty.
- **Graphic Recordings by Dakota Brant** – A visual exploration of the history and impact of Residential Schools, with a focus on the Mohawk Institute in Brantford.

Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

Join us in learning, reflecting, and taking steps toward **Truth and Reconciliation**

Employment Readiness Workshop Series

Date and Time: Tuesday, April 1 3:30 pm - 5:00 pm

Address: Online

Improve your skills and learn how to succeed in the Canadian workplace! This interactive workshop series will help you in your job search and beyond as you integrate into the Canadian workplace.

Topics:

1. April 1: Effective Job search strategies
2. April 3: Resume Basics
3. April 8: Interviews (Part 1)
4. April 10: Interviews (Part 2)
5. April 15: Taking Initiative
6. April 17: Canadian Workplace Culture

7. April 22: Workplace Communication
8. April 24: Canadian Politeness

Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Wednesday, April 2, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Wednesday, April 2 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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Thursday, April 3, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Thursday, April 3 10:00 am - 4:00 pm

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Employment Readiness Workshop Series

Date and Time: Thursday, April 3 3:30 pm - 5:00 pm

Address: Online

Improve your skills and learn how to succeed in the Canadian workplace! This interactive workshop series will help you in your job search and beyond as you integrate into the Canadian workplace.

Topics:

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2. April 3: Resume Basics
3. April 8: Interviews (Part 1)
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5. April 15: Taking Initiative
6. April 17: Canadian Workplace Culture
7. April 22: Workplace Communication
8. April 24: Canadian Politeness

Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Friday, April 4, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Friday, April 4 10:00 am - 4:00 pm

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

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COMPASS Refugee Rights Day Open House

Date and Time: Friday, April 4 4:00 pm - 8:00 pm

Address: 675 Queen St. S Unit 230

REFUGEE RIGHTS DAY

Monday, April 7, 2025

Tutoring Program - Spring

Date and Time: Monday, April 7 6:00 pm - 8:00 pm

Address: Youth Room FACS, 65 Hanson Avenue, Kitchener, ON

MSSWR is excited to collaborate with Camino to offer free tutoring classes in English and Math for students in grades 3-12. These classes are taught by skilled professional volunteers, providing valuable support to help students enhance their academic abilities. If you're looking for extra support or know someone who could benefit, don't miss this opportunity!

Tuesday, April 8, 2025

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Employment Readiness Workshop Series

Date and Time: Tuesday, April 8 3:30 pm - 5:00 pm

Address: Online

Improve your skills and learn how to succeed in the Canadian workplace! This interactive workshop series will help you in your job search and beyond as you integrate into the Canadian workplace.

Topics:

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2. April 3: Resume Basics
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5. April 15: Taking Initiative
6. April 17: Canadian Workplace Culture
7. April 22: Workplace Communication
8. April 24: Canadian Politeness

Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Healing Through Art for Kids - Spring

Date and Time: Tuesday, April 8 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

Making art is a fun and creative way to tell stories about our feelings and experiences. This program is designed

to look after the mental health of the kids. Ages 4 - 12 years old. They use their creativity to make art that shows their feelings and experiences. Through this program, children can develop coping mechanisms to manage their emotions and build resilience, promoting their overall mental well-being.

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Healing Through Art for Parents - Spring

Date and Time: Tuesday, April 8 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

Making art is a fun and creative way for mothers to express their emotions and experiences. This program is designed to support mental health by encouraging participants to use their creativity to reflect on their feelings. Through artistic expression, individuals can develop coping mechanisms to manage stress and build resilience, fostering improved mental well-being and emotional strength.

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Wednesday, April 9, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Wednesday, April 9 10:00 am - 4:00 pm

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

Join us in learning, reflecting, and taking steps toward **Truth and Reconciliation**

Employment Program - Spring

Date and Time: Wednesday, April 9 6:00 pm - 8:00 pm

Address: Camino Downstairs Community Room, 645 Westmount Road East, Kitchener, ON

In partnership with the Workplace Planning Board, we're excited to offer a dynamic Employment Readiness Program tailored to empower youth aged 15–30 with the skills, knowledge, and confidence to thrive in today's job market. Whether you're exploring your first job or aiming to strengthen your employability, this program is designed for you! Participants will engage in hands-on workshops, resume and cover letter building, interview preparation, workplace communication skills, and career exploration activities. You'll also have the chance to connect with local employers, gain valuable insights from industry professionals, and access resources to support your employment journey.

Location: 645 Westmount Rd E, Kitchener, ON N2E 3S3

Schedule:

April 2 – Basement

April 9 – Upstairs

April 16 – Basement

April 23 – Upstairs

April 30 – Upstairs

May 7 – Basement

May 14 – Upstairs

May 21 – Basement

May 28 – Upstairs

Take the next step toward your future—equip yourself with the tools to succeed! Open to all youth, aged 13-30 years

Thursday, April 10, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Thursday, April 10 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

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Building Bridges - Spring

Date and Time: Thursday, April 10 12:00 pm - 1:30 pm

Address: Forest Hill United Church, 121 Westmount Road East, Kitchener, ON

This program celebrates the power of unity and collaboration within our diverse community. Participants engage in cooking activities, creative crafts, and a weekly English conversation circle. Through these shared experiences, we foster understanding, create positive change, and strengthen the bonds that connect us all. Let's continue building bridges and embracing one another as one united community!

Employment Readiness Workshop Series

Date and Time: Thursday, April 10 3:30 pm - 5:00 pm

Address: Online

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Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Girls In Sports - Spring

Date and Time: Thursday, April 10 6:30 pm - 8:00 pm

Address: Kingsdale Community Centre, 72 Wilson Ave, Kitchener, ON N2C 1G5

The Girls in Sport Program is dedicated to empowering young women through physical activity, teamwork, and leadership. In Partnership with Focus on Ethnic Women, this program provides a safe and supportive environment where girls can engage in various sports, develop their athletic skills, and build confidence. By promoting teamwork, discipline, and self-esteem, Girls in Sport encourages participants to challenge themselves, embrace their strength, and foster a lifelong passion for health and fitness.

Friday, April 11, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Friday, April 11 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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Neighbours Helping Neighbours - Spring

Date and Time: Friday, April 11 6:00 pm - 8:00 pm

Address: Camino Downstairs Community Room, 645 Westmount Road East, Kitchener, ON

The Neighbours Helping Neighbours program at Muslim Social Services (MSS) empowers refugee, newcomer, and marginalized women in Kitchener-Waterloo by fostering social integration and community support. Through workshops, peer groups, and activities, it creates a safe, inclusive space for building connections, sharing experiences, and accessing resources.

Monday, April 14, 2025

Tutoring Program - Spring

Date and Time: Monday, April 14 6:00 pm - 8:00 pm

Address: Youth Room FACS, 65 Hanson Avenue, Kitchener, ON

MSSWR is excited to collaborate with Camino to offer free tutoring classes in English and Math for students i

n grades 3-12. These classes are taught by skilled professional volunteers, providing valuable support to help students enhance their academic abilities. If you're looking for extra support or know someone who could benefit, don't miss this opportunity!

Tuesday, April 15, 2025

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Connecting Families to Early Learning and Child Care

Date and Time: Tuesday, April 15 12:00 pm - 1:00 pm

Address: Teams

[YMCA Early Years and Child Care \(ELCC\) Navigators](https://events.teams.microsoft.com/event/d58c1aa9-4b45-4579-ae8b-11f0a7d5761f@9e837cb2-0b16-4ddc-b035-131ee49a2afd) help remove barriers to accessing child care for equity deserving groups in Waterloo Region. Want to learn more about the interesting and impactful work they do? The EYCC Navigator team will be holding virtual sessions to help our community learn more about this partnership between the YMCA of Three Rivers, EarlyON Waterloo Region, and the Region of Waterloo. At this session you'll meet the EYCC Navigator team, learn what we do to support BIPOC communities, and how you can connect with us. Join the EYCC Navigator team on **Tuesday April 15th from 12 – 1 pm**. Register for this free session using the link below:

<https://events.teams.microsoft.com/event/d58c1aa9-4b45-4579-ae8b-11f0a7d5761f@9e837cb2-0b16-4ddc-b035-131ee49a2afd>

Employment Readiness Workshop Series

Date and Time: Tuesday, April 15 3:30 pm - 5:00 pm

Address: Online

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Topics:

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Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Healing Through Art for Kids - Spring

Date and Time: Tuesday, April 15 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

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Healing Through Art for Parents - Spring

Date and Time: Tuesday, April 15 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

Making art is a fun and creative way for mothers to express their emotions and experiences. This program is designed to support mental health by encouraging participants to use their creativity to reflect on their feelings. Through artistic expression, individuals can develop coping mechanisms to manage stress and build resilience, fostering improved mental well-being and emotional strength.

Mens Empowerment - Spring

Date and Time: Tuesday, April 15 6:00 pm - 8:00 pm

Address: Chandler Mowat Community Centre, 222 Chandler Dr, Kitchener, ON N2E 3L7

The Men's Empowerment Program is designed to support and uplift men by providing a space for personal growth, self-discovery, and building strong, positive relationships. Through workshops, discussions, and activities, participants will explore topics such as mental health, resilience, leadership, and communication. This program encourages men to embrace their strengths, overcome challenges, and foster a sense of community and mutual support, helping them lead fulfilling, empowered lives.

Wednesday, April 16, 2025

Exhibitions on Indigenous Histories & Resilience

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

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Employment Program - Spring

Date and Time: Wednesday, April 16 6:00 pm - 8:00 pm

Address: Camino Downstairs Community Room, 645 Westmount Road East, Kitchener, ON

In partnership with the Workplace Planning Board, we're excited to offer a dynamic Employment Readiness Program tailored to empower youth aged 15–30 with the skills, knowledge, and confidence to thrive in today's job market. Whether you're exploring your first job or aiming to strengthen your employability, this program is designed for you! Participants will engage in hands-on workshops, resume and cover letter building, interview preparation, workplace communication skills, and career exploration activities. You'll also have the chance to connect with local employers, gain valuable insights from industry professionals, and access resources to support your employment journey.

Location: 645 Westmount Rd E, Kitchener, ON N2E 3S3

Schedule:

April 2 – Basement

April 9 – Upstairs

April 16 – Basement

April 23 – Upstairs

April 30 – Upstairs

May 7 – Basement

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May 21 – Basement

May 28 – Upstairs

Take the next step toward your future—equip yourself with the tools to succeed! Open to all youth, aged 13-30 years

Thursday, April 17, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Thursday, April 17 10:00 am - 4:00 pm

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Building Bridges - Spring

Date and Time: Thursday, April 17 12:00 pm - 1:30 pm

Address: Forest Hill United Church, 121 Westmount Road East, Kitchener, ON

This program celebrates the power of unity and collaboration within our diverse community. Participants engage in cooking activities, creative crafts, and a weekly English conversation circle. Through these shared experiences, we foster understanding, create positive change, and strengthen the bonds that connect us all. Let's continue building bridges and embracing one another as one united community!

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Date and Time: Thursday, April 17 3:30 pm - 5:00 pm

Address: Online

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Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Girls In Sports - Spring

Date and Time: Thursday, April 17 6:30 pm - 8:00 pm

Address: Kingsdale Community Centre, 72 Wilson Ave, Kitchener, ON N2C 1G5

The Girls in Sport Program is dedicated to empowering young women through physical activity, teamwork, and leadership. In Partnership with Focus on Ethnic Women, this program provides a safe and supportive environment where girls can engage in various sports, develop their athletic skills, and build confidence. By promoting teamwork, discipline, and self-esteem, Girls in Sport encourages participants to challenge themselves, embrace their strength, and foster a lifelong passion for health and fitness.

Friday, April 18, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Friday, April 18 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

The City of Waterloo Museum, in partnership with the **Legacy of Hope Foundation**, is proud to present two powerful exhibitions exploring the impacts of the **Residential School system** and the **Sixties Scoop**, amplifying Indigenous voices and resilience.

Killing the Indian in the Child: Generations Lost (Now – Mid-April 2025)

Bi-Giwen: Coming Home – Truth-Telling from the Sixties Scoop (Mid-April – June 13, 2025)

Bead the Tract & Original Graphic Recordings by Dakota Brant (Now – June 13, 2025)

Experience These Important Stories

- **Killing the Indian in the Child: Generations Lost** sheds light on the devastating legacy of Residential Schools, honouring the strength of Survivors and their families.
- **Bi-Giwen: Coming Home** shares the personal stories of 12 Indigenous Survivors of the Sixties Scoop, offering a powerful perspective on loss, resilience, and healing.
- **Bead the Tract** – A stunning beaded map celebrating Haudenosaunee land stewardship and sovereignty.
- **Graphic Recordings by Dakota Brant** – A visual exploration of the history and impact of Residential Schools, with a focus on the Mohawk Institute in Brantford.

Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

Join us in learning, reflecting, and taking steps toward **Truth and Reconciliation**

Neighbours Helping Neighbours - Spring

Date and Time: Friday, April 18 6:00 pm - 8:00 pm

Address: Camino Downstairs Community Room, 645 Westmount Road East, Kitchener, ON

The Neighbours Helping Neighbours program at Muslim Social Services (MSS) empowers refugee, newcomer, and marginalized women in Kitchener-Waterloo by fostering social integration and community support. Through workshops, peer groups, and activities, it creates a safe, inclusive space for building connections, sharing experiences, and accessing resources.

Monday, April 21, 2025

Tutoring Program - Spring

Date and Time: Monday, April 21 6:00 pm - 8:00 pm

Address: Youth Room FACS, 65 Hanson Avenue, Kitchener, ON

MSSWR is excited to collaborate with Camino to offer free tutoring classes in English and Math for students in grades 3-12. These classes are taught by skilled professional volunteers, providing valuable support to help students enhance their academic abilities. If you're looking for extra support or know someone who could benefit, don't miss this opportunity!

Tuesday, April 22, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Tuesday, April 22 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

The City of Waterloo Museum, in partnership with the **Legacy of Hope Foundation**, is proud to present two powerful exhibitions exploring the impacts of the **Residential School system** and the **Sixties Scoop**, amplifying Indigenous voices and resilience.

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

Employment Readiness Workshop Series

Date and Time: Tuesday, April 22 3:30 pm - 5:00 pm

Address: Online

Improve your skills and learn how to succeed in the Canadian workplace! This interactive workshop series will help you in your job search and beyond as you integrate into the Canadian workplace.

Topics:

1. April 1: Effective Job search strategies
2. April 3: Resume Basics
3. April 8: Interviews (Part 1)
4. April 10: Interviews (Part 2)
5. April 15: Taking Initiative
6. April 17: Canadian Workplace Culture
7. April 22: Workplace Communication
8. April 24: Canadian Politeness

Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Healing Through Art for Kids - Spring

Date and Time: Tuesday, April 22 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

Making art is a fun and creative way to tell stories about our feelings and experiences. This program is designed to look after the mental health of the kids. Ages 4 - 12 years old. They use their creativity to make art that shows their feelings and experiences. Through this program, children can develop coping mechanisms to manage their emotions and build resilience, promoting their overall mental well-being.

Healing Through Art for Parents - Spring

Date and Time: Tuesday, April 22 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

Making art is a fun and creative way for mothers to express their emotions and experiences. This program is designed to support mental health by encouraging participants to use their creativity to reflect on their feelings. Through artistic expression, individuals can develop coping mechanisms to manage stress and build resilience, fostering improved mental well-being and emotional strength.

Mens Empowerment - Spring

Date and Time: Tuesday, April 22 6:00 pm - 8:00 pm

Address: Chandler Mowat Community Centre, 222 Chandler Dr, Kitchener, ON N2E 3L7

The Men's Empowerment Program is designed to support and uplift men by providing a space for personal growth, self-discovery, and building strong, positive relationships. Through workshops, discussions, and activities, participants will explore topics such as mental health, resilience, leadership, and communication. This program encourages men to embrace their strengths, overcome challenges, and foster a sense of community and mutual support, helping them lead fulfilling, empowered lives.

Early Years and Child Care Navigators: OneList 101

Date and Time: Tuesday, April 22 6:30 pm - 8:00 pm

Address: Teams

The YMCA Early Years and Child Care Navigator team is hosting a free virtual session **designed for parents** to: meet the EYCC Navigator team, learn how to set up a OneList account, discover how to apply for child care programs and get information about child care subsidies and early learning supports. Join the EYCC Navigator team on **Tuesday, April 22nd from 6:30 PM – 8:00 PM**. Register here: [OneList 101](#)

Wednesday, April 23, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Wednesday, April 23 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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- **Graphic Recordings by Dakota Brant** – A visual exploration of the history and impact of Residential Schools, with a focus on the Mohawk Institute in Brantford.

Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

Join us in learning, reflecting, and taking steps toward **Truth and Reconciliation**

IELTS Masterclass

Date and Time: Wednesday, April 23 2:00 pm - 3:30 pm

Address: Kitchener Public Library, 85 Queen St. N

In partnership with Conestoga College, join our free seminar and find out all the details – big and small – of IELTS, including how it's scored and the assessment criteria.

The IELTS Masterclass is designed to provide advice and support to supplement your other language learning and test preparation.

This workshop is available to everyone who is preparing to take the IELTS test. The Masterclass workshop instructor is Natalie Hughes.

Employment Program - Spring

Date and Time: Wednesday, April 23 6:00 pm - 8:00 pm

Address: Camino Downstairs Community Room, 645 Westmount Road East, Kitchener, ON

In partnership with the Workplace Planning Board, we're excited to offer a dynamic Employment Readiness Program tailored to empower youth aged 15–30 with the skills, knowledge, and confidence to thrive in today's job market. Whether you're exploring your first job or aiming to strengthen your employability, this program is designed for you! Participants will engage in hands-on workshops, resume and cover letter building, interview preparation, workplace communication skills, and career exploration activities. You'll also have the chance to connect with local employers, gain valuable insights from industry professionals, and access resources to support your employment journey.

Location: 645 Westmount Rd E, Kitchener, ON N2E 3S3

Schedule:

April 2 – Basement

April 9 – Upstairs

April 16 – Basement

April 23 – Upstairs

April 30 – Upstairs

May 7 – Basement

May 14 – Upstairs

May 21 – Basement

May 28 – Upstairs

Take the next step toward your future—equip yourself with the tools to succeed! Open to all youth, aged 13-30 years

Thursday, April 24, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Thursday, April 24 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

Join us in learning, reflecting, and taking steps toward **Truth and Reconciliation**

Building Bridges - Spring

Date and Time: Thursday, April 24 12:00 pm - 1:30 pm

Address: Forest Hill United Church, 121 Westmount Road East, Kitchener, ON

This program celebrates the power of unity and collaboration within our diverse community. Participants engage in cooking activities, creative crafts, and a weekly English conversation circle. Through these shared experiences, we foster understanding, create positive change, and strengthen the bonds that connect us all. Let's continue building bridges and embracing one another as one united community!

Employment Readiness Workshop Series

Date and Time: Thursday, April 24 3:30 pm - 5:00 pm

Address: Online

Improve your skills and learn how to succeed in the Canadian workplace! This interactive workshop series will help you in your job search and beyond as you integrate into the Canadian workplace.

Topics:

1. April 1: Effective Job search strategies
2. April 3: Resume Basics
3. April 8: Interviews (Part 1)
4. April 10: Interviews (Part 2)
5. April 15: Taking Initiative
6. April 17: Canadian Workplace Culture
7. April 22: Workplace Communication
8. April 24: Canadian Politeness

Hosted by Kinbridge Community Association, Newcomer Employment Outreach.

Girls In Sports - Spring

Date and Time: Thursday, April 24 6:30 pm - 8:00 pm

Address: Kingsdale Community Centre, 72 Wilson Ave, Kitchener, ON N2C 1G5

The Girls in Sport Program is dedicated to empowering young women through physical activity, teamwork, and leadership. In Partnership with Focus on Ethnic Women, this program provides a safe and supportive environment where girls can engage in various sports, develop their athletic skills, and build confidence. By promoting teamwork, discipline, and self-esteem, Girls in Sport encourages participants to challenge themselves, embrace their strength, and foster a lifelong passion for health and fitness.

Friday, April 25, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Friday, April 25 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

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Neighbours Helping Neighbours - Spring

Date and Time: Friday, April 25 6:00 pm - 8:00 pm

Address: Camino Downstairs Community Room, 645 Westmount Road East, Kitchener, ON

The Neighbours Helping Neighbours program at Muslim Social Services (MSS) empowers refugee, newcomer, and marginalized women in Kitchener-Waterloo by fostering social integration and community support. Through workshops, peer groups, and activities, it creates a safe, inclusive space for building connections, sharing experiences, and accessing resources.

Monday, April 28, 2025

Tutoring Program - Spring

Date and Time: Monday, April 28 6:00 pm - 8:00 pm

Address: Youth Room FACS, 65 Hanson Avenue, Kitchener, ON

MSSWR is excited to collaborate with Camino to offer free tutoring classes in English and Math for students in grades 3-12. These classes are taught by skilled professional volunteers, providing valuable support to help students enhance their academic abilities. If you're looking for extra support or know someone who could benefit, don't miss this opportunity!

Exhibitions on Indigenous Histories & Resilience

Date and Time: Tuesday, April 29 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

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YEAH!

Date and Time: Tuesday, April 29 3:00 pm - 4:30 pm

Address: 1700 Queen's Blvd, Kitchener, ON N2N 3L6

Looking for a place to meet new people and make new connections through games and activities. Join YEAH! – Youth Empowerment and Healing newcomer youth group to support one another and share experiences that matter to you in a safe and encouraging environment. We want to hear what you're interested in, and we will share ideas and resources together to help you reach your goals! Pizza, Snacks, Bus tickets and Interpretation provided!

Healing Through Art for Kids - Spring

Date and Time: Tuesday, April 29 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

Making art is a fun and creative way to tell stories about our feelings and experiences. This program is designed

to look after the mental health of the kids. Ages 4 - 12 years old. They use their creativity to make art that shows their feelings and experiences. Through this program, children can develop coping mechanisms to manage their emotions and build resilience, promoting their overall mental well-being.

Healing Through Art for Parents - Spring

Date and Time: Tuesday, April 29 5:30 pm - 7:30 pm

Address: Forest Heights Community Centre, 1700 Queen's Boulevard, Kitchener, ON

Making art is a fun and creative way for mothers to express their emotions and experiences. This program is designed to support mental health by encouraging participants to use their creativity to reflect on their feelings. Through artistic expression, individuals can develop coping mechanisms to manage stress and build resilience, fostering improved mental well-being and emotional strength.

Mens Empowerment - Spring

Date and Time: Tuesday, April 29 6:00 pm - 8:00 pm

Address: Chandler Mowat Community Centre, 222 Chandler Dr, Kitchener, ON N2E 3L7

The Men's Empowerment Program is designed to support and uplift men by providing a space for personal growth, self-discovery, and building strong, positive relationships. Through workshops, discussions, and activities, participants will explore topics such as mental health, resilience, leadership, and communication. This program encourages men to embrace their strengths, overcome challenges, and foster a sense of community and mutual support, helping them lead fulfilling, empowered lives.

Wednesday, April 30, 2025

Exhibitions on Indigenous Histories & Resilience

Date and Time: Wednesday, April 30 10:00 am - 4:00 pm

Address: City of Waterloo Museum 550 King Street North Waterloo

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Location: City of Waterloo Museum, 550 King Street North

Support: National Indian Residential School Crisis Line – 1-866-925-4419

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Empowering Youth on Anti-Racism

Date and Time: Wednesday, April 30 3:30 pm - 5:00 pm

Address: Virtual (Link provided once registered)

This group creates a safe and accepting environment in which youth can explore:

- Issues of racism
- Recognize instances of racism
- Discuss assumptions and beliefs about racism
- Understand the impact of racism on themselves and others
- Receive the support and encouragement to begin the healing process

Employment Program - Spring

Date and Time: Wednesday, April 30 6:00 pm - 8:00 pm

Address: Camino Downstairs Community Room, 645 Westmount Road East, Kitchener, ON

In partnership with the Workplace Planning Board, we're excited to offer a dynamic Employment Readiness Program tailored to empower youth aged 15–30 with the skills, knowledge, and confidence to thrive in today's job market. Whether you're exploring your first job or aiming to strengthen your employability, this program is designed for you! Participants will engage in hands-on workshops, resume and cover letter building, interview preparation, workplace communication skills, and career exploration activities. You'll also have the chance to connect with local employers, gain valuable insights from industry professionals, and access resources to support your employment journey.

Location: 645 Westmount Rd E, Kitchener, ON N2E 3S3

Schedule:

April 2 – Basement

April 9 – Upstairs

April 16 – Basement

April 23 – Upstairs

April 30 – Upstairs

May 7 – Basement

May 14 – Upstairs

May 21 – Basement

May 28 – Upstairs

Take the next step toward your future—equip yourself with the tools to succeed! Open to all youth, aged 13-30 years

<https://calendar.immigrationwaterlooregion.ca>