

## N.E.E.D.S. Inc. - Overview

N.E.E.D.S. Inc. is a non-profit, charitable organization that provides accessible services and supports for newcomer children and youth, and their families. N.E.E.D.S. Inc. was established in 1999 by an immigrant woman to provide programs for newcomers to Canada, based on her personal experience, needs assessments, and realistic expectations for resettling in Canada.

Our goal is to enhance the integration of newcomer children and youth into Canadian society by providing employment, mentorship, education, social, and recreational programs. All of our services are supported by psychosocial educators. Our participants develop the life skills and confidence they need to ensure success.

**N.E.E.D.S. Inc. has the capacity to deliver our core services and programs in French, if required by clients (including interpretation).**

### **N.E.E.D.S. Inc. provides the following programs and supports for newcomer children and youth:**

- In partnership with all school divisions in Winnipeg in-school support is provided for the first 12-18 months of settling in Winnipeg, including intake assessments, referrals to community resources and enhanced services to support education.
- Orientation activities that focus on various topics including education, health, employment, financial literacy, community services, safety, pro-social skill development, and social recreational activities.
- Employability skills training to help newcomer youth enter and successfully participate in the Canadian labour market.
- After-school homework support.
- Family engagement activities to help connect parents and guardians to their children's school.
- Psychosocial support and wrap-around services to enhance success in our programs and services, and in the general settlement experience for newcomer children and youth.
- Volunteers and practicum students help support participants in all our activities in addition to providing mentorship opportunities to support the settlement experience of newcomers.

### **FOR MORE INFORMATION CONTACT:**

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**Website:** [www.needsinc.ca](http://www.needsinc.ca)

### **Pour des services en français, veuillez contacter:**

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## Introduction to Canadian Education Program

**FOCUS:** The Introduction to Canadian Education (INTRO) Program provides free school preparedness and orientation programming for newly arrived newcomer children and youth.

The INTRO Program has several components, each designed to help newcomer children and youth transition into the Canadian school system and integrate successfully into the Winnipeg community.

### ACTIVITIES FOCUS ON THE FOLLOWING FOUR KEY AREAS:

- Welcome to Canada (overview of Canada, rights & freedoms, money, etc.)
- Education & Employment
- Health & Nutrition
- Safety & Law
- Places & Community

### PROGRAM COMPONENTS INCLUDE:

- School preparedness (learning about a Canadian classroom, expectations of school and teachers, etc.).
- Orientation to Winnipeg (community services and resources, safety issues, etc.).
- English Language skill development (opportunities for language development, EAL activities, etc.).
- Social recreational activities (team building activities, arts & crafts, movement exercises, etc.).
- Computer skills (introduction to technology, structured computer classes, etc.).
- Addressing common settlement issues (culture shock, making new friends, etc.).
- Pro-social skills and integration (decision making, anger management, etc.).
- All classroom supplies and material (pens, paper, scissors, crayons, binders, etc.) needed to participate are provided by NEEDS Centre.
- Relevant and timely referrals for participants to community resources.

### FOR MORE INFORMATION CONTACT:

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## SWIS (Settlement Workers In Schools) Program

**FOCUS:** The Settlement Workers in Schools (SWIS) Program provides services and supports for school age newcomer children and youth, and their families, for the first 18-36 months after arriving in Canada. The program focuses on increasing the integration of newcomer children and youth into their new school and community. SWIS Program staff work in partnership with schools and other service providers to deliver programs and services to recently arrived newcomer children and youth in several school divisions across Winnipeg.

### SWIS Program Components Include:

- Supporting families with the school registration process and participating in school intake and orientation meetings. This helps newcomer students and families schools gain a better understanding of the school environment and fosters self-reliance, confidence building, and a sense of belonging within the school community.
- Providing ongoing follow-up and support to newcomer students throughout their first 18 months of being in Canada to ensure successful integration into the school community.
- Providing psychosocial support and wrap-around services to newcomer children and youth with complex needs and who require additional support, including the provision of individualized programming and activities to enhance school and community integration.
- Providing individual and group orientation activities for newcomer students on various topics (education, safety, health, community, transportation, money, mentorship opportunities) to enhance confidence building and social integration.
- Providing employment bridging supports, including guidance and resources to help newcomer youth transition from high school into the workforce or post-secondary education, promoting long-term economic participation.
- Completing an Intake Assessment, followed by an individualized Settlement Plan. This collaborative process is undertaken together with children, youth, and their families for the purpose of identifying settlement needs and referring clients to appropriate resources, programs, and services.
- Providing pro-social skill development and wellness programs for participants in addition to our core programs.
- Making relevant and timely referrals for participants to community resources.
- One-on-one remote homework support.

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## Employment Program

**FOCUS:** Our Employment Program services and supports are intended to help newcomer youth (ages 16 to 29) develop the employability skills required to enter and successfully participate in the Canadian labour market.

### Employment Services Components Include:

- Work Experience Opportunities and On-the-Job Support
  - Clients are matched with partnering employers to provide meaningful, hands-on work placements. Clients receive on-the-job mentorship and support to increase their success in participating in the Canadian Labour Market.
- Individual Career Coaching and Employment Support
  - Clients receive one-on-one employment support, including coaching on writing resumes and cover letters, interview preparation, and job search strategies.
- Employment Readiness Training
  - These interactive and hands-on workshops are designed to prepare newcomer youth for the Canadian workplace. There is an additional focus on building interpersonal skills, communication skills and confidence.
- English for Employment Purposes Training
  - This training provides opportunities for youth to build their English language skills specific to the Canadian workplace. The sessions focus on sector-specific language training with and include the participation of partnering employers.
- Individual and group psychosocial support is provided by social workers on an ongoing basis to help clients be successful in employment activities.

**FOR MORE INFORMATION CONTACT:**

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## Enhanced Wellness Program

**FOCUS:** The Enhanced Wellness Program provides additional, enhanced supports to newcomer children and youth, and their families, to increase mental health and overall wellbeing through evidence-based interventions.

### Enhanced Wellness Components Include:

- Delivery of a trauma informed and culturally appropriate curriculum in group-based sessions that help children and youth identify big emotions, learn how the brain functions, and understand survival responses (flight, fight, freeze). Participants also learn critical self-regulation and coping strategies.
- Individual supports for children and youth to meet the challenges they are currently dealing with, such as interpersonal conflicts, difficulties at school, work-related stressors, and recognizing and responding to big emotions.
- Increase newcomer children and youth connectedness to school through homework supports.
- **FREE** Circle of Security Parenting groups for parents and caregivers delivered in their first language or with interpretation.

The following languages are currently supported:

- |             |               |
|-------------|---------------|
| 1. Arabic   | 6. Russian    |
| 2. Amharic  | 7. Somali     |
| 3. French   | 8. Swahili    |
| 4. German   | 9. Tigrinya   |
| 5. Mandarin | 10. Ukrainian |
- Training for agencies, service providers, schools and other professionals, focused on meeting the needs of newcomer children and youth. This includes offering 'Making Sense of Trauma' webinars.

**FOR MORE INFORMATION CONTACT:**

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## Psychosocial Support

**FOCUS:** We incorporate psychosocial supports into all N.E.E.D.S. Inc. programs and services. This enhances the successful participation of children and youth, and ensures a smoother transition during their settlement and integration into Canadian society.

### Psychosocial Service Components Include:

- Establishing rapport and building relationships with clients.
- Helping clients understand the reasons for their behaviours and assisting them in learning new ways of responding to and coping with stressors that occur in their lives.
- Assisting newcomer children and youth in recognizing their abilities, capacities, interests, and goals in order to reach their fullest potential.
- Assisting newcomer children and youth in exploring their feelings and emotions, and developing healthy coping strategies.
- Helping newcomer children and youth find ways to grow personally and socially.
- Providing opportunities for comfort and hope.
- Providing psychosocial support services in individual and group settings.
- Connecting newcomer children and youth, and their families to additional resources in the community.
- Providing Circle of Security Parenting Groups for parents and caregivers, delivered in their first language or with interpretation.
- Providing consultations and training to the greater Winnipeg community on the challenges and unique needs of newcomer children and youth.

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## Volunteer and Mentorship Program

**FOCUS:** Volunteer Services helps to build the capacity of N.E.E.D.S. Inc. programs and services by training volunteers to provide additional support. We offer a wide range of volunteer opportunities suitable for individuals with various skills, interests, and availability. Visit our website at [www.needsinc.ca/volunteers](http://www.needsinc.ca/volunteers) to learn more about our current volunteer opportunities, or apply at [N.E.E.D.S. Inc. Volunteer Inquiry](#)

### Benefits of Volunteering:

Volunteering with newcomers to Canada is often a life-changing experience for everyone involved. Seeing newcomer children and youth start to flourish and succeed in their new country is deeply rewarding. Whether you are a student in need of work experience, a professional wanting to give back to the community, or a retiree looking for meaningful engagement, there's a place for you as a volunteer at N.E.E.D.S. Inc.

### Practicum Placements:

N.E.E.D.S. Inc. accepts various practicum placements from accredited post-secondary institutions. Placements include both in-person and online opportunities. Please contact our volunteer team to learn more about practicum opportunities with our agency.

### Volunteer Requirements:

All N.E.E.D.S. Inc. volunteers are required to:

- Provide a clear Criminal Record Check with Vulnerable Sector Search
- Provide a clear Child Abuse Registry Check
- Provide two references (including a professional reference if applicable)
- Participate in a comprehensive interview with our Volunteer Team
- Complete our mandatory volunteer training
- Attend an orientation session before your first volunteer shift

### One-on-one Mentorship:

- One-on-one mentorship activities provided to newcomer youth with screened, trained and monitored volunteer mentors
- Mentors aim to:
  - provide positive adult role modeling
  - act as cultural navigators
  - assist newcomer youth in the development of English and French language skills
  - help youth develop a positive view of their new community

## FOR MORE INFORMATION CONTACT:

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## Funders and Supporters

We would like to thank all of our funders:



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

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Public Health  
Agency of Canada

Agence de la santé  
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We would like to acknowledge the individual donors who have contributed to our agency. If you are interested in donating to our agency, please visit our website at: [www.needsinc.ca](http://www.needsinc.ca)

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