



QUINTE IMMIGRATION SERVICES

2-345 College Street East
Belleville, ON

Mailing Address:
PO Box 22141
Belleville, ON K8N 5V7

Phone: 613-968-7723 Fax: 613-968-2597

E-mail: info@quinteimmigration.ca Website: www.quinteimmigration.ca

Thank You to our Newsletter Contributors

Writers and Editors:

John Mark Robertson
Cat Fisher-Andrews
John Robertson
Nallely Sanchez
Jenn Bryant
Meghan Beatty
Helen Rector
Victoria Comerford

Thank you to our Funders for their continued support:

- (IRCC) Immigration, Refugees & Citizenship Canada
- (MCCSS) Ministry of Children, Community and Social Services
- (MTCU) Ministry of Training, Colleges, & Universities
- City of Quinte West
- City of Belleville

OUR MISSION: *Quinte Immigration Services will assist newcomers isolated by cultural and language barriers in the Quinte region through the process of orientation and settlement while encouraging public respect for the diversity of immigrants, the promotion and recognition of the value of racial and cultural differences, and the facilitation of integration and participation of newcomers in the social, economic and cultural aspects of the community.*



Q UIS CONNECTIONS

Spring/Summer 2019
Volume 12, Issue 4



@QImmigration



Quinte Immigration
Services



Learn More on Pg.4

INSIDE THIS ISSUE

A Canadian Summer pg. 1

Canada Day in Quinte pg.2

New Summer Student pg.3

QUIS on Skype pg.4

New Staff pg.5

'Inside My Heart' Screening pg.6

Prenatal Education Ad pg.8

CEOTIS Info pg.9

Upcoming Events, Holidays, and Observances pg. 10

A Canadian Summer

Canada is known for its cold climate, but in reality the summers can be very hot and humid. To battle the heat of summer months, QUIS has some quick tips!

1. **STAY HYDRATED:** Make sure that you are drinking enough fluids throughout the day and always keep a water bottle with you.

2. **Keep the heat outside:** If you have air conditioning, keep your windows and doors shut as much as possible to maintain the cool temperature. Keep your curtains closed in the daytime to keep out direct sunlight and some heat.

3. **Wear sunscreen:** Though you may want to gain or maintain a beautiful tan it's still important to wear sunscreen so that you aren't exposed to harmful UV rays that can potentially cause sunburns and future health problems. It's also important to cover up areas directly exposed to the sun such as your head and face by wearing a hat,.
4. **Power down:** Running multiple appliances at once can cause excess heat in your home, turning off unnecessary appliances will save power and keep your home cool!
5. **Cool activities are cool:** Take advantage of activities that help you stay cool, such as community pools and splash pads, or enjoy indoor activities that give you time out of the sun to rest and relax.
6. **Most importantly:** Have fun! Though the weather can be unpleasantly hot at times, it's still important to have a great summer. Enjoy some of the events that the Quinte area has to offer, such as the Waterfront and Multicultural Festival, Bay of Quinte Pride, Canada Day Celebrations, and upcoming QUIS events!

Upcoming QUIS Events, Holidays, and Observances

QUIS Spring/Summer 2019 Closures

June 1-8 Bay of Quinte Pride

June 4 Eid al-Fitr Muslim Observance

June 9 Shavuot, Jewish Observance

June 16 Father's Day

June 20 World Refugee Day

June 21 Summer Solstice

July 1 Canada Day, **QUIS Closed**

July 9 Nunavut Day

July 11 - 14 Belleville Waterfront and Multicultural Festival

July 30 International Day of Friendship

August 5 Civic Holiday, **QUIS Closed**

August 11 Tisha B'Av Jewish Observance

August 12 Aid-al-Adha Muslim Observance





CEOTIS

Central Eastern Ontario Translation and Interpretation Services

Breaking the Barriers to Communication

Interpretation Services

- ◆ Accurate, immediate and confidential linguistic interpretation services
- ◆ Serving the Central Eastern Ontario region from Lindsay to Brockville
- ◆ 10 years of experience working with human services, Provincial and Federal government, healthcare, justice system agencies, corporate and private businesses and individuals
- ◆ Professionally trained and experienced interpreters
- ◆ Competitive rates
- ◆ Emergency after hours services on evenings and weekends
- ◆ Over 125 Languages available

**VIDEO
CONFERRING
INTERPRETATION
SERVICES
NOW AVAILABLE**

Translation Services

- ◆ Precise and confidential certified translations
- ◆ Translators are ATIO certified (Association of Translators and Interpreters of Ontario)
- ◆ Processing time is 7 business days or less
- ◆ Many languages available
- ◆ Offices for drop-off of original documents in Kingston and Belleville
- ◆ Quotes provided within 1 to 2 business days

Contact us for your translation and interpretation needs!

613-968-1065

1-888-968-1065

ceotis@quinteimmigration.ca

24 HOURS A DAY, 7 DAYS A WEEK

2-345 College Street E, P.O. Box 22141, Belleville, Ontario K8N 5V7



A division of Quinte Immigration Services

LANGUAGES AVAILABLE

AFRIKAANS*	KUTCHI*
AKAN*	LAOTIAN**
ALBANIAN*	LATVIAN (LETTISH)*
AMHARIC*	LEBANESE*
ARABIC	LINGALA*
ARMENIAN*	LITHUANIAN*
ASSYRIAN*	LOW GERMAN*
AZERI*	MACEDONIAN*
BENALI*	MALAY ^
BERBER*	MALAYALAM*
BIKOL*	MALTESE*
BOSNIAN*	MANDARIN
BULGARIAN**	(MODERN
BURMESE**	CHINESE) ^
CAMBODIAN**	MARATHI*
CANTONESE	MIN NAM
(TRADITIONAL	(HOKKIEN)*
CHINESE) ^	NEPALI*
CATALAN	NORWEGIAN
CHALDEAN*	NUER*
CHIU CHOW	OROMO*
(CHAOZHOU)*	OTJIHERERO*
CREOLE*	PASHTU*
CROATIAN	PERSIAN
CZECH	POLISH ^
DANISH*	PORTUGUESE ^
DARI*	PUNJABI ^
DUTCH	PUNJABI
ESAN*	GURUMUKHI*
ESTONIAN*	ROHINGYA*
FANTI*	ROMANIAN
FARSI ^	RUSSIAN ^
FINNISH	SENEGALESE*
FLEMISH*	SERBIAN*
FRENCH ^	SERBO-CROATIAN
FUJIAN *	(BOSNIAN)*
FUZHOU*	(CROATIAN)*
GEORGIAN*	(SERBIAN)*
GERMAN ^	SHANGHAISESE*
GOFIGNA*	SINHALA*
GREEK ^	SLOVAK
GUJARATI ^	SLOVENIAN*
HAKKA*	SOMALI*
HEBREW	SPANISH ^
HINDI ^	SWAHILI*
HUNGARIAN	SWEDISH
IGBO*	TAGALOG*
ILOCANO*	TAISHAN*
ILONGO	TAIWAN*
(HILIGAYNON)*	TAMIL ^
INDONESIAN ^	TATAR*
ITALIAN ^	TELUGU*
JAMAICA PATOIS*	THAI**
JAPANESE	TIBETAN*
(ADDITIONAL	TIGRIGNA*
COSTS)	TSHILUBA*
KALENJIN-	TURKISH ^
KIPSIGIS*	TURKMEN*
KALENJIN-WANDI*	TIWI*
KANNADA*	UKRAINIAN ^
KAREN**	URDU ^
KHMER*	UZBEK*
KHRGHYZ*	VIETNAMESE ^
KINYARWANDA*	YORUBA*
KIRUNDI*	
KONKANI*	
KOREAN	
KURDISH	
(BAHDINI)*	
(KURMANDJI)*	
(SORANI)*	

+ TRANSLATION ONLY

* INTERPRETATION ONLY

^ VIDEO CONFERRING

Canada Day in Quinte



Summer is fast approaching and that means that July 1st, Canada Day, is just around the corner. This year Canada will celebrate its 152nd birthday! For all Canadians young and old, Canada Day is important as it marks the long history of Canada with celebrations all across the country!



Canada Day is the anniversary of Canadian Confederation dating back to 1867. It was first called Dominion Day but was renamed in 1982 to Canada Day. Canada Day is mostly celebrated in Canada but is also celebrated by Canadians (and Canada fans) around the world by participating in Canadian cultural events and activities. Canada Day is an opportunity to express our Canadian identity, values, and multiculturalism. Many agencies and businesses (including QUIS) will be closed so everyone can enjoy the holiday!

This year, Quinte West's Canada Day Celebrations and Fireworks will be held in Centennial Park in Trenton. The event will include family activities, displays, cake, and fireworks! Belleville will be holding their own Canada Day Celebration and Fireworks in West Zwicks Park, this celebration will include live music, pony rides, food vendors and more! Picton is hosting a Canada Day Street Party with activities for all ages, and Wellington is having their own street party and fireworks on June 30th, along with a parade, concert, and market on July 1st.

New Summer Student

QUIS is happy to welcome a new summer student to the team, Victoria Comerford! You will see Victoria's friendly face at reception during the summer months, and she will also be assisting with other projects and tasks.



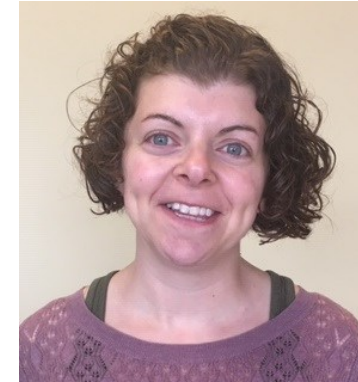
Victoria is in the Bilingual International Bachelor of Arts Program at York University studying International Studies and Political Science in English and French.

“I am excited to begin my summer employment opportunity with QUIS as it will give me insight into my field of study as well as teach me valuable knowledge about newcomers to Canada. My degree has a large focus on migration and newcomer settlement, and the knowledge and experience I gain from working at QUIS will provide a real world basis for my studies. As a student studying bilingually, I also know the importance of languages and translation services, working in the QUIS office I will also gain knowledge about CEOTIS and the need for translation/interpretation services in the Quinte area.”

Victoria will be working for 10 weeks with QUIS starting May 21st and will be returning to her studies in Toronto in the fall.

New Staff

As of May 21st, 2019, QUIS is excited to welcome Jennifer Bryant to our team! Jennifer will be acting as a Settlement Support Worker, assisting clients alongside Cat and John Mark as well as helping out at reception and contributing to other projects. Say hello when you see her in the office!



Jennifer Bryant grew up in Picton and has worked for a variety of non-profit organizations. She has undertaken roles in community engagement, capacity building, fundraising and program support, volunteer management, refugee resettlement, and emergency response. Jennifer previously worked for the Canadian Red Cross in Belleville and then with their international operations in Ottawa. In 2016, she completed a diploma in Social Services that focused on the needs of immigrants and refugees and spent some time working at an emergency shelter for refugee claimants in Toronto. She also worked in the settlement sector focusing on community engagement, which allowed her to engage with volunteers and educate the public. She also holds an Honours Bachelor of Arts degree in Global Studies from Wilfrid Laurier University, in addition to a post-graduate certificate in Volunteer Services Management.

Quinte Immigration Services has
moved!

As of September 1st, 2018, our
office is now located at **Unit #2, 345
College Street East in Belleville.**

Our office can be reached by
Belleville Transit on **Route #3.**

Please continue to call us at
613-968-7723 ext. 0
to book appointments.

QUIS IS ON SKYPE!

QUIS settlement workers are now available on Skype to assist clients who live in remote areas, or clients of the EDTI Program! If you wish to Skype with a settlement worker, please contact us by e-mail or phone first, and we will set up a Skype appointment for you!



QUIS Gold Sponsor since 2010



**SHADOW RIDGE
STUDIO & GALLERY**



Tina Osborne, visual multi-media artist and designer of unique jewellery .
Contact 613.920-4231 or go to www.shadowridgecan.com

PRENATAL EDUCATION



Online: e-Learning program,
The Gift of Motherhood

- In-Person:**
- Preparation for Parenting
 - Breastfeeding
 - Birth Basics—Confidence & Comfort

Register Early!

Visit: www.hpepublichealth.ca
(Clinics & Classes - Prenatal Education)

T: 613-966-5500 ext. 223
T-F: 1-800-267-2803 ext. 223 TTY: 711

Sessions are offered in Belleville, Quinte West and Prince Edward County.

For classes in Centre Hastings, call Gateway Community Health Centre 613-478-1211. For classes in North Hastings, call Public Health.

We are committed to providing accessible publications, programs and services to all.

For assistance, please call 613-966-5500; TTY: 711, or email accessibility@hpeph.ca.

For more information, please visit www.hpepublichealth.ca.



RH-8-F January, 2018

www.hpepublichealth.ca



'Inside My Heart' Screening

On May 15th, 2019, QUIS was proud to partner with local Amnesty International Group 111 to host a screening of 'Inside My Heart.' The documentary provides a moving and incredibly human look at the experience of Syrian and Afghani refugees as they try to resettle and begin their lives anew. QUIS and the Amnesty International group are very grateful to the Belleville Public Library and to everyone who came out to view the film and support refugees and immigrants in our community and beyond.



**FREE dental clinics
for children and youth
0 to 17 years of age.**

Belleville, Trenton, Picton,
Bancroft and Tweed.

