

# How to register

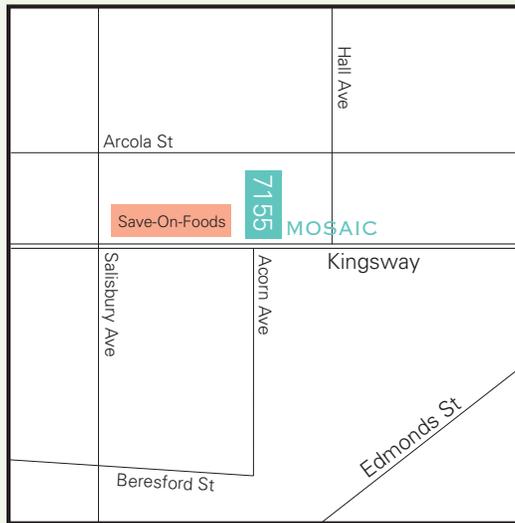
Contact our Youth Outreach Case Managers, register online or download a referral form from our website:

[www.mosaicbc.org](http://www.mosaicbc.org)

Highgate Village  
#310 – 7155 Kingsway,  
Burnaby, BC V5E 2V1

Tel: 604.636.4712 | Fax: 604.636.4743

Email: [movingahead@mosaicbc.org](mailto:movingahead@mosaicbc.org)



We are located on the third level of Highgate Village (above Shoppers Drug Mart)

**Empowering youth through their settlement and integration journey and supporting their goals for a successful future in Canada**

# About MOSAIC

MOSAIC is a non-profit organization and registered charity serving immigrants and newcomers since 1976. Today, we offer comprehensive services for Canadian citizens, newcomers, refugees, immigrants, and temporary foreign workers at multiple locations throughout Metro Vancouver.

**In addition to this program, MOSAIC also offers the following:**

- Children and Family Programs
- Employment Programs | English Language Centres
- Interpretation Services | Settlement Programs
- Specialized Programs | Translation Services

**For contact information, or to find out more about these services, please visit us at:**  
[www.mosaicbc.org](http://www.mosaicbc.org) or call 604.254.9626



@mosaicbc



# Moving Ahead FreeRunning



# MOSAIC

Funded by:



Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada

**Empowering newcomers to fully participate in Canadian society for over 40 years**

# Moving Ahead FreeRunning



Moving Ahead FreeRunning is based on a collaborative, case management service model for the delivery of comprehensive, holistic and client-centered programming for refugees and immigrants who face barriers to settlement. Moving Ahead FreeRunning services are provided to youth and young adults residing in Burnaby and New Westminster.

## Eligibility

Eligibility includes refugees and immigrants who:

- Are between the ages of 16 to 28
- Are new to Canada
- Have multiple barriers to settlement and integration

*\*Applicants to the program must go through an eligibility assessment.*

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## Program support

Participants of the program may be provided bus tickets to participate in certain program activities.

FreeRunning is designed to help newcomer youth in:

- Case Management
- Settlement Orientation & Information
- Social and recreational events
- Career exploration & Job Readiness
- Life Skills and Leadership Skills

Our goal is to help youth to:

- Learn about Canadian social systems
- Obtain practical assistance in accessing services
- Set career/education goals
- Engage in Canadian society through leadership and volunteerism
- Access employment related community services and resources

### Case Management

Each youth or young adult will be assigned a Case Manager who will consistently support them throughout the time they spend in the program. Clients will be assisted in formulating a wraparound support plan meet their needs, to enhance their settlement and develop their self-reliance.

### Orientation Information

Youth will be provided orientation information on a one-to-one basis or through a Settlement Series to learn about youth-related topics and information about Canadian social systems and culture.

### Friendship Circle

Friendship Circle meets in a relaxed group setting. It offers a great opportunity to connect with peers, share information and obtain practical knowledge on different life issues in a youth-friendly setting.

### Sport & Recreational Activities

FREE participation in sport and recreational activities for young adults on a regular basis.

## Job readiness

The Job Readiness component is designed to assist newcomers:

- Identify employment barriers
- Set career goals
- Understand Canadian work culture
- Write resumes and cover letters
- Develop job interview skills
- Develop job search skills
- Gain work experience through volunteer work placement

## FreeRunning leadership series and practicums

FreeRunning provides leadership workshops for clients who wish to gain social, communication and facilitation skills. Youth are also provided with the opportunity to apply their skills firsthand through a practicum component.