



# NEWSLETTER

July 2023 | Semi-Annual Newsletter



## CONTENT IN THIS ISSUE

Family Services

Ontario Family Day Event

Interview Skills

New Horizons for Seniors Project

SEAS Summer Festival

Canada Day Celebrations

Summer Programs

Fundraising & Donations

Upcoming Activities & Events

## FAMILY SERVICES

We stress the importance of women's safety and protection. We aim to empower women to pursue and maintain a safe and secure living environment, and to support them in making choices in achieving a more fulfilling life.

Our Services:

- Case Management
- Crisis Intervention
- Income Support
- Individual and Family Counselling
- Transitional and Housing Support

Contact Charlie Li, our family service counsellor at 416-490-6491 for services, intake and support on family issues.

We are here to help and support!

# ONTARIO FAMILY DAY EVENT

On Family Day, S.E.A.S. Centre partnered with D'Care Foundation to organize an Ontario Family Day Event. Activities include: health talk, discussion on resources navigation on government websites, children arts activities, and donation of refurbished electronic items.



## TIPS FOR A SUCCESSFUL INTERVIEW

In order to support the employment of youths, S.E.A.S. Centre hosted a workshop on Interviewing Skills and Tips earlier this year. Here are some of the tips:

### **First Impression Is Very Important**

The way you dress – No sweatpants, sweatshirt, baggy clothes and not too casual. Dress business casual.

The way you present yourself – your body language, the way you speak.

*Wish You a Great Success  
At Your Interview & In  
Finding Your Dream Job*

### **Knowledge**

Prior to the interview, you should have the knowledge about:

- the company you are applying to
- the position you are applying for
- your past work experience if any
- your goals and what you want to achieve from this new job

### **Questions You Should Ask at The Interview**

- pay/base salary and any opportunities for raise
- career growth or job growth
- What do you like about working with this company?
- How long have you been with this company? What made you stay?



# NEW HORIZONS FOR SENIORS PROGRAM

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Under the funding from New Horizons for Seniors Program 2022-2023, S.E.A.S. Centre carried out a project named "Boundless World with Infinite Possibilities". The project aimed to increase social participation, reduce social isolation of seniors, and increase awareness on elderly abuse and mental health. During the year, we worked with seniors and youth in the community to deliver electronic device training classes and various workshops for seniors, as well as to produce a newsletter and organize a senior talent show.

Through these activities, we hope to encourage more seniors to be involved and participated in the community, as well as to empower them with the skills to connect and re-connect to the society after three years of pandemic.

Thank you all the elderly and youth volunteers who helped in the delivery of program activities and contributed to the newsletter. Your support have made our program successful.

## SENIOR TALENT SHOW

On March 18, 2023, S.E.A.S. Centre organized and hosted a senior talent show at Shops on Steeles and 404 to showcase seniors' talents and celebrate the end of the New Horizon for Seniors Project. There were 18 performances at the event, including Taichi, singing and dancing performances. The performances were organized by a group of seniors and supported by the staff and other youth volunteers.

## ELECTRONIC DEVICE TRAINING



We hosted virtual and in-person technology sessions over the past year. In addition to the regular technology sessions, we also had a few workshops designated to the topics on online shopping and entertainment. These workshops include topics, such as protecting personal information, grocery shopping, mobile ordering, transportation tickets. We had a few youth workers who introduced and shared their knowledge and experience in using technology and online tools to do daily tasks.



# SEAS SUMMER FESTIVAL

On June 24, S.E.A.S. Centre organized a SEAS Summer Festival at Langham Square, where our Markham office is located. The objective of the event is to foster a community spirit, promote a sense of identity in the local community by providing a platform for the local community to showcase their talents and encouraging the local community to get out from their homes in post-pandemic times.

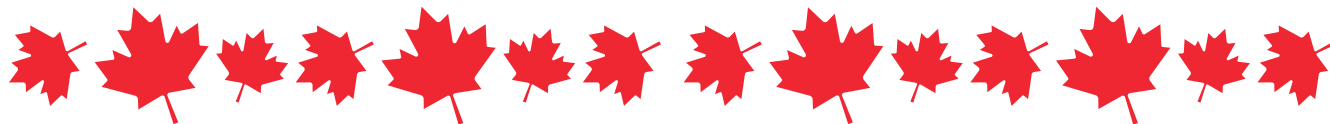
The event was supported by multiple local businesses, organizations and individuals. Through these partnerships, we hoped to promote a closer relationship between the tenants and businesses at Langham Square where tenants and businesses can get to know each other and provide mutual support to each other.

The event ran from 10:00am to 2:30pm. There were over 13 groups of performers from the local community to support and perform at the event. There were a variety of performances, including magic show, orchestra performances, Taekwondo, dancing and singing performances. At the end of the event, there was a lucky draw where we gave out coupons and gift cards sponsored by the local business at Langham Square that worth over \$1,000 in total. Thank you to all the community partners who supported the event and those who came out and joined the event!

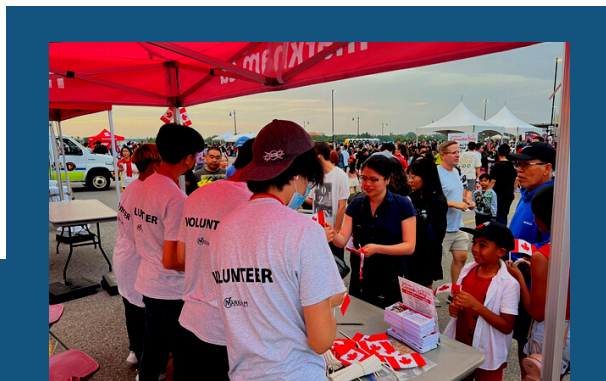




# CANADA DAY CELEBRATIONS



To promote community engagement and volunteering services, S.E.A.S. Centre participated in two Canada Day Events this year to celebrate Canada Day with the local community and to foster community involvement and participation.



## CELEBRATION AT MARKHAM

S.E.A.S. Centre has recruited over 20 volunteers to volunteer at the Canada Day Event organized by the City of Markham. Despite the heavy thunderstorm early in the afternoon, people came out and joined us at downtown Markham to celebrate the 156th birthday of Canada. There were children activities, booths, stage performances and a fireworks show.

At the event, volunteers helped with managing activities, booths and food vendors at the event, including ensuring the activities run smoothly, welcoming guests, providing information of the event and conducting surveys.



## CELEBRATION AT RIVERDALE

S.E.A.S. Centre was one of the organizers of the Canada Day Celebration Event at Riverdale, along with other partnered local organizations and businesses. The celebration event consists of multicultural performances, including the Chinese traditional Lion Dance, K-pop performances, singing and dancing performances from a various ethnic groups and age groups.



# SUMMER PROGRAMS

This July, S.E.A.S Markham and North York locations organized and hosted a four-week summer camp available for ages 5-12. The camps ran from 9:30AM-4:30PM and included exciting activities and trips. With the help of our youth workers and supervisor, the kids were able to visit the Ripley's Aquarium, Putting Edge, the Royal Ontario Museum, and many more fun trips!

In the last week of July, S.E.A.S. Scarborough location co-hosted a 4-day summer camp with D'Care Foundation. Activities include arts activities, science experiments and games to discover their interests in different areas and expose them to the different careers.



S.E.A.S. North York Centre summer camp having a water balloon fight.



S.E.A.S. Markham Centre summer camp at Treetop Village.

*"Being one of the summer camp counselors, this was a really valuable and unforgettable experience. I really enjoyed spending time with them for the entire four weeks, especially playing chess and going to different field trips with them. I created a really close relationship with each of the kids. I hope they all enjoyed the summer camp and create a long-lasting friendship."*

- A Summer Youth Worker



S.E.A.S. Markham and North York Centre summer camps travel to Ripley's Aquarium.



# FUNDRAISING & DONATIONS

## SPRING CHARITY CONCERT

S.E.A.S. Spring Charity Concert 2023 has launched on S.E.A.S. Centre YouTube Channel on May 1, 2023. There were 16 groups of pledged performers. In total, more than \$6,000 has been raised. We thank everyone who has supported the concert and donate to us.

YouTube link to the charity show:

<https://www.youtube.com/watch?v=XP1dJg4rSt4>



## TORONTO MARATHON

S.E.A.S. Centre gratefully thanks Mr. Clarence Li, the incumbent Treasurer and former President of the Board, for acting as the fundraiser for the agency yearly at the Toronto Marathon. This year, Mr. Li raised over \$5,000 for the agency.



## SEAS CHARITY GOLF



SEAS Charity Golf took place on July 31, 2023 at Station Creek Golf Club. There were over 140 golfers who participated.

We could not have asked for better weather, or a better group of golfers, donors, sponsors and volunteers to help bring the event to life. Under the leadership of SEAS Foundation Chair & Event Chair Michelle Chu and Co-Chairs Scott Au, Jeff Shi, Stone Yu, Jade Wang and Rebecca Lee, more than \$20,000 was raised.

## CANTONESE OPERA

SEAS Foundation was the beneficiary of the Cantonese Opera Event (阮眉「加港穗協唱慈善粵劇粵曲藝晚會」) on June 21, 2023 at Richmond Hill Centre for the Performing Arts.



The event was organized and led by the famous screenwriter and composer Yuen May (阮眉). The event started at 6:45pm and lasted until 11:45pm. There were 8 performances in total. S.E.A.S. Centre has received a donation of \$10,000 from the event.



# UPCOMING EVENTS

## UPCOMING WORKSHOPS

### Hypertension

August 22, 2023 | 2:00-3:30 pm | Zoom

### Family Income Maintenance: CCB and Children with Disabilities

August 25, 2023 | 1:30-2:30 pm | Zoom

### Insomnia

September 19, 2023 | 2:00-3:00 pm | Zoom

### Consumer & Debt: Creditors & Collection Agencies, Credit Reports & Paying Debt

September 22, 2023 | 1:30-2:30 pm | Zoom

### Employment and Employment Insurance

October 27, 2023 | 1:30-2:30 pm | Zoom

### Family Sponsorship and Reunification

November 24, 2023 | 1:30-2:30 pm | Zoom

### Consumer & Debt: Consumer Rights and Consumer Protection Act in Ontario

December 15, 2023 | 1:30-2:30 pm | Zoom



**Hypertension Workshop**

**ZOOM**  
Tuesday, August 22  
2:00p.m.-3:30p.m.

高血壓常識  
網上講座  
8月22日(星期二)下午  
2:00-3:30

Zoom ID: 249 568 1118  
Zoom link: <https://us02web.zoom.us/j/2495681118>

Contact 聯繫: Melody 416-466-8842

**SEAS S.E.A.S. CENTRE**  
協群社區服務中心



**Insomnia Workshop**

**ZOOM**  
Tuesday, September 19  
2:00p.m.-3:00p.m.

失眠理論及應對方法  
網上講座  
9月19日(星期二)下午  
2:00-3:00

Zoom ID 會議號碼及鏈接: 249 568 1118  
Zoom link: <https://us02web.zoom.us/j/2495681118>

Contact 聯繫: Melody 416-466-8842

**SEAS S.E.A.S. CENTRE**  
協群社區服務中心



**Canada Child Benefit**

No Need to Apply

Adrian and Amanda will receive an additional **\$600** with their regular monthly payment on May 25.

Starting on July 28, they will receive an additional **\$174** for the CCB 2020-21 benefit year.

By paying their own yearly total benefit to **\$9,329**.

Canada

**Canada Child Benefit & Children with Disabilities Benefit Workshop**

兒童福利金與兒童傷殘金講座

Speaker: Representative from Willowdale Legal Aid Clinic

講者: 惠爾斯達法律服務中心代表

Online Workshop 講座以線上形式進行  
Zoom Meeting ID: 249 568 1118

日期: Friday, August 25, 2023 八月二十五日 星期五  
時間: 1:30-2:30 pm  
Language 語言: English/Mandarin 英文/國語  
SEAS Centre 協群社區服務中心 (416) 466-8842  
Please Contact 請電: Mr. Sam 何律師 (416) 466-8842  
Email: [sam@seascentre.org](mailto:sam@seascentre.org)

Sign Up To Volunteer  
義工報名表格



Everyone is welcome  
歡迎任何人報名

## CONTACT US

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