

Free Settlement and Integration Activities (Online and In-person)



Immigrant Women Services Ottawa
Services pour femmes immigrantes d'Ottawa

Please note that eligibility requirements
may apply

Monday

English Conversation

Stage I (CLB 1-4):
Basic language ability :
10:00 - 12:00 pm
(In-person)

Stage II (CLB 5-8):
Intermediate language
ability:
10:30 - 12:30 pm
(Online)

**Canadian Citizenship
Test Preparation**
5:30-6:30 pm
(Online)

**English
Conversation**
All stages
7:00-8:30 pm
(Online)

Tuesday

Computer Class LEVEL 1

9:30 - 12:30 pm
or
1:30 - 4:30 pm
(Online and in-person)

English Conversation

Stage I (CLB 1-4): Basic
language ability :
10:00 - 12:00 pm
Stage II (CLB 5-8):
Intermediate language
ability:

10:30 - 12:30 pm
(Online)

French Conversation
5:30 - 6:30 pm
(Online)

Ask us about our biweekly
Tea & Topics Information
Sessions

Wednesday

Computer Class LEVEL 2

9:30 - 12:30 pm
or
1:30 - 4:30 pm
(Online)

English Conversation

Stage I (CLB 1-4): Basic
language ability :
10:00 - 12:00 pm
Stage II (CLB 5-8):
Intermediate language ability:
10:30 - 12:30 pm
(Online)

Knitting club
10:00-12:00 am
(In-person)

**Inspire: Entrepreneurship
& Skills Development**
2:00-4:00
(Online)

English Conversation
All stages 7:00-8:30 pm
(Online)

Thursday

Computer Class LEVEL 3

9:30 - 12:30 pm
or
1:30 - 4:30 pm
(Online)

Digital Literacy

10:00 - 12:00 pm
1:30 - 3:30 pm
(In-person)

Art & Painting
10:00-11:30 pm
(In-person)

English Conversation
Stage I (CLB 1-4): Basic
language ability :
10:00 - 12:00 pm
Stage II (CLB 5-8):
Intermediate language
ability:
10:30 - 12:30 pm
(Online)

Yoga
6:30 - 7:30 pm
(Online)

Friday

Out-of-the-Box AI Workshop

10:00 - 12:00 pm
 (In-person)

English Conversation

Stage I (CLB 1-4): Basic
language ability :
10:00 - 12:00 pm
(Online)
Stage II (CLB 5-8):
Intermediate language ability:
10:30 - 12:30 pm
(In-person)

**Ontario G1 Driving Test
Preparation (French)**
11:00 - 12:00 pm
(Online)

Digital Literacy
1:30 - 3:30 pm
(In-person)

**Ontario G1 Driving Test
Preparation(English)**
12:30 - 2:00 pm
(Online)

 www.immigrantwomenservices.com

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Ottawa, ON K2P 2H4**

 **Tel: (613) 729-3145**

For more information or to register, please
contact **your IWSO Settlement Counsellor**. If you are
new to IWSO, please email us at
sisintake@iwsoc.ca

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**Playroom for kids is
available.**