

Our Mission

To support newcomers and the receiving community in becoming a diverse, united community, through services and initiatives that create conditions of success for newcomers and that foster a welcoming environment in Calgary.

"At CFN our mandate is to not only work with newcomers towards their personal settlement and integration goals, but to also equally work with the broader Calgary community to welcome newcomers."

Special thanks to our strong staff team, volunteers, board of directors, community partners, funders, and private donors for working together to achieve this. "

-Anila Lee Yuen,
Chief Executive Officer



Let's Get Connected

1. Learn English - morning, afternoon, full-day & Saturday classes available.
2. Get information and resources that will help you to settle in Calgary.
3. Get support in your career planning and job search.
4. Improve your professional skills or train for a new career.
5. Meet new friends & have fun!

Call or Visit

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We are located in the Pacific Place Mall,
close to Marlborough C-Train station

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Centre for Newcomers

Welcoming People from Around the World



Services & Programs

We are here to support you in making Canada
your new home

Settlement & Integration Programs

Settlement Services

Get the information you need for your first years in Canada. We provide needs assessment and 1-on-1 assistance. We can help you to identify and reach your settlement goals, and provide information on other useful community services. Join our welcome events and get experience from volunteer opportunities. CFN offers services in over 25 languages, including French, Chinese, Punjabi, Arabic, Tagalog & many others.

English Language Training

Improve your ability to read, write, listen, and speak in English. The Language Instruction for New Canadians (LINC) program will help you learn more about using English for life and work in Canada. We offer learning levels for everyone- from beginner to level 4. There are day, evening, and Saturday classes available.

Refugee Program

Develop your speaking skills in English and your computer skills in a simple way. We have dedicated culturally competent volunteers ready to work with you in a group to develop your English skills. Our staff for Refugee Integration will coordinate activities to offer you the opportunity to connect with community members through field trips. All activities are organized from 4:30 - 6:30 pm on select workdays. Childcare available.

Financial Empowerment

Expand your knowledge on how to wisely use your money. Attend our workshops on budgeting, the use of bank accounts and credit cards, etc, to better understand the Canadian financial system. The training is either 1-on-1 or in groups and is provided free of charge. Participants will get money while building skills and increasing your assets. The 1-on-1 counselling and group workshops will help you manage your money while bringing additional cash to your savings.

Real Me Youth Program

An intervention support service aimed at bringing positive life changes to at-risk immigrant and/or, ethno-cultural youth, and young adults between the ages of 12-24. We help improve school performance, build stronger family relationships, and teach new employment skills. Youth receive mentoring from a volunteer, gain life skills, participate in social activities, and set achievable goals.

Welcoming the Rainbow LGBTQ+ Services

The LGBTQ+ Newcomers Program offers services to sexually diverse newcomers to Canada regardless of immigration, refugee, or residency status. We provide 1-on-1 support services, LGBTQ+ assessment (SOGIE Needs Assessment), refugee coaching, group supports, information, referrals, settlement advice, and education about working with LGBTQ+ newcomers for professionals. We assist LGBTQ+ refugee sponsorship in partnership with community organizations and our volunteer team.

Indigenous Education for Newcomers

In partnership with an advisory group of representatives from immigrant serving agencies and indigenous services, the program supports efforts aimed at ending cycles of systemic discrimination faced by indigenous people. This is facilitated by culturally appropriate educational workshops on indigenous issues, meaningful partnerships that seek to create alliances for public education, and creating awareness among partners and within the broader community.

Women's Programs

Improve your communication and problem-solving skills to fully participate in your neighbourhood; and develop skills to help you have a healthy relationship with your children and family. Additionally, learn basic self-defense skills to improve coordination and fitness through our Empowering Women through Self-Defense Program. Our Women's Health and Family Wellness Expo is organized every year in August/September and includes group activities to empower women and help build self-confidence.

Seniors' Programs

Get relevant information you need and break your social isolation by interacting with your peer group. We provide information on government and community resources that meet your needs. Our staff speak your language and provide you with 1-on-1 counselling sessions. Our group activities include field trips and various informative workshops/training that help you understand the different services and benefits available to you. For ages 65 and older.

Mental Health Workshops & Referral Assistance

Improve your awareness and understanding of mental health issues. We regularly meet with community leaders, individual residents and invite mental health professionals to share their experiences and knowledge about mental health. Our in-house crisis counsellor provides 1-on-1 counselling sessions and refers you to other relevant professional resources for further support. Our group-based services include peer support and social activities.

Career Services & Job Search

Career planning and employment services are available for immigrants who are legally entitled to work in Canada, those who are unemployed or under-employed, and are looking for a job or training. Our 1-on-1 counselling and job search workshops are provided by culturally competent Career Practitioners in English and other languages including: Amharic/Tigrigna, Arabic, Chinese (Mandarin and Cantonese), Farsi, Filipino, Hindi, Punjabi, Serbo-Croatian, Spanish, Sudanese and Vietnamese.

Volunteer Development Program

Whether you are new to Canada or just want to be involved in community activities in Calgary, we have various opportunities available. Positions include: English language tutoring, computer training, mentorship, organizing activities, office support, and planning events. Have fun, broaden your experience and participate in Calgary-wide community events.

Multicultural Peer Mentorship

Learn how we can connect you with successfully employed immigrant professionals so that you can improve your knowledge of your field of expertise in Canada. Build your social network and support fellow members of the community to fulfill their professional dreams.

EthniCity Catering Work Experience

Experience a 10-week training and work program in a commercial kitchen while learning about life in Canada. EthniCity gives you the opportunity to get new skills and references. You will be paid for your time working in the kitchen and for your time in the classroom, all while learning about important workplace and life skills.

Canadian Business Essentials for Accountants

An intensive 34-week program for internationally trained accountants to learn about Canadian business communication and accounting processes. A 10-week work placement gives you the opportunity to practice what you have learned. This program is delivered in partnership with SAIT Polytechnic and upon completion you can receive credit towards the Chartered Professional Accountant (CPA) designation with CPA Alberta.

Career Services for Professional Artists

Newcomers with experience in arts are provided assistance to pursue their career in the arts industry by helping them build new professional connections, find targeted mentorship opportunities and access relevant resources in this field.

All Centre for Newcomers' Services and Programs are **cost-free** for eligible applicants