

SWANzine

Fall 2023



SWAN's quarterly newsletter
with health, social, legal,
employment and community
information for the women
SWAN serves.

SWANzine is available in
English & Chinese.

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#325 – 1101 Seymour Street,
Vancouver BC
PH: 604-719-6343 (English)
PH: 778-865-6343 (Cantonese &
Mandarin)
WeChat: SWANnetreach

With gratitude for the wisdom of Indigenous Peoples, we acknowledge that SWAN Vancouver is situated on the stolen ancestral lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations.

Do you or anyone you know works in
Victoria?


SWAN staff Kelly and Chantel are going to
Victoria on November 8&9.

If you need supplies, please contact
Chantel

by November 7

Phone: 236-308-3442

WeChat: SWANSupport



**The SWAN office
will be closed for
winter break
from Dec 25 to
Jan 1. We will be
back on Jan 2.**

SWAN's English class is about to start!

From September 26 to December 5

10 classes in total.

Each week we will have 2 levels of classes.

Our English classes are FREE and confidential. Lunch included!



When you come to our English class, you will receive a \$30 honorarium. It is not a big amount but we would like to thank you for taking the time to join the class.



Please see the arrangement below:

10:30 - 12:30: Beginners class

12:30 - 1:30: Lunch

1:30 - 3:30: Intermediate class

If you're interested, please contact Kelly.

Phone: 236-833-1605

WeChat: swan_program

Address: 3rd flr - 1101 Seymour St., Vancouver



Flower Arrangement Class



Date: October 26 (Thursday)

Time: 12-3pm

Location: SWAN's office

(3rd floor) 1101 Seymour Street, Vancouver

If you are intested to join, please contact Kelly. We will be having **lunch between 12-1**, please come and join us.

After the class, you can bring your arrangement home and enjoy!



Let's decorate Christmas Tree!

Date: November 29 (Thursday)

Time: 12-3pm (Lunch will be provided)

Location: SWAN's office

(3rd floor) 1101 Seymour Street, Vancouver

If you are interested to join, please also contact Kelly!!! We will be having **lunch between 12-1**.

After we decorate the trees, you can bring them home and enjoy your Christmas holiday!

Q &A of Canada Health Care System

What is the eligibility of accessing health care services in Canada?

As long as you are a **permanent resident** or **Canadian citizen**, you can enjoy medical treatment with a Canadian Care Card.

If you are a **visitor**, it is best to buy travel insurance before departure. In case of any accident or injury in Canada, you can still receive medical services or emergency surgery, but the cost will be at your own expense and is very expensive.

If you are on a **work permit**, you may be eligible to apply for public health insurance, but this may vary depending on the province or territory. In BC, you can apply for MSP if your permit is valid for six or more months.

All **international students studying in Canada** are required to have health insurance, coverage varies by province or territory. You must have **a minimum 6 month study permit** in BC to be eligible for provincial coverage. You should immediately apply for MSP upon arrival as coverage begins after 3 months. It is important to arrange for temporary basic medical insurance for the waiting period until you are covered under MSP. This waiting period applies to both new and returning (have left BC for more than 6 months) residents.

How many levels of classifications of Canada's healthcare system?

1. Primary Care
2. Secondary Care
3. Tertiary Care

What is the role of family doctor?

Many people misunderstand that family doctors are private doctors. This is not the case. Family doctor clinics in Canada are clinics opened and operated in the community by one or more doctors with medical licenses. Every new immigrant who has just landed should find family doctor as soon as possible.

How to find family doctor?

You can check online for a list of doctors near you who are likely to accept new patients or through a friend's introduction, or you. Once confirmed by both parties, you will have a medical file with the family doctor to track and record all your medical history. It means you have officially entered the Canadian medical system. After this, if you feel unwell, the first thing to do is to contact your family doctor.





SWAN Abuser Alert

If you experience a negative situation, please consider using SWAN's abuser alert system. SWAN's abuser alert is FREE and confidential.

Women can share information related to clients' violence or abuse, refuse payment, robbery, police undercover or work-related challenges, etc.

Without your specific request or consent, we will not share your personal information with the police or any government departments.

If you want to join the alert system or you want to learn more about it, please contact **Yan Yan** for more information. Phone: 778-865-6343
WeChat: SWANnetreach

Health accompaniment reminder:

If you are planning to bring someone (friends or family members) to support you, please let SWAN staff know in advance. We will see whether the clinic and SWAN staff can accommodate, thanks for your cooperation.

If you have any questions, please contact Yan Yan at 778-865-6343 or wechat: SWANnetreach



Attention

Please note that winter weather is difficult to predict. If it snows on the day of outreach, we will either postpone the outreach to another day or cancel it to ensure the safety of our outreach volunteers and staff. We encourage you to take extra supplies in case inclement weather prevents us from making deliveries.



Current PPE supplies



When you contact us, please let us know what you need!
If you don't require one or several items from the list,
please inform us. Thank you!

Outreach Schedule

October

October 3 (Tue): Surrey + White Rock

October 10 (Tue): Burnaby+ New Westminster+ Coquitlam Area

October 17 (Tue): Abbotsford+ Langley

October 31 (Tue): Vancouver (condo)+ Richmond (condo)

November

November 2 (Thu): Burnaby+ New Westminster+ Coquitlam Area

November 6 (Mon): Maple Ridge+ Langley

November 14 (Tue): Surrey+ White Rock

November 30 (Thu): Vancouver (condo)+ Richmond (condo)

December

December 4 (Mon): Burnaby+ New Westminster+ Coquitlam Area

December 7 (Thu): Abbotsford: Langley

December 12 (Tue): Surrey+ White Rock

December 14 (Thu): Vancouver (condo)+ Richmond (condo)

January 2024

January 4 (Thu): Burnaby+ New Westminster+ Coquitlam Area

January 8 (Mon): Maple Ridge+ Langley

January 15 (Mon): Surrey+ White Rock

January (Mon): Vancouver (condo)+ Richmond (condo)

**SWAN Outreach, please contact Hayley,
phone: 236-838-2060, weChat: SWANOutreach**