

MON	TUE	WED	THU	FRI	SAT
				1	2
4	5	6	7	8	9
11	12	13	14 Seniors Teleconference Workshop 10:30-12:00noon Benefits of Filing Income Tax 11:00-1:00PM	15	16 Self Care During the Pandemic 1:00-2:30PM
18	19	20	21	22	23
25	26	27	28	29	

TNO -The Neighbourhood Organization

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web: www.tno-toronto.org

This organization
is funded by
the Government
of Canada.

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est financée par
le gouvernement
du Canada

Seniors Teleconference Workshop :

This workshop is for Tigrinya speaking seniors. Topics include:

Update of COVID 19 status in Canada

Update of COVID 19 assistance available

Questions & Answers

To receive more information please contact

Mohamed Edris @ 416-467-0126

medris@tno-toronto.org

Selfcare During The Pandemic

This workshop focuses on addressing stress and anxiety during the pandemic.

For ZOOM link please contact

Onnie @ 647-296-6804/tramiro@tno-toronto.org

or Pinky @ ppaglingayen@tno-toronto.org

Benefits of Income Tax Filing:

The workshop provides information on Tax Filing and Benefits with CRA. Topics include:

Who should file income tax?

Documents required to file your Income Tax

Eligibility of Child benefits and HST

Consequences of not filling income tax

Questions & Answers

To receive ZOOM link and for more information please

contact Yasmin @ 647-996-3976

yashraf@tno-toronto.org