

“UNWRITTEN RULES” OF LIFE IN CANADA

Join us for an interactive workshop that explores everyday Canadian customs, social norms, and communication styles. Participants will learn practical tips for navigating common situations with confidence through discussions, activities, and real-life examples.

Eligibility:

This program is focused on supporting **Permanent Residents and Protected Persons**.



UNWRITTEN RULES
— OF LIFE IN —
Canada

Learn the everyday customs, social norms, and communication styles that help make life in Canada easier to navigate.

-  **Public transit etiquette**
Boarding, seating, lineups, and more.
-  **Small talk and social norms**
Start conversations and connect with confidence.
-  **Canadian communication styles**
Politeness, indirect communication, saying “sorry,” and more.
-  **Common scenarios and how to navigate them with confidence**
Practical tips for everyday situations.

 This **interactive workshop** includes discussions, engaging activities, and real-life scenarios so you can share experiences, ask questions, and learn in a welcoming environment.

 — *Understand. Connect. Belong.* — 
Building confidence for everyday life in Canada.

Date: Tuesday, September 8, 2026.

Time: 12:30 - 2:00 PM.

Location: #100 – 4460 Beresford St, Burnaby, BC V5H 0B8 (South House, third floor, Banquet Hall 2).

For more information about this program and how to participate, contact Osama at OsamaA@burnabynh.ca

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Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaɣ), Kwikwetlem (kwikwə́ləm), Squamish (Sḵwə́xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.