



## StreetWise Cycling Education for Settlement Workers

HUB Cycling is offering the opportunity for Settlement staff from your organization to get involved in our new Cycling Ambassadors Project. Through focus groups and cycling courses for staff, HUB will provide settlement workers with up-to-date information about cycling as an affordable and accessible form of transportation, which can improve immigrants' physical and mental health, and improve their access to social and economic opportunities.

**Who:** Vancouver Settlement Staff – NO cycling experience necessary

**Price:** FREE

### Key Benefits:

- Increase your own knowledge on urban cycling and active transportation
- Receive cycling and transportation resources to share with newcomers.
- Receive free on-bike skills and training! Bikes, helmets, and all necessary equipment will be provided.



### Upcoming Focus Groups:

You are invited to attend a discussion on active transportation and newcomers to help HUB Cycling understand the current information available to newcomers and to identify any gaps. Information gathered in the focus groups will help us develop new resources for newcomers, and cycling courses for settlement staff, which will take place this summer.

**Tuesday, April 19<sup>th</sup>**

3:30-5:00pm

MOSAIC (1720 Grant St, Vancouver)

**Friday, April 29<sup>th</sup>**

10:00-11:30am

ISS Vancouver (501- 333 Terminal Ave)

To sign up or receive more information contact Alyshia Burak at [Alyshia@bikehub.ca](mailto:Alyshia@bikehub.ca) or call 604.558.2002.

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