



We are pleased to host a variety of workshops and information sessions for Newcomers. These sessions take place online, using Zoom, and are an excellent opportunity for clients to gain valuable knowledge around topics of specific interest to them.

Everyone is welcome! For a complete list of upcoming events go to: www.is-gw.ca/calendar

Well-being Happiness for Newcomers

Thursday, September 30
5:00pm - 7:30pm

Join us online via Zoom for this workshop to discuss:

- ways to cope with stress and anxiety

Presenter: Nabeel Rahman, M.A., R.S.W.
www.positivethought.ca

Nabeel is a Registered Social Worker with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) with a Master's in Immigration and Settlement focusing on development of community resources for visible minority and marginalized communities.



CLICK HERE to register.

Contact **Jenny** at 519-836-2222, ext. 259 or email: jsantos@is-gw.ca