



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

Understanding Grief for Non-Death Losses

Thursday, October 28
5:00pm - 7:30pm

Grief is a response to loss that can take many forms. Divorce, separation, employment, health, and home are elements that can cause complicated emotions and difficulty in daily functioning.

CLICK HERE to register.



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.

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