

This program for women
is presented by:



AL-QAZZAZ FOUNDATION
FOR EDUCATION AND
DEVELOPMENT

Self-Care for Women

Join us to get tips for healthy living, learn therapeutic recreation, share stories and ask questions. Attend all four or just one session.

Tuesdays, 1:00pm - 2:30pm

(November 2 - 16)

Session 1: Learn about developing better self care strategies, why it is important, and how to do it.

Session 2: Learn about family relationships with teenagers, partners; legal rights and responsibilities.

Session 3: Learn general information on how to reunite with parents or other relatives and who to contact to access these services.

Session 4: Wellness wrap-up - learn about the importance of good mental health; how and where to access help.

[Click here to register!](#)

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



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Funded by:

Finance par :



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