



We are pleased to host a variety of workshops and information sessions for Newcomers. These sessions take place at our location 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/events

Adapting to Canadian Culture

Thursday, November 11
1:30pm - 3:00pm

PRESENTER

Rufaida Muhammed
BSW. MSW

Join us online via Zoom to learn why adapting is hard for newcomers and why is important to adapt. Topics to be discussed will include:

- Canadian culture, values, and beliefs
- stages of adaptation
- barriers to healthy adaptation
- hints and tips for healthy adaptation



CLICK HERE to register.

In partnership with:

Contact **Nuhad** at 519-836-2222, ext. 236 or email: nabdal@is-gw.ca