



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/events](http://www.is-gw.ca/events)

## Well-being Happiness for Newcomers

### Dealing with Depression during the Holiday Season and Other Special Days

Thursday, November 25  
5:00pm - 6:30pm



The upcoming holiday season and other special days can be physically and emotionally exhausting for those who have lost a loved one, whose lives have been affected by separation or divorce, or who are going to experience their first seasonal holiday away from their loved ones.

At this session, **Nabeel Rahman**, Registered Social Worker, will discuss coping skills to manage our feelings and ways that families can create new traditions.

*[CLICK HERE to register.](#)*

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