

SWIS

Settlement Workers in Schools
Guelph-Wellington-Dufferin



Staying Well

Presented by:



AL-QAZZAZ FOUNDATION
FOR EDUCATION AND
DEVELOPMENT

Join us on Zoom to learn about:

- Emotion management
- Self-advocacy
- Stress management
- Anger management
- Mindful communication
- Healthy relationships



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February 2, 9, 16, 23

- 4:00pm - 5:00pm on Zoom
- for Tigrinya-speaking, male youth
- with Tigrinya interpretation support
- open to other language speakers (presented in English)



For more information contact:

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We're on Instagram! Follow [@isgw youth](https://www.instagram.com/isgw youth) for info about our sessions, school news and more!