



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

Well-being Happiness for Newcomers

Overcoming the Winter Blues during a Global Pandemic

Thursday, January 27
5:00pm - 6:30pm

Everyone's mood and energy level are impacted not only by the winter weather, but also with the new pandemic wave.

At this session, Nabeel will present strategies that will help us build hope and endurance to get through this tough season.

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.

Contact Jenny at 519-836-2222, ext. 259 or email: jsantos@is-gw.ca