



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

Living the “New Normal” Building Self-care and Resilience

Thursday, February 24
5:00pm - 6:30pm

In this workshop you will learn about the benefits of setting new goals to develop strength in our “new normal.” Emphasis will be placed on building self-care and resilience as habits can have a profound impact on your well-being and emotions.

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.

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