



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

## Adapting to Canadian Culture: Time Management

Join us online via Zoom for this workshop.

**Thursday, May 19**  
**1:00pm - 2:30pm**

Topics to be discussed include:

- the benefits of time management
- time management tools

**Presenter: Yasmin Holoubi**  
Community Connections Specialist, ISGW

***CLICK HERE to register.***



مهارات إدارة الوقت

أدوات إدارة الوقت

فوائد إدارة الوقت

Contact Nuhad at 519-836-2222, ext. 236 or [nabdal@is-gw.ca](mailto:nabdal@is-gw.ca)