



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/

Parental Self-Care

Thursday, July 14 (online)
2:00pm - 3:30pm

Join us online, using Zoom, to learn about Parental Self-Care. This session will be presented by **Wafa BenMahmoud**, child and youth care practitioner, community activist and founder/coordinator of Matab for Empowering Youth.

Discussion topics will include:

1. What is Self-Care?
2. Why Self-Care is important for everyone, especially parents/caregivers.
3. Self-Care tips and ideas for parents/caregivers

CLICK HERE to register.

Please register in advance to receive a link to the session.

Language interpretation is available, based on need. Please register by **Monday, July 11.**

Do you want to attend but don't have a device? Need help with Zoom?
Let us know, we can help!

For more information, contact **Nuhad** at 519-836-2222, ext. 236 or nabdal@is-gw.ca

IMMIGRANT SERVICES Guelph-Wellington

104 Dawson Road, Unit 102,
Guelph, ON N1H 1A6
T: 519-836-2222 F: 519-837-2884
www.is-gw.ca