



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/

Mental Health (in Tigrinya)

Thursday, September 8
12:00pm - 12:45pm

Join us online, using Zoom to learn about Mental Health from our guest speaker: **Eden Mebrahtu**, Registered Psychotherapist, Educator and Life Coach.

Discussion topics include:

1. What is mental health?
2. Stress: meaning and signs
3. How to improve our mental well-being
4. Q & A

Language interpretation is available, based on need. Please register by **Monday, September 5.**

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 **Huria** at 519-836-2222, ext. 263 or hatesfa@is-gw.ca

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CLICK HERE to register.

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