



We are pleased to host a variety of workshops and information sessions for newcomers. Sessions take place in-person and/or online using Zoom and are an excellent opportunity for clients to gain 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/

Holistic Health - Mental Health for All

Online, using Zoom

Tuesday, November 8
11:00am - 12:00pm

Join us to hear guest speaker, **Emillie Nguyen** from Hong Fook Mental Health Association, discuss:

- What is holistic health?
- What are the social and economic factors that influence people's health?
- What are the similarities/differences between mental health and physical health?

Emillie Nguyen has been a mental health worker at Hong Fook MHA for almost 2 decades. Her interests include cultural mental health and a passion to share her knowledge.

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 **Wednesday, November 2.**

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 **Tram** at 519-836-2222, ext. 222 or tnguyen@is-gw.ca

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