



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

## Mental Health for Seniors Online, using Zoom

**Friday, December 16**  
**1:00pm - 2:00pm**

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

1. Common issues among seniors
2. Expectations vs. Aspirations
3. Self Care vs. Self Help

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 **Monday, December 12.**

**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](mailto:tnguyen@is-gw.ca)

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