

SWIS

Settlement Workers in Schools
Guelph-Wellington-Dufferin

IN-PERSON WORKSHOP



Wednesday,
December 7
5:00pm - 6:00pm

[CLICK HERE TO REGISTER](#)

WORKSHOP FOR WOMEN

Tools for Life

► Interpretation in Tigrinya will be provided.

Join our SWIS team for an in-person workshop **for women** at St. Joseph Catholic School (in the gym).

Guest speaker **Stacey Frasson** (Youth Worker) will be with us to talk about:

- Being aware of feelings
- Emotional regulation
- Effective communication of feelings and appropriate problem solving

► Young children are welcome with their parent/caregiver.

Drawing materials will be available and light snacks will be provided.

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For more information or to register, contact **Nahom** at 226-332-0784 or ntekle@is-gw.ca

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