



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/

Understanding Mental Illness Online, using Zoom

Wednesday, February 15
11:00am - 12:00pm

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

1. What's normal, what's not
2. Understanding stigma
3. Resources in Guelph,
Wellington and Dufferin

Language interpretation is available,
based on need. Please register by
Friday, February 10.

**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

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.

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