



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/)

## Coping with Depression

(Online, using Zoom)

**Thursday, April 27**  
**4:30 pm - 5:30 pm**

Join us online, using Zoom with our guest speaker:

**Nabeel Rahman, M.A., R.S.W.**

Registered Social Worker

**Positive Thought Counselling Services**

At this session we will talk about:

1. What is Depression
2. A Strength Based Approach
3. Toxic Positivity
4. Accepting Discomfort
5. Strategies to Cope

**Language interpretation** is available, based on need. Please register by **Monday, April 24.**

**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 **Anna** at  
**519-836-2222, ext. 235**  
or [aboruk@is-gw.ca](mailto:aboruk@is-gw.ca)

**CLICK HERE to register.**

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

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