



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/

Parental Self Care

(online, using Zoom)

Friday, May 19

2:00 pm - 3:30 pm

Join us online, using Zoom to learn about Parental Self Care.

The session will be presented by **Wafa Ben Mahmoud**, child and youth care practitioner, community activist and founder/coordinator of Matab for Empowering Youth.

We will talk about:

1. What is self care?
2. Why is self care important for everyone, especially parents/caregivers
3. Self care tips and ideas for parents/caregivers

Language interpretation is available, based on need. Please register by **Tuesday, May 16.**

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 **Nuhad** at 519-836-2222, ext. 236 or nabdal@is-gw.ca

CLICK HERE to register.

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

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