



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/

Adapting to Canadian Culture

(online, using Zoom)

Friday, August 25
2:00 pm - 3:30 pm

Join us online, using Zoom to learn about Adapting to Canadian Culture.

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

Topics to be discussed will include:

1. Canadian culture, values, and beliefs
2. Stages of adaptation
3. Barriers to healthy adaptation
4. Hints and tips for healthy adaptation

CLICK HERE to register.

<https://is-gw.ca/event/adapting-to-canadian-culture-2/>

Language interpretation is available, based on need. Please register by Monday, August 21.

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

IMMIGRANT SERVICES Guelph-Wellington

104 Dawson Road, Unit 102,
Guelph, ON N1H 1A6
T: 519-836-2222 F: 519-837-2884
www.is-gw.ca