

HELPING  
newcomers  
since 1978



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/)

## How to Access Health Care Services in Guelph

### Join online, using Zoom

▶ **CLICK HERE to register.**

<https://is-gw.ca/event/how-to-access-health-care-services-in-guelph/>

**Tuesday, November 21**  
**10:30 pm - 12:00 pm**

▶ **This session will include interpretation in Tigrinya**

Join us online, using Zoom, to learn about accessing local health care services.

We will talk about:

- Health-related organizations in Guelph
- Health-related services for newcomers (without family doctor)
- How to reach a health care specialist in Guelph
- Mental health supports

GUEST SPEAKER: **Karrie Cumming**, Health Promoter,  
Guelph Community Health Centre

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 **Lulia** at 519-836-2222, ext. 223 or [lisaias@is-gw.ca](mailto:lisaias@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](http://www.is-gw.ca)

