

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/)

## Mental Health and Migration

### Online, using Zoom

**CLICK HERE to register.**

<https://is-gw.ca/event/mental-health-and-migration/>

**Tuesday, October 31**  
**4:30 pm - 6:30 pm**

This session will be presented with **Ukrainian** interpretation

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

1. Health and mental health
2. How does the experience of migration impact health and mental health?
3. Understanding the importance of maintaining mental health as an immigrant

**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.

For more information, contact **Nataliia** at 519-836-2222, ext. 235 or [ngonyk@is-gw.ca](mailto:ngonyk@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)