

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/

Mental Health and Migration

Join us online, using Zoom

CLICK HERE to register.

<https://is-gw.ca/event/mental-health-and-migration-2/>

Tuesday, December 12
1:30 pm - 3:30 pm

This session will be presented with interpretation in **Dari**.

Join us to hear guest speakers, **Emillie Nguyen** and **Mai Vy 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

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 **Nataliia** at 519-836-2222, ext. 235 or ngonyk@is-gw.ca

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