

# SWIS

Settlement Workers in Schools  
Guelph-Wellington-Dufferin

Online  
WORKSHOPS



## Youth Chat

### Information Sessions in January

Join us to learn and ask questions about a variety of topics.

Click the session date to register.

Image by Rampixel.com

**Tuesday,  
January 16  
4:00pm - 5:00pm**

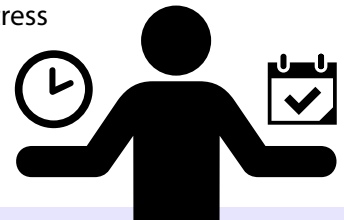
For more information contact  
**Marcela** 226-821-0524,  
[maltamira@is-gw.ca](mailto:maltamira@is-gw.ca)

#### Preparing for Exams: Tools to Manage Your Time Effectively

At this online session we will talk about:

- Getting organized and making a plan
- Managing your time effectively
- Mental health and wellness, managing stress
- The Grove Hubs - guest speaker

**Brianna Martey**, EDIIR and  
Outreach Coordinator



**Thursday,  
January 18  
4:00pm - 5:00pm**

For more information contact  
**Nahom** 226-332-0784,  
[ntekle@is-gw.ca](mailto:ntekle@is-gw.ca)

#### Cyber Security/Standing Up for Yourself

At this online session, we're pleased to have a guest speaker  
from **Guelph Police Service**.

We will talk about:

- Teens in a digital world
- Cyberbullying
- Social media safety
- Anti-bullying



**Language interpretation** is available, based on need. Please register as soon as possible  
and be sure to complete the interpretation section of the registration form.

Do you want to attend online but don't have a device? Need help with Zoom? **Let us know, we can help!**

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

