

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/

Nurturing Healthy and Happy Kids

Attend in person or online

CLICK HERE to register.

<https://is-gw.ca/event/nurturing-healthy-and-happy-kids/>

Thursday, March 28
4:00 pm - 5:00 pm

During this session we will talk about common concerns and challenges faced by parents in promoting their child(ren)'s wellbeing with guest speaker **Priya Prince**.

Priya Prince is a registered mental health professional serving adults, children and families across Ontario in both private and community settings. She is culturally sensitive and trauma informed and trained in various modalities to better support the community.

Join us, in person at ISGW or online, using Zoom, to talk about:

1. Understanding children's emotional needs and promoting emotional intelligence.
2. Building strong parent-child relationships
3. Healthy habits for physical health, nutrition, and sleep
4. Teaching effective communication
5. Developing resilience and coping skills

Language interpretation is available, based on need. Please register by **Monday, March 25.**

For more information, contact **Natalia** at 519-836-2222, ext. 235 or ngonyk@is-gw.ca

OR

Asmit at 226-821-4454 or aafewerqi@is-gw.ca

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