

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/

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-2/>

Monday, July 29
11:00 am - 12:00 pm

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

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 **Nahom** at 519-836-2222, ext. 263 or ntekle@is-gw.ca

IMMIGRANT SERVICES Guelph-Wellington

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



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