

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 Manage Stressful Situations and Fears

Join us online, using Zoom

CLICK HERE to register.

<https://is-gw.ca/event/how-to-manage-stressful-situations-and-fears/>

Tuesday, November 12
6:30 pm - 7:30 pm

This session will be presented in Ukrainian.

Join us, online using Zoom, to learn how to manage stressful situations and fears by developing mental resilience.

At this session participants will:

1. Understand how stress and fear impact our mind and body
2. Identify internal "saboteurs" that amplify stress responses
3. Learn mental fitness techniques to stop negative thoughts and shift to positive thinking
4. Develop inner "sage" wisdom
5. Gain practical tools for daily application of mental resilience

Guest Speaker:

Myroslava Grygorachyk is a Relationship and Mental Fitness Coach, specialize in guiding women, particularly those 30 and above, to live their healthiest, strongest, and happiest lives. Her approach is holistic, focusing on mental clarity, emotional resilience, and creating deeper connections in relationships.

Need help with Zoom?

Let us know, we can help!

For more information,
contact **Natalia** at
519-836-2222, ext. 235
or 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