

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/](http://www.is-gw.ca/events/)



## Stress, Emotions and Health

Join us online, using Zoom

**CLICK HERE to register.**

<https://is-gw.ca/event/stress-emotions-and-health/>

**Tuesday, November 5**  
**1:00 pm - 2:00 pm**

Join us, online using Zoom, to understand stress and how it affects our overall health.

At this session we will talk about:

1. **Identifying Stress:** Signs and symptoms that indicate you are stressed.
2. **Impact of Stress:** How stress affects your physical and emotional well-being.
3. **Stress Management:** Effective strategies to manage and reduce stress.

Guest speaker **Mai-Vy Nguyen** (she/her) is a training program facilitator with Hong Fook Mental Health Association and has been teaching and training with them and other organizations for over 10 years. Helping others take steps towards their own fullest potential is her passion.

**Language interpretation** is available, based on need. Please register as soon as possible.

**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](mailto: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](http://www.is-gw.ca)