

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/



Stress, Emotions and Health

Join us online, using Zoom

CLICK HERE to register.

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

Tuesday, January 7
2:00 pm - 3:00 pm

This session will be presented in Mandarin.

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 **Liping Peng** is a training program facilitator with Hong Fook Mental Health Association.

Need help with Zoom?

Let us know, we can help!

For more information,
contact **Kathy** at
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