

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/)



## Strong Mind, Confident You: Mental Health & Confidence Strategies for Immigrants

Join us online, using Zoom

**CLICK HERE to register.**

<https://is-gw.ca/event/strong-mind-confident-you-mental-health-and-confidence-strategies-for-immigrants/>

**Tuesday, February 18**  
**4:00 pm - 5:30 pm**

Learn practical tools to strengthen your mental health and mental fitness, helping you build confidence and resilience as you adapt to a new environment.

*Guest speaker: Myra Grygorachyk, Relationship and Mental Fitness Coach*

In this workshop, you will learn how to:

- Present yourself confidently, especially during job interviews.
- Navigate cultural differences with ease and self-assurance.
- Build meaningful connections and a strong support network.
- Develop emotional resilience to handle challenges with a positive mindset.

**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 **Natalia** at 519-836-2222, ext. 235 or [ngonyk@is-gw.ca](mailto:ngonyk@is-gw.ca)

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