

# SWIS

Settlement Workers in Schools  
Guelph-Wellington-Dufferin

**In-Person  
WORKSHOP**



## Youth Chat

### Information Sessions in April

Join us to learn and ask questions about a variety of topics.

Click the date below to register for a session.

**Thursday,  
April 10  
4:30pm - 5:30pm**

For more information contact:  
**Asmait** 226-821-4454,  
[aafewerqi@is-gw.ca](mailto:aafewerqi@is-gw.ca)

#### **Mental Health, Wellness and Self Care**

Join us in person at ISGW to talk about:

- Health and wellness
- Immigration and mental health
- Overall wellness
- Self care and support options



**Thursday,  
April 24  
4:30pm - 5:30pm**

For more information contact:  
**Nathalie** 226-821-0524,  
[nalaves@is-gw.ca](mailto:nalaves@is-gw.ca)

#### **Summer Activities at the University of Guelph**

Join us in person at ISGW.

At this session we'll be talking about University of Guelph's Department of Athletics and Recreation with guest speaker **Jennifer O'Neill** -- Manager of Recreation, Fitness & Client Services, Department of Athletics and Recreation, University of Guelph.

Join us to learn about:

- Programs, activities, summer camps
- Youth memberships



**You must register in advance to attend the session.**

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

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