

# SWIS

Settlement Workers in Schools  
Guelph-Wellington-Dufferin

**In-Person  
WORKSHOP**




## Youth Chat

### Information Sessions in January

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

Click the date below to register for a session.

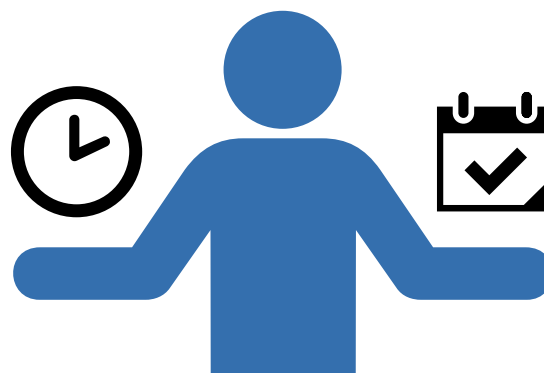
Thursday,  
January 15   
4:30pm - 5:30pm

#### Preparing for Exams

Join us in person at ISGW to talk about:

- Getting organized and making a plan
- Managing your time effectively
- Mental health and wellness, managing stress

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



**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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