

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/

! New Changes to the Interim Federal Health Program (IFHP)

Online, using Zoom

CLICK HERE to register.

<https://is-gw.ca/event/new-changes-to-the-interim-federal-health-program-ifhp/>

Friday, March 6
10:00 am - 11:00 am

As of May 1, 2026, the Interim Federal Health Program (IFHP) is introducing co-payments on supplemental health benefits.

Join us online, using Zoom to learn about the upcoming changes and how they may affect you.

Topics to be covered include:

- What's the current IFH coverage?
- How long can I use IFH as a newcomer to Canada?
- How to find service providers who accept IFH?
- What happens after May 2026 with my IFH coverage?
- Options if I can't afford to pay for my part?

Interpretation is available based on need. Please register as soon as possible.

Need help with technology?
Let us know, we can help!

For more information, contact **Nahom** at 519-836-2222, ext. 263 or ntekle@is-gw.ca

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