

SWIS

Settlement Workers in Schools
Guelph-Wellington-Dufferin

**In-Person
WORKSHOPS**



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 9
4:30pm - 5:30pm**

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

Guest speaker: **Lindsay Riddell**, Well-Being Navigator, ISGW



**Thursday,
April 23
4:30pm - 5:30pm**

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 **Rory Cooper**.

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.

For more information contact **Eilta** 226-332-0790 or ehabte@is-gw.ca

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