



## Immigrant Women's Health 移民妇女健康项目

### 参加者将会学习以下有关信息：

- 更年期保健
- BC 省医疗系统
- 移民家庭心理健康
- 与医疗/健康相关的法律信息
- 医疗/健康常用的英语词汇

### 参加者须是：

- 18 岁以上移民妇女
- 对医疗系统及健康感兴趣，会与家人朋友分享所学到的知识
- 移民，公民或难民

### 报名及查询：

Ting Ting [tingr@impactnorthshore.ca](mailto:tingr@impactnorthshore.ca) or  
Front Desk, [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca) or  
604-988-2931

## Program Highlights

Thursdays (6 sessions)  
September 26 – October 31  
1:00 pm – 2:30 pm

Join this program to learn health and wellness information for you and your family. Gain the confidence and motivation to access health services, and build your social and support networks.

## Details:

This program is presented in Mandarin, and English with support in Mandarin.

This workshop is open to Mandarin-speaking newcomer and immigrant women.

### Online and In-person

Details provided after registration.

To participate in this workshop, you must be registered as a client with Impact North Shore.

This program is government funded and free of charge.

Funded by:

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