



Mental Health and Immigration

Topics of this workshop include:

- General mental health and wellness information
- How to maintain positive mental health during immigration
- Strategies for self-care including mindfulness, stress management, and relaxation exercises

For more information and to register contact:
Fatima Kalvani, fatimak@impactnorthshore.ca or
604-988-2931

Workshop Highlights

Friday, December 13
1:00 pm – 2:30 pm

Join this workshop to learn more about self-care, mental health coping strategies and relaxation techniques.

Presenter and Facilitator: Fatima Kalvani, Settlement Worker – Mental Health Focus

Details:

This workshop will be presented in English.

This workshop is open to newcomers and immigrants.

In person

Details provided after registration.

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

Free childminding service for 0 to 5 years old provided during the session.

This program is government funded and free of charge.

Funded by:

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Immigration, Refugees
and Citizenship Canada

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