

# GETTING THROUGH IT:

A group to support refugee claimants during the entire refugee claim process

## WHEN:

Wednesdays 10:00-12:00

## WHERE:

ONLINE VIA ZOOM

## DO YOU NEED:

To have information about the refugee claim process

- To learn tips to cope with stress
- To share a space with people that understand
- To ask questions about the process to be well prepared for your hearing

FOR MORE INFORMATION PLEASE CONTACT  
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