

Now What:

A group to build community and promote well-being as you resettle in Canada

Interpreters
Available

WHEN:

**Mondays 12:00 PM - 1:30 PM
(Except Holidays)**

WHERE:

**Online via ZOOM App Please contact us
to get the LINK & the ID**

The Group Offers:

- 1) Fun Games and Activities**
- 2) Tips to Manage Stress**
- 3) A Space to Share in Community**
- 4) Referrals**
- 5) Support**

FOR MORE INFORMATION:

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