



Confidence starts here.



Everyone can be themselves

HEALTHY WOMEN TOGETHER

CONNECT, LEARN, LAUGH, SHARE AND CREATE

This online program is designed for newcomer women to share experiences, learn new skills, develop healthy habits for both physical and mental health and to connect with the community

This program will provide weekly information workshops on a variety of topics requested by participants as well as virtual peer-to-peer support that will be moderated by YMCA staff. Resources and videos will be shared to provide daily support on staying healthy in a caring and supportive environment.

To join the Facebook group [click here](#)

Information Sessions (Only through registration) :

22nd Oct 2021, Time : 11 am – 12 pm : Nutrition Facts

29th Oct 2021, Time : 11 am – 12 pm : Myth and Five ways of wellbeing

5th Nov 2021, Time : 11 am – 12 pm : Healthy Relation and Conflicts Resolution

19th Nov 2021, Time : 11 am – 12 pm : Physical & Sexual Health

YMCA IMMIGRANT SERVICES

800 King St. W., 3rd Floor, Kitchener
519-579-9622

250 Hespeler Road, Cambridge
519-621-1621

SCHOOL SETTLEMENT SERVICES

77 Young Street, Kitchener
519-542-8220



For more information

Rahma
rahma.elmi@ytr.ymca.ca | 519-579-9622 x227

ymcaimmigrantservices.ca

Funded by:

Financé par:



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



PLEASE REGISTER AT 519-579-9622 OR REGISTER ONLINE AT YMCAIMMIGRANTSERVICES.CA