



Mental Health and Wellness 101 for Newcomers

NEWCOMERS WILL LEARN:

- To develop an understanding of mental health
- To identify protective mental health risk factors and power of language.
- To challenge stigma and barriers related to Mental health
- To use tools to take care of your mental well-being

WHO IS ELIGIBLE:

- Permanent resident
- Convention refugee
- Live-in caregiver
- Ukrainian Temporary Residents and dependents

WHEN
 Date: 22nd July 2024
 Time: 2 PM to 4 PM

WHERE
 3495 Lawrence Ave East, Basement Level, Toronto, ON M1H 1B3

[CLICK HERE TO REGISTER](#)
OR CONTACT
416-757-7106

Our Vision: *A Canada where newcomers feel at home, thrive, and can contribute to society*



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