



# Her Wellness for Success

.... applying language to support  
newcomer integration

EVERY WEDNESDAY  
AND FRIDAY  
4pm to 5:30pm

FOR 7 WEEKS  
STARTING FROM  
**April 28th, 2021**  
ON-GOING REGISTRATION

Facilitated by:  
An ESL Instructor, Life-Skills Coach,  
Certified Stress & Wellness  
Consultant and a Case Counsellor  
Specialist

The program is designed to help  
\***newcomer women** who experience on-  
going stress by discovering ways to  
improve well-being using language  
learning activities, such as creative  
writing, reading, and story-telling.

**Recommended LINC 4 and above**

For more information or to register contact:

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**\* Newcomers who are: Permanent Residents,  
Convention Refugees, and Live-in Caregivers**  
(Please call for info about eligibility)



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and Citizenship Canada  
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et Citoyenneté Canada