



## The Promise of PARTNERSHIP



### About

The Promise of Partnership is a joint project between Carizon Family and Community Services and Reception House Waterloo Region. The aim of this project is to provide mental health supports to newcomers resettled in the Kitchener, Waterloo, and Cambridge communities. The project also aims to raise community awareness about the needs of newcomers to Canada and build capacity within the social service and mental health sectors to respond to their needs.

For more information please call 519-743-6333 ext. 2383

### Current Groups

**Tea & Talk** – An 8-week group for newcomer **WOMEN**. It provides an opportunity for women to discuss their experiences adjusting to life in Canada and learn strategies to enhance holistic wellbeing.

Fridays, 1:00-3:00pm (January 11th to March 1th) Carizon Family and Community Services, 400 Queen Street South, Kitchener

**Stance of Hope** – An 8-week group for newcomer **MEN**. It provides an opportunity for men to discuss their experiences adjusting to life in Canada and learn strategies to enhance holistic wellbeing.

Fridays, 1:00-3:00pm (January 11th to March 1th) Carizon Family and Community Services, 400 Queen Street South, Kitchener

**Fabulous Kids** – An 8-week group to assist newcomer children in developing and expanding their social skills and emotion management skills in ways that will help them succeed at integrating into their new community. This group runs at the same time and location as our “Parents Talk it Through” parents group and is for **CHILDREN ages 7 – 11**.

Wednesday's, 4:15-5:45pm (January 16<sup>th</sup> to March 6<sup>th</sup>) Erb Street Mennonite Church, 131 Erb Street West, Waterloo

**Parents Talk it Through** – An 8-week group for newcomer **PARENTS of children of all ages**. This group provides participants with opportunities to share wisdom and learn new tools to use on their parenting journey in their new community. This group promises to help promote the total well-being of parents. \$10 grocery cards provided per person per week.

Wednesday's, 4:15-5:45pm (January 16<sup>th</sup> to March 6<sup>th</sup>) Erb Street Mennonite Church, 131 Erb Street West, Waterloo

**Standing Strong** – An 8-week group designed to empower newcomer **FEMALE YOUTH** to seek and create opportunities for getting involved in their community, establish healthy coping strategies, inspire self-love, and enhance life skills for a bright future!

Mondays, 4:00-6:00pm (January 14th to March 4th) Downtown Community Centre, 35-B Weber Street West, Kitchener

**Youth in Two Cultures (YTC)** – An 8-week group for newcomer **MALE YOUTH ages 12-16**. This group aims to develop understanding of mental health and teach skills and strategies to support health and wellbeing.

Mondays, 4:00-6:00pm (January 14th to March 4th) Downtown Community Centre, 35-B Weber Street West, Kitchener

**Please Note: Groups are FREE of Charge. Snacks, Bus tickets, and Interpreters are provided.**