

Newcomer Mental Health & Well-being Program

Promise of Partnership

Tea & Talk Women's Group



Who:

Newcomer women of all ages who currently have refugee or protected person status

When:

Every Friday
12-1:30 pm starting
January 21 – March 11

Where:

On Zoom

To register contact:

Promise@carizon.ca
519-743-6333 ext. 2383

*\$10 Grocery card draw and interpretation available for each session

Looking for a way to connect?

Come join our Newcomer Mental Health and Well-being programs free women's group that supports and promotes holistic well-being and belonging in the community. Participants will learn and discuss topics that impact participants lives, learn about resources and activities in the community, and have an opportunity to connect with other women over a cup of tea in a relaxing environment.

*Need access to a computer or internet to join us? Limited equipment available to borrow.