Parent's Talk it Through

Do you find parenting in a new culture stressful?

Does the pandemic cause challenges for your family and for you as a parent?

Are you looking for ways to connect with your child?

Carizon’s Newcomer Mental Health and Well-being Program invites you to come Talk it Through with parents just like you where you can learn and share strategies.

Who:
Parents who are refugees or Protected Person

When:
Tuesday 1:00–2:30pm.
Jan 18–Mar 8

Where: Virtual Zoom

Interpretation will be provided for each session.

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

To register, Please contact
Promise@carizon.ca
519-743-6333 ext. 2383

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