



Serving people from diverse cultures

**Catholic Community Services of York Region's
Family Life Education
Presents**

***Group for Newcomer Women
In Russian***

An eight week educational group for women to meet with other members of their community and discussed topics that are important for newcomer women such as:

- Self-esteem
- Stress and Isolation
- Family Relationship
- Parenting
- Time management
- Women's Health Issues
- Immigration Related issues

**Location: Catholic Community Services of York Region
21 Dunlop Street Richmond Hill, ON L4C 2M6**

Date: Saturdays morning starting November 7th, 09 (10:00 to 12:00)

To register for this free program, call Catholic Community Services of Y.R

905-770-7040 or 1-800-263-2075 ext: 241

e-mail: groups@ccsy.org



Catholic Charities
Archdiocese of Toronto



United Way
of York Region

