



*Serving people from diverse cultures*

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

***Group for Newcomer Women  
In Spanish***

A free 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:

- Introduction, Settlement Information
- Sharing our stories
- Transition moving to Canada
- Isolation, Depression and Stress
- Family Relationship
- Time Management
- Life's Challenges
- Looking ahead - closing

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

**Date: Tuesdays, December 1, 8, 2009  
January 12, 19, 26, and February 2, 9, 16, 2010  
From 6:00 to 8:00 p.m.**

**To register for this free program, call Catholic Community Services of  
York Region  
905-770-7040 or 1-800-263-2075 ext: 241 e-mail: [groups@ccsy.org](mailto:groups@ccsy.org)**



Catholic Charities  
Archdiocese of Toronto



United Way  
of York Region

