

# ***Newcomer Women's Support Group in Korean***

**Catholic Community Services of York Region (CCSYR)**

presents:

**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:**

- **Sharing Our Stories**
- **Psychological & Social Impact of Moving to Canada**
- **Keeping Ourselves healthy Inside and Out**
- **Basic Needs and Emotional Health**
- **Stress & Anxiety**
- **My world and possibilities**
- **Family relationships and constructive communication**
- **Wisdom for living in peace...Having Fun and Closing**

Location: Richmond Hill Welcome Centre

Date: Eight Saturdays morning

Start February 4<sup>th</sup>, 2012 (10:00-12:00 p.m.)

To register for this FREE program,  
call Catholic Community Services of York Region at:

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

**E-mail: [groups@ccsyrr.org](mailto:groups@ccsyrr.org)**



**Welcome Centre - Richmond Hill**  
South Hill Shopping Ctr, 9325 Yonge Street  
Richmond Hill, ON L4C 0A8  
Toll-free: 1-877-761-1155  
[www.welcomecentre.ca](http://www.welcomecentre.ca)

**York Region Transit Routes:**  
85 RUTHERFORD/16TH  
99 YONGE or VIVA BLUE

Presented  
by: CCSYR



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*Welcome Centre Lead Agencies: COSTI Immigrant Services • Catholic Community Services of York Region •  
Centre for Information & Community Services • Job Skills • Social Enterprise for Canada  
in collaboration with other service providers.*