



Catholic Community Services of York Region

Serving people from diverse cultures

Family Life Education

Presents:

Newcomer Women's Support Group in Spanish

A free eight week educational group for women to meet with other members of their community and discuss topics which 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**
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Location: Welcome Centre Immigrant Services Newmarket

16655 Yonge Street, Unit # 26, Newmarket, ON L3X 1V6

Date: Thursdays, from January 19th to March 8th, 2012 (6:00 - 8:00 p.m.)

"CHILDREN ARE WELCOME"

**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@ccsy.org**

This program is made possible through generous support of these funders:



