

Integration Network Program

COMMUNITY CONNECTIONS - Group Programs for Newcomers

Newcomer Men's Group

Connect, Share & Care!

Join the conversation on physical & mental well being. Meet new friends, learn from each other and share your Wisdom.

Topics will include:

- ◆ Cultural Adjustment
- ◆ Effective Communication
- ◆ Balanced Relationships
- ◆ Health & Wellness
- ◆ Time Management
- ◆ And More



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

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

Tuesdays 6:00 - 8:00pm Starting February 5th

Permanent Resident Card/Landing Paper Required to sign up.

Light Refreshments will be served.



For further information please contact: *Helen Samimy*

Phone: 1-877-761-1155 ext. 3183 After 4:30pm 289-842-3124

Email: helen.samimy@welcomecentre.ca

