

EMOTIONAL SUPPORT SERVICES FOR NEWCOMERS



MAINTAINING POSITIVE MENTAL HEALTH & WELL-BEING



UHC-Hub of Opportunities is now providing short-term counselling services to permanent residents and conventional refugees age 18+

**WE ARE HERE TO LISTEN, HELP & SUPPORT
YOU WITH CONCERNS SUCH AS:**

- Relationship & family problems
- Anxiety & worries: how to manage stress
- Depression/sadness
- Homesickness/loneliness
- Trauma
- Discrimination & bullying
- Domestic violence
- Culture shock

**CALL US NOW &
REGISTER FOR YOUR
ONE-ON-ONE
SESSION**

**PLEASE CALL
KIMBERLY AT
519-944-4900
EXT 123**

