

Are you looking for a space to connect with other seniors?

Come join our
**Newcomer
Refugee Seniors
Program**
to share, learn and connect!



Who:

**Refugee Newcomers
who self-identify as
Seniors**

When:

**Every Thursday
from 1-2 pm**

Where:

On Zoom

To register, please contact:
Promise@carizon.ca
519-743-6333 ext. 2383

Carizon's Newcomer Mental Health and Wellbeing Program: Promise of Partnership invites all seniors to our virtual drop-in group. This group will provide an opportunity to discuss experiences adjusting to life in Canada, learn strategies to support well-being, and build connection and relationships within the group and larger community. This will be a space to share struggles, triumphs and resources while connecting with others.

***Need access to a computer or internet to join us? Limited equipment available to borrow.**