

# Reconnecting Seniors

(peer support group for adults 55+)



Are you an immigrant or refugee adult (55+) who want to connect with others?

Join us to:

- Learn new skills- how to use phone apps (Zoom, Telegram)
- Connect with other older adults
- Practice English
- Learn about your community

When:

Mondays 10 AM – 11:00 AM (Arabic)

Mondays 4 PM – 5:30 PM (Farsi)

Thursdays 3 PM – 4:30 PM (Farsi)

Wednesdays 1 PM – 2:30 PM (for low level English participants)

Where:

Virtual Group Session over at Zoom

To register, please click the on link

<https://tinyurl.com/reconnecting seniors>

scan the code, connect with your Settlement worker, or contact

[leo.cabasag@issbc.org](mailto:leo.cabasag@issbc.org)



Canada

Helping immigrants build a future in Canada

[www.issbc.org](http://www.issbc.org)

