

# 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 (Dari)**

**Thursdays 3 PM – 4:30 PM (Farsi)**

**Wednesdays 1 PM – 2:30 PM**

**(for participants with lower English levels CLB 1-4)**

Where:

**Virtual Group Session over at Zoom**

To register, please click the on link

<https://tinyurl.com/reconnectingseniors>

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

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



Canada

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