

# Pathways to Wellness in Canada



Please join us for a 3-session series on Health and Wellness at ISSofBC.

The topics include

- Navigating health systems in Canada,
- Emergency and non-emergency helplines, services like, 2-1-1 and other supports in BC,
- Registering for a family doctor online, referrals to specialist care
- Mental health and selfcare

**When:**

Every Saturday – Three sessions on  
Oct 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> 2025

**11 AM to 12:30 PM**

**Where: online**

**To register, contact Mazhar Iqbal**

Email: [mazhar.iqbal@issbc.org](mailto:mazhar.iqbal@issbc.org)

Phone: 778-372 6580 (calls only)

**Or self register by clicking on the link below or  
scan the QR code**

[Microsoft Virtual Events Powered by Teams](#)



Funded by / Financé par:



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada