

# Multicultural

## Women's Support Group

**Come join us for 10 sessions!**



**Online**

**Mondays 10am – 12pm**  
**November 3<sup>rd</sup> – January 19<sup>th</sup>**

### ► GET CONNECTED

Meet other women and make new friends in a safe space. Share your experience in Canada and learn from other women in your community.

### ► LEARN

Learn about free resources, benefits, and programs in your community to support you in many areas such as employment, English learning, women's health, financial assistance, housing, mental health, and more!

### ► RECEIVE SUPPORT

Receive weekly group support and get connected to personalized individual support for your life in Canada.

### ► PRACTICE ENGLISH

Practice your English skills in a fun and supportive environment

At the end of the program, you will receive a  
***Certificate of Participation***

**FREE!**  
Registration  
Open

### How to Register:

Scan the QR code



Or contact us for more  
information

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