

New Beginnings

Health, Healing and Well-Being for Newcomers



Join us for an engaging series designed to support newcomer families as they build healthy, thriving lives in their new communities.

Workshop Series Includes:

1. Mental Health and Well-Being for Newcomers

Learn how to care for your mental health and find balance during settlement and transition.

2. Building a Healthy You with healthy nutrition

Simple nutrition, hydration, sleep, and movement habits for a balanced life.

3. Physical Health & Daily Wellness

Explore simple and practical ways to maintain a healthy lifestyle in your new environment.

When:

Every Friday

Feb 6th to Feb 27th, 2026

2:00 PM TO 3:00PM

Where:

Online & in- person at ISS of BC

#610 6th St, New Westminster
BC V3L 3C2

For registration contact:

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